



Hospice News

Fall 2007

A Newsletter for Friends and Supporters

Volume 1, Issue 2

Advance Directive Registry

The *Arizona Advance Directive Registry* was created in 2004 by the State Legislature as a place for Arizona residents to store their advance directive documents for easy access. The Registry is a free service available to all Arizona residents 18 years of age and older who have completed their advance health directives. The Arizona Secretary of State's Office, under the leadership of Secretary of State Jan Brewer, oversees Registry filings, its security and operations. Health Care Decisions, a project of Hospice of the Valley, financially supports the Registry through community donations and grants. No taxpayer money is used to support the Registry and its operations.

Less than 25% of Americans complete advance health directives and the problem is compounded when completed directives are difficult or impossible to locate when the need
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Mark Your Calendars!

Life Care Planning:

Registration is required: 205-7575

October 27, 2007 2:00pm-Cascades of Tucson
November 9, 2007 1:30pm- Mountain View Retirement Village

November 14, 2007 8am-12 pm- 3rd Annual Faith Based Seminar

November 30, 2007- Palliative Care Teaching Day (open to clinicians)

December 5, 2007 6-9pm- Annual Tree Lighting Event, Doubletree Hotel

Volunteers Make It Happen!

Each year, Carondelet Hospice & Palliative Care partners with Tucson Electric Power for our Thanksgiving Turkey Project in November and our Santa Project in December. TEP makes a generous annual donation collected from their employees, and also provides volunteers from their Community Action Team (CAT) to donate their time. In November, they provide complete, pre-cooked turkey dinners to Carondelet Hospice patients and their families living in the Tucson Metro area, Green Valley, and Santa Cruz County, which are delivered by Carondelet Hospice volunteers. In December, CAT volunteers donate turkey dinners once again and also provide a few jolly Santas and vans to deliver the food as well as presents that CAT volunteers wrap themselves. We are very happy to celebrate the 20th anniversary of this TEP-Carondelet Hospice & Palliative Care partnership with continued gratitude for the support of all of the phenomenal volunteers involved.

Celebration of Lights and Life

Every year, in December, Carondelet Hospice & Palliative Care hosts our Annual Tree Lighting Memorial to dedicate the evening in a memorial to the loved ones we have lost. It is a beautiful evening with friends and family to honor our loved ones.

Last year's event, held at the Doubletree Hotel, was a wonderful expression of love. The evening begins with light hors d'oeuvres, beautiful music and friendship. We then dedicate our tree, lit with lights symbolizing our loved ones and enjoyed holiday music. We remember those we have lost during this holiday ceremony.

This year's event will be held again at the Doubletree Hotel on December 5, 2007.

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FAITH BASED SEMINAR

Carondelet Hospice & Palliative Care is pleased to announce our 3rd Annual Faith Based Seminar to be held November 14, 2007. This will be the third year we present this wonderful opportunity for faith leaders in our communities. This year's seminar, "*Partnering In Spiritual Growth, Hospice and the Faith Community*", will be held at Carondelet St. Joseph's Auditorium from 8:00 am—12:00 pm. We limit this seminar to faith based organizations, Stephen Ministries, and denominational entities to provide education and support to those who deal with end of life issues within their faith based organizations. Please call 205-7557 to reserve your seat at this free seminar.

Hospice Inquires
Admissions and Patient Support
(520) 205-7700

Fundraising
Carondelet Foundation
(520) 873-5000

Events
(520) 205-7557

In-Patient Unit
(520) 205-7700

Letter From Our Executive Director

Greetings:

We have much to be thankful for as we enter this fall season. In October, we are celebrating our 125 active volunteers who provide close to 800 hours a month serving our hospice patients and their families. From providing massages to patients, making calls to bereaved families, to sitting with patients on our inpatient unit...their work is essential in helping us fulfill our mission of service. They are truly dedicated and amazing individuals.



Bonnie Lindstrom-Knobloch

This summer we welcomed Lorraine Yentzer, palliative care nurse, to our hospice and palliative care team. She is providing palliative care consultations at St. Mary's Hospital, working with the Tucson Long Term Care physicians. In the short time she has been on board she has made a significant impact on the quality of care for patients in the advanced stage of an illness at St. Mary's Hospital. We hope to take this program to other Carondelet Hospitals in the future.

I am also grateful to our hospice team for their continued commitment to clinical excellence. Their efforts led us to exceed clinical benchmarks in symptom management and patient satisfaction. I am proud to be working with such a dedicated staff.

Bonnie

November is National Hospice Month

November is National Hospice Month and the National Hospice and Palliative Care Organization marks the 26th anniversary of National Hospice Month by reporting that more than 950,000 dying Americans received care from the nation's 3,300 hospice providers last year. This represents an increase of 22 percent since 2001.

"Patients and families are becoming better advocates for their own health care and the medical community increasingly is recognizing the value of hospice when dealing with a life-limiting illness," remarked J. Donald Schumacher, president and CEO of the National Hospice and Palliative Care Organization. "It gratifying to see more and more people understand what hospice providers have known for many years—that compassionate, high quality care for the dying and their families is available."

For more information on Carondelet Hospice & Palliative Care, please call 205-7700.

FAMILY CORNER

Arizona Advance Directive Registry

(story continued from page one)

arises. The *Arizona Advance Directive Registry* is designed to address this problem by making scanned copies of registered directives available to view and print from a secure and confidential website, from any state or country, 24 hours a day and 7 days a week. Forms accepted for storage in the Registry include the: Health Care Power of Attorney, Living Will, Mental Health Care Power of Attorney, and combined forms such as the Five Wishes. Do Not Resuscitate Forms (DNRs), known as the "orange cards", are not accepted and cannot be stored in the Registry.

The process to store your advance directive form(s) in the Registry is as follows. Note that you do not need a computer to place your documents in the Registry.

- Complete the Arizona Health Care Directives Registry Registration Agreement Form, attach a *copy* (not the originals) of your completed directives, and mail to the Arizona Secretary of State's Office in Phoenix. Registration Agreement Forms can be obtained at www.azsos.gov, by calling 602-542-6187 or 800-458-5842, or by calling Carondelet Hospice and Palliative Care at 520-205-7575.
- Approximately 3 weeks later, a printed record of your registration and scanned directives will be mailed to you for review. Your advance directive forms will not be activated (made available online) until you complete this verification process.
- Approximately 3-5 working days after the verification letter is received by the Secretary of State's office, a wallet card will be mailed to you containing a User ID and Password. This information will allow access to your directives from the Secretary of State's website at www.azsos.gov. Only those to whom you give the User ID and Password, such as your appointed health care agent or your doctor, will be able to view and print your registered directives.

The same Registration Agreement Form can be used to replace a directive with a new one, add an additional document, remove directives from the Registry, request a replacement wallet card, or change your registration agreement information.

Over 7,000 Arizonans have registered their advance directives in the *Arizona Advance Directive Registry*. For more information about the Registry, visit www.azsos.gov or call 602-542-6187 or 1-800-458-5842. Carondelet Hospice and Palliative Care is working with the Arizona Secretary of State's Office to increase awareness and use of the Registry in Southern Arizona. Call us at 520-205-7575 for more information, or to inquire about scheduling a professional in-service or a community presentation.

Deborah Totten MS

For an invitation to our Annual Tree Lighting Memorials, please call 205-7557.

Hospice News is published by Carondelet Hospice and Palliative Care
630 N. Alvernon Way, Suite 361, Tucson, AZ 85711
Contact Tara Norris for questions or comments (520) 205-7557

NEWS YOU CAN USE

Palliative Care Nurse Joins Carondelet Hospice & Palliative Care at St. Mary's Hospital

Lorraine Yentzer, RN, BSN, CHPN, has joined the staff at Carondelet St. Mary's Hospital in the role of Palliative Care Nurse. Lorraine will be developing a palliative care program within the hospital as a service of Carondelet Hospice and Palliative Care.

Palliative Care focuses on enhancing quality of life for patients and families by optimizing function, helping with decision-making, and providing opportunities for personal growth. It can be offered at the same time as other appropriate medical treatments. Lorraine has several years of experience in building such programs. She comes to CSM from the Tucson Long Term Care physician group and has been a familiar face at St. Mary's.

What is Palliative Care?

The term "palliative care" may be used generally to refer to any care that alleviates symptoms and pain management.

While palliative care may seem to offer an incredibly broad range of services, the goals of palliative treatment are extremely concrete: relief from suffering, treatment of pain and other distressing symptoms, psychological and spiritual care, a support system to help the individual live as actively as possible, and a support system to sustain the individual's family.

What is a Palliative Care Consultation?

A palliative care consultation is a comprehensive, interdisciplinary approach that

aims to relieve suffering and improve the quality of life for patients with advanced illness and their families. It is offered at the same time as other appropriate medical treatments such as chemotherapy, artificial administration of food/fluids and surgery.

This differs from hospice by providing consultation while receiving curative medical treatments.

When To Consider a consult to Palliative Care

-Management of difficult pain and symptoms such as nausea, shortness of breath, diarrhea, constipation, coma, loss of appetite, delirium and cough.

-Assist patient/family to interpret the benefits and burdens of care such as tests, medication, burdens of care such as tests, medication, and surgery

- Discussion of end of life issues
- Lack of response to curative therapies
- Changing goals of care
- Mediate family discussions
- Act as 2nd opinion in fertility or end of life issues
- Educate family/caregivers as well as patient
- Ventilator withdrawals

Diagnoses that can be appropriate for Palliative Care Consultation

- Cancer
- Advanced Lung Disease
- Advanced Liver Disease
- Advanced Renal Disease
- Advanced Cardiac Disease
- Advanced Neurological Disease
- Multi-System Failure
- Repeated hospitalizations for the same diagnosis

When to Consider Hospice Care

- The patient has sought treatment in an emergency room or been hospitalized for disease-related episode twice in the past year
- Thy physician is receiving an increased number of calls and requests from family caregivers
- Family members appear to be overburdened with or fatigued by caregiving
- After hospitalization, the patient cannot return home and is admitted to a nursing facility
- The patient has had a weight loss of 10% or more in the past six months
- The patient's appetite has been steadily declining, unrelated to any other medical condition



Staff Kudos
 Congratulations and a big thank-you for **FIVE** years of service, Kathy Hampton & Annie Brett!

Recipe of the Month

Provided by Casey Sankey
Macaroni Dinner

- Ingredients:
- 16 oz large elbow macaroni
 - 6 Tbsp flour
 - 4 Tbsp margarine or butter
 - 4 cups nonfat milk
 - 16 oz colby jack cheese
 - 8 oz cheddar (extra sharp is best)
 - dash of black pepper to taste

Boil water with a couple of drops of vegetable oil, add macaroni and stir; boil 8-10 minutes or until pasta is done, then rinse.
 For macaroni sauce: In a large saucepan, start margarine heating on medium heat. *Slowly* add flour and milk as you stir in figure 8's, making the paste thinner. Then add handfuls of Colby jack cheese, turning heat up and continuing to stir in figure 8's. Once cheese is melted, mix in macaroni with sauce. Put into a baking dish (remember, you can do one large dish or two small ones) then spread cheddar on top. Bake uncovered at 350 for 35 minutes. (If you are baking the previously frozen dish, you'll either need to thaw it in the fridge a few hours before, or cook it longer). It serves about six people.



CARONDELET

HOSPICE AND PALLIATIVE CARE

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The Gift that “Gives Back”

Gifts are used to advance the mission of Carondelet Health Network, to help purchase equipment, enhance facilities, expand services, fund staff education and to reach out to meet the health care needs of our communities throughout Southern Arizona.

You can also give by visiting the Carondelet Foundation Website at:

www.carondelet.org/foundation

Yes, I would like to donate to Carondelet Foundation on behalf of Carondelet Hospice and Palliative Care.

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Anonymous Donor

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Mail this form to: Carondelet Foundation 120 N. Tucson Blvd. Tucson, AZ 85716