



*Wings - August 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](#)

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We appreciate you sharing the  
Wings' Newsletter with others!

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[Meet Magnum, Facility Dog](#)  
["Paw"ty Recap](#)

[Click Here To View Magnum Introducing Himself](#)



[NHPCO NEWS](#)



Magnum Introduces Himself

Thank you for all the Birthday Wishes for [Magnum Facility Dog](#). He is one LUCKY DOG to have so many wonderful friends and co-workers at [Hospice of Southern Illinois, Inc.](#), [CHAMP Assistance Dogs](#) (Canine Helpers Allow More Possibilities), and in the community!

[Click Here to View Magnum's "Paw"ty Thank You](#)



Magnum's Birthday "Paw"ty

Carol Mestemacher, Volunteer, and Magnum, Facility Dog at Hospice of Southern Illinois, visit patients on a daily basis at the Hospice Home, *Relais Bonne Eau*. They also provide pet therapy as needed to other patients and families in our program. Magnum and Carol are a certified Facility Dog Team and Therapy Dog Team with CHAMP Assistance Dogs. Magnum and Carol work to promote the mission of Hospice of Southern Illinois: *to enhance the quality of life for individuals and their loved ones touched by a terminal illness.*

### WELLNESS TIP

**Stress Management:** Did you know it's okay to say "no" if you feel drained and exhausted because you may have



volunteered too often or just overbooked yourself? It's okay to back out, gracefully, of course. "This no longer works for me..." is a statement to use to relinquish some responsibilities that we may have over committed to or do not want to volunteer to do in the future. When doing this, you are also teaching others it's okay to take care of oneself. *Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips*

## CAREGIVING TIP

**Self Care:** Happiness is a choice. You can choose to live in the moment and enjoy what you are currently doing, or wish you were doing or enjoying something else. What's



your choice? *Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips*

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## Events

### CURRENT EVENTS:

#### THOMAS G HULL RODEO

September 18 & 19, 2015 at 7:00 p.m.

New Baden Community Park

For more information, contact Jacqueline Allaria, 618-235-1703.

#### 4TH ANNUAL WHEELS & WINE CAR SHOW

Sunday, September 27, 2015 from 12:00 p.m. - 4:00 p.m.

At [THE WEINGARTEN](#). Hosted by [Rotary Club of St. Clair County East](#).

For more information, contact Jacqueline Allaria, 618-235-1703.

#### HOWL AT THE MOON DUELING PIANOS

Friday, October 2, 2015 at 7:00 p.m.

[Black Diamond Harley-Davidson](#) Events Center.

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

#### 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 at (618) 997-3030.

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

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## Volunteering

### VOLUNTEERS IN ACTION



Left: (l-r) Sheilah Whittington and Amber Bramlet

Right: (l-r) Christie Wyman, Cristia Russo, Jacquelou Middleton, and Tricia Ortega-Jurich



Left: (l-r) Linda Sauzak, Eunice Gegel, Linda Florreich, Richard Florreich, and Lisa Phillipson

Right: (l-r) Jeanne Arro

Below: (l-r) Betty Franke and Barbara Giardina

## 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:

- Friday, September 18th, at Hospice of Southern Illinois' Marion Location, 204 Halfway Road, Marion from 9:00 a.m. - 5:00 p.m.
- Saturday, September 19th, and Saturday, September 26th, at Hospice of Southern Illinois' Belleville Location, 305 S Illinois Street, Belleville from 8:00 a.m. - 4:00 p.m.



We Honor Veterans

VETERANS



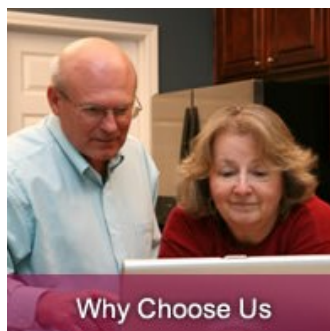
{Volunteer and Veteran, Roger Relfe (left), visits with local Veteran and Hospice of Southern Illinois' patient (right) and talk about 4th of July plans.}

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](#).

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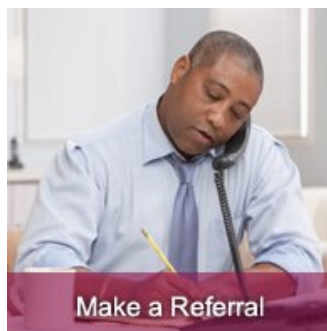
We encourage you to visit the [We Honor Veterans](#) or the [US Department of Veterans Affairs](#) website for updates and resources on staying committed to providing excellent care to Veterans.

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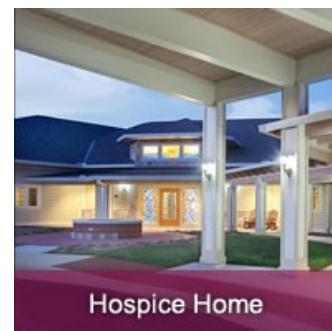
Why Choose Us

**Why Choose Us**  
As your not-for-profit hospice, we have been



Make a Referral

**Make a Referral**  
The best time to learn about hospice is before



Hospice Home

**Take a Tour of Your Community Hospice Home**

providing hospice care exclusively since 1981. Our mission is to enhance the quality of life for individuals and their loved ones touched by a terminal illness. [Learn more.](#)

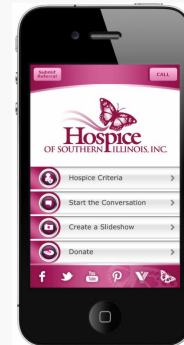
you need it. At any time during a life-threatening illness, it is appropriate to discuss all of a patient's healthcare options, including hospice. [Learn more.](#)

Developed and designed for individuals 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.](#)

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