

Serenity Hospice & Home
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Serenity Hospice & Home

Fall/Winter 2015



Dear Friends,

Since June of this year, the Illinois Budget Impasse has had a profound financial effect on many of our area non-profits and Serenity Hospice and Home is no exception. We would like to thank our many donors for their continued support and assistance. We are greatly indebted to the many individuals, businesses, volunteers, schools, support groups and organizations who give not only financial assistance but also their time and talents. We appreciate the continued support of our annual fundraisers, and the fundraisers put on by organizations and individuals in support of our mission. We are grateful for your kindness and generosity and would like to take this opportunity to wish all our supporters a very Merry Christmas and best wishes for 2016!

Lynn
Lynn Knodle, Executive Director

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Veterans Served a Free Lunch at The Serenity Shed

With the help of Ralphie and LuLu's located in Ashton, IL, The Serenity Shed served over 50 Veterans on Veteran's Day

"The lunch was great, really good," said Veteran Doug Rowe. "The piece of apple pie I had made me want to go back and run off with the rest of it! It was very nice and much appreciated. I hope all the people involved were as happy with the whole thing as I was. Last word: Awesome!"

The Serenity Shed, located in downtown Oregon, was pleased to invite Veterans to their facility on Veterans Day for a free lunch. Over 50 Veterans stopped by to enjoy fried chicken and scalloped potatoes donated by Ralphie and LuLu's along with all the fixings and homemade apple pies donated by our volunteers. Serenity employees were privileged to speak with the

Veterans, hear their stories, and thank them for their service. "I felt so privileged to be a part of this," said Nancy Tracy, Provider Relations Liaison for Serenity. "These Veterans and their families gave so much and this is just a small way to show our appreciation." Serenity Hospice has earned 3 out of 4 stars in the We Honor Veterans Program and is working hard to earn the fourth and final star. This campaign focuses on providing the best quality end-of-life care and services for Veterans and their families while also providing education for the public, Veterans and hospice providers throughout the country.

2016 Dates to Remember

May 14: Annual Garden Luncheon
June 18: Jonathon Knodle Memorial Golf Play Day
July 9: Memorial Butterfly Release
July 23: Miles in Memory Run/Walk
November: Nat'l Hospice and Palliative Care Month
November 6: Memorial Service

Angel Treasures Resale Shop

Stop by Saturday, December 5th during Mt. Morris' Christmas on the Village Square event for cider, cookies, and a chance at discounts on your purchase when you choose an angel off our Angel Tree.

Or...

Drop by any day to check out our Christmas Shop

In addition to finding name brand items at 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

Open Wednesdays

'til 7:00 pm during
the holiday season!

Dec. 2, 9, 16, 23



When shopping Amazon.com this holiday season, please remember to shop amazon smile.com. This is a companion Amazon site which offers almost all the same products with the added benefit that Serenity Hospice and Home earns a percentage of your sale!

News from

The Serenity Shed

A full functioning workshop for creativity, coffee and conversation



Faith Christian School Helps at The Shed

Alison Bandera, a student at Faith Christian School, organized a group of 17 of her classmates to spend an afternoon at The Shed giving back to their community. "I heard about The Shed from Angel Treasures (Serenity Hospice's charity shop) and I thought it would be a great place for us to work and give back to our community."

The great group of teens spent the afternoon painting and refurbishing donated items to be sold at The Shed. "I am always looking for ways that our students can give back to the community," said Linda Foster, Principal of the school which is located in Grand Detour. "This is a wonderful program and I'm happy our kids could be a part of it."



Students from Faith Christian School in Grand Detour work at The Serenity Shed located at 131 N. 3rd St. in downtown Oregon. Stop by and donate a little time! No appointment necessary. Open Mon.-Fri. 8-4:30 and most Saturdays from 9-11 (except closed Saturdays in Dec.)

HO! HO! HO! Calling all Kids! Santa's Workshop at The Shed

Stop by the Serenity Shed and make surprise holiday gifts for someone special. Choose from a number of crafts to make for Grandma, Mom, Dad or anyone special!

You can wrap it up at The Shed and have a special surprise to give this holiday season.

Dates for Santa's Workshop:
Dec. 1 1:30-4:30
Dec. 11 Noon-4:30
Dec. 21-22 8-4:30 each day



The Serenity Shed will be open during Candlelight Walk

Stop by between 4:00 pm and 8:00 pm on Saturday, November 28th to see all of the special holiday creations and the beautifully repurposed furniture.



Rada Fundraiser

Serenity Hospice & Home is offering Rada knives, quick mixes, stoneware, cookbooks, and soy 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.



Grief During the Holidays

In November, Serenity Hospice and Home hosted an event featuring bestselling author Tom Zuba. The event was well attended and offered participants tips for surviving the holidays after losing someone they love.

The winter holidays are generally perceived as "the most wonderful time of the year." But for those who are facing grief after the death of a loved one, the holidays may instead be a time filled with pain and sadness.

Even those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration.

Experts in Grief offer some tips:

Be Willing to Change Traditions

Holidays often center on certain traditions and rituals. For some, continuing these traditions without a loved one may be an important way to continue sharing their memory. For others, it may be more comforting to develop new rituals to help lessen the pain and immediacy of the loss.



Help Reduce Stress.

While the holidays can be filled with meaning, they can also be filled with pressure and stress because of additional tasks such as shopping, baking and decorating. Grieving people should be encouraged to prioritize what needs to be done, and focus on those projects that may bring them pleasure. Perhaps the gift list can be pared down, cards need not be sent out, or another family member can cook the family dinner this year.

Remember those Who Have Died.

The holidays can bring opportunities to remember the person who has died in a way that is personally meaningful. Some families choose to participate in holiday events at a local hospice. Others may choose to share special family stories over a meal. Some may find that making a donation to a special charity or volunteering time to help others in need may be a comforting way to honor their loved one.



Serenity Doctors Earn Credentials

Kalweit Advances to a Fellow



Dr. Juliette Kalweit, Serenity's Medical Director and physician, is advancing to the status of a Fellow by the American Academy of Hospice and Palliative Medicine. This is one of the highest honors the institution bestows on a physician. This accomplishment is achieved by physicians whose professional activity is devoted to the practice of hospice and palliative medicine. Fellows of the Academy are required to be board certified, members of AAHPM for 5 consecutive years, and active within the Academy as demonstrated by attendance at annual assemblies. "We are so pleased for Dr. Kalweit," said Lynn Knodle the Executive Director of Serenity Hospice and Home. "She is a wonderful doctor and a great person. Our patients and their families always receive compassionate, knowledgeable care."

Appenheimer Earns Certification

Associate Medical Director, Dr. Tim Appenheimer, has earned his Hospice Medical Director Certification. Physicians who have earned their HMDC credential have proven their commitment and ability to



be leaders in a hospice environment. "We are so pleased that Dr. Appenheimer has earned his Hospice Medical Director Certification," said Serenity Executive Director Lynn Knodle. "He was already such a caring and experienced leader and this only adds to his many credentials. We are very fortunate to have such a qualified doctor for our patients and their families." The Hospice Medical Director Certification Board, HMDCB, is an independent not-for-profit certifying body that administers the credential.