



IMH HOSPICE BEREAVEMENT NEWSLETTER

March 2010

Page 1

MARCH'S ARTICLE OF THE MONTH

EXPRESSIONS



“Every artist dips his brush in his own soul, and paints his own nature into his pictures”. Henry Ward Beecher

I found this painting and wanted to share with you because I think it represents many of the emotions we experience after a loss. In some way, it is like us painting our grieving souls onto our canvas.

If the figure we see in this painting is us, we then recognize the darkness. There are angry clouds, unfriendly images, and there is something that gives us a sense of uneasiness. To me, this pallet expresses sadness, anger, confusion, regret, guilt, depression and loneliness.

We, like the image in the painting, seek a better place and we come into a new light. To the forefront of the figure, we

sense a brighter opening and a more peaceful setting. We see beautiful butterflies, graceful birds, and delicate flowers. I sense the soul to be more calm and serene. It is the period of acceptance and a point of moving forward. It is telling us that there is hope for a better tomorrow.

If the artist was painting his nature into this picture, what pain was he working through? Does it symbolize what we as grievers are feeling?

Everyone needs to find their form of expression:

- When children cannot express their fears in words, they will tell a story through pictures on paper.
- When teenagers cannot find the words to express.... Their musical or athletic talents will be their outlet
- When men do not share, work will become their avenue of release.
- When women need to talk, they will seek a listening ear.

No matter what form of expression you choose, it will be your brush painting your nature on your type of canvas. Do it without hesitation....and do it for you.

Sonnie

Upcoming Events

March is another busy month for us. We finish up our Nursing Home Inservices. It has been very enjoyable to visit all of our contracted nursing homes and staff bringing them up to date on minor changes we have experienced. They have all been great hosts and we look forward to working with them throughout the year.

We begin preparing for our annual memorial service which is scheduled for **April 19, 2010 at 6:30 p.m. at the Christian Church in Onarga.** Our Chaplain, James Small, will give our Memorial Message. We will be remembering the people who died in the year of 2009. Refreshments will be served following the service by our volunteers. Families are encouraged to bring a picture or fond memory for our Memorial Table. Our most recent quilt will be on display. We look forward to seeing everyone there.

Hospice will be the topic for the Jr. High Class at St. Edmund's Catholic Church on March 17. We have been privileged to do this each year and we look forward to it again.

We will be making a presentation to the Men's Group at the Christian Church in Onarga **on March 22, 2010 at 7 p.m.** This is open to any interested person, however, so come one, come all! Topic: Hospice 101!

Hospice 101 will also be presented to the Women's Group of St. Edmunds Catholic Church on **April 5, 2010.**

Hospice will be represented at the Business Expo on March 27 at the WCHS. Stop in to see us.

Health Care Decisions Day is **April 16, 2010.** Education on the **5 Wishes** will be offered during the next month. The 5 Wishes is America's favorite way of planning and discussing care at the end of life. If anyone is interested in having this education presented, please call me and schedule a date and time.

(815-432-0185) or (815-383-4793)

We are always looking for volunteers to assist us in numerous ways. If you know of anyone who would be interested, let us know. Contact Mary W at 815-432-0185

Spring is coming March 20!!!!!!!!!!!!!!



Front row: Camille, Angie, Katie, Anita, Becky, Ethel & Sue
Back row: Carol, Janie, Jayme, Laurie, Jim, Lonnie, Mary, Gina, Carol, June and Patti. Absent is Merrie

Iroquois Memorial Hospice

These are familiar faces caring for our community for over a decade. We bring to you our expertise and compassion in end of life care and bereavement follow up with over 100 years combined experience. Our team consists of people who are your friends, your neighbors and are part of your community. We appreciate your support and the privilege of being welcomed into your home.

Did you know??? We provide hospice care through contracts with the following facilities in addition to the patient's home:

Iroquois Memorial Hospital and Resident Home, Watseka HealthCare & Rehab, and Heritage Woods in Watseka; Sheldon Health Care Center, Gilman Nursing Home, Merkle-Knipprath in Clifton, Prairieview and Faith Place in Danforth, Greenbrier Health Care Center in Piper City, Asta Care, Heartland Health Care, and Knights Templar in Paxton. Hoopeston Nursing Home in Hoopeston.

We are listed under Outpatient Services
Iroquois Memorial Hospital Website:
www.iroquoismemorial.com

I encourage you to visit my blog. Updates are posted throughout the week.
www.lonniesroom.blogspot.com

My website on grief is: www.lonnieshope.net

Visit Iroquois Memorial Hospice on **Facebook** and become a fan! (We want to see how many fans we can get. Join in!)