Wings - April 2015
Email Newsletter

Hospice of Southern Illinois

Our mission is to enhance the quality of life for individuals and their loved ones touched by a terminal illness.

Hospice Happenings

Job Openings

Upcoming Events

Volunteer Training

We Honor Veterans

Click here or scan todownload our app.

We appreciate you sharing the Wings' Newsletter with others!

Forward to a Friend

NATIONAL HEALTH CARE DECISIONS DAY, APRIL 16

Advance Planning for Your Care at the End-of-Life

Advance Directive or Advance Care Planning is

NHPCO NEWS

making decisions about the care you would want to receive before you are unable to speak for yourself. In the news lately, there have been stories about end-of-life decisions, right-to-life, the right-to-die and aid-in-dying legislation.

Regardless of the news, what if you are not able to speak about your wishes? Who will be making the decisions about your care? One of the most personal gifts you can give to the person who will be making the decisions if you cannot speak, is communicating your end-of-life wishes.

Please consider visiting www.caringinfo.org in the near future to find out how to start the conversation about your end-of -life care. April 16, 2015 is National Health Care Decisions Day. There comes a time... to start the conversation.

Rebecca Wisdom, MSW, LCSW
President and CEO

MEDICAL DIRECTOR'S PROFILES

View a few of our Medical Directors' Profiles on our website. This addition to our website will provide patients, families, and community the opportunity to learn more about the physicians who will be a part of the goals of care. This personal connection allows Hospice of Southern Illinois the opportunity to ensure we are connected and available to the 27 counties we serve. Click here to meet 6 of our 8 Medical Directors and the Leadership at Hospice of Southern Illinois!

Ellen Middendorf, M.D.
Hospice of Southern Illinois' Medical Director

Education: Undergrad: St. Louis University (SLU);
Medical School: SLU School of Medicine;
Residency: SLU Belleville Family Practice
Why Hospice of Southern Illinois? To find a position that allowed me to provide care to patients and families in a setting that exemplified the highest quality standards across all levels of the organization.
Favorite Food: My homemade mashed potatoes
Favorite Color: Green & Yellow (Go Pack Go)
Favorite Quote: "*Life isn't about waiting for the storm to pass... it's about learning to dance in the rain.*" - Vivian Greene
Fun Fact: I'm much more comfortable in a pair of jeans and dirty work boots than in a suit and heels. I'm also the mom to a girl and a boy twins, and the wife to an awesome hubby.

HOSPICE HOME

Click Here To View A Testimonial Video

Hospice of Southern Illinois'
Hospice Home Testimonial

Developed and designed for individuals and their families in need of end-of-life care, Hospice of Southern Illinois' Hospice Home, Relais Bonne Eau, is proud to be the first hospice home in southern Illinois. Located in Edwardsville, Illinois on 17 beautiful acres offering a quiet and serene setting, this beautiful facility is a place for patients and families to receive specialized physical, emotional, social and spiritual end-of-life care.

WELLNESS TIP

Exercise: If using your treadmill for exercise, every 1% incline increases the calories burned by 10%. Thirty minutes of high-intensity exercise a day can help prevent weight gain and metabolic syndrome, adding an incline is a great way to boost intensity. Check with your doctor to make sure high-intensity activity is right for you.. *Source: www.hap.org - HAP Wellness Tips*

CAREGIVING TIP

Stress Management: Avoid negative environments. Although not always possible, work to avoid negative environments. Negativity is contagious! Draw yourself nearer to people who are supportive and positive. You can eliminate drama by not engaging in judgmental conversations. Do not speak negatively about anyone. (This alone is extremely powerful.) Blaming

others inwardly or outwardly only de-energizes us. Notice your thought patterns today. Are they of acceptance or of judgment? *Source: www.hap.org - HAP Wellness Tips*

Events

PAST EVENTS:

THANK YOU ANDRIA'S COUNTRYSIDE RESTAURANT AND CRAIG TARPOFF

Magnum, our Facility Dog, and Craig Tarpoff, Owner of Andria's Countryside Restaurant of Edwardsville, Illinois, are proud to share the success of the February Wine Event. Craig Tarpoff added, "A very special thank you to our customers and wine distributors for their support for the therapy dog programs at Hospice of Southern Illinois. We had an overwhelming response from the community which gives us so much pride and we appreciate it more than words can say. Thank you for helping us provide the very best hospice services in this community."

THANK YOU MARION SUBARU

Hospice of Southern Illinois wants to thank Marion Subaru for choosing us as their charity for the Share the Love event. Marion Subaru presented Hospice of Southern Illinois a check for $11, 202.00 on Monday, March 30th.

Thank you again for your support!

CURRENT EVENTS:

TRIVIA NIGHT

Click Here to Register

Saturday, April 18, 2015

Edwardsville Moose Lodge, Edwardsville, IL at 7:00 p.m.

For more information, contact Kathy Wilson, 618-235-1703.

4TH ANNUAL JEEP RUN

Saturday, April 25, 2015

Absher-Arnold Motors, Marion, IL

Registration Begins 8:30 a.m. - First Jeep Out 10:00 a.m.

For more information, contact Jennifer Vinyard, 618-997-3030.

NO JACK'S SALUTE TO VETERANS POKER RUN

Sunday, May 3, 2015

Frieze Harley-Davidson, O'Fallon, IL

Registration Begins & Breakfast Buffet by No Jack's 10:30 a.m.

Veteran Pinning Ceremony 11:15 a.m.

Kickstands up 11:30 a.m.

For more information, contact Kathy Wilson, 618-235-1703.

HOSPICE OF SOUTHERN ILLINOIS DAY AT THE BALL PARK

Saturday, May 30, 2015

St. Louis Cardinals vs Los Angeles Dodgers
7:15 p.m. Busch Stadium, St. Louis
Call Jennifer Vinyard at (618) 997-3030 or Kathy Wilson (618) 235-1703 to reserve your tickets. Or you may also email jvinyard@hospice.org or kwilson@hospice.org to reserve your tickets.

WIN A JEEP WRANGLER

Purchase Your Ticket Today - Drawing on Saturday, October 3, 2015
Jeep Donated by Absher-Arnold Motors, Marion, IL - Tickets $25 Donation
For more information, contact Jennifer Vinyard, 618-997-3030.

SCHNUCKS' ESCRIP PROGRAM

Ongoing: Stop at your local Schnucks Customer Service Counter to pick up an Organization Card to take home to register online. Once registered, show your card before you begin your checkout as Schnucks will donate a percentage of your purchase to Hospice of Southern Illinois. Card use is required.
Register your card or call in to register it:
http://www.escrip.com/merchants/identity/schnucks/index.jsp

Learn more about how you can support Hospice of Southern Illinois' events, or make a donation, today!

Volunteering

NATIONAL VOLUNTEER WEEK: APRIL 12-18, 2015

CelebrateService
National Volunteer Week
April 12-18, 2015

Hospice of Southern Illinois would like to take this opportunity to recognize and celebrate some special people within our organization and in your communities; VOLUNTEERS! Thank you for all your time, talents, and dedication to this organization, the patients, and the families.
Cheers to celebrating you and your service!

The volunteer program continues to serve our patients, families, and help

with administrative tasks: approximately 397 active volunteers provided 14,968 hours in 2014. Volunteers play a vital role in the overall hospice philosophy. They assist in the following areas: patient care, bereavement, office tasks, speaker's bureau, health fairs, fundraising and committee work. Each year the Volunteer Appreciation Dinner is held to recognize volunteers for their service. The Dinner is supported by community sponsors. The Butterfly Award is given annually to volunteers who display a high degree of commitment to Hospice of Southern Illinois.

VOLUNTEER OPPORTUNITIES

We have several volunteer trainings coming up! Please join us if you would like to become a part of our dedicated volunteer team by calling in your RSVP to Susan Relfe or Shelly Black, Belleville, 618-235-1703; or Rita Spiller or Donna Cunetto, Marion, 618-997-3030.

2015 Volunteer Training:

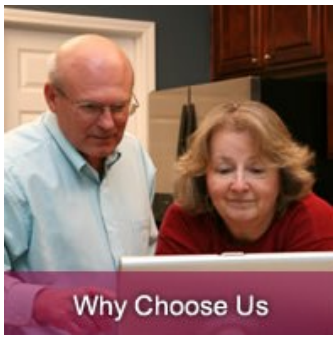
- May 4 & 5, 2015 (Monday, Tuesday) - Red Bud Hospital, Red Bud
  - 8:00 a.m. - 4:00 p.m.

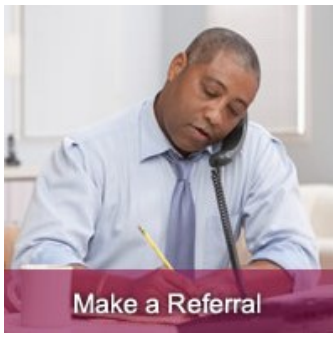
We Honor Veterans

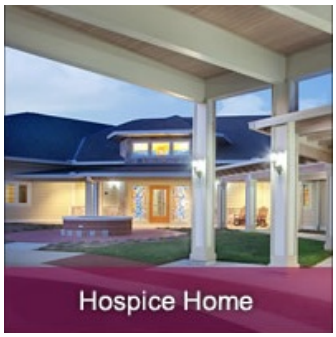
VETERANS

We encourage you to visit the We Honor Veterans or the US Department of Veterans Affairs website for updates and resources on staying committed to providing excellent care to Veterans.

Hospice of Southern Illinois is seeking Veteran Volunteers to help with our Veteran-to-Veteran Volunteer Program. Veteran volunteers can help meet the specific needs of Veterans, relate to each other's experiences, and give them peace of mind at the end-of-life. This program is part of our commitment to the We Honor Veterans partnership between the National Hospice and Palliative Care Organization, US Department of Veterans Affairs, and community hospices like Hospice of Southern Illinois.







Why Choose Us

As your not-for-profit hospice, we have been providing hospice care exclusively since 1981.

Make a Referral

The best time to learn about hospice is before you need it. At any time during a life-threatening

Take a Tour of Your Community Hospice Home

Developed and designed for individuals

Our mission is to enhance the quality of life for individuals and their loved ones touched by a terminal illness. Learn more.

illness, it is appropriate to discuss all of a patient's healthcare options, including hospice. Learn more.

and their families in need of end-of-life care, Hospice of Southern Illinois' Community Hospice Home, *Relais Bonne Eau*, is proud to be the first hospice home in southern Illinois. Learn more.

Click Here To Sign Up
Is the Wings Newsletter being sent directly to you? If not, please sign up for our once-monthly email newsletter or call **1-800-233-1708.**

Stay Connected

Download our FREE Phone App. Click here to learn more!

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