

Companion

Spring 2006

Hospice Nurses Giving—A Way of Life

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

Virginia Licensed, Medicare & Medicaid Certified

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

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Founded 1983

Nurses have long enjoyed a well earned reputation as angels. For most nurses, extraordinary care is standard and total commitment to patients and the profession is the norm.

Hospice of the Rapidan nurses live this credo every day. Our nurses lead the interdisciplinary teams that provide care to hospice patients. "Giving" is not an activity for them—it is a way of life.

Betsy and Deena are two of our dedicated nurses. On a "typical" day—if such a thing exists—they visit a number of hospice patients to evaluate them for pain, to see to their comfort, and assess whether hospice resources are serving them effectively. They go about these tasks with compassion and grace, taking the time to make sure each patient gets what he or she needs. Each has also been known to fix a little lunch, tidy up a bit, or just sit for a while holding a patient's hand. Listening is both one of their greatest strengths and greatest gifts.

Betsy, Deena and their colleagues also pay careful attention to the caregivers in each patient's home—family members and close friends who are with the patient day in and day out. They reassure caregivers, answer their questions,

and encourage them to talk with the social worker about the volunteers who can give caregivers much needed rest or time with their children.

A typical day also often includes meeting with families of prospective patients who have been recommended



Betsy and Deena—Happy to Give

for hospice care by their physician. Our nurses thoughtfully answer questions and help families understand what hospice care is, what it is not, and how it works. Once the patient is admitted our nurses make them comfortable.

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Join us at one or more of the following events!

April

Thursday 6th, 2006

Volunteer Luncheon

11:30am-1:30pm

Aberdeen Barn, The Best Western Culpeper Inn, Culpeper.

All *Hospice of the Rapidan* volunteers are invited. For more information contact Ruth Pavlik at 540.825.4840

April 23-29, 2006

Volunteer Appreciation Week

May

Saturday 20th, 2006

Old Town Spring Festival, Main Street, Old Town Warrenton

9:00am-4:00 pm

Please visit us at our booth and sign up for a special raffle prize! Live music, entertainment, dancing, demonstrations, displays, and lots of food!

Monday 22nd, 2006 (rain date June 12th)

The 5th Annual Lions Club Golf Invitational To Benefit Hospice of the Rapidan & The Culpeper Host Lions Club

Country Club of Culpeper, Culpeper. See Page 7 for more information.

June

Sunday 11th, 2006

Butterfly Release Celebration

3:00 PM

James Madison's Garden at Montpelier, Orange. See page 6 for more information.

Tuesday 20th, 2006

Art of Aging Expo

3:00-6:00 PM

Orange County High School Field House, 201 Selma Road, Orange Virginia. Come visit us at our booth. Other exhibitors representing different facets of senior living will include health services, legal/financial, housing, law enforcement and community services.

Hospice Nurses *continued from pg 1*

They arrange for all necessary medical equipment, medicines, etc., all while calming the nerves of people unaccustomed to these activities. Whenever possible the patient is treated at home so their loved ones can be close by and the patient is in familiar surroundings.

Our nurses' days are sometimes interrupted by calls from other families with news that a patient has taken a turn for the worse or has died and that the family needs the nurse to visit. They handle this with a professionalism that helps reassure everyone involved, at a time when assurance and comfort is needed above all else. Our on call nurses often make these visits in the middle of the night. This certainly is not a 9 to 5 job!

In addition to their full-time work, Deena and Betsy find time to give back

to their communities in other ways. Here since September 1998, Deena, a wife and mother of two, started the



Deena—“Hospice nursing is nursing at it's best”

Women's Ministry program at the Culpeper Baptist Church in 2001 and served as Women's Ministry Director until 2004. Commenting on what being a hospice nurse means to her Deena said, “I continue to be a hospice nurse

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Giving Back From All of Us

Staff members of many worthwhile organizations often go the extra mile when the need arises. *Hospice of the Rapidan* is proud to be part of such a noble tradition.

This past Christmas we learned of a young family in extraordinary circumstances. They had recently lost their infant son and faced other challenges that would be unbearable for many of us. When Craig Wilt, our grief coordinator, and Doreen



Loading up Presents from the Hospice of the Rapidan Staff

Jenkins, one of our registered nurses, learned of this they mobilized the entire staff to help bring some holiday joy to what otherwise would have been a very sad season for this family. Christmas presents often mean more in troubled times, especially for children, and what could mean more to a parent than joyful smiles on their children's faces. So off went Doreen, a veritable “Mrs. Claus,” to deliver the holiday cheer.

In their thank you note, this special family said: “Thank you for all the toys, clothes, and gift cards you gave us this Christmas. The boys loved everything you gave them. Because of your thoughtfulness you helped make a very painful Christmas into a happier one even though we were sad because our little one could not be with us. The looks on the boys' faces when they opened present after present made it better.”

In the midst of this family's pain they took the time to wish all of us a “wonderful holiday,” which made the whole *Hospice of the Rapidan* family additional beneficiaries of Craig and Doreen's generous spirit. It reminded many of us that sharing is at the core of what hospice is all about.

A Hospice Story

In June 2001, my wife died after a 3-year battle with breast cancer. While she was a patient in the local Fauquier Hospital, the medical staff reached an agreement that there was nothing more they could do for her and the *Hospice of the Rapidan* stepped in. They made all the necessary arrangements and moved my wife back home. After her death the nurses stepped in and handled everything.

About a year later, I realized that I had some spare time so I volunteered to be a volunteer worker at this hospice. After adequate training I joined the volunteer staff. The *Hospice of the Rapidan* has a competent staff of medically trained professionals, registered nurses, certified nurse assistants, social workers, chaplain, etc. Also they have a number of volunteers like myself to assist in the five counties we cover. I have served approximately 30-35 patients as a volunteer. My duties include delivering medicines from local pharmacies,

sitting with patients while their caregivers have worked, shopped, visited local business shops, etc. I have also mowed lawns, worked flower gardens, driven patients to doctor's appointments and do whatever I can to assist the patient during this difficult period in their lives.

I see the impact we make on the local Fauquier community. Each week I read the weekly newspapers obituaries and read where "in lieu of flowers, donations are requested to the *Hospice of the Rapidan*" and other local hospices. At my other volunteer jobs, whenever I mention that I work for *Hospice of the Rapidan*, I hear nothing but praise for the job that hospices do. Seems everyone has a friend, family, or neighbors that have used a local hospice and are very praising of its efforts.

Charles "Duke" Hagedorn

Making The Most of Your Donation to Hospice Of The Rapidan



Pete Hutton

Like most non-profit organizations, *Hospice of the Rapidan* relies on contributions to help cover the costs of the broad range of services it

provides patients and families. While cash contributions are most common, there are times when planned gifts better suit the needs of some of our supporters. When structured properly, a gift to *Hospice of the Rapidan* can yield more benefits to you than you probably are aware of.

Well designed gifts of appreciated property, like securities, real estate or life insurance policies, can generate very substantial tax savings and actually increase the income of donors. Proper timing of gifts can

help offset the high tax burden some of our supporters face when they receive a windfall from the sale of a home or business that has appreciated over the years. Other types of planned gifts can increase annual income for supporters of retirement age, or can help support *Hospice of the Rapidan* today without reducing the size of the estate you leave for your heirs.

Of course, some expertise is needed to properly structure these gifts to maximize the benefits to both the donor and *Hospice of the Rapidan*. We welcome the opportunity to discuss these possibilities with you and your tax advisor or financial planner. Call our Development Director, Pete Hutton at 540-825-4840 for more information or to schedule a time to discuss how we can help each other.

Good Luck and God Bless to Chaplain Liz Danielsen

"Reaching out for a hand, touching a heart". These words define our beloved Chaplain, Liz Danielsen, who is leaving the *Hospice of the Rapidan* team after 5 years to devote herself fully to her Spiritual Care Ministry. During Liz's tenure our patients, their families, our staff and volunteers all benefited greatly from Liz's spiritual gifts.

We wish Chaplain Liz many blessings as she continues to serve others in her ministry. While we will miss her dearly we also rejoice in knowing others will have the benefit of her wise counsel and godliness. **"Thank you Liz"** from all of us for everything you did and the difference you made every day. You will not soon be forgotten.

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

“Angels in Action” to Represent *Hospice of the Rapidan* in The American Cancer Society's RELAY FOR LIFE



Captain, Chanel Hammer, and Co-Captain Casey Shelton are busy recruiting “Angels in Action”

On the weekend of June 3-4, *Hospice of the Rapidan* will participate in the American Cancer Society's RELAY FOR LIFE, an overnight event in which teams run or walk laps around the Culpeper High School's Broman Field to raise money to fight cancer. Each team tries to keep one member on the track at all times, and everyone does a few laps to help in the cause.

Hospice of the Rapidan's team is “Angels in Action” and will be led by Captain Chanel Hammer, one of *Hospice of the Rapidan's* registered nurses, and Co-captain Casey Shelton, *Hospice of the Rapidan's* Secretary/Receptionist. Anyone interested in joining the team, supporting it with a pledge, or volunteering to

help should call Casey at 540.825.4840, M-F, 8:30am -4:00pm.

Relay For Life started over 20 years ago, and today more than 3 million people participate annually in the US and 20 countries around the world. It has become the American Cancer Society's signature event.

There will be a Mother's Day flower sale to support the team at the beginning of April. Orders must be turned in by April 12. Order forms can be obtained from Casey or Ann Frazier by calling 540.825.4840. (Orders may be taken over the phone). Flowers will be available on May 8th just in time for Mother's Day.

Letter from the Director



Kathy Clements

“Oh, that work must be so depressing.” This is what I used to hear frequently from my friends, acquaintances and family when someone would learn of my work here at *Hospice of the Rapidan*. My struggle was and still is how to tell that person my work was anything but depressing and not make me out to be cold-hearted. After all, I do deal with the end of someone's life just about every day but this is not depressing. This is to me a reaffirmation of life and the importance of living and giving every day. My colleagues here at *Hospice of the Rapidan* understand what I am saying because they also share my perspective.

I am not sure if it is the kind of people who are drawn to this work, the type of perspective that develops once someone does this work, or a combination of these, but my colleagues share my feelings about living every day by giving back to those in need. They demonstrate this not only through their hospice work but also through their own personal lives. I see some of my colleagues volunteering their time to do a fundraiser for another organization. I see another volunteering her time to visit patients at home and in nursing homes with her own therapy dog. I know of colleagues who are musically gifted singing in their church and local choral groups. And then there are workers here who belong to civic organizations—Lions Club, Rotary Club, Boys & Girls Club, Business & Professional Women (I probably missed one here but you get the idea). I cannot forget the Girl & Boy Scout leaders, Sunday school teachers and cancer support volunteers.

I think now the reader can get the picture. Our hospice workers not only feel strongly about the work they do here and how this reaffirms the importance of life, but we also act that out every day in our personal lives. Feeling strongly about giving back to others and the community we live in seems to be part of the *Hospice of the Rapidan* culture, and that thought always gives me pause to smile.

Kathy Clements, RN, CHPN

Hospice of the Rapidan Welcomes Anita Sherman To The Board of Directors

Hospice of the Rapidan is delighted to welcome Anita Sherman to our Board of Directors. As editor of the Rappahannock News in Washington, VA and a longtime resident of Fauquier County, Anita has a deep understanding of the communities we serve and should be an outstanding addition to our leadership team. We are fortunate to have her talent and experience.

Prior to joining the Rappahannock News Anita was the education reporter at the Fauquier Times Democrat, had her own graphic design firm, and has worked in community relations. She should be an outstanding contributor to our

public relations efforts, helping our communities understand and appreciate who we are and the services we provide. Anita lives in Warrenton with her husband and three children.



A hearty welcome to Anita Sherman

“A Special Thanks”

It is not uncommon for us to hear from the families who have received care from *Hospice of the Rapidan* after their loved one has passed away. With their permission we share some of their comments with our readers from time to time. Recently, the family of Thelma Lee Hall expressed gratitude to one of our nurses in Ms. Hall's notice in the paper: “A special thank you to Chanel Hammer with *Hospice of the Rapidan* for your care and consideration.” We agree. *Hospice of the Rapidan* and our patients are most fortunate Chanel is part of our team of caring professionals.

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because I feel it's my calling. I enjoy the patient and family contact. Hospice nursing to me is truly nursing at its best”.



Betsy—Always cheerful and ready to help

Betsy has been nursing at *Hospice of the Rapidan* for 10 years. In addition she makes time to take Dickens, her standard poodle who is a therapy dog, on visits to nursing homes, hospitals, and Mary's Family, an organization that helps children with disabilities. Dickens and Betsy have been involved in many community events and are well known in the area.

Betsy and Deena are but two of the exceptional nurses at *Hospice of the Rapidan*. Each of their colleagues is as dedicated, skilled and caring as they are. Individually and as a team, they bring renewed meaning to the word “giving,” and it is our patients and their families who benefit.

This is only a small glimpse into the life of a *Hospice of the Rapidan* nurse. All of us who work here are proud to be associated with such caring and giving professionals. It takes a very special kind of person to be a hospice nurse. In addition to what they give to patients, families and their communities, they give to us as well. We smile, knowing we work among angels.



Dickens with a very happy friend

Welcome To Our New Chaplain

The staff at *Hospice of the Rapidan* is pleased to welcome Denise Vogt as our new chaplain.



Denise Vogt, *Hospice of the Rapidan* Chaplain

Denise is a graduate of Zion Bible College and earned her masters at The Assemblies of God Theological Seminary in Springfield, MO. She is ordained as a minister of The Assemblies of God and brings 25 years of pastoral experience to the patients and families of *Hospice of the Rapidan*. Denise also serves as chaplain of the Central Virginia Regional Jail in Orange.

Originally from Brooklyn, NY, Denise and her husband of 25 years live in Orange County. They have two sons and a grandbaby on the way. “I am excited to be a part of a team focusing on compassion and care. I look forward to ministering the love of God to the patients and staff of *Hospice of the Rapidan*”.

Finding Meaning in Death

My doctorate is in the field of Life Span Developmental Psychology, which covers development from birth (or even before) through the process of dying and on to the point of death. I was therefore excited to have the opportunity to listen to a series of lectures given in Charlottesville by Dr. Ira Byock. His lectures were sponsored by a number of local organizations including *Hospice of the Rapidan*.

Dr. Byock, a nationally known expert in this field, is Director of Palliative Medicine at Dartmouth Hitchcock Medical Center in New Hampshire. As an M.D. he is aware that for clinicians death is the enemy. It represents defeat and failure. This approach, Dr. Byock emphasizes, profoundly impacts our understanding of the "meaning of life." In our Western civilization people have an aversion to thinking and talking about death. From the moment an individual is diagnosed with an incurable illness, death, he says, becomes "the alarm that will not stop ringing."

Dr. Byock asks that we strive to recognize some meaning in death. What is the nature of life? Does life have meaning? What is the meaning of my own life? How do I feel about living in a world without pain or death? Can I imagine myself going on and on, things not coming to an end? Think of confrontation with death, he says, as a stimulus for personal growth—a time to prepare the family, to tie up loose ends, to reconnect with those who have shared their lives or those

with whom there had been estrangement—a time for apologies and a seeking of forgiveness.

Modern society, Dr. Byock tells us, has delegated almost exclusive responsibility for care of its dying members to clinical professions. They are trained to do battle with death, to have what he calls "warrior traits." Dr. Byock describes hospitals as "temples of death denial" where interventional clinicians, wearing special garb, speak an esoteric language. In this temple opposition toward death is rewarded and straight talk of death is interpreted as weakness—giving up—not having the wherewithal to know what to do next.

Biological realms of life, however, need to give way to spiritual realms. What is the nature of existence? Who am I? It is important for physicians to help patients transition through a sense of existential distress to a sense of wellness despite full acknowledgment that death is near.

Disciplines of hospice and palliative care, Dr. Byock tells us, make critical contributions to this process of social and cultural maturation. Until quite recently, physicians who worked in hospice and palliative care risked subtle ostracism within the medical profession as if proximity to death tainted individual clinicians. Things have changed. Palliative and end-of-life care has begun to enter the mainstream of medicine.

Clinicians can commit to doing whatever is necessary to alleviate physical distress—shelter, hygiene, assistance with elimination, offering of food and drink, alleviation of suffering—but also possess the human capacity of responding in creative, even loving

ways to people who are dying, engaged in care giving or in grief. Physicians can bear witness to a person's pain and sorrows, disappointments, and triumphs—can listen to the stories of the patient's life and remember the story of the passing.

Death is central to the meaning and value of human life. Dr. Byock pointedly remarks that clinical professions have leadership roles to play in the continued maturation of our contemporary society and Western culture's response to death. This can be done by declaring that people inherently have dignity and by providing care that is not only competent but also unabashedly loving—by investing even the most mundane aspects of clinical work with meaning and value.

Robert B. Iadeluca, Ph.D.



VOLUNTEERS NEEDED!

Hospice of the Rapidan Plays Golf!

We are delighted to announce The Culpeper Host Lions Club has chosen *Hospice of the Rapidan* as their partner in their **5th Annual Lions Club Golf Tournament**. The event will be held at The Country Club of Culpeper on Monday, May 22. Registration is at 7:30 AM and the shotgun start is at 8:30 AM. This fun event includes a BBQ luncheon, raffle prizes, lots of contests, and wonderful sponsorship opportunities. A rain date is scheduled for Monday, June 12.

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

We would like to thank Herman Neece, the new owner of Minuteman Press in Warrenton who generously donated the printing used to promote this event. It is businesses like Herman's that make the difference for charities like ours. The entire *Hospice of the Rapidan* community appreciates your generosity.

For information about becoming a sponsor or participating in this terrific event contact Pete Hutton at 825.4840 or phutton@hotr.org. A copy of the tournament brochure which includes an entry form is also available on our website at www.hotr.org.

Teaching Children The Value of Giving

Families teach their children about "giving back" in many ways. This year the Bosworth family of Orange decided to teach their children the blessings of giving with an opportunity to practice it for themselves. Mom and Dad gave each of the children an amount of money, a list of worthwhile organizations in the Piedmont, and instructions to pick ones whose missions appealed to them. Young John chose *Hospice of the Rapidan* because we help people who are sick and help their families cope during a difficult time.



John Bosworth, Happy to Give

Have you thought how you might teach your children about caring for others? Perhaps there is a youth group at church or school who might like to conduct a fundraising project to help those who can't afford hospice care. We are here to help you with any ideas you have. Just give Pete Hutton or Nancy Walbridge a call at 540.825.4840.

Culpeper Mid-Day Lions Club Donates \$1,000

In a classic example of how community service organizations can help each other succeed by working together, the Culpeper Mid-Day Lions Club has made a generous contribution to *Hospice of the Rapidan*.

Jim Nelson, a member of the Lions Clubs' Board of Directors presented a \$1,000 check to Kathy Clements, Executive Director of *Hospice of the Rapidan*. Jim commented, "The Mid-Day Lions Club is pleased to be able to help *Hospice of the Rapidan* in their mission to care for and support area families in their time of need". Kathy acknowledged, "support from our community is vital to our mission. We depend on contributions from the communities we serve in order to continue providing essential medical care and support to area families."



Kathy Clements, Executive Director accepting a donation from Jim Nelson, Board Member, Culpeper Mid-Day Lions Club

Other organizations and individuals interested in learning more about making donations to *Hospice of the Rapidan*, may contact Pete Hutton, Development Director at 540.825.4840.

2006 Washington Redskins Raffle

Through the generosity of a very kind supporter of *Hospice of the Rapidan* once again we have several sets of Washington Redskins tickets to raffle off. Details will be announced shortly.

2006 Butterfly Release at James Madison's Montpelier

Come celebrate life with us at *Hospice of the Rapidan's* 4th annual Butterfly Release, Sunday June 11 at 3:00 PM at James Madison's Montpelier, Orange.

The Butterfly Celebration is a life-affirming expression of hope and peace. This event is held at the beautiful Formal Gardens at Montpelier, and offers an opportunity to honor loved ones, both living and deceased, by sponsoring a butterfly in their name. Sponsorship supports *Hospice of the Rapidan's* grief care program that includes free, community based care to assist people in their healing-grief journey, regardless of hospice affiliation. Services include individual support, grief support groups, and useful printed material. Medicare and private insurance do not reimburse

Hospice of the Rapidan for the cost of these services.

Butterflies herald the return of spring and the renewal of life. Their release signifies freedom and happiness. The highlight of the Butterfly Celebration is the mass release and flight of a hundred 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 Celebration program. Following the event, all Montpelier exhibits and presentations are available to participants at a significantly reduced rate.

We would like to thank the Montpelier administration, particularly Ms. Phyllis Johnson, for their continuing support

as well as to everyone else who contributes to the success of this inspiring event.

For more information call Craig Wilt at 540.825.4840. To sponsor a butterfly please complete the enclosed card and return it to us with payment before June 1st. Directions to Montpelier are available at www.montpelier.org/directions.htm.



From the Community Relations Director

When most people in our communities think of *Hospice of the Rapidan*, they think of the care and compassion we provide for patients and family members. Indeed, this kind of one-on-one service is our core mission—the reason we exist—but we also do much more. This issue of *Companion* celebrates our broader role in the communities we serve.

Hospice of the Rapidan is an active member of many of the communities we serve. Every day we provide education about the difficult subjects of dying and grief, host support groups and seminars, work closely with doctors, hospitals, nursing homes and other health care providers, and, perhaps most importantly, make sure every family that needs hospice care knows where and how to get information about hospice care when they need it.

We partner with other leading service organizations here in central Virginia, and do our best to support their good works as they help support us. A good example of this is *Hospice of the Rapidan's* participation with the Culpeper Host Lions Club in their 5th Annual Golf Tournament on May 22nd. See the article in this issue for more information about this fun event that does so much for our community.

Many of our dedicated staff and volunteers are also active in our communities. Some of them are profiled in this issue.

Others contribute every day to enhance the quality of life that makes central Virginia such a delightful place to live.

Finally, there are the families we serve. Many people don't realize that we learn a great deal from their strength, love, and resilience. The human spirit is a marvelous thing and it inspires all of us every day. It's why smiles can be found in the midst of death, and for many of us, why working or volunteering in hospice is the best job we ever had. As some of the stories in this issue of *Companion* illustrate, "giving something back" to our wonderful communities often does as much for the giver as those they help.

Nancy Walbridge
Community Relations Director

