



*Wings - November 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](#)

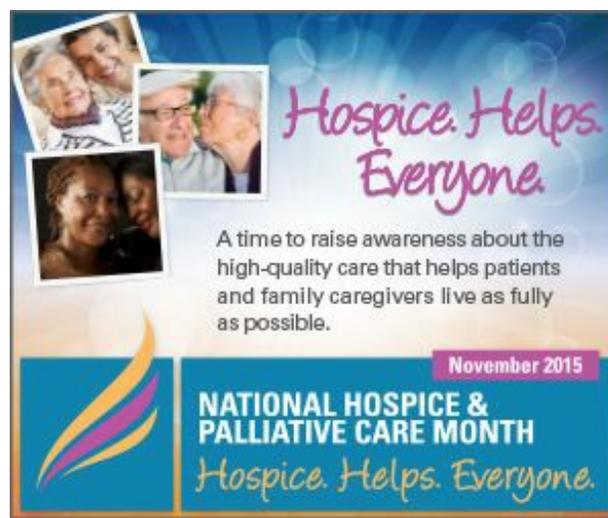
[We Honor Veterans](#)

[Click here or scan
to download our
app.](#)

**NOVEMBER IS
NATIONAL HOSPICE MONTH**



NHPCO NEWS



"Every year, nearly 1.6 million people living with a life-limiting illness receive care from hospice and palliative care providers in this country," said J. Donald Schumacher, president and CEO of the National Hospice and Palliative Care Organization. "These highly-trained professionals ensure that patients and families find dignity, respect, and love during life's most difficult journey."

For more information about hospice care and advance care planning visit, <https://hospice.org/community/advance-directives/>.

NEW FEATURES ON THE NEW WEBSITE



Meet our first Hospice of Southern Illinois' Care Ambassador, Jennifer Snavelly, Social Worker. We define our Care Ambassadors as employees who uphold Hospice of Southern Illinois' standard for excellent hospice care and service by going above and beyond for patients, families, team members, or the community. They are respectful, passionate, and dedicated to our goals and mission *to enhance the quality of life for individuals and their loved ones touched by a terminal illness*. To read more about Care

Ambassadors and Jennifer, [click here!](#)

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

Men's Health: Being connected 24/7 can be a big stressor and chronic stress can negatively affect us psychologically and physically. Try "unplugging" for a night. That would include TV, phone and computer. Enjoy the peace! For more information on stress, visit <http://men.webmd.com/features/admit-it-men-youre-stressed>.



Source: www.hap.org - HAP Wellness Tips

CAREGIVING TIP

Women's Health: Keep your brain and memory sharp. Learn a new language or hobby. Do crossword or jigsaw



puzzles. And it is never too late to learn how to play an instrument.

Source: www.hap.org - HAP Wellness Tips



Events

CURRENT EVENTS:

SAVE THE DATE: OFF ROAD ORCHARD 5K

Saturday, November 14, 2015 at 8:00 a.m.

Mills Apple Farm - Marine, IL

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

Congratulations and thank you to the United Methodist Church Women's Group in Carterville, Illinois on sewing their **4,000th** pillow for Hospice of Southern Illinois' patients. What a milestone for this group which started sewing in 2005. We appreciate your dedication to the special touch this provides our patients.





Volunteer, Suzanne Kerley, is painting a candy corn flower pot for our patients in our October craft class.

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:

- Friday, November 20, 2015 - Hospice of Southern Illinois' Marion Location, 204 Halfway Road, Marion from 9:00 a.m. - 5:00 p.m.



We Honor Veterans

VETERANS

Hospice of Southern Illinois' patients are thanked for their service and sacrifices by a hand-made pin and card made by our volunteers and craft groups.



Veteran's Day
November 11, 2015
Salute Our Vets and
Thank Them for Service
by sending a free ecard!
[Click Here To Send One](#)

<http://www.onlineatthem.com/salute-veteran>



{Volunteer and Veteran, Roger Relfe (left), visits with local Veteran and Hospice of Southern Illinois' patient (right) and talk about 4th of July plans.}

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!



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.](#)

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once-monthly

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