



*Wings - February 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.](#)

We appreciate you sharing the
Wings' Newsletter with others!

 Forward to a Friend

[NPR Radio: The Hospice Industry](#)

[Click here](#) to listen to the entire program.



NHPCO NEWS



"About half of Americans of retirement age will receive end-of-life care from a hospice. Most hospices used to be nonprofits run by community or religious groups. But the number of for-profit hospice firms has tripled in the last 15 years. A new analysis by the Washington Post says that for-profit hospices often provide less nursing and crisis care. Join guest host Frank Sesno and a panel of guests for a discussion on the rise of the for-profit hospice industry and what it means for patients." via NPR, The Diane Rehm Show

CONGRATULATIONS: LEADERSHIP AWARD



So proud of our very own, Lisa Phillipson, Community Relations and Education Director, for her accomplishments and recognition at the Greater Belleville Chamber of Commerce Awards Dinner! Congratulations on 2014 Leadership Belleville Alumni of the Year Award.

(Photographed Left to Right: Tracy McCollum, Standard Rule Promotions, 2015 Board President, and Lisa Phillipson, Hospice of Southern Illinois, 2014 Leadership Belleville Alumni of the Year Award.)

WELLNESS TIP

Cooking: Plan your meals for the week and try to get an extra meal out of a casserole or one pot dish you might have made on Sunday. This leads to healthier choices and more time during the week. *Source: www.hap.org - HAP Wellness Tips*



CAREGIVING TIP

Stress Management: Know yourself. You can develop your emotional and spiritual self by journaling to enhance your emotional self-awareness. Journaling offers a way to clarify your thoughts and feelings. Writing down a problem or stressful situation often allows for unexpected solutions. Journal 15-20 minutes a day or as often as you like. *Source: www.hap.org - HAP Wellness Tips*



Upcoming Events

5TH ANNUAL GALA THANK YOU

Thank you for all the generous support to the many sponsors, supporters, acts, attendees, employees, volunteers, and everyone who contributed to support our mission, *to enhance the quality of life for individuals and their loved ones touched by a terminal illness*. We can't thank you all enough!

A special thank you to all the wonderful performers, Southern Illinois Healthcare, Heartland Regional Medical Center, Old National Bank, Sandberg Phoenix & Von Gontard, Heila Healthcare, Black Diamond Harley Davidson and Marion Ford for helping us make this night possible!

[Click Here To Watch The Gala Mission Video](#)

ST. LOUIS BLUES FUNDRAISER

Game Dates and Times Located Here:

www.stlouisblues.com/hospice

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

9TH ANNUAL VALENTINE'S TRIVIA

Saturday, February 7, 2015

Knights of Columbus Hall, Fairview Heights

6:00 P.M. Doors Open * 7:00 P.M. Game Begins
To register, contact Kathy Wilson, 618-235-1703

8TH ANNUAL WINE EVENT & MAGNUMS FOR MAGNUM WINE RAFFLE

During the Month of February 2015
Andria's Countryside Restaurant, Edwardsville
To register, contact Kathy Wilson, 618-235-1703

SILENT AUCTION TO BENEFIT HOSPICE OF SOUTHERN ILLINOIS

Silent Auction at the Fish Fry
Ash Wednesday, February 18, 2015
New Baden American Legion from 4:00 p.m. - 8:00 p.m.
For more information, contact Kathy Wilson, 618-235-1703.

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

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, Marion, 618-997-3030.

2014 Volunteer Training:

- March 14 & 21, 2015 (Saturdays) - Admin Office, Belleville
 - 8:00 a.m. - 4:00 p.m.
- March 27, 2014 (Friday) - John A Logan College, Carterville
 - 9:00 a.m. - 5:00 p.m.
- 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.

The advertisement features a photograph of an elderly man wearing a dark blue baseball cap with 'USS M... 870' on it. He is smiling and holding a black and white photograph of a ship. The background is a blurred indoor setting. Text is overlaid on the image: 'There comes a time... for us to serve you.' in a white serif font. To the right of the man are two logos: the 'Hospice of Southern Illinois, Inc.' logo with a butterfly icon, and the 'We Honor Veterans' logo with a stylized 'V' and three stars. Below the photo, the text reads: 'Call Today To Become A Veteran to Veteran Volunteer'. At the bottom, it says: 'Hospice of Southern Illinois is Seeking Veteran Volunteers. Call Susan or Rita to learn more or sign up for the next training. www.hospice.org • 618-235-1703 • 618-997-3030'.

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](#)



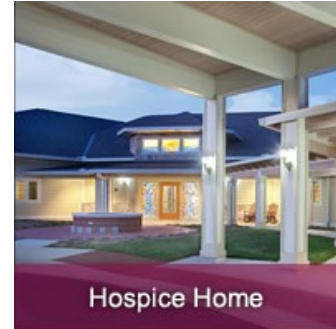
Why Choose Us

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

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.](#)

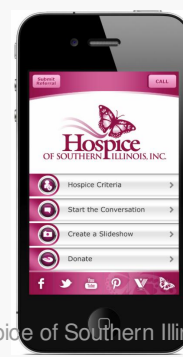


Take a Tour of Your Community Hospice Home

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.](#)

[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.**



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