



Wings - March 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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app.](#)

We appreciate you sharing the
Wings' Newsletter with others!

 Forward to a Friend

DOCTOR'S DAY - MARCH 30TH



[NHPCO NEWS](#)



Ellen Middendorf, MD

Hospice of Southern
Illinois' Medical Director

Education

Undergrad: St. Louis
University 1992-1996
Medical School: St. Louis
University School of
Medicine: 1996-2000
Residency: St. Louis

University Belleville Family Practice: 2000-2003

Why did you choose Hospice of Southern Illinois?

When I decided to exit my practice as a family practitioner, I knew that I needed to find a position that allowed me to provide care to patients and families in a setting that exemplified the highest quality standards across all levels of the organization. Hospice of Southern Illinois has always been recognizable and highly reputable within the community. The leadership and clinical staff live out the mission of Hospice of Southern Illinois on a daily basis, and I couldn't be more proud to be a member of this team.

What do you like about working in hospice care?

I always get asked how I can do such a depressing job. What people don't realize is that our job in hospice care can be one of the most rewarding in healthcare. We are able to help those that need us the most. Hospice provides physical relief and emotional support to our patients and their loved ones. We are able to spend the time that our patients and families need.

What empowers you? I am most empowered by knowing that my actions are making a difference in someone's life, whether this be my family's or my patient's.

Favorite food: MY homemade mashed potatoes (just a little biased).

Favorite color: can't pick just one, must be GREEN & YELLOW Go Pack Go!!!

Favorite quote: Life isn't about waiting for the storm to pass.....it's about learning to dance in the rain.

Fun fact about you: I'm much more comfortable in a pair of jeans and dirty work boots than in a suit and heels; but I try to hide it well. I'm also the mom to almost 12 year old boy and girl twins, and the wife to an awesome hubby.

WELLNESS TIP

Self Care: Our life is essentially the sum of our habits. What habits would you like to stop doing? What habits would you like to start? Make a short, realistic list. It takes about a month of consistent effort to adopt a new habit, so keep trying. *Source: www.hap.org - HAP Wellness Tips*



CAREGIVING TIP

Stress Management: Humor is a positive mood and emotion changer. Laughter can help relieve pain and increase happiness. Movies and TV offer an easy venue to experience laughter while alone or with others. Looking at the silliness of situations can also shift our way out of the blues. Make arrangements for a 'laugh night' with family or friends just to relax, laugh, and keep things light. *Source: www.hap.org - HAP Wellness Tips*



Upcoming Events

CURRENT EVENTS:

ST. LOUIS BLUES FUNDRAISER

Game Dates and Times Located Here:

www.stlouisblues.com/hospice

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

TRIVIA NIGHT

[Click Here to Register](#)

Saturday, April 18, 2015

Edwardsville Moose Lodge at 7:00 P.M.

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

HOSPICE OF SOUTHERN ILLINOIS DAY AT THE BALL PARK

Saturday, May 30, 2015

St. Louis Cardinals vs Los Angeles Dodgers

7:15 P.M. Busch Stadium, St. Louis

Call Jennifer Vinyard at (618) 997-3030 or Kathy Wilson (618) 235-1703 to

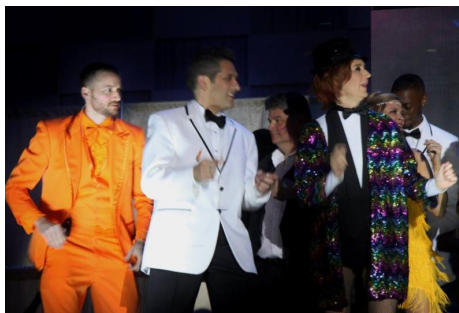
reserve your tickets. Or you may also email jvinyard@hospice.org or kwilson@hospice.org to reserve your tickets.

PAST EVENT UPDATES:

RED CARPET GALA

Thank you! Thank you! Thank you!

Our event was a huge success thanks to you. Check out a few photos below.



If you missed the mission video played at the Red Carpet Gala from our last newsletter, [click here to view it now!](#)

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, 2015 (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.

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.](#)

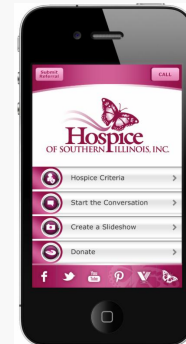
illness, it is appropriate to discuss all of a patient's healthcare options, including hospice. [Learn more.](#)

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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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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