

Hospice of Yuma's

Hospice Matters

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Incredibly Rewarding Work

Why working for HOY is so "incredibly rewarding"

Traci Penfield, HOY RN

My name is Traci Penfield, I am 31 years old and have been an RN for almost 2 years, though I have been caring for all kinds of people since I was a teenager. I always envisioned myself becoming a nurse but I had no idea what "kind" of nurse I wanted to be. Nursing school was very tough - they break you down, build you back up, and give you the power to make you feel like you are going to walk out with your diploma and change the world! I truly believed this when I went to work in a hospital setting and I was quickly discouraged when I realized there was not enough time to really make a big difference in my patients' lives. Once I felt like I had stronger skills and the confidence to explore other areas of opportunity, I sought out Hospice of Yuma. During school I had heard of hospice and had several opportunities to witness these angel RN's when they came to see patients I was working with. They left an indescribable impression on me and I remember thinking how honored I would be to ever get to that place - to be a hospice nurse, however, I was not sure how I would handle dealing with death and dying on a daily basis.

It was divine intervention that brought me to the Women's Expo where I ran into Ann Farley, the nurse educator for Hospice of Yuma, and learned they had an opening. That next week I interviewed and was hired. Excited and nervous, I started my adventure into hospice. I had no idea

just how many people were involved in the patient care. It blew me away to meet the chaplains, the social workers, the volunteers, the medical director, and of course all of the nurses who work so hard together to ensure the comfort for a patient's end of life care.

It has been a couple of months now and I can honestly say that EVERY day has been so incredibly rewarding. I have the honor of being trusted into people's homes, into their personal lives - to witness their transition from this world into the next. I get to hold their hands, hug them, sit and listen for more than just 5 minutes. I get to assist them in their journey - which is so much more than I could ever offer before.

I used to think I was destined to *(continued on pg. 7)*



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Learn how HOY provides in all situations - and how you can help

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Scan here to go to the Hospice of Yuma website

Director's Corner

A pair of hands is shown assembling a large heart-shaped puzzle. The puzzle is composed of many white interlocking pieces. The hands are positioned at the top and sides, with fingers carefully placing and adjusting the pieces. The background is a light green gradient with a white puzzle piece icon in the upper right corner.

A Message From Executive Director John Williams

Helping Those In Need

And the ways you can contribute

Imagine for a moment that you know a couple in their early thirties with two children. Maybe they are your friends, your neighbors, or even your relatives. They both have jobs and are active in the community. One day the woman notices a lump on her body that is sore when she touches it. She has a fleeting moment of concern but that soon vanishes as she goes about her busy life. A month later she realizes the lump is still there and still sore. She thinks about calling the doctor but forgets about it until her husband notices the lump and insists that she follow through with an appointment. After examining her, the doctor sends her out for more testing. He asks her to bring her husband with her when she returns for the follow-up visit. At that visit, the young woman and her husband both freeze with shock as the doctor advises them that she has cancer and will need to follow up with an oncologist for more testing and treatment.

A short time later she begins a series of chemotherapy treatments. When the chemo makes her too ill to work, she has to take a leave of absence. Luckily she is insured through her husband's employer and they are able to afford the deductibles and co-payments. Twelve weeks pass quickly and she runs out of medical leave. Her employer calls to say that although she is an asset as an employee, her medical leave has ended and they cannot keep her position open any longer. They tell her, "We have to let you go."

Within the month, her husband is informed that the company he works for is laying him off due to the poor economy. He immediately makes arrangements through COBRA to continue the health insurance benefit so his wife may continue treatment. Although he tries, he is unable to find another job and she is unable to work. Within a short time their savings are drained, they are past due on their mortgage, and their home is in foreclosure. They have no means to make the COBRA payments. The oncologist reports that the cancer is not cured and she will need additional treatment. With no income and no insurance she cannot afford treatment...and her cancer spreads unchecked. Within a few months it is very clear that her prognosis is poor. She is in pain, losing weight, and becoming weaker each day.

Does this scenario sound far-fetched? ... hard to believe? Unfortunately, even though this is an imaginary scenario, circumstances

like this are being experienced by families in our community every day. Families come to us at the most difficult time of their lives with no way to pay for hospice care. Thanks to our supporters, we are able to help these families.

To help those in situations such as these, patients terminally ill who have no insurance and do not have the financial ability to pay for services, Hospice of Yuma created the charitable care program. The charitable care program relies on money raised through fundraising, special events, individual donations and planned gifts to help carry out our mission of providing quality end-of-life care.

As you plan your charitable giving, please consider supporting Hospice of Yuma and the care we provide. Your monetary gift will help ensure that the terminally ill in our community go through this final phase of their lives in comfort and with dignity. ■

StaffChats: Stories & Experiences

Tough Decisions

Having “the talk” with your parents and loved ones about end-of-life decisions

It is difficult to talk to parents or loved ones about end of life issues. But not nearly as difficult as the burden that could be left on your shoulders if you never have that talk. Choices about end-of-life care can be agonizing for family members, even tearing some families apart, when the patient’s wishes have not been made known. It is a different story if you have sat down with your loved one and discussed treatment options. The pressure you experience is less once the time comes when you know what they want and don’t want in the way of medical treatment, and have turned their wishes into legal documents, including Living Wills and Medical Power of Attorney.

Research shows that those who know their parents or loved ones’ wishes have a much easier time when the time comes to decide whether to stop treatments. There is relief and freedom in planning ahead and knowing that you parents approve. There is nothing sadder than people who have to share the burden of decision making at the end of their parent’s life not knowing what they wanted. Adult children in these circumstances often wonder after having to make hard decision if they did the right thing.

What may be surprising is that it’s not parents who often have the most trouble bringing up the subject. Most of the time it’s the adult children who want to avoid it. When parents try to start the conversation, it’s not uncommon for their

son or daughter to say, “Oh, you’re going to be around for a long time. We don’t need to talk about that now. Yes the end-of-life conversation is often hard and it may make you sad. But when the time comes to put your parent’s wishes into action, it will be much easier on you and your family if you know with certainty that you’re acting as an advocate for your parent’s wishes rather than carrying the weight of the full decision.

Regardless of who is feeling the most reluctant, you can find a way to ease into the conversation. A friend or family member’s

death experience might be a way to broach the subject: “How did you feel about their decision to continue chemo? What would you have wanted?” If your parent absolutely refuses to talk about it, you might want try to call in a third party such as a doctor, a spiritual advisor, a trusted family member or friend. Take time to have the hard conversation and share decisions and documents with family and your physicians. ■



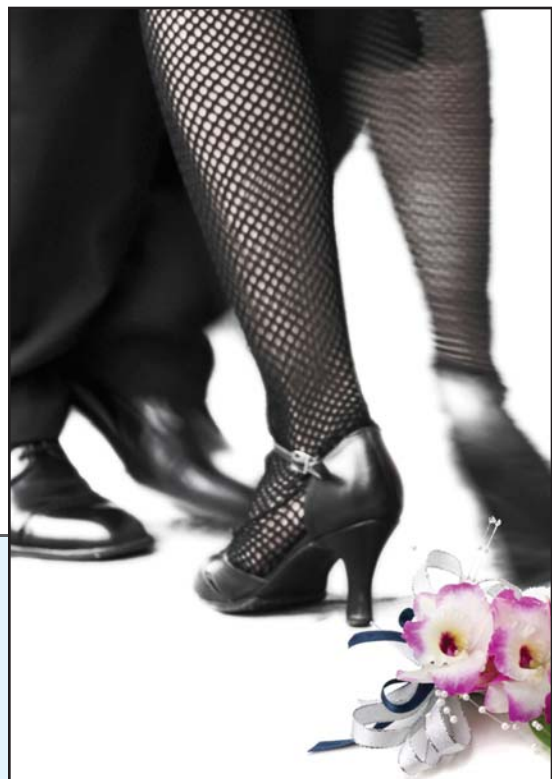
Donations You Might Not Normally Consider

As a non-profit hospice, we depend a great deal on the community for donations - not only financially but also for furniture and quality used items in our Thrift Shop. All donations, whether monetary or tangible, are used to fund our charitable care program and help us in maintaining the best quality end of life care available. We also accept donations not of the usual, which surprises most when they are mentioned - those of burial plots, niches, mausoleum crypts, and vaults at Desert Lawn Cemetery. Many people are not aware that these can be donated and are tax deductible at

their fair market value. Hospice of Yuma is able to use these donations in assisting patients and their families that have no means of paying for a burial plot. We are also able to re-sell the plots, niches, crypts and vaults, in which the funds go directly to the charitable care program.

If you have purchased a cemetery plot, niche, crypt or vault and find your burial plans have changed and you no longer need them, please consider donating them to Hospice of Yuma. Your donation will make a difference while you benefit from a tax deduction. ■

You're Invited



Nurses of Hospice by Blake Grimes

*Angels of the sky
Helping those who are soon to die
Their gentle grace is not of this earth
And their soothing song gives it worth
Each day they spend with those dying and hurting inside
And each day they care and stand by their side
Soothing them through the pain
All with no material gain
These angels of our lord watch over us every day
No other matches their grace and divine beauty
Living their life to perform a holy duty
In the eyes of the weak, they are saints
Breaking all restraints
They do every day for those dying
And giving their time to sooth those crying*

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OCTOBER 15, 2011

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FOR MORE INFO

ThriftShop*News*

Dorothy Toney, Hospice of Yuma Thrift Shop Manager

Treasure Hunting

Amazing treasures to be found on a tight budget

This recession along with our high unemployment rate is certainly causing some problems for today's consumers. People must cut back on discretionary spending and change the way they shop, but they will shop! Some people shop because they need a dose of retail therapy to make them feel good and others shop out of need...they still need to look good at work, children still need clothing and homes still need to be furnished. When people are shopping carefully and are focused on getting more value for their money, shopping at our Thrift Shop makes the best sense! Not only do they get to SHOP & SAVE at the same time, but they also help us to provide a much needed service to our community.

While many of our regular customers are seasoned treasure hunters, we are seeing

more and more new customers who are turning to resale shopping out of necessity. Never before have they had to be so careful to get the most bang for their buck. They are amazed at the good quality and bargain prices they find within our walls. If you have not yet experienced the thrill of treasure hunting in our store, I encourage you to stop in and see for yourself why shopping at the Hospice of Yuma Thrift Shop is the only smart way to shop.

We always have room for more treasures in our store, especially furniture. If you have some "experienced" items that you no longer need, give me a call to schedule a free pick-up. And remember, donations to the store are considered charitable donations that can be deducted on your income tax. We will provide you with the necessary receipt to keep Uncle Sam happy! ■



Scan here to see the latest pictures and sales on the Hospice of Yuma Thrift Shop Facebook page



Hospice of Yuma
Thrift Shop

1808 S. 8th Avenue • (928) 782-9593

Summer Hours:

M-F: 9am - 2pm | Sat: 9am - 1pm

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Articles *Continued...*

Rewarding Work

(Continued from pg.1)

work in labor and delivery – as I adore babies and love being there through one of the biggest milestones in a person's life, so when I heard another nurse say that being a hospice nurse was like "being a midwife to the soul," I knew I was home. Don't get me wrong, some days have been extremely hard and I've drove home in tears...telling my husband "today was one of the worst days of my

life....but it was also the most gratifying." Every morning when I awake, instead of thinking "whose life will I change today," I find myself pondering "which one of our patients' will change ME today."

My colleagues in other areas of nursing are always asking "how's hospice going?" (though I sense their fear of what my answer might be), but they are surprised and intrigued when I cannot hold back a huge smile (and sometimes tears) and tell them: THIS is what nursing was supposed to be all about! ■



HospiceMatters

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