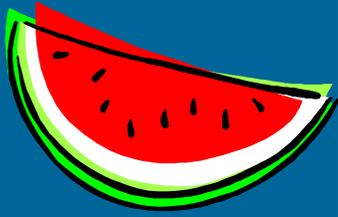


August 2008

Newsletter



LIFELINE HOSPICE

HEART strings

Memories Bring Comfort

The month of August has seemed to be an important month in my life. I have many memories from the month of August. I can recall years gone by with some very hot August afternoons spent in two-a-days football practice, and driving to college for the first time. I went through Ordination in the Church just two years ago this past August, and I recalled that two very important people were there for me, including my Grandpa, and my wife's Meema, who both over this past two years have gone on to be with the Lord. As I stopped to think about the month of August I was flooded with pleasant memories.

Memories have a very important place in both the lives of our current patients and their families, and our bereaved families. The Random House Unabridged Dictionary defines the word, memories as: *the act or fact of retaining and recalling impressions, facts, etc.; remembrance; recollection.*

I appreciate this definition because memories are not just about remembering the facts of the event, but more about the impression from that event. I do not remember the exact times or dates of football prac-

tices from High School, but I do remember how terribly hot those practices were. I also remember how I was pushed to new limits, but gained confidence and strength.

I have observed in my work as both a Medical Social Worker and a Chaplain that experiencing our memories can have a ministering, or healing effect. Memories can do all of these things for us:

- *Take us back to a pleasant place or situation*
- *Comfort us*
- *Minister to us*
- *Strengthen us*
- *Connect us with others*
- *Give us something to laugh about or smile at*

During the months to come, do not hesitate to draw on your memories to minister to your heart. As always, we at LifeLine Hospice are here to help, and meet your needs. Please feel free to call us at (405) 222-2051 if we can be of service to you or your family.

Rev. Greg Brooks, M.S.W.
Medical Social Worker
Hospice Chaplain

Scriptural Thought

"God is our refuge and strength,
a helper who is always found in
times of trouble."

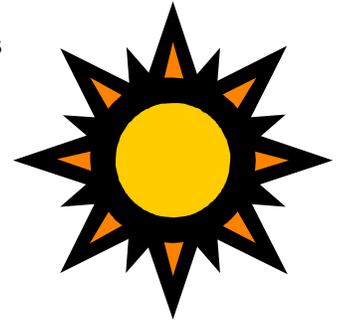
Psalm 46: 1 HCSB

Dates to Remember

8/29/08, Friday, 2:00pm, Glenhaven
Assisted Living Center, Library,
"Hope in Healing" Bible Study

Be careful in the summer HEAT

LifeLine Hospice wants to remind all of our patients and their families to be extra careful during these latter summer months of August and September. Many of us are familiar with the months of July, August, and September in Oklahoma. These months can be very dangerous with excessive heat. Many times we may not be aware of the impact that the heat is having on our bodies until we are overheated. It is important that everyone be careful and stay cool.



The following are some basic tips for all of our patients and their families:

- Drink lots of cold fluids, water is very effective
- Take frequent breaks during activities that involve being outside
- Keep your Air Conditioners and/or fans in the home circulating air
- Maintain a healthy diet
- Be very cautious about the length of time you may spend outdoors especially if taking a trip somewhere or running an errand
- If possible avoid being outside in the heat between 11:00 am and 6:00 pm
- Family members and neighbors please check on each other specifically the elderly as many individuals do not recognize the severity of the heat

Please feel free to contact one of the LifeLine Hospice Nurses for further questions regarding preventing heat related health problems.

Remember to submit Recipes for Cookbook

LifeLine Home Health and Hospice continues to collect Recipe Submissions for our LifeLine Memorial Cookbook. The Cookbook is anticipated to be printed and published next Spring, but we are already busy collecting recipes. If you need a recipe submission card please feel free to contact either Greg or Holly at the Hospice office. We are looking for unique recipes that have a special meaning to our patients, their families, or maybe to a loved one that has passed away. We look forward to receiving your recipes!

 LifeLine Hospice continues to seek Volunteers in the smaller communities surrounding Chickasha and in the Oklahoma City area. We are hoping to find individuals who are willing to visit with some of our Hospice patients. If you are interested in volunteering,
Please contact Volunteer Coordinator, Holly Jerman, MSW at 405-222-2051.

* Have a safe summer from all of us at Lifeline! *

