



Wings - July 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](#)

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[We Honor Veterans](#)

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[NHPCO NEWS](#)

## Hospice Employee Saves a Life

**Phyllis Gabbart,  
APN, Nurse  
Practitioner**



Phyllis is Hospice of Southern Illinois' Nurse Practitioner since April of 2014. She resides in Millstadt, Illinois. Before we get into her once-in-a-lifetime story, we asked her why she loves her job at Hospice of Southern Illinois. She responded, "I think the biggest reason I love this job is because of the close interactions I develop with the patients and their families. I think we have a great team here at Hospice of Southern Illinois and we all collaborate to develop and maintain patient-centered goals at end-of-life. Being part of this great team is rewarding to me because I feel I can impact a person's quality of life simply by being present and caring for the patient and the family."

Phyllis's Story: "I recently had the opportunity to use my training in Basic Life Support (BLS) while on vacation in Charleston, SC. I was waiting at the airport for my flight back home. A different flight had just started boarding. From where I was sitting, I heard the ticket agent say that someone had passed out. Someone sitting behind me walked over to the ticket agent and identified herself as a nurse and he directed her towards the individual, down the loading ramp onto the plane. I decided I should also offer my assistance. When I headed in the direction of the loading ramp, I saw a man lying face up. He did not appear to be responding to those around him, including the nurse who was bent over assessing him. I ran to assist. I identified myself to the nurse already on the scene as a nurse practitioner and she told me she was not feeling a pulse. This gentleman appeared to be healthy in appearance and no other travelers standing around him knew him. He was having ineffective breathing and I was not able to feel a pulse. I looked at the other nurse and told her we were starting CPR and I started chest compressions. Other rescue people were also responding to the scene. An Automated External Defibrillator (AED) was brought and applied, and someone began rescue breathing.

The AED delivered two shocks when indicated. Shortly after the second shock from the AED, the gentleman opened his eyes and tried to sit up. Those of us surrounding him encouraged him to lay back and relax. Eventually, paramedics came and the gentleman was sent to a hospital for evaluation. As we were waiting for the paramedics, I found out that three other nurses had responded to the scene as well as employees of Southwest airlines. The three other nurses and I were given vouchers from Southwest to use on a flight in the future just to show appreciation for our assistance. Quite a nice surprise just for doing what I am trained to do. Coincidentally, I had recently completed recertification for BLS instructor and my life-saving skills just kicked in allowing me to be in control of the situation. I feel that all of us who responded were there at the right time and with the right skills to provide the best outcome for this gentleman."

Phyllis closed with her favorite quote, "Don't sweat the small stuff." She added, "At my age, I have learned from life experiences that some things really don't matter in the big scheme of life. Situations will always arise that we have no control over. I accept this and know that each day is a new beginning and I'll make the best of what is given to me for that day." It is safe to say Phyllis didn't sweat this situation and definitely made the best of the day she saved a life! Thank you for helping others in need and your work at Hospice of Southern Illinois.

## WINNER FOR DINNER FOR DAD PHOTO CONTEST



Congratulations Betty Henry of St. Clair County for winning the Hospice of Southern Illinois' Dinner for Dad Photo Contest! We hope this Father's Day was an extra special one for you and your family. Here is the photo that Betty submitted to celebrate her dad. There comes a time... when every moment counts.

## WELLNESS TIP

**Self Care:** Be prepared when you go to the doctor's office.



Write down the top three health concerns you want to discuss and bring all medicines and supplements with you. If you take your blood pressure or blood sugar at home on a regular basis, be sure to bring all those results with you. *Source: [www.hap.org](http://www.hap.org) -*

*HAP Wellness Tips*

## CAREGIVING TIP

**Self Care:** Emergencies are stressful when you know what to do and very stressful if you don't know what to do.



Discuss an emergency plan with your doctor. Where does he suggest you seek treatment? Does he take after hour calls? Knowing what to do will take some of the stress out of an emergency situation. *Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips*



## Events

### CURRENT EVENTS:

#### MAGNUM'S 7TH BIRTHDAY "PAW"TY

Thursday, July 16, 2015 from 5:00 p.m. - 7:00 p.m.

Hospice Home, *Relais Bonne Eau*

7325 Marine Road, Edwardsville, IL

Any puppy gifts will be considered a donation and donated to CHAMP Assistance Dogs & Metro-East Humane Society.

For more information, contact Mary Jo Smith at (618) 235-1703.

#### 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!



## 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.

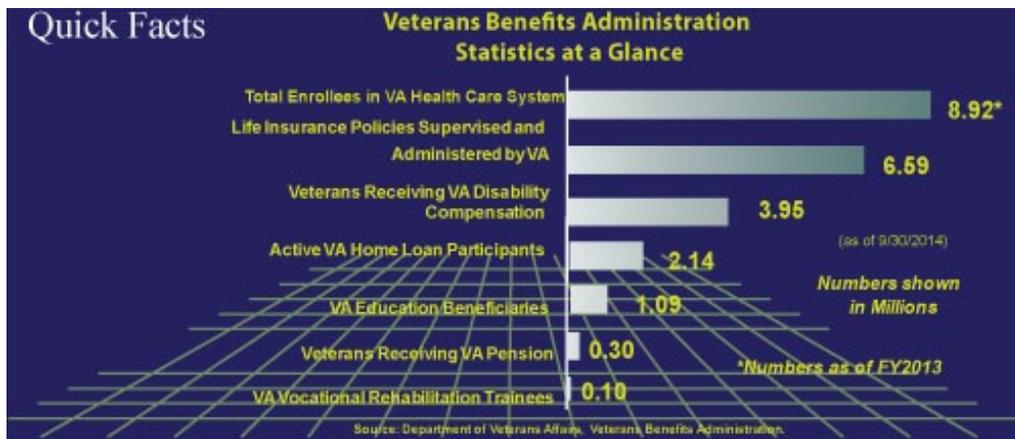
### 2015 Volunteer Training:

- Thursday, July 23, 2015 and Friday, July 24, 2015 at Hospice of Southern Illinois' Hospice Home, *Relais Bonne Eau*, 7325 Marine Road, Edwardsville from 8:00 a.m. - 4:00 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



\*Material re-printed with permission by We Honor Veterans, a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA).

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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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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### 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.](#)

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