



**HOSPICE** *of The Gorge*

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## **MEDIA RELEASE**

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### **Hospice Medical Director Receives Board Certification**

Hospice of The Gorge is pleased to announce that Dr. Tina Castañares has been certified in Hospice and Palliative Medicine. Dr. Castañares joins a field of only 2,200 physicians nationwide who have gained board certification since the program began just a decade ago.

Hospice and palliative medicine is a model of care devoted to achieving the best possible quality of life for the patient and family throughout the course of a life-threatening illness through the relief of suffering and the control of symptoms. Hospice and palliative medicine help the patient and family face the prospect of death assured that comfort will be a priority, values and decisions will be respected, spiritual and psychosocial needs will be addressed, and that practical support will be available.

Deborah Whiting Jaques, Executive Director for Hospice of The Gorge says: “We’re very fortunate to have Dr. Castañares as our medical director. During her three-year tenure, she has repeatedly demonstrated, her ability to provide exceptional end-of-life medical care. Just as important, she considers the unique needs of each patient from a holistic perspective. Her goal (in fact, everyone’s goal at Hospice), is to help patients live full and comfortable lives, despite their illness, until their lives come to a natural end.”

“We’re proud that through her work at Hospice, Dr. Castañares has joined a very distinguished and specialized group of physicians.”



Dr. Tina Castañares  
Photo: Courtesy of Susan Garrett Crowley

In addition to her experience in hospice and palliative medicine, Dr. Castañares has extensive experience as a family physician, a health-care consultant, and a community leader.

Dr. Castañares has over twenty-five years of direct clinical experience as a family doctor in service to low-income people, including immigrants, inner city, rural, and other special populations. She has served as an advisor to numerous national and international health care organizations and governmental agencies. In addition, Dr. Castañares is a highly sought-after speaker, and has made over 400 presentations since 1985, both nationally and internationally, on a range of topics related to her fields of interest.

Most recently, she was on the faculty for the National Hospice & Palliative Care Organization's Clinical & Scientific Symposium.

Closer to home, Dr. Castañares spent four years of service on the Oregon Health Services Commission, in support of the design and implementation of the groundbreaking Oregon Health Plan.

Dr. Castañares leads the medical director staff at Hospice of The Gorge, which includes two assistant medical directors: Dr. Kim Stutzman from White Salmon serves patients and families residing in the east end of the Gorge; Dr. Linda DeSitter from Hood River serves patients and families in the west end of the Gorge.

Dr. Castañares adds: Our team of physicians is a wonderful asset to our communities. When you combine the physicians with the rest of the hospice team --- nurses, social workers, home health aids, homemakers, chaplains, volunteers and more --- it's no wonder that Hospice of The Gorge provides the kind of exceptional and compassionate end-of-life care we're known for.

Hospice of The Gorge provides compassionate and professional end-of-life care to patients in seven counties in and near the Gorge. To learn more about Hospice of The Gorge, or to learn how you can be a volunteer, please call 541-387-6449 in Hood River, or 541-296-3228 in The Dalles.

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