



## Terri and John Havens to Receive the Laura Lee Blanton Community Spirit Award

On behalf of Spirit Award Dinner Chairmen, Kay and Paul Mansfield, Houston Hospice is very pleased to announce that Terri and John Havens are the recipients of the 2015 Laura Lee Blanton Community Spirit Award. The Havens have channeled their success as business owners into support for the community. They each have a passion for growing businesses and are dedicated to all of the charities they support.

As the leader of Seismic Exchange, Inc. (SEI), John has grown the business to be the largest 2D and one of the largest 3D seismic data and marketing firms in North America. John has led the charge to vertically integrate the business with the additions of a seismic reproduction company and seismic data processing company. John has also acquired other businesses, including Vista Valley Country Club in California, and is a minority owner of the Houston Astros and Houston Oaks Golf Club.

Terri and John are the owners of Cal-a-Vie Health Spa and Vista Valley Country Club. Nestled on 200 private acres in a secluded valley in Vista, California, 40 miles north of San Diego, Cal-a-Vie is an exclusive retreat known to many celebrities, and boasts 32 guest villas and a 5:1 staff-to-guest ratio. Terri's advertising and marketing expertise, along with her natural "Southern Hospitality" and commitment to promoting a healthy lifestyle, has helped cultivate Cal-a-Vie's award-winning wellness and fitness program, which has been voted the number one "Destination Health Spa in North America" by *Travel + Leisure*, amongst others.



Terri and John Havens

In addition to encouraging health and wellness for their spa guests, the Havens put their heart into causes that are dear to them. Terri and John support a number of organizations that ensure access to healthcare, education, and culture. Terri serves as the Secretary of I Am Waters and is a board member of the Astros Foundation, the Children's Museum of Houston, and Bayou Bends Gardens and is actively involved with Star of Hope. Terri acts as the Texas Children's Hospital Ambassador Chairman and is an active supporter of Texas Children's Hospital Heart Center. She has chaired commendable events such as the Hermann Park Gala and Heroes for Handbags.

Terri and John have each received honors for their philanthropic efforts. John has been inducted into the LSU Hall of Distinction and Terri has been voted a top mom by the Easter Seals' Great Houston's "Hats off to Mothers" event. Together, they were voted one of the most outstanding couples in Houston by Inspire Women, were the 2012 Gala honorees and recipients of the Krist Samaritan Spirit Award, and were the 2014 Houston Children's Charity Gala honorees, among others.

Terri and John have found a perfect balance of success, both professionally and personally, coupled with an active household of three children, Prentiss, 17, Davis, 13, and Mallette, 12. Admitted Francophiles, John and Terri always find time for family, friends, travel, collecting antiques, and restoring historic homes.



Kay and Paul Mansfield

Join us at the 17th Annual  
Laura Lee Blanton Community Spirit Award Dinner  
Thursday, October 29  
River Oaks Country Club  
1600 River Oaks Blvd., Houston, Texas 77019.  
Table sponsorships for the dinner help fund medical care,  
pain management, and emotional and spiritual support  
provided by Houston Hospice. Visit [houstonhospice.org](http://houstonhospice.org) for  
tickets and table sponsorships.

Newsletter

# Three Houston Hospice Nurses Receive Prestigious Award

**H**ouston Hospice nurses Reagan Denmon and Karen Hoover will receive the Bronze Excellence in Nursing Award, and Paige Prokop will receive the Silver Excellence in Nursing award from the Good Samaritan Foundation at a luncheon ceremony on September 1, 2015 at Houston's Royal Sonesta Hotel. The event will be chaired by Craig Cordola, President of the Central/West Region for Memorial Hermann Health System.



**Paige Prokop** was nominated by her Clinical Services Patient Care Manager, Dianne Gilbert, who wrote, "Paige is a wonderful nurse and human being. She is always thinking outside the box and looking for ways to help others – patients, families and colleagues. Paige is constantly thanked by

patients' families for her kindness and caring. She helps her colleagues by sharing her ideas and thoughts on the challenges we all face as hospice nurses. She is a mentor for our new nurses, and their patients and families benefit from this guidance. Paige is always trying to learn more and encourages others to learn. She enjoys sharing her knowledge with others. Houston Hospice is very lucky to have Paige Prokop as one of their outstanding nurses."

**Reagan Denmon** began her medical career as a Nuclear Medicine Technologist (NMTCB) and certified PET tech (Positron Emission Tomography). Her work with oncology patients created a desire to serve in palliative care. Reagan pursued a BSN at UT School of Nursing, finishing Summa Cum Laude and gained clinical experience



at St. Luke's in the Texas Medical Center as a renal telemetry nurse before joining Houston Hospice as an RN Case Manager in 2013. Since then she earned the Certified Hospice and Palliative Nurse credential (CHPN) in 2015. Reagan was nominated by Clinical Services Patient Care Manager, Jeff Boynton, who praised her saying, "Reagan is a true hospice case manager, and she is able to be proactive in her patients' care, anticipating their needs and the needs of their families. She always gets high praise from her patients and families and has a can-do attitude."



**Karen Hoover** was nominated by Houston Hospice Education Coordinator, Hope Cook, who wrote about Karen's leadership and commitment to excellence saying, "Karen has been a strong leader on her team. She has promoted a culture of cooperation and concern among the nurses. She works to provide

excellent care and this is contagious. She has served as a mentor for many staff members and nursing students. Her positive attitude and hard work to ensure all patients get the care that they need is exceptional."



## Holiday Bereavement Support

**F**or those who have experienced the loss of a loved one, grief is never more acutely felt than when planning family gatherings, knowing there will be an empty place at the table. As the holidays approach, Houston Hospice will offer holiday bereavement support and opportunities for special remembrances such as the Trees of Light (See page 4 for more about *Trees of Light*).

### An Empty Place at the Table

This two-hour seminar will present techniques to help cope with family traditions. You'll also have an opportunity to share your feelings and fears about the holidays, and connect with others who are preparing for the holidays while grieving.

### Houston

November 10, 2015, 6:30-8:30 p.m.

November 16, 2015, 1-3 p.m.

Houston Hospice Inpatient Care Center  
First Floor Family Room

1905 Holcombe Blvd., Houston, Texas 77018

Please call to register: 713-677-7127.

### Rosenberg

November 4, 2015, 10 a.m. and 6:30 p.m.

Rosenberg First United Methodist Church  
1106 4th Street, Rosenberg Texas 77471

Please call Don Storey to register: 979-479-5727

Visit [houstonhospice.org](http://houstonhospice.org) or call 713-677-7131 for information about all of our year-round bereavement groups.

# Assessing and Decreasing Your Risk for Developing Breast Cancer

Thuy Hanh Trinh MD



Thuy Hanh Trinh, MD, MBA, FFAFP, FAAHPM, WCC  
Associate Medical Director Houston Hospice

The diagnosis of breast cancer can be devastating to patients and their families. Breast cancer is the second leading cause of cancer deaths among women, surpassed only by lung cancer. Men are also at risk, but in lower numbers. One in eight women will be diagnosed with breast cancer in their lifetime.

To screen for breast cancer, a mammogram is the best tool that can be used. However, 8–17 percent of breast cancer cases have been missed by mammography. The American College of Obstetrics and Gynecology (ACOG) recommends that patients see a physician to perform a clinical breast examination annually in women who are 40 years and older. In women between the ages of 20 and 39, the ACOG continues to recommend a clinical breast examination every one to three years.

Some risk factors that cannot be changed by lifestyle include gender, age, genetics, family history of breast cancer, and personal history of breast cancer. Women are 100 times more likely to get breast cancer than men. Two-thirds of invasive breast cancers are diagnosed in women whose age is 55 or greater. The lifetime risk of developing breast cancer in a patient with the Breast Cancer Gene (BRCA) 1 mutation is about 60 percent, while the risk of developing breast cancer with the BRCA2 mutation is 45 percent. About 15 percent of women with breast cancer have at least one first degree relative (mother, daughter, or sister) with the disease. Having one first degree relative with breast

cancer can make a patient twice as likely to have this disease. With two first degree relatives with breast cancer, the risk of a patient developing breast cancer increases three-fold. Patients who have had breast cancer are three to four times more likely to develop a new breast cancer in either breast.

Methods to decrease breast cancer risk include avoiding obesity and weight gain, decreasing alcohol consumption, and exercising regularly. Mothers who choose to breastfeed for a year or more may reduce their risk of breast cancer. Women who are at high risk can decrease their risk with the medicines tamoxifen or raloxifene.

Many organizations are dedicated to providing support for them, depending on their goals of care. From oncologists to rehabilitation specialists to hospice professionals, patients can get the support that they and their families need, whether in the inpatient setting, or in the comfort of their home.

*American Cancer Society Breast Cancer Facts & Figures 2013-2014. <http://www.cancer.org/Research/CancerFactsStatistics/ACSPC-042725>. Accessed May 4, 2015.*

*American College of Obstetrics and Gynecology. Well Women Visit. <http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Gynecologic-Practice/Well-Woman-Visit>. Accessed May 10, 20*

Dr. Trinh received her medical degree from Louisiana State University Health Science Center in New Orleans and trained in family medicine at Baylor College of Medicine. Following residency, she completed her geriatric fellowship at Baylor College of Medicine and her palliative medicine fellowship at MD Anderson Cancer Center. She joined Houston Hospice in 2007 and serves as the Education Liaison.

## Hospice Care: Separating Fact From Fiction

Many people think being on hospice means lying in a bed, barely conscious. However, this perception is not an accurate one. Many hospice patients' final moments are spent enjoying quality time with family and friends and creating special moments and memories. This would not be possible without the help of hospice.

**There are many common myths about hospice, here are a few:**

**Myth:** Hospice care means leaving home.

**Fact:** Hospice services can be provided in a patient's own home, a nursing home, long-term care facility or a hospice care center. Hospice is not a place. In fact, hospice services can be provided to a patient and his or her family wherever they are most comfortable or wherever they consider home.

**Myth:** Hospice means forgoing all medical treatment.

**Fact:** Hospice professionals are experts in the latest medications and devices for pain and symptom relief. In every case, a hospice provider will assess the needs of the patient, deciding which medications, equipment, and therapies are needed for maximum comfort.

**Myth:** Hospice means strangers care for you.

**Fact:** Hospice provides a dedicated team of specialists to suit the needs of each patient and train family members. Hospice organizations strive to educate family members to serve as the primary caregivers for a patient.

**Myth:** People on hospice are in bed, waiting to die.

**Fact:** Hospice enables special moments and memories at the end of a life that would otherwise not happen. Patients call hospice because they want to live as fully as possible with dignity, restoring a quality of life that they would have otherwise lost to invasive treatments and surgeries.

**Myth:** Hospice care ends when someone dies.

**Fact:** Houston Hospice offers bereavement services for all ages. Hospice counseling services and support that deal specifically with grief and coping after the loss of a loved one are available at no cost. Additionally, several bereavement groups are open to the community at no cost.

To learn more about what hospice can do for you or your family, visit [MomentsOfLife.org](http://MomentsOfLife.org).



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**Houston Hospice is a member of the Texas Medical Center**

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**Mission Statement**

*Houston Hospice provides uncompromising, compassionate end-of-life care to patients and families in our community.*

*Through the efforts of specially trained and highly skilled interdisciplinary teams of health care professionals and volunteers, Houston Hospice patients and their families are guided through the process of illness by receiving clinical care, psychosocial support, spiritual guidance and volunteer assistance.*

**Coming Soon - Trees of Light**



**H**onor or remember a loved one with an ornament on the Houston Hospice Tree of Light. Watch the mail in October for your tree of light card with ornaments to personalize and return.

The ornaments will adorn the Tree of Light in the first floor family room throughout the holiday season.



**World hospice & palliative care day**  
10 October 2015