

Valued Volunteer

VOL. 5

ISS. 3



October & Onward

October brings cooler days, changing leaves, and a busy season of events here at Serenity. As things continue to pick up, we want to send a huge thank you to all of our volunteers who have been giving their time, donating items, helping with events, and pitching in wherever needed. Your willingness to help makes such a difference, especially during these busy months, and we truly appreciate everything you do to support Serenity.



We have several upcoming events and opportunities to get involved, and we hope to see many of you along the way! Thank you for being such an important part of the Serenity community and for continuing to show up when we need you most.

Stephanie Wheeler

Stephanie Wheeler Volunteer Services Manager

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Office: 815-732-2499

StephanieW@serenityhospiceandhome.org



We need you!



Top of Illinois Veteran Stand Down

October 30th is the Veteran Stand Down, we are still looking for items to donate to veterans who will attend! Some top requested items are:

- Small Vaselines
- Lotions
- Baby oil
- Gloves
- Drink packets
- Toothbrush (most prefer medium to firm)
- Cough drops
- Calendar
- First Aid Kits
- Small medicines like Tylenol and Ibuprofen



Seasonal Safety Tip

As the days grow shorter, plan visits with daylight and changing weather in mind. Watch for wet leaves, uneven walkways, and poor lighting, which can increase the risk of falls. Wear sturdy shoes, use handrails, and let someone know if unsafe conditions could affect your visit.

Autumn on Parade



Autumn on Parade is October 4th, and we can't wait! Please let us know ASAP if you plan to participate in the parade.

We are still in need of candy and trinket donations.



A Little Help Goes a Long Way



Help us support a family in our community care by preparing a meal. We have 2 patients who are in need of meals for them and their caregiver once a week. Please reach out if you're able to help make a meal and provide a little extra comfort and a smile to a family in need.

Veteran Reading at Oregon Elementary School

We will be reading to the children at Oregon Elementary School on November 10th, from 1:30 to 2:30 PM.

We are seeking veterans who would like to join us in sharing stories with the children! Please reach out to Stephanie if this is something you would like to do!



Join Us!



Question of the Month ???

What is your favorite fall memory or tradition?

Submit your answers for inclusion in the November newsletter.

Volunteer Support Chat

Join us on Wednesday, October 28th, at 10:45 AM for our monthly Volunteer Support Chat in the Serenity conference room. It's the perfect opportunity to chat with fellow patient-supporting volunteers. Got something on your mind? Toss it our way, we'd love to chat about it!



Gatherer's

Join us on October 14th for our Gatherer Craft Group at 11 AM in the Serenity Conference Room! We'll provide all the supplies, just bring your creativity and a willingness to have fun. Enjoy a relaxing morning of crafting, conversation, and creativity.

Please RSVP to Stephanie.

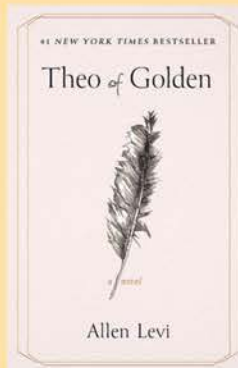


Communication Tip



You don't always need the perfect words. Often, the most meaningful thing you can offer is your full attention. Put distractions aside, listen without interrupting, and allow moments of silence. Your calm presence can help someone feel truly heard and supported.

Book Club



Join us on October 22nd at 8:30 at The Village Bakery. This month's read - Theo of Golden by Allen Levi.

Knitting & Crochet



Join us at The Shed on October 9th at 10 AM to bring your knitting and crocheting projects to life. If you need supplies, they're available at The Serenity Shed.

We need you!



Front Desk Greeters

Our front desk greeters are often the first friendly faces visitors and patients see at Serenity Home. We would love your help!

We still need coverage:

- Sundays
 - 8-1230 & 1230-430
- Mondays: October 5th, 19th, & 26th
 - 430-8p
- Tuesdays
 - 430-8p
- Wednesday October 28th
 - 8-1230
- Thursdays
 - 430-8p
- Friday's: October 9th & 23rd
 - 430-8
- Saturdays
 - 8-1230 & 1230-430

Crockpot Meals

Every Friday, we offer a crockpot meal to patients and families to help give them some home comfort and peace of mind. We still need meals for:

November 11th
November 18th
November 25th



Caregiver Retreat

Caregiver burnout is real, and it isn't talked about nearly enough. If you're caring for a loved one, you spend so much of your time making sure everyone else is okay. But who's taking care of you?

We invite you to join us for a free-of-charge Caregiver Retreat on October 16 at 9:30 AM at the Loveland Community House in Dixon. This special morning is designed to give you permission to pause, step away from the daily demands of caregiving, and simply take a breath.

Together, we'll take a break, connect with others who understand the caregiving journey, and share valuable tools and resources to help you care for yourself while caring for someone else. To sign up and for more information >

serenityhospiceandhome.org/event/caregiver-retreat **PERMISSION ~~TO~~ PAUSE**

Through Their Eyes Tuesday : Bringing Dementia Into Focus

Through Their Eyes Tuesday is a new Serenity initiative created to bring greater awareness, understanding, and compassion to the experiences of people living with Dementia. By taking time each Tuesday to learn, reflect, and see the world from a different perspective, we can become more thoughtful caregivers, volunteers, coworkers, and community members.

A special part of this initiative is the Virtual Dementia Tour. The Virtual Dementia Tour is an immersive experience designed to simulate some of the physical and sensory challenges that may accompany Dementia.

Although no simulation can fully recreate what it is like to live with Dementia, the experience offers valuable insight into how confusion, frustration, and sensory changes can affect a person's daily life.

The most important lessons extend far beyond the tour itself. A calm voice, simple directions, patience, reassurance, and a gentle approach can make an enormous difference for someone living with Dementia.

When we better understand the challenges a person may be experiencing, we are better prepared to respond with dignity and compassion.



A heartfelt thank you goes to the dedicated volunteers who are helping make Through Their Eyes Tuesday and the Virtual Dementia Tour possible. Your time, enthusiasm, and commitment allow us to offer this meaningful experience and bring greater awareness to Dementia throughout Serenity and our community.

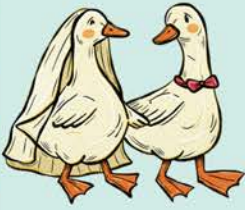
We are excited to extend this opportunity to all of our volunteers! If you would like to participate in a Virtual Dementia Tour, please contact us to schedule your tour. Together, we can continue learning to see dementia through a more compassionate lens.

Education & Announcements

I will be out of office!

I will be on vacation from October 7th through October 13th

Please contact Gabby for immediate needs (she will have my work phone.) Otherwise, I will return your call/email when I return!



Gabby Glasgow
gabbyg@serenityhospiceandhome.org

In-Service & Online Education

Our online education for this month is:

**Living Well With a Serious Illness:
An Introduction to Palliative Care
and Hospice**

<https://www.youtube.com/watch?v=s627omskiCQ>

**Join us for our Monthly In-Service on
October 15th at 9 AM for *How Serenity
Makes Compassionate Care Possible* -
presented by Serenity Leadership.**



Volunteer Challenge

During your next visit, invite your patient to share a favorite fall memory or tradition. It could be a family recipe, a Halloween costume, a school-day memory, or a favorite autumn activity. Taking time to listen can create connection, spark joy, and help someone feel valued.

Afterward, send us a brief note about the experience, while protecting the patient's privacy, of course!



More to know!

Activity Idea

Create a Gratitude Leaf: Cut a leaf shape from colorful paper and write down something, or someone, you are grateful for. Display it at home, bring it to the Serenity office, or share it with someone who has made a difference in your life. Small expressions of gratitude can brighten someone's entire day!



Flu Shots

Tis' the Season!

Flu shots or a filed exemption form are required by November 15th. Please send us or drop off a copy when you receive yours!

Flu shots clinic will be held in the Serenity Conference Room if you'd like to receive it here:

- Oct. 7th
 - 10:30 - 12:00 & 2:30-4:00
- Oct. 13th
 - 7:00-8:30 & 2:30-4:00
- Oct. 14th, 21st, 28th
 - 10:30-12:00



Did you know?

Did you know that volunteering can benefit the volunteer, too?

Giving your time can strengthen social connections, provide a sense of purpose, and support emotional well-being. Whether you assist patients, families, staff, special events, or behind the scenes, your service makes a meaningful difference!



Celebrating Upcoming Birthdays!



October

November

December

3rd

Deb B

7th

Mark K

12th

Dr. A

23rd

Bill S

9th

Kathy L

22nd

Jan C

25th

Cherie B

17th

Mary H

25th

Laurie S

29th

Joyce R

22nd

Yvonne S

30th

Cindy D



Celebrating Milestone Anniversaries in the 4th Quarter!

These volunteers have shared their time, talents, and hearts with Serenity for **over** 5, 10, 15, and even 20 years! Their incredible dedication and commitment mean so much to us, and we are honored to celebrate these special milestones with them. Thank you for all the years you have given to Serenity and the families we serve!



Marilyn H



*Kathy L
Kathy C*



Carol F



*Susan D
Bob G*