



"Your home away from home."

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Bouquets from our Guests

My parents stayed at Family House for an entire month as I slowly recovered at the hospital nearby. It was a place for them to recharge for what would be another stressful day at the hospital the next day. If not for this house, my parents would not have been able to rejuvenate every night so they could advocate for me as a patient everyday.

They say you have never really lived until you have done something for someone who can never repay you...that is how I feel about Family House. I can't thank you enough. - Kari



14th Annual Family House Golf Outing

- Meet Our Golf Outing Ambassador Family
- Mark Your Calendar
- INB Banking Cup Challenge



The Stoudt Family: Drake, Lisa, Mark and Drew

Meet Our Golf Outing Ambassador Family

“On October 31, 2017, our 16-year-old son Drew was a passenger in a single vehicle accident and was air lifted to Peoria where he spent 167 days at OSF HealthCare Saint Francis Medical Center having well over fifty surgical procedures while hospitalized.

We were blessed with the best Trauma, Orthopedic, Plastics, Wound Team, and caregivers during our stay, and could not have asked for better employers — Ottawa Savings Bank and Zipak. Our families and friends played a vital role in assisting us in our time of need. The final and crucial piece of our stay was made possible by Family House.

We received a referral from OSF to Family House on November 1st as our home was more than 80 miles away, and back in Ottawa our niece and nephew became instant parents to

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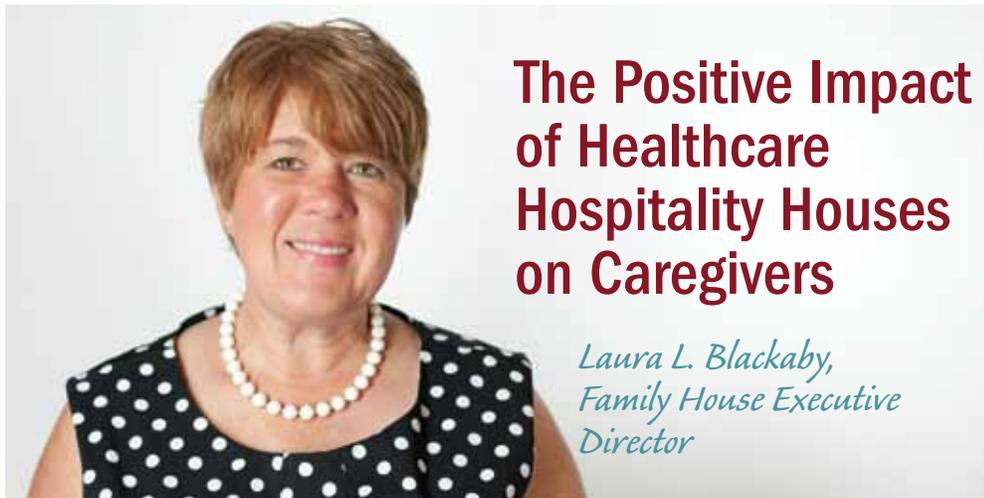
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CONTACT US

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PROUD MEMBER OF:



The Positive Impact of Healthcare Hospitality Houses on Caregivers

*Laura L. Blackaby,
Family House Executive
Director*

Family House has been called an oasis by families in the midst of a health crisis away from home. In 2018, a team of researchers from Bradley University conducted a qualitative study to measure the impact of healthcare hospitality houses on caregivers and determined it is “priceless.” I’d like to share a summary of their findings.

Unexpected events, such as the hospitalization of a loved one, may lead to high levels of stress and crisis. Caregivers who must travel to Peoria to be with their loved one who is receiving medical care face multiple stressors brought on by financial burdens, conflicting emotions, interrupted sleep, lack of regular meals and changes in routines.

Caregivers may choose to sleep in the hospital room; however, studies suggest that the quality of caregivers’ sleep bedside is often compromised, and some caregivers forego taking care of themselves when tending to their loved ones to the point of not eating any meals during the day.

When caregivers’ needs are not met, their wellbeing might be negatively affected which may result in them becoming secondary patients themselves. However, caregivers who chose to stay at Family House, reported reduced stress with regards to sleeping arrangements, financial burdens, and self-care.

The availability of donated meals and snacks in a home-like kitchen contribute to improved personal wellness for caregivers. Sleep quality is also improved as guests rest in their own space, which includes a bedroom and private bath. Guests say they appreciate the comfort of being surrounded by those who understood their varying needs for company and conversations or solitude and quiet.

Family House provides a peaceful environment that allows caregivers to

complete important daily tasks such as sorting out their finances or managing family issues. It is priceless for caregivers to be able to sit back in a comfortable armchair without others waiting for their turn; to have a quiet, sit-down meal without the machines of the hospital room; to do laundry; or grab a healthy snack before going back to the hospital. In an unknown world, a welcoming place like Family House becomes a refuge for hurting caregivers.

Your support of Family House helps us care for caregivers so they can return to the hospital rested, recharged and ready to care for their loved one.

Results of the study “Caregivers and Healthcare Hospitality Houses: Barriers, Beliefs and Benefits” authored by Magdalena Sas, PhD, CFLE, Bradley University; Cynthia Steinwedel, PhD, RN, Bradley University; Sarah Wagner, Johns Hopkins University; and Laura Blackaby, Family House are published in the Journal of Family & Consumer Sciences Vol. 110, No 4, 2018, pages 27-34.



“I’ve been told my language of love is best spoken by feeding others. Going to Family House gives me the ability to share my love with those there facing difficult times. It’s called comfort food for a reason.”
— Monica, Family House Volunteer

14th Annual Family House Golf Outing *(continued)*

Drake, our 13-year-old son. We made Family House our home away from home for our entire stay in Peoria. After three weeks in Peoria, Mark was able to return to work on a limited basis and would make the trip back and forth from Peoria to Ottawa.

Family House was home to Lisa every day for 166 days and to Drake on the weekends. We had countless meals provided to us from very giving volunteers and local providers. Family House provided a clean, safe environment and caring staff that allowed our family to stay together as much as we could in our time of need.

What started out as the worst nightmare, and fifty plus surgeries later, is truly a success story. We couldn't be more proud of Drew's accomplishments in his recovery. He is walking on his own two legs without assistance of a walker or cane when some thought he never would, and will be walking with his graduating class in May of this year.

We will be forever grateful for the care and compassion that we received during our stay in Peoria at Family House. The Stoudt Family asks that you support Family House and its continued mission to serve out of town families while loved ones are hospitalized in the area." — *Mark, Lisa, Drew, Drake*

Mark Your Calendar

Help support families like Mark and Lisa's and join us for the 14th Annual Family House Golf Outing on Wednesday, June 26 at WeaverRidge Golf Club in Peoria. Registration opens at 11:00 a.m., with a 12:30 p.m. shotgun start. Lunch will be provided by Chick-fil-A Catering and Baumgarten Distributing will provide on course beverages. Stay for the After Party which features heavy hors d' oeuvres, door prizes and awards. Sponsorship opportunities are available. Event details and foursome registration can be found at familyhousepeoria.org.

Up for a Challenge?

Join the INB Banking Cup Challenge when you register your foursome.

*2018 Inaugural INB Banking
Cup Challenge Winners Illinois
National Bank*



Questions about the golf outing?

Contact our Development Director at 309-685-5300.



bequest

be-quest | bi-'kwest *noun*

1. the act of giving or leaving something by will: the act of **bequeathing**, established at the **bequest of a local philanthropist**
2. something given or left by will or transmitted from the past: something bequeathed, made a **bequest of his paintings to the museum**

Contact our Development Director at 309-685-5300 to learn how you can continue your philanthropic giving beyond your lifetime by creating a legacy gift for Family House.

Upcoming Events

- Portillo's for Good
Wednesday, May 1
Rockwood Drive, Peoria
- 14th Annual Family House Golf Outing
Wednesday, June 26
WeaverRidge Golf Club, Peoria
- House Party Rock the House
Friday, September 27
Par-A-Dice Hotel, East Peoria

Information at familyhousepeoria.org

Family House Wish List

PANTRY ITEMS:

- Granola bars
- Oatmeal, single serve packets
- Fruit snacks
- Popcorn
- Individual serving-size packages of pretzels, crackers, nuts, cookies, animal crackers, chips, trail mix, peanut butter or cheese crackers, raisins

CARE & COMFORT ITEMS:

- Small stuffed animals (new)
- Toiletry items: shampoo, conditioner, soap, toothpaste
- Hand sanitizer
- Lawn games (ring toss, bags, etc.)

HOUSEHOLD ITEMS:

- Laundry detergent
- White sheet sets (twin & queen)
- White wash cloths & towels

See entire wish list at
www.familyhousepeoria.org



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Family House provides compassionate, affordable, home-like accommodations for families of patients and individuals receiving health care services in the Peoria area.

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