

COMPANION

News for friends of Hospice of the Rapidan

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

**Virginia Licensed,
Medicare &
Medicaid
Certified
Founded 1983**

**P. O. Box 1715
Culpeper, VA
22701
540-825-4840
www.hotr.org**

**Serving the
counties and
their citizens
of Fauquier,
Culpeper,
Orange,
Madison, and
Rappahannock**

Redskins Raffle



Have you ordered your raffle tickets yet? There's still time. And in case you haven't heard, these are really premium seats. Each winner (there will be two) gets four tickets to the home game of his/her choice. And the seats are nine rows up from the Redskins' bench and on the 40 yard line. Further, premium parking at FedEx Field is also included. Who could ask for more? Tickets are \$5 each, or if you purchase 5, they are \$20 for the group.

So call us at 540.825.4840 or go online to our home page at www.hotr.org and buy your raffle tickets on line. But do get going. Remember, not only are you entering to win four free tickets, further, your purchase assists the work of Hospice of the Rapidan as we reach out to the counties of Fauquier, Culpeper, Orange, Rappahannock and Madison.

And of course we especially want to thank the generosity of Nancy Garrett and Ann Mattingly who have given us these eight tickets in memory of Jessie C. Barton.

Would you like to help us sell some raffle tickets to your friends at work, at the club or wherever? We can arrange for just that. Give us a call at 540.825.4840 to learn how you can help.

Butterfly Release

On Sunday, June 5, dozens of friends of Hospice of the Rapidan gathered at the magnificent formal gardens of James Madison's Montpelier in Orange to celebrate the third annual Butterfly Release, an event that has become a Hospice of the Rapidan tradition. As a life-affirming expression of hope and peace, this event promotes Hospice of the Rapidan services, which includes free, community bereavement care to assist and support persons in their grief-healing journey.

Executive Director, Kathy Clements, welcomed our guests and our Grief Coordinator, Craig Wilt, served as the Master of Ceremony. Director of Finance, Janice Chick, read a lovely poem about the emergence of a butterfly and how each day is filled with new beginnings, and our Chaplain, Liz Danielsen, shared an inspirational message about the grace of flight and transformation.

Two of our Volunteers, Beverly Christiana and Mollie McMahon were privileged to read the names of persons honored or memorialized at the event. This list of names was composed from the requests of our many individual and corporate butterfly sponsors. Another highlight of the event then followed with the mass release of Monarch butterflies, accompanied by the glissandos of our harpist and Volunteer, Susan Sandlin.

Bereaved Families Wish They Had Known About Hospice Sooner

A research team based in Philadelphia has found that 99% of patients and their families discovered features of hospice care that they consider valuable and that would have motivated their decision to enroll earlier.

In their report, which was published in the November 2004 issue of the *Journal of the American Geriatrics Society*, researchers suggest that doctors can help improve the hospice referral process by describing hospice care during advance care planning discussions and by explaining the major features and benefits of hospice to both patients and their families.

The aspects of hospice care that motivated enrollment included:

- Terminal care at home
- Pain and symptom management
- Caregiver support

The aspects of hospice care that would have motivated earlier enrollment included:

- Spiritual and emotional support
- 24-hour-a-day help by phone
- Regular visits by a nurse
- Patient/family education about physical care and the dying process
- Coordination of care and case management

Butterfly Release continued



Above Ruth Pavlik, Coordinator of Volunteers holds a butterfly.

Our gratitude is expressed to the Coordinator of Special Events at Montpelier, Phyllis Johnson, for her unwavering support and guidance, as well as to everyone else who contributed to the success of this celebration. Already, plans are being made for our next Butterfly Celebration in June, 2006.



Do you need a speaker for your church or civic organization?

We are delighted to provide a speaker for your worship service, Bible class, or any of your education classes. We can share about grief management, advance directives, death and dying, understanding our family members and friends who have serious health issues and many other topics you might pick. Give us a call. We can be reached Monday through Friday 8:30 to 4:30 at 540.825.4840. Thanks for giving us plenty of advance notice.

Letter from the Director

Kathy Clements, RN, CHPN

Dear Friends of Hospice,

These are exciting days for us, and I'd like to give you some "inside" information.

First, we are completely redoing our website. You can still access it at **www.hotr.org** but it will be more user friendly. We'll even have a button for you to use to purchase books, note cards and other items.

Next, if you sell items on E-bay, Hospice of the Rapidan is now registered as a charity. We can receive a portion of, or your entire net receipt from your sale on eBay. When you list your items on eBay, you'll be asked if you wish to donate a portion or all of the proceeds of your sale. You'll then be directed to Mission Fish where you register your sale item with them as well. Be certain to specify Hospice of the Rapidan. When your items sell, the gift transaction will automatically come to us. This is yet another way you and your friends can assist us here at Hospice of the Rapidan. And all those who see your item will know that a part of their payment for their purchases will go toward charity. Thank you for thinking of us when you sell on eBay and thanks to eBay for their willingness to help us.

Often I'm asked if Hospice of the Rapidan can use stock certificates, bonds and the like. The answer of course is a very definite yes. Since we're a 501 (c) (3), we can give a receipt for your gift which gives you a charitable deduction. If you have other items you'd like to consider giving to us, we'd be glad to talk to you about your gift.

Finally, as we close our fiscal year, we thank each of you who has had a part in making 2004-2005 yet another banner year for the Hospice. Without your assistance, your gifts of time and money, we'd have a much more difficult time providing patients who need our services.

Caregivers Need Support

Doctors "have much to offer and much to gain" by supporting caregivers at the end of life, according to researchers whose report was published in a recent issue of the *Journal of the American Medical Association*.

The report mentions that caregivers are not only at risk of physical injury from moving or lifting seriously ill adults, but also that they often neglect their own health, curtail their usual activities, and place themselves at risk of depression or other illness.

The article alerts physicians to the burdens experienced by family caregivers and suggests way doctors can help.

For instance, doctors can ask family caregivers a simple question, such as "How is the care giving going for you?" Based on the response, doctors can suggest community support services, such as hospice.

As well, the authors emphasize the importance of clear, ongoing communication. "Families want to know that their loved one's physician is comfortable talking about death and dying," the researchers point out.

Save These Dates!

Art Show and Auction • September 17
6:00 pm • The Depot, Culpeper
Service of Remembrance • October 9
3:00 pm • St. Stephen's Episcopal
Church, downtown Culpeper

You can also spot Hospice of the Rapidan employees and volunteers at these upcoming events in your area:

Madison Street Festival, Sept. 3

Downtown Madison

Orange Street Festival, Sept. 10

Downtown Orange

See www.hotr.org and future issues of Companion for more details.

Hospice Announces New Project!

Kathy Clements, Executive Director of Hospice of the Rapidan has released information about plans to help young school-aged children learn about death and dying.

According to Ms. Clements, "There was a time in our society when children lived with or very near elderly grandparents, aunts and uncles. As a result, children in prior generations learned the life cycle by observing not only the birth of children in their immediate and related families but also witnessed sickness and dying."

"Our present generation of children often lives several hundred miles from grandparents, and as a result, when death occurs to a close member of the family, the child is put in a real quandary as to how to process this information," states Clements.

Hospice of the Rapidan is preparing a coloring book for this young audience. In the book, the kids will meet Ribbit, a young frog, who must deal with the fact that a grandparent is seriously ill and likely will not recover.

Through this coloring book, the young reader will be better able to understand that just as life begins, so life ends. And the reader will learn that it's okay to be sad and to miss the loved one.

Clements has determined this coloring book will be given free of charge to children in the elementary grades in the counties where the hospice serves. These counties are Fauquier, Culpeper, Orange, Madison, and Rappahannock. And plans now call for the delivery to the schools in these counties during the 2005-2006 school year.

Several foundations and local companies have been asked to help in the publication of this book. You too are asked to consider what you might be willing to contribute over the next twelve months. Please see the back page for details and a coupon for your gift.

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I am pledging ___\$50, ___\$25, ___\$10, ___\$ other amount per month for the next 12 months for a total of
\$ _____

I am making a one time gift of ___\$500, ___\$250, ___\$100, ___\$50, ___\$ other
amount _____

Check enclosed Visa MasterCard # _____

Exp. _____ Signature _____

Checks should be made payable to Hospice of the Rapidan.

