



Keeping Focus this Summer

I hope that everyone is finding their summer to be full of memorable experiences and a renewed spirit. Summer time is marked with different activities for many people and families. Lots of us stay very busy during this time. Summer can be so busy for many that we have to prioritize what activities we are going to do. When we do this prioritization of our time we are refocusing what is important. As I started to write this month's newsletter I was reminded that many of our patients and their families are experiencing something similar all the time. When an individual and a family are faced with a terminal diagnosis one big thing changes, our focus.

When we begin to refocus and reprioritize what is really important in our lives, different things happen. Families may feel stress as they try to refocus and get on their feet emotionally and socially when either they learn of a terminal diagnosis, or there is a loss. The following tips can help in prioritizing what is really important, and can help in our own self-care:

Focus on one or two things that are the most important. Decide whether getting some tasks completed are more important, or maybe spending more quality time might be most important. Don't fret some of the "small stuff".

Find resources in your life. Look inward at your own resources, maybe a faith base. Also, look outward at the resources and social supports that are all around you. Friends, church members, civic groups, neighbors, and/or other family members can all be social supports.

Remember to take care of yourself. Take time to rest, relax, and re-energize.

As always, remember that we at LifeLine Hospice are here to help with all the needs of our patients, and their families. Feel free to contact us anytime.

**Rev. Greg Brooks, M.S.W.
Medical Social Worker / Chaplain
LifeLine Hospice, Inc.**

Scriptural Thought

"The Lord is good, a stronghold in a day of distress; He cares for those who take refuge in Him."

Nahum 1:7 HCSB

Dates to Remember

6/19/08, Thursday, 6:00pm, LifeLine Hospice Conference Room, "Connecting LifeLines" Grief Support Group
6/27/08, Friday, 2:00pm, Glenhaven Assisted Living Center, Library, "Hope in Healing" Bible Study

LifeLine participated in 2008 Relay for Life

On June 6, 2008 at the USAO campus LifeLine Home Health & Hospice participated in the 2008 Chickasha Relay for Life Event, which raises money for cancer research. The staff at LifeLine raised over \$2,500 in funds to donate to Relay for Life. We enjoyed hamburgers, hot dogs, and time with friends and family. We are looking forward to next years event and fundraising activities that will involve even more of our LifeLine Family.



LifeLine needs recipes for benefit Cookbook

LifeLine Home Health & Hospice is beginning the process of putting together a Benefit Cookbook. The proceeds of the Cookbook will go to the Hospice Benevolent Fund and various charities supported by LifeLine. LifeLine is asking all of our patients, families, and families of patients we have lost, to send in special recipes. We would like for individuals to mail us these recipes with a note of why this particular recipe is special to you or your loved one. We thank you for helping us fill this cookbook with very special memories. You will be receiving a letter containing more information on the cookbooks soon.

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.

Happy Father's Day from all of us at LifeLine!

