

Casa Cares

During these challenging times, it is important for you to care for yourself so you may remain equipped to care for others. It is also important to be informed about care options and to discuss your wishes with a trusted friend or family member, so they can speak on your behalf if you're unable to speak for yourself.

We can help.

As a trusted community partner for more than 20 years, Casa de la Luz is here to support the Southern Arizona community through every stage at end of life.



Hospice | Palliative Care | Bereavement

(o) 520.544.9890 (f) 520.544.9894
casahospice.com



Caring for You

Conscious breathing is a way to alleviate feelings of stress, and requires little time and no equipment.

The Relaxing Breath 4-7-8¹

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of four.
3. Hold your breath for a count of seven.
4. Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
5. Now inhale again and repeat the cycle three more times for a total of four breaths.

1. <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

Caring for the Community

Casa de la Luz is committed to supporting seriously ill individuals, caregivers, healthcare workers and community organizations through expert care, education and innovative programs.

Providing Superior Care

- ◆ We offer **24/7 support**, including assessment of after-hour patient needs.
- ◆ Our expert staff are available to discuss a wide range of topics from healthcare planning and caregiving issues to stress management and palliative treatment modalities.
- ◆ In addition to online grief support groups, our bereavement professionals host free special workshops for anyone who has lost a loved one.
- ◆ For more information, or to schedule an evaluation with a nurse **call 520.544.9890.**

"Our mission is to provide superior care to patients and their loved ones, so that they may complete their mission on this earth in comfort, dignity and harmony."



In 1998, Casa de la Luz Hospice was created to provide sensitive physical, emotional, and spiritual care to individuals in the final phase of life, and their loved ones. The founders, Lynette Jaramillo and Agnes C. Poore are two, Tucsonan women who are involved in the day-to-day patient care and the overall management of Casa de la Luz.

Defining 'Superior Care'

Casa de la Luz was created to deliver a level of service, education and support that reached far beyond what was expected of end-of-life programs. To best address the needs of seriously ill patients and their families, and in the spirit of extending the community the highest level of care, Casa de la Luz offers the following distinctive services and programs:

- **Team of full-time physicians** solely caring for the individuals and families on our service.
- Dedicated After-Hours staff to assess and respond to patient needs. Nurses, social workers and chaplains available for phone and in-person consultation.
- Innovative care programs, such as the **Agitation Consult Team (ACT)** – a multidisciplinary committee that explores and recommends non-pharmacological interventions for individuals with dementia.
- **Casa Hospice at The Hacienda Inpatient Unit:** Managed and staffed by Casa de la Luz, the inpatient unit offers acute care and respite. (2720 E. River Rd. #6)
- **Kanmar Place:** Tucson's first and only residential hospice home managed and staffed by Casa de la Luz.
- **Community Palliative Care Program** delivering specialized medical care to individuals with a life-limiting illness and prognosis of 24 months or less. Working in conjunction with the primary doctor, our team of palliative experts provides assessment of, and recommendations for, symptom management and addressing both psychosocial and spiritual needs in addition to advance care planning.
- **Extensive bereavement services** including individual counseling, group sessions and special programs, such as Survivors of Suicide support group. All programs are open to the public.

"Casa de la luz is the leading provider of end-of-life care in Southern Arizona. Offering hospice, community palliative care and extensive bereavement services, the breadth of programs at Casa de la Luz extends through every stage at end of life. "

Recent Awards and Accolades'

2018, 2019, and 2020 - Readers' Choice Awards - Best Hospice Care (Arizona Daily Star)

2020 - Readers' Choice Awards - Best Workplace Culture (Arizona Daily Star)

2019 - Torch Awards for Ethics - Casa Hospice at The Fountains (Better Business Bureau)

2018 - Influential Health & Medical Leader Awards - Outstanding Hospice /Senior Care Provider (Tucson Local Media)

2017 - Volunteers are the Foundation of Hospice Awards: Patient and Family Service Category - Carl Manz, Volunteer (National Hospice and Palliative Care Organization)

2016 - Influential Health & Medical Leader Awards - Outstanding Hospice/End-of-Life Care provider (Tucson Local Media)

2016 - Innovation Award for Excellence in End-of-Life (Arizona Hospice & Palliative Care Organization)

