

Volunteer SCENE

A MONTHLY NEWSLETTER FOR HOSPICE OF HAVASU VOLUNTEERS



Volunteer Continuing Education

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

Monday, March 2
 Polidori House
Required Meeting

Monday, March 9
 The Art of Being
 a Good Listener

Monday, March 16
 Palliative Care:
 Dealing with Death and Dying

Monday, March 25
 Required: Drive Safely
 HIPAA Security Compliance
 What's Your Hospice IQ?

LHC evening class
Wednesday, March 25
5:30 p.m.
 Palliative Care
 Communicating
 with Compassion

PARKER
26668 Mohave Rd.
11 A.M.

Tuesday, March 10
 The Art of Being
 a Good Listener

Tuesday, March 24
 Palliative Care:
 MRSA

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

New Volunteers

Another new class of volunteers is ready to help. Shown at a recent graduation, from left: David Dunfee, Dolores Rice, John McCabe, Shirley Kraus, Jan Slaughter and Kathy Ingalls. More classes are scheduled throughout the year. Check www.HospiceHavasu.org for details.



Annual Conference always a hit

By Janet Baier
 Volunteer Services Manager

The 5th Annual Hospice Volunteer Conference will be held Saturday, May 2, 2009 at the Arizona Historical Museum Society, near the Phoenix Zoo in Papago Park from 8 a.m. – 12 noon.

Many of you have attended the past two years and enjoyed it very much.

This year, Larry Colbert, a motivational speaker and author, is our featured speaker. Colbert who became blind as an adult shares his inspirational story of coping with change and overcoming adversity. He speaks nationally on how you can achieve your maximum

potential regardless of your stage of life or the challenges you face.

For those of you who have not attended, each year the American Hospice Foundation offers an educational conference for all Arizona hospice volunteers. Last year, over 200 volunteers attended representing over 35 hospices statewide. The purpose of the conference is to educate, motivate volunteers and honor these unique individuals for their unrelenting contributions. It also provides an opportunity for Arizona volunteers to gather as a group and share their own experiences. Volunteers receive a certificate of attendance for two hours

toward their annual palliative state and federal training requirements.

The American Hospice foundation, the non-profit arm of Hospice of Arizona, sponsors this annual event.

Volunteer Services will be making a donation to cover the cost of the breakfast, the speaker and the venue.

We will be leaving the Hospice of Havasu parking lot at 4 a.m. (yes, in the morning as we have done in the past). I will need to know who plans to go. We have car pooled in the past.

I will need to know who will be attending. Please let me know before April 15. More information will be going out.

Use your connections

We all have a variety of connections and circles of influence that are unique to each of us: places of worship, clubs, places of employment and more.

As close as we are to these connections, it's easy to overlook them as potential sources of volunteer assistance.

Use your unique connecting points to identify and invite friends and colleagues to join you in your volunteer work here at Hospice of Havasu.

Here are some examples of connections you and others

may have where you might look for and invite others to join your volunteer effort:

- On the golf course
- Within your department
- While playing cards
- At your place of worship
- At a senior center
- At the gym
- At your children's or grandchildren's sport or other events
- At a class you're taking

Don't be shy about extending an invitation to volunteer.

You may be doing someone a big favor. After all, look at how volunteering enriches your own life!

Volunteer Services is running a contest. For each person you refer to volunteer, take the 30-hour volunteer training, and volunteers with Hospice of Havasu, you will be entered into a drawing for a special prize. Be sure the prospect puts your name down as the referral source when he/she fills out their applications. Remember applications can be downloaded from our website

Cancellation

Due to the decrease in our economy, I have chosen to cancel one of our events.

On your 2009 Volunteer Continuing Education Schedule it shows we will be doing a luncheon during National Volunteer Week in April, both in LHC and Parker.

Please note this is cancelled.

Mayonnaise jar and 2 cups of coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then

picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes'.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the import things – God, your family, your children, your health, your friends and your favorite passions – and if everything else was lost and only they remained, your life would still be full."

"The pebbles are the other things that matter like your job, your house and your car. The sand is everything else – the small stuff. If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Talk with God. Play with your children. Take time to get medical checkups. Take your spouse or friend out to dinner. Help someone in need. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you

that no matter how full your life may seem, there's always room for a couple of cups of coffee while you sit and talk with God.

Author Unknown

Remember your badge

Just a reminder ...

When attending all Hospice of Havasu functions, going to your patient's home, entering or working in the Hospice of Havasu office, going to continuing education, working at the Polidori House, working at Yours, Mine and Ours Resale Store, you MUST wear your name tag. Each volunteer has been given the Policy and Procedure Chapter 8 manual.

- POLIDORI
- VOLUNTEERS
- NEEDED
- ✓ Admin Clerks
- ✓ Food Prep
- ✓ Laundry
- For additional information, please call:
- Denise Stephenson at
- 453-2111, ext. 266

March Birthdays

March 4 - David Dunfee

March 8 - Joan Louis

Sue McCabe

March 9 - Dwight Belknap

March 10 - Gloria Askland

March 12 - Janice Fortney

March 13 - Kay Champaigne

March 16 - Sharon Fisher

March 18 - Pamela Meyers

Jill Robertson

March 20 - Barbara Foley

March 21 - Heidi Gray

March 30 - Joyce Lundstrom