



Companion

Compassionate & Dignified End-of-Life Care

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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Hospice of the Rapidan and You – Partners in Outstanding Care

From the day *Hospice of the Rapidan* opened its doors over 26 years ago it has been our policy to never turn away any patient because he or she could not afford our care or did not have insurance. Every year we care for many such patients, and each one receives the same level of care our other patients receive. In 2009 over 6% of patients received uncompensated care.

Celeste is one of the sweetest and gentlest women most of us have ever met. We cared for Celeste for over six months even though she did not qualify for Medicare or Medicaid and she did not have the means to pay for private health insurance. Celeste was suffering from breast cancer when she was referred to us, and did not have much family for practical support as her health deteriorated.

The cost of Celeste's care exceeded \$19,000. Even though we knew right from the outset we would never be reimbursed for the cost of her care, she received the full range of care and support services that we provide to every patient. She received all the expensive medications she needed, all the medical equipment (hospital bed, wheelchair, etc.) and as many visits from our nurses, home health aides, social workers, volunteers,

chaplain and even our Medical Director as she needed. The only standard was to provide the best possible end-of-life care we can, which is what we do for every one of our patients.

Like many of our patients, Celeste came to think of the key members of her team, including her hospice



Celeste was so grateful we were there for her.

nurse, social worker and our chaplain, as very dear friends. This is the kind of bond that grows from genuine compassion delivered with dignity and grace, which has nothing at all to do with money.

Even when patients are covered by Medicare or private insurance, the actual cost of our care often exceeds the reimbursement we receive. This is especially true for hospices, like *Hospice of the Rapidan*, that serve rural populations where distance and travel limit the number of patients

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Join us at one or more of the following events!

March

Volunteer Training Classes

Beginning the 1st week in March (Day TBD) 7-classes completed in 3 and 1/2 weeks

Hospice Foundation of America Teleconference

Living with Grief: Cancer & End-of-Life

Live via telecast & satellite
Wed., 24th, 1:30-4:00 pm
Fauquier Health, 500 Hospital Dr., Warrenton, The Sycamore Room A
Call 540-825-4840 to register

Grief Support Groups

Thurs., 4th, 11th, 18th & 25th
2:00-3:30 pm
Warrenton-Fauquier Visitor Center
33N. Calhoun Street, Warrenton

April

Fauquier County Chamber of Commerce Business Expo

Thurs., 1st, 10:00-4:00 pm
Warrenton National Guard
692 Waterloo Road
Stop by and visit our booth

WExchange Thrift Shop

599 Frost Avenue, Warrenton
A portion of revenue during April, May & June will be donated to Hospice of the Rapidan

Volunteer Appreciation Luncheon
(By Invitation)

Wed., 14th, 11:30 am
Country Club of Culpeper

National Healthcare Decisions Day

Fri., 16th 11:30 am – 1:30 pm
Warrenton-Fauquier Visitors Center
33 N Calhoun Street
Light Luncheon provided
Call 540-825-4840 to register

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Letter From the Executive Director



Kathy Clements

2009 was a year of challenges for many of us. Continued economic uncertainty and the rapidly changing healthcare environment was felt here at Hospice of the Rapidan just as it was in homes throughout the communities

we serve. The difficult economy has made some of our supporters more circumspect about which organizations to donate to and how much to give. Fortunately, the vast majority have found their way to continue to support our work even as their own finances became less secure. At the same time, as Washington wrestles with the mammoth task of overhauling the nation's healthcare system, hospice reimbursement rates have come under pressure from Congress and Medicare even as regulation and the cost of the care we provide continue to increase.

These challenges test the strength and creativity of all hospices, including Hospice of the Rapidan. The work we do makes so much of a difference to both our patients and their loved ones that we must be there when we're needed even amidst fluctuations in the economy or debates in Washington. As I grappled with all this uncertainty during the past year one thing

became crystal clear. No matter how dedicated our staff is, we cannot do our work without the support of the communities we serve. This partnership with businesses, individual donors and volunteers has been a vital part of Hospice of the Rapidan's quarter century of growth and continues to be one of our strongest assets today.

Those who have supported us with contributions are the lifeblood that fuels our ability to live up to our promise to always provide the best possible end-of-life care to every patient, every time, without regard to his or her ability to pay or any limitations on the reimbursements we receive. Our volunteers add a sense of dignity for patients and their caregivers because of their selflessness. Donors and volunteers each give of themselves in their own ways, but the difference they make is always tangible. Since our calling is premised on the dignity and quality of the lives we touch, this means so very much.

So as 2010 begins I find myself offering prayers of thanks more than pleas for help, which says a lot about our friends and neighbors. Together we have always made sure that our patients can face the end of their lives in comfort, with dignity and with as much quality of life as possible. It is my privilege and honor to thank each and every one of you.

Kathy R. Clements, RN, BSN
Executive Director

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Hospice of the Rapidan's Trees of Lights Brighten the Holiday Season



Pastor Greg and Chaplain Denise Vogt leading guests singing Christmas Carols at our Fauquier County Tree of Lights Celebration

For the last 18 years *Hospice of the Rapidan* has sponsored a "Tree of Lights" during the Christmas season on which people dedicate lights in memory of loved ones or in honor of people who have made a difference. In 2009 *Hospice of the Rapidan* hosted three separate Trees of Lights, each of which was

lit for the first time in a moving ceremony. Each Tree of Lights Celebration included carols and other holiday music, a holiday message, refreshments, good cheer, and, of course, the ceremonial tree lighting. Over 200 lights were dedicated on the trees, raising over \$5,700 to support the outstanding care we provide to our patients and their families the cost of which often exceeds the amounts we are reimbursed by insurance or Medicare.

The first Tree of Lights Celebration was held on November 30th at Rappahannock National Bank and it seemed as if the entire county came out to join in! On December 7th the second Tree of Lights Celebration was held at The Fauquier Bank in Warrenton. This was the third year we have held a Tree of Lights Celebration in Warrenton and many new faces joined the familiar ones. On December 9th we held our third Tree of Lights Celebration at StellarOne in Culpeper, where we have held the celebrations for a number of years.

Each of these celebrations was a success because of the tireless work of a dedicated team of volunteers. Three separate committees organized each event. We would like

to thank the following volunteer committees for their time, thoughtfulness and expertise: Culpeper committee—Melanie Chambers, Dotty Gallegos, Judy Shupp, Sydney White and Fay Utz; Fauquier committee—Chair Rosanne Gorkowski, Beverly Christiana, Margaret Clarke, Donna Josaitis and Polly Meceda; Rappahannock committee—Chair Nancy Dingle, Jackie Bruce, Jan Clatterbuck, Jo-an Getsinger, Star Rothrock and Kelly Jo Settle.

We would also like to thank area church groups, business and community leaders, volunteers and *Hospice of the Rapidan* Board members for participating in and supporting these celebrations. David's Heart Praise Team of The Reynolds Memorial Baptist Church led by Reverend Jon Heddleston, Michael T. Leake, President and CEO of Rappahannock National Bank, David Semmes, Jo-an Getsinger, harpist Susan Sandlin, Chip Register, CIO, The Fauquier Bank, Chaplain Denise Vogt, Reverend Greg Vogt, Neil Mairs, Gloria Alleman, RN, *Hospice of the Rapidan* Community Educator, John Hagarty, Jerry Raines, Corporate Banking Manager of StellarOne, John Klumpp, Miriam Halsey, Sharon White, Lyle Sanford, Marla England, Instructor of Eastern View High School Culinary Class, Baldwin's Grocery, Country Café, Central Coffee Roasters, Rae's Place, Rappahannock County Garden Club, Stonewall Abbey Café & Gift Shoppe, Griffin Tavern, and Village Flowers.

The Tree of Lights Celebrations provide members of the community an opportunity to honor or memorialize loved ones. Proceeds from lights go a long way in helping *Hospice of the Rapidan* provide compassionate and dignified end-of-life care for anyone who needs it regardless their ability to pay.

Welcome to the Board Dr. Robert B. Iadeluca



Dr. Robert Iadeluca

Hospice of the Rapidan is pleased to welcome Robert B. Iadeluca, PhD., Clinical Psychologist, as the newest member of the board

of directors. Dr. Iadeluca still sees patients on a full-time basis at age 89 and has made time to volunteer with *Hospice of the Rapidan* over the last few years. Always ready with ideas and creative suggestions, he has agreed to expand his involvement with *Hospice of the Rapidan*.

Dr. Iadeluca served in the US Army and fought in France, Holland, Belgium and Germany. He has had several careers including many years as a senior executive with the Boy Scouts of America, a public relations executive with the New York State Department of Education, and communications director of the Army Research Institute. He has practiced clinical psychology in Virginia for the last 17 years, specializing in chronic pain management, substance abuse, clinical depression, anxiety, bipolar disorder and relationship problems. He also served for seven years as an independent examiner at Pinebrook Psychiatric Center in Culpeper.

Dr. Iadeluca's volunteer activities have included organizing the Warrenton Toastmasters Club, President of CADRE, Public Relations Director for The Fauquier Community Theatre and as a Red Cross Mental Health Counselor. He currently is a board member of the Virginia Psychological Association, a member of the Fauquier County Chamber of Commerce, and the Fauquier Health Ethics Committee in addition to his efforts on behalf of *Hospice of the Rapidan*.

We are delighted to have such a wealth of wisdom and experience on our board of directors. Please join us in welcoming Dr. Iadeluca.

From the Director of Development



Rose Cornelious,
Director of Development

With this issue of *Companion* we have the pleasure of recognizing so many friends and neighbors who have supported the compassionate and dignified care we provide with donations during the past year. As I look over the list I am struck by the generosity of our community. It is not only by the number of names, but also how many people and businesses have returned year after year to support our work. I am humbled.

As I put together the “Thank You” list for this issue I noticed how many of our supporters contribute regularly. While a number of donations are in memory of patients who were recently under our care, many others are from supporters who year after year realize the importance of the work we do. This includes businesses and individuals who continue to contribute even though they are struggling in the current economy. That is how all strong communities not only survive in adversity, but thrive—by supporting each other when it is needed the most.

You can join this family too. There are so many ways to help us touch the lives of our patients and those who love and care for them. You can make a donation online at www.hotr.com or by returning the enclosed envelope. You can set up a recurring donation so the amount each month or quarter is easier to manage (and we’ll take care of it for you). You are also welcome to call me anytime for assistance with planned giving options that can have meaningful tax or estate planning benefits.

Many supporters enjoy one or more of our annual events and return year after year. You might enjoy our Butterfly Celebration in May, golf tournament in June, annual gala in September or Tree of Lights at Christmas. Information about these and other events is posted on our website at www.hotr.org.

However you decide to help, you will discover, as so many others have, the joy of personally being a part of something that touches lives in such a vital way. That so many of our patients find opportunities to smile as they face the end of their lives is as much a testament to people like you as it is to the dedication of our staff and volunteers. Those smiles light up the world. Be a part of the wonder by making a donation today.

2010 National Bereavement Teleconference—*Living with Grief: Cancer and End-of Life Care*

Hospice of the Rapidan is pleased to announce that along with Fauquier Health it will host **Hospice Foundation of America’s 2010 National Bereavement Teleconference—*Living With Grief: Cancer and End-of-Life Care***. The teleconference will be broadcast live via webcast and satellite on Wednesday, March 24th from 1:30 to 4:00 pm and can be viewed at Fauquier Health, 500 Hospital Drive, Warrenton in the Sycamore Room A.

The 2010 teleconference will address care options related to cancer diagnoses as well as loss and grief reactions for patients, families and professional caregivers. The teleconference will also examine psychosocial aspects of cancer, pain manage-

ment, and ethical issues related to the disease.

The teleconference will be moderated by Frank Sesno, special correspondent with CNN and professor of media and public relations at The George Washington University. Teleconference panelists include:

- Yvette Colón, PhD, MSW, Director of Education & Support at American Pain Foundation
- Malene Davis, MBA, CHPN, President & CEO of Capital Hospice
- Kenneth J. Doka, PhD, MDiv, Professor of Gerontology at The College of New Rochelle and Senior Consultant to HFA
- Richard Payne, MD, Director of the Duke Institute on Care at the End

of Life

- Sherry R Schachter, PhD, FT, Director Bereavement Services at Calvary Hospital/Hospice
- Brad Stuart, MD, Medical Director at Sutter VNA & Hospice.

Continuing education credits are available for many health care and other professionals. Those seeking credits must register for them and attend a 30 minute discussion immediately following the broadcast for a total of 3-credit hours. To register or to obtain additional information contact Rachel Nicholson at 540-825-4840 or rnicholson@hotr.org. Information is also available at www.hospicefoundation.org.

2008/2009 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, businesses, foundations and community organizations who supported *Hospice of the Rapidan* during fiscal year July 1, 2008 to June 30, 2009. 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 us at 540.825.4840 or rcornelious@hotr.org. Thank you!

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Greater Piedmont Area Association of Realtors Recognizes Hospice of the Rapidan

Recently *Hospice of the Rapidan* received a generous donation of \$1,660 from The Greater Piedmont Area Association of Realtors. Each year this trade association of real estate professionals and affiliate members serving Culpeper, Madison, Orange, Rapahannock and part of Warren Counties selects a local not-for-profit organization to recognize with a significant contribution. We are honored and deeply grateful that the Association has chosen *Hospice of the Rapidan* as their charity for 2009. Of course,



From left to right, **Tamel Dodson-Baldwin** and **Kathleen Lunsford** with the Greater Piedmont Area Association of Realtors and Executive Director, **Kathy R. Clements, RN, BSN**, *Hospice of the Rapidan*

our patients and their families are the real beneficiaries of this generous gift.

The support of businesses and trade associations for area non-profits adds strength to the community we share. Gifts from organizations like The Greater Piedmont Area Association of Realtors not only help us live up to our long-standing promise to provide the best possible end-of-life care to all who need it in the community regardless of their ability to pay, they also strengthen our partnership with the area business community, which helps everyone.

Hospice of the Rapidan's Hospice House

Patients facing a terminal illness whose care needs exceed those that can reasonably be provided in the comfort and familiarity of home currently have no alternative other than going to a hospital or nursing home to die. To meet the needs of these patients and their loved ones *Hospice of the Rapidan* is planning to build a residential hospice house which will provide around-the-clock care designed specifically for hospice patients provided by our specially trained staff. The serene and home-like atmosphere will focus on the comfort and dignity of patients without many of the restrictions often found in health-care institutions.

The facility will provide space for family and friends so patients can have the companionship that is often so important, as well as privacy when they prefer to be alone. The goal is to enable each patient to spend his or her final weeks or days comfortably and pain free in a dignified, warm and welcoming environment. It will accommodate 10 patients in private rooms, and have community living, dining and children's play rooms, fully equipped kitchen, and walking paths, outdoor patios and natural landscaping.

There is currently no such facility anywhere in Fauquier, Culpeper, Madison, Orange or Rappahannock Counties. Through the extraordinary generosity of Robert and Betty Niles of Sumerduck we have recently received a donation of 14 acres in Fauquier County on which to build our hospice house.

During the coming year *Hospice of the Rapidan* will launch a capital campaign to fund the construction of our hospice house. To help with this vital project or make a donation in support of it contact Rose Cornelious, Director of Development, at 540-825-4840 or rcornelious@hotr.org.

The White Elephant Leads the Way

Hospice of the Rapidan is delighted to enjoy the support of a number of businesses in the communities we serve. These kinds of relationships help build stronger communities and enhance the quality of life for all who live here.

An excellent example of this is **The White Elephant** in Warrenton. This family owned consignment shop (which also has a location in Middleburg) created the **WExchange Thrift Shop** as a way of giving back to the communities that have supported their stores. People with furniture, clothing, household goods and other items they no longer need can donate them to the WExchange Thrift Shop either directly or if they fail to sell on consignment at The White Elephant. Buyers then have the opportunity to acquire high quality merchandise at greatly reduced prices in a clean, pleasant, friendly environment and the proceeds support a range of local not-for-profit organizations.

During the months of April, May and June *Hospice of the Rapidan* will be a beneficiary of this wonderful program. A portion of the proceeds from the WExchange Thrift Shop will be donated to *Hospice of the Rapidan* to support our programs and services. So if you have furniture, clothing or other goods you no longer need, or if you are in the market for a bargain on high quality merchandise, stop by either The White Elephant or the WExchange Thrift Shop which are next door to each other in the Towne Center on Frost Avenue in Warrenton.

Hospice Q & A

I have always tried to make time to volunteer in my community. You work with medical patients which requires some specialized knowledge. How can I help even though I have no medical experience?

We have volunteers of all ages, backgrounds, and interests—from students to retirees to mothers of school age children. Some are loved ones of patients who received hospice care and others are neighbors who understand the importance of the work we do. What all share is a desire to make a difference when it means so much. Good volunteers are sensitive, caring, friendly, good listeners, who are non-judgmental and patient.

No special skills or prior experience is needed. Some volunteers work directly with patients and families while others assist in our office or with events. We provide comprehensive training for both volunteer opportunities. Patient/family support volunteers receive 21 hours of free training about *Hospice of the Rapidan's* philosophy, mission, programs, services and procedures. The training typically consists of 7 sessions in small classes. Administrative support and teen volunteers receive two hours of training and can later become patient/family support volunteers if they wish.

More information about our volunteer program, including a volunteer application, is available at www.hotr.org/volunteer.htm or from Ruth Pavlik at 540-825-4840 or rpavlik@hotr.org. Our next volunteer training class begins the first week in March, so now is the time to get involved. We look forward to meeting you!

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

Outstanding Care cont. from page 1

each staff member can visit in a day. Nevertheless, we always provide the best possible care to every patient every time, regardless of the reimbursements we receive. That is why we regularly look to you, members of the communities we serve, for support. Your generosity enables us to live up to our promises every day, which simply would not be possible without your help. We are truly grateful you have been there alongside us from the beginning, so we have never had to compromise on the care we provide.

In this issue of *Companion* we are delighted to recognize the generos-

ity of so many friends and neighbors who have generously supported us and our care during the past year. The list includes people who have donated in memory of someone they lost, others who participated in some of our events, people who understand how meaningful the care we provide is to those who need it, and area businesses, civic groups and churches that understand the importance of investing in the community in which their employees and customers live.

These are challenging economic times, as everyone knows. Your continued support of our programs and care under circumstances in which

many are losing jobs and others are cutting back touches us. You should know that giving in times like these makes even more of a difference to our patients and families, as health costs continue to escalate. It is on their behalf that we thank you.

As we enter a new decade most of us can look forward to a brighter future. It is often difficult for our patients and their loved ones to do this without our help, which is why our care means so much. Your continued support makes it possible for us to never let one patient down—ever. To say “Thank you” hardly seems sufficient.

A Cornucopia of Care Gala Was a Resounding Success



A few committee members paused from setting up the event long enough to take this picture; from left to right are Kelly McBride, Nan Fortune, Al Fortune, Cindy Greene, Patricia Edwards Gala CoChair & Suzanne Williams

Over 100 friends of *Hospice of the Rapidan* turned out in style for our **Cornucopia of Care Gala**, which was held on October 17, 2009 at The Joseph R. Daniel Technology Center on the Germanna Community College campus in

Culpeper. This annual fundraiser helps support compassionate and dignified end-of-life care in Culpeper, Fauquier, Madison, Orange and Rappahannock counties. Friends and supporters enjoyed a night of cocktails, dining and dancing, and many went home with lovely items from the silent and live auctions. The event raised over \$55,000 to advance the quality and availability of end-of-life care in our area.

At the gala *Hospice of the Rapidan* honored three people who have made a difference in their respective communities; John James of Orange, Dr. Thomas E. Reynolds of Culpeper and Dr. David Snyder of Rixeyville. Each has a long history of dedicated service to end-of-life care in the communities we serve and to *Hospice of the Rapidan*.

Thirty area businesses and community leaders sponsored the event and another 80 businesses donated products

or services that were offered at auction. “The generosity and support of the evening’s sponsors, guests and volunteers was inspirational, especially in the light of current economic challenges,” said Executive Director Kathy Clements. “It says a lot about the spirit of the community we live in.”



Gala honorees and Executive Director, Kathy Clements enjoying the festivities. Pictured from left to right are Thomas E. Reynolds, M.D., Kathy Clements, David M. Snyder, M.D., and John James

In this issue of *Companion* we are delighted to highlight each of these businesses, and we ask our readers to support their generosity by stopping by and

thanking them for their support of dignified and compassionate end-of-life care in our area.

This was one of the largest events in the 26 year history of the organization and the proceeds raised will go a long way towards helping us to provide the best possible care to every patient without regard to their ability to pay and support our comprehensive grief care and educational programs for which we receive no direct reimbursement. Events like this will also help us as we embark on one of our most ambitious projects ever, building a residential hospice house to serve patients and families whose care needs exceed those that can be reasonably be met at home. There currently is no hospice house anywhere in the five counties *Hospice of the Rapidan* serves.

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Patricia Edwards
Caren Wilson

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Shelley Campbell
Margaret Clarke
Dustyn Deal
Darlene Ford
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Cindy Greene
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Clinical Corner

A Column for Health Care Professionals



Dr. Robert Idaluca

By Robert B. Idaluca, Ph.D.
Clinical psychologist and member of *Hospice of the Rapidan's* board of directors

Physicians refer patients to *Hospice of the Rapidan* because their terminal illness is no longer responsive to treatment or the adverse side effects outweigh the curative value. The illness is always physical, such as cancer or respiratory ailments. The care then shifts from therapeutic to palliative. An interdisciplinary team administers medicine and other types of medical care to alleviate pain, mitigate symptoms and enhance patient comfort.

On the surface, it does not seem necessary for hospice to furnish psychological care as patients are not referred for treatment of psychological disorders. But it is important to acknowledge that people facing their own death also face a range of sometimes overwhelming emotions, including anger, sadness, anxiety and fear. These can become heightened with a hospice admission, which reinforces their lim-

ited prognosis. Effective treatment of the hospice patient therefore indicates psychological evaluation and care in addition to other treatments since the mind and the body are strongly intertwined.

Patients are usually referred to hospice by specialists or primary care physicians with guidance from specialists—cancer patients by oncologists, emphysema patients by pulmonologists, etc. While thanks to them we have advanced greatly in our current knowledge of physical disorders, specialists' focus is on the disease they are so skilled at treating.

Clinical psychologists and other mental health providers hold a more person-centered approach. There is a close rapport between them and their patients. They look for the patient's inner goals. They examine family history carefully and take the family dynamics into consideration. They approach a patient who is in distress knowing that his behavior often reflects an underlying emotional problem. Addressing these concerns requires a professional with special attributes.

Hospice of the Rapidan's program weaves a strong psychological approach into its care regimen to address these needs. Each action taken to

help the patient is done with preservation of their dignity in mind. A close connectedness between staff and patient helps alleviate anxiety and assuage anger. Effective palliative care, supported by psychological intervention, significantly reduces patients' primary fear—that of uncontrollable pain. *Hospice of the Rapidan's* key goal is comfort care, both physical and mental. The team approach including volunteers and social workers, also helps reduce feelings of despondency that can strain familial relationships when they need to be their strongest. The patient's autonomy is respected and quality of life is enhanced when the specific psychological needs of patients facing the end-of-life are taken into consideration.

Hospice works best when the specific psychological needs of dying patients are taken into account and incorporated into the care regimen. The best hospices, including *Hospice of the Rapidan*, incorporate psychological evaluation and treatment into their interdisciplinary approach. By doing so, they live up to hospice's premise of treating the entire person rather than his or her disease.

Hospice of the Rapidan's Educational Outreach



One of our 5 library displays set-up during National Hospice & Palliative Care Month this past November at the Culpeper Library

Even though hospices have been part of the American healthcare system for over 30 years now, many people still do not understand what it is or the care we provide. This is

understandable, since people are often reluctant to read about issues relating to death until they need to. As a result, there remain many misimpressions about what hospice care is, who qualifies for hospice, whether it is covered by insurance and Medicare, whether it means "giving up," and other concerns. To address this, *Hospice of the Rapidan* has for many years provided educational programs for community residents and healthcare professionals about hospice care. Our educational outreach efforts which are conducted throughout the year are provided as a service to our community so families and patients with terminal illnesses can make intelligent decisions about their care options and to address the misconceptions that still exist.

Hospice of the Rapidan typically conducts two to three educational events a week year round. These programs cover a wide spectrum of topics and are geared to a variety of audiences. These include:

1. *Volunteer/civic/professional groups.* *Hospice of the Rapidan's* Speakers Bureau is available to give presentations about hospice care in general or to address the specific questions or concerns of any group. We have highly skilled speakers to address every facet of hospice and end of life care options, including medical professionals to

address medical questions. We regularly speak to professional groups, Lions, Rotary, Ruritan and other civic clubs, churches and other faith based community groups, Chambers of Commerce and other business organizations. We offer presentations of various lengths and can tailor the discussion to topics of interest to any particular group.

2. *Clinical staff at medical groups, hospitals, nursing homes and assisted living facilities.* Many physicians and other health care providers who treat patients still have questions about hospice, which we are glad to address. Many are particularly interested in the sensitive matter of how and when to broach the discussion of hospice. We can help these professionals become better prepared to address the anxieties of patients and their families when curative therapies are no longer effective.

3. *Social workers and mental health professionals.* We routinely present to these communities, whose professionals are often in the position to recognize the need for hospice and make recommendations to the patient's family and their physician. We also make regular "in-service" presentations on various medical hospice related topics for these professionals to help them keep abreast of the latest advances in end-of-life care options and considerations.

Families frequently tell us that they wish they knew about hospice sooner. Many had no idea the scope of care provided and the team approach that brings an army of help right into their loved one's home when it is needed most. We conclude from this that there is still an urgent need for the education programs we provide. Being the leading resource to all segments of the communities we serve on matters relating to hospice and end-of-life care has always been a critical part of our mission, and remains so today.

Volunteers Needed

Hospice of the Rapidan offers a variety of volunteer opportunities. While a number of our volunteers work directly with patients, we also have many other opportunities for volunteers who either do not have the time to complete the comprehensive training or who prefer to help without interacting directly with terminally ill patients. These include helping in our office and with events.

Currently we have a particular need for one or more volunteers for general office assistance on a weekly basis for about three hours each week. The day and time are flexible (during regular business hours, of course). The volunteers will help answer the *Hospice of the Rapidan* phone and assist with administrative tasks such as stuffing envelopes and copying. No special skills

are required. Training will be provided for any task assigned.

If you would like to assist us in this way please contact Ruth Pavlik, Director of Volunteer Services, at 540-825-4840 or rpavlik@hotr.org. She is available during regular office hours to provide you with more information.

Hospice of the Rapidan is honored by The Culpeper County Chamber of Commerce



Essie Rossi, RN, CHPN Director of Nursing & Patient Services and Ann Frazier, Director of Human Resources holding the Non-Profit Organization of the Year award

Last November the Culpeper County Chamber of Commerce recognized *Hospice of the Rapidan* as its inaugural Non-Profit of the Year at its 95th

Annual Meeting and Awards Banquet. The Chamber instituted this award to recognize a local non-profit organization for its reputation, track record, effectiveness at working well with area businesses and other community organizations, its contributions to the quality of life for Culpeper residents and its strong relationship with the Chamber. *Hospice of the Rapidan* was selected from among a number of area non-profit organizations nominated by Chamber members. *Hospice of the Rapidan* has long cultivated relationships with Chambers in each of the counties we serve because they, like us, understand the importance of strong ties between community based non-profit organizations and area businesses.

Kathy Clements, Executive Director of *Hospice of the Rapidan* commented, "We are humbled and thankful to be recognized this way. We realize there are many worthy non-profit organizations in our community and together we all make a difference in the quality of life in the communities we serve."

The Culpeper County Chamber of Commerce is a, non-profit, membership driven organization comprised of over 590 business enterprises, civic organizations, educational institutions and individuals. Its mission is to be the voice of the business community working to promote, build and support a strong economic climate in Culpeper County.

Companion

Hospice of the Rapidan
PO Box 1715 • Culpeper, VA 22701



Dignified and compassionate end-of-life care for terminally ill patients and their families in Culpeper, Fauquier, Madison, Orange and Rappahannock counties, regardless of their ability to pay