

Companion

Spring 2007

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

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From Humor to Dignity – Hospice Makes a Difference

Many of our readers are aware that Art Buchwald, the celebrated humorist, was under hospice care prior to his death late last year. As usual, his comments about the experience were both touching and funny.

We encourage readers to look up his columns from March of 2006, when he was doing so well he faced being kicked out of hospice, to see how people can face the end of their lives with humor and dignity. It's inspiring.

Master wordsmith that he was, without ever saying it he reminded us all of the truth of the old adage that laughter is the best medicine.

At *Hospice of the Rapidan*, it is often our volunteers who do the little things that go so far towards achieving this goal. While other team members attend to our patients' medical and other needs, volunteers help with things like easing the daily stress to big things like making dreams come true. Smiles and laughter are both their tools and their reward, which Art would certainly appreciate.

Volunteers hold patients' hands, sing with them, play cards, read with them, help them write letters to leave behind, give their caregivers a break to relieve stress, and run errands—all little things that mean a lot. Volunteers also do extraordinary things, like taking a patient who had never flown for their first plane ride or taking another for a ride on the back of a Harley. But it often seems their greatest gift is listening and comforting.

Our volunteers are not "super" men and women, although our patients, families and we think they are. They are people like you and me, people from all walks of life who want to give back and make a difference to someone facing the end of their life. Most find the experience more rewarding than they ever expected, often enhancing their outlook on life.



Volunteer Renate Shields, Certified Massage Therapist, enjoying her visit with Evelyn Anderson.

To find out more about becoming a *Hospice of the Rapidan* volunteer, call Ruth Pavlik, our Volunteer Coordinator at 540.825.4840 or e-mail her at rpavlik@hotr.org. If experience is any guide, you won't regret it!

Join us at one or more of the following events!

March

National Bereavement Teleconference

Thurs, 22nd, 1:30-4:00 pm
Two locations: *Culpeper Regional Hospital & Culpeper Seventh Day Adventist Church*

For more information call Valarie Diamond at 540.825.4840

Volunteer Training Classes

Mondays and Wednesdays—

Monday, March 26 through

Wednesday April 11th

10:00am-12:00 noon
Orange County Nursing Home
Call Ruth Pavlik for info at 540.825.4840

April

Free Virginia Advance Directive

Day Seminars

Tuesday, 17th

Warrenton Library, 3:00pm-7:30pm
Orange County Public Library, Wilderness Branch, 10:00am -12:00 noon & 4:30pm-7:30pm
For information call Valarie Diamond at 540.825.4840

Annual Volunteer

Appreciation Luncheon

Tuesday, 24th, 11:30am-1:30pm

Prince Michel Vineyards
Call Ruth Pavlik for reservations at 540.825.4840

May

Lunch & Learn, Warrenton, Tues 8th

Lunch & Learn, Madison, Thurs 10th

5th Annual Butterfly Release

Mothers Day, Sunday 13th

The Formal Gardens, James Madison's Montpelier

See article for info about our new Butterfly Brunch and Butterfly Dinner!

For more information contact Tammy Barboza at 540.825.4840

6th Annual Lions Club Golf Invitational

Monday, 21st

Two flights - 7:30 am and 12:30 pm
Call Tammy Barboza at 540.825.4840 or visit www.hotr.org/golf2007.htm

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Letter From the Executive Director



Kathy Clements

Hospice of the Rapidan holds to recognize the contributions and accomplishments of our dedicated volunteers which coincide with National Volunteer Week in April. Not only do these give me the opportunity to thank the volunteers who do so much for our patients and organization, they also remind me how much we rely on volunteers to help provide the best end-of-life care possible.

Our volunteers come to us from many backgrounds and for many different reasons, but they all share an interest in "giving something back." Some have been touched by the hospice care a family member or loved one received. Others have heard stories from friends about how rewarding helping our patients has been. Still others have no prior experience with hospice but understand how meaningful compassion and caring is at the end of life. However they come to us, each volunteer gives not only of his or her time, but of his or her heart as

A hint of spring is in the air these days. Many of us feel a sense of rebirth this time of year and I'm no exception. Among the joys of spring for me are all the events *Hospice*

well, which inspires all of us who have made hospice our career.

The real magic, however, is the effect our volunteers have on our patients and their families. Patients seem to have a special warmth for the volunteers who come to their homes just to help. It's not their job or responsibility—our volunteers are there simply because they know their help is needed. Patients understand this and their smile of thanks speaks volumes about what it means to them. Volunteers consistently tell me that, more than anything else, that smile is what makes volunteering for *Hospice of the Rapidan* so worthwhile.

Volunteers also serve on committees, help in the office with community events, and with our grief care program. The variety of our volunteers, including people of all ages (from high school students to retirees), backgrounds and experiences, always gives me cause to count our blessings.

So as we feel the earth come alive again this spring, *Hospice of the Rapidan* and I will also pause to thank the corps of volunteers who give so much to us and our patients every day of the year.

Thank you *Hospice of the Rapidan* volunteers!

Kathy Clements

MANAGEMENT TEAM

Executive Director

Kathy Clements, RN, CHPN

Medical Director

Eve Bargman, MD

Director of Nursing & Patient Services

Essie Rossi, RN, CHPN

Director of Development

Tammy Barboza

Community Relations Director

Nancy Walbridge

Volunteer Coordinator

Ruth Pavlik

Grief Care Coordinator

Craig Wilt

Finance Director

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Nancy Walbridge

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Jo-an Getsinger Joins the Board of Directors



**Welcome to the Board
Jo-an Getsinger!**

All of us at *Hospice of the Rapidan* welcome Jo-an Getsinger to our Board of Directors. Jo-an is a resident of Rappahannock County where she has a distinguished history of dedicated service to her church and her community. Her first husband received hospice care before he

died many years ago, and the experience left a lasting impression on Jo-an. Not only has Jo-an graciously agreed to serve on our Board, she has also completed volunteer training and is helping with patients and families under our care.

Jo-an is originally from Minnesota and has lived in Taiwan, Malaysia and Hong Kong while her husband was in the Foreign Service, but has lived most of her life in the Washington area. Following her retirement from the administration of Fairfax County Public Schools, she and her family moved to Rappahannock County in 1992. We are delighted she has joined our Board.



VOLUNTEERS NEEDED!

Contact us at www.hotr.org
or call 540.825.4840

Shower Her With Butterflies This Mothers' Day

Planning for Mother's Day has never been easier or more meaningful! The 5th Annual Butterfly Release to benefit *Hospice of the Rapidan* will be held on Mother's Day—Sunday, May 13th at 3:00pm in the beautiful formal gardens of James Madison's Montpelier. As a life-affirming expression of hope and peace, our Butterfly Release is a unique opportunity to honor loved ones, both living and deceased, by sponsoring a butterfly in their name.

Butterflies herald the return of spring and the renewal of life. Their release signifies freedom and happiness. The highlight of the Butterfly Release is the mass release and flight of 200 Monarch butterflies accompanied by live harp music. Sponsorship is \$25 per butterfly and includes free admission to the formal gardens and recognition of the names of those honored in the Butterfly Release program. Sponsors of 3 or more butterflies will receive a handsome picture frame commemorating the event. All Montpelier exhibits and presentations are available to participants before and after the Butterfly Release at a reduced rate. We thank the Montpelier Foundation for their continued support of this event. Directions to Montpelier are available at www.hotr.org/butterfly2007.htm.

Sponsorship supports *Hospice of the Rapidan's* grief care program, which provides free, comprehensive grief support for anyone who has lost a loved one, regardless of hospice affiliation. Services include individual and telephone support, grief support groups, printed information, and services tailored to the special needs of children. Medicare and private insurance do not reimburse *Hospice of the Rapidan* for the cost of these services, which are entirely funded by support from the communities we serve.

New for 2007, *Hospice of the Rapidan* has arranged a private Mothers' Day brunch and dinner at the delightful Elmwood at Sparks Restaurant located near Montpelier. Each reservation includes the Butterfly Release and a butterfly sponsorship plus a delicious three course brunch or dinner in honor of the mother in your life. Butterfly Brunch reservations are available between 10:30am and



1:15pm, and Butterfly Dinner reservations are available between 4:30 and 6:30. The cost is \$50 (\$25 per child) for the Butterfly Brunch and \$65 (\$30 per child) for the Butterfly Dinner, not including beer, wine, tax or tip. A portion of each reservation is tax deductible. Menus and directions are available on our website at www.hotr.org/-butterfly2007.htm. Thank you to owner and chef Randy Cooper and his staff for their generous support of our grief care program and their willingness to open Elmwood at Sparks privately for our guests. Seats are limited so reserve yours quickly by calling Tammy Barboza at 540.825.4840.

To ensure acknowledgement of your loved one in our program, all butterfly orders and Butterfly Brunch or Dinner reservations must be received by May 1. Further information is available from Tammy Barboza at 540.825.4840 or tbarboza@hotr.org.

Hospice of the Rapidan and Hospice Support of Fauquier County To Offer Free Seminars For Virginia Advanced Directives Day

Hospice of the Rapidan will co-host three free seminars on “advance medical directives” on Tuesday, April 17th in cooperation with *Hospice Support of Fauquier County*. Advance medical directives are instructions people prepare in advance regarding medical care they want to receive, or don't want to receive, in the event they cannot speak for themselves. This is an outstanding opportunity to learn about this important aspect of personal planning that is often overlooked.

Following Ben Franklin's adage that “nothing is certain but death and taxes,” The Health Law Section of the Virginia State Bar has started an initiative to make the day after tax day Virginia Advance Directives Day to increase awareness of this important issue and to make it easier for people to learn more about it.

Hospice of the Rapidan Addresses the Fauquier County Chamber of Commerce

In recognition of National Hospice Month, this past November *Hospice of the Rapidan's* Executive Director, Kathy Clements, spoke to about 100 executives from Fauquier County about the comprehensive medical and other end-of-life care we provide to area residents. Topics included how hospice works, how hospice is affordable to everyone, and different kinds of hospice providers. Around three quarters of the people in attendance indicated they or their families had been touched by hospice care.

Hospice of the Rapidan offers a variety of speaking options for small and large groups, all of which are free of charge. If you are interested in having us speak to your church, civic, or medical group, contact Nancy Walbridge at 540.825.4840.

The seminars are presented in association with the Virginia State Bar and other organizations in our state. Health professionals and attorneys will be available to discuss advance directives and answer questions for free at The Warrenton Library, 11 Winchester Street, Warrenton from 3:00 to 7:30 pm, and at the Orange County Public Library Wilderness Branch, 6421 Flat Run Road, Locust Grove from 10:00 am to 12:00 noon and from 4:30 to 7:30 pm. Free advance medical directive forms that meet the requirements of Virginia law will also be available. All are welcome.

For more information contact Valarie Diamond of *Hospice of the Rapidan* at 540.825.4840 or Gil Brooker of *Hospice Support of Fauquier County* at 540.347.5922.



Karen Henderson, Executive Director, Fauquier County Chamber of Commerce, and Kathy Clements, RN, CHPN, Executive Director, Hospice of the Rapidan, at the November Fauquier County Chamber of Commerce networking luncheon at Fauquier Springs Country Club

If you would prefer not to receive future issues of *Companion*, please call Elaine at 540.825.4840 or e-mail her at info@hotr.org.

Elmo Helps Raise Donations for Hospice of the Rapidan



Tina Wolfe, her daughter Kady, and Ruth Ankeny at The Shoppes of Mountainwood,

This past Christmas a friend of *Hospice of the Rapidan* found a creative way to help us raise some money and bring a smile to a child at the same time. Tina Wolfe of Remington purchased a difficult to find “Tickle Me Elmo Extreme” doll for us to raffle during the holidays. At the drawing at The Shoppes of Mountainwood on December 20th, Tina's seven year old daughter Kady selected the winning ticket. The nice folks at Alan's Photography Studio in Culpeper won the raffle—and we didn't ask who at Alan's got the toy for their child!

Many thanks to Tina, who donated the doll, and Ruth Ankeny, owner of The Shoppes of Mountainwood, for their thoughtfulness. Thanks also to the many friends who purchased tickets which help us live up to our commitment to provide compassionate and dignified end-of-life care to everyone who needs it regardless of their ability to pay.

A Hospice Story

My experience with *Hospice of the Rapidan* was brief, but it meant a great deal to both my husband and me. My husband died only a few days after entering hospice care. I have since learned this is not unusual, as almost a third of patients pass away less than a week after beginning hospice. Since many people don't understand how much hospice can help in such a short period, I thought I'd share our story.

My husband had been in ill health for some time. After he had been in the hospital for a week with pneumonia, my daughter, who is a nurse with a lot of hospice experience, suggested I speak with the people at *Hospice of the Rapidan*. I was a bit reluctant, as was his doctor who equated hospice with "giving up", but at my daughter's urging I met with Debbi Borgstrom. When I understood what was involved, I decided hospice was the right option for both my husband and me.

From that moment on, *Hospice of the Rapidan* took care of everything. They handled the paperwork and arranged for a hospital bed, oxygen, and everything needed for my husband's feeding tube to be quickly delivered and installed in our home. Everything was ready when my husband returned home, and our hospice nurse and her team were with us frequently over the first few days. On his third day home, my husband developed a lot of congestion. I called our hospice nurse, who understood immediately that this was the end of life. She assured me he was not in pain (one of my big fears), that he was able to breathe, and that it would be over quickly.

I was able to go to him, hold him in my arms calmly in the home we shared, and be with him during the last minutes of his life. This would not have been possible in the hospital or if I hadn't understood what was happening. *Hospice of the Rapidan's* compassionate honesty and immediate attention made his death peaceful for both of us, which I consider a valued gift.

Since my husband's death, Craig Wilt, *Hospice of the Rapidan's* grief coordinator, has been so helpful. He is kind and patient and I look forward to our conversations each month.

Hospice made a world of difference for both of us in just a few days. Now I am grateful for that every day.

Dorothy Erlenborn,
Wife of John Erlenborn, 10 term
Congressman from Illinois

Thank You Chef Randy Cooper



Randy Cooper

Hospice of the Rapidan appreciates the generosity of Chef Randy Cooper of Orange, who will open his delightful restaurant, **Elmwood at**

Sparks, for the private enjoyment of our supporters who participate

in the 2007 Butterfly Release on Mother's Day. A graduate of Johnson & Wales University, Chef Cooper perfected his craft in Four-Diamond and AAA rated restaurants throughout the country before opening Elmwood at Sparks last April. The restaurant is located in the historic Sparks Building on Main Street in Orange and has quickly become a local favorite. We are delighted to have his support, and know our Mother's Day guests are in for a treat.

Hospice Q&A

I have no experience working with sick patients. Can I still volunteer for you?

Absolutely! In fact, most of our volunteers have no prior medical or caregiving experience. We provide a comprehensive 21 hour training program for all volunteers interested in working with our patients. The training is free, is offered several times each year, and is open to all who qualify to be a *Hospice of the Rapidan* volunteer. We even offer weekend training from time to time for people who work during the week.

Over the years some people interested in volunteering have been concerned about whether they could handle the emotional demands of working with terminally ill patients. Our experience has been that the vast majority of those who give it a try not only find the adjustment easier than they expect, but also found the experience much more rewarding than they anticipate.

While most volunteers want to work with patients and families, others desire to work with our staff in the office or on fundraising and community events or committees. Training for these volunteers is less time consuming. We have many opportunities for those with special talents, including students and those with computer skills.

You can get personal, direct answers to your questions about volunteering by contacting Volunteer Coordinator Ruth Pavlik at 540.825.4840 or rpavlik@hotr.org. You can print out a volunteer application by visiting hotr.org/volunteer_application.pdf.



VOLUNTEERS NEEDED!

Contact us at www.hotr.org
or call 540.825.4840

Clinical Corner

A Column for Health Care Professionals

From Oncologist to Hospice Physician—Lessons from the Pediatric Perspective



Dr. Gary Alegretta

Dr. Gary Alegretta is a staff physician at PrimeCare Pediatrics in Kennebunk, Maine. He is also an assistant Professor of Pediatrics at the University of Vermont,

Chief of Pediatrics at Southern Maine Medical center, and medical director of The Jason Program, a non-profit community based pediatric palliative care program serving critically ill children and their families in Maine.

The field of adult and pediatric hospice and palliative care has enjoyed substantial growth since its beginnings in the 1960's. From the foundations built by Dr. Elisabeth Kubler-Ross, Dame Cicely Saunders, Ida Martinson, and others, the desire to help others at the end of life has grown to a recognized medical specialty with 1149 board-certified physicians and approximately 600 EPEC-trained physicians and other health-care professionals. Despite these advances, only a small fraction of patients in need receive specialized hospice care. Many published studies document barriers to reaching all those in need. Individual experiences may add to this knowledge. In this presentation, the author presents his experiences and observations in the hopes that this information might help hospice professionals engage the support of more primary caregivers,

creating partnerships that will provide more people of any age the quality end-of-life care they deserve.

The field of pediatric palliative care began its growth in the 1980's, with the groundwork set by Dr. Elisabeth Kubler-Ross, Ida Martinson, RN, and others. The discipline of pediatric oncology lead the medical development of this field, and anesthesiologists and behavioral specialists soon joined the effort. Individual physicians varied in their learning curve and their emotional comfort with providing palliative care. Control issues occasionally arose with nursing and other disciplines, which shared in the development of the field. To avoid professional "burnout", it was felt best to deny one's emotions and to maintain an emotional distance from patients. The dichotomous approach, which allowed supportive care to begin only after curative intent was abandoned, was the standard of care. As end-of-life teams matured, resistance to utilizing outside hospice groups grew. Reasons for this resistance included, among others, poor communication between services, poor understanding of the hospice concept, and personal emotional issues. When hospice was involved, it generally occurred near the end of life. The fear of taking away hope from the patient and family was, and I believe remains, a common barrier to early referral.

Recent data documents a generalized reluctance of primary care teams to enlist the support of palliative care teams. The experience at the

Children's Hospital of Wisconsin, for example, suggests that physicians fail to recognize an impending death, and the "Baby Doe" experience of the mid 1980's may have set a standard of care that limits hospice referrals for newborns. Recent advances show that this attitude is changing in favor of end-of-life support. Financial issues in the United States may also play a role in limiting hospice referrals.

My experience has lead me to believe that many primary caregivers harbor a number of personal issues that prevent them from asking for assistance or limit interactions with palliative care teams. Often there is a lack of understanding of what patients need, difficulty dealing with the ethical and emotions issues involving dying, personal pride, and many other factors.

Overcoming these barriers, in order to bring palliative care services to all those in need, is a difficult task. Both education and psychosocial support of primary care teams may help. In doing so, I feel it is important to recognize the "liberating power of early intervention", the importance of hope, the broad need for services, and that children are not just "little adults". Hopefully, fed by the drive of those now working in the field of palliative care, the medical community will further grow to understand the needs of patients in the dying process, overcome their obstacles to providing that care, and work with their colleagues in this growing field of medical expertise.

A Volunteer Story

I'm an "old timer". I started as a *Hospice of the Rapidan* volunteer more than 12 years ago. As an oncology nurse, I chose *Hospice of the Rapidan* because I thought my skills and training might be of particular help for its patients. I started out with notions of feeling good about helping people as I gave something back to my community. What I didn't anticipate was how much I would receive in return. I have many stories after so long with *Hospice of the Rapidan*, so I thought I'd share a couple to illustrate why I often feel like the one who should be saying "thank you."

One lovely woman had been a long time member of her church choir and a singer of bible songs, so I gave her some tapes of Elvis Presley singing hymns which she loved. She

sang along with the tapes and knew every word of every hymn. She had a voice like an angel and it was clear how much she missed singing these songs and how much the opportunity to do so again meant to her. The afternoon we spent in song was a blessing for both of us, and a memory I will cherish for many years.

Another special memory for me was a patient with whom I got off to a rocky start. She and her family were uncomfortable with strangers in their home (yes...even me). I was there to provide companionship as her caregiver did errands and attend to her husband and children. She was reluctant to even talk at first, as I represented her dependence on others with which was distressing to her. She opened up gradually, and by the time the end came a year and a

half later we both realized what a strong bond of friendship had developed. To paraphrase John Denver, over time our days of stones turned to days of diamonds.

Over the years I have found that almost every encounter with patients and families has left me just a little richer than I was before I met them. Sometimes it happens in a single visit and sometimes it takes a while, but it always seems to do as much for me as I hope it does for them.

Thank you *Hospice of the Rapidan* for the opportunity to be part of something so vital and rewarding.

Polly Meceda
Hospice of the Rapidan Volunteer

Letter from Volunteer Coordinator



**Volunteer Coordinator
Ruth Pavlik**

I have an admission to make... but no apology. When someone asks me about my work at *Hospice of the Rapidan* they often get an earful. I usually find it hard to contain my enthusiasm. Hopefully I captivate more listeners than I irritate.

People are frequently curious when they first learn I work here at *Hospice of the Rapidan*. Their questions are often laced with a mixture of appreciation and apprehension, as

if to say "hospice does wonderful work but it must be a depressing job." This couldn't be farther from the truth!

It may sound trite, but helping people who are seriously ill and facing the end of their lives is uplifting. Our patients' homes are filled to overflowing with love, compassion, and a spirit of life as patients and their loved ones make the most of each remaining day. Peace, comfort and dignity can work magic under even the most trying of circumstances.

Then there are the people I am privileged to work with. Our staff are all outstanding professionals who care about each and every patient. They know how much their care means not only to our patients, but to their families as well.

But the real source of my enthusiasm; the reason I bend the ears of those interested in my work here, are our extraordinary volunteers. They are part of our community for one reason—they want to help. Each has their own story. Some are family members of people who benefited from hospice care. Others have special skills (like music, massage or hair care) that can mean the world to patients. Most are members of our communities who simply feel the desire to give something back, to make a difference in someone's life not because they have to or are supposed to, just because they can and it feels right.

I know every one of our 100 or so volunteers. A few were already with *Hospice of the Rapidan* when I joined in 2001. I met the others one by one as they asked how they might help, enrolled for training, and started working with patients or in our offices or with community or fundraising events. However we met, today I consider each and every one a friend—a friend of our patients, a friend of our mission, a friend who can be counted on, a friend "for life."

So go ahead... ask me about the people I am lucky enough to work with and the wonderful work we do. Just don't expect a brief answer.

Ruth Pavlik
Volunteer Coordinator

The 6th Annual Lions Club Golf Invitational is Just Around the Corner

Mark your calendars now to join us for golf, lunch, many chances to win wonderful prizes and so much more while supporting two non-profit organizations that make a difference in your community, **Hospice of the Rapidan** and **Culpeper Host Lions Club**. This year's event will be held on May 21st at the beautiful Country Club of Culpeper.

You already know of *Hospice of the Rapidan*. The Culpeper Host Lions Club provides services to sight and hearing impaired adults and children, including vision and hearing screening at area schools and glasses and hearing aids to those in need. It also supports other local charities and civic organizations with contributions and volunteers.

The tournament will feature several new enhancements for 2007:

- First, we have added an afternoon flight! Golfers may now choose to play in the morning (7:30 registration, 8:30 shotgun start, and lunch, raffle, silent auction at 1:00) or in the afternoon (12:00 registration, lunch, raffle and silent auction with the shotgun start at 1:45).
- You might not want to compete head to head against a member of the Super Bowl era Washington Redskins on the grid-iron, but how about on the golf course? You can have a Redskins legend be part of your foursome for a contribution of \$250. First reservations get first choice of players so register today!

- Ever dream of owning a Lotus sports car? Hit a hole-in-one at the "Lotus hole" and your dream becomes a reality with a Lotus Elise!
- When was the last time you met a beauty queen? 2006 Miss Virginia Teen Samantha Casey will be driving the beverage cart and serving refreshments on the course.

There are also a variety of sponsorship opportunities for area companies. Sponsorship is an excellent way to promote your company to professionals and community and business leaders who share your interest in the quality of life in our community.

Sponsors receive radio and newspaper publicity as they support compassion and caring in our area, as well as participation for themselves or clients and colleagues in this outstanding tournament, recognition at the awards luncheon, and other benefits. Sponsorship levels, pricing, and other sponsorship or event information is available from Tammy Barboza at 540.825.4840 or tbarboza@hotr.org.

Last year's event sold out, so register today to assure your reservation. Earliest reservations get first choice of morning or afternoon flights. A printable copy of the tournament brochure, the registration form and detailed sponsorship information are available online at www.hotr.org/golf2007.htm (which includes links to our growing list of corporate sponsors).

Wal-Mart Supports *Hospice of the Rapidan*



Wal-Mart Assistant Managers Lloyd Croft and Lorie Richards present a check to Tammy Barboza, our Director of Development

On December 11, 2006 Wal-Mart of Culpeper awarded *Hospice of the Rapidan* a grant of \$1,000 to support our ongoing programs.

Presenting the check, Assistant Managers Lloyd Croft and Lorie Richards noted the

excellent care Wal-Mart employees and family members have received from *Hospice of the Rapidan* over the years. Accepting the check, Director of Development Tammy Barboza commented that "Financial support from leading area businesses like Wal-Mart is a key reason *Hospice of the Rapidan* is able to live up to its promise to provide outstanding end-of-life care to everyone who needs it in our community regardless of their ability to pay."

Businesses and individuals interested in joining Wal-Mart in their support of *Hospice of the Rapidan* should contact Tammy at 540.825-4840 or tbarboza@hotr.org.

Welcome to Valarie Diamond, Outreach Coordinator



Welcome Valarie Diamond, our new Outreach Coordinator

Valarie and her husband have lived in Culpeper for 30 years and are active members of our community.

Hospice of the Rapidan is delighted to welcome Valarie Diamond, who joined us as Outreach Coordinator in December. Valarie will work with medical groups, hospitals and other health care professionals, as well as civic and church groups in the communities we serve. She and her

Valarie is an LPN with broad experience as a nurse, admissions director for a retirement community, and owner of her own women's fitness center. She is now able to "give something back" by helping *Hospice of the Rapidan* to better communicate our capabilities to health care providers and other key constituencies. Valarie is available to help arrange speakers and presentations about hospice care for community groups, so feel free to contact her at 540.825.4840 or vdiamond@hotr.org.