



# Companion

Compassionate & Dignified End-of-Life Care

*Hospice of the Rapidan* is a not for profit community based organization providing medical care and social, emotional, spiritual and grief support for people with a limited life expectancy and their caregivers

Serving Fauquier, Culpeper, Orange, Madison and Rappahannock counties

Virginia Licensed, Medicare & Medicaid Certified

Founded 1983

## 2010 *Hospice of the Rapidan* Golf Invitational A Glorious Success



All lined up and ready to go

Sixty-eight golfers and more than 47 area businesses participated in the 2010 *Hospice of the Rapidan* Golf Invitational, which was held on June 14th at Fauquier Springs Country Club. The event raised over \$17,000, which reflects how much residents and businesses in our area support *Hospice of the Rapidan* and the compassionate and dignified end-of-life care we provide. The turnout and the number of sponsors this year, despite the economic uncertainty, is an indication of both the commitment of local companies to the quality of life in our area and the stature this tournament has achieved in only a few short years. Events like this tournament enable *Hospice of the Rapidan*

to live up to its longstanding policy of providing the best possible care to every patient in the area who qualifies for hospice regardless of his or her ability to pay.

All the golfers enjoyed a hot but beautiful day, friendly competition, and delightful social activities, including a 50/50 raffle, a raffle for prizes and a BBQ luncheon. Alas, probably the only "disappointment" is that no one won the Harley Davidson motorcycle donated by Waugh Enterprises Harley Davidson for a hole-in-one. Maybe next year...The Memco, Inc. team of Mark Henderson of Boston, Rob Murn of Winchester,

*continued on page 3*

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Join us at one or more of the following events!

**October**

**A Day in The Plains**

Sat., 2nd, 9:00 am-3:00 pm  
Main Street, The Plains

**Catlett History Days**

Sat., 2nd, 8:00 am-3:00 pm  
Begins at Fire & Rescue Social Hall  
3558 Catlett Hall, Catlett

**Service of Remembrance**

Sun., 3rd, 3:00 pm  
Culpeper United Methodist Church  
1233 Oaklawn Drive, Culpeper

**Grief Support Group**

Four consecutive Tuesdays  
beginning Oct. 6th  
Warrenton-Fauquier Visitors Center  
2:00 -3:30 pm

**Remington Fall Festival**

Sat., 9th, 10:00 am-4:00 pm  
Remington Carnival Ground  
Behind M.M. Pierce School, Remington

**National Disability Awareness Month**

Sat., 23rd, 11:00 am-2:00 pm  
Buckland Farm Market  
Route 29, Warrenton

**November**

**National Hospice and Palliative Care Month Displays and information at the following County Libraries**

Warrenton  
Bealeton  
John Marshall  
Orange  
Wilderness  
Gordonsville  
Madison  
Rappahannock

**National Hospice & Palliative Care Month Educational Seminar**

Tues., 16th, 6:00pm-8:00pm  
Warrenton-Fauquier Visitor Center  
33N. Calhoun Street, Warrenton

**Tree of Lights Celebration**

Mon., 29th 6:30 pm  
Union First Market Bank  
(Formerly Rappahannock National Bank)  
7 Bank Road, Washington

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**Letter From the Executive Director**



**Kathy Clements**

It is not unusual for me to visit with family members of patients who have passed away under our care, and the conversation is usually filled with gratitude for all our staff and volunteers did while he or she was alive. This summer however, I had a slightly different experience I wanted to share with you.

The patient who died was the husband of one of my friends, so when I visited it was not solely in my professional capacity. When she described the experience of having her husband home for his last weeks and the opportunity to have family members with him all the time as "beautiful" it struck a personal chord in me. My staff and I comfort grieving family members of our patients all the time, but the conversations usually start with expressions of sadness and loss. For someone to look at the last weeks of her husband's life as something beautiful touched me.

Because these people were friends of mine, at the time of the conversation I too was feeling loss and grieving in my own way. Even though our staff and I confront death frequently as part of our work, we still grieve too. We share our families' sense of loss to a certain extent even as we provide grief care to assist in their healing journey.

My friend's view of the circumstances under which her husband died as beautiful reminded

me in a personal way of the extraordinary gift our staff provides as they go about their work every day. The clinical side of the care we provide is the foundation – making sure each patient is comfortable, free of pain, and that his or her symptoms are under control. But the "magic," if that is the right word, is enabling families to share such an important time together in a spirit of love and affection.

The experience also reminded me yet again of how much more of a difference we can make when people start hospice care earlier. Too often people die in a hospital amid humming machines and workers they don't know instead of in the comfort and dignity of home surrounded by loved ones. Others wait until the end is only a few days away before accepting the inevitable and calling *Hospice of the Rapidan*. In those circumstances we can bring the patient home and make him or her comfortable, but the precious time for families to say the important things to each other is quickly slipping away.

Accepting that the end of life is approaching and calling *Hospice of the Rapidan* is emotionally difficult for many people, so they avoid it one day at a time until it is too late. That is why the comment we hear most frequently from family members (other than "thank you") is "we wish we had called you sooner." What people who wait so long fail to realize is that the journey they are on is so much more difficult when taken alone. So when my friend shared her feelings with me it struck me that our dedicated staff and volunteers are, in a way, experienced guides along this difficult path, which can make all the difference.

**Kathy R. Clements, RN, BSN**  
Executive Director

**MANAGEMENT TEAM**

**Executive Director**  
Kathy Clements, RN, BSN

**Medical Director**  
Eve Bargmann, MD, Diplomate of the American Board of Hospice & Palliative Medicine

**Director of Nursing & Patient Services**  
Essie Rossi, RN, CHPN

**Director of Development**  
Karen Quanbeck

**Community Relations Director**  
Nancy Walbridge-O'Connell

**Director of Human Resources**  
Ann Frazier

**Director of Volunteer Services**  
Ruth Pavlik

**Director of Grief Care Services**  
Craig Wilt

**Companion Editor**  
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Dr. Decker Tapscott



Kurt Loehe of Colonial Beach, and Jerry Powell of Winchester won the tournament, which was played in Captain's choice format.

The sponsors of the tournament are the true champions of this year's event. Each of them understands the value that *Hospice of the Rapidan* adds to the area's quality of life, and their commitment and support is truly appreciated. We are delighted to list them in this issue of *Companion* and extend our heartfelt thanks to each of them on behalf of our patients, their families, and the communities we serve. We are also thankful to the members of the tournament committee and the many volunteers who made the day the joy it was.



**Teeing off**

The 2011 *Hospice of the Rapidan* Golf Invitational will again be held at Fauquier Springs Country Club the date is still to be determined. If you would like to play a more meaningful role in next year's event we are still welcoming members on the tournament committee and welcome inquiries from companies interested in becoming sponsors – to enjoy high visibility with area movers and shakers while supporting the vital health care we provide. For

more information please call Karen Quanbeck at 540-825-4840 or [Kquanbeck@hotr.org](mailto:Kquanbeck@hotr.org).

**Thank you to the dedicated members of the *Hospice of the Rapidan* Golf Invitational Committee.**

- D. Lee Sherbeyn, Chair
- Tony Christiana
- Chuck Coomes
- Elizabeth Haring-Coomes
- John Frazer
- Mary Frazer
- Nancy Hughes
- John Klumpp
- Jon Krawchuk
- Dicky Rustin
- Paul Ward

**Thank you to the sponsors of the 2010 *Hospice Of The Rapidan* Golf Invitational. Your support of compassionate and dignified end-of-life care is an example for the entire community.**

**GOLD SPONSORS**

Ben Gravett Enterprises  
Channel 21, Culpeper  
Fauquier Times–Democrat, Culpeper Times, & Rappahannock News

**SILVER SPONSORS**

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Rappahannock Electric Cooperative  
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**PROGRAM SPONSORS**

Bowman Gaskins Financial Group  
Remington Press

If you would prefer not to receive future issues of *Companion*, please call Rachel at 540.825.4840 or e-mail her at [info@hotr.org](mailto:info@hotr.org).

## Hospice of the Rapidan Welcomes Two New Board Members

We are pleased to introduce two members of our community who have recently joined *Hospice of the Rapidan's* Board of Directors. Each of them brings a wealth of experience and a dedication to our community that will strengthen our organization and help us achieve our goals for the future.



**Fran Moore Krebsler**

Fran Moore Krebsler lives in Flint Hill in Rappahannock County with her Corgi, Cappy. Fran has two married children and three grandchildren as

well as three step children.

Fran has worked in several capacities throughout her career, some of which include working within the legal commu-

nity from Fauquier County to Washington DC for Randolph Macon Academy. She also worked in the development office for Shenandoah University and with Virginia's Center for Innovative Technology as Executive Assistant to the President. Currently she is employed by the Rappahannock County Public Schools in the Special Education and Grants Department.

Fran's board memberships include Rappahannock County Farmers Association, Rappahannock County League for Environmental Protection, the Rappahannock County Conservation Alliance and Headwaters, an educational foundation. She currently serves on the Rappahannock County Library Board, the Krebsler Fund for Rappahannock County Conservation and on the Vestry of Trinity Episcopal Church.

Jennifer J. Spiers brings fifteen plus years of expertise as an accounting and tax specialist to the board. Jennifer is a senior manager at Young, Nicholas, Bran-

ner & Phillips, LLP. A graduate of The University of Michigan, she has received numerous awards in her field.



**Jennifer J. Spiers**

Along with her expertise in finance, Jennifer has been giving back to her community in various ways. She served

as a volunteer for New York Cares, The Salvation Army, the Juvenile Diabetes Research Foundation and locally for the Humane Society.

Please join us in welcoming Fran and Jennifer. We thank you for your time and willingness to share your expertise.

## TML, A Xerox Company, Donates Copier



**Kathy Clements & Kathy Holster after turning our new printer on**

Our heartfelt thanks go out to Kathy Holster, Major Account Manager with TML, a Xerox Company. When Kathy realized the upcoming move of their TML office would mean they would have a few copiers available to donate, she picked

up the phone and called us. Kathy told us she felt the first one should be offered to a worthy non profit like *Hospice of the Rapidan*. Kathy knew how much this gift would mean to us.

TML believes that contributing to their community is an important role for their organization. Being a good corporate neighbor means more to them than just financially contributing to not-for-profit organizations, it also means lending their time, experience and expertise. Over 85% of



**Kathy Holster describing for staff members how to use our new copy machine**

TML's employee base are involved in their community organizations.

We have been using this beautiful copier for a few weeks now and we are all grateful to Kathy for thinking of us first.

## A Tribute to Two Family Caregivers

By Larry Stillwell, Rappahannock County Resource Specialist for Aging Together



Larry Stillwell

Two men I knew died recently within days of each other after long struggles with two different paralyzing and fatal diseases. Thanks to the loving dedication and painstaking hard work of the women who were their life partners, each man was able to live at home throughout his illness.

Each died peacefully in his own bed.

Jim Marangoni was well known and well loved in the Rappahannock community. Like my old friend Greg Soltys of Williamsburg, he had a big smile and a big heart, a playful and friendly disposition, and a mischievous sense of humor. And sadly, like Greg he developed an incurable disease that gradually shut down his body and killed him. Greg had ALS, amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. "If anyone sees Lou Gehrig, tell him he can have his disease back," Greg used to crack sardonically. Jim was diagnosed with corticobasal degeneration (also known as cortical basal ganglionic degeneration), which is even rarer than ALS and equally mysterious and untreatable.

For both men, the disease first weakened their hands and limbs and then eventually forced them into wheelchairs by day and hospital beds by night. By the end, each had to be slipped into a harness and lifted mechanically into or out of bed. Along the way, each man lost the power to

feed himself, to chew or swallow easily, and to speak. During my friendship with Greg and his longtime companion Paula Durham, and the ten months I visited Jim and his wife Carol each week as a *Hospice of the Rapidan* volunteer, I was privileged to see how these two couples managed the impossible. I am convinced that what kept these men's lives from being truly unbearable was the strength, dedication, and resourcefulness of the women who accepted the demanding full-time jobs of caring for them at home. I take away from my time in the homes of these two couples a deep admiration, a profound awe, for both the character and the accomplishments of family caregivers.

Neither woman could have done it alone, of course. They had invaluable help from professional caregivers, from doctors and therapists, from hospice staff and volunteers, and from clergy, family, and friends. It takes a village, we'd say at Greg and Paula's house, as an incoming acupuncturist and an outgoing physical therapist passed each other on the long wheelchair ramp leading to the front door. In every community, there are legions of these skilled, compassionate people whose daily work is dedicated to supporting those who desperately need their help. Thank goodness Carol and Paula had help. But the bottom line was that it fell to them to learn to manage the myriad demands of caregiving. At the same time, they had to cope with their own fears and emotions caused by the pending loss of their life partner, as well as with their partner's fears and emotions. Either challenge would qualify as a crisis in anyone's life.

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## Welcome to Karen Quanbeck, Director of Development



Karen Quanbeck,  
Director of Development

*Hospice of the Rapidan* is delighted to welcome Karen Quanbeck, who joined us in August as our new Director of Development. Karen will lead *Hospice of the Rapidan's* fundraising efforts, including individual, corporate and foundation giving, planned gifts, grants, capital planning and events.

Karen brings 24 years of

combined experience in business administration, program management, public relations and development. She holds a Bachelor of Arts in English Language and Literature, a MS in Systems Management and a MA in Anthropology/Archaeology.

Karen is no stranger to hospice, as she was program coordinator with the Carolinas Center for Hospice and End-of-Life Care.

She supported multi-million dollar grants from the Duke Endowment and the Robert T. Johnson Foundation for a regional educational project and coordinated the organization's public relations and development functions.

Please join us in welcoming Karen to our *Hospice of the Rapidan* Family.

### Advance Care Planning: Better Sooner than Later

By Gerhard Kraske, MD MPH



Gerhard K. Kraske, M.D. M.P.H.

Gerhard K. Kraske, M.D. M.P.H. has been in private practice a number of years. Prior to joining Piedmont Internal Medicine in Warrenton he practiced in Chattanooga, TN and Aiken, SC. He earned his MD at George Washington University School of Medicine and his Bachelors and Masters Degrees from UCLA. He then trained at UCLA and VA Wadsworth and surrounding hospitals including Cedar - Sinai Hospital. His current interests center around preventative medicine, cardiovascular, respiratory diseases, diabetes, and geriatric medicine. His hospital privileges are with Fauquier Health where he serves on a number of committees.

The scenario plays itself out all too often these days. An elderly patient consults his or her primary care physician for a time-limited office visit. It is usually quite difficult to address the plethora of medical issues that he or she needs to consider during the allotted time. Such encounters will surely increase as the baby boomers reach the final stage(s) of their lives.

It often seems that the least of these issues is discussions pertaining to end-of-life and advance care planning. Broaching these sometimes sensitive subjects in a limited time frame with a patient can be quite a challenge from

the physician's standpoint. The primary care doctor is best able to gauge when he/she has gained a patient's trust and confidence. Until such time, holding off on issues like advance care planning is advised. Physicians should also take care to respect patients' sensibilities when they demonstrate little or no interest in advance care planning. In such instances the patient can be asked about it annually or sooner if their medical condition changes. Medical literature supports that brief, episodic discussions carry more weight than a one-time more comprehensive description of advance directive options.

In my practice I have found the medical power of attorney to be the most useful form of advance medical directive. Unlike a living will, which is static, the medical power of attorney, in which the patient designates a family member or trusted person to make decisions for the patient when he or she cannot speak for him or herself, is more flexible, especially in the myriad situations in which decision making or a weighing of considerations is involved. However to be most effective, when a patient puts a medical power of attorney in place the physician is advised to include the person so designated in discussions about care and treatments, so that he or she is as well prepared as possible to make appropriate decisions if and when the time comes. The medical power of attorney can also be activated anytime the patient lacks decision making capacity and called off when his or her decision making capacity returns.

Another key reason to discuss advance directives with patients is to ensure that the treating physicians know whether one has been executed. It is not unusual for patients to put an advance directive in place and then store the document with personal legal

papers like their will, with the result that physicians, hospitals and family members are unaware of it when it is needed. This also reduces the chance of family members, amid the understandable stress of facing the possible loss of a loved one, interfering with the patient's express wishes or interposing their own treatment decisions.

Periodic reevaluation of the patient's goals and values is necessary as these may change over time. Such decisions need to be reassessed not only when the medical situation has deteriorated but when it has improved as well. Advance care planning should be a complete process that looks not only at a values history, but also considers physical, spiritual, and psychosocial needs. Life expectancy needs to be estimated with clarification of treatment goals and estimating the burden of managing treatment.

Finally, advance care planning should be undertaken not only in the physician office setting but also in other locales such as assisted living and nursing facilities. Training office staff to place advance care planning documentation in accessible parts of the patient's medical record- be it paper chart or EMR- is a time saver and steady reminder of this very important facet of patient care. Forwarding such documentation and discussions to specialists involved in the patient's care serves to keep all parties on the same page.

## Tribute *continued from page 5*

Gail Sheehy, famous for *Passages* and other books about life stages, has written a wonderful new book called *Passages in Caregiving: Turning Chaos into Confidence*. In it, she creates an imaginary "want ad" for the role of family caregiver:

"HELP WANTED: Untrained family member or friend to act as advocate, researcher, care manager, and emotional support for a parent or spouse, sibling or friend, who has been diagnosed with a serious illness or chronic disability. Duties: Make medical decisions, negotiate with insurance companies or Medicare; pay bills; legal work; personal care and entertainment in hospital and rehab. Aftercare at home: Substitute for skilled nurse if

injections, IV, oxygen, wound care or tube feedings are required. Long-term care: Medication management, showering, toileting, lifting, transporting, etc. Hours: On demand. Salary and benefits: 0."

This is the job Carol and Paula each learned through unexpected on-the-job training, performed day after day for years. As is characteristic of family caregivers, they did their jobs with intelligence, skill, and conscientiousness - even with humor. Most importantly, they did their jobs with love.

Though nearly one-third of American families include an unpaid family caregiver, this quiet kind of heroism usually goes unnoticed. In farmhouses and

apartments throughout Rappahannock and across Virginia, people like Carol and Paula are doing the unsung work of family caregiving. They deserve our recognition, our admiration, and our thanks.

*Aging Together is a community partnership taking action now to improve quality of life for the growing population of older adults, serving the counties of Culpeper, Fauquier, Madison, Orange and Rappahannock.*

*For more information, call 540-829-6405 or Visit our website: [www.aging-together.org](http://www.aging-together.org).*

*Reprinted with permission from the Rappahannock News, dated August 5th*

## Tree of Lights Celebration Brings Communities Together

Each year *Hospice of the Rapidan* helps members of the community to honor or remember someone special with a light on one of our Christmas season Trees of Lights. This year the lights will be lit at Union First Market Bank (formerly Rappahannock National Bank) in Washington, Virginia on November 29th at 6:30 pm. Mark your calendar today to attend our Tree of Lights Celebration.

The celebration will include a brief presentation, Christmas music, the ceremonial lighting of the tree and appetizers made by *Hospice of the Rapidan* volunteers along with soft drinks. The lights will shine throughout the holiday season.

Anyone is welcome to sponsor lights. No prior hospice affiliation is necessary. Sponsored lights recall the memory of someone special; pay tribute to individuals or groups who have made a difference; and honor men and women serving in the military. Honorees often include those who have gone the extra mile in caring for terminally ill patients, teachers, friends, co-workers and neighbors who have made a difference this year or in the past, firefighters, police and service men and women stationed overseas. We are pleased to notify honorees of your gift with a beautiful card if you wish so they can attend our Tree of Lights Celebration. Each light helps *Hospice of the Rapidan* live up to our promise to care for all terminally ill patients and their families in Culpeper, Fauquier, Madison, Orange and

Rappahannock counties regardless of their ability to pay. Individual lights are \$10 each or three lights for \$25. Higher level sponsors also receive a range of benefits in the spirit of the holiday season. For \$1,000 Guardian Angel Sponsors can dedicate 50 lights, and receive a company profile in *Companion* and in the Tree of Lights program and a link on our website. For \$500 Angel Sponsors can dedicate 40 lights, and receive a profile in the Tree of Lights program and a link on our website. For \$250 Cherub Sponsors can dedicate 30 lights and be recognized in the Tree of Lights Program. For \$100 Friends Sponsors can dedicate 15 lights and be recognized in the Tree of Lights program.

Our heartfelt thanks go out to our friends at Union First Market Bank and to the volunteers who will present this uplifting and popular celebration: Liz Blubaugh, Jan Clatterbuck, Nancy Dingle, Dotty Gallegos, Jo-an Getsinger, Polly Mceda, Kelly-Jo Settle, Judy Shupp and Sidney White.

Lights may be purchased online at [www.hotr.org/donations.php](http://www.hotr.org/donations.php) or by completing the attached Tree of Lights form and returning it in the envelope provided. Sponsors may use the attached form or call us and we will take all your information by phone. So start making your list (and checking it twice...)

# Companion

Hospice of the Rapidan  
PO Box 1715 • Culpeper, VA 22701



Dignified and compassionate end-of-life care for terminally ill patients and their families in Culpeper, Fauquier, Madison, Orange and Rappahannock counties, regardless of their ability to pay

## Thank You for Your Board Service

The staff and Board of Directors of *Hospice of the Rapidan* wish to thank Dr. Julie Connelly, John James, John Klumpp and Sue Hurt Shifflett for their time spent as members of our Board of Directors.



**Dr. Julie Connelly**

Dr. Connelly was instrumental in helping us reach out to other physicians and to nursing homes.

John James's last position with our board was as president and John has been instrumental in helping us in the early stages of building our hospice house and one of last year's gala honorees. John is also one of our patient care volunteers and continues beyond his board service.



**From left to right John Klumpp and John James**

John Klumpp served on various commit-

tees and was a key contributor to our most recent strategic plan and served as the 2009 *Hospice of the Rapidan* Golf Invitational Chairman.



**Sue Hurt Shifflett**

Sue Hurt Shifflett was a key contributor to our new strategic plan and has helped with numerous events. Sue is also one of our patient care volunteers and continues to serve in this extremely valuable role.

Although they will be missed it seems they still want to help since we still see a lot of them in the office, at events and committee meetings helping out in a variety of ways. Thanks to all of you for your commitment to compassionate and dignified end-of-life care.