



**JUNE
2009**

**Volunteer
Continuing
Education**

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

Monday, June 8
Grief in America

Monday, June 22
The Journey Home
Stories from hospice

EVENING CLASS
June 24 - 5:30 p.m.
Evolution of Hospice Care

PARKER
26668 Mohave Rd.
11 A.M.

Tuesday, June 9
Hospice of Havasu fundraising

Tuesday, June 23
A volunteer's dedication

URGENT NOTICE

PATIENT CONTACT REPORTS -- There have been changes made to the Client Contact Report. These changes are effective immediately and therefore you must begin using the new reports immediately as well. The color(s) have also changed, so if you have a supply of yellow reports, bring them back into the office and pick up a new supply of white ones. For volunteers using the lavender forms at Polidori House, these have now been replaced with pink.

Reports from Volunteer Conference

By Helen Dean

It was my privilege again to attend the conference. This year with Chuck Scovoni, Janet Baier, Kathy Meehan, Jo Stephens and Ann Lee.

The presentation regarding HIPAA was an important refresher course given by Jacey LeClair, RN, BSN, CHPN, on the Hospice volunteer's responsibility to comply with HIPAA to protect the confidentiality of the Health information relating to their patients.

The topic of the featured speaker, Larry Colbert was on "The Insights From an Out of Sight Guy". He related his experiences about becoming blind as an adult. He shared his own inspirational story coping with change and overcoming adversity.

The touching part of his presentation was the life threatening injury that his Guide Dog Banner sustained at the airport. A group of strangers volunteered to assist him with Banner and subsequently saved Banners life.

His special affinity toward volunteers was started by a team of volunteers who embodied compassion and a commitment that came together for one common purpose.

By Jo Stephens

Jancey LeClair, RN, BSN, CHPN, was the opening speaker. She outlined the importance of "HIPAA and the Volunteer." She reminded us that the patient's health information should be kept guarded at all times. For example, when discussing with the patient a sensitive subject, be aware of your surroundings, and who may be able to overhear your conversation.

The feature speaker was Larry Colbert, a motivational speaker. He was very descriptive. At 28 years of age he jumped on his motorcycle, rode over to his eye doctor's office where he was told he was legally blind. He went on with his life, attended college and as he put it "don't let anyone tell you what you can or can not do"

Mr. Colbert talked about how to address people with disabilities. A blind person need not be yelled at. The hearing is usually fine, they just cannot see. A "hearing impaired" or deaf person however, if you yell at them, cannot hear you. They can usually read your lips or speech read.

A person with mobility issues, such as a walker, uses this to keep their independence, and continue a normal life as possible.

By Kathy Meehan

On Saturday, May 2, at 3:45 a.m. a few brave volunteers with Janet and Chuck headed out for the 5th Annual Arizona Hospice Volunteer Conference in Mesa.

There were two presentations, one on HIPAA and the Volunteer, which was a good refresher course for us.

The main presentation was Insights from an Out of Sight Guy, Larry Colbert as the motivational speaker. It was an interesting viewpoint from a person who was not born blind, but due to a medical condition, blindness started in the beginning of his adult life. Larry went through some of the same emotions a hospice patient does: denial, anger, bargaining, depression and acceptance. He wasn't disabled; he wanted to be treated as a "person" like you and me and not shouted at when spoken to. His acceptance came when he was matched with his first guide dog. His understanding and experience with volunteers came later in life when his guide dog Banner had a near death experience at an airport and how with the assistance of many people (volunteers) helped to save the dogs life.

Attitude ... and 'The Power of One'

Getting the best from yourself and others all starts with one: one thought ... one word ... one action.

"One" is the first note in orchestrating the personal attitude that shapes and directs your life – and impacts the members of your team. Contrary to the lyrics from a classic rock song, one is not the loneliest number. It's the most important one!

Your thoughts, words, and actions are like individual notes that work in concert to create the power of one person – YOU – to make a difference. You can harness your "power of one" if you simply:

- Catch one negative thought and turn it into a positive one;
 - Think of one thing for which you are grateful at the beginning of each day;
 - Say one "Fantastic!" when a friend or team member asks how you are doing;
 - Assume the best in one upcoming situation;
 - Keep on moving one more time when you experience adversity;
 - Help one friend or colleague in a time of need – and take pride in it.
- Many people used to feel that

one vote in an election couldn't really make a difference. Well, recent political elections that have been decided by razor thin margins have proven them wrong. A single act can make a difference ... it can create a ripple effect felt many miles and people away. So, ask yourself: What's one thing I can do today that will make a positive difference in my attitude? Then DO IT!

Repeat that process every day and your life will improve – and so will the lives of the people you lead. Attitudes are truly powerful ... and they're contagious!

From WALK THE TALK® Company

Alzheimer's Test: The key to detecting the disease early

By Mike Jerry

It is important to get an Alzheimer's test to distinguish between typical age related memory loss and the onset of Alzheimer's so that proper treatment can be sought early on in the progression of the disease. As people get older, they will experience some memory loss as their brain begins to age. A test will ensure that the person's symptoms are related to the disorder. The patient will undergo psychological testing as well as other trials that examine their level of activity. Diagnosing the disease early helps caregivers prepare for the task at hand and appropriate medication can be prescribed. Although there

is currently no known cure, identifying the disease early is the best chance the patient has to help them endure it.

Alzheimer's disease is a degenerative brain disorder that causes a person to lose their memory, behave in ways they wouldn't normally behave, and prevents its sufferers from thinking clearly. Since so many people suffer from the disease, an Alzheimer's test should be conducted on everyone sixty-five or older; since this is the age group Alzheimer's affects most.

An Alzheimer's test is important to ensure that the person isn't just going through the usual memory loss associated with age; however, sometimes an Alzheimer's test isn't necessary. Alzheimer's disease doesn't just affect a person's memory; it can make people see things that aren't there, and even send them into screaming fits.

Alzheimer's can make the afflicted think that people are out to get them, but this is a specific type of Alzheimer's called Alzheimer's dementia. Alzheimer's is the leading cause of dementia in the

elderly and, the truth is, people who suffer from dementia cannot care for themselves.

Once the onset of the disease occurs, an Alzheimer's test may not be necessary. The worst symptoms of the disease are fairly easy to spot; however, if a person exhibits slight memory loss, such as the inability to remember things they normally wouldn't need to think about, then an Alzheimer's test is necessary.

WHY GET TESTED?

Millions of people suffer from Alzheimer's in the United States and many don't even know it yet. For this reason, an Alzheimer's test is crucial in identifying the disease so that the person or their loved ones can arrange care plans before the disease begins to take its course.

An Alzheimer's test determines how the brain processes information. It involves a series of psychological tests, as well as other tests that include menial everyday activities that should be easy with someone that doesn't suffer from the disease. An Alzheimer's test should be

performed by a doctor or at least a trained professional who specializes in working with people with Alzheimer's disease.

The other reason why an Alzheimer's test is so important is that, if caught early enough, patients can often be put on one or more of the numerous drugs available to treat people who suffer from the disease. Alzheimer's disease, unfortunately, doesn't currently have a cure; however, while it can't be cured, there are drugs available that can often be used to help the person stave off the disease for a little longer, or they can, at least, help make the rest of their lives a little more bearable.

LOSS IN THE FAMILY

Richard John Leach Sr., the father of longtime volunteer Rick Leach, died May 9. He was always supportive of Rick's efforts with Hospice of Havasu, and we send our condolences to Rick and his family.

June Birthdays

June 8 Rick Leach
June 10 Colleen Kolodzey
June 13 Karen Mussell
June 14 Garnett Peterson
June 17 Richard Scartozzi
June 18 Linda Chandler
June 19 Dolores Rice
June 23 Rosalie Smith
June 24 Shirley Bowens
June 25 Thecla St. Clair
June 30 Bonnie Campbell