

COMPANION

News for friends of Hospice of the Rapidan

Board of Directors

Neil Mairs, President
 Gilbert Shelton, Jr., V.P.
 Jim Nelson, Treasurer
 John James, Secretary
 Tom Bond
 Nivedita Chander, MD
 Norma Gibbs Duncan
 Aline Johnson
 Clarissa Leggett
 Hilary Parker
 Ed Scott, VA Delegate
 Herman Stubbe, MD

Executive Director

Kathy Clements, RN, CHPN

Director of Nursing and Patient Services

Essie Kossi, RN, CHPN

Patient Care Coordinator

Pat Fischer, RN, CHPN

Bereavement Care Coordinator

Craig T. Wilt, MA, M.Ed

Volunteer Coordinator

Ruth Pavlik

Community Educators

Debbi Borgstrom, RN, CHPN
 Joe Masci, RN, CHPN

Chaplain

Rev. Liz Danielsen

Companion Editor

Tricia Belan

Hospice of the Rapidan is a non-profit organization providing skilled medical care, social work, volunteer support, bereavement care, and spiritual support for people with a limited life expectancy and their caregivers.

Virginia Licensed,
 Medicare & Medicaid Certified

Founded 1983

1200 Sunset Lane, Suite 2320
 P. O. Box 1715
 Culpeper, VA 22701
 540-825-4840

www.hotr.org • info@hotr.org

Frequent [Butter]Fliers



Dozens of people gathered in the Gardens at Montpelier for the release of butterflies at last year's Butterfly Celebration, and the butterflies were very cooperative, alighting on people as well as plants. The butterflies arrive sleepy, well-fed, and chilled in cozy individual envelopes, but quickly warm up in the sun as they wait in butterfly cages for the chance to explore their new garden home (requiring extraordinary speed and dexterity on the part of the butterfly wranglers).

Everyone is invited to sponsor a butterfly for \$25 in honor or memory of a loved one, living or deceased. Use the form on the back page of this issue, or call or e-mail your request (contact information is in the bar at the left). As with our Tree of Lights sponsorships, you can also request that someone be notified of your dedication. We'll send you a card that gives you access to the Montpelier grounds on the day of the Butterfly Celebration, although it's not a free pass to tour the home (tours may be arranged by visiting the Visitor's Center across Route 20 from the entrance to the Montpelier estate).

The Butterfly Celebration is also a fundraiser for our Bereavement program, an important aspect of the hospice philosophy that is understandably required by Medicare regulations, but inexplicably not reimbursed under the same.

When you attend this year's event, be sure to wear bright colors, as the butterflies are attracted to them and aren't too particular about whether the color belongs to a tiger lily or a tee shirt.

Butterfly Celebration

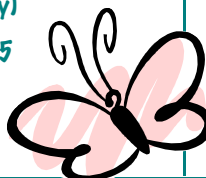
Sunday, June 5, 2005 • 3:00 pm

In the gardens at James Madison's Montpelier
 in Orange County, Virginia
 (11407 Constitution Highway)

Butterfly sponsorship: \$25

Due May 30, 2005

(order form on back page)



Your Life, Your Choice

Recently, a very personal family issue made national headlines and highlighted the importance of advance directives. Living wills, a healthcare power of attorney—all forms of advance directives—are critically important. Advance directives go into effect only when a person cannot communicate, and give family members and medical personnel details of what procedures and treatments a person is willing (or unwilling) to undergo. Prior issues of *Companion* have provided information on writing advance directives, but the topic bears repeating.

Advance directives should be specific. For example, "take no heroic measures" leaves doubt as to what the person considers "heroic." A clearer description might include goals, such as being able to breathe, eat, and communicate, and allow treatments or therapies to make those goals possible; and perhaps stipulate that if achieving those goals seems unlikely to the medical professionals, they should not be instituted, or provide a time frame in which such measures could be tried.

Also consider whether or not invasive treatments, such as chemotherapy, surgery, feeding tubes, or respirators could be used to reach a better quality of life, and when those measures should cease or not be used at all. An advance directive can also specify if the individual would prefer to remain on life support indefinitely if rendered uncommunicative through accident or illness, and designate choices for organ or tissue donation in case of death.

continued on back page

In Loving Memory

Persons remembered,
February 16, 2005—
April 15, 2005

Lorraine Allen
Mary Ann Andersen
Harris M. Applewhite
Patricia Ashley
Robert M. Bartenstein
Chestine Brooks
Earl Budd
Purl (Butch) Burnham

Frederick Ross Coates
Ross Coates
William Creel
Margaret Pingley Cumbo
Paul & Alice Curtis
Lillian Daniel
Donald Danley
Mary Frances Dawson
Elizabeth A. Dennis
Jeannette Dickinson
William Dorion
Dorothy Dowdy
Lorraine Downs
Anne Dwyer
Margaret Emerson
Robert Ivan Evans
Adele Facinoli
Bonnie Fahy
Delbert Faulconer

Lucille Fincham Stanley
Dorothy Gibson
Ethel I. Glover
Reva Griffith
Connie K. Grimsley
Sigmund Guziak
Louise Hackney
Tanzie Harding
Edith Hardy
Linwood Harlow
Spurgeon (Limmie) Harlow
Zenita Harris
Rufus (Sammy) Hartley
John Hawkins
Thelma B. Hawkins
Wade Heflin
Violet K. Hilliard
S. Walker Hood
Edwina (Eloise) Jenkins

Richard Jenkins
Olivia B. Johnson
John Knighton
Sara Lamb
Alice Lewis
Richard Little
Jonathan Mangum
Helen McCann
Wanda L. McCauley
Jon B. Morgan
Curtis W. Myers
M.M. Myers
Pearl Nethers
Alice Nichols
James Oliver
Ernest & Virginia Pappas
Willie Parr
Carl Peterson
Maston (Red) Phillips

Ruah (Vicki) Price
Violet Racer
Peggy Sanders
Joseph Sandifer
Sue Shelton
Nellie Shepherd
Nancy Sours
Patti Spychaj
Douglas Sword
Helen Tucholski
William T. Via
Rev. A.C. Walker
Pamela Ward
Isabelle Wheeler
Thomas Wildman
Lenora E. Wood
James Hoover Woodward

In Honor Of

Brenda Fincham Butler
Madeleine Harvey

Sandy Harvey
Hospice of the Rapidan Caregivers

Doreen Jenkins, RN
Inma Lee Peters

Our Generous Supporters

February 16, 2005—
April 15, 2005

89th Division Society WW II
Agape Sunday School Class
Culpeper Baptist Church
Sheila Amacker
American Legion Auxiliary Unit 130
American Legion Post 208
Army Business Center for
Acquisition Systems
Arxan Technologies, Inc.
Ada Mae Aylor
Mr. & Mrs. R. Bruce Aylor
Mr. & Mrs. Charles W. Babcock
Bacardi Bottling Corporation
Mr. & Mrs. John Barksdale
Frances S. Bartenstein
Dr. & Mrs. Samuel Belinsky
Carol M. Benkelman
Mr. & Mrs. Paul Berghaus
Mr. & Mrs. David F. Berry
Nell M. Berry
Mark A. Bienz
Dr. & Mrs. Bud Bilanich
Carole Birkhead
Mr. & Mrs. Robert C. Blossner
Mr. & Mrs. Larry G. Bolyard
Dorothy A. Boozer
Mr. & Mrs. Kenneth E. Boyd
Geneva Brock
Mr. & Mrs. Ronald Lee Brown
Jim & Rita Bryant
Alice Budd
Emma L. Budd
Glenn C. Budd
Dawn Buford
F. William Burgwald
Burnt Tree Grange
Brenda Fincham Butler
BVB Advertising
Mr. & Mrs. F. Marion Cain, III
Antonio J. Calabrese
Mr. & Mrs. Melvin D. Carlson
Nancy Carmouche
Kathryn A. Carter
Mr. & Mrs. Blynn Cascadden
Susan Charlton
Betty S. Collins

Barbara M. Cominsky
Command Technologies, Inc.
Commonwealth of Virginia
Campaign
James A. Compton
Mr. & Mrs. Andrew J. Conlon
Patricia L. Constantineau
Mr. & Mrs. James A. Cook
Mr. & Mrs. Robert B. Cooksey
Annie Copeland
Mr. & Mrs. Roger L. Corder
County of Orange
Culpeper Music Center
Robert O. Cumbo
Ronnie Curtis
Dr. & Mrs. John T. Dailey
John J. Davies, III
Nedda R. Davis
William C. Dawson
Mr. & Mrs. John De Jong
Mr. & Mrs. Eddie Dean
James G. Dennis
Mr. & Mrs. Thomas A. DiBon
Dr. and Mrs. George H. Dorion
The Duncan Family
Mr. & Mrs. John J. Dyer
Mr. & Mrs. Timothy Dyer
Mr. & Mrs. Richard C. Early
Judy Eiben
Episcopal Church Women
Christ Church
Susan Estes
Mr. & Mrs. Frank J. Facinoli
Virginia Faulconer
The Fauquier Bank
Patricia F. Fitch
Mr. & Mrs. James M. Ford
Eula Foreman
James S. Fox
Kathlyn P. Freeman
Mr. & Mrs. Charles J. Gagliano
Alice H. Gaines
Mr. & Mrs. Kevin Gaskey
GEICO
Mr. & Mrs. Keith George
Patricia J. Gerhart
Margaret C. Gibson
William A. Gibson
Mr. & Mrs. Robert D. Gillette
Mr. & Mrs. Harold Glaetli
Mr. & Mrs. William J. Goodrum
Doris D. Goodwin
Mr. & Mrs. Richard W. Goudie
Grace Society
David E. Graham
A.G. Green, Jr.

T. Edwin Grimsley
Blanca L. Guerra
The H. M. Pearson Faculty
Clyde Hackney
Virginia M. Hale
Mr. & Mrs. David Halstead
Mr. & Mrs. Clinton Hamilton
Roberta M. Hanks
Brenda Hardbower
Annie Copeland
Mr. & Mrs. Jack Harner
Mr. & Mrs. Carlton Harris
Harry's Tires and Wheels
Alice C. Hawkins
Archie Hawkins
Mr. & Mrs. Erwin E. Henderson
Joe H. Hilliard
Catherine C. Hitt
Dorothy N. Hood
Yvonne Horn
Sen. R. Edward Houck
Mr. & Mrs. G.F. Houseman
Galdys G. Hudgins
Frances L. Hudson
The Hughes Family
Emma S. Humphreys
IBM Corp. Matching Grant
Doris D. Inskip
Michelle B. Jameson
Ethel C. Jeffress
Inez Q. Jenkins
Katherine P. Jenkins
The Johnson Family
Margaret M. Jones
Mr. & Mrs. Wilburn E. Jones
Mr. & Mrs. Charles E. Jordan
Jud A. Fischel, P.C.
Robert I. Kennedy, Sr.
Velma L. Kline
Diane Kogok
Mr. & Mrs. Edward R. Kolvereid
Astrid Kosko
Mr. & Mrs. Richard Kurttz
Helen C. Ladd
Donnis Lail
Lake of the Woods Church
Mr. & Mrs. Thomas C. LaManna
Lamar Advertising of Mobile, Inc.
Mr. & Mrs. Paul O. Lanier
Leeland Station, LLC
Mr. & Mrs. James F. Legg, Jr.
Kenneth A. Little
Kimberly Loder-Albritton
Dottie L. Lohr
Mr. & Mrs. Bryant F. Lohr
Mr. & Mrs. David M. Loving
Mr. & Mrs. Nikola Lucas

Mr. & Mrs. Earl Lybarger
Mar-Lyn Arabian Farm
Mr. & Mrs. Joseph W. Marshall, Jr.
Virginia B. Mason
Sharon N. Mazzei
Jennings C. McCauley
W. Frank McClaugherty, Jr.
Mr. & Mrs. J.B. McClure, Jr.
Mr. & Mrs. Walter D. McCollum
Mr. & Mrs. Eugene D. McGahren
Stuart H. McGhee, Jr.
Mr. & Mrs. Allan P. McLearn
Mr. & Mrs. Glenn T. Miller
Mr. & Mrs. William R. Miller
Sharon S. Miller
Samuel & Martha Mitchell
Marty Moon
Sallie E. Morgan
Jane Morris
Mr. & Mrs. John F. Mullikin, Jr.
Martha R. Myers
Rose D. Noack
Mr. & Mrs. Steven D. Norman
Margaret Novak
Organization Effectiveness Group
The Orgill Family
Mr. & Mrs. Dick Osborne
Robyn Paryear
Carol Ann Pasvogel
Cindy Pattie
Audrey H. Payne
Mary L. Payne
Valorie R. Payne
Charlie R. Pearce
Mr. & Mrs. John K. Pegues
Deborah Pennington
The Pentagon Renovation Team
with Verizon
Marilee Perkal
The Personal Touch
Charlene B. Peyton
Mignon S. Polk
Nancy Powers Heidt
Carolyn O. Prillaman
Stacy M. Proctor
Mr. & Mrs. Douglas L. Racer
Mr. & Mrs. R. Louis Reasonover, Jr.
Alice W. Rector
Mr. & Mrs. Christopher Reed
Martha R. Reid
Rosson Troilo Motor Company
RTC Americas
Henry D. Sanders
Mr. & Mrs. Harry W. Sanford
Mr. & Mrs. Steven E. Satterfield
Col. & Mrs. George Schneider

Mr. & Mrs. Lewis F. Sedwick
Aubrey Shepherd
Elizabeth C. Sherrod
Lee Shontere
Doris K. Shular
Grace S. Shultz
Mr. & Mrs. Richard T. Shultz, Sr.
Gary O. Smith
Rev. & Mrs. Samuel Smith
Elvin Smythers
Colleen Gillis Snow
St. James' Episcopal Church
Myra L. Stephenson
Mr. & Mrs. Ezra L. Stern
Mildred A. Stevens
Mr. & Mrs. Vaughan Stewart, Jr.
Helen R. Sturgill
Mr. & Mrs. Lawrence E. Sutton
Daphne A. Sword
Mr. & Mrs. David A. Thompson
John R. Thompson, Sr.
Mr. & Mrs. Frank Toth
Dr. & Mrs. Howard P. Treichler
Mildred Tyler
United Way of Greater Augusta
Edison G. Updike
US Army Contracting Agency
US Navy Memorial Foundation
VDOT Culpeper L&D Section
Mary D. Via Hitt
David G. Viar, Sr.
Mr. & Mrs. Simon Volinsky
Mr. & Mrs. Thomas Walker
Patricia A. Wall
Mr. & Mrs. Clifford G. Wallman
Frances B.T. Walters
Mr. & Mrs. Harold Weakley
David R. Wheeler
Virginia Whelan
Louise P. White
Mr. & Mrs. Arthur O. White
Mr. & Mrs. Kenneth G. Whitlock
Mr. & Mrs. Richard E. Whitt
Mr. & Mrs. Emerson W. Williams
Thomas F. Williams
Dr. C. Johnson Willis
Mr. & Mrs. Grover C. Wilson
Delano C. Wince
Woman's Club of Orange
Mr. & Mrs. C.W. Wood
Mr. & Mrs. Raymond R. Woodward
Shirley A. Woodward
The Woodward Family
John S. Xenos
Mr. & Mrs. Paul Yoder
Helen Zalenski



Please ask your employer about matching grants!

Letter from the Director

Kathy Clements, RN, CHPN

Dear Friends of Hospice,

April is the month to celebrate volunteerism in this nation. We are so grateful to each of our volunteers here at Hospice of the Rapidan for all they do each day. Like many nonprofit agencies in this country, we depend heavily on our volunteers to assist in keeping this agency going.

Hospice of the Rapidan is different, as is any Medicare certified hospice in the United States, from other nonprofit entities in this country in that we are required by Medicare regulations to show an actual number of volunteer hours that meets at least 5% of the paid staff hours each year. Also unique is the kind of work volunteers can do here at Hospice of the Rapidan in that volunteering can run quite the gamut of activities.

Hospice volunteer work may involve oversight of this agency in the form of our board members. Or, it may involve sitting with a patient to allow a caregiver some time away from the duties and stresses of caregiving. Or volunteer duties may involve baking goodies for an event or preparing food for a hospice family. Or volunteering may be using one's ability as a massage therapist, art therapist or pet therapist (to name just a few) to bring this care to a patient or family member. Or, bringing the knowledge of administrative duties to the maintenance of this office in the manner of data management or answering phones (while maintaining patient confidentiality at all times, of course). Or volunteers can assist with a hospice event—parking cars, decorating, food service, clean up.

The list goes on and on and I will soon run out of room and mess up the layout of this newsletter. I am often told what a gift a staff member was to a family, but oh what a gift these volunteers bring to the staff, patients and families of Hospice of the Rapidan each day.

They are our unsung heroes! Each and every day, not just in April, I salute the volunteers of Hospice of the Rapidan.

- Kathy

TLC

In the last issue of *Companion*, we mentioned that several of our volunteers offer their "specialty" talents—such as massage, music, or pet therapy, for example—to our patients at no charge. Shortly thereafter, we saw an increase in the number of complimentary services enjoyed by our patients, including (but definitely not limited to):

Barbara Legge, massage therapist, whose patient described her massage as "a little bit of heaven."

Stefanie van Gulden, massage therapist. One patient, who received primarily leg and foot massage, feels her massage is making her breathing easier; another patient's daughter reports that she "hasn't seen her mother smile like this in a long time."

Tammy Singh, hair stylist, who wishes she were called more often. One patient was extremely surprised that Tammy provided this service as a volunteer, and would not expect or accept payment (but that's what our TLC column is all about—going above and beyond the expected level of service!).

This is just a small sampling, but a good representation, of the care and compassion our volunteers share.

Save These Dates!

Butterfly Celebration • June 5
3:00 pm • in the Gardens at James Madison's Montpelier, Orange
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
Tree of Lights Celebration • Nov. 30
5:15 pm • Yowell Meadow Park, Culpeper

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

Warrenton Spring Festival • May 21
Fiesta del Pueblo • May 6, 5-9 pm • The Depot, downtown Culpeper
CulpeperFest • June 9, 4-8:30 pm • Willow Run Company, Culpeper

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

Hospice Happenings

CVC Support

Results from the 2004 CVC (Commonwealth of Virginia Campaign) program are in, and our share totaled \$1,803.39. Through the CVC, state employees designate donations for charitable organizations during October and November. Minimal administrative costs come out of non-designated donations, with the balance of these funds divided amongst participating charities. We're especially thankful to the **Culpeper VDOT** office, who invited us to present our organization's merits to employees during the Campaign.

One Wish Granted

Though he wore a blue baseball cap, not a red fur-trimmed toque, **Duke Hagedorn** appeared as a Santa Claus in early April. In response to our Spring 2005 *Companion* wish list, Duke (one of our volunteers) delivered a large, spiffy, new Kenmore microwave oven to the office, to the obvious delight of employees whose lunches would no longer be an odd combination of burnt and frozen lumps—or an unrecognizable mass of flames.

Red-Letter Day for Blue Jeans

Almost the entire Hospice of the Rapidan staff arrived to work in blue jeans March 23rd, in apparent violation of the dress code. But in fact, staff members had paid \$3 or more to participate in "Dress Down Day," a fundraiser for the Virginia chapter of The Leukemia and Lymphoma Society. Opting for a denim alternative to nursing scrubs and office wear, participating employees raised \$80 for the Society.

Redskins Raffle Sneak Peek

At press time, the Washington Redskins had not yet released their 2005 schedule; however, **Nancy Garrett** has agreed to donate some of her premium-seat tickets for the seventh installment of our Redskins Ticket Raffle fundraiser. Check out the July issue of *Companion* for details, which will also be posted online at www.hotr.org as soon as we have them. Raffle tickets will again be sold for \$5 each, or four for \$20.

Here are some guidelines to preparing an advance directive, a five-part process related to decisions about future medical care:

1. First, understand your right to make choices about treatments—what you do or don't want, and under what conditions—your right to change your mind, and your right to choose someone to speak for you if you can't. Also take into consideration your current health condition and lifestyle habits, and be prepared to review your advance directives as your life and health change.
2. Think about your beliefs, values, and life goals. You may have some experience with family or friends

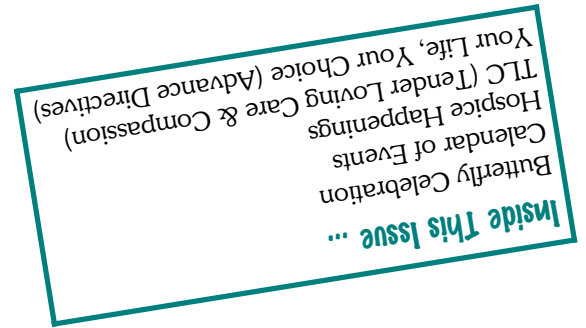
who were unable to communicate their treatment choices. What was that like for the others involved? What issues arose? Also think carefully on your designation of a proxy (who will speak for you if you cannot), the best person for making sure your wishes are followed.

3. Write down your plan. Organizations specializing in end-of-life care have tools to help, such as *Five Wishes* (agingwithdignity.org) and *Caring Conversations* (midbio.org). Complete and sign an Advance Medical Directive form, and have two witnesses sign it. In most states it does not need to be notarized or have an attorney's participation.

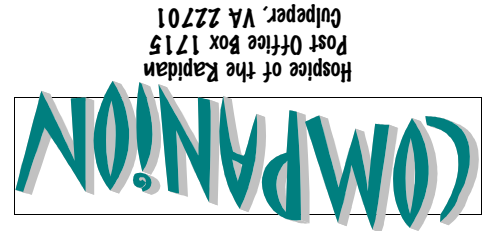
4. Discuss your wishes with your family members, especially those who might disagree with each other—or with you—about your preferences.
5. Provide family, trusted friends, and your primary care physician with copies of your completed advance directive form. Your local hospital may also have a program for keeping advance directive forms on file.

Remember, your advance directive goes into effect only if you cannot communicate, and you can change it at any time. If you don't make your wishes known, those decisions will be made by someone else, and it may be a stranger.

For a more detailed version of this article, see www.hotr.org/advdir.htm.



Nonprofit Org.
 U.S. Postage
 PAID
 Culpeper, VA
 Permit No. 38



Butterfly Celebration Sponsorship

Sunday, June 5, 2005 • 3:00 pm • Montpelier Estate Gardens • Orange, Virginia • Form may be duplicated as needed for additional dedications

I would like to sponsor _____ butterfly(ies) at \$25 per butterfly, for a total donation of \$ _____

Butterfly 1— In honor In memory of (name): _____

Notify (name & address): _____

Butterfly 2— In honor In memory of (name): _____

Notify (name & address): _____

Butterfly 3— In honor In memory of (name): _____

Notify (name & address): _____

Check enclosed Visa MasterCard # _____

Exp. _____ Signature _____

PICTURES THAT DIDN'T FIT



Denim Day—Hospice of the Rapidan staff members raised \$80 for the Leukemia and Lymphoma Society by paying for the privilege of wearing blue jeans.



Volunteer Duke Hagedorn delivered a brand-new microwave for use in the Hospice office. That's Volunteer Coordinator Ruth Paulik doing her Vanna White impersonation, while in the background, our Bereavement Care Coordinator Craig Wilt ... um ... disposes of his old nemesis.