



Hospice News.

WORKING YOUR WAY THROUGH THE HOLIDAYS

“If it were up to me, I would just skip from right before Thanksgiving until right after New Year’s. Who needs all of the turkey trimmings, jingle bells and holiday cheer?”

When someone you love has died, it is clear that your world will never be the same. The holiday season can be a painful reminder of the terrible loss you are feeling. The first few years are certainly the most difficult, but some people find that the holidays always lack the joy they once had. Some of the factors that affect a grieving person’s emotions during the holidays include: who you are as a person, what your family is like, who it was who died, what your relationship was with that person, and the role that person played in your holiday rituals.

Sometimes our own high expectations of the happiness we always felt can lead to a greater sense of pain and frustration. We all have pleasant memories of past holidays and a mental picture of how things *ought* to be. It is difficult to be realistic when one is grieving.

A few tips to begin your healing journey:

- * Learn to make the holidays a time of peace and reflection
- * Cherish the memories of good times with your loved one
- * Decide what is important to you this holiday season
- * Plan ahead so that you are not overwhelmed - make lists
- * Encourage others to share their feelings and wishes
- * Remember it is OK to say no to invitations and obligations
- * It is OK to accept the warmth and caring offers of others
- * Take care of your physical health - eat well, but wisely
- * Make time for exercise and rest
- * Adapt new cherished traditions
- * Do something for others, when you are ready
- * Count your blessings...



Living With Loss While Others are Celebrating

JIM'S PEARLS OF WISDOM

Hi friends - I'm embarrassed to write this note because I'm not big on admitting mortality.

I'm looking for pearls of wisdom regarding in-home hospice care. A few weeks ago, my doc brought it up. I thought the discussion was premature even though I am aware that I'm not as good as I was a few months ago. We agreed to not decide immediately but I probably don't want to wait till it's too late. This was a rough weekend which kind of reminded me of the whole thing. My goal would be to make sure that when-and-if the time ever comes that I were to die, that I can do so at home in some comfort and with dignity.

To my knowledge, having hospice in would fix a situation I have with reasonable access to pain meds and I suspect the better care might actually extend my life. On the other hand, do they take over everything including oxygen? I have concerns about the availability of portable oxygen.

Chris Sessions Photography

*Thanks,
John*

Hi, John....

First, please do not feel embarrassed about discussing your need for Hospice care. None of us have figured out how to last forever, so you are doing exactly what you should do...gather knowledge so that you can make an intelligent decision.

Mary, my wife and caregiver, is on her 18th year as a Hospice volunteer, and I have served on a Hospice Board of Directors, so we are very familiar with the program.



"We have been involved with an online lung disease support group for several years. The following is a recent conversation with a fellow member." Jim and Mary Nelson

It is designed to do exactly what you describe...provide a higher degree of comfort and dignity than would otherwise be available. In addition, the services include palliative care, providing relief from the pain and stress associated with the underlying disease for both the patient and the family or caregivers.

There have indeed been cases of Hospice patients growing stronger, lasting longer, under the tender loving care of the program. It is important to get into the program sooner rather than later, so that the full range of services offered by Hospice can come into play. That includes interaction with physicians, nurses, CNAs, social workers, chaplains, and volunteers.

If you are concerned with the availability of portable O2 or loss of the ability to remain ambulatory, talk with the Hospice folks. Again, gather as much information as you can, and then make your decision.

We wish you all the very best.....you are facing a situation that all of us will face at some point. Please don't face it alone.

Hugs,

Jim and Mary

THE FUTURE OF CARING FOR OUR COMMUNITY

Saturday, November 16, 2013 8:00 a.m. - 5:30 p.m.
DoubleTree Hilton, 445 S. Alvernon Way, Tucson
Information: 520-205-7575

Keynote Speaker:

Dr. Carl Hammerschlag

An internationally recognized author, physician, speaker and healer. A Yale-trained psychiatrist; he has spent more than twenty years working with Native Americans. He is an expert on how to survive in rapidly changing cultures. He holds the highest honor given in the speaking profession, the CPAE Speakers Hall of Fame Award.

Dr. Hammerschlag will present information to our community's providers on delivering quality healthcare, within the confines of the 2013 transformation of the healthcare system.

Agenda

- 8:00 a.m. **Continental Breakfast and Registration**

- 8:30 a.m. **The Future of Healthcare:
Healing in the Community**
Dr. Carl Hammerschlag
- 10:15 a.m. **Breakout Sessions (choose one)**
 **Healthcare Reform:
Where are we now?**
Dr. Timothy Fagan
 Lifestyle, the Forgotten Medicine
Dr. Salvatore Tirrito

- 11:30 p.m. **Lunch**

- 12:30 p.m. **Principles of Palliative Care**
*Lorraine Yentzer RN, MSN, CHPN,
Kathryn Kennel, NP*
 Hospice and Heart Connections
Mary Steele, RN, MA, MSN
- 2:30 p.m. **Breakout Sessions (choose one)**
 **Reducing Hospital Readmissions
Through Collaborative Community
Partnerships**
Dr. Donald Denmark
 Clarifying Diagnosis and Prognosis
Dr. Peter Brown

- 3:45 p.m. **Shaping the Future of Healthcare**
Panel Discussion

- 4:45 p.m. **Certificates**

Continuing education contact hours (CEs) will be available for physicians, nurses, social workers, fiduciaries, chaplains, and nursing care institution administrators.

Registration Form

Saturday, November 16, 2013 - 8:00 a.m. to 5:30 p.m.

Registration Fee \$50.00

(Please print)

Name: _____

Address: _____

City: _____

State _____ Zip: _____

Phone: () _____

E-mail: _____

Registration Fee \$50.00 Cash _____ Check _____ Credit Card _____

Card # _____

Expiration Date _____ Security Code _____

Name on card _____

Make check payable to THMEP and mail registration with payment to:

Carondelet Hospice & Palliative Care

Attn: Susan Howard

1802 W St. Mary's Rd.

Tucson, AZ 85745

Phone: 520-205-7575

Fax: 520-205-7598

Conference Location:

DoubleTree Hilton, Tucson

445 South Alvernon Way



Carondelet Hospice & Palliative Care

1802 W. St. Mary's Rd.
Tucson, Arizona 85745

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Annual Tree of Memories

Year after year, Carondelet Hospice & Palliative Care celebrates the loved ones we have lost in a beautiful ceremony each December. Our evening begins with the creation of memorial stars; handwritten messages to loved ones, placed on our tree. We read the names aloud to honor those who have passed this year and years before. Together, we sing, we remember, and we congregate with one another to cherish the memories we have.

If you would like to attend one of our Tree of Memories this December, please call 520-205-7575 for an invitation.

Tucson, December 3, 2013

Green Valley and Nogales, December 10, 2013