

February 2024

# HOSPICE OF HAVASU VOLUNTEER Scene

## HELLO FEBRUARY

### Sometimes the Best Medicine Isn't Medicine at All

In hospice, symptoms are often treated with medication or clinical therapies, but holistic therapies are often used to bring a higher quality of life to patients and enhance patient-centered care.



#### Reiki

In Japanese, the word “Rei” means universal life and the word “Ki” means energy. Reiki therapy is based on the idea that all life has an energy field that flows through and around it. When this energy is low, a person can feel unwell or depressed. Reiki therapy improves the flow of energy to create feelings of peace, security and well-being.

The National Institutes of Health classifies Reiki as a bio field therapy. A bio field is the invisible energy field, often called an aura, which surrounds each of us to a depth of several inches. Reiki practitioners place their hands on or above the body within this bio field to increase energy flow.

- Reiki promotes:
- Relaxation
- Management of pain
- Release of anxiety, fear and grief
- Positive emotional closure with loved ones

Reiki is especially beneficial to terminally ill patients and their caregivers. For patients whose skin may be too fragile or sensitive to touch, Reiki is a gentle therapy. Caregivers overwhelmed by the burden of care and those suffering from anticipatory grief can use Reiki to experience a deep calming of the body, mind and spirit.



#### Aromatherapy

The sense of smell can cause immediate physiological changes in blood pressure, muscle tension, blood flow to the skin and more.

In studies done by the National Cancer Institute, aromatherapy for therapeutic use by critically ill patients helped improve their physical, emotional and spiritual well-being. Aromatherapy involves using essential oils—the volatile liquids extracted from plants—to impact the brain's limbic system and its pathways to the emotions. When inhaled, these essential oils have been shown to have anti-inflammatory, anti-bacterial and analgesic effects.

In a hospice setting, aromatherapy can:

- Help control pain and nausea
- Reduce stress, anxiety and agitation
- Create an atmosphere of calm, comfort and peace

Source: *VitasHealthcare.com*

### Hi from Joni

Happy Valentine's Month!

I want to applaud you all for your ongoing cooperation and support. It's a collaborative effort to maintain a successful Volunteer Program, and “You” are why I love my job!

It has also been a real treat having some of you pop in after the New Year to say “hello”. I enjoy hearing about your lives and what you've been up to.... Which reminds me; if any of you would like to contribute to our newsletter, and haven't done so already, feel free to share a positive volunteer experience, a timely poem, or a brief blurb about something you're passionate about, and we'll try to fit it into a future issue.

You are such an important part of our HoH family and we're grateful to have you. ❤️



Joni

STAY IN TOUCH:

Volunteer Services office, 928-453-2111 • [www.HospiceHavasus.org](http://www.HospiceHavasus.org)  
Joni: [jrenzi@hospicehavasus.org](mailto:jrenzi@hospicehavasus.org)

## YEARS OF Service



|                    |    |
|--------------------|----|
| Barbara Schauer    | 10 |
| Susan Brady        | 8  |
| Ruth Rankin-Meleen | 7  |
| Betty Smith        | 5  |
| Jane Wall          | 5  |
| Carol Diehl        | 4  |
| Bea Evans          | 4  |

## February Birthdays

|                     |    |
|---------------------|----|
| Corieanne MacDonald | 3  |
| Janet Jankowski     | 5  |
| Patricia Vella      | 13 |
| Bea Evans           | 15 |
| Linda Studniski     | 15 |
| Nichole Granada     | 25 |

## Welcome, New Store Volunteers!



Jean  
Eggerman



Colleen Hegland



Ann Korthof



Scott Korthof



Monica Baldwin

## 50/50 Raffle Ticket Sales Positions Still Available!

See how much fun they're having?

Pictured are Volunteer Kim Switzer, and friends of HoH, Barbie Cross & Elaine Cullen. You can still sign up to help with ticket sales on the following dates from 6-7:15pm.

- Saturday, 2/10 Ridin' The Storm Out: Tribute to REO Speedwagon
- Friday, 2/16 ABBAFAB
- Tuesday, 3/12 George Michael Reborn
- Friday, 3/22 Vegas McGraw: Tribute to Tim McGraw
- Saturday, 3/23 The Who Generation: The #1 Tribute to The Who
- Sunday, 3/24 Ultimate Chicago: Tribute to Chicago
- Friday, 3/29 Mick Adams & The Stones: Tribute to the Rolling Stones
- Saturday, 3/30 American Highwaymen: Tribute to the Highwaymen



## February Events

### Winterfest February 3-4



February 14



### 35th Annual Winterblast February 15-18

Check out the shimmer and sparkle of the best of the best firework displays in the Western U.S. [havasu95speedway.com](mailto:havasu95speedway.com) [dsmevents35@gmail.com](mailto:dsmevents35@gmail.com)

**Planning for the Future Thursday, February 29**  
Hospice of Havasu Conference Room  
232 London Bridge Rd.  
Advance Care Planning is important for everyone, regardless of age. Letting others know of one's healthcare preferences is essential in the event of incapacitation resulting from illness or injury. This workshop provides and reviews the Arizona Advance Directive Packet and discusses other important conversations about "What to do When..." Please RSVP at 928-453-2111. Qualifies for continuing education credits.

**Continuing Education Packets**, including HIPAA, Emergency Preparedness, and various elective topics may be picked up in the Volunteer Services Office or emailed/mailed at your request.



### Feb 11: Super Bowl LVIII,

#### History of the Super Bowl

In 1960, a group of businessmen who wanted to own football franchises—but were denied by the NFL—launched an alternative league, known as the American Football League (AFL).

For several years, the NFL and AFL were rivals, competing for fans, players and support. Then, in 1966, owners negotiated an agreement to merge the leagues by 1970.

The first Super Bowl, which featured the AFL (Kansas City Chiefs) and NFL champion (Green Bay Packers), was played on January 15, 1967, at the Los Angeles Memorial Coliseum. Ticket prices averaged \$12. The game was originally called the "AFL-NFL World Championship Game." Later, Chiefs owner Lamar Hunt proposed using the term "Super Bowl" to refer to the championship game.