



*Wings - May 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!

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### THE BURGUNDY WAY

[Click Here To View Video](#)



**NHPCO NEWS**



The Burgundy Way - Ask How Hospice of Southern Illinois Can Help

**NATIONAL NURSES WEEK**

**Happy Nurses Week**  
**May 6th –12th**



*To nurses for your dedication to patients and families in our community!*

From Your Friends At



**Hospice**  
 OF SOUTHERN ILLINOIS, INC.

There comes a time...  
*for comfort, dignity, and support.*  
[www.hospice.org](http://www.hospice.org) • 618-235-1703

**WELLNESS TIP**

**Nutrition:** Don't shop when you are hungry - statistics show that you are more likely to make bad choices when hungry. Source: [www.hap.org](http://www.hap.org) - HAP Wellness Tips



**CAREGIVING TIP**

**Stress Management:** Seek Support. When we feel overloaded, overwhelmed, or overworked, or just feeling down or blue it helps to get some support. Support includes using a mentor, advisor, counselor, therapist, friend, family, coach, support groups, workshops and seminars, church groups, spiritual connections,



reading materials, books, soft music, CD's, DVD's, journaling, and internet sources, etc. Reaching out when in need is key toward taking charge of our life. We can't do it all alone. Source: [www.hap.org](http://www.hap.org) - HAP Wellness

*Tips*

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## Events

### CURRENT EVENTS:

## GIVE STL DAY IS TOMORROW

Great things are done  
by a series of small things  
brought together.

*- Vincent Van Gogh*



[Click Here To Pledge Your  
Donation on May 5](#)

On Tuesday, May 5, Hospice of Southern Illinois is participating in Give STL Day and you can be part of making a difference in the St.

Louis area!

Give STL Day is a 24-hour online giving event with local impact. Donate to the nonprofits working on the causes YOU care about, like Hospice of Southern Illinois, your community not-for-profit hospice serving 27 counties in southern Illinois since 1981. We are 1 of more than 790 nonprofit organizations signed up to participate and will be raising much needed dollars with your help!

[Click here to join our Facebook Group](#) to invite your friends to pledge to Hospice of Southern Illinois. [Click here to visit the giveSTLday giving page.](#)

Call Jennifer Lee (618) 235-1703 for more information.

## 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 Jennifer Lee (618) 235-1703 to reserve your tickets. Or you may also email [jvinyard@hospice.org](mailto:jvinyard@hospice.org) to reserve your tickets.

## 13TH ANNUAL LARRY HUGHES GOLF BENEFIT

Friday, June 12, 2015 at 7:30 a.m. and 1:30 p.m.

The Links of Kokopelli, Marion

Call Jennifer Vinyard at (618) 997-3030 to reserve your tee time.

## 16TH ANNUAL BENEFIT GOLF TOURNAMENT

Friday, June 19, 2015 at 8:30 a.m.

Far Oaks Golf Club, Caseyville

Call Jennifer Lee at (618) 235-1703 to reserve your tee time.

## 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, (618) 997-3030.

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

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Volunteering

ANNUAL VOLUNTEER DINNERS:

APRIL 11th & 18th



Thank You Jeanette Hoernis For 30 Years of Volunteer Service. Jeanette was one of many honored at the Belleville Dinner. Photos of volunteers with 5, 10, 15, 20 and 25 years of volunteer service can be seen by clicking the link below. Susan Relfe, Jeanette Hoernis, and Michelle Black (L to R).



Thank You Suzanne, Kay, George, and Rita for 5 Years of Volunteer Service (Top L to Bottom R). These individuals were all honored for their years of service at the Marion Dinner.

Click the hyperlinks below to view more photos:

[Marion Photos](#) and [Belleville Photos](#).

Stay tuned for next month's issue where we will be featuring ALL Butterfly Award recipients!

## 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, June 5, 2015 at Hospice of Southern Illinois, 204 Halfway Road, Marion from 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**

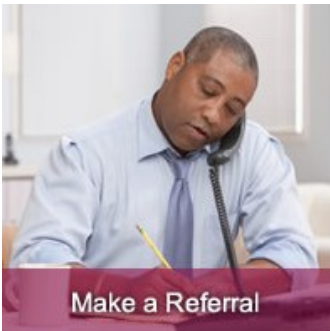
*Hospice of Southern Illinois is Seeking Veteran Volunteers.  
 Call Susan or Rita to learn more or sign up for the next training.*

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.](#)

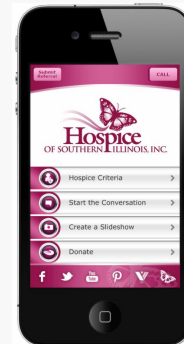
illness, it is appropriate to discuss all of a patient's healthcare options, including hospice. [Learn more.](#)

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.](#)

**[Click Here To Sign Up](#)**

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**Stay Connected**



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