



*Find solace in the embrace of our immersive, tranquil virtual reality (VR) experiences. Watch the sunrise over the ocean, sit on the edge of a mountain at dusk, or take a bucket list trip to see the Sphinx. Our VR headsets bring awe and wonder, help with pain relief, and enhance well-being.*

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## Massage Therapy



*Personalized Care for Pain Relief and Stress Management*

Our massage therapist is dedicated to providing individualized care to alleviate pain and reduce stress. As a member of the patient's care team, our integrative therapist will visit patients in their home or place of residency to deliver this integrative service.



## Music Therapy

By incorporating music therapy into the holistic approach of Hospice Care, patients have experienced an overall improvement in quality of life. Music therapy has been linked to reduced perception of pain, decreased reliance on pain medication, and alleviation of physical discomfort. Music therapy sessions encourage family participation, fostering connection with loved ones.



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**Healing Through Sound:  
Music for the Soul**



## Additional Integrative Offerings Include:

- Pet Therapy
- Aromatherapy
- Guided Meditation
- Mindfulness
- Reiki
- Bio-field Work
- Comfort Art

Managing pain a different way

Can be complementary

Provides a sense of peace & comfort

Less invasive approach

Enhances overall quality of life

## Reach Out

☎ 815-732-2499

[serenityhospiceandhome.org](http://serenityhospiceandhome.org)

Serenity Hospice and Home

### MANAGING PAIN




Thanks to the generous donors and grantors who support our integrative therapies:

**Elea Institute** **SMSE** Club

**A. Charles & Lillemor Lawrence Foundation**

**Rochelle Area Community Foundation**

 **COMMUNITY FOUNDATION**  
OF NORTHERN ILLINOIS

 **RAC**

# INTERGRATIVE THERAPIES



 *Serenity*  
HOSPICE & HOME

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