



## December 2007 Issue

*The holidays are often thought of as joyful times of the year, filled with sights and sounds of seasonal cheer. However, for our patients and families, this can be a challenging experience. Support we receive from you, our family of donors, enables Arkansas Hospice to provide comfort and care for those grieving the death of a loved one. Thank you for your continued interest in our organization, especially during this special time of year. May the warmest of memories fill your heart this Holiday Season.*

### 2008 Calendars for Sale

Before you purchase your calendar for 2008, stop by Arkansas Hospice and pick up a picturesque black and white calendar with timeless quotes and varied photographs of exquisite trees.

Each month, this calendar provides a black & white image of a tree, signifying the framework and structure of the Arkansas Hospice organization. These trees, with their many branches and leaves, symbolize our strength and support system at Arkansas Hospice as we perform our daily services to ensure our families are cared for physically, emotionally and spiritually.



These attractive calendars are available for only \$10 and would make great Holiday gifts for everyone on your list. Please call Jan Walker at 501-748-3304 for any questions or drop by the Arkansas Hospice office at 5600 West 12th Street in Little Rock to purchase your calendar.

### Council of Friends



Have you gotten your Council of Friends Holiday Cards yet? Well don't worry, it's not too late! In an effort to raise money for Arkansas Hospice, the Council of Friends is selling Holiday Cards. Instead of buying gifts this year, please consider making a donation to Arkansas Hospice in a loved one's name.

For only \$25, you will receive five cards stating that a donation has been made either in honor or memory of your loved one. There are many styles to choose from, or you can even pick up a variety pack! Cards may be purchased from any Council of Friends member; at Arkansas Hospice's Little Rock office; or by calling 501-748-3312.

*Take a moment . . .* As you plan your end-of-year charitable giving, please consider Arkansas Hospice. Your generous support helps build programs such as grief support groups and bereavement services, charitable hospice care, the Arkansas Hospice Angels, christie's corner, Project SMILE and volunteer therapy dogs. Thank you!

## Welcome New Employees!



Arkansas Hospice Foundation is pleased to welcome two new employees to its staff. Tommy Glanton has been selected as the Special Events Manager for the organization. Tommy will provide creative leadership in planning, developing and implementing special event fundraising activities working within the framework of the Foundation's Strategic Plan. He will also assist the Council of Friends and act as a liaison between community fundraisers and the Foundation.



Kathy Nickles has joined the Arkansas Hospice Foundation team as a part-time Financial Officer. She will be responsible for financial oversight of the Foundation. Kathy will also assist in the development of the Strategic Plan and annual budget. The financial officer ensures financial information from the database reflects donor intent and is compatible with the Arkansas Hospice accounting system. Congratulations, Kathy and Tommy! We are so glad you are a part of our hospice family!

## News From Arkansas Hospice

Ever wondered why the Arkansas Hospice logo is a sun? "The Arkansas Hospice logo is a rising sun with its bright rays filling the morning sky," said Michael Aureli, president and CEO of Arkansas Hospice. It was inspired by the Gospel of Luke chapter 1 vs. 78-79:



"In the tender compassion of our God, the dawn from on high shall break upon us to shine on those who dwell in darkness and the shadow of death and to guide our feet into the way of peace."

Arkansas Hospice is a ray of God's tender compassion warmly embracing those approaching the shadow of death. We offer guidance, comfort and peace to our patients and their families in their darkest hours.

— Michael Aureli, President & CEO

## Advice for Holiday Grief

Arkansas Hospice, in conjunction with the National Hospice and Palliative Care Organization, offers the following suggestions for holiday grief. If you are suffering with the loss of a loved one and have asked yourself, "How will I be able to make it through the holidays?" here are a few ways to cope during this difficult time:

- ♦ **Plan for the approaching holiday.** Be aware that this might be a difficult time for you. The stress may affect you emotionally, mentally and physically. This is a normal reaction.
- ♦ **Recognize that the holidays won't be the same.** Expecting everything to seem the same might lead to disappointment. Doing things a bit differently acknowledges the change in your life but still offers continuity with the past.
- ♦ **Surround yourself with life, people and activity.** Connect with your family and friends and be honest with them about how you are feeling. Express to them that emotional support is important, especially during the holidays.
- ♦ **Honor the people missing from your life.** Call to mind pleasurable memories of your loved one or share special photographs with your family and friends. While remembering may be painful, it is also therapeutic.
- ♦ **Take care of yourself.** A grieving body is more susceptible to illness and needs proper nourishment and rest. Eat right and get enough sleep, and don't forget to exercise!
- ♦ **Give to others.** Giving to others warms your heart, puts your life in perspective and takes the focus off your own feelings. Any random act of kindness will make you feel better and will help take your mind off of your sorrows.
- ♦ **Allow yourself to cry when you feel you need to cry.** Ignore any voice telling you to be strong and not to cry. Crying can actually help reduce your stress and anxiety.

If you would like to receive this News Memo via e-mail, please let us know! Send your e-mail address to [juchendu@arkansashospice.org](mailto:juchendu@arkansashospice.org). You may also reach Janet at 501-748-3305!