



THE FAMILY TREE

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Helping People Live with a Terminal Illness

Matt Brauss, RN, CHPN - Executive Director

It concerns me that when people mention the word Hospice, the conversation immediately turns to a discussion about death and dying. The Hospice Concept of Care emphasizes living with a terminal illness. The goal of hospice care is to lessen the physical and emotional suffering the patient and family experiences when medical science can no longer offer a cure for a life limiting disease or restore a patient's health.

In the United States, Hospice and Palliative Care has and continues to evolve in addressing the physical, emotional, spiritual and social needs of patients who have reached a stage in their illness that is incurable. The disease is incurable, Patients are is alive and for whatever period of time they have remaining, care can be provided in a manner that improves the quality of their lives. This care neither hastens nor prolongs the process, but provides interventions that can decrease pain and improve

comfort. The hospice philosophy and approach to care is not for everyone but more and more people say "I didn't know hospice provided these services" or "I wish we would have known about hospice sooner".

The worst thing about facing a terminal illness is to refuse to have a conversation about all the options of care that may be available. The most important thing about choosing care is obtaining enough information in order to make an informed decision. Before buying a car or house, people seek information, search the internet and rely on the experiences of the past to make a good decision. Shouldn't we do the same when choosing health care? The best time to discuss advance directives and health care services is when you don't need them. Unfortunately, human nature makes us avoid this hard discussion, because we always think we have time. I am asking that you just take

a moment and at least be open to discussing your own health care needs.

Family Hospice is a not for profit hospice, providing services in the Illinois counties of St. Clair, Madison, Clinton, Washington, Monroe and Randolph. For more information go to our website www.familyhospice.org or call (618) 277-1800





Celebrating Life While Dealing With Grief

On Wednesday evening, June 25 Family Hospice co-hosted a community event with Belleville Parks & Rec/Angel of Hope and Heartlinks Grief Center at the Angel of Hope memorial in Bellevue Park. We came together in an effort to bear witness to grieving families in our community through word, song, praise and prayer.

Together we celebrated the lives of our loved ones who have died. We expressed our sorrows and our joys as we continued to remember and share in ritual the

sacredness of that memory.

Dealing with our collective grief, our intention was to honor our loved ones, remember them and make a space for our feelings for them.

We created a sacred space with our presence, we shared our sorrows and continue the work of healing our hearts.

It is so important for us to continue to be compassionately present for each other and walk together in the pathway of our grieving hearts. At Family

Hospice & Heartlinks Grief Center we have grief and bereavement programs at every level and various venues. It is truly our honor to join in a community setting and witness opportunity for healing.



Thoughts to Ponder

Be the person your dog thinks you are. JW Stephens

Most people do not listen with the intent to understand. Most people listen with the intent to reply. Stephen Covey

A ship is safe in the harbor, but that's not what ships are for. William Snedd

Why do noses run while feet smell?

No matter how great the talent or efforts, some things just take time.

You can't produce a baby in one month by getting 9 women pregnant. Warren Buffet

Adapt, improvise, overcome. Gunny Highway (Clint Eastwood) in Heartbreak Ridge

Why do we park on a driveway and drive on a parkway?

For men only:
When a woman says "what?", it's not because she didn't hear you. She's giving you a second chance to change what you said!

Unless you are a celebrity, Twitter is like talking to yourself in a crowded room.

Heartlinks Happenings

Come join the "We Got This" Heartlinks Summer Outreach Team as we share grief support with our community through area summer day camps. We bring Heartlinks programs to hundreds of kids that may not get the chance to come to us. If you are up for a few hours of energetic fun and a meaningful time, consider joining us on

Mondays & Wednesdays beginning July 8, times vary, morning to afternoon. Sign up for as many, or as few, dates as you like! Use this link to go directly to our online sign-up: <http://www.signupgenius.com/go/20FoA4BAEAB2AA2F85-summer>.

Or call Heartlinks at 277-1800 for questions or to sign-up over the phone.





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Heartlinks Group meets the first Monday of each month. Call Diana or Kris for more information. 618-277-1800



Your donations keep our specialty programs thriving. Donate securely online at www.familyhospice.org or call the office for additional information on ways to help.

Family Hospice is venturing into the world of social media. Check us out on Facebook and Twitter!

We are always looking for informative, fun and relevant ideas. What types of postings would you like to see? Let us know your ideas; after all, this is for you – our

Refer With Confidence

If your organization would like a speaker to talk with your group on end of life care topics or if you would like to make a referral for services please call.

(618) 277-1800

Available to evaluate patients on weekends and evenings.

(618) 236-9175



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