CARONDELET HOSPICE AND PALLIATIVE CARE

Hospice News.

Winter 2008

A Newsletter for Friends and Supporters

Volume 2, Issue 1



The Carondelet Foundation Board of Trustees recently allocated funding of \$1.6 million dollars for the renovation of Carondelet Hospice and Palliative Care's inpatient unit located at 1802 W. St. Mary's Road. This considerable investment demonstrates a continued commitment to providing high-quality and innovative end-of-life hospice and palliative care services for the communities served by Carondelet Health Network.

The renovation, to be completed in the fall of 2008, will result in the creation of eleven private patient rooms in a comfortable home-like setting. Each will be equipped with specially designed low beds with bed alarms to minimize the potential for falls and studio beds for the comfort of loved ones. A bathing room housing a new whirlpool tub specifically designed to provide a safe and comfortable bathing experience for our hospice patients will be added.

Additional areas for families and staff to gather and reflect will be incorporated into the design, including a chapel, a family room and a counseling room. To accommodate family gatherings and vigils, the family room will be refurnished to include furniture for children, additional seating, and new outdoor patio furniture. The Rainbow Tree, a ceiling to floor multi-colored stained glass window, created by Mary Myers, will be returning to the unit as well.



Mark Your Calendars! whats inside: Presenting, Life Care Planning-Letter from... * Wednesday, February 13, 6:45am, Casas Adobes Rotary Club, Blue Point Oyster, La Encantada, Family Corner... 2 2905 E. Skyline Dr. Staff Kridos * Tuesday, March 4, 10:45 am- First Southern Baptist Church, 445 E. Speedway Blvd. * Monday, March 31, 10:00 am- Desert Hills Lutheran Church, 2150 S. Camino Del Sol, Green Valley Recipe of the month... 2 (This presentation will feature an explanation of and a free copy of the Five Wishes for all participants.) 3 News you can use... For more information, call Deborah Totten @ 520-205-7575 Hospice Inquires In-Patient Unit **Fundraising Events** (520) 205-7557 (520) 205-7700 Admissions and Patient Support Carondelet Foundation (520) 205-7700 (520) 873-5000

Letter From Our Executive Director

Greetings:

The future is promising.

I trust that 2008 holds many blessings both planned and unexpected for Carondelet Hospice and Palliative Care.

There are no words that more effectively describe Hospice Care than compassionate service to oth-



Bonnie Lindstrom-Knobloch

ers. What better symbolizes the work of hospice than to surround families with light and love, easing life's journey and guiding the way.

This has been a phenomenal year. More and more families are looking to us for help. The plan to remodel the inpatient unit has been approved. We have added palliative care to our umbrella of services. Our focus on quality has led to over 90% of our patients achieving pain control in less than 48 hours after admission.

Our wonderful staff and volunteers give so much and even though the way may be challenging, there are moments that confirm we have been guided to be of service to others at life's end. I am inspired and humbled by their kind and compassionate service to our patients, their families and each other.

Bonnie



FAMILY CORNER

Social Connectedness and Your Health

Social connectedness, as defined by Wikipedia, is a psychological term used to describe the quality and number of connections we have with other people in our social circle of family, friends and acquaintances.

Social connectedness and support contribute to a higher quality of life, increased life satisfaction and enhanced mental and physical well being, while social isolation is associated with higher levels of depression and disability associated with chronic diseases, increased rates of premature death, and decreased overall well being (Legislative Assembly of British Columbia, 2004).

Relationships that foster a sense of belonging and intimacy seem to play a vital role in maintaining health or surviving serious illnesses. Conversely, social isolation tends to increase risk for mortality according to Lisa F. Berkman, Ph.D., Professor of Epidemiology and Chair of the Department of Health and Social Behavior, at the Harvard School of Public Health.

How does social experience get "inside the body"? Focusing on the immune system, for example, the mere feeling of support, friendship, and intimacy appear to have an effect on body function such as blood function—high or low blood pressure; depression or isolation can effect the body's ability to produce immunities to disease and chronic illness.

Research is showing that one's ability to pursue quality activities with others helps the person's physical health and mental well-being.

Community Resources for social activities include:

- Pima Council on Aging— 520-790-7262
- · Friends In Deed- 520-625-1150
- · Green Valley Recreation 520-625-3440
- · United Way of Tucson- 520-903-9000
- · YMCA of Tucson- 520-623-5200

Recipe of the Month- Parmesan-Encrusted Tilapia With Lemony Beans

For The Tilapia

4 skinless tilapia fillets (1 pound total)

1 tablespoon dried basil

1/4 cup Parmesan cheese

2 teaspoons olive oil

<u>For The Green Beans</u>

1/2 pound green beans, ends trimmed

1/4 cup fresh lemon juice

2 teaspoons of fresh lemon zest

1 tablespoon olive oil

As the fish cooks, add beans to boiling water. Lower heat and cook for 5 minutes or until bright green (beans should still be crisp). Drain beans and run under cold water. Shake off excess water and set aside.

Heat olive oil in a 12-inch heavy ovenproof skillet over moderately high heat until hot

but not smoking. Saute the fish for 3 minutes or until brown. Flip the fillets over and

remove the skillet from heat. Dust the tilapia with the cheese mixture. Place the skillet under the broiler to finish cooking and slightly brown the cheese, about 3 to 4

Mix lemon juice, lemon zest, pepper, and olive oil in a medium bowl. Add green beans and toss to coat; warm for 30 seconds in the microwave.

Makes 2 servings: Nutrition per serving (80z. Tilapia, 2 cups beans): 376 calories, 17 g fat (41% of calaries), 5 g saturated fat, 9 g carbs, 47 g protein, 4 g fiber, 182 mg calcium, 2 mg iron, 317 mg sodium

Preheat the broiler. Cut the tilapla fillets lengthwise into two pieces, then pat dry with a paper towel and season to taste with pepper. In a small bowl, combine basil and Parmesan cheese; set aside. In a large saucepan, bring water for beans to a boil.

NEWS YOU CAN USE

our mission: exceptional medicine exceptional care

Healthcare that is Safe.

Life Care Planning

Life Care Planning is Important for Adults of All Ages: For Your Patients and for Yourself

Advance health directives, such as a Living Will and a Health Care Power of Attorney, state your wishes about health care treatment and provide a way to appoint someone authorized to make your health care decisions if you are ever unable to direct your own care.

Important Health Care Planning Documents

- Health Care Power of Attorney
- Treatth Care I ower of Attorney
- Living Will

- Mental Health Care Power of Attorney
- Do Not Resuscitate (DNR) Order

The Arizona Advance Directive Registry

- The Arizona Advance Directive Registry was created in May 2004 by the Arizona State Legislature. The Arizona Secretary of State's Office oversees Registry filings, its security, and operations.
- Completed advance directive documents can be stored in the Arizona Advance Directive Registry to make them easily accessible when needed.
- A User ID and Password provides access to health care directives from a secure and confidential website 24/7.
- Available as a FREE service for all Arizona residents 18 years of age and older.

Storing Completed Advance Directive Forms in the Registry

- Accepted Forms: Health Care Power of Attorney, a Living Will, a Mental Health Care Power of Attorney, and combined forms, such as the CHN form or the Five Wishes.
- Forms must be properly signed and witnessed.
- Do Not Resuscitate (DNR) forms cannot be stored in the Registry.

The Registration Process

- Complete a Registration Agreement Form and mail it with a copy of completed health care directives to the Arizona Secretary of State's Office.
- 2. After completing a verification process, a wallet card with a User ID and Password will be issued.
- The entire registration process takes between 3 and 4 weeks.
- 4. Computer access is not needed to complete the registration process. All registration correspondence is done through the mail.

Accessing a Patient's Advance Directives in the Registry

- Navigate to the Arizona Secretary of State's website www.azsos.gov/adv_dir/
- 2. Type the User ID and Password that appears on the front of the wallet card.
- Verify patient information, such as name, date of birth, and address.
- 4. View and print the patient's completed advance directives that have been stored in the Registry.

Questions about Advance Directives or the Arizona Advance Directive Registry?

Contact: 520-205-7575



Committed to providing education on end of life topics for the communities we serve.

When to Consider Hospice Care

- The patient has sought treatment in an emergency room or been hospitalized for a 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 care-giving
- 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

To initiate a free hospice consultation or for more information about Carondelet Hospice & Palliative Care, please call 205-7700.

Hospice News is published by Carondelet Hospice and Palliative Care

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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

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