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▶ HEALTHY TIP 1

Monroe County Health & Wellness

Newsletter

ADDRESSING THE HEALTH AND WELLNESS NEEDS
OF OUR COMMUNITY AND PLANTING THE SEEDS
FOR A HEALTHY FUTURE.

*Hospice of Southern Illinois is the author of the featured article in our
Monroe County Health & Wellness Newsletter.
Read more about them below!*

Feature Article

What is this thing called Hospice?

Hospice of Southern Illinois is a special healthcare option for patients and families who are faced with a terminal illness. A multi-disciplinary team of physicians, nurses, hospice aides, social workers, bereavement counselors and volunteers work together to address the physical, social, emotional and spiritual needs of each patient and family.

The hospice team provides care to patients in their own home or a home-like setting regardless of the patient's age or ability to pay. There are many things to consider when making a decision about hospice. to the patient's needs and wants at the end of their life focusing on improving the individual's quality of life.



*Featured Article continues
on the next page...*

October Brings Awareness to Domestic Violence

Know the warning signs/red flags of domestic violence

The abuser often demonstrates the following signs: Moves too quickly in the relationship, doesn't honor boundaries, is excessively jealous and wants to know where you are all of the time, makes frequent calls/texts/emails/social media contact, criticizes or puts you down, blames others and takes no responsibility, has a history of abuse towards others, grew up in an abusive household, isolates you from friends and family, has out-of-control rage and is impulsive, seek help; you are not alone, be a support to a victim, know the local resources, get involved in the community to end domestic violence.



The Violence Prevention Center of Southwestern Illinois provides free services to domestic violence victims in St. Clair, Monroe, and Randolph counties. Services include a 24 hour hotline, legal advocacy, counseling, emergency shelter, and prevention and education services. You may reach the VPC by calling Monroe county, **618-939-8114**; Belleville, **618-235-0892**; or Chester **618-301-7040**.

Featured Article Continued...

Hospice of Southern Illinois provides specialized care services (patient care including symptom management, emotional support, spiritual support and psychosocial intervention), addressing issues most important to the patient's needs and wants at the end of their life focusing on improving the individual's quality of life.

Myths About Hospice:

Myth: Hospice care is only for cancer patients

Truth: Hospice care is for all patients with a terminal illness with a prognosis of 6 months or less including but not limited to: Alzheimer's, cardiac disease, ALS, stroke, liver disease.

Myth: Hospice is just for the elderly

Truth: Hospice is for all age groups during their final stages of life, including children and adults of all age groups.

Myth: Hospice is just for the patient

Truth: Meeting the needs of the patient and family is a top priority. The family unit is at the center of all decision making. Hospice of Southern Illinois recognizes that it takes many caregivers to meet the unique needs of each patient.

Myth: The patient cannot keep their own doctor

Truth: Patient and family may choose to keep their own doctor or may choose our medical director. You and your family will decide what is best.

Myth: Hospice care may only be provided in the patient's home.

Truth: Hospice care may be provided where the patient is, including their home, long term care facility or the hospital.

Myth: Hospice care is expensive.

Truth: Hospice care is a benefit under Medicare Part A, Illinois Medicaid and most private insurers.



Our goal is to partner with our members to help you promote and grow your business while also serving as an advocate for you within our wonderful community.

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