

Hospice plans memorial service in El Campo

Columbia Hospice Gulf Coast has set the annual memorial service for Tuesday, Nov. 18, at First Presbyterian Church in El Campo at 7 p.m.

The Rev. Richard Gould, Volunteer Hospice Chaplain, Columbia

Hospice staff and hospice volunteers, will conduct the candle lighting service which honors those who have died during the past year.

All bereaved friends and family are invited to attend, according to

Kathy Springer, LSW, Bereavement Coordinator and Social Worker for hospice.

"The memorial service gives some sense of closure to friends and families who have lost loved ones," she

said. "It is also an opportunity for volunteers and staff to interact again with the families they have served. During the weeks and sometimes months that hospice works with a family, the staff and family members can become very close."

Ms. Springer said that a memorial table will also be provided at the service. Family and friends are asked to bring things like a picture, poem, favorite memento of their loved one to share. It often elicits sharing of stories, etc.

The goal of the hospice program is to add quality to the last stages of a person's life by providing loving and compassionate care. "From the moment hospice begins to work with a patient and their loved ones, until long after the patient's death, we are committed to providing a service that emphasizes compassion," Ruth Kainer, RN, Director of CHGC, said. "Concern for and care of those grieving is an important component of that commitment. The memorial service is a special and memorable celebration for both family and friends."

Ms. Kainer explained that CHGC services residents of Wharton and Matagorda counties, as well as, portions of Jackson, Colorado, Fort Bend and Brazoria counties.

"We are so pleased that we have volunteers and nurses living in almost every community in our area who provide the personal and medical care for our patients and families," Ms. Kainer said. "That way, the patient and their family members have someone right there, in their own community, who is assisting them with the care they require."

Hospice continues to be an integral part of the continuum of health care offered by Columbia Gulf Coast Medical Center, Delores Cox, Assistant Administrator said. "We are dedicated to this important service and encourage the community to join us as we pay tribute to the Columbia Hospice staff and volunteers in recognition of National Hospice Month."

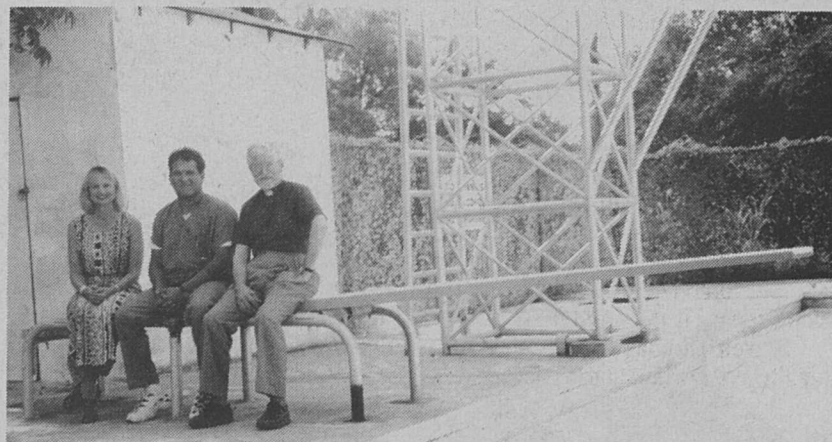
For more information about Hospice, call 409-543-9487.



Lanier honored

Garwood faculty and staff honored Principal Michael Lanier on Boss's Day by presenting him with a gift certificate to Johnny's Sport Shop and filling the lounge with salads and snacks. Pictured are Mrs. Boenisch, Principal Lanier, (standing) Mrs. Hyek, Mrs. Scott, Mrs. Edwards, Mrs. Bradford and Miss Korenek.

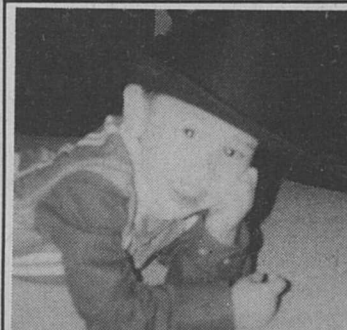
Photo Courtesy of Garwood School



New diving board installed

Pictured above precariously perched on the new diving board at the City Pool are, from left, Robin Thomas, Joe Lee Perez and Rev. Russ Minter. Thomas and Minter represent Christ Episcopal Church of Eagle Lake and Perez represents Revitalize Eagle Lake. (See story on this page at left, below.)

Photo Courtesy of Shannon Perez



"Cha-Chi" wishes Aunt Stella & Uncle Roy Happy Birthday!

Ricardo Gonzalez, Jr. celebrated his 3rd birthday (Nov. 4) at McDonald's in Rosenberg on Sunday, Nov. 9. He thanks all his aunts, uncles, cousins and friends for coming and for all the lovely gifts. His favorites were a bike given by his grandmother, Aunt Stella and Uncle Victor and a call from his Grandma Maria from Mexico.

Happy 1st Birthday Ryan

(Nov. 11, 1997)

Love, Momma, Nini, Popo, Granny Jo Ann, Nanny Wilma, Great Great Granny Lillie Mae

Rules

13. Submit a recipe and a suggested selling price with your entry if the entry is to be sold. Recipes will be used for publicity. All persons entering will receive a recipe book containing all entry recipes following the show.

14. Fifty percent of the sale proceeds from each item will go to the exhibitor and 50% to the Pecan Food Show Committee.

15. Entries will be displayed and sold from 4 to 6 p.m. Dec. 4 at Veteran's Hall in Weimar.

16. Not for sale items must be picked up between 5 and 6 p.m. Grand and reserve champions will remain in place until 5 p.m. After 6, all remaining items will be disposed of if not picked up by the exhibitor.

17. Pictures of all winners will be taken for publicity at 5 p.m. Dec. 4 at Veteran's Hall in Weimar.

1997 Colorado-Fayette Pecan Poster Art Contest
Rules and Regulations
When: Thursday, Dec. 4.
Where: Veteran's Hall in Weimar.

1. All elementary and junior high school students from Colorado and Fayette Counties are eligible to enter.
2. Each exhibit will receive a blue or red ribbon. Grand and reserve champion trophies will be awarded in each division.

3. There will be three divisions: primary elementary (kindergarten-second); elementary (grades 3-5); and junior high (grades 6-8).

4. Poster size must be 14" x 22" (half a standard size poster board).

5. Posters must contain information on or be a promotion of pecans. Any type of art medium may be used. Each poster will be judged on its own merit. Posters will be judged for neatness, creativity, originality and theme use. No actual pecans, bark or pecan parts may be used on posters.

6. Each poster should be labeled on the back, lower left hand corner. Include your name, address, telephone number, age, school, telephone number at school, grade and county.

7. Only one entry per student.
8. ARRIVAL: All posters must be

Continued from Page 4

delivered to the County Extension Office, 316 Spring, Columbus, between 8 a.m. and 5 p.m. on or before Wednesday, Nov. 26.

9. Posters may be picked up between 8 a.m. and 5 p.m. Monday, Dec. 8, at the County Extension Office.

10. After judging, posters will be exhibited for public viewing on Dec. 4. The top winners will be called at the principal's office and will need to be at the Veteran's Hall in Weimar at 5 p.m. to have pictures taken for the papers.

If there are any questions, contact the County Extension Office at 409-732-2530 or come by 316 Spring St.

Colorado-Fayette Poster Contest Criteria for Judging

1. Attracts attention; something unusual, unique.
2. Arouses and holds interests; tells story quickly using only materials with definite message.
3. Pleasing appearance, good balance.
4. Promotes pecans and their uses.
5. Creative use of theme.

Home Health marked with free screenings

November is National Home Health Month with home health agencies across the nation celebrating more than a century of professional medical care in the home.

"We are very pleased that for more than a decade, Columbia Homecare Gulf Coast has built a tradition of excellence in home health care," Mike Murphy, CEO of Columbia Gulf Coast Medical Center said. "We take pride in the health care professionals who have made this vital service a reality in the communities we serve. We're proud of the past, and we look forward to serving even more members of the communities in the future."

According to Maria Applegate, RN, "Columbia Homecare Gulf Coast will mark the month by hosting an Open House each day from 2 to 4 p.m., Nov. 17 through the 21 at the Wharton office. Former patients will be receiving a letter inviting them to the Open House so they can participate in a door prize drawing to be held Nov. 24."

The theme of National Home Health Month is "Celebrating Over a Century of Health Care at Home".

"We think that fits our group extremely well, because we have built on the values of an earlier time to provide a high quality service," said Bobbie Davenport, RN, MSN, Chief Nursing Officer. "In the late 1880's nurses began visiting homes to give care and help families cope with illnesses. When the resurgence for this valuable service began in the 1980's, Columbia Homecare Gulf Coast was one of the first groups in the area to develop a service that was desperately needed by families in the area."

Today, homecare is a service to recovering, disabled, or chronically ill individuals who need medical treatment or assistance with activities of daily living. The upsurge in home health care occurred when Medicare legislation authorized the formation of homecare agencies in 1965. "We have seen this service grow and expand for several reasons," Davenport said. "First, most people prefer to stay in their home when possible. Second, home health care is cost-effective; and finally, home health care works. Patients like it, and their families like it."

Founded in 1984, under the original name, "Transmed", Columbia Homecare Gulf Coast provides in-home health and supportive care for area residents each year. Its services range from basic assistance with activities and daily living to advanced medical treatment.

To receive free information about home care, or for more information concerning the Open House Nov. 17 through 21, call 409-532-8916.

Diving board for swimmers

The present weather and that of winter just ahead rules out most outdoor aquatic sports, but come next spring the Eagle Lake Community Swimming Pool will feature a brand new low diving board... much to the delight of the small fry.

This past summer, the Vestry and Rev. Russell Minter of Christ Church, acting on behalf of local Episcopalians, donated funds to have a new diving board installed. This civic contribution is one of several given annually

by the church as a part of its outreach program.

Red Cross instructor and pool manager Shannan Perez, speaking for city recreational officials, said, "This low-level diving board has long been needed to help complete the array of aquatic activities provided by the pool. Having this board will also allow more complete training of students and instructors enrolled in the Red Cross Learn-To-Swim Program and courses of advanced swimming."

Education key to advancement

By Rollin Baker, Eagle Lake Rotary Club

Director of Nursing DeAnne Cooper of Heritage House described a most inspiring story how one of her colleagues was able to triple her salary in three years by determined on-the-job and out-of-town training.

As Mrs. Cooper explained to members of the Eagle Lake Rotary Club at their noon meeting on Oct. 22 the young lady in question Mrs. Hector (Marina) Cavazos, had (a) liability, (b) dedication, and (c) persistence not only to demonstrate her latent talents and ambitions to the staff at Heritage House but to follow through once she was given the chance to improve her capabilities and become promoted as a result.

This story of career-advancement, according to Mrs. Cooper, was undertaken over a three-year period. Mrs. Cavazos first became employed at minimum wages at Heritage House as a Nurse's Aide.

Mrs. Cooper, almost immediately impressed with Mrs. Cavazos' performance, assisted her in being admitted to a training program in Sweeny. Five days a week for two weeks, Mrs. Cavazos attended a fact-filled course at the Sweeny House Living Center

Facility. Each day she car-pooled with others to drive back-and forth from Eagle Lake to Sweeny.

After completing this course, Mrs. Cavazos obtained her first advancement, with both a raise in rank and a raise in salary, at Heritage House.

She became both a Medication Aide and a Special Restorative Aide. Then with the encouragement of Mrs. Cooper, Cavazos applied for an Educational Scholarship from the Human Resources Department at the Houston Living Center, to which Heritage House is affiliated.

On being awarded a coveted scholarship, she commuted five days a

week for 12 months to Victoria College gaining high grades and graduating with the title of Licensed Vocational Nurse.

Again she was promoted locally with another salary adjustment.

As Mrs. Cooper told Rotary Club members, here was a dedicated young lady with a husband and three children who managed, despite family duties, to uplift her value as a health care professional.

Mrs. Cavazos also spoke briefly at the meeting, praising Mrs. Cooper and the cooperation of her own family in gaining this training.

As Cooper explained, supervisors

in all organizations are always looking out for employees of Mrs. Cavazos' caliber and are anxious to reward their valuable services.

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Osteoarthritis of the Knee: New Treatment

Osteoarthritis (OA) is an inflammatory condition of the joints in which cartilage (cushioning material at the ends of bones) wears away or deteriorates. This causes swelling and pain because the bones are allowed to rub together. It occurs most often after age 55, is seen on the x-rays of more than 80 percent of persons over the age of 65, and is considered the most common form of arthritis. Symptoms of OA include joint pain, morning stiffness, and loss of mobility or range of motion. The usual treatment consists of oral and/or injected steroids, pain relievers, such as *ibuprofen* and other nonsteroidal antiinflammatory agents.

A new treatment may offer some benefit over conventional arthritis medicines. The new treatment is a synthetic form of *hyaluronic acid*, a naturally occurring viscous material that lubricates and protects the joints. Two companies have received U.S. Food and Drug Administration approval to market a natural *hyaluronate* and a more viscous *hyaluronate* for relief of OA symptoms. According to *Pharmacists Letter*, studies have shown that these products reduce pain and functional impairment associated with OA of the knee. Both drugs are injected into the knee, once a week for 2 to 4 weeks. It may take a few weeks for beneficial effects of the injections to occur.

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