



Thanksgiving

What a great time of year, Fall! *Charlie Brown* of *Peanuts* fame is wondering through the great pumpkin patch again. The fall foliage on the trees has become an explosion of color, especially along the east coast of the United States. The cooler temperatures and clear blue skies lure us outdoors to all the wonderful fall craft shows.

November is **National Hospice Month**. What a great time to pause and take a moment to say *thank you* to everyone for supporting the **Southeast Texas Hospice** across the years. We hope you have seen some of our advertising efforts on **KFDM TV** and heard our radio spots on **KOGT**. We are hopeful that families in southeast Texas will become more aware of the choices they have

available to them for end-of-life care. We are proud to have been the first hospice in Texas and one of the first twenty in the nation. We feel we provide an extra special kind of care for patient/families.

To all of our hospice employees, past and present, *thank you* for working every day to fulfill the dream of our founders, and to give every person in southeast Texas the option of having a peaceful death at home with their families surrounding them.

To our legislators who passed the *Hospice Medicare Act*, allowing quality hospice care and adequate reimbursement to assure the availability of hospice care now and in the future, *thank you*.

To the **United Way**—you supported hospice when we were on

by
Mary McKenna,
Executive Director



the brink of financial disaster and still support us today, a great big ole Texas *thank you*.

To you, our caring community, all we ever asked of you was your time, your money and your prayers, and you have never disappointed hospice with your support of all three, *thank you*.

And finally, but most importantly, *thank you* to each of hospice patients and families for the privilege of allowing hospice into your homes during the very difficult time of a terminal illness of a loved one. You have given us a sacred gift and we *thank you*.

So, happy fall, happy hospice month, and may your Thanksgiving be blessed with peace, love, and your family to surround you. *Happy Thanksgiving!*

And, we wish you and your family a very *Merry Christmas!*

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**Southeast Texas Hospice
Annual Open House &
TOILET PAPER TEA**

Tuesday, December 11, 2007 • 10 AM to 2 PM

Please bring an item to stock Hospice's shelves for the New Year!

- Plastic Garbage Bags
- Paper Towels
- Ziplock Bags
- Aluminum Foil
- Cleaning Supplies
- Toilet Paper
- Dishwasher Soap
- Light Bulbs
- Solid Air Freshener
- Coffee, Sugar, Creamer
- Scotch Tape
- Index Cards
- Black Pens

*And the green stuff
is always the correct size & color!*

Good Grief...

by Patricia Coppage, LBSW

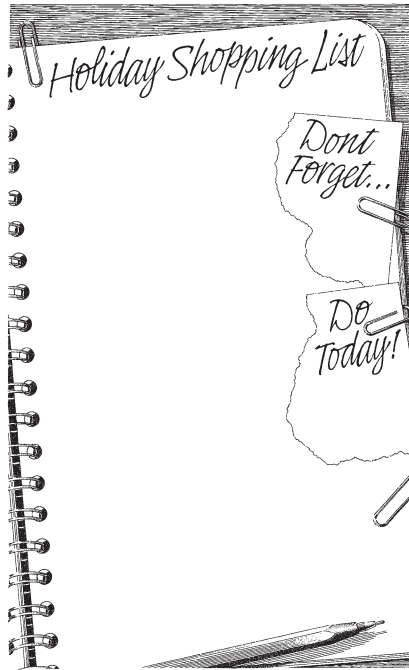
the holidays are already here!



Halloween has just ended, but already I feel like I'm behind in my holiday planning. Have you noticed that the stores already have their Thanksgiving and Christmas displays out? Boy, I can feel my stress levels rise!

While the rest of us are looking forward to our yearly traditions, those who have recently lost a loved one are probably dreading the holidays. When you have a terrible hole in your heart and in your life, the holidays just emphasize your grief. If you or someone you care about are grieving, here are some helpful ideas that may help make the holidays easier to handle.

- **Decide what you can handle comfortably**—and let it be known to family and friends: whether or not to talk about your loved one, what to cook, what you want to do or not, whether or not you want to “run away” during the holidays.



- **Don't be afraid to make changes**; it really can make things less painful. Have dinner at a different home, open presents at a different time, take

a trip instead of staying home. You can always change back next year.

- **Ask yourself these questions** before deciding about greeting cards, baking, tree decorating, or having a big family dinner: *Do I really enjoy doing this? Does my family really enjoy doing this? Would Christmas be Christmas without it?*

- **Make lists** of shopping and other errands you really want to do

and have them ready for when those “good days” come along.

- **Find a special thing** you and your family can do in memory of your deceased loved one(s): lighting a special candle, writing a special letter to put in their stocking, adopting a needy child or family for Christmas, or making a donation in their memory. These are the things that often bring the greatest comfort during this time.

Recognize that you have limitations, and be gentle with yourself and with your family members; you are all grieving. There is no way that you can feel as good or as happy as you did during past holidays, but that doesn't mean that you can't enjoy the day. And when it's over, you too will realize that it wasn't as bad as you thought it would be.

If you find this holiday season overwhelming, remember, our bereavement team is always available.

May God bless you and yours this holiday season!

A Tuna Christmas

Tuna for Christmas? Sound appetizing? Well, actually, the **Lutcher Theater** will host four performances of *A Tuna Christmas* with **Joe Sears** and **Jaston Williams**.

The hospice **Christmas Dove Tree** will be on display in the second story lobby of the theater during all four performances. The performance dates and times are Thursday, December 6 at 7:30 PM, Friday, December 7 at 7:30 PM, and Saturday, December 8 at 2 and 7:30 PM.

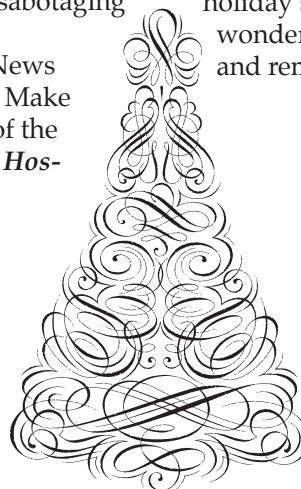
The hilarious comedy portrays Tuna, Texas, 24-hours before Christmas and involves the town trying to cope with seasonal traumas including

a little theater production of *A Christmas Carol* and a phantom sabotaging yard decorations.

The Dallas Morning News calls this show delightful. Make your plans to attend one of the performances and see the **Hospice Dove Tree**.

For a donation of \$10 or more you can reserve a personalized dove with the name of a loved one on our tree. The tree will be on display at the hospice office during the annual **Southeast Hospice Toilet Paper**

Tea, December 11 and throughout the holiday season. Come join us for a wonderful morning of fellowship and remembrance of loved ones.



*Merry Christmas
&
Happy New Year*

from the staff of the
Southeast Texas
Hospice!

Reaching Out

by Stronnie McBride,
Chaplain

pray to not lose heart

The liturgy reminds us about the necessity of praying always and not losing heart. Moses and Aaron discovered something about prayer when they fought the battle with Amelek. As long as Moses kept his hands raised, Israel had the better of the fight, but when he let his hands rest, Amelek had the better of the fight.

Today we are in a mortal struggle with dangerous enemies that threaten to kill us: deprivation, oppression, alienation, and aggression. We must do what God's people did in the desert. We must engage in battle with the enemy throwing the best of our forces into the struggle.

And, we must hold up our hands in prayer to the God who is our source of power and who will give us strength. The Lord is your guardian, the Lord is your shade; he is beside you at your right hand. We have a God who rescues us from death and feeds

us in time of famine. Our faith in that God should make it possible to fight with confidence against social evils like poverty and war which often seem to have the better of the fight.

Reflection

The lesson is perseverance of Moses keeping his hands upraised throughout the battle, Paul urging Timothy to stay with the task of preaching and teaching, and the widow appealing to the corrupt judge. To be faithful stewards of God's gifts, we too must persevere in the roles to which we are called.

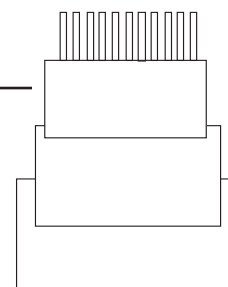
"Peace is but an empty word, if it does not rest upon...order that is founded on truth, built up on justice, nurtured and animated by charity, and brought into effect under the auspices of freedom.

So magnificent, so exalted is this aim that human resources alone, even though inspired by the most praiseworthy good will, cannot hope to achieve it.



God himself must come to man's aid with his heavenly assistance if human society is to bear the closest possible resemblance to the kingdom of God."

Pope John XXIII,
Pacem in Terris (1963)



Birthdays

nov	1	Alice McCray Rebecca Phelps
	4	Loretta Meadows, RN
	5	Kathy Arceneaux
	6	Viola Thibodeaux Cathy Noel
	9	Bob Johnston Charlotte Wotten
	23	Belinda Thibodeaux
dec	30	Tish Garrett, RN
	11	Terry Fall
jan	27	Jean Marshall
	3	Betty Johnston
	8	Sandra Cole
	13	Patricia Coppage, LBSW
	14	Joan Lyons
	19	Michael Amsden, MD
	21	Charles Arceneaux
	27	Hazel Reedom
	29	Paula Perkins

Your gift of ten dollars or more
will be used for our

Adopt-A-Family Program

to help a needy terminally ill family.

Celebrate the birth of a child,
the memory of a friend or relative,
or honor someone special
with personalized doves that will decorate
our Doves of Peace Christmas Tree.



Light up a Life

Doves of Peace

Christmas Tree



P.O. Box 2385
Orange, TX 77631-2385

1.800.749.3497
409.886.0622
sth@exp.net
www.setxhospice.com

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Calendar Volunteer Spotlight

- nov **National Hospice Month**
- 8 **Bereavement Support Group**
Della La Fleur's Home
4240 Wentworth • Port Arthur
10 - 11:30 AM
- 22 & 23 **Thanksgiving Holiday**
Office Closed
- dec 4 **Hanukkah begins**
- 6-8 **A Tuna Christmas**
Hospice Dove Tree on display
Lutcher Theater
- 7 **Pearl Harbor Remembrance**
- 11 **Hospice Open House &**
Toilet Paper Tea
Hospice Office • 10 AM – 2 PM
- 25 **Christmas Day**
Office Closed
- 31 **New Year's Eve**
- jan 1 **New Years Day**
Office Closed
- 17 **Bereavement Support Group**
Hospice Office • 10 – 11:30 AM
- 21 **Martin Luther King, Jr. Day**

Hospice Office
912 W. Cherry • Orange, TX



by **Belinda Thibodeaux**,
Director of Volunteers

Sue Ferguson is a very special volunteer for hospice. She and her husband, **Texas W.**

Ferguson, live in Orange and are parents of two grown children and two grandchildren. **Sue** is also the owner of *Kut Up* in West Orange.

After hospice care was provided to a member of her family, **Sue** decided she wanted to give something back to hospice. This year at the **Southeast Texas Hospice's Memorial Service Remembrance** she approached me about volunteering.

She quickly became involved, lending her talents heading up a group of volunteers who make beautiful hand-made cards for various occasions for patients and

families. **Sue** provides wonderful ideas to volunteers on card making from her many years of experience.

If you are interested in helping with this worthwhile endeavor and enjoy fun and fellowship, please drop by the hospice office at 10AM any Tuesday morning.

Thank you **Sue** for the love that you put into every card. *Your help makes a world of difference in the lives of those we serve!*

