



Companion

Compassionate & Dignified End-of-Life Care

Hospice of the Rapidan is a non 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

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The Volunteer Core of Hospice Care

In past times, "an Englishman... always insists, when he serves without pay of any organization, upon indicating his volunteer character by writing Hon. meaning honorary, before the name of his office."

So H. L. Mencken wrote in 1921, and for our purposes, it is a shame the custom has passed. For the title elegantly summarizes the honorable character of those who volunteer their services to assist others; here at *Hospice of the Rapidan* we would address letters to our 135 volunteers as "Hon."

As you will read, our patient care, our special events, our educational outreach efforts, our governance, our fundraising, all rely upon these precious volunteers. We simply cannot function without them, or thank them enough. Volunteers founded the hospice movement and most hospice agencies (as with *Hospice of the Rapidan*). Now, current regulations include this practical core. At a Medicare-certified hospice, trained volunteers must provide five percent of all patient care hours.

While the Medicare regulations require hospices to use volunteers in day-to-day administrative or direct patient care roles, they do not define any specific roles for volunteers. So long as a volunteer meets the qualifications stated in the Medicare regulations, as well as meeting other applicable state and local requirements, a volunteer can perform any roles required for the

hospice's use. Medicare also requires hospices to maintain records on the cost savings achieved through use of volunteers. These records show the hours contributed by volunteers, for which otherwise, the hospice would have been required to pay employees.

We invite and welcome you to join our team as a volunteer, as your generosity will ensure *Hospice of the Rapidan* continues the vital service tradition that benefits all of us: providing compassionate and dignified end-of-life care for adults and children with a limited life expectancy. For those who may not be fully familiar with our mission, *Hospice of the Rapidan* offers professional medical and social services, spiritual and volunteer support, and grief care services to both our patients and their loved ones. Moreover, all of our grief-care services, which are completely free of charge and not reimbursed by Medicare or other insurance programs, are available to anyone in our five-county community.

Think about joining *Hospice of the Rapidan's* wonderful volunteers, a place where you know your time and talents will be treasured and honored. To learn more, call our Director of Volunteer Services, Ruth Pavlik at 540-825-4840.

Join us at one or more of the following events!

September

Grief Support Groups
 Tuesday, 9/6 thru 9/27
 5:30-7:30pm
 Hospice of the Rapidan
 Culpeper

Taste of the Mountains Street Festival
 Saturday, 9/3, 9:00am-4:00pm
 Main Street, Madison
 Stop by and visit our booth

Orange Street Festival
 Saturday, 9/10, 9:00am-5:00pm
 Main Street, Orange
 Stop by and visit our booth

NAACP of Orange County
 Monday, 9/12, 7:00pm
 146 Madison Rd., Orange

Healthy Culpeper
 Wednesday, 9/14, 12:00pm
 Culpeper Regional Hospital

Service of Remembrance
 Sunday, 9/25, 3:00pm
 Culpeper United Methodist Church
 Culpeper

Culpeper Regional Hospital Health Fair
 Tuesday, 9/27, 5:00-7:00pm
 Fire Hall, Main St., Madison

October

A Day in the Plains
 Saturday, 10/1, 9:00am-3:00pm
 Main Street, The Plains
 Stop by and visit our booth

Catlett Volunteer Fire Dept.
 Monday, 10/3, 7:30pm
 Catlett

Shady Grove Baptist Church Annual Health Fair
 Saturday, 10/22, 9:00am-2:00pm
 Orange
 Stop by and visit our booth

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Letter From the Executive Director



Kathy Clements

As the Executive Director for Hospice of the Rapidan, I find myself immersed most days in the administrative side of providing hospice care for our community. Regulations, budgets, meetings, finances

and policies are just a few of the daily challenges that I address to ensure our staff and volunteers stay in compliance and, most importantly, stay focused on what we are here to do: providing the highest quality hospice care for our community.

On any workday, I need only to walk out of my office and listen to the staff around me to know that our efforts are worth it. I hear the Director of Grief Care Services talking and walking a family member through the recent loss of a loved one. I hear the Director of Volunteer Services coordinating with a volunteer to visit a home to provide some much needed respite services for a family caregiver. I hear the voice of a Registered Nurse comforting a family member who

is making that first call to Hospice of the Rapidan to inquire about exploring hospice care for a loved one. I hear a Medical Social Worker softly leading a family member through the maze of requirements to apply for Medicaid. I hear another nurse reply, "I will be right there," to a family member dealing with a situation in the home that needs immediate intervention.

Hospice of the Rapidan cannot provide this comprehensive care without the support of our community. From our humble beginnings in 1983 to today, the community has supported our mission. When reflecting on the number of patients, families, volunteers, board members, staff members, businesses and donors that I have been privileged to know through my association with Hospice of the Rapidan, I am overwhelmed and again recall that saying: it takes a village.

Thank you for being the village that embraces and supports Hospice of the Rapidan. With your help we will continue to work and stay focused on providing the highest quality and most compassionate hospice care possible to all in need.

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
 Julia E. Connelly, MD, Diplomate, American Board of Internal Medicine

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

Director of Development
 Karen Quanbeck

Director of Human Resources
 Ann Frazier

Director of Volunteer Services
 Ruth Pavlik

Director of Grief Care Services
 Craig Wilt

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Outstanding Volunteers Honored at 2011 Volunteer Appreciation Luncheon



Dir. of Volunteer Services Ruth Pavlik recognized Ward Reiss for 15 years of volunteer service to *Hospice of the Rapidan*.

Even a tornado watch could not dampen the spirits of about 60 guests as *Hospice of the Rapidan* honored one of its most valuable resources—its volunteers—at the annual Volunteer Appreciation Luncheon on Thursday, April 28 at Culpeper Country Club. This yearly event is a very special opportunity to express our gratitude and recognize volunteers who have earned service achievements.

After a welcome from Board of Directors President, Bishop Michael V. Jackson, Sr. and a delicious buffet, these volunteers received awards for years of service:

15 years: Ward Reiss

10 years: Carol Collins, Ralph Smith, and Frank Walusek

5 years: John Bossong, Moon Halstead, Janet Hanson, Pat Harlow, Theresa Knight, Sara Loken, Martha McNeal, Star Rothrock, Susan Sandlin, Lyle Sanford, Renate Shields, and Peggy Simmons

3 years: Margaret Clarke, Dotty Gallegos, Rosanne Gorkowski, Mary Hudak, Evelyn Kitts, Susan Kitts, Linda McClanahan, Barbara Rhodes, Linda Risse, Trisha Walker, and Ruth Wallace.



Linda McClanahan, a patient volunteer and a co-facilitator of grief support groups received a gift for her three years of volunteer service.

Seven volunteers provided more than **100 hours of service** in 2010: Margaret Clarke, Bill Corddry, Dotty Gallegos, Cindy Greene, Linda McClanahan, Sue Hurt Shifflett, and Fay Utz.

Eight volunteers drove over **1,000 miles** in 2010: Margaret Clarke, Bill Corddry, Cindy Greene, John James, Linda McClanahan, Mollie McMahan, Sue Hurt Shifflett, and Fay Utz.

The afternoon's highlight was revealing the winners of the Joella Bradshaw Award for Rookie Volunteer of the Year and the 2010 Volunteer of the Year. For 2010, the Rookie of the Year is Liz Blubaugh, of Rappahannock County. Her volunteer services were instrumental in the plan of care for a younger patient so the spouse could continue in the workforce, as well as for an elderly patient whose devoted children could take a much needed break. Beyond patient care, she shone in community outreach activities and was an effective committee member for the successful Tree of Lights ceremony.



Fay Utz of Madison County (center) received the 2010 Volunteer of the Year Award, presented by the Chair of the Volunteer Advisory Committee Mollie McMahan (L) and Ruth Pavlik (R).

The 2010 Volunteer of the Year is Fay Utz of Madison County. During 2010, Fay served eight patients, participated in community outreach activities, special events, and assumed a leadership role among volunteers as a member of the Volunteer Advisory Committee. A new task for this committee is the publication of the quarterly volunteers' newsletter. Without prompting, Fay stepped forward to take on the substantial task of formatting the periodical for publication.

A Great Day of Golf for a Great Cause!

Our fourth annual charity golf outing had gorgeous weather, a great turnout, and raised over \$20,000 to fund hospice care for our patients in five counties. Seventy-eight players took to the tees on the bright and cool morning of Monday, June 13, at Fauquier Springs Country Club for the friendly competition with special contests and prizes donated by event sponsors and local businesses.



The first-place foursome of our 2011 Charity Golf Outing is (L-R) Kirk Hughes, Brant Ruskin, Lee Murphy, and Matt Gravett.

The foursome of Matt Gravett, Kirk Hughes, Brant Ruskin, and Lee Murphy won \$400 in gift certificates to the Fauquier Springs pro shop for the first place finish. Regrettably, no players took home the hole-in-one prizes: a 2011 Harley Davidson motorcycle, courtesy of Waugh Enterprises Harley-Davidson in Orange and \$2,500 in professional painting services, courtesy of CertaPro Painters.

We extend our heartfelt appreciation to the event sponsors listed below

and the volunteer committee members who planned and accomplished this successful fundraiser: Chair, John Klumpp, John Frazer, Rich Harrington, Lee Sherbyn, Michael Swinson, and Paul Ward.



Volunteers Judy Shupp (left), Dotty Gallegos (back left) and Sydney White (back right) join Ruth Pavlik to set up for the early morning registration at the 2011 Charity Golf Outing.



Chair of the 2011 Charity Golf Outing committee, John Klumpp (center) lends his armspan to measure raffle tickets as fellow committee member Lee Sherbyn (left) and volunteer Judy Shupp (right) assist.

Gold Sponsors

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Volunteers Receive Presidential Service Awards

Seven *Hospice of the Rapidan* volunteers received national awards at the 2011 Presidential Volunteer Service Awards ceremony held April 12 at the Providence Bible Church in Culpeper. Margaret Clarke, Bill Corddry and Cindy Greene of Warrenton, Dottie Gallegos of Culpeper, Linda McClanahan of Remington, Sue Hurt Shifflett of Unionville and Fay Utz of Brightwood were among the volunteers honored for their service to our community.

Co-sponsored by The Piedmont United Way and the Retired and Senior Volunteer Program, the ceremony recognizes community volunteers — individuals, families and groups — who achieved a certain standard whether measured by the number of hours of service over a 12-month period or cumulative hours earned over the course of a lifetime.

America has a long and proud tradition of volunteer

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Family Camp Largest Ever

"Rhubarb pie!" exclaimed a Family Camp volunteer. "We found a picture of rhubarb pie!" With this unlikely, providential discovery, a Family Camp participant could complete the finishing touches on the collage she was making in memory of her mother, who was being remembered for her special rhubarb desserts.

On this special Saturday, June 11, *Hospice of the Rapidan*, along with Hospice Support of Fauquier County and Spiritual Care Support Ministries, hosted our third annual Family Camp at Verdun Adventure Bound in Rixeyville. *Hospice of the Rapidan* took the initiative to plan this camp, which brought together nearly sixty children and adults, grieving the death of a family member or friend, for a day of healing. The Family Camp allowed opportunities for children and adults who care for them to gather in a safe place and openly share their thoughts and feelings with others who had experienced similar loss, and who could offer understanding and compassion and renewed hope.

As with all of our grief care services, this camp was free of charge and open to all who had experienced the death of a family member or friend regardless of agency affiliation. The camp program included activities and sessions just for children, for children and their parents or adult caregivers together, and just for adults. A team of professional grief care providers facilitated all of the sessions and specially trained grief-care volunteers assisted and supported each camper and adult. Indeed, it was the strong base of our dedicated volunteers who, as they do all year round, gave their time and full range of talents to make the Family Camp a success. To the entire team of staff and sponsors, we extend our gratitude.

In the belief that grieving children are children first and grievers second, fun and food were plentiful and, for the

third consecutive year, *Chick-fil-A* of Warrenton donated lunch for everyone. Moreover, the mutual support the children experienced while engaging in team activities was an essential element of the camp's success. Family Camp activities included music, art, exercise and pet therapies, and it closed with the campers writing messages to their deceased loved ones on balloons. Smiling is often considered an indicator of one's progression through healing grief, and an accomplished goal for the camp was the promotion of broad smiles and abundant laughter. Tough topics were addressed, too, because the pain of loss must be faced for healing to occur.

As this article goes to print, we continue to receive enthusiastic letters from Family Camp participants. Among the comments: "This was one of the most worthwhile programs I've ever been involved in." "Everything was perfect, well organized." "I recommend it (the Camp) highly!" "The camp and staff were wonderful." "The camp was extremely helpful." "The camp provided encouragement and normalcy to what we feel." and "It was really beneficial ... to be with others who have the same loss experience and to feel connected and not feel so alone on this journey." And, finally, "What about a follow up camp?"

We have already begun to prepare for next year's Family Camp. Should you be interested in supporting our Family Camp and other *Hospice of the Rapidan* events as either a volunteer or a financial sponsor, please go to our website at www.hotr.org or contact us at (540) 825-4840. In truth, there are lots of grieving children and adults in our community and, together, we can continue to make a positive difference in their lives.

Hospice of the Rapidan Welcomes New Board Members

We are pleased to introduce the three new members of *Hospice of the Rapidan's* Board of Directors. Each has a wealth of experience and dedication to the communities we serve.

Karen Carpenter Ingram brings her energy, enthusiasm and expertise as Financial Center Manager at StellarOne to our board. Karen has volunteered for various community events including Coats for Kids, Toys for Tots and numerous children's activities in schools. Karen and her family reside in Reva.

Jim Carson, a civil engineer and principal of Carson Ashley and Associates in Warrenton will also serve as chair of the *Our House* Building Committee. Jim's previous service with non-profit and civic organizations includes The Fauquier County Chamber of Commerce, the Warrenton Economic Development Advisory Committee, The Southern Fauquier Business Association and the Northern Virginia Building Industry Association. Jim and his family reside in Culpeper County.

Cindy Rickett will be expanding her many volunteer roles with *Hospice of the Rapi-*

dan to include serving on the Board of Directors. A financial advisor with Edward Jones Investments in Culpeper, Cindy's support for hospice began when she witnessed the care her mother received. Cindy and her family live in Orange.

Please join us in welcoming Karen, Jim, and Cindy; we thank you for your commitment and willingness to share your expertise.

Butterfly Tradition Continues



A canopy full of Monarch butterflies awaits their release.

to honor loved ones, living or deceased, with the reading of their names and the release of over 100 lively Monarch butterflies in a program of song, poetry, reflection and live harp music. Another increasingly popular tradition was the raffle of three beautiful quilts designed, created and donated by *Hospice of the Rapidan* volunteers.

In a special way, *Hospice of the Rapidan* extends sincere appreciation to the administration, faculty and students of Germanna Community College, all of our sponsors, the many volunteers and committee members, and the Kenwood Players and Susan Sandlin for sharing their gifts as musicians. Thank you to our quilt creators, Dodie Erlensborn, Rosanne Gorkowski and Pam Losely, and especially

to our many faithful friends who support our mission of service.

In truth, some traditions come and go. Some never change. Whether or not a tradition will last depends on who is willing to carry it into the future. Traditions take work and all of us can take pride that *Hospice of the Rapidan*

has never wavered in our mission of providing the best possible hospice care services to our community. This is a tradition that must and will continue.



Lyle Sanford and The Kenwood Players played festive airs as the participants gathered for the program.



(L to R) Laura Elizabeth, Benjamin, and their father Marc Wheat join Elianna Dodson, Tiffany Tilley, father Michael Dodson and Curtiss Tilley at the children's activities table as volunteer James MacLeod (seated) assists them.



Guests of all ages enjoyed studying the butterflies.



Volunteers (L to R) Annie Kirchner, Sue Hurt Shiflett and James Shiflett served refreshments at the Butterfly Celebration on May 8. Hospice of the Rapidan volunteers made the delicious assortment of baked goods.

New Volunteers Complete Training

Twelve individuals completed *Hospice of the Rapidan's* Volunteer Patient/Family Support training course on April 7. Each volunteer assigned to provide companionship, caregiver relief or similar support for our patients and their families has completed this 21-hour comprehensive program to prepare them for hospice work. The newest class represented four of the five counties in our service area, and a range of ages and occupations, with some retired and others still in the work force.

Fauquier County had the largest number of representatives in this group. They included Warrenton residents Carole Cambria Gertel and Martha and Sam Mitchell. Mark Hallowes and Marieke VanDiemen represented Midland, while Goldvein's Audrey James rounded out the Fauquier group. Ginny Eisenstaedt, Edna Mason and Alice Meyers-Paulin added three more Culpeper residents to our volunteer corps, and Julie Music came on board from Sperryville in Rappahannock County. It is a pleasure to add Philip Cooke and Judy Trohan from Orange County, an area where we need more volunteers at this time.

Other volunteers recently joining us to assist in capacities other than patient support are Debby Perl (office duties), Annie Cato (special events), Susan Greenwood (massage therapy), and Vanessa Sims (massage therapy). Each has completed a shorter orientation program to prepare them for their special roles. In addition to the specialties mentioned, *Hospice of the Rapidan* welcomes volunteers in art therapy, hair care, music therapy, notaries, and pet therapy as well as teen volunteers.

If you are interested in becoming a *Hospice of the Rapidan* volunteer, please contact Director of Volunteer Services Ruth Pavlik at 540-825-4840 or rpavlik@hotr.org. We can arrange specialty orientations at mutually convenient times, and the next Patient/Family Support Volunteer training course begins this October.



Ten of our new patient/family support volunteers gathered after the spring training class. Pictured here are (top row, L to R) Sam Mitchell, Judy Trohan, Philip Cooke, (middle row) Martha Mitchell, Audrey James, Carole Gertel, (bottom row) Mark Hallowes, Ruth Pavlik, Marieke VanDiemen, Julie Music and Alice Meyers-Paulin. Not pictured are Ginny Eisenstaedt and Edna Mason.

Volunteers Receive Awards *continued from page 4*

service. Now, more than ever, volunteers are renewing their commitment to helping others and making new connections that bring us closer together as families, as neighbors, as communities and as a nation.

The President's Council on Service and Civic Participation recognizes the valuable contributions volunteers are making in our communities and encourages more people to serve. The council created the President's Volunteer Service Award program as a way to thank and honor Americans

who, by their demonstrated commitment and example, inspire others to engage in volunteer service.

To date the President's Council has partnered with more than 80 leadership organizations and more than 28,000 certifying organizations to bestow more than 1.5 million awards to the nation's deserving volunteers.

We applaud all of our *Hospice of the Rapidan* volunteers as they take time to help us care for every patient and family who needs us, regardless of

their ability to pay. Thank you to all of our volunteers and congratulations to those of you who received this prestigious award.

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.

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

Letter From the Director of Development



Karen Quanbeck,
Director of Development

By the time this newsletter reaches your hands, *Hospice of the Rapidan* will have hosted or participated in 53 special events between April and mid-June, 2011. These events, whether educational outreach, volunteer training, teleconferences, grief support groups, or fun(d)raising, illustrate our commitment to the varied communities in our five county service area. This calendar also reveals our volunteers' dedication and amazing energy for they ensured the success of each event.

The capital campaign for our residential hospice, *Our House*, stands upon a foundation of volunteers, too. Organized by county, and led by campaign chair, George B. Fitch, Mayor of Warrenton, these volunteer ambassadors are reaching out through their network of friends, neighbors and colleagues to build support for *Our House*. Their efforts are being well received; lead gifts and pledges made during this quiet phase

have moved the campaign toward 25% of its goal. The volunteer Building Committee awaits the results of Fauquier County's engineering review of the site and facility plans.

The public has been carefully inspecting the architectural plans for *Our House*, too. At many of these special events, we have displayed an artist's rendering of *Our House* accompanied by large, mounted posters of the landscaping and architectural plans. Folks are impressed with the building's design, its setting, and the attention given to ensuring the comfort and serenity of *Our House's* patients and visitors. Each conversation ends with a question, "How soon will it be built?" followed by a disclosure, "My mother (father, friend, cousin) really needed something like this." Our answer is, "As soon as we can."

I hope you will join our volunteers, and your community's commitment, to build *Our House*. Every week, we have patients who could receive the best of care in this residential hospice. Please consider how best you can give to the *Our House* campaign, and call me at 540-825-4840 with your response.

Karen Quanbeck
Director of Development