



*Wings - December 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 to download our app.](#)

NEW BOARD MEMBERS

Hospice of Southern Illinois, Inc. welcomes the following who have been elected to serve a three-year term on its Board of Directors: **Abel Anderson** of Edwardsville, IL - Vice President of the Business Banking Group at First Clover Leaf Bank in Swansea, IL; **Laura Beckman** of Alton, IL - Commercial Banking Officer/Vice President with Carrolton Bank in O'Fallon, IL; and **Kay Mueggenburg** of O'Fallon, IL - Associate Professor in the Nursing Division at McKendree University and Coordinator Palliative Care Nursing Program.



These new Board members will be valuable assets in helping Hospice of Southern Illinois continue to achieve its Mission: "*to enhance the quality of life for individuals and their loved ones touched by a terminal illness.*"



To learn more about our mission, our leadership, and our Board of Directors visit,

<https://hospice.org/about-us/>.

JAMI MATTISON, HUMAN RESOURCES DIRECTOR



Hospice of Southern Illinois would like to acknowledge Jami Mattison, Human Resources Director, for her recent accomplishment and certification, the Society of Human Resources Managers-Certified Professional, or SHRM-CP. The certification demonstrates to the business community that the credential-holder has strong capabilities in both aspects of HR practices, competency, and knowledge that are required for effective business performance. The Society of Human Resources Managers dates back to 1948 and is the world's largest Human Resources membership organization. Also, prior to the SHRM-CP, Jami maintained the designation of Professional in Human Resources, or PHR, from the HR Certification Institute (HRCI) since 2005. Jami said, "*I would like to think that the PHR and SHRM-CP designations provide a level of professionalism to the employment practices of Hospice of Southern*

Illinois. I want our employees to know that my skill-set as a professional in the field of Human Resources, is to their benefit to ensure that when it comes to leadership navigation, business acumen, ethical practice, relationship management, consultation, critical education, global & cultural effectiveness, communication, as well as people, organizational, and workplace strategy, I strive to guide our leaders to ensure we are doing the right thing." ([Continue Reading the Article Here](#))

CONGRATULATIONS ARE IN ORDER

Hospice of Southern Illinois congratulates two special nurses, Lindy Payne and Randall Foster, for their prestigious certification of Certified Hospice and Palliative Nurse, or CHPN. As an added bonus, they get to display new credentials on their email signature and name badge. But the real importance placed on the CHPN certification is they they are hospice and palliative experts and extremely knowledgeable nurses. The certification highlights their dedication to hospice care, hospice patients, and Hospice of Southern Illinois. We are very proud to have them a part of the team! We appreciate their commitment to Hospice of Southern Illinois and their education, as it improves the care we provide to patients and families!

Read more about us and check out all the photos, features, and resources on our new state-of-the-art website, www.hospice.org.

VIRTUAL BEFORE I DIE WALL



A global public art project that invites people to reflect on their lives and share their personal aspirations in a public place.

Hospice of Southern Illinois is joining the movement and conversation about the "Before I die..." wall. Candy Chang made the first wall in 2011 in New Orleans. We are asking our supporters to visit our website to learn more about it and sign our Virtual "Before I die..." Wall, www.hospice.org/signthewall. We hope you will help us spread the word

about our Virtual "Before I die..." Wall too. Encourage friends and family to sign it. Then start the conversation!

We hope our participation will encourage people to start a healthcare conversation before it is needed; spread awareness that hospice is about how you live; and make it easier to talk about hard topics, like death. We debuted our first portable wall at an employee health fair. From this, we saw employees engaging with their peers and other healthcare professionals. They were sharing life stories, talking about future goals and dreams, and starting their healthcare conversation! [Read more! Click Here!](#)

WELLNESS TIP

Exercise Health: 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

Women's Health: Smoking is the leading preventable cause of heart disease in women. In fact, fifty percent of heart attacks among women 45 and older are due to smoking. If you smoke, talk to your doctor about resources to help you quit. Your life depends on it.

Source: www.hap.org - HAP Wellness Tips



Events

CURRENT EVENTS:

6TH ANNUAL RED CARPET GALA

"LATE NIGHT TONIGHT"

[Click Here To Register](#)

Saturday, January 23, 2015

The Pavilion of the City of Marion

As part of our 35th Anniversary, Hospice of Southern Illinois is gathering photos to put together a special Tribute Slideshow to honor your loved

ones. This slideshow is a reminder of how important our loved ones are and that we carry special memories with us every day. This Tribute Slideshow will be debuted at the first event of 2016, the Annual Red Carpet Gala. Thank you for sharing your loved one with us. We respectfully ask all photos to be submitted by Monday, January 4th at 5:00 p.m. to ensure we have ample time to complete the slideshow for the event. When you register, you will have an opportunity to submit a photo, or you can email your photo to hsimedia@hospice.org.

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

SAVE THE DATE

10TH ANNUAL VALENTINE'S TRIVIA

[Click Here To Register](#)

Saturday, February 6, 2015

Knights of Columbus, Fairview Heights, IL

5420 Old Collinsville Road, Fairview Heights

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

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



Volunteering

VOLUNTEERS IN ACTION



Off-Road Orchard 5K, Mills Apple Farm, Marine, Illinois



Hospice Conference, SIUE, Edwardsville, Illinois

VOLUNTEER OPPORTUNITIES

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:

- None Scheduled At This Time



We Honor Veterans

VETERANS



{Volunteer and Veteran, Roger Relfe (left), visits with local Veteran and Hospice of Southern Illinois' patient (right)}

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](#).

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.

We appreciate you sharing the Wings' Newsletter with others!

 Forward to a Friend





Why Choose Us

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As your not-for-profit hospice, we have been 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.](#)



Make a Referral

Make a Referral

The best time to learn about hospice is before 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.](#)

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1-800-233-1708.

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