



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

We appreciate you sharing the  
Wings' Newsletter with others!

 Forward to a Friend

### NEW IN 2015

In 2015, we are adding some new information for all our dedicated readers. Change isn't always good, but this little change is! Each month you



**NHPCO NEWS**

will see us adding a caregiving tip and a wellness tip. If you would like to submit a caregiving or wellness tip idea, please forward it to Christine Litteken, [clitteken@hospice.org](mailto:clitteken@hospice.org).  
Looking forward to all the new changes in 2015!

## WELLNESS TIP

January is usually focused on a new year and a new you! We are going to jump on the bandwagon and share a healthy tip for 2015.

***Did you know even 2 flights of stairs climbed per day can lead to 6 pounds of weight loss over one year?***

Source: Sunnybrook Health Sciences Centre  
<http://health.sunnybrook.ca/fitness/take-challenge-take-stairs/>

## CAREGIVING TIP

Source: National Hospice and Palliative Care Organization's Pinterest:  
<http://www.pinterest.com/pin/113293746849814386/>

**THE MANY roles OF A family caregiver**  
from **Caring.com**

While taking care of older loved ones, family caregivers are also trying to carry on with their own lives. These are some of America's unsung heroes.

 <b>Advocate</b> Many older adults need help asking the right medical, financial, and other questions. A family caregiver makes sure a loved one is not alone when facing tough decisions.	 <b>Nurse</b> Caregivers hear about every ache and pain, ailment, and complaint. Doctor appointments, daily meds, symptom monitoring: A caregiver is there to help.	 <b>Consoler</b> When a loved one is frustrated, exhausted, and needs a moment to vent, a family caregiver listens and helps provide emotional support.
 <b>Helper</b> Family caregivers do the mundane tasks – shopping, cleaning, pulling weeds – to manage the household while also assisting their loved ones with activities of daily living.	 <b>Chef</b> Whether a loved one can no longer make meals or the doctor has ordered a new diet, a caregiver is often the one who cooks for the entire family – balancing the most healthy options with budget and time constraints.	 <b>Companion</b> They're playing bridge, taking a walk, reading stories, or watching a program with their loved ones. Like friends, family caregivers help older adults avoid loneliness.



### Safety Guard

Caregivers are always thinking of ways to keep their loved one safe. They've got their eye on everything from bed rails to emergency response systems to safe driving and falls prevention.



### Merymaker

When aging or illness brings loved ones down, family caregivers help keep spirits high, offering hope, smiles, or a grateful outlook -- even though, sometimes, their own spirits are hurting too.



### Steward

When people can no longer care for themselves, family caregivers become the strong foundation. Without their love and support, many care receivers would not be able to keep going.

## What roles have you played today?

With so many roles, it's easy to lose yourself.



More than one-third of caregivers continue to provide intense care to others while suffering from poor health themselves.

Older spousal caregivers (age 66-96) who experience caregiving-related stress have a 63% higher mortality rate than noncaregivers of the same age.



Family caregivers suffer depression at a rate twice the national average.

## Take time out for YOU.

Your much-needed break may be right around the corner.

For more info: <http://bit.ly/caregiver-roles>

#### Sources:

Schulz, R. & Beach, S. 1999. Caregiving as a risk factor for mortality: The Caregiver Health Effects Study. JAMA, 282: 2215-2219. Retrieved from [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=1822](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1822).

Depression Levels Among Caregivers More Than Two Times National Average, Caring.com's Newest Study Reveals. Retrieved from <http://www.caring.com/about/news-room/depression-levels-among-caregivers-more-than-two-times-national-average-caring-coms-newest-study-reveals.html>.

Searching for senior care? Let us help: (866) 824-8174

## THANK YOU FOR YOUR SERVICE

Congratulations on the future. Your time and talents will be missed.

Happy Retirement Susan Reilmann & Allida Plumer!

Susan's Note To All:



*To all the families, individuals, and corporate donors who have touched my life during the last nine years, I express my deep appreciation for the time, talent and treasure that you have given to Hospice of Southern Illinois. My sincerest hope is that each time I held my hand out for a donation (proverbial) you understood it was my way of giving you a blessed opportunity to help so very many families and friends in the communities that Hospice of Southern Illinois*

*serves. It has been my privilege to share this journey with you. As I prepare to retire on January 2<sup>nd</sup> I know that many memories of our meetings and smiles will happen as I continue my volunteer travels and activities throughout southern Illinois.*

### Allida's Note To All:



*My first experience with Hospice of Southern Illinois was when I was Director of Nursing at a long-term care facility in Carbondale. One of my patients was a chronic worrier. A Hospice of Southern Illinois volunteer with two little girls would come and visit her on a regular basis. That was the only time I saw a smile instead of worry on that patient's face. I also learned that there was so much more that could be done to provide comfort to patients and their family at the*

*end-of-life. When a position came available with Hospice of Southern Illinois, I applied. I started as a Patient Care Coordinator in the Vienna office over 20 years ago. Much has changed in 20 years but the heart of hospice care has not changed.*

*Hospice nursing has been the most rewarding nursing of my career. People often ask "how can you do this job". I always tell them hospice nursing is hard but we receive so many "warm fuzzes" from our patients and families. The hospice team can make such a difference in the end-of-life experience. That is my reward.*

*Retiring from Hospice of Southern Illinois is going to be one of the hardest things I have ever done. It is an exciting and scary time. The first thing I am going to do is a trip to Disney World. I am looking forward to being able to travel and take my time along the way. I plan to take advantage of opportunities I could not do while working full-time. Trips to Zambia to visit Ranchhod Hospice and Children's Centre are also on my list. I plan to remain a volunteer and look forward to remaining a part of this*

organization. I feel like I am not leaving but only changing roles.

I want to thank everyone who has assisted in my growth and those that gave me the opportunity to use my talents.

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## Upcoming Events

### 5TH ANNUAL RED CARPET GALA

#### "LOST IN VEGAS"

Saturday, January 24, 2015

The Pavilion of the City of Marion

5:00 P.M. - 6:30 P.M. Cocktails \* Appetizers \* Silent Auction \* Music

6:30 P.M. Dinner \* 7:15 P.M. Live Auction

7:30 P.M. Celebrity Performances

To purchase tickets, contact Jennifer Vinyard, 618-997-3030

### 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

### 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'



## 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:

- January 8 & 9, 2015 (Thursday and Friday) - Hospice Home, *Relais Bonne Eau*, Edwardsville
  - 8:00 a.m. - 4:00 p.m.
- 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.



## 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.

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There comes a time...  
*for us to serve you.*



**Hospice**  
 OF SOUTHERN ILLINOIS, INC.



**WE HONOR VETERANS**

Call Today To Become A  
**Veteran to Veteran Volunteer**

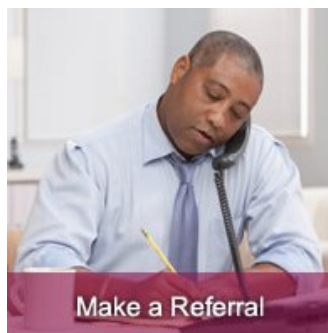
*Hospice of Southern Illinois is Seeking Veteran Volunteers.  
 Call Susan or Rita to learn more or sign up for the next training.*

www.hospice.org • 618-235-1703 • 618-997-3030

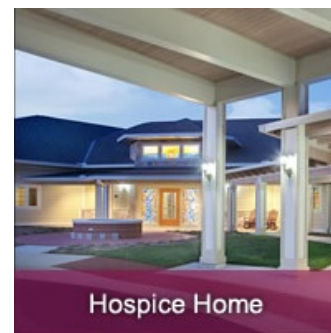
Hospice of Southern Illinois is seeking Veteran Volunteers to help with our Veteran-to-Veteran Volunteer Program. Veteran volunteers can help meet the specific needs of Veterans, relate to each other's experiences, and give them peace of mind at the end-of-life. This program is part of our commitment to the We Honor Veterans partnership between the [National 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.](#)

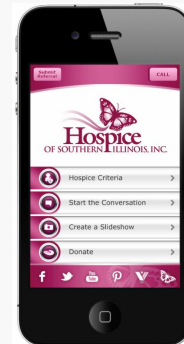
illness, it is appropriate to discuss all of a patient's healthcare options, including hospice. [Learn more.](#)

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.](#)

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Hospice of Southern Illinois  
305 South Illinois Street  
Belleville, IL 62220  
800-233-1708  
618-235-1703  
fax: 618-235-3130  
[www.hospice.org](http://www.hospice.org)