

# Hospice Matters

*Comfort & Compassion When It's Needed Most*

JULY/AUGUST 2010

VOLUME XXX, NUMBER 4

## Good Advice for the Hot Summer Months...Hydration!!

*Adapted from an article by Mike Erfert, Public Information Officer, Yuma City Fire Department*

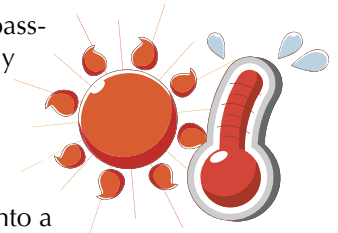
With temperatures starting to hit the 100 degree mark, we need to be reminded of the dangers of heat illness. Mornings are still cool and outdoor activities are popular. People are trying to get in last minute events before it gets "real" hot. High temperatures (even "dry heat") and physical exertion can combine to bring on heat illnesses. Your body's cooling system relies on your body staying properly hydrated, you perspire and the evaporation cools your skin.

When more moisture leaves your body than is being taken in, you start to become dehydrated and can start experiencing symptoms of heat illness. Symptoms encountered can be headaches, dizziness, weakness, confusion, upset stomach,

pale/clammy skin, fainting or passing out. You need to act quickly when you or someone you know begins to feel like this.

People experiencing these symptoms should be moved to a cool shaded area to rest (or into a vehicle or other air-conditioned location). You should loosen or remove heavy clothing, and drink cool water. If a person does not feel better in a few minutes, call 9-1-1. Ignoring these symptoms can lead to a life threatening condition called Heat Stroke.

The best advice is to stay hydrated, drink plenty of fluids, but avoid beverages containing alcohol, caffeine, or heavy sugar. Some other suggestions include wearing light, loose fitting, breathable clothes. Avoid heavy exertion during the heat of the day. If you have to be outside, take frequent breaks. Heat is the price we pay for our great winter



### Five Reasons to Consider Becoming a Hospice of Yuma Volunteer

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John Williams, Executive Director

While it is true that hospice volunteers do not get paid for what they do, there are many benefits for selflessly devoting your time and talents to helping others. The following are five reasons I believe you should think about becoming a hospice volunteer:

**1. People who volunteer regularly improve their health and life expectancy.** Many longitudinal studies

performed over the last decade in Australia, England and the United States have reported that people who volunteer regularly have a higher sense of well-being, which improves their health and overall life expectancy.

*continued next page*

## Hospice in the Nursing Home Setting

John Williams, Executive Director

Have you ever heard the following: Why would a person need Hospice in a nursing home? Isn't the nursing home already providing this care? Does Medicare pay for hospice services in the nursing home? What services does the hospice provide to a patient residing in a nursing home? These are just a few of the questions I have been asked when the subject of hospice in the nursing home is discussed. I would never assume Hospice providers are the only ones who can provide good care, but I want to help educate the community on what services are available for those residents of skilled nursing facilities who want them at the end of their life.

Nursing homes are able to work in collaboration with a Medicare certified Hospice as long as they have a signed agreement that establishes each provider's responsibilities and necessary qualifications. The reality is that nursing home residents who have a terminal illness are entitled to receive the best of both worlds. They are not only able to receive all that they are entitled to from the nursing home, but they may also qualify for hospice care that provides medication related to the terminal illness, services provided by the entire

hospice team, equipment and supplies that the nursing home may not have or would have to pay extra for, and what I believe to be a great value, services to the patient's families to address the emotional, social and spiritual needs, as well as provide continuing support after the patient's death.

Many times family members are not able to visit their loved one for an extended period of time, or when confronted with the reality of dying, they want every life saving measure done. A nursing home facility having a contracted hospice provider who is experienced and comfortable with addressing difficult end of life topics is invaluable. Hospice providers have the resources and time to assist the facility in averting what could be the beginning of an unnecessary chain of events that leads a patient to experience increased suffering, unnecessary hospitalization, and less than a peaceful and pain free death. Often when this occurs the possibility of complicated family grieving is increased and many facilities do not have the availability to provide the counseling and support services needed.

There are quite a few benefits of having hospice services in a nursing

home setting. National studies have demonstrated that long-term care facilities

that contract with a Hospice have better overall pain management for all of their patients. Hospice care can keep patients in the facilities that might otherwise have to send a person to the emergency room for futile, expensive, uncomfortable and unwanted treatment. Another benefit is that some medication and equipment costs are shifted away from the individual paying the bills. A final benefit I want to point to is that bereavement services are offered as requested for 13 months for all individuals who express a need, from the surviving families to the nursing home staff who may have cared for the patient for years.

Hospice of Yuma is blessed to have contracts in place at all four of the area's long-term care facilities, La Mesa Rehabilitation and Care Center, Life Care Center of Yuma, Palm View Rehabilitation and Care Center and Yuma Nursing Center. For more information about hospice services in a nursing home setting please contact us at



## Five Reasons to Consider Becoming a Hospice of Yuma Volunteer

John Williams, Executive Director

*continued from front*

- 2. Volunteering leads to increased self worth and life fulfillment.** People who commit time to a cause they are passionate about energize themselves to live life to the fullest. Recognizing talents in yourself as you put them to use for others in need helps you to appreciate what you have to offer the world.
- 3. Volunteering offers you the opportunity to consistently improve yourself.** Hospice volunteers have

the chance to develop their abilities, skills, and personal strengths. Often, volunteers find new abilities and talents they never knew they possessed.

- 4. Volunteering helps you make new friends.** Hospice volunteers are a key part of the hospice team. As a volunteer you meet staff, patients and other volunteers, many of which can become life long friends. If you enjoy making new

friends and spending quality time with other people, volunteering for hospice is what you want to do.

- 5. Volunteers make a difference.** Volunteering at hospice helps you to see the big picture and what is really important in life. The feeling you get from making a difference in the life of a terminally ill patient is incredible and simply cannot be explained in words.

## Investing In Hospice

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For the third year in a row, **Sunset Vista Funeral Home held their Annual Barbecue to benefit Hospice of Yuma.** By selling plates of barbecue to the public, Sunset Vista was able to raise \$658.00 for hospice patient care. We wish to extend a very big thank you to Alan and the staff at Sunset Vista for their continued support of our organization.

We would like to extend a very big thank you to the staff and students at **Yuma Catholic High School** for their recent contribution of \$434.30. We truly appreciate your support!!

In May, we received a gift in the amount of \$1,000.00 from the **Estate of Ursula Simpson Liebich.** Her legacy

ensures that Hospice of Yuma can continue to help those in our community living with terminal illness.

We would also like to thank the **Yuma Women's Club** for their contribution of \$200.00. The Women's Club are dedicated supporters of Hospice of Yuma, and we truly appreciate the support they have given us throughout the years.

We also wish to thank **Colo Gila Rivers VFW Post 8242** for their recent contribution of \$852.00 raised through a barbecue held at their post to raise money for Hospice of Yuma. We are truly grateful for your generosity and support.

We have also received contributions from the following: **Sundance RV Park Chapel** in the amount of \$96.25; **Araby Acres Christian Fellowship** in the amount of \$180.74; **Combined Federal Campaign of Maricopa County** in the amount of \$63.08; **Christ the Redeemer Anglican Church** in the amount of \$73.20; **Valley of the Sun United Way** in the amount of \$1,979.44.

We truly appreciate the generosity and support of the community groups and corporations that support us on a daily basis. These gifts ensure the long-term viability of Hospice of Yuma, and as the saying goes "A little goes a long way." We cannot thank you enough.

## ... Correction ...

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In our last newsletter (May/June 2010) we included a thank you ad for those who sponsored the 2010 Hospice of Yuma P.K. Hodges Southwest Agricultural Golf Tournament. We regret that some of our sponsors names were

left off of that list. We wish to recognize: Gold Sponsor: **Morris Ag Air**; Silver Sponsors: **Castle Dome Seed** and **Mike Lutes**; Raffle Sponsor: **Yuma Golf & Country Club**

We sincerely apologize for this mis-

take, and want all of our sponsors to know how important they are to the success of our special events, and how much we truly appreciate the support they give year after year.

## Giving a Gift of Life Insurance

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Life insurance can be a very powerful vehicle to carry out your charitable intentions. Historically, most individuals purchase life insurance policies at a relatively young age in order to protect or care for a loved one in the event of a tragedy.

As an individual's age and net-worth increase, these policies sometimes have less estate planning significance than when they were initially purchased. In fact, in some cases (particularly in cases where the individual acquired the policy more than 50 years ago) an individual may have a policy with a total face value of less than \$10,000.00. By today's standards, this is a relatively small policy and, unfortunately, it may provide a relatively minimal estate planning benefit to the beneficiaries. These policies may be paid in full and simply sitting "out of sight, out of mind" in a safe deposit box, forgotten.

Sometimes, with particularly older

policies, it can be administratively difficult and time consuming to apply for the death benefit of some of these small policies. Accordingly, it may make sense to consider naming Hospice of Yuma as the beneficiary of these policies if the death benefit is no longer needed to carry out the policyholders original intentions. At the death of the insured, the monies would go to Hospice of Yuma. In addition, the policy owner may designate any percentage or dollar amount of the death benefit to Hospice of Yuma. If the donor wishes to stipulate how they want the funds to be used, or wishes give the gift in memory of a loved one, this can be done with a simple statement (in the form of a letter) to the designated charitable organization.

If the policy is paid in full, the policy owner could consider gifting the policy itself to Hospice of Yuma; thereby making

Hospice the owner of the policy. This may qualify as a charitable gift entitling the policy owner to a charitable deduction. Prior to making a change of ownership, however, you should discuss it with your tax and insurance advisors as well as notify Hospice of Yuma of your intentions.

These beneficiary and ownership changes are easy to accomplish. Many times they merely necessitate obtaining a change of beneficiary designation or change of ownership form from the life insurance company.

Should you wish to name Hospice of Yuma as beneficiary or owner of a life insurance policy, or wish to acquire additional information, please contact Ashlie Davis at 928-343-2222.

## Shepherd Book's Prayer

Father Paul Gambling

"Lord, I'm walking your way;  
Let me in, for my feet are sore,  
My clothes are ragged.  
Look in my eyes, Lord,  
And my sins will play out  
on them as on a screen.  
Read them all;  
Forgive what you can and  
Send me on my path.  
I will walk on  
Until you bid me rest."

In an out-take from the movie *Serenity*, the character "Shepherd Book" prays this prayer which he terms "A

Prayer for the Dead." I don't agree with that terminology, for it seems that is more a prayer for the living, and we can all identify as the subject of that prayer. We are all on a journey, usually one of self discovery, and that journey can be tiring. It can take a toll on us so that we may become "sore" and "ragged." All of our life experiences are caught up in that journey - not just the sins - but seeking forgiveness from God, or others, is an important aspect of the journey, because in some ways, we all fall short of others' expectations. Ultimately, the journey continues until we find our-

selves once more at home.

This has become one of my favorite Prayers, and I urge you to let it become one of yours. Pray slowly and meditatively. Let the words wash over you and surround you. I'm certain that you will find more and more meaning in each syllable the more you use it.

Pax, Paul



## Survival

Gay Anderson, Bereavement Coordinator



Many of the surviving family members of hospice patients spent most of their time caring for their loved one prior to death. The illness may have lasted weeks, months or perhaps years. During this period of time the opportunities to socialize with friends or to become involved in group functions may have been few and far between. Family members of hospice patients move to the area to help care for their loved one and have left family, friends and associations be-

hind.

The painful experience of surviving the loss of a loved one is complicated when one does not have a network of people and activities to add support and meaning to life. One may question "where do I go," "what do I do?" At times there is the fear of becoming a recluse and yet are too self-conscious to take the risk of reaching out. Unfortunately, in our society today, most people tend to rely on a small group of people, usually only a spouse, parent or sibling. It may have been years since one has had to make a new friend or initiate into

a new club. Hospice of Yuma has information that will assist development of your new support system.

Above all, remember that you can rely on yourself. You are capable of meeting many of your own needs. This may be the first time in years that you have been able to decide what it is you truly need and desire. Identification of attitudes and beliefs you possess will help you to "take care" of yourself.

Your greatest tribute to the one you loved can be in how you choose to live your life after the loss.

## 84 Year-Old HOY Supporter Hikes Grand Canyon Rim to Rim

Hospice of Yuma wishes to thank Bill Anderson for raising awareness and support for Hospice of Yuma by hiking the Grand Canyon non-stop rim to rim. At 84 years old, Mr. Anderson may be the oldest person to complete this hike. Mr. Anderson was able to complete the hike in 18 hours and 18 minutes. He is hoping to make it into the Guinness Book of World Records by becoming the oldest person to

have walked non-stop from rim to rim of the Grand Canyon.

A few months ago, Mr. Anderson approached Hospice of Yuma and indicated that he was going to do this walk as a way to raise money for HOY, because we took care of his dying brother. Mr. Anderson is quoted as saying, "I think I owe them [HOY] one. I'm hoping the people of Yuma can help Hospice of Yuma out for

all they do for the terminally ill in the community."

We truly appreciate what Mr. Anderson has accomplished. He shows a true amount of dedication to our organization. If you would like to make a contribution in honor of Mr. Anderson and his great accomplishment, please contact Ashlie Davis at 928-343-2222.

# Thrift Shop News

Dorothy Toney, Thrift Shop Manager



**Generosity** *n.* **1** the quality of being generous; specific., *a)* nobility of mind; magnanimity *b)* willingness to give or share; unselfishness **2 pl.** -ties a generous act

Webster's New World College Dictionary defines the word "generosity" in a very simple, precise and uncolorful manner. After reading the entry, you have a pretty good explanation of what the word means. For most people, that would be sufficient. But, if you really want to *understand* what the word "generosity" means, you need to spend some time at the Thrift Shop. They say, "A picture is worth a thousand words" and whoever "they" are said it right. One look inside our

Thrift Shop will give you the true meaning of the word.

Generosity is our clothing racks filled with good quality clothing for all members of the family. Generosity is our wall of shoes. Generosity is our well stocked jewelry counter. Generosity is our shelves full of treasures. Generosity is our bookshelves brimming with words waiting to be read. Generosity is our ever-changing furniture showroom.

And it doesn't stop there. Generosity is the local businesses that lend a helping hand, whether it's fixing televisions and sewing machines, changing light bulbs or appraising jewelry. Generosity is the donors who purchase much needed equipment for the thrift shop. Generosity is the businesses that provide services to us at a discounted rate. And there's more. Generosity is the thousands of hours of service our volun-

teers contribute to ensure the success of our thrift shop. Whether they work on the sales floor, in the pricing room, at the cashier counter, in the testing room or in the cleaning room, they all have an unselfish willingness to give or share.

So, if you want to know what the word "generosity" means, look it up in the dictionary. If you want to experience true generosity, visit the thrift shop. The picture of generosity you will find is indeed worth a thousand words.

## Summer Hours

Monday - Friday 9am - 2pm

Saturday 9am - 1pm

Donations accepted during business hours.

## Upcoming Events

### Volunteer Training

Monday-Wednesday-Friday Afternoons

Beginning Monday, July 12, 2010

1:00 p.m. - 4:00 p.m.

One class Saturday, July 17, 9:00 a.m. - 4:00 p.m.

Our volunteers are part of an interdisciplinary group who visit patients and their families. Volunteers can provide support through companionship, assisting with shopping and yard work, or allowing the caregivers an opportunity to run their errands and get some time away from the home. Volunteers can also provide clerical support to the hospice office by helping with simple administrative duties.

To ensure that all volunteers are equipped for the challenge of work with the terminally ill, hospice provides an extensive training program.

### Save the Date!!

... for ...

Hospice of Yuma's

**8th Annual Ocean to Ocean Gala**

Saturday, October 16, 2010

Hospice of Yuma's 8th Annual Ocean to Ocean Gala is fast approaching! Held at the Yuma Territorial Prison, this year's theme will be **"All Character's Welcome!"** Save the date and start thinking about how *you* want to dress up...Dorothy from the Wizard of Oz? The Mad Hatter? James Bond? The Duke? Cinderella? The possibilities are endless! Look for more in the next newsletter, and for your invitation in the mail!

Centurions  
April - May 2010

**Platinum Benefactor**

Hon. & Mrs. Tom Cole in  
memory of Robert T.  
Englund and in honor of  
Constance Englund  
Ms. Carole Wells in memory  
of Irene C. Wells  
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memory of Bob Marshall  
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in memory of Alice Piper

**IN MEMORIUM**  
April - May 2010

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Kenyon's Mobile Home Park

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YRMC Laboratory Dept.

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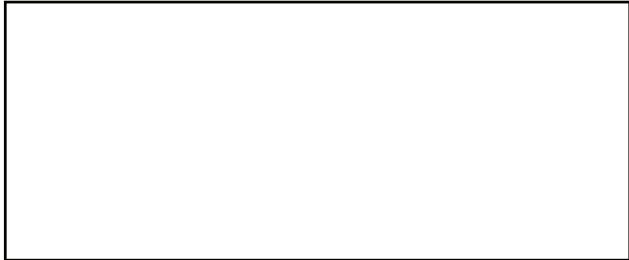
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