

Serenity Hospice & Home
1658 S. IL Route 2
P.O. Box 462
Oregon, IL 61061

Non-profit Org.
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Permit No. 3

Serenity Hospice & Home

Fall/Winter 2014

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Dear Friends,

One in four deaths in America is a Veteran. Trained to survive and protect, Veterans have unique needs when facing end-of-life. Some need to share their stories, while others just want to listen to other Veteran's experiences or hear how they are appreciated for their service to our country. To address these needs, Serenity Hospice and Home has initiated the "We Honor Veterans" program. Comprised of Veteran-to-Veteran volunteer support, recognition ceremonies, and a military history checklist alerting staff to special considerations, the "We Honor Veterans" program offers individualized support for veterans in our care and in the community.

Serenity Hospice and Home has recently convened a Veteran team to support the "We Honor Veterans" program. It is comprised of volunteer members from several military branches and a Veteran Chaplain. We offer appreciation ceremonies including presentation of a "We Honor Veterans" pin and certificate to veteran patients thanking them for their service and sacrifice. Activities include Veteran-to-Veteran Volunteers, comprised of specially-trained volunteers who fellowship and support veterans and their loved ones during end-of-life transitions.

Next spring, our "We Honor Veterans" program will establish a Veteran's Walk in the path leading to the Gazebo. Families of each Veteran patient will be offered an "In Memory Of" brick engraved free of charge, which will denote the name of the Veteran and the branch the Veteran served in. These bricks will line the walkway and each year, at our annual butterfly release, each Veteran added will be named in a special ceremony. For those we have served in the past, we welcome the opportunity to add a brick to memorialize your Veteran loved one in our Veteran Walkway. Please fill out the enclosed form and return to Serenity Hospice and Home. All Veteran memorial bricks will be engraved in the spring.

The desired outcome of our "We Honor Veterans" program is for each Veteran patient to have a calm and life-enriching experience while facing end-of-life through the resources of our program, along with supporting family members and others in our community.



Lynn Knodle
Executive Director



WE HONOR VETERANS



Our first pinning ceremony honored Dave Hardt, a U.S. Marine Veteran who served in the Korean War. Shown here with his son, Don, Hospice Volunteer Chaplain, Rev. David Rogula, and U.S. Military Veteran, Dennis Bearrows. Rogula and Bearrows conducted the ceremony that included presentation of a service recognition certificate and flag pin, followed by a Veteran's blessing. It is our hope that the ceremonies provide touching moments and lasting memories for our patients and families.



Christmas Tree Walk Open House

Come check out the 40+ decorated Christmas trees throughout the home of Beth Kalbfus.

Open House

Saturday, November 29th

4:00 pm - 8:00 pm

402 North 6th Street in Oregon, IL

Conveniently scheduled for the night of Oregon's Candlelight Walk, stop in for a tour, have a Christmas cookie, and check out the raffle baskets.



Angel Treasures Resale Shop

Stop in and check out all the great items we have in our Christmas Shop



In addition to finding name brand items at extremely affordable prices, shopping at Angel Treasures is an environmentally friendly option for your holiday gifts. Give a "recycled" item a chance to be enjoyed by someone new!

Gift Certificates Available

REGULAR STORE HOURS:

Monday to Saturday - 9:00 AM to 5:00 PM

DONATIONS ACCEPTED DAILY

Tax receipts available. Large donation? Please call ahead.

4045 W IL Route 64 in Mount Morris, IL

Phone: 779-545-0092



As a way to recognize the military service of our patients, Serenity Hospice & Home will create a Veteran's Walk in the pavers edging the walkway leading to our gazebo and gardens. We are offering past patient's families the opportunity to have a paver engraved in honor of their military service at no charge. Call 815-732-2499 with questions

WE HONOR VETERANS

IN LOVING MEMORY
MARY LOU JOHNSON
US ARMY

IN MEMORY OF
WILLIAM F CLARK
US MARINES

1944 - 2013
JOSEPH FRANKLIN SR
US AIR FORCE

Line 1: In Memory Of / In Loving Memory or Dates of Birth/Death _____ - _____

Line 2: Name _____

Line 3: Branch (US Marines, US Army, US Navy, US Air Force, US Coast Guard) _____

Contact Name: _____ **Daytime Phone:** _____

2015 Dates to Remember

May 9: Annual Garden Luncheon

June 13: Jonathon Knodle Memorial Golf Play Day

June 27: Memorial Butterfly Release

August TBD: Miles in Memory Run/Walk (formerly Rick Hahn Run)

November: National Hospice and Palliative Care Month

November 1: Memorial Service

December 4: Oregon Rotary Club Angel Ball

Rada Fundraiser



Serenity Hospice & Home is offering Rada knives, quick mixes, stoneware, cookbooks, and soy wax candles as a fundraiser.

If you would like to view a catalog, place an order, or be willing to have a 'book party' and share the catalog with family, friends, and neighbors, please call 815-732-2499 for more information.



Serenity Hospice & Home Recycling Fundraiser



We are collecting working or non-working:

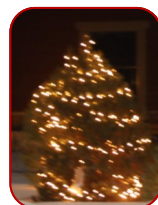
- cell phones (any type) and their batteries
- ink jet printer cartridges that have not been previously refilled

Bring your recyclable items to:

Angel Treasures, 4045 West IL Route 64 in Mt. Morris, IL
Serenity Home, 1658 S. IL Route 2 in Oregon.

Please contact Margaret Clark at 815-732-2499 with questions.

Angel Lights Memorial Christmas Trees and Memorial Angel Ornaments



As we prepare to celebrate the holidays, Serenity Hospice & Home is offering an unique opportunity to sponsor an Angel Lights Christmas Tree in honor or remembrance of a loved one, to say thank you to the Angels in your life, or simply to support the mission of Serenity Hospice & Home. These beautiful trees, covered in lights, will grace the grounds of Serenity Home. Each will have the name of the honoree displayed prominently at the center of the tree. Additional decorations may be added, or the tree can remain in its beautiful simplicity. The donation for an Angel Tree (ornament included) is \$150.

Again this year we are offering the option to purchase Angel Ornaments. These ornaments will adorn trees within the Serenity Home. The donation for a Memorial Angel Ornament is \$40.

All proceeds benefit Serenity Hospice & Home. Your generosity will help provide beautiful decorations for Serenity Home, offering peace, joy, and comfort to our patients and their families.

Fill out the form below and return with payment to 1658 S. IL Route 2, Oregon, IL 61061 or go to our website at www.serenityhospiceandhome.org to register and/or pay online.

Please reserve: _____ Angel Lights Tree(s) _____ Memorial Angel Ornament(s)

Donor Name(s): _____

Address: _____ City: _____ Zip: _____

Name of honoree, group, or loved one (please print): _____

Deadline to reserve a tree or ornament is **Wednesday, December 3rd**. Questions, please call 815-732-2499.



From the Bereavement Coordinator, Cathy Warren

The Griever's Holiday Bill of Rights

1. You have the right to say, "**TIME OUT**" anytime you need. Time out to let up, blow off a little steam, step away from the bustle of events, have a "huddle," and start over.
2. You have the right to "**TELL IT LIKE IT IS**". When people ask, "How are you?" you have the right to tell them how you really feel, not just what they want to hear. You also have a right to say, "I'm fine," because the choice is yours.
3. You have the right to some "**BAH HUMBUG**" days. You don't have to put on a "happy face" for the benefit of others. You are not a bad person because you don't feel like smiling and cheering up others all day long. Accept your limitations. Don't be afraid to ask for and accept help.
4. You have the right to **DO THINGS DIFFERENTLY**. There is no law that says you must always celebrate a special day in the same way. You can send fewer cards, or no cards at all! You can open gifts at someone else's house. You can put up special decorations or leave them in the box this year. Have pizza instead of that traditional dinner. The list is endless!
5. You have the right to **BE WHERE YOU WANT TO BE**. Be at home or with friends, in any city or state you choose, or have dinner at a restaurant instead of in the traditional place. Feel free to make changes or observe that special day in the usual way.
6. You have the right to **SOME FUN**. When you have a day that isn't so bad and you feel like doing something for fun, then do it. You don't have to be afraid of what someone else may say if they see you laughing and having a good time. Laughter is every bit as important, and healing, as tears.
7. You have the right to **CHANGE DIRECTION IN MIDSTREAM**. Grief is unpredictable. You may be all ready to go somewhere or do something and suddenly you are overwhelmed. When that happens, it's okay to change your mind. There's plenty of time in life to be predictable, exercise your right to change when you need to change.
8. You have the right to **DO THINGS AT DIFFERENT TIMES**. You can go to church at a different time than you have in the past. You can serve a meal at a different time; go to bed at a different time. You don't have to be a slave to the clock.
9. You have the right to **REST, PEACE, AND SOLITUDE**. You don't need to be busy all the time. Take a nap whenever you need one. Take time to pray and to meditate, to recharge your spirit. It may do much more good than eating another huge meal.
10. You have the right to **DO IT ALL DIFFERENT AGAIN NEXT TIME**. Just because you change things one year, doesn't mean you have written it in stone. Next year you can change it back or do it in yet another way.

From "Handling the Holidays" © 1992, by Bruce H. Conley. Reprinted with permission of Conley Outreach, Elburn, IL

Monthly Support Groups

Groups are open to ALL bereaved persons in the community. If no one calls, the group will not meet.

Coffee & Conversation: Meets the first Saturday of each month from 9:30 A.M. - 10:30 A.M. at Immanuel Lutheran Church, 1013 Franklin Grove Road, in Dixon, IL

Movie and Discussion Night: Meets the first Monday of each month from 5:30 P.M.- 7:30 P.M. at Serenity Home. We view a movie, and then discuss how it relates to grief and healing.

Healing Hearts: Meets the second Sunday of each month from 5:00 P.M. - 6:00 P.M. at the Oregon Church of God in Oregon, IL.

First Steps: Meets the second Thursday of each month for lunch at 11:30 A.M. Please call the Hospice office for restaurant location. If you like to eat out, but don't like to eat alone, join us for lunch.

C.A.F.E. (Coffee and Friends Etc.): Meets the second Friday of each month from 9:00 A.M.-10:00 A.M. at Serenity Home.

The Breakfast Club: Meets the third Wednesday of each month at 8:30 A.M. at the River's Edge Inn in Dixon.

H.U.G.S. (Helping Understand Grief for Survivors): Meets the third Thursday of each month, from 5:30 P.M. - 6:30 P.M. at Serenity Home.

Coffee & Comfort: Meets on the fourth Monday of each month from 10:00 a.m. to 11:00 a.m. at Anam Care, 8104 Sayer Road, Rockford, IL.



For more information on any of these groups or to schedule an individual meeting, please call Grief Companions, Cathy Warren or Denise Watts at 815-732-2499.