

Companion

Winter 2006/2007

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

In This Issue ▼

- 2 Letter from the Director
- 3 National Hospice Month
- 4 Tree of Lights Celebration
- 4 Welcome Tammy Barboza
- 5 A Hospice Story
- 5 Service of Remembrance
- 6 Clinical Corner
- 6 Hospice Q&A
- 7 Honor Roll of Donors
- 11 Coping With Grief
- 12 Letter from the Director of Development

Our Supporters Make Miracles Happen Every Day

The beginning of a new year is a joyous time of celebration. It is also a time for introspection and reflection on the year just ended. The new year arrives on the heels of the Christmas season, when a generosity of spirit infects most of us and we delight in the gratitude we receive in return. In the spirit of the season, the words "thank you" are heard often.

Now it's our turn to say thank you—from our hearts. Looking back on 2006, the entire *Hospice of the Rapidan* community is honored by your support and your belief in our mission. Throughout this past year many of you have been generous towards *Hospice of the Rapidan*. The patients and families we care for are the beneficiaries of your thoughtfulness, which does so much for them. In many respects, it is the fuel which, when mixed with the caring of our dedicated staff and volunteers, powers us to provide better end-of-life care to more people, every day, than we have ever been able to before.

We receive many letters of gratitude from the families we serve. We display them on a bulletin board in our office where they inspire our staff and volunteers every day. Following their lead, with this issue of *Companion* we wish to acknowledge all those who supported compassionate and dignified end-of-life care in our area by donating to *Hospice of the Rapidan* during the past year. The simple words "thank you" hardly seem adequate, for without your



Patient Julia Adams enjoying a visit from certified therapy dog Dickens and his owner, Betsy Tuttle, one of our RNs, on Halloween

support we could not provide the quality care so many area families need.

While we are reimbursed for many of the direct costs of patient care, government and insurance payments fall short of what is necessary to provide the right care to every patient. Your generosity enables us to provide all the care each patient and family needs even when it exceeds the services for which we are reimbursed.

continued page 3

Join us at one or more of the following events!

January

Lunch 'n Learn, Warrenton, Tues, 9th
Lunch 'n Learn, Madison, Thurs, 11th

Volunteer Training Classes

Sat, 20th, 10:00am-3:30pm for 4 consecutive weeks
Hospice of the Rapidan—Community Room 1200 Sunset Lane, Culpeper.
 Call Ruth Pavlik for info at 540.825.4840, M-F 8:30am-4:00pm

Winter Grief Workshop

Call Craig Wilt for locations at 540.825.4840, M-F 8:30 am-4:00 pm

February

Lunch 'n Learn, Warrenton, Tues, 13th
Lunch 'n Learn, Culpeper, Tues, 20th

March

Lunch 'n Learn, Madison, Thurs, 8th
Lunch 'n Learn, Warrenton, Tues, 13th

SpringGrief Workshop

Call Craig Wilt for locations at 540.825.4840, M-F 8:30 am-4:00 pm

Living With Grief Teleconference

Thurs, 22nd, 1:30-4:00 pm
 (Earn continuing education credit)
 Call Valarie Diamond for more information at 540.825.4840, M-F 8:30 am-4:00 pm

April

Virginia Advance Directive Day
Tues, 17th

Volunteer Recognition Luncheon

Tues, 24th, 11:30am-2:00 pm

May

Butterfly Release Celebration
Mothers Day, Sunday May 13
James Madison's Montpelier

2007 Lions Club Golf Invitational
Monday May 21st

Registration - 7:30 am
 Shotgun Start 8:30 am
Culpeper Country Club, Culpeper

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Letter From the Executive Director



Kathy Clements

A week after Thanksgiving I had the privilege of leading the 15th annual lighting of *Hospice of the Rapidan's* Tree of Lights. I have always found this event inspir-

ing, but this year's ceremony was remarkable. In many respects it represented all that I am grateful for as a leader of this wonderful organization.

What impressed me the most this year was how the event reflected the simple yet always powerful words "thank you" in a unique way. Throughout the evening I was aware of guests thanking us for the care we provide AND our staff, volunteers and leadership thanking many of our guests for the support that makes our work possible.

As I looked around, I noticed all the constituent parts of our *Hospice of the Rapidan* community working in concert, and I smiled. In addition to our dedicated volunteers, staff and Directors, there were so many families of our patients, physicians and nurses whose patients we care for, and the friends and supporters whose generos-

ity makes it possible for us to provide the outstanding and dignified care that defines hospice at its best.

All of you who joined us at our tree lighting had something to share with us, typically stories of gratitude for the compassionate care of a loved one and the value of our mission. Our gratitude to you is just as heartfelt. Simply stated, we could not provide the care we do without the support of friends, neighbors and the communities we serve.

Your support enables us to live up to our promise to provide outstanding hospice care to all who need it in our region regardless of their ability to pay, and makes it possible for us to deliver the finest hospice care possible to every patient every day, even when the government and insurance companies do not fully reimburse us.

"Thank you" are words heard often during the holidays. This year however, as I recall the more than 100 people at our Tree of Lights Celebration and at the lengthy list of donors presented in this issue of *Companion*, my voice hesitates just a moment longer each time I say them.

Kathy Clements, RN, CHPN

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 Eve Bargman, MD

Director of Nursing
 Essie Rossi, RN, CHPN

Director of Development
 Tammy Barboza

Community Relations Director
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Volunteer Coordinator
 Ruth Pavlik

Grief Care Coordinator
 Craig Wilt

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When a family is feeling overwhelmed by the competing demands of caregiving and those of everyday life, your generosity make it possible for us to visit them more often.

When a patient needs more attentive care because they live alone, your generosity makes it possible for us to meet their special needs. When a patient without insurance cannot afford hospice, your generosity enables us to live up to our commitment to always provide outstanding care to every patient in need of hospice regardless of their ability to pay. After the death of a loved one, your

generosity funds our grief care program, for which we charge no fees and receive no government or insurance reimbursement.

Your support also funds *Hospice of the Rapidan's* educational programs. People often start to learn about hospice and end-of-life care options under the most difficult of circumstances, when a physician tells them medicine cannot cure their illness, so being a resource for crucial information and delivering it with compassion is core to our mission.

Our staff and volunteers hear “thank you” from patients and families every day. We would like to pass this gratitude on to our financial supporters, because you make it possible for us to deliver the care that brings the peace and comfort these people are so grateful for. The good your generosity does is nothing short of amazing.

Hospice of the Rapidan Recognizes National Hospice Month With “Faces of Caring”

In November, *Hospice of the Rapidan* put a “face” on quality end-of-life care in recognition of National Hospice Month. These were the faces of our nurses, doctors, social workers, spiritual caregivers, home health care aides, grief care coordinators and volunteers who provide services and support to families during one of life's most challenging times. These are the dedicated people who offer pain and symptom relief, dignity, and spiritual and emotional care on a daily basis for both terminally ill patients and their loved ones when a cure is not possible.

Declaring November National Hospice Month, President Bush proclaimed:

“Americans demonstrate the great compassion of our country by caring for those in need. During National Hospice Month, we recognize hospice caregivers for their dedication to providing comfort and peace to individuals in their last days and helping build a society that values the life and dignity of every person...Our Nation is grateful for the tireless efforts of hospice volunteers and medical professionals, and during National Hospice Month, we recognize the kindness of hospice caregivers and their devotion to making our country a more loving and caring place.”

In recognition of National Hospice Month, *Hospice of the Rapidan* donated copies of the book *Facing the Final Mystery, A Guide To Discussing End of Life Issues* by Laura Larsen to the Rappahannock County Library, The Warrenton Library, The John Marshall Library, The Bealeton Library, The Orange County Public Library and its Wilderness and Gordonsville branches, the Madison County Library, and the Culpeper County Library, all of which are in communities we serve. We also hosted community



The “Faces of Caring” team —From left to right: Volunteer Ron Fahey, Grief Care Coordinator Craig Wilt, Assistant Librarian Mary Sue Marsh, Volunteer Coordinator Ruth Pavlik, Community Relations Director Nancy Walbridge, and President Gibb Shelton

forums at libraries in each of the counties we serve to help people learn more about hospice. Members of our clinical staff, volunteers, grief care team, and members of our Board of Directors traveled throughout the area to answer questions and provide information. While we made a special effort to reach out during National Hospice Month, education about hospice and end-of-life issues is a core part of our mission throughout the year.

When families reflect on the care their loved one received in hospice, they often remember the faces of those who helped make him or her more comfortable and the eyes of the dedicated nurses, volunteers and others that said more about compassion and dignity than words ever could. National Hospice Month provides a wonderful opportunity to celebrate these “faces of caring” in our community.

2006 Tree of Lights Celebration an Event to Remember

The 2006 Tree of Lights Celebration, held on November 29th, was the largest and most successful in *Hospice of the Rapidan's* 23 year history. Over 100 friends, volunteers and family members of patients joined together to kick off the Christmas season with style and grace.

Our beautiful tree was lit with white lights in memory of loved ones, red lights to honor others, and for the first time, blue lights to honor those in the military and emergency personnel. The sale of lights and tree ornaments raised over \$6,000 to support our programs and ensure that no one in need of hospice care is ever denied because they cannot afford it.



Volunteer Lyle Sanford and Chaplain Denise Vogt leading Christmas Carols

Celebrants were treated to beautiful music performed by the Culpeper County High School Woodwind Ensemble and Christmas carols led by *Hospice of the Rapidan* volunteer Lyle Sanford. Our Chaplain Denise

Vogt offered a moving prayer and 2006 Volunteer of the Year Sue Hurt Shifflett read a holiday poem, and everyone enjoyed light food prepared by our volunteers and wines from Rappahannock Cellars provided at a discount for our celebration. Finally, volunteer Raymond Tomzak, Jr. of Orange lit our Tree of Lights for the season to cheers and applause.

Many thanks to Volunteer Chuck Tippet of Rappahannock Electric Cooperative who wired our tree for the 2nd year.

Mark your calendars now to join us for the 2007 Tree of Lights Celebration on Wednesday, November 28th!

Welcome to Tammy Barboza, Our New Director of Development

Hospice of the Rapidan is pleased to welcome Tammy Barboza, who joined our management team as Director of Development in October. She will lead our fund raising and development efforts, including individual, corporate and foundation giving, planned gifts, grants, capital planning and events. Tammy brings a strong background in fund raising and development leadership to *Hospice of the Rapidan*, including eight years with similar size not for profit organizations in other parts of the country.

Tammy has recently returned to Virginia after six years in Massachusetts, where she most recently served as Development Director for Big Brothers Big Sisters of Cape Cod and the Islands. Previously she managed development efforts at Penikese Island School, Massachusetts Eye and Ear Infirmary, Girl Scouts of Southeastern Massachusetts and the University of Virginia. She is a graduate of the University of Massachusetts Dartmouth and pursued her graduate studies at Mary Baldwin College in Staunton, VA. She is a longstanding member of Women in Development of Greater Boston and the Association of Fundraising Professionals as well as alumna and former board member of the Community Leadership Institute of Cape Cod.

Please join us in welcoming Tammy. We're glad you're here!

Hospice of the Rapidan Addresses a Statewide Conference



Ruth Pavlik, *Hospice of the Rapidan's* Volunteer Coordinator

Ruth Pavlik, *Hospice of the Rapidan's* Volunteer Coordinator, led a workshop at the annual meeting of the Virginia Association of Healthcare Auxiliaries and Volunteers (VAHAV) in Virginia Beach. Ruth is a member of VAHAV's Board of Directors and facilitated a discussion on "Volunteers Enhancing the Lives of Hospice Patients." We are honored to have one of our own speak about the important role of volunteers in the hospice movement in America.

Ruth commented: "It's a terrific group of folks. I enjoy being part of an organization that helps educate the hospital community about hospice."

For over 50 years VAHAV has worked to help volunteers and volunteer associations better serve the needs of healthcare organizations. A few years ago they noticed that the number of hospice volunteers was growing even as volunteerism in other healthcare settings, like hospitals and nursing homes, was in decline. When VAHAV reached out to the hospice community through the Virginia Association of Hospices, *Hospice of the Rapidan* was one of the first hospices to join VAHAV, and we have found this relationship to be mutually beneficial.

A Hospice Story

My wife's illness came like a bolt from the blue. After returning to Virginia from a family ski trip, my wife Edie complained of knee pain and suspected she had injured herself skiing. This was followed by cold/virus type symptoms. At age 43, the mother of my 5 children and the healthiest person I knew was diagnosed with Acute Lymphocytic Leukemia and given a prognosis of 6 weeks to 6 months.

We prayed a lot, and Edie responded well enough to chemo to be discharged within the week. Treatments continued for 3 years and her leukemia went into remission. Two years later it returned, this time in her spine, paralyzing her. Over the next two years, Edie received every treatment medicine had to offer and strong spiritual support. She did walk again but it became clear that her illness was terminal and her physicians recommended hospice.

The hospice care team met with us right away at the hospital. As we returned home, I felt the emotion of leaving the intense medical care we had relied on for the last 7 years to now being on our own for the final chapter in Edie's life. But we were not on our own; our hospice nurse visited our home the very next day, and she and the rest of her team visited us regularly from then on. Our nurse made sure my wife was always comfortable; reassured us; and educated us so we knew what to expect.

I quickly discovered that hospice was helping me and our children as much as they were caring for my wife. My youngest daughter, who was living at home, took care of her mother full time—with the support of hospice, and with the help of her sisters who were also managing their own households. Another daughter at college cared for Edie during the summer. Balancing the demands of caregiving with those of everyday life was a challenge and hospice helped us adjust to these demands.

Nine months into the program, Edie was fairly strong and alert and wanted to see the ocean one more time. Our hospice nurse then did something very special for us. She introduced us to another hospice nurse who was spending the summer at Bethany Beach. We arranged for her friend to care for my wife during the trip if needed. My wife, our girls and I had one last vacation at Bethany. We stopped to thank our new hospice friend on the way home.

Edie died less than a week after returning from that trip. It was Sunday and I was preaching at Arlington Hospital Chapel. When I got home my girls said Mom had stopped talking. Our nurse was there within minutes and stayed with us for many hours. My girls went to bed and Edie died in my arms around midnight.

Afterward, I attended the hospice bereavement program. There were eight of us thinking our loss and love were unique—but they weren't. We bonded and supported each other for many months after the session ended.

At times, the words "thank you" just don't seem to be enough. Today, 20 years after my Edie passed away, I volunteer for *Hospice of the Rapidan* so others may know the peace we found with hospice's help.

As told by J. Collins,
Hospice of the Rapidan volunteer

Service of Remembrance — A Gentle Way of Healing

This past October, staff and volunteers of *Hospice of the Rapidan* and families of our patients who died during the year gathered together at the Culpeper United Methodist Church for a beautiful memorial service of reflection and healing.

Reverend Michael Gray (of St. Stephen's Episcopal Church) offered the invocation and volunteer Dawn Bartlett played the harp as the names of loved ones lost during the year were read. *Hospice of the Rapidan's* Chaplain, Denise Vogt, delivered a message about remembering and the Three Angels' Chorale, from the Hartland Institute sang inspirational hymns, highlighted by a breathtaking rendition of *Amazing Grace* sung by soloist Melissa Collett.

At the end of the service doves were released as symbols of peace, love and hope, something all of us at *Hospice of the Rapidan* strive to provide all year long for our patients and families.



Chanel Hammer, a *Hospice of the Rapidan* RN, releasing a dove in memory of our patients this past year.



VOLUNTEERS NEEDED!

Contact us at www.hotr.org
or call 540.825.4840

Clinical Corner

A Column for Health Care Professionals

When the Cure Eludes Us



Dr. Jerry Stubbe, member of Hospice of the Rapidan's Board of Directors & physician at Wilderness Medical Center

It is against our nature as physicians to give up trying to cure a patient. It feels like defeat and usually tastes just as bitter. We have spent years perfecting our skills and have miraculous technology at our command, so the notion that we can't cure a patient is often difficult to accept. But like it or not, sometimes the welfare of our patients demands that we do. What makes medicine an art is that its tools include judgment and compassion along with science, technology and intellect.

When curative therapies aren't effective, our patients deserve to know it. Dignity and compassion dictate that our patients have the opportunity to prepare for the end of their lives and to make the most of their remaining time. For other patients, the adverse effects of curative therapies outweigh the benefits. As much as patients fear death, studies have shown they fear pain more.

Under these circumstances, patients often don't know where to turn, and as physicians we lack acceptable answers to their questions. This is where hospice offers more than we do. By referring a patient for hospice care we help turn the end of one course of treatment into the beginning of another. While we lack the

knowledge to cure their disease, the hospice team has the capability to relieve their pain, and often just as important, their fear of chronic pain. When medicine is no longer effective against the disease that infects their bodies, hospice can work miracles on the insidious infections that would otherwise invade their spirit, dignity, and frame of mind. Hospice can provide comfort to family and loved ones in a way we simply can't, which is of inestimable value to both patient and loved ones.

Our training and determination sometimes makes it difficult to accept that hospice can be of more help than we can, so there is a tendency to defer the recommendation longer than we should. We do a disservice to our patients when we give in to this. In my practice I have repeatedly seen that earlier referrals correlate with improved quality of life, but even after years of involvement with hospice I still find myself thinking "let's try something new" when the prognosis is clear. As we have all learned over the years, patients (and often their families) find hope in our work regardless of its efficacy, so when this turns false they need our guidance to find the "right" next step.

In the 25 years or so that hospice has been available in our area I've never regretted making a hospice referral, although in hindsight I can think of a number of occasions when I wish I had suggested it sooner. I make that mistake less often these days, as I have come to realize that reaching the limit of what medicine can do for my patients is not the failure I once thought it to be. With hospice we still have a lot to give to our patients.

Hospice Q&A

What is the significance of the dolphins in your logo?



For thousands of years there have been stories and legends about dolphins' friendly and altruistic behavior towards humans. Dolphins support sick or injured animals, swimming under them for hours at a time and pushing them to the surface so they can breathe. When a dolphin gives birth, a "midwife" dolphin will often attend.

Roman mosaics and coins from 500 B.C. show man playing with dolphins. In the 18th century the Vietnamese navy was assisted by a pod of dolphins that helped rescue sailors whose boat was sunk by Chinese invaders. Many fishermen worldwide have told stories of dolphins warding off sharks or keeping them afloat so they can safely reach the shore.

The similarities between how dolphins care for other animals and hospice care is striking. We "carry" our patients and families through the last chapter of their life, providing the comfort, dignity and security they deserve. We are there for patients and families at all hours of the day or night and just as a pod of dolphins cares for its own and strangers alike.

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.

2005/2006 Honor Roll of Supporters

On behalf of our patients, their families and the communities we serve, *Hospice of the Rapidan* extends its sincere gratitude to our generous donors for their support of compassionate and dignified end-of-life care in our area. We are delighted to recognize the many individuals, corporations and foundations who supported *Hospice of the Rapidan* during fiscal year July, 2005 through June, 2006.

We have made every effort to accurately recognize all those who have generously supported our work. If your name has inadvertently been omitted, misspelled, or incorrectly listed, we apologize in advance. Please contact Tammy Barboza, Director of Development at 540.825.4840 or tbarboza@hotr.org. **Thank you!**

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Coping With Grief During the Winter Blahs



**Craig Wilt, Grief
 Care Coordinator**

Winter is a time of wonder for many, especially children. It's a time to enjoy a snowball fight or other outdoor sports, or the indoors reading by the fire with a loyal

hound curled at our feet. Personally, I love the first snow ...as long as it melts before I have to drive. But for some of us, especially those who have lost a loved one recently, the dreary days and long, dark, nights can bring down our spirits.

Those who are grieving often experience feelings of fatigue, confinement,

boredom, and a general sense of depression during wintertime, which can last a few days or through the whole winter season. There are steps anyone can take to help shed these winter blues. Here are some ideas to help take care of ourselves mentally, physically, and spiritually during the winter. They work well for people feeling the heavier weight of grief but are also effective for anyone with a case of the winter blahs:

- Go outside and get some sun (there are nice days)
- Raise the blinds
- Decorate your home or workspace with bright colors
- Display fresh flowers and plants
- Invite an old friend or family member to dinner
- Eat nutritional foods and maintain a balanced diet

- Exercise to boost your mood and your immune system
- Sleep when you need to
- Treat yourself to a favorite activity (and keep a spending limit!)
- Share with the needy...clear clutter out of a room and donate what you don't use
- Take a weekend trip, perhaps to someplace warmer
- Listen to your favorite music
- Read an inspirational book, pray, or meditate
- Call *Hospice of the Rapidan*...we have volunteer massage therapists!
- Do volunteer work...*Hospice of the Rapidan* has many volunteer opportunities!

Perhaps the best idea is to look inward and count your many blessings.

Be a Leader—Sponsor Our 2007 Golf Tournament

The 6th Annual Lions Club Golf Invitational to benefit *Hospice of the Rapidan* and The Culpeper Host Lions Club will take place Monday, May 21, 2007 at the Country Club of Culpeper (rain date June 11).

Sponsoring this event is an outstanding opportunity to promote your company to professionals and community and business leaders who understand the value of supporting local businesses.

Sponsorship highlights your company, its image, and your commitment to making a difference locally in a way that really counts. There are a wide

range of options, from the maximum visibility of the \$2,500 Platinum Sponsorship to an individual \$175 Hole Sponsorship—plus many levels in-between.

New for 2007 are sponsorship opportunities that include playing with legendary Redskins players Mike Nelms, Roy Jefferson and more. Key sponsorships for last year's tournament sold quickly, so act fast! To receive sponsorship information, be added to our tournament mailing list, receive a registration form or volunteer, please contact Tammy Barboza at 540.825.4840 or tbarboza@hotr.org.

Securing a sponsorship now means even higher visibility for your company, as your name and logo can be listed on all pre-event materials and press announcements.



VOLUNTEERS NEEDED!

Contact us at www.hotr.org
or call 540.825.4840

Letter From The Director of Development



Tammy Barboza

Interviewing three months ago for my new position as Director of Development at *Hospice of the Rapidan* was my introduction to the world of hospice care. I'm very grateful to my good friend Todd who opened my eyes to what became the key reason I relocated from Cape Cod, Massachusetts to Culpeper, Virginia. When asked why I left the ocean side beauty of the Cape, I respond "Because of my new job."

For our many readers who have been touched by hospice, no further explanation is ever needed...

I have led the development efforts of several worthwhile organizations, which primarily served children. It is a delight to now be part of *Hospice of the Rapidan*, which does so much for entire families. I am genuinely excited about my new role here. This work touches my heart. You will see my enthusiasm for this in the correspondence and appeals you will receive from me asking for your continued support, and for the benefit of our patients and their loved ones, I hope you find it contagious.

One of my first tasks here was to put together the list of supporters we are so pleased to thank with this issue of *Companion*. It's an impressive list, not just for its size but also because it represents every community we strive to serve. It

also says a lot about the character and values of the people who live here. In my nine years as a fundraiser, I have found that organizations that serve their communities well always earn their loyalty and support. Your recent generosity during the 2006 Holiday Season demonstrates that *Hospice of the Rapidan* enjoys widespread confidence and respect throughout the five counties we serve.

One of my key goals will be to maintain—and even enhance—the high regard you have for the work we do. Please consider me a resource to help you find ways to make the most of your generosity, which makes a world of difference to our patients and their loved ones. I can help you find tax advantaged ways of giving, planning gifts for the present and future, and am always available to answer questions and listen to your creative ideas.

As the New Year begins, I look forward to getting to know as many of you as possible. With your support, *Hospice of the Rapidan* can make compassion, dignity and caring at the end of life not just a dream, but a reality for everyone.

I extend a grateful thanks to every one of our donors and friends for contributing to the lasting strength of *Hospice of the Rapidan*. A happy and safe new year to you all.

Tammy Barboza
Director of Development