



Wings - September 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

[NEW SECTION  
COMMUNITY  
PARTNER  
COUPONS:  
Click Here To Save  
and Support!](#)

[Job Openings](#)

[Upcoming Events](#)

[Volunteer Training](#)

[We Honor Veterans](#)

### NEW SECTION

Community Partner Coupons  
[To SAVE and SUPPORT, Click Here!](#)

### HELP US CONGRATULATE

AMY RICHTER  
OUR CHIEF FINANCIAL  
OFFICER

We would like to congratulate Amy Richter,

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



[NHPCO NEWS](#)

Hospice of Southern Illinois' Chief Financial Officer (CFO), for her recent achievements with the professional association, Healthcare Financial Management Association (HFMA).



We are proud to have you represent Hospice of Southern Illinois during your term as President of HFMA. Amy has 25 years of experience in the healthcare finance field and began her career with Hospice of Southern Illinois in 2009. She chose Hospice of Southern Illinois because, "I know that my daily work contributions impact the patients and families we serve."

Over the years, Amy served on several committees and on the Board of Directors for HFMA for 4 years. She began as a Director of the chapter before moving into several leadership roles, leading her to the Presidency. The Greater St. Louis Chapter won 7 awards for the 2014-2015 year. Amy played a vital role in helping the association grow and succeed during her term as President. Amy will remain active in HFMA, maintaining business relationships and friendships she has developed over the years.

With a philosophy of, "we always get the job done," so "don't sweat the small stuff," it does not surprise us she would succeed in her professional organization as well as thrive at Hospice of Southern Illinois. She notes the constant changes in healthcare prove challenging at times, as most healthcare professionals might agree. What she finds most enjoyable about her job though is teaching finance to non-financial people. We know Amy will continue to enjoy her time with HFMA and continue to succeed professionally; we appreciate your impact on Hospice of Southern Illinois. Thank you for educating yourself on the industry issues, pursuing professional development, and ensuring our dollars are spent wisely so patients and families have access to resources for excellent end-of-life care.

## Hospice Home Relais Bonne Eau will close at the end of 2015

Hospice of Southern Illinois opened our Hospice Home Relais Bonne Eau because we saw a need in the communities we serve. However, the needs of our community and hospice patients nationally are changing. And, several trends in the broader healthcare environment are making it difficult for independent hospice homes to operate sustainably, and those trends continue to impact us, as well. Therefore, we have made the difficult decision to close the facility at the end of 2015.

Please be assured that Hospice of Southern Illinois isn't going anywhere - our community can continue to rely on us, just as it has since 1981. We will serve approximately 2,700 patients in 2015, and we expect to see an increase in that number next year. Our hospice home care service will continue to care for patients and support their loved ones throughout our 27-county territory, and in 2016 we will celebrate its 35th anniversary.

We remain dedicated to our mission of providing hospice care to the people of Southern Illinois, and we continue to be honored and humbled that our patients and their loved ones entrust us with this important responsibility.

Sincerely,  
Rebecca J. Wisdom, LCSW, MSW  
President and CEO

### WELLNESS TIP

**Financial Wellness:** Prepare to brown bag. Eating out is expensive and so are vending machines. Plan your lunches ahead of time by making several meals you can freeze. Buy your snacks at the grocery store, then place snack portions in plastic bags to grab and go. You could easily save \$150 per month if you implement both suggestions. - Provided to HAP by Robin Thompson, the Money Coach for WXYZ-TV Channel 7, President of Budget Wise Consulting ([www.budgetwise.net](http://www.budgetwise.net)).



Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips

### CAREGIVING TIP

**Exercise:** Be patient: Tackling a new fitness regime is always a challenge.

There will be ups and downs, as well as setbacks and victories. Be patient - don't give up!

Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips



## Events

### PAST EVENTS:



### COMFORT INN GIVES COMMUNITY MEMBERS A SWEET START TO THE DAY

*Hotel Says "Thank You with Waffles" to Hospice of Southern Illinois, INC.*

August 17, 2403 Black Diamond Dr. Comfort Inn, which is franchised by Choice Hotels International, Inc. (NYSE: CHH), one of the world's leading hotel companies, is dripping with syrupy sweet appreciation for special members of the community. In honor of National Waffle Day 2015, the hotel property celebrated Hospice of Southern Illinois' employees and they enjoyed the Comfort brand's free signature waffles.

### CURRENT EVENTS:

### THOMAS G HULL RODEO

September 18 & 19, 2015 at 7:00 p.m.

New Baden Community Park

For more information, contact Jacqueline Allaria, 618-235-1703.

## 4TH ANNUAL WHEELS & WINE CAR SHOW

Sunday, September 27, 2015 from 12:00 p.m. - 4:00 p.m.

At [THE WEINGARTEN](#). Hosted by [Rotary Club of St. Clair County East](#).

For more information, contact Jacqueline Allaria, 618-235-1703.

## HOWL AT THE MOON DUELING PIANOS

Friday, October 2, 2015 at 7:00 p.m.

[Black Diamond Harley-Davidson](#) Events Center.

For more information, contact Jennifer Vinyard at 618-997-3030.

## 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.

## 8th ANNUAL SPORTING CLAY SHOOT

Sunday, October 11, 2015

Registration 8:30 a.m. - Shooting Time 9:00 a.m.

World Shooting & Recreation Complex - Sparta, IL.

For more information, contact Jacqueline Allaria, 618-235-1703.

## 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.

## COMMUNITY PARTNER COUPONS: SAVE and SUPPORT

**Deal Of The Month: Spend \$5 at either Farmer's Market (Belleville) and get 5 free bananas!**

- To redeem, mention this deal (no coupon required) and get your free bananas!
- How they support us! Stop by the Farmer's Market at 1901 North Belt West or 500 North Illinois, Belleville to pick up your Farmers4Causes



card. Farmer's Market will donate a percentage of your produce purchase to Hospice of Southern Illinois. FORGOT YOUR CARD, THAT IS OK, THEY CAN STILL NOTE PURCHASE - WE ARE NUMBER 41. <http://www.fruitmycube.com/>

Learn more about how you can support Hospice of Southern Illinois' [events](#), or [make a donation](#), today!



## Volunteering

### VOLUNTEERS IN ACTION



### 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:

- Friday, September 18th, at Hospice of Southern Illinois' Marion Location, 204 Halfway Road, Marion from 9:00 a.m. - 5:00 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



{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](#).

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We encourage you to visit the [We Honor Veterans](#) or the [US Department of Veterans Affairs](#) website for updates and resources on staying committed

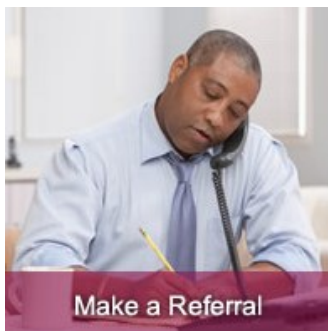
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We appreciate you sharing the Wings' Newsletter with others!



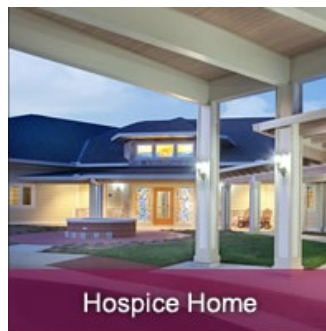
### **Why Choose Us**

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.](#)



### **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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### **[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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more!](#)

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