



Hospice Matters

A PUBLICATION OF HOSPICE OF YUMA

Comfort & Compassion When It's Needed Most

JULY/AUGUST 2009

“Waging War” on Cancer or “Waging Peace?”

Noting that the metaphor “fight the war on cancer” has its place in today’s health care system, the author of a commentary published in the *Journal of the American Medical Association* encourages clinicians to honor individual patients’ approaches to their disease.

Thomas E. Edes, MD, Central Office Chief of Home and Community Care for Washington, DC, says the war against cancer metaphor is appropriate in many ways, especially in helping raise funds to further advances in research. However, Edes writes, “...carrying this metaphor to each affected individual can be counterproductive, inappropriate, even destructive.”

The author says he was horrified when he learned how his friend Bonnie’s oncologist responded to her decision to forego rescue chemotherapy. Bonnie had undergone aggressive chemotherapy and radiation when first diagnosed. Two years later, when told that her cancer had returned with a vengeance, Bonnie considered her options. She explained to her oncologist that she had decided she wanted to have as many “good days” as possible - without enduring the rigors of aggressive therapy - and that she was unwilling to trade in those “good days” in the hope of having “more days.”

Her oncologist responded to her decision by telling her, “Well, if you just want to die, you might as well commit suicide.”

Edes says he and Bonnie realized that the oncologist’s comment “may be simply a starkly honest expression of a prevalent perspective - that when one is faced with cancer, the valiant action is to fight. It is our duty to take up arms, to go into battle, to join others in the fight. To do less is somehow less heroic, less honorable. We are at war with cancer.”

Edes writes that Bonnie lived for a year, choosing to be at peace, focusing on opportunities for joy. She found renewed strength and traveled far and wide to visit family. When symptoms worsened, hospice helped bring the symptoms under control, and she was able to remain in her own home.

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Did You Know ...

that Hospice of Yuma has a program that provides wigs for anyone in the community who has lost their hair due to illness, and bras and prostheses for women who have undergone mastectomies? It’s the Wig and Prosthesis Program, and it is funded solely by contributions to the program.

As we have seen a change in demo-

graphics, our need for contributions has grown. We are in need of monetary contributions to purchase more prostheses and wigs, and are also in need of scarves. As the summer months approach us, scarves become popular and go fast. If you sew and are interested in making scarves for this program, please contact Ashlie at 343-2222.



Lock in Your Legacy



John Williams
Executive Director

The hard reality is that sometime in the future we are going to die. You may wonder, “What kind of motivational tool is that?” “Real inspiring!” In fact, it is. Our mortality may perhaps be the ultimate inspiration and motivation! If we lived on this earth eternally, we could be procrastinators extraordinaire. We would never have to accomplish anything because there would always be a tomorrow. Unfortunately, we all have a finite amount of years we will live and when we die the two most important things we can leave behind are memories and the impact we had on the lives of others we came into contact with. Sound gloomy? In actuality, it is exciting! You see, this gives us purpose. We can choose how we will live on in the hearts and memories of others. We do this by proposing to live our lives in the NOW.

What kind of legacy do you want to leave? How will your family and friends remember you? What lasting impact will you make in this world that will live on after you have gone? Give some thoughts to these questions and give yourself permission to make some changes. In doing so, you will begin to lock in your legacy.

Nonprofit organizations feed the poor, comfort the afflicted, teach our children, and empower people to repair their lives. There are many nonprofit groups in Yuma that engage in an enormous range of activities aimed at improving the lives of local residents in the area, but they can’t do it alone. They need the financial support of people throughout the community to do these things. And while most nonprofits are busily engaged in their day-to-day activities, a major opportunity is being missed.

Each year, 72% of Americans give to charities, but only 5.7% leave charitable bequests in their wills, keeping their charitable gifts alive once they’ve died. The number one reason people

gave for failing to leave a charitable bequest is that they were never asked. By spreading the word about charitable giving, nonprofit organizations like Hospice of Yuma can help improve the lives of generations to come.

Here are the top five things you can do to lock in *your* legacy:

1. Prepare a will, and include a gift for the charities that have made a difference in your life or the life of someone you love.
2. Donate a specific dollar amount or percentage of your assets, such as stocks, bonds, CDs, real estate, art, jewelry or other property.
3. Name your favorite charity as the beneficiary of your IRA or pension plan.
4. Name your favorite charity as the beneficiary of an existing life insurance policy, or purchase a new policy and name the charity as the owner/beneficiary.
5. Honor deserving friends and remember loved ones with memorial gifts.

“The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later, with astounding accuracy.” ~ Florence Shinn, Writer (1871-1940)

“Waging War” or “Waging Peace”

continued from front page

Edes points out, “When personally waging the war on cancer, your time and energy are diverted to the war, and away from the things you love. What if you wish to devote your time and energy to something else, instead of fighting cancer? Is there any reason you should feel pressured, ashamed, or bad about your decision?”

The author asks clinicians to consider that some patients facing terminal illness “may choose to devote their time and energy to fighting the illness; others may choose to accept the illness and devote their time and energy to what they love. **Whichever decision they choose, isn’t it equally courageous? Aren’t they equally honorable, equally deserving of dignity, respect and support?”**

Reprinted with permission from Quality of Life Matters, Feb/Mar/Apr 2009.

Source: “Can Physicians Accurately Predict Survival Time in Patients with Metastatic Cancer? Analysis of RTOG 97-14,” Journal of Palliative Medicine; 11 (5):723-728. Hartsell, WF, Desilvio, M, et al, Advocate Good Samaritan Cancer Center, Downers Grove, Illinois, and Radiation Therapy Oncology Group, Philadelphia.

Investing in Hospice

Thank you to **Sunset Vista Funeral Home** for holding the Second Annual Barbecue to benefit Hospice of Yuma. The event was free to the public, but donations were accepted. The barbecue was held from 11:00 a.m. to 2:00 p.m., and Sunset Vista collected contributions totaling \$1,615.70. This is truly appreciated. Thank you so much Sunset Vista Funeral Home!

We wish to thank **Bonny Rhodes** at Clarion Suites for providing their conference room free of charge for the recent Hospice Foundation of America Annual Teleconference.

Thank you to Hospice of Yuma volunteer **Myrna Stanz** for donating yarn to make patient needs items. The yarn was given to **Sondra Bird**, who will make booties for our patients. Thank you Myrna, and thank you Sondra for taking on the task with all that yarn!

We are pleased to report that we re-

cently received a substantial contribution from the **Estate of Henry & Louise Siewert**. Mr. and Mrs. Siewert were strong supporters of hospice while living, and their legacy ensures that Hospice of Yuma can continue to help those in our community living with terminal illnesses for many years to come.

Thank you **Cola Gila Rivers VFW 8242 Ladies Auxiliary** for your contribution of \$1,096.32 designated for the care of VA patients and families. Your support means more than you will ever know!

Thank you to **Sundance RV Park Chapel** for your recent contribution of \$119.00. We truly appreciate your continued support of our organization.

We also wish to thank **Christ the Redeemer Anglican Church** for their "Noisy Contribution" of \$92.28. Every so often, we receive change collected

by the church, and find that pennies really do add up!

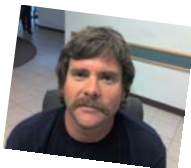
Thank you to **Pamela Haslund-Nielsen, Gustavo Aguilar, Manuel River** and **Jeanette Wellhouse** for your United Way designated contributions. We truly appreciate your generosity.

We have also received funds from **United Way of Yuma County** in the amount of \$470.64.

We have also received funds from **Combined Federal Campaign** in the amount of \$772.55 and from **State Employees Charitable Campaign** in the amount of \$781.70. Funds from the Combined Federal Campaign are designated through Federal civilian, postal and military donors, and funds from the State Employees Charitable Campaign are designated through employees of the state.



Before



After

A Hair Raising Event

In April, the Yuma Fire Department held a fundraising event to see who could grow the best mustache in their department. The best mustache award went to **Chris Moore**, whose charity

of choice was Hospice of Yuma.

What a clever and fun way to raise money for your favorite charity! Thank you Chris!



... Hospice of Yuma presents ...

Bright Lights ... Hot Nights

the Ocean to Ocean Hollywood Premier

Saturday, October 17th

Yuma Territorial Prison



Come to this fun-filled evening wearing
your best formal attire
or ...

as your favorite actor or actress
You might even win an Oscar -
Academy Awards Style!

... Watch for more information!

Lucky Dip



Father Paul Gambling

I'm sure that it wasn't, but my memories of childhood seem to consist of an almost never ending festival. It seems that there was nearly always a Church Fete, a village festival or a school event going on and all had the same, familiar games to keep a young person occupied: there were round-about rides (usually mechanical chairs suspended from arms attached to a central spindle); there was the "Greasy Pole" (a tree trunk stripped of bark and daubed with lard, the object of which was to climb as high as one could, the highest getting the prize); and the Coconut Shies (three balls to dislodge a coconut which the successful took home). Then there were the races with built in handicaps such as the egg and

spoon race (the winner had to be the first to carry an egg the whole length of the course without dropping it, or one had to go back to the beginning, the egg being balanced in the bowl of a tablespoon); the sack race (both feet inside a burlap sack, hopping without falling was the key); and the three legged race (you had to put your trust in a friend in order to finish, let alone win).

And there were games of chance, buying tickets on lottery items, the infamous "Tom bola" (a barrel containing numbered tickers which corresponded to ticketed items, some of which were worth the price). I think that my favorite game of chance was the "Lucky Dip." This consisted of a large barrel, half filled with sawdust. Buried therein were "treasures" wrapped in gift wrap paper. Everyone who participated was a winner because you paid your sixpence (or whatever) and thrust your hand into the mixture,

and searched around until you encountered a prize, what you grabbed you kept, but it could be anything from a cheap plastic mouthorgan to a piece of more expensive (but still paste) jewelry. That was beside the point, however, because we all won.

I feel that the "Lucky Dip" became a metaphor for life. We are all winners. We have all been given a chance and have emerged with a prize: career, opportunity, love, joy, memories. Not everybody's is the same, but that is not important in the grand scheme of things, because what we have is ours alone. Max Ehrmann reminded us in the words of the *Desiderata*: "If you compare yourself with others you may become vain or bitter, for always there will be greater and lesser persons than yourself." Enjoy the prizes that you have been given.

Pax,
Paul+

Understanding Grief



Gay Anderson
Bereavement Services

Most people who suffer a loss have one or more of the following experiences. These are all natural and normal grief responses.

Emotional/Mental Experiences

Because grief can be so painful, people often wonder if what they are feeling and thinking is normal. The process can feel overwhelming and create fear unless we know what to expect.

What to Expect

- ... Numbness, shock
- ... Sadness, depression
- ... Yearning for a loved one
- ... Hopelessness
- ... Feeling of being lost
- ... Anger
- ... Disbelief
- ... Preoccupation with the deceased; sense of presence
- ... Inability to concentrate
- ... Crying at unexpected times
- ... A need to retell the story over and over

Physical Experiences

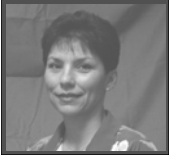
Most people do not realize that grief affects us physically as well as

emotionally. Often bereaved people know that they do not feel well, but do not relate it to their grief. Our emotions are powerful and do affect our physical health.

What to Expect

- ... Sleep disturbances
- ... Illness and symptoms
- ... Appetite decreased or increased
- ... Absent minded
- ... Visiting familiar places
- ... Tightness in the throat or heaviness in the chest
- ... Dreams, visions of loved one

Thrift Shop News



Dorothy Toney
Thrift Shop Manager

Over the last 17 years, the Hospice of Yuma Thrift Shop has grown from a small room at the back of the Hospice office to a fully functional, profitable endeavor. The idea of getting by at little or no cost has been replaced with the idea that we are a bona fide business and need to be as professional as

possible. The remodeling project speaks for itself. We no longer have makeshift shelves, mismatched flooring and fixtures or peeling paint. Our new look proves to our customers and our donors that we are serious about being the best thrift shop in Yuma.

The Furniture Showroom space has become an extremely profitable venture, allowing us to sell higher priced items which contribute to the hospice program. As our community grows, the need for Hospice care also grows.

The revenue generated by the Thrift Shop helps the hospice staff provide the best care possible for our patients regardless of their ability to pay.

Special Thanks to:

Johnny Grable from Johnny's TV for fixing donated TV's for us

Frank & Pat Cooper for granting our wish for a new vacuum cleaner.

"Life is a great canvas; throw all the paint on it you can." ~ Danny Kaye

Volunteer Corner

The following is a letter sent to us by a Hospice of Yuma volunteer. It was such a wonderful letter we decided to share ...

Volunteer Voice

My experiences as a volunteer with Hospice of Yuma have enriched my life. I have had many roles; most important to me are those of companion and friend. I have had the privilege to listen to life stories, share laughs, and enjoy special company. I have fed cats and changed litter boxes, washed dishes, made coffee, read books and watched silently over

those in slumber. I am a volunteer, that is my most important role, but I am also a caring friend.

I believe in the importance of human relationships. I believe that people need to have bonds with others, that we all need connection and communication. I thank all of you who have invited me into your homes, shared difficult times with me, and allowed me to be a part of your journey. I am just one voice among many and I am here to say that I cannot express in words the amount of joy and happiness that volunteering and spending time with families has brought to my life. Thank you ...

Amanda Sears

Hospice of Yuma wishes to congratulate volunteer Dick Erwin for being recognized as one of the top volunteers in the state. Dick not only volunteers for Hospice of Yuma, but serves a variety of local non-profits, as well as participating in fundraising events in San Diego. Dick is truly a top notch volunteer!

If you would like to share the journey and become a volunteer for Hospice of Yuma, please contact Elizabeth Nunez, Volunteer Coordinator at 343-2222.

Volunteer Training Classes Begin in July

CENTURIONS
April - May 2009

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Huebner & Doyle Families
in memory of Tom Doyle
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Mr. & Mrs. John Williams

Gold Patron

Mr. & Mrs. Fred Hoffmeyer
Mr. & Mrs. Phillip
Townsend in memory of
Jacob Daily, Tom Doyle,
Leonard Fitschen, Janice
McCugh and Waymon
Sellers

Silver Partner

Mr. & Mrs. Robert Figueroa
Mrs. Marilyn Matheus in
memory of Charles
Matheus

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Mr. Jack H. Bails in memory
of Dorothy A. Bails
Mr. & Mrs. Ed Kerwin
Dr. & Mrs. Robert J. Land
Ms. Shirley Morris
Mr. & Mrs. Jack Pettigrew
Mr. & Mrs. Russell Washum
in memory of Rachel
Determan

HONORARIUMS
April - May
2009

Paul Gambling

Johnson & Kamman
Mortuaries

H.D. Stillwell

Ms. Viola G. Woehler

IN MEMORARIUM
April - May
2009

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Lillian Apple

Mr. Vince Apple

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Patricia L. Bailey

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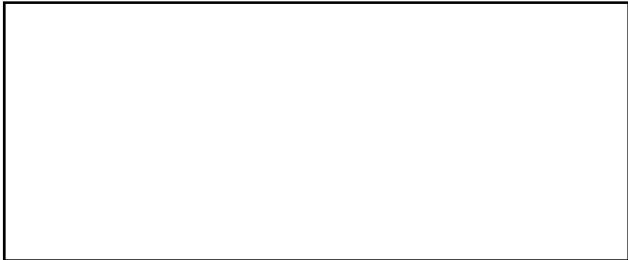
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 2009

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I wish to volunteer.

I have included Hospice of Yuma in my will.

Please send me a complimentary Personal Estate Planning Notebook.

I prefer to receive an e-newsletter
 My e-mail address is :

Name _____ Address _____

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Please mail this form to Hospice of Yuma, 1824 S. 8th Ave., Yuma, AZ 85364-5517, or call (928) 343-2222.