



Additional Integrative Offerings

- Aromatherapy
- Bio Field Work
- Guided Meditation
- Pet Therapy
- Reiki



Serenity Supports Integrative Therapies

Although Medicare/Medicaid and private insurance do not cover integrative therapies, we believe they can dramatically improve patient care. Serenity benefits from sponsors and fundraisers to provide these therapies without charge to patients.

Important Benefits

- Can be complementary to other pain management options.
- Provides a sense of peace and comfort.
- Less invasive approach.
- Enhances overall quality of life.



Generous Support

We are thankful for the generous support of our integrative therapies from these sponsors.



A. Charles & Lillemor Lawrence Foundation



5 Star Rated By CMS
Centers for Medicare and Medicaid Services




Integrative Therapies




MANAGING PAIN IN A DIFFERENT WAY



Serenity
HOSPICE & HOME

 (815) 732-2499

 1658 S. IL Route 2
Oregon, IL 61061

 Serenityhospiceandhome.org



Virtual Reality An Innovative Opportunity

Patients can find solace in embracing our immersive, tranquil virtual reality (VR) experiences. Enjoy watching the sunrise over the ocean, sit among mountains at dusk, or take a bucket list trip to see incredible sights like the Sphinx. Our VR headsets bring awe and wonder, help with pain relief, and enhance well-being.



Massage Therapy

Our massage therapists provide personalized care for pain and stress management.

Massage therapy is dedicated to providing individualized care to alleviate pain and reduce stress. Our massage therapists are part of our care team when visiting patients in their homes or places of residency to deliver benefits to patients.

Massage Therapy Benefits

- Relieve stress on the body.
- Physical touch eases discomfort.
- Improves circulation.
- Relieve anxiety and depression.
- Help with sleep issues.
- Promote peace and comfort.

Music Therapy



Music therapy is conducted within a therapeutic relationship to accomplish individualized goals.

- Benefits the patient and their family's physical, emotional, cognitive, communicative, spiritual, and social needs.
- Known to help with anxiety, unmanaged physical pain, depression, agitation, anticipatory grief, insomnia, respiratory distress, and impaired communication.



Music provides a sense of familiarity, predictability, structure, and control. Patients and their loved ones can express their fears and desires, share memories, and reflect on what's important. You may see (or hear) singing, listening, songwriting, lyric analysis, gentle movement, instrument play, or work on legacy projects like timeline playlists or heartbeat songs.