



Volunteer

Compassionate & Dignified End-of-Life Care

NEWS AND VIEWS

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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VOLUNTEER APPRECIATION LUNCHEON

The monsoon-like rains that had plagued the area in April were held in abeyance as the *Hospice of the Rapidan* volunteers gathered for their annual appreciation luncheon. Each volunteer was warmly welcomed and seated in the Country Club of Culpeper's dining room for a program which included a welcome and invocation by Bishop Michael V. Jackson, Jr., a letter of thanks from Executive Director Kathy Clements, RN, BSN, lunch (of course), door prizes and the Recognition Ceremony.

The last is the highlight of the afternoon because it includes the naming of the volunteer Rookie of the Year and the Volunteer of the Year.

This year's Rookie of the Year made her mark both as a patient volunteer and in the areas of community outreach and special event planning. She worked in tandem with another volunteer to make it possible for a patient's spouse to continue working. She gained the trust of a patient who became anxious when family members were not present. She helped with a major community festival in Rappahannock County and served on the Tree of Lights. **Liz Blubaugh** was named as the 2010 winner of the Rookie of the Year. Liz was busy with an event for the Rappahannock Lions and was presented the award later.



Fay Utz (middle) accepting award from Mollie McMahon, Volunteer Committee Chairperson, and Ruth Pavlik (r)

There is an old adage that says "If you want something done, ask a busy person." No one is busier than our Volunteer of the Year. She has served eight patients during 2010. With the last one, she supported not only the patient but gave emotional support to the overwhelmed caregiver daughter. She has assisted with office chores, community festivals, special events and is a regular at Lunch 'n Learn. Most recently, as a member of the Volunteer Advisory Committee, **Fay Utz** has taken on the challenging role of formatting the now volunteer produced newsletter including graphic design.

Congratulations to both of these outstanding volunteers.

Volunteers were recognized for their service during 2010. Recognized for over 100 hours of service were: **Margaret P. Clarke** – 201 hours; **William D. Corddry** – 113 hours; **Dotty L. Gallegos** – 198 hours; **Cynthia Greene** – 254 hours; **Linda R. McClanahan** – 192 hours; **Sue Hurt Shifflett** – 150 hours; **Fay T. Utz** – 136 hours.

Join us at one or more of the following events!

SEPTEMBER

Taste of the Mountain

Saturday, 3rd, all day
Madison, VA

Orange Main Street Festival

Saturday, 10th, all day
Orange, VA

Lunch 'n Learn

Tuesday, 13th, 12:00 Noon
Bethel United Methodist Church
Warrenton, VA

Lunch 'n Learn

Tuesday, 20th, 12:00 noon
Hospice of the Rapidan Office
Culpeper, VA

Service of Remembrance

Sunday, 25th, 3:00 p.m.
Culpeper United Methodist Church
Culpeper, VA

Grief Support Group

Tuesdays, 5:30-7:00 p.m.
Hospice of the Rapidan Office

OCTOBER

Remington Fall Festival

Saturday, 1st, all day
Remington. VA

The Plains Day

Saturday, 1st, all day
The Plains, VA

New Volunteer Training Begins

Thursday, 6th
Hospice of the Rapidan Office

Grief Support Group

Thursdays, 2:00 - 3:00 p.m.
Warrenton-Fauquier Visitors Center
Warrenton, VA

Volunteers Needed for All Festivals

Volunteer News and Views

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Volunteer Committee Members :

- Mollie McMahon (Chair)
- Rosanne Gorkowski
- Peggy Simmons
- Fay Utz

NEW VOLUNTEERS COMPLETE TRAINING



Top row (l-r) Sam Mitchell, Judy Trohan, and Philip Cooke; Middle row (l-r) Martha Mitchell, Audrey James, Carole Cambria Gertel, and Julie Music; Bottom row (l-r) Mark Hallowes, Ruth Pavlik, Marieke VanDiemen, and Alice Meyers-Paulin. Not pictured: Ginny Eisenstaedt and Edna Mason.

This spring's class of twelve was the largest training class in over ten years. They represented four of our five counties and covered a variety of ages and occupations.

Half of the trainees were from Fauquier County. **Carole Cambria Gertel**, a veterinary assistant from Warrenton, has her cosmetology license which gives her an added skill in addition to a patient support volunteer. **Martha** and **Sam Mitchell**, also of Warrenton, are committed to sharing their mutual desire to help their neighbors and *Hospice of the Rapidan*.

Mark Hallowes of Midland is one very busy man who is employed full time in the computer field and almost full time on his farm property. An avid golfer, his first volunteer activity was our Golf Tournament. **Marieke**

VanDiemen, a native of Holland wanted to incorporate her desire to help others with her professional role as an esthetician at a local spa. Another volunteer who has a dual job description is **Audrey James**, of Goldvein. A recently retired elementary school music teacher, she is already sharing this skill as a musician with one of our patients.

Ginny Eisenstaedt, one of three new volunteers from Culpeper, is an experienced hospice volunteer who trained and served in a Philadelphia suburb. A retired Federal worker, **Edna Mason** is already one of a group of volunteers who are assisting an elderly patient who lives alone. This is a crucial role fulfilled from time to time by our volunteers. Volunteer **John Bossong** introduced *Hospice of the Rapidan* to **Alice Meyers-Paulin**, a horse loving native of Austria.

Rappahannock's representative in this class was **Julie Music** from Sperryville. A retired social worker, Julie represented us in the planning meeting for exhibitors at the Rappahannock 4th of July event.

Because of the growing number of patients from Orange County, the need for volunteers from that county is critical. New volunteers **Philip Cooke** and **Judy Trohan**, are both from the western section of the county where the need is most acute. Philip has been an extremely active member of the volunteer community in the Town of Orange for quite a while. Judy, an Arizona transplant, is currently serving another of our "living alone" patients. She and another volunteer are providing this individual with dinner several evenings a week.

Contributed by Ruth Pavlik

THANK YOU!

A special thank you is extended to volunteers and staff who contributed articles for this issue of *News and Views*.

BUTTERFLIES ARE STARS OF MOTHER'S DAY EVENT



Candy Tredway proudly showing off exquisite quilts to be raffled

On May 8th of this year, *Hospice of the Rapidan* held its ninth annual Butterfly Celebration, at the Locust Grove campus of Germanna Community College. Despite a spring with rain almost every weekend, on Mother's Day the weather cooperated and delivered a lovely day. Families arrived early to picnic and play on the lawn, while others simply enjoyed the music provided by the Kenwood Players led by *Hospice of the Rapidan* volunteer **Lyle Sanford**.

Many attendees took the opportunity to purchase tickets for the quilt raffle. There were three beautiful, donated quilts of different sizes, and the three lucky winners of these were absolutely delighted! The first name drawn that day turned out to be one of our newest volunteers, **Marieke VanDiemen**, who was thrilled with her choice of a stunning quilt created by another volunteer **Rosanne Gorkowski**. The other two quilts were made by **Dodie Erlenborn** and **Pam Losely**.

The formal program concluded with the reading of all the names of those who were honored by donations accompanied by volunteer **Susan Sandlin** on the harp. Finally, there was the moment everyone eagerly awaited -- the release of the "stars of the show"! This year the butterflies appeared especially energetic, quickly fluttering to flowers, trees, and nearby shoulders. There were many "oohs" and "aahs", and of course lots of pictures!

It took the efforts of *Hospice of the Rapidan* staff, as well as many volunteers, to produce this annual event. Included among these were organizing committee members **Ruth Bezek, Jama Carper, Mary Lou Holt, and Candy Tredway** plus on-site volunteers **Dave Carper, Stephen Dunstan, Carolina Figueredo-Mora, Dotty Gallegos, Annie Kirchner, John Lane, Moon Meyer-Halstead, Martha and Sam Mitchell, and Sue and James Shifflett**. Hopefully, even more volunteers will choose to be involved with next spring's event.

Contributed by Candy Tredway

SEVEN HONORED WITH PRESIDENTIAL VOLUNTEER SERVICE AWARD

Seven *Hospice of the Rapidan* volunteers were honored in April at a reception co-sponsored by the Piedmont United Way and the Retired and Senior Volunteer Program (RSVP). The program was held at the Providence Bible Church in Culpeper.

Each year outstanding volunteers are presented with the Presidential Volunteer Service awards based on the level of their commitment to their communities. The recipients are nominated by the organizations that they serve and are recognized in categories that include adults, groups and young people. The recognitions are presented on three levels based on number of hours served. There is also a very special award for lifetime service presented to volunteers who have donated over 4,000 hours of their time.

Nominated this year by *Hospice of the Rapidan* were Margaret Clarke (Fauquier), Bill Corrdry (Fauquier), Dotty Gallegos (Culpeper), Cindy Greene (Fauquier), Linda McClanahan (Fauquier), Sue Hurt Shifflett (Orange), and Fay Utz (Madison). Bill, Dotty, Linda, Sue, and Fay were nominated in the Bronze Award category which indicated that they had served more than 100 but fewer than 250 hours. For the first time *Hospice of the Rapidan* was able to nominate not just one but two Silver Award winners for between 250 and 499 hours of service. Margaret and Cindy were both Silver Award recipients.

Each recognized volunteer received a pin and certificate and letter signed by President Obama commending them on their faithful service to their communities. *Hospice of the Rapidan* is proud to publicly recognize these dedicated volunteers.



Award recipients (l-r) Margaret Clark, Dotty Gallegos, Cindy Greene, Linda McClanahan, Fay Utz

Contributed by Ruth Pavlik

FAMILY GRIEF CAMP A MEANINGFUL EVENT

Did you know that if you offer a tissue to someone who is crying, you are sending a signal to stop? When Chaplain Liz Danielsen shared this insight with the Family Grief Camp volunteers, I knew I was in the right place. Liz advised us to let the participants help themselves to tissue boxes scattered around the room. She also reminded us that to be of service to our guests we must be aware of and sensitive to their needs.

I was fortunate to be among the dozen volunteers from three agencies to serve at the third and largest Family Grief Camp on Saturday, June 11. Twelve families with a total of 21 children participated. The camp was co-sponsored by Spiritual Care Support Ministries, Hospice Support of Fauquier County, and *Hospice of the Rapidan* under the direction of our own Craig Wilt.

One of the highlights was the collage activity. Each participant was given a large sheet of colored paper and instructed to search among hundreds of magazines for pictures reminiscent of the loved one who had died. Later the pictures would be glued to the large sheet forming a collage. Volunteers had a great time helping our guests locate some hard-to-find pictures. Two of the most challenging were rhubarb and a Boy Scout. It wasn't easy, but we eventually found all the pictures needed. Guests displayed their completed collages and explained the significance of each picture.

For the third straight year Chick-fil-A in Warrenton donated a delicious and filling lunch. Be sure to thank the manager when you visit Chick-fil-A.

After volunteers inflated dozens of balloons with helium, participants wrote messages to their loved ones on the balloons. The rain that had held off all day finally started pouring, so we were unable to release the balloons. Guests took them home to release after the rain stopped.

The camp was very well organized with many meaningful activities. I enjoyed the spirit of camaraderie and cooperation among the volunteers. I hope the participants found it as rewarding. I'll see you there next year!

Contributed by Annie Kirchner

A VOLUNTEER'S VIEW OF THE 2011 HOSPICE GOLF TOURNAMENT

Blue skies, puffy white clouds, and low humidity greeted the 70+ golfers who came to enjoy a day of golf at the annual *Hospice of the Rapidan* Charity Golf Outing. The event was held again at the Fauquier Springs Country Club on June 13, 2011.

This annual fundraiser provided an opportunity to us as volunteers to serve in a variety of ways. **Bill Corddry, Mark Hallowes, Dotty Gallegos** and **Linda Risse** registered each participant, while **Judy Shupp** and **Edna Mason** distributed gift bags and persuaded golfers to purchase 50/50 raffle tickets—either one arm's length or from finger tip to finger tip. In the latter case the purchaser tried to stretch his or her arms to the max to earn just one extra ticket.

Bill also kindly picked up the tasty breakfast food provided by Panera Bread in Warrenton which meant an early start to his day. **Marieke VanDiemen** and **Sydney White** oversaw the food table to make sure everyone began the day with good food and hot coffee. As the tournament progressed, volunteers were shuttled to and from the 11th hole by Ruth Pavlik, our Director of Volunteer Services, to be the official "hole watchers" as each participant tried to win a Harley Davidson motorcycle - the prize for a hole-in-one at that location. The opportunity to win the motorcycle was donated by Waugh Enterprises of Orange. There were several shots that made it to the green, but, sadly, none made it into the hole. A hole-in-one at another hole on the course could have won the golfer \$2,500 worth of interior painting by Certa-Pro Painters. Alas, no lucky winner there either.

A special thank you is extended to **Patrick O'Keefe**, also a *Hospice of the Rapidan* volunteer, owner of "A Reflection of Blessing" photography, who could be seen snapping pictures throughout the day.



Volunteers and Staff get ready for the day (l-r) Judy Shupp, Dotty Gallegos, Ruth Pavlik, Sydney White

Continued on page 5

A VOLUNTEER'S VIEW . . . Continued from page 4

Following the tournament, a delicious buffet lunch was served in the clubhouse dining room to golfers, *Hospice of the Rapidan* staff, and volunteers. Tournament Committee chairman **John Klumpp** was the Master of Ceremonies for the awards presentation which included the lowest foursome score and the highest score where the prize was tickets for bowling! Generous door prizes from local merchants were distributed to lucky ticket holders. Special thanks go out to the staff of the Fauquier Springs Country Club which supported *Hospice of the Rapidan* in this annual fundraiser and to those who donated prizes and other gifts.



Judy Shupp measures a golfer for his share of 50/50 raffle tickets

All, in all it was a fun-filled, successful day for all who volunteered or played golf. The ultimate winner was *Hospice of the Rapidan* because all of the money raised will ensure that all of our patients, regardless of their insurance status or ability to pay, receive the best in hospice care.

Contributed by Sydney White

ADDING TO OUR RANKS

In addition to our Patient/Family Support volunteers, *Hospice of the Rapidan* is blessed with additional volunteer support in the area of non-patient services. We have recently added four new people to these ranks.

Although **Annie Cato**, a Rappahannock resident does plan to enroll in our fall Patient/Family Support training class, she wanted to get started via office assistance or wherever else needed. Madison resident, **Debby Perl**, came to us with a little assist from one of our nurses, Doreen Jenkins. Longtime friends, Doreen mentioned that clerical help was needed for a specific project and Debby made the decision to help us with that effort.

We also have two new people in our growing teen volunteer group. Brothers **Ryan** and **Brendan Nary** from Fauquier came on board as their way of giving back to the community in which they live. Both young men attend Liberty High School and are in the strings program. Ryan also plays basketball while Brendan is involved in the Technology Students Association. We are looking forward to having both Ryan and Brendan as part of our teen program throughout their high school careers.

Contributed by Ruth Pavlik

VOLUNTEER APPRECIATION LUNCHEON . . . Continued from page 1



Ward Reiss, accepting award from Ruth Pavlik

The following volunteers were recognized for driving over 1,000 miles during 2010: **Margaret P. Clarke** – 1,455 miles; **William D. Corddry** – 1,493 miles; **Cynthia Greene** – 2,453 miles; **John F. James** – 1,579 miles; **Linda R. McClanahan** – 2,106 miles; **Mollie R. McMahon** – 1,043 miles; **Sue Hurt Shifflett** – 1,192 miles; **Fay T. Utz** – 1,490 miles.

Twenty-seven volunteers were recognized for their years of service. They include the following:

15 Years - Ward Reiss
10 Years - Carol Collins, Ralph Smith, Frank Walusek
5 Years - John Bossong, Pat Harlow, Theresa Knight, Sara Loken, Moon Meyer-Halstead, Janet Hanson, Martha McNeal, Star Rothrock, Susan Sandlin, Lyle Sanford, Renate Shields, Peggy Simmons
3 Years - Margaret Clarke, Dotty Gallegos, Rosanne Gorkowski, Mary Hudak, Evelyn Kitts, Susan Kitts, Linda McClanahan, Barbara Rhodes, Linda Risse, Trisha Walker, Ruth Wallace

Contributed by Mollie McMahon

NEW STAFF MEMBERS JOIN *HOSPICE OF THE RAPIDAN*

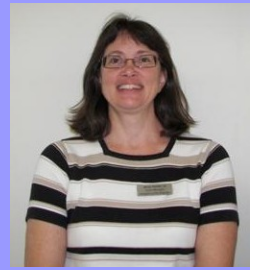
Recently two new employees joined our team and will contribute to the excellent care provided to our patients. As our number of patients grows we add clinical staff to make sure that we have sufficient team members to ensure that each of those individuals receives what he or she needs in a timely manner.



Ashley Sowers

Ashley Sowers, CNA, joined us a few months ago in the role of a Home Health Aide. She has worked in her field for over 8 years and previously worked in a local long-term care facility. Ashley, a Culpeper native who still resides there, is the busy mom of three children and who enjoys camping as a big part of “family time”. She especially appreciates the opportunity afforded by hospice work to provide consistent one-on-one care to a small group of patients. She finds that to be an advantage over assisting a larger group of persons in the facility setting. Ashley’s day is typically spent providing personal care to patients in the Warrenton area.

Our other new employee, a Warrenton resident, fulfills the role that we term “PRN on-call”. **Jenny Hunter, RN**, who has been a nurse for about 25 years, is delighted that she had the opportunity to fulfill a career aspiration—hospice nurse. Most of her nursing career has been spent as an Intensive Care Nurse but she did take some time off when her two children were small. Jenny commented that even in her short time with *Hospice of the Rapidan*, she believes that it is, “the best job that I have ever had. It is the only job in nursing where you have the time that you need with each patient.” She also appreciates the opportunity to work directly with the patient’s family to support them as they provide care for their loved one. Jenny also noted having had several close family members who had received hospice care has made her even more positive about her career change.



Jenny Hunter

When you have the opportunity, please say, “Hello” to the two newest members of our *Hospice of the Rapidan* team.

Contributed by Ruth Pavlik

SAYING FAREWELL TO A FAITHFUL “FRIEND”

How many times has a pet owner stated that the four footed member of the household is “a member of our family”? Recently we learned that we had to say farewell to a four footed member of the *Hospice of the Rapidan* family—one of our therapy dogs. Beverly Christiana’s faithful Black Lab, Tempe, died suddenly at the end of May.



During our initial conversation with Bev when she began her personal journey as a volunteer back in April 2004, she made clear that she and Tempe wanted to be a team for *Hospice of the Rapidan*. With the patient’s permission, Bev made many visits with Tempe at her side—in some cases the request was for pet therapy and in others a request for caregiver relief or companionship was supported by visits from this wonderful dog. When Bev was recognized as the Rookie Volunteer of the Year for 2004, we couldn’t resist a hefty bone for Tempe to accompany the plaque for Bev.

We offer our condolences to Bev and her family on their loss of Tempe. As Bev stated, “Now I have to remember that he lives in my heart”.

Contributed by Ruth Pavlik

WE'RE BUILDING *OUR HOUSE*

As most of our volunteers know, *Hospice of the Rapidan* officially began the campaign to build a residential hospice in late 2009 when Mr. and Mrs. Robert Niles donated 14 acres of land in southern Fauquier County. Named *Our House*, it will be the first hospice house for residents of Culpeper, Fauquier, Madison, Orange and Rappahannock and the surrounding areas. In this 20,000 square foot, ten-bed, residential hospice, the staff and volunteers will provide comprehensive, around-the-clock medical, emotional, and spiritual care for patients, and their families, as they near the end of life.

The effort to build *Our House* started five years ago with careful analysis and preparation. *Hospice of the Rapidan's* Board of Directors and staff first conducted a community survey of service needs, followed by a formal feasibility study, and then a campaign readiness assessment. The staff and volunteers also toured other residential hospices throughout the mid-Atlantic to guide the planning and design of *Our House*.

Now, the capital campaign to raise \$4 million is officially underway, the architectural and landscaping plans are complete and undergoing engineering review by Fauquier County, and we are in the active 'quiet' phase of the campaign when we are cultivating lead gifts from community philanthropists and regional foundations. Mr. George B. Fitch, Mayor of Warrenton serves as *Our House* Campaign Chair. He is assisted by Campaign Ambassadors in each of the five counties, as well as the Development Committee, led by chair Neil Mairs. With their guidance and stewardship, we have raised \$676,000 in gifts. Of these generous donations, three name, or fund the construction of, vital parts of *Our House*: Found & Sons has named the chapel, Country Chevrolet, the front porch, and Mr. and Mrs. Erskine Bankhead, one of the memorial gardens.

Our goal is to create a residential hospice where our dedicated physicians, nurses, social workers, spiritual

advisors and volunteers will help patients, and their families, manage the final stages of terminal illness in a compassionate, dignified, and supportive environment. The ten private patient suites have a bedroom area, visiting area with table, easy chairs and sleeper sofa, and fully accessible bath facilities. Each suite also has a private patio, accessible by wheelchair or hospital bed, so patients and their families can easily be outdoors. The hospice house design includes a chapel, community living room, dining room and children's playroom, as well as the nursing station, staff lounge, laundry, and storage for medical equipment and supplies. The building's lower level, accessible by elevator or separate rear entrance, will hold family consultation and conference rooms, and offices for the facility's administrative staff.

Over the next six months, as the Building Committee responds to any changes required as a result of the engineering review, the Campaign Committee will continue to solicit major lead gifts from private donors, foundations and companies, including in-kind donations. We anticipate entering the public phase of the campaign to solicit the community for donations early next year. This phase uses public events, fundraisers, appeals and other activities to build awareness of the house, the progress of the campaign and public participation. Although many factors, including a resistant economy, remain in play, we still plan to meet our groundbreaking date of May 2012 and open the doors of *Our House* a year later.

If you would like to learn more about the *Our House* project, become an ambassador for your county, or join the project in another way, please call me at the office. Our volunteers are the best community advocates for the project; we want you to be well-informed as we build *Our House* together.

Contributed by Karen Quanbeck, Director of Development

