



HAPPY
2009!

JANUARY 2009

**Volunteer
Continuing
Education**

**LAKE HAVASU CITY
1963 McCulloch, #104
9:30 A.M.**

Monday, January 5

Polidori House volunteer meeting.

Monday, January 12

Palliative Care: How to talk with a patient who is depressed.

Dr. M.A. Kazmi, MD

Monday, January 26

Celebration of Life

**Wednesday, January 28
6 p.m.**

(Mandatory)

Driver Safety - No Harm
HIPAA Security Compliance
What's your Hospice IQ?

PARKER

**26668 Mohave Rd.
11 A.M.**

**Tuesday, January 13
(Mandatory)**

Driver Safety - No Harm
HIPAA Security Compliance
What's your Hospice IQ?

**Tuesday, Jan 27
Celebration of Life**

**Meditation is each
Friday at 9 a.m.
in the Volunteer
Services Office.**

**Office Closed:
Jan. 1 New Years Day
Jan. 19 - Martin Luther
King Day**

What is Hospice care?

Help in answering questions from friends and neighbors

Hospice is a special concept of care designed to provide comfort and support to patients and their families. Patients are referred to hospice when life expectancy is approximately six months or less. Hospice care can continue longer than six months if needed but requires physician certification. Here are some facts about hospice care.

- Hospice is not a place. Most hospice care takes place within the dying person's home, whether it is his or her own home, the home of a family member or friend, a nursing or assisted living facility. Other options, if available from the provider, include a residential hospice facility or a hospice unit within a hospital. Here at Hospice of Havasu we have an assisted living facility called the Polidori House. Patients need to be Hospice patients in order to be eligible.

- Hospice care neither

prolongs life nor hastens death. Hospice staff and volunteers offer a specialized knowledge of medical care, including pain management.

- The goal of hospice care is to improve the quality of a patient's last weeks, days and hours by offering comfort and dignity.

- Hospice care is provided by a team-oriented group of specially trained professionals (including as physicians, nurses, social workers, clergy), as well as volunteers and family members.

- Hospice addresses all symptoms of a disease, with a special emphasis on controlling a patient's pain and discomfort.

- Hospice deals with the emotional, social and spiritual impact of the disease on the patient and the patient's family and friends.

- Hospice offers a variety of bereavement and counseling services to

families before and after a patient's death.

- Hospice professionals make routine visits to the home, but family and/or friends are nearly always involved in care. Some families choose to hire additional services from private nursing agencies, which are typically not covered by Medicare, Medicaid or private insurance.

- Hospices use trained volunteers to help with household chores and to give family caregivers respite time. For example, a volunteer can give the family caregiver a chance to run errands or simply take a walk or nap. Our volunteers at Hospice of Havasu enjoy playing games with patients; do crafts, life reviews, transportation to and from appointments, shopping and several other tasks.

- If a patient's condition improves during hospice care or if the patient desires, the patient can discontinue hospice care.

Many hospice professionals believe people who are referred earlier, rather than later, benefit most from hospice care.

Volunteer Service Wish List

Volunteer Services is in need of funds to purchase a small CD player to be used by the "Gift of Presence" volunteers. These are volunteers who have been trained to sit with dying patients.

Take a moment to de-stress in 2009

When a busy workday or an afternoon of playing chauffeur leaves you a little frazzled, what do you do to cope? We all need strategies to unwind that don't have anything to do with food. Emotional eating can leave you feeling discouraged. Next time your life leaves you feeling overwhelmed, try some of the following techniques:

Meditate: Adopted by nearly every major religion in the world, meditation is traditionally used to enhance spiritual experience and restore a sense of connectedness with the world around you. Take some time each day to sit in a quiet place, focus your mind, and relax your breathing. You can do it cross-legged, in the traditional lotus position, or simply sitting with your eyes closed.

Listen to music: Whether it's Beethoven, Paul Simon, or ambient sounds like rushing water or wind chimes, sound can have a tremendous

impact on your mood. Dig through your collection for CD's that can help you unwind, pour yourself a glass of wine, settle into your favorite chair, and just listen.

Take a walk: Exercise is a fantastic mood booster all by itself. It helps ease muscle tension and allows you to sleep better. Beyond that, exercise is also a wonderful distraction. A quick job or walk around your neighborhood is guaranteed to fend off any attack of the munchies, and you're doing something good for your body, too.

Pamper yourself: Feeling wound up? A massage can help wring the tension out of your poor tired muscles. If you need a quick midday boost, go for a manicure or pedicure.

Take a bath: Aromatherapy salts, a fluffy towel, lots of hot water, and an inflatable pillow can spell relief after a hectic day. Next time you're felling

stressed, sink into the tub with your favorite book in hand and don't put pressure on yourself to get up until you're feeling relaxed – And maybe a little waterlogged.

Reminder: We have meditation each Friday morning at 9:00am at Hospice of Havasu, 365 South Lake Havasu Avenue.

A Place of Your Own

Is there a place in your home where you can escape your daily pressures? Set aside an area in which you can get away from it all. Choose a spot by a window, away from the high-traffic areas of your home. Add some pillows, a plant you love, soft lighting, your favorite books or knickknacks, and anything else that makes you feel calm and relaxed. Or your special spot to write in your journal, meditate, do yoga, stretch, or just ponder your day.

Imagine: Taking a unique look at our lives

There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!!!!

Each of us has such a

bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night

it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers

who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time.

And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called the present!!!



The Annual Christmas Tea continued a 13-year tradition for Hospice of Havasu volunteers and staff in early December.