



FLASHES OF INSPIRATION

Volume 11 Issue 3 A Newsletter for Inspiration Hospice Volunteers

April 2015

Joy

By Jane Wilcox

Welcome to Spring or maybe I should say "It's Summer...break out the barbeque" but wait, Old Man Winter might still have a few snowballs up his frosted parka sleeve. Mother Nature must be going through menopause because I have never seen such weather temperature confusion in all my many years! For today, I will wish all a box of tissues close at hand; for a cold or an allergy...enjoy the blossoms or the snowflakes.

In this issue of "Flashes of Inspiration" we are re-printing an article from our volunteer Loralee. It is titled "Choose JOY." A co-worker stated that the word JOY is her favorite. It encompasses all that is wonderful in three, small, letters. JOY, in the thesaurus, means thrill, bliss, exultation, rapture, elation, happiness, silliness. Instead of searching for a statement to explain how you are feeling why not just..



"Choose JOY".

The ancient Egyptians had a beautiful belief about death. When their souls arrived at the entrance to heaven, the guards asked two questions. Their answers determined whether they were able to enter or not. The questions? "Have you found JOY in your life?" "Has your life brought JOY to others?"

Daily I see the notes, receive e-mails and accept phone calls from wonderful volunteers choosing JOY and giving JOY. Family members, who are on this journey with their loved ones express the love they have for individuals who will take the time out of busy schedules to bring them JOY. People who are alone; and there are many out there; look forward to a volunteer, a friend, who, for a part of the day, offers them JOY.

I hope I fall into the category of trying to choose JOY. My mother would say that many people, if they did not have something to whine about, would create something to whine about. She said this to me an awful lot. Hmmmmm

The magical thing about choosing JOY is that when we are trying to be blissful, silly, happy, elated, raptured, thrilled, (remember the words that mean JOY) we can't but help others to feel the same.

Ram Dass said:

"We are all just walking each other home."

No better way to do that than filled with ... say it with me....

JOY!



Inspiration Hospice

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Volunteer Items You Might Want on Your Calendar!

APRIL 13- 17

National Volunteer Week - We want to celebrate you all... and we will! But this week **give yourself a mighty hug**. If you need some help stop by the office - plenty of hugs to go around!

MAY 5

Celebrating our Volunteers and enjoying a nice evening with our Medical Director, Dr. Shaida Talebreza. She will be answering questions about and discussing the Journey of Individuals on Hospice; from decline to death. She is fascinating and I know many have expressed a desire to meet our Medical Director. This will be a wonderful opportunity to ask questions.

6:45—Gathering and Refreshments

7:00—Presentation

Murray office - 835 East 4800 South, Suite 110
(Invitations will be forthcoming)



Volunteer Corner



We will be having our next

VOLUNTEER TRAINING

on April 21st, 23rd, 28th, and 30th
from 5:00 to 9:00 in the evening.

A light dinner will be provided.

If you know anyone that might be interested, please have them call me at: (801) 450-4816 or email me at jwilcox@inspirationhospice.com. Then we can get them quickly signed up and confirmed for this session! - Jane

At the end of March, a great young man, completing his Eagle Project, presented Inspiration Hospice with six beautiful blankets. Matthew Parry and his scout troop worked several evenings tying and binding these quilts. The blankets are colorful and warm and I am excited to have teams present these to many of our patients. Matthew also "tatted" a beautiful doily to be given to someone on our service. This is an art form that not many know how to do anymore. Matthew said he learned from his grandmother and is now sharing this talent with others.

Thanks Matthew; we wish you well as you continue on your road to serving others.



Meet the Staff

Anne Christensen

What inspired you to want to work for Inspiration Hospice:

Great reputation, takes care of its employees, administration is very involved in what is happening with staff and patients as well.

Describe your role: Hospice Nurse Case Manager

Best things about working for Inspiration and something that you love about your job: I love all my co workers! They are always willing to help see patients or help solve a problem. Ginger is always available for problems. The doctors (Shaida and Steve) are always there to answer questions and help with symptom issues. I love not having to take call or work weekends!!

Personal Background: Born in Pittsburgh Pennsylvania. Moved to Utah when I was 3 and have been here ever since. My paternal grandfather helped start Geneva Steel and built Log Haven as a wedding present for my grandmother. My maternal grandfather was one of the first airmail pilots and has a plane in the Airmail Museum. I have 2 brothers who are both in the food business. One works for Sysco and the other for US Foods. Parents are both dead from cancer. Went to Highland High School. I went to Westminster for my nursing degree. Worked for 13 years at St Marks as a staff nurse, assistant nursing coordinator. Then went to work at Holy Cross on the only HIV/AIDS inpatient unit in the state. I started the only HIV home care program in the state called Journey Home. Hospice, oncology and HIV/AIDS are my passion. I was one of the few HIV nurses in Utah to be certified. I have been published twice. I have 2 children (boys) who are wonderful. I have been married to my husband for 9 years in April and he has 4 children. We have 6.6 grandchildren. I have a dog and cat both named Natasha.. good story there!

Share a favorite memory: When one of my favorite AIDS patients was close to dying I had brought him some Native American music as he had always wanted to go on a vision quest. Even though he was unable to speak he took my hand and put it to his heart. It was his final few days and his way of telling me he loved me.

What did you want to be when you grew up: An OB GYN.

Best advice I've ever been given: Don't live in yesterday or worry about tomorrow. Enjoy and learn from today

People who have influenced my life: Kristen Ries MD, Maggie Snyder, PAC, all my patients that I have cared for.

Where do you see yourself in five years, ten? In 5 years working part time and in ten living in a small town with some land, fishing, hiking and enjoying time with my family

Share your hobbies & talents: Fishing, camping, backpacking, skiing, snowshoeing, cooking

What do you enjoy reading in your spare time: Murder mysteries



Anne Christensen

THESE ARE A FEW OF HER FAVORITE THINGS:

Place in the World:

The mountains.

Music:

Country because it can be upbeat and fun, as well as thoughtful and sad.

Movie:

Dr Zhivago. Great story that shows all aspects of peoples lives.

FUN FACT:

I like to try new things! Such as I always wanted to go skydiving.. and I did! It was so amazing. I like things that can challenge me. I try to never take life too seriously. It is too short for that.



We are pleased to introduce an exciting new segment to our newsletter! Each issue will now feature a *Veteran Spotlight* where we will acknowledge and honor those who fought for the freedoms we enjoy today. This Veteran Spotlight features one of our sweet patients, a gentleman named **John Thomas Hartman**. With his permission, we are honored to share his story and photographs. Inspiration Hospice would like to thank him for his military service to America and for advancing the universal hope of freedom and liberty for all.



John Thomas Hartman enlisted into the Army Air Forces during World War II and eventually became a Flight General. He was stationed at a base in Southern Italy where he and his group flew B-24 bomber airplanes.

On their 22nd mission, Mr. Hartman's B-24 bomber was shot down by the enemy over Bucharest, Romania. The plane caught on fire and they were forced to bail out at 20,000 feet in the air. All ten men survived the crash, but they had landed in enemy territory. They were taken to a prison camp where Mr. Hartman and his group would spend the next six months. When the group first arrived to the prison camp, German soldiers lined them up and commanded the Americans to salute them. In response, all ten men from the B-24 gave the German soldiers a middle finger salute at the same time.

During his time in the prison camp, Mr. Hartman slept on a sack filled with straw as a makeshift mattress. He was there during the summer months, and was grateful he didn't have to endure the bitter cold winter. Overall, Mr. Hartman described his stay in the prison camp as painfully boring. He wished that they had been given tasks to complete. Even digging holes or cleaning the streets would have been a welcome assignment. For the most part, they just spent their days sitting around with nothing to do.

One week after VJ Day, the day that Japan's forces officially surrendered, a B-17 bomber flew in to the prison camp to bring the American troops home. They flew back to Italy where the prisoners of war were stripped down naked and hosed with cold water. The men had become infested with fleas and bed bugs during their stay at the prison camp. The group was issued a new set of clothes and was fed a hearty meal of meat, potatoes and fruit salad. Mr. Hartman claimed it was the best meal he ever ate.

John Thomas Hartman received seven medals for his service during WWII; including a Purple Heart, Aerial Gunner Wings, Five Bronze Stars, and a Good Conduct Medal.



by Lorelee Kurzius

As I lay in bed last night, I was feeling weighed down. The day before, we'd been to visit a friend and neighbor at a care facility. Her body is racked not only by an aggressive, invasive cancer, but by the toxic and excruciating side effects of the treatments.

Yesterday, we went to the hospital to get an update on my husband's friend and co-worker. They've hiked together and have plans to tackle the Grand Canyon together someday. Those dreams are on hold for now though as this past weekend he broke his back skiing. It will be months before they'll know if he'll regain the use of his legs. He is a Tae Kwon Do instructor and the mentor that gave my son his first teaching opportunity.

This weekend we will make time to visit another friend and coworker of my husband's. An angel of a lady always given to serving others, that lost her young daughter to leukemia and now battles her own cancer and brain tumors that have cost her career.

Sometimes I feel too deeply the pain others are going through. At other times I find myself overwhelmed and turning away from situations and people in my own life that bring continual pain.

Lying in bed, I found myself once again, even though I already know the answer, wondering, "Why does life have to be so hard?"

Let me answer that with another question:

How much have you learned and grown during the easier times in your life?

If you are like me, it's the hard times in your life that have brought you the most growth.

In the wee hours of this morning I was on an 11th Hour and was reading *from I Knew Their Hearts* by Jeff Olsen. He shares the lessons he learned through surviving a truly

horrific crash that killed his wife and baby, brought him a Near Death Experience and left him hospitalized and suffering for many, many months. The timing was perfect for me.

He wrote about a desperate time when he felt the emotional pain was too much to bear and two soul-piercing words came to him, "*Choose joy.*"

So simple, yet so profound! Consider those words a prescription the next time you feel overwhelmed by hardships.

He wrote, "Choose joy. It was a simple request yet all about my choice. Joy was there if I only decided to see it and grasp it. The universe was giving me that option. I may not know life's challenges or trials, but I always get to determine how I will deal with them."

This reminded me of the quotation from Martha Washington that I keep as the cover photo of my Facebook page and as a motto for my life:

"I am still determined to be cheerful and happy in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."

In his book, Jeff wrote, "I've learned that choosing joy in every situation brings gratitude, not because the actual events are always joyful, but because of what the events might teach me. What happens to us is not important, but the wisdom we gain is. I am thankful for every lesson I have learned and for every sacred choice."

All of this is a philosophy that I have held to especially over the last ten years when I've faced a lot of heart-break. What he wrote next though, was a new theory for me, but it rings oh, so true:

"I used to think God was testing me in some way. That he wanted to prove my faith somehow. I have come to a deeper truth. God wasn't testing me at all. He knows me completely. *It was I who didn't know myself.*"

I'm still pondering that.

Every hardship we face is a learning opportunity that will create in us the empathy and compassion to help others along the path of life and death. If we can simply choose joy in whatever circumstances we find ourselves in, we can truly bless those we serve, for as Ram Dass once said, "We're all just walking each other home."

That's Inspiration!

Volunteer Spotlight:

Sarahi Camarillo



Describe why you decided to become a hospice volunteer and your type of volunteer assignment:

I decided to become a hospice volunteer because my mom's friend Tami talked to my mom about it. I thought it would be a great opportunity to get volunteer credit for med school, but now that I am in my fourth week it has become much more than just volunteer credit.

Best things about volunteering for Inspiration and something that you love about your role:

The best thing about volunteering for Inspiration is that even though you go alone to your certain assignment you are not alone. I know that if I need help answering a question or I have something to say I can call Jane and she will help me out. I do not feel lost. The thing I love about being a volunteer is that I can actually sit with my assigned person every week and listen to them because the facility's staff is so busy the staff just does what they are supposed to do they do not get the time to have someone actually sit with them and keep them company.

Personal background:

I am Mexican. My dad is an anesthesiologist and my mom used to work for the Mexican government. I come from a very hardworking family. I have one younger brother, and I am the oldest granddaughter from my mom's side of the family.

Share a favorite memory:

My favorite memory of when I was little was being at my grandparents house and eating yummy food, and picking out clothes that I liked from my grandma's shop. I remember going to the tianguis it is known as the swap meet here, but it is so much bigger with so many incredible things that you must have.

Although I have not been volunteering for long, I think I have a favorite memory already. It was when I first met my patient. She seemed so sweet and I knew I just wanted to make her happy. After that just talking to her and being

able to go every week to visit is something that I take away with me every time. There is always something new.

What did you want to be when you grew up:

I have always wanted to become a doctor

Best advice I've ever been given:

The best advice I have ever been given is to keep trying. To not give up easily and that has helped me with the process of first time applying to college, and applying to scholarships.

People who have influenced my life:

The women in my life such as aunts and my mom have had a great impact on my life, and have been the reason why I am the person I am today. Also I have had great mentors that have guided me literally through life.

Where do you see yourself in five years, ten?

In five years I see myself in med school and also in the process of having a family too. In ten years I picture myself being a successful doctor, helping people with low resources get the health care they need, and who knows maybe even finding a cure to cancer or HIV/AIDS.

Describe your best life lesson learned so far:

The best life lesson that I have had was when I failed my English class freshman year in high school. I learned that this could not only affect me by not graduating, but also affect my future goals in life.

What character traits best describe you:

Fun, happy, strong

Share your hobbies & talents:

I love to play and watch soccer. I like to play karaoke, and I think one of my talents is dancing.

Favorite place in the world:

Favorite place in the world I would have to say California for now. Just because I am terrified of airplanes and do not plan on getting one if it is not necessary.

Volunteer Spotlight Continued

What do you enjoy reading in your spare time:

I like to read books that incorporate real life and that have a message into them. For example, I read this book called The Pact and it has been by far my favorite book that I have read in college.

What kind of music do you like to listen to and why:

I like to listen to any type of music. My top favorite music to listen and dance to is cumbia, merengue, bachata, and banda.

If you have a favorite movie, what is it and why is it your favorite:

I have a lot of favorite movies. Some of them would have to be Mulan, The Lion King, Finding Nemo, and College Roadtrip. They all somehow have a connection with me. Mulan I like it because I feel like if I were her, I would have had done the same thing and passed of as a guy just so my dad wouldn't have to go to war. I also like it because she is tough like me. The Lion King is one of my favorites because I like how Pumba and Timon take care of Simba. I connect with it because it shows a friendship that I feel I have with a lot of my friends. Finding Nemo is one of my favorites because I want to be like Nemo and become a lone fish, but at the same time I do not want to be taken away from my family like Nemo. College Roadtrip is one that hits home because since I am the oldest and the only girl I am what you would call "daddy's girl" something that I do not like sometimes, but I have to deal with it. The first time I saw College Roadtrip, I was in 8th grade I believe, and my mom turns to me and says that will be your dad when you are off to college. It is funny because he didn't wait for college it started freshman year of high school. I have many, many, many more that I would consider as favorite, but I like these because once in a while I like to go back and relive my childhood.

Contact Us

Give us a call for more information about our services.

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Flashes of Inspiration

A NEWSLETTER FOR INSPIRATION HOSPICE VOLUNTEERS
Amber Osborn, editor

Published Quarterly

THE RULES FOR BEING AMAZING

RISK MORE THAN IS REQUIRED. LEARN MORE THAN IS NORMAL.
BE STRONG. SHOW COURAGE.
BREATHE. EXCEL. LOVE. LEAD.
SPEAK YOUR TRUTH. LIVE YOUR VALUES.
LAUGH. CRY. INNOVATE. SIMPLIFY.
ADORE MASTERY. RELEASE MEDIOCRITY.
AIM FOR GENIUS. STAY HUMBLE.
BE KINDER THAN EXPECTED.
DELIVER MORE THAN IS NEEDED.
EXUDE PASSION. SHATTER YOUR LIMITS. TRANSCEND YOUR FEARS.
INSPIRE OTHERS BY YOUR BIGNESS.
DREAM BIG BUT START SMALL.
ACT NOW. CHANGE THE WORLD.
DON'T STOP. CHANGE