



CARONDELET

HOSPICE AND PALLIATIVE CARE *Hospice News*



Spring 2009

A Newsletter for Friends and Supporters

Volume 3, Issue 1

Carondelet Hospice & Palliative Care Celebrates the Grand Reopening of the Inpatient Unit

On January 22, 2009 Carondelet Hospice opened the doors of its newly renovated Inpatient Unit at the Holy Family Center on St. Mary's Road for a community open house. The Hospice Inpatient Unit, which originally opened in 1985 at the same site, has undergone a complete renovation and expansion. The Unit now features private patient rooms, state-of-the-art features that enhance patient care, a new chapel, and redesigned indoor and patio areas to enhance the comfort of family and loved ones. At the well-attended open house, tours were provided for CHN Associates and the community throughout the day, followed by an official ribbon cutting ceremony.

A private reception was held the following day to recognize the many donors whose charitable gifts over the years made the renovation of the Unit possible. Because of these many gifts, the Carondelet Foundation was able to allocate \$1.6 million dollars for the renovation last year. At the reception, the beautiful Hospice Rainbow Tree and the new Butterfly Tree Tile Mosaic on the main patio were dedicated as unique ways for donors to remember or honor a loved one.

Interested in touring the renovated unit, creating a memorial on the Rainbow Tree or Butterfly Tree Mosaic, or in naming opportunities associated with patient and community rooms at the Inpatient Unit? Call Deborah at 205-7575.

Quick Facts:

1967- Hospice concept founded in England

1977- Hillhaven Hospice opens in Tucson as the first hospice in Arizona and one of the first in the nation

1981- Hillhaven is acquired by Carondelet St. Mary's Hospital

1985- Opening of the inpatient unit at Holy Family Center



Ribbon Cutting Ceremony:

Bonnie Knobloch, Carondelet Hospice & Palliative Care Executive Director; **Odette Bolano**, CEO Carondelet St. Joseph's Hospital, Tucson Heart Hospital

Highlights:

- 11 private patient rooms
- Specially designed beds with alarms
- New Chapel
- Redesigned family areas
- Updated nurses station
- New whirlpool bathing room
- Areas for quiet reflection
- Refurnished outdoor patios

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Mark Your Calendars

- February 18, 2009-** Life Care Planning & the Five Wishes, St. Paul's United Methodist Church, 10:30am, Call 296-6149 to register
- February 27, 2009-** Life Care Planning & the Five Wishes, The Forum Group at La Posada, Green Valley, 9:30 am
- March 3, 2009-** Power over Parkinson's Conference; JW Marriott Star Pass, 8:00am- 12:00pm, www.azapda.org
- March 10, 2009-** Life Care Planning for Everyone with DVD featuring AZ Attorney General Terry Goddard, Sunstone Healing Center, 5:30pm
- March 14, 2009-** El Rio Neighborhood Center Annual Health Fair, 10:00am-2:00pm
- March 20, 2009-** Tucson Estates Health Fair, Multi-purpose Building, 8:30am-12:00pm

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

Charitable Gifts
Carondelet Foundation
(520) 873-5000

Events
(520) 205-7557

In-Patient Unit
(520) 205-7700

Letter From Our Executive Director

On January 22nd we celebrated the opening of our newly remodeled inpatient unit at Holy Family Center. We have finally accomplished our goal of creating a more beautiful and spacious environment for our patients, their loved ones, and our staff and volunteers...



Bonnie Knobloch

We are grateful to so many who have worked so hard on this project and especially to the donors who made it possible.

Next month we shall reach our 32nd anniversary. We began our journey as the first hospice in Arizona in 1977 and became a part of the Carondelet family in 1981. We are very proud of our rich heritage with Carondelet.

In 1985 the hospice inpatient unit was opened at Holy Family Center. It opened with 6 beds and was expanded to 8 rooms and 16 semi-private rooms in 1993. There have been no substantial renovations in 21 years...until now. And this is only possible because of charitable giving and the support of the Carondelet Foundation.

We are filled with gratitude to be celebrating the completion of this project.

My hope is that those who find themselves on the inpatient unit as part of life's journey experience peace and comfort in their surroundings and in the compassionate and loving care of our staff and volunteers.

May this be a sanctuary for all who enter... a place for the mending of relationships, the healing of the spirit, and often a place for saying goodbye and going home. On behalf of our staff, volunteers, and our future patients and loved ones...My sincere gratitude to each of you. Our appreciation is immeasurable.

Bonnie.

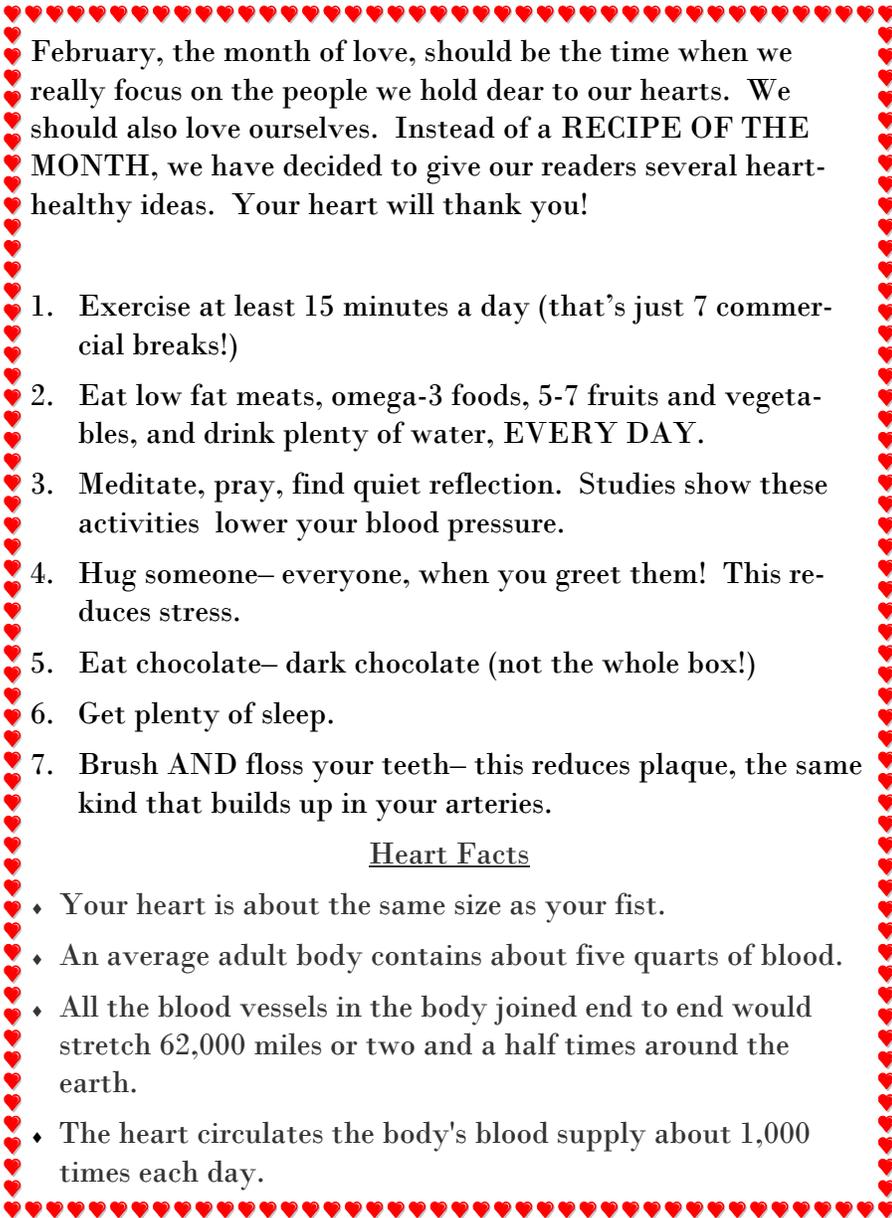
FAMILY CORNER

The butterfly's history with hospice originates with Kubler-Ross, who used the butterfly as a symbol of the dying transition:



*"Death is simply
A shedding of the physical body
Like the butterfly shedding its cocoon.*

*It is a transition to a higher state of consciousness
Where you continue to perceive,
To understand, to laugh, and to be able to grow."*



February, the month of love, should be the time when we really focus on the people we hold dear to our hearts. We should also love ourselves. Instead of a **RECIPE OF THE MONTH**, we have decided to give our readers several heart-healthy ideas. Your heart will thank you!

1. Exercise at least 15 minutes a day (that's just 7 commercial breaks!)
2. Eat low fat meats, omega-3 foods, 5-7 fruits and vegetables, and drink plenty of water, EVERY DAY.
3. Meditate, pray, find quiet reflection. Studies show these activities lower your blood pressure.
4. Hug someone— everyone, when you greet them! This reduces stress.
5. Eat chocolate— dark chocolate (not the whole box!)
6. Get plenty of sleep.
7. Brush AND floss your teeth— this reduces plaque, the same kind that builds up in your arteries.

Heart Facts

- ♦ Your heart is about the same size as your fist.
- ♦ An average adult body contains about five quarts of blood.
- ♦ All the blood vessels in the body joined end to end would stretch 62,000 miles or two and a half times around the earth.
- ♦ The heart circulates the body's blood supply about 1,000 times each day.



Staff Kudos

New Staff

Victoria Cananea, Clerk III, Receptionist

New Volunteers

Stephanie Buell	Quinn Carrasco
Ramona Casillas	Sara Curtiss
Judy Handley	Stacy Hartmann
Martha Hunnicutt	Gihan Joshua
Lauren King	Robert Koch
Jonathan Tse	Saroosh Varahramyan

NEWS YOU CAN USE

Hospice: A Historical Perspective

The term “hospice” (from the same linguistic root as “hospitality”) can be traced back to medieval times when it referred to a place of shelter and rest for weary or ill travelers on a long journey. The name was first applied to specialized care for dying patients in 1967 by physician Dame Cicely Saunders, who founded the first modern hospice—St. Christopher’s Hospice—in a residential suburb of London. Saunders introduced the idea of specialized care for the dying to the United States during a 1963 visit with Yale University.

In 1969, a book based on more than 500 interviews with dying patients is published, entitled, *On Death and Dying*. Written by Dr. Elisabeth Kubler-Ross, it identifies the five stages through which many terminally ill patients progress. The book became an internationally known best seller. Within it, Kubler-Ross makes a plea for home care as opposed to treatment in an institutional setting, she argues that patients should have a choice and the ability to participate in the decisions that affect their destiny.

Kubler-Ross testified at the first national hearings on the subject of death with dignity, which were conducted by the U.S. Senate Special Committee on Aging in 1972. In her testimony, Kubler-Ross stated, “We live in a very particular death-denying society. We isolate both the dying and the old, and it serves a purpose. They are reminders of our own mortality. We should not institutionalize people. We can give families more help with home care and visiting nurses, giving the families and the patients the spiritual, emotional, and financial help in order to facilitate the final care at home.”

In 1974, the first legislation for hospice is introduced but not enacted. Not until 1986 is hospice given the Medicare Hospice Benefit as a permanent provision. In 1992, under President Bill Clinton’s national health care reform, hospice becomes a nationally guaranteed benefit.

Adapted from NHPCO, “*History of Hospice Care*”, www.nhpco.com

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
- The 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 hospice consultation or for more information about Carondelet Hospice & Palliative Care, please call 205-7700.



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 make a gift to Carondelet Foundation to support the mission of Carondelet Hospice and Palliative Care.

Name

Address

City State Zip

Phone (optional) Email (optional)

Anonymous Donor In Memory/Honor of _____

Amount: \$ _____ Check #: _____

Visa MasterCard Amex Card # _____

Expiration Date ____ / ____ (month/year)

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