

HOSPICE OF HAVASU VOLUNTEER Scene



"The new year stands before us, like a chapter in a book, waiting to be written." - Melody Beattie



JANUARY IS
NATIONAL
BLOOD DONOR
MONTH

Here are some of the biggest reasons giving blood is so important.

1. About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S.
2. The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it's always in great demand and very short supply. Only 7% of people in the U.S. have type O.
3. A single-car accident victim may need up to 100 pints of blood to survive.
4. About 6.8 million people donate blood every year in the U.S.
5. 38% of our population is eligible to donate, but less than 10% actually do.
6. Donating blood is a simple, safe process. All you have to do is register, take a mini-medical history test, donate, and then accept free refreshments like water, Gatorade, granola bars, etc.
7. A single donation from a single patient can help more than one person.

How is my blood used?

If you donate blood, it will be given to someone who needs it through a transfusion. Transfusions help replace blood that is lost due to surgery or injury. Transfusions also help people with disorders that prevent them from making blood correctly. Blood transfusions are one of the most common procedures in U.S. hospitals.

There are different kinds of blood donation.

Red blood cells are given to people who have blood disorders, such as sickle cell disease or chronic anemia caused by kidney failure or bleeding in the stomach. They are also given to people who have acute blood loss from trauma.

Sometimes babies born very early need a transfusion to increase the number of red blood cells in their bodies.

Platelets are most often used to treat cancer. They are also given to patients who have open-heart surgery and organ transplants.

Plasma transfusions are used for patients with liver failure, bad infections, and serious burns.

"Whole blood" is usually given to people who have life-threatening injuries or people in surgery.



Happy New Year, Everyone!
Here's to wishing you nothing but the best in this New Year and always!!

YEARS OF Service

Kim Switzer	8
Cheri Beach	6
Leslie Melnick	6
Michelle Lewis	5
Faye Moe	5
Linda Studniski	5
Sharron Williams	5
Jim Wotrang	5
Vern Collins	2
Monica Lorts	2
David Runde	2
Mary Jo Runde	2
Doreen Dysert	1
Lynn Rowe	1

Joni



♥ In memory of our beloved store volunteer, Lorraine Coughlin, who passed away on Nov 9th. She cheerfully volunteered at the Resale Store for three years! You may have also seen her helping out at the Senior Center and Food Bank.



January

Birthdays

Judy McGrath	1
Kim Switzer	8
Lynn Weis	13

Continuing Ed options for 2024 will be forthcoming so please check your email periodically!



January is Glaucoma Awareness Month

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve. The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

What are the types of glaucoma?

There are many different types of glaucoma, but the most common type in the United States is called **open-angle glaucoma** — that's what most people mean when they talk about glaucoma. Other types are less common, like angle-closure glaucoma and congenital glaucoma.

What are the symptoms of glaucoma?

At first, glaucoma doesn't usually have any symptoms. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision — especially the part of your vision that's closest to your nose. Because it happens so slowly, many people can't tell that their vision is changing at first. But as the disease gets worse, you may start to notice that you can't see things off to the side anymore. Without treatment, glaucoma can eventually cause blindness. Talk with your doctor about your risk for glaucoma, and ask how often you need to get checked.

Source: nih.gov



Jan 18-21

Thurs. at noon-Sun. at 3 pm.

RV Reservations are open

for the 2024 festival

Lake Havasu State Park 171

London Bridge Road,

Phone 928-505-2440

Email hbffhelp@gmail.com



Grand Canyon Pro Rodeo Association & Little Delbert Days

January 27th, 2024

10:00am - 4:00pm

SARA Park Rodeo

Grounds

7206 Dub Campbell

Parkway

Admission: \$15 adults; kids free

havasurodeo.com

January 15



Pictured above are Hospice of Havasu Executive Director Jenny Tocker and volunteer Kathy Meehan.

Welcome. New Volunteers!



Steve Sulland
Veteran Support



Kathy Irwin
Patient Support



Joani McQuaid
Patient Support

happy new year

Thank you to the volunteers who came caroling with HoH staff at Prestige Expressions and Havasu Nursing Center. Below are volunteers Jenny Anderson (with Pepper), Linda Rohn and Debi McGrady along with many joyful HoH staff members getting ready to spread some holiday cheer.



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STAY IN TOUCH: Volunteer Services office, 928-453-2111 • www.HospiceHavasu.org
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