

Hospice Matters

A PUBLICATION OF HOSPICE OF YUMA

Comfort & Compassion When It's Needed Most

NOVEMBER/DECEMBER 2009

Preserving a Legacy... Treasuring Memories

November is National Hospice Month, and hospices across the country are reaching out to raise awareness about important care issues for people coping with life-limiting illness.

During the holidays or on other special occasions, many of us gather with family and friends. More often than not, these gatherings include the telling and re-telling of family stories, observations about how a child's behavior or expressions mirrors that of other family members, the sharing of recipes and traditions that have been handed down from generation to generation.

This emphasis on remembrance, while present during joyful times, also plays an important role in difficult times,

especially at the end of life. Studies have shown that, when faced with a life-limiting illness, most people are more concerned about the impact it will have on their family, not themselves.

By focusing on individual, not the illness, hospice and palliative care honor life's final journey. Hospice and palliative care brings comfort and peace to help people live every moment of life to the fullest, leaving loved ones with memories they can treasure.

Losing a loved one is always hard. However, having support and care especially tailored to the end of life can help bring out special moments that might not otherwise be possible.

Hospice of Yuma professionals and volunteers understand that every person they care for is a unique individual with a lifetime of experiences, relationships and gifts to share. Last year, more than 1.4 million people chose hospice care when facing the end of life. This choice ensured respect and dignity for the person who was dying, and ensured that family and loved ones were left with a legacy of compassion and caring.

Hospice of Yuma is committed to providing the best care possible to patients suffering from life-limiting illnesses; providing pain management, symptom control, psychosocial support and spiritual care to patients and their families when a cure is not possible.



New Car Dealers Honoring National Hospice Month

In honor of National Hospice Month, Yuma new car dealers will donate \$25.00 for every new car sold during the month of November to Hospice of Yuma. This long standing tradition has helped hospice care for many people in the Yuma communities. This year, the new car dealers donating during the month of November are:

Bill Alexander Ford

Country Club Honda

Fisher Chevrolet

Fisher Dodge Jeep

Sonora Nissan

Zamora Kia

Making a Difference

Through your dedication and commitment to our program, Hospice of Yuma ensures that care is available to those in our community dealing with terminal illness.



Our goal is to enable patients to truly "live until they die" without the fear of dying in pain, dying alone or losing control.

The holiday season is traditionally a time for giving. By making a gift to Hospice of Yuma on or before December 31, 2009 you not only gain the satisfaction of helping those with precious few moments left, but may also realize tax savings as well.

Gifts of cash



(including checks and credit cards) are always welcome, and are fully tax deductible up to a maximum of 50% of your adjusted gross income. The amount of savings is dependent upon your tax bracket. To receive a tax deduction for 2009, your gift must be postmarked on or before December 31, 2009 or delivered to the hospice office on or before that date. If you prefer to use your credit card, the day the charge is authorized is considered the gift date.

Even though the stock market has fluctuated drastically, you may have stock worth more than you paid for it. Gifts of long-term appreciated stock offers two tax savings--you can avoid capital gains taxes and receive an income tax deduction. Gifts of stock must be dated on or before December 31 to take advantage of tax savings.

A life insurance policy you may no longer need may also be used to make a gift to Hospice of Yuma. To qualify as a gift, Hospice of Yuma must become the owner and beneficiary or the irrevocable beneficiary. Normally the tax deduction is your cost basis or fair market value of the policy.



Non-cash items are also welcome. You must obtain a dated receipt from Hospice of Yuma indicating a description of the item(s) and value. Gifts of \$5,000.00 or more require an appraisal.

Together we can make a difference.

Please note: We encourage you to consult your tax advisors when planning any gift for our benefit or the benefit of others.

Making Final Arrangements

Over the years many people have donated Desert Lawn Memorial Park plots, mausoleums and niches to Hospice of Yuma. Some were specifically donated to be sold to raise income for the program.

Because they were donated to us, we are able to sell them below market value. The following spaces are available if you wish to make arrangements for your final resting place.

- | | | |
|---|---|---|
| 1. Space 8, Lot 11, Section V, Garden of Good Shepherd - \$1,000.00 | 3. Space 9, Lot 16, Section C, Garden of Desert Lawn - \$995.00 | \$7,000.00 |
| 2. Space 15, Lot 4, Section Q, Garden of St. Joseph - \$2,200.00 | 4. Spaces 6, 7, & 8, Lot 6, Section I, Garden of Devotion (spaces are side by side) - \$1,500.00 each | 9. Niches B-5 & C-5, Faith Columbarium South (side by side) - \$1,000.00 each |
| | 5. Space 20, Lot 1, Section F, Garden of Remembrance (will hold two urns) - \$595.00 | 10. Niches D-1 & E-1, Tranquilida Columbarium - \$1,000.00 each |
| | 6. Spaces 11 & 12, Lot 4, Section C, Garden of Psalms (spaces are side by side) - \$1,300.00 each | 11. Niches I-4, Honor II Columbarium - \$1,300.00 |
| | 7. Spaces 11 & 12, Lot 6, Section B, Garden of Desert Lawn (spaces are side by side) - \$850.00 each | 12. Standard Value in Black - \$500.00 |
| | 8. Mausoleum Crypts 5-505 & 5-506, Faith Mausoleum - | |

For more information please call Sharon or Ashlie at (928) 343-2222.

Investing In Hospice

As many of you know, our Thrift Shop has been picking up and delivering furniture and household items for some time. One of our long-time volunteers has generously used his personal truck and trailer for these pick-ups and deliveries. Because of our thrift shop furniture showroom, our need to own our own vehicle became prudent. Upon hearing of our need, Lynda Steyaert of APS mentioned that they had used trucks that they were donating to non-profits. She contacted her headquarters, and was able to find a truck for Hospice of Yuma! We received a utility truck earlier this month, and we are in the process of adding a lift gate and enclosure to the bed. We will soon be picking up and



Pictured above: Dorothy Toney, Donna Oglesby, Lynda Steyaert, John Williams, Andrea Berezna & Jim Valenzuela

delivering furniture in our own Hospice of Yuma Thrift Store truck!

We would like to extend a huge thank you to APS for their most generous contribution.

In September, we held a Gold Canyon Candle Fundraiser to raise money for our Wig and Prosthesis Program.

We are happy to report that our friends sold nearly 300 candles and raised \$1,800.00 for the program. With these funds, we are able to purchase new bras and prosthesis for women in the community. We wish to send a special thank you to Dorrie Papp, our Gold Canyon Representative for suggesting the fundraiser, and for getting it organized. Thank you to all of you who sold candles. This means so much to women in our community!!

We also wish to thank those community groups and organizations that contribute to Hospice of Yuma all year. Thank you for your continued support!

Light-A-Light for Someone You Love

In the spirit of giving, light a light and place an angel on the Hospice Holiday Tree. This year a Light-A-Light Tree will be placed in the Hospice of Yuma Conference Room along with a book of remembrance.

For each contribution to the Light-A-Light Program an angel will be placed on the holiday tree in memory of your loved ones or in honor of your personal heroes. For each angel you sponsor, your honoree or the person you designate will receive an attractive card notifying them of your thoughtfulness.

In addition to celebrating the lives of some wonderful people, your gift will touch others. Your donations will help our hospice team provide expert medical care, emotional and spiritual support tailored to our patient's needs and wishes.

Please note that a Light-A-Light envelope has been placed in this newsletter for your convenience in making a donation.

...Mark your calendar and celebrate...

Light-A-Light Open House
On
Tuesday, December 15th
2:00 p.m. to 6:00 p.m.

Choose an angel from the Light-A-Light Tree to take home with you, and read the names of your loved ones in the book of remembrance

...Cookies & punch will be served...



Teach Us to Pray



Father Paul Gambling

Many people, over the years (and there have been many of them) have expressed to me the difficulty they have in praying, and in finding comfort in prayer. These are the ones who look on the Clergy as the “professionals” who know what to say and how to say it. But Clergy are as human as the rest of us, and are not always gifted with the spirit to express what is needed when it is needed. What do we do then? Well, we can always recall the familiar and the well known, as in the “Our Father” (also known as “The Lord’s Prayer”) and the “Hail Mary.” These are so well known and used (my tradition demands the use of “The Lord’s Prayer” on all occasions of worship) that we tend to say them by rote, mouthing the words with little thought to their meaning.

Recall the words for a moment (it takes less than 30 seconds):

Our Father, who art in heaven, hallowed

be thy name,
thy kingdom come, thy will be done, on
earth as it is in heaven.

Give us this day our daily bread.
And forgive us our trespasses as we for-
give those who trespass against us.
And lead us not into temptation, but de-
liver us from evil.
For thine is the Kingdom, and the Power
and the Glory,
for ever and ever.

And:

Hail Mary, full of grace, the lord is with
thee.

Blessed art thou among women and
blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, Pray for us
sinners now

And in the hour of our death.

As we think about these words we find that these prayers contain all the elements necessary for a health prayer life (but that does not mean to say that they are to be prayed to the exclusion of any other prayers).

Some early instruction in prayer that I received urged me to use the formula ACTS, an acronym for Adoration, Contrition (or Confession), Thanksgiving and Supplication. All of these elements are to be found in these two familiar prayers. The first lines of each are words of Adoration, and that is easily recognized. Contrition is expressed in both the acknowledgment that we are sinners (“trespassers”) who need to be forgiven. Thanksgiving is found in the understanding of the presence now, and in the future, of the Kingdom of God in the former prayer, and in the gift and blessing of the Jesus, the Son, in the latter. And finally, asking for “Our Daily Bread” (a metaphor for all that is necessary for life, physical and eternal), and for Mary’s prayers (also for lives lived now and in the future) are the Supplications that we make.

When the Disciples asked Jesus to teach them to pray, he did not so much give them the words but rather the formula by which they can pray most effectively. May your prayers be as well heard as are these two.

Pax, Paul

How to Help a Grieving Loved One During the Holidays



Gay Anderson
Bereavement Services

The holidays are quickly approaching, and while many people look forward to yearly traditions, gatherings with family and friends and the general good feelings associated with the season, some people dread the holidays. For those who have lost a loved one during the past year, the holidays may emphasize their grief.

The holidays, especially the first ones after losing a loved one, are especially difficult for one who is grieving. Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays.

1. Be supportive of the way the person chooses to handle the holidays.

Some may wish to follow traditions; others may choose to change their rituals. Remember, there is no right way or wrong way to handle the holidays.

2. Offer to help the person with baking and/or cleaning. Both tasks can be overwhelming for one trying to deal with raw emotions.
3. Offer to help him or her decorate for the holidays.
4. Offer to help with holiday shopping or give your loved one catalogs or online shopping sites that may be helpful.
5. Invite the person to attend a religious service with you and your family.
6. Invite your loved one to your home for the holidays.
7. Help prepare and mail holiday cards.

8. Ask if your loved one is interested in volunteering with you during the holiday season. Doing something for someone else, such as helping at soup kitchens or working with children, may help your loved one feel better about the holidays.
9. Donate a gift or money in memory of the person’s loved one. Remind the person that his or her special person is not forgotten.

In general, the best way to help those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too. Local hospice grief counselors emphasize that friends and family members should never be afraid of saying or doing the wrong thing, because making an effort and showing concern will be appreciated.

Thrift Shop News



Dorothy Toney
Thrift Shop Manager

I'm proud and relieved that the summer of 2009 was not near as eventful as the summer of 2008! We breezed through this summer with no major problems...no rain and no leaky roof. Our winter friends are starting to come home so things are really starting to rock and roll. Our winter hours will start Monday, November 2nd. We will be open Monday thru Friday from 9 a.m. to 1 p.m. We're looking forward to a busy winter season.

Our sluggish economy has actually been a boon to the resale and thrift shop industry. People are tightening their budgets out of necessity to make ends meet. There's no better way to get more value for less dollars than to shop at our Thrift Shop. We carefully inspect each item to make sure we are offering the best quality to our customers. And, with our new daily sales schedule, there is always something on sale. Our merchandise moves pretty quickly, so I recommend that you visit us daily for the best selection. Our Thrift Shop is overflowing with treasures just waiting to be found!

And more news...another item on our wish list has been granted! Our

friends at APS have donated a truck to use for our donation pick-ups. We are in the process of making some modifications to the truck to suit our needs. Hopefully it will be in service soon. This will greatly benefit the Thrift Shop by making it easier to provide free pick-ups of donated items. Thank you so much, APS!

Remember, you can access our current calendar of sales at www.hospiceofyuma.com. Just click on the Thrift Shop button to view or print our current calendar.

Ocean to Ocean Gala



It seemed like a location change and theme was all we needed to kick off this year's Ocean to Ocean Gala. Moved up to the Yuma Territorial Prison and themed "Bright Lights...Hot Nights," this year was all about Hollywood. People dressed like their favorite celebrity, nibbled passed hors d'oeuvres while enjoying music from E. Marie Entertainment, unique auction items, dinner catered by John's Ranch House and topped the night off dancing to the music of Common Ground.

Along with this year's Hollywood theme, we asked people to dress like their favorite celebrity for a chance to win an Oscar. Oscars were given

away to the best dressed male and female of the evening. We had everyone from the Birdman of Alcatraz to Mr. Moneybags (the Monopoly Guy) for the men and Lucille Ball to Mrs. Smith for the women. We had all those who dressed up come up on the dance floor for applause ratings. Of the women, it was a close call between Veronica Lake and Lucille Ball...with Lucille Ball beating Veronica out. For the men, it was a close call between the Birdman and the Blues Brothers; with the Brothers taking the cake.

Please see insert for sponsors and gala donors who helped to make this event a success!



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August - September 2009

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IN MEMORARIUM
August - September
2009

We would like to extend our heartfelt condolences to the family of Reverend William D. Watkins. Reverend Watkins was on the original committee that inquired to Hospice of the Valley in Phoenix to come to talk to the people of Yuma about Hospice. From that came the organization of Hospice of Yuma. Reverend Watkins touched many lives in our community and will be greatly missed.

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*As we come to the end of another year,
 we would like to take a moment to say thank you to all
 who make it possible for us to continue to provide care to
 the Yuma area.*

*The Staff at Hospice of Yuma wishes you a
 Holiday Season filled with peace and a
 Prosperous New Year.*



LOOKING FOR THE PERFECT CHRISTMAS GIFT NO MATTER WHAT THE AGE?

A generous donor has given us a 1929 HO Gauge Lionel Train Set. With it is an Observation Car, Pullman Car, Bridge, Track, Transformer and Lionel 248 Car. We are selling it for \$250.00.

If you are interested, please contact Ashlie or Sharon at 343-2222.

Would you like your photo in the famous Hospice of Yuma Calendar?

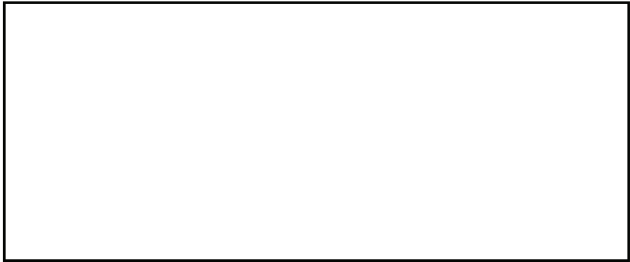
If so, we have a few pages left!

Pages are \$500.00, which includes a sitting with the photographer and sponsor pass to the 2010 Roping Round-Up.

Please call Ashlie at 343-2222 if you are interested.

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