CARONDELET HOSPICE AND PALLIATIVE CARE

Hospice News.

Spring 2008

A Newsletter for Friends and Supporters

Volume 2, Issue 2





2008 Tucson Nurses Week Foundation Fabulous 50 Winners Congratulations to our Hospice Nurses! Cynthia Campbell Micky Murphy Margaret Shimota

Each year, with the support and leadership of the American Nurses Association, one week is set aside to recognize and celebrate nurses across the country. This week concludes on May 10th, the birthday of Florence Nightingale, the founder of modern nursing. Since 1994, Tucson nurses have celebrated their professionalism not only in their individual work setting but also in a city-wide celebration, a celebration that has emphasized professionalism, education, research and personal vitality. While every nurse possesses qualities that could fit the description of "fabulous", the 50 nurses each year honored were nominated by their peers, professional colleagues and patients for their professionalism. The fifty nurses honored each year have made contributions in special ways that earned this honor. We salute them and all Tucson nurses for your commitment of the ideals that make nursing a special profession!

what's	inside:
--------	---------

Letter from... 2

Family Corner...

Staff Kudos... 2

Recipe of the month... 2

News you can use... 3

Mark Your Calendars!

April 10- Carondelet St. Joseph's Hospital Health Fair 8:00am- 4:00pm

April 14- Carondelet St. Mary's Hospital Health Fair 8:00am- 4:00pm

April 16- "Living With Grief: Children & Adolescents" Teleconference-

Registration Required 205-7576 10:30 am- 1:30 pm

Holy Cross Hospital, Nogales & St. Joseph's Hospital, Tucson

April 23- City of Tucson Health Fair, Armory Park 9:00 am- Noon

May 6- Memorial Service, Holy Cross Hospital 6:00 pm

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

Gifts of Support Carondelet Foundation (520) 873-5000

Events (520) 205-7557

In-Patient Unit (520) 205-7700

Letter From Our Executive Director

Happy Spring!

We are preparing ourselves for an amazing spring and summer! Our dream of an updated remodel of our inpatient unit is being realized. In May we will be transferring our inpatient staff and patients to the 4th floor in St. Mary's Hospital. Construction will then immediately begin on the inpatient unit at Holy Family Center. We anticipate moving back to a beautiful new facility in September.

This exciting project is possible because of the many contributions we have received from patients and their families. We also thank the Carondelet Health Network Foundation for their support of this remodeling.

In the midst of all these changes our program is continuing to serve more and more patients. We are continually grateful to all those who have entrusted the care of their loved ones to our program, enabling us to fulfill our mission of service.

Bonnie Lindstrom-Knobloch Executive Director



Staff Kudos

New Staff

Mary French, Clerk III/ Receptionist

New Volunteers

Anne Boettcher

Molly Brannon

Jennie Cloonan

Donita Gross

Devynn Hawley

Olga Hays

Jamie Himelic

Drew Hinojos

Katherine Leitner

Jennifer Menefee

Rachel Mayer

Lois Mervyn

Saman Nematollahi

Pierre Niere

Jason Nuss

Pat Pettis

Giao Quach

Barb Rodgers

Atal Shir

Jerry Van Lancker

FAMILY CORNER

Carondelet Hospice & Palliative Care Nurse Retires After 44 Years of Service



Madelyn Spezia, RN, retires in April after a 44 year career with Carondelet Health Network. Maddy graduated from St. Mary's School of Nursing in 1964. Some of her fond memories of that time living in the dorms include, discovering alternate uses for the fire escapes, working in the Round Building, time spent in Sister Mary Arthur's office and listening to Father Florian's music sounding throughout the hospital.

Madelyn Spezia, RN

Maddy's first job as an RN was on St. Mary's 2nd Floor. She also worked on Med Surge and then worked with Sister Regina to open the rehabilitation unit. She then worked on the 5th floor before transferring to the St. Mary's Hospice program in 1979. In January 1988, St. Mary's Hospice (now called Carondelet Hospice & Palliative Care) was relocated to it's current location where Maddy and the Inpatient Unit have remained all these years.

Carondelet Hospice & Palliative care has been close to Maddy's heart for many years. She'll maintain her connection with the hospice program by providing Mother's Day and Father's Day Memorials to those family members who have lost their parents.

Thank you Maddy for all of your hard work, compassion, love and dedication to your patients!



Learn and Live...

This months' recipe is brought to you by the American Heart Association. More heart healthy recipe's can be found at **deliciousdecisions.org**

RECIPE OF THE MONTH

CINNAMON-ORANGE PANCAKES

3/4 cup All-purpose flour

2 tbs. Wheat germ

1 cup Whole-wheat flour

2 tsp. Baking powder

1 tbs. Sugar

1 tsp. Ground cinnamon

1 cup Skim milk

3/4 cup Fresh orange juice

Egg substitute equivalent to 1 egg

1 tsp. Grated fresh orange peel

Vegetable oil spray

In a medium mixing bowl, combine all dry ingredients and mix until well blended. In another medium bowl, combine all liquid ingredients and orange peel. Stir to mix well. Pour liquid ingredients mixture into dry ingredients and stir only until moistened. Preheat griddle or skillet for pancakes. Spray lightly with vegetable oil spray. For each pancake, pour 1/4 cup of batter onto griddle or skillet. Turn each pancake. Serve hot.

Calories: 171

Protein: 7 g Carbohydrates: 34 g

Total Fat: I g Saturated Fat: 0 g

Cholesterol: I mg Sodium: 140 mg

NEWS YOU CAN USE

National Hospice & Palliative Care Organization Reports Findings: Hospice Care In America

In a recent article released by the NHPCO, November 2007, the NHPCO estimates that 1.3 million patients received hospice services in 2006. This figure is a 162% increase in the last 10 years.

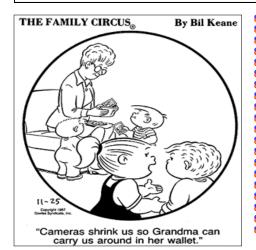
According to the article, the majority of patient care is provided in the place the patient calls home, approximately 74%. While most care is in the patients "home", 19.6% of hospices also operate a dedicated inpatient unit or facility, such as Carondelet Hospice and Palliative Care's Unit located next to St. Mary's Hospital.

When the U.S. hospice community was established in the 1970's, cancer patients' made up the largest percentage of hospice admissions, but today cancer diagnoses account for fewer than half of all hospice admissions. In fact, less than 25 percent of U.S. deaths are now caused by cancer, with the majority of deaths due to chronic conditions. In 2006, the top five chronic conditions served by hospice included heart disease, debility, dementia, lung disease, and cancer.

The Journal of Pain and Symptom Management reported that hospice care may prolong the lives of some terminally ill patients. The mean survival was 29 days longer for hospice patients than for non-hospice patients.

For more information regarding the NHPCO's findings and more articles on hospice and palliative care, go to nhpco.org/research.

NHCPO November 2007: nhpco.org/research



Maddy Spezia Retirement Party
Wednesday, April 9th
3 pm to 5pm
Phyllis Ethridge Room,
St. Mary's Hospital

Hospice News© is published by Carondelet Hospice and Palliative Care

630 N. Alvernon Way, Suite 361, Tucson, AZ 85711

Questions or comments, email tnorris@carondelet.org

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 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

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

630 N. Alvernon Way, Suite 361 Tucson, Arizona 85711

PRST STD
US POSTAGE
PAID
TUCSON, AZ
Permit No. 746

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 behalf of Carondelet Hospice and Palliative Care.		
Name		
Address		
City	State	Zip
Phone (optional)		Email (optional)
☐ Anonymous Done	or In Memory of	
Amount: \$	Check #:	
□ Visa □ MasterCar	d □Amex Card #	

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