



# THE Hoppiteer

The greatest healing therapy is friendship and love.  
— Hubert H. Humphrey, 1911-1978  
38th U.S. Vice President

All for One and One for All April 2009

## Staff will assist with advanced directives

Event planned for National Healthcare Decisions Day 2009

by Jeff Sikorovsky

Development & Communications Asst.

HospiceCare, along with other national, state and community organizations, is leading a massive effort to highlight the importance of advance healthcare decision-making — an effort that culminated last year in the formal designation of April 16 as National Healthcare Decisions Day.

In honor of NHDD, From 9:30 a.m. to 12:30 p.m. Thursday April 16, Social Worker Director **Julie Lukowski** will lead an Open House at the Main Office, 1606 Kanawha Blvd., W., Charleston, WV 25312, for the public to come and learn more about completing advance directives. We will have packets of information on hand and the combined Medical Power of Attorney form available.

To help raise awareness about the importance of advance care, the NHDD Web site — online at

*Continued on next page*



## And they call it, Puppy Love!

On St. Patrick's Day last month, **Karen Grove** and **Miriam Higginbotham** had a play date for their two pups in the Education Office. Karen's new buddy, **Lizzy**, is a nine-week-old Beagle-mix pound puppy weighing in around five pounds. Miriam's Great Pyreneese, **Daisy Mae**, on the other hand, tips the scales above 100 pounds and is not yet fully grown at a year old! ❖

# STAFF HAPPENINGS

## IT/Finance staffers find time to dance, travel

Despite months of a gruelling move from Dunbar to the new Charleston Office, Billing Associate **Angie Price** and Systems Support Specialist **Tanya Spade** have found a little extra time and energy to pursue their bliss outside of work.

Angie spent much of her free time the past few months preparing for her performances March 27-28 as part of the Charleston Ballet Company's show, "Variations: Flavors of Spain." Angie performed four pieces: "Gypsy Dances," a folk piece; "Celebracion," a jazz number; "Lisboa," a modern dance piece; and "Three-Cornered Hat," a flamenco dance combined with cubist elements of Pablo Picasso's paintings.



Tanya, on the other hand, left on a "trip of a lifetime" to the Holy Land on March 23 and is due back April 6. She said she fully expected the trip to be "a life-changing experience," as it is not only her first trip to Israel, but also her first trip out of the country. She said she heard of the trip this past November, but thought that it was an "unrealistic dream." Her dream became a financial reality in January thanks to the hours, days and even weeks of overtime work she put in in November and December helping get the new computer and phone systems up and running for the new main office, three satellite offices and the Hubbard Hospice House.



Some highlights of her trip to Jerusalem and Tiberias will include: being baptized in the Jordan River; touring King Hezekiah's Water Tunnel; visiting the Quamram Caves where the Dead Sea Scrolls were discovered; and visiting Gordon's Calvary and garden tomb. "I'm excited about all of it, but there are certain ones I'm really excited about," she said. ❖



## NHDD

*Continued from the front*

[nationalhealthcaredecisionsday.org](http://nationalhealthcaredecisionsday.org) — provides information and tools for professionals and the public to talk about future healthcare decisions and advance directives (healthcare power of attorney and living wills) in accordance with applicable state laws.

Here are some of the ways HospiceCare staff, families and friends can help this important cause:

- First and foremost, lead by example. Be sure you have thoughtfully considered and made your own healthcare decisions known.
- Get informed about NHDD and ask staff, board members, and volunteers to help promote NHDD

in the community. (Suggestion: Have staff wear a button that says "Ask Me About Advance Directives!")

- Set up an exhibit about NHDD at the main entrance to your building and offer information about advance care planning as people come by.
- Distribute NHDD promotional materials and advance care planning educational brochures at upcoming community events or health fairs. Advance directives also make a great topic for public speaking engagements.
- Partner with your community library to set up a display highlighting books about advance healthcare decision-making and use NHDD promotional resources.
- Distribute flyers about NHDD in local physician offices and other

strategic locations such as elevators in public buildings.

- Encourage our state leaders to establish a state-sanctioned, secure online advance directive registry.

Despite our best efforts, only a small minority of Americans has executed an advance directive. NHDD seeks to address this issue by focusing attention on advance healthcare planning from a variety of directions simultaneously.

Anyone interested in helping spread the word is encouraged to sign up at the NHDD Web site, [nationalhealthcaredecisionsday.org](http://nationalhealthcaredecisionsday.org), or via e-mail at [nhdd@nhpco.org](mailto:nhdd@nhpco.org), or by calling (800) 658-8898. Or call us at HospiceCare at (304) 768-8523 or (800) 560-8523. We look forward to seeing you April 16th! ❖



# Happy Birthdays!

## April

Shellie Givens	...	3
Angie Matthews	...	4
Jennifer Kirsch	...	5
Teresa Doss	...	6
Kathryn Brewer	...	6
Erin Cornell	...	9
Kim Palmer	...	10
Amanda Joyce	...	12
Patricia Chapman	...	12
Richie Hills	...	15
Tony Dunlap	...	16
Patchila Carter	...	17
Linda Smith	...	18
Angela Butler	...	22
Sue Ann Belderes	...	23
Donna White	...	27
Deborah Lewis	...	29

### Welcome Aboard!!!

**Sharon Brown, RN**

Case Manager, Lewisburg

**Lee Bowens**

Patient Care Assistant - DME

**Angela Brammer, LPN**

Lewisburg

**Ken Doddrell**

Maintenance, HHH

## ODDS & ENDS



### Outside dining at the Main Office

With the warmer weather and a few sunny days in March, hibernating staff at the Charleston Main Office have ventured out of their work caves to enjoy their lunch and breaks alfresco! For a change of pace and scenery, Human Resources and Medical Records staffers, above, **Cookie Rothwell, Kendra Prine, Kitty Keiser, Stephanie Rogers** and **Angie Matthews**, enjoyed a little lunch and together time on the new patio off the kitchen.

### Volunteers' hands make light work

A dedicated team of nearly 30 volunteers outdid itself last month, completing the Winter 2008 newsletter bulk mailing in less than six hours (which included a lunch break!). The volunteers stuffed envelopes into nearly 8,000 HospiceCare magazines, labelled them and bundled them into 50 heavy bags for delivery to the post office. The Development Department would therefore like to recognize the stalwart effort of all the volunteers that helped that day, especially the coordinating efforts of veteran volunteer leader **Delmer Young**, Volunteer Director **Jewell Morgan** and Coordinator **Libby Gates** and their team: **Debi Roy, Carleene Snead, Bettie Miller, Betty Miller, Jack Burford, Barbara Burford, Lois Nypl, Mabel Lacy, Virginia Lytton, Fay Jack, Stirlene Armstrong, Kay Cowan, Diane Endricks, Phyllis and Lester Hawes, Shirley Martin, Jim and Dottie Underwood, Phyllis McCutcheon, Opal Adams, Earl Adams, June Metcalf, Rose Lee Noble, Agnes Smith, Mary Casdorff, and Kathryn Grady.**

### 'Chocolate Chase' a sweet run

The Hospice Care **10K Chocolate Chase and One Mile Fun Run-Walk** will step off at 9 a.m. Saturday, April 18 in Lewisburg to benefit programs and services provided by the HospiceCare office there. Participants are advised to be at The Forum, 200 W. Washington St., between 7:00-8:15 a.m. for check-in and transportation to the starting line at the Greenbrier Valley Airport. Preregistration cost is \$12 and forms must be postmarked by April 4. Late registration cost is \$15 through 8:15 a.m. on race day. A \$10 donation is requested for the Run-Walk. For more information, contact **Dr. Meg McKeon** at WVSOM, (304) 647-6401, or via e-mail at [mmckeon@WVSOM.edu](mailto:mmckeon@WVSOM.edu). ❖

## PATIENT SPOTLIGHT

### Remembering the one that got away

Patient's people skills  
matched only by his  
skill with rod and reel

by **Jeff Sikorovsky**

*Development & Communications Asst.*

EVERYBODY knows Rene," said James Rene Stewart's sister, Josefina (Joe). "He's the kind of person that you can't walk 10 feet anywhere, like at the mall, without people stopping to say hello because they know Rene. Everyone always asks, 'Aren't you Rene's sister?'"

For a family reunion, Joe joked that instead of nametags, the family should have t-shirts made up saying things like, "Yes, I'm Rene's Cousin!" or "Yes, I'm Rene's Sister!"

"He's a true people person who likes everyone regardless of their lot in life," Joe said last month while visiting her brother at his St. Albans home. She and her brothers – Gaylord and Jeff from San Diego, and Barry of Charleston – wanted to be with Rene in his final days. He had been a hospice patient due to colon cancer since October 2006. He died the morning of March 30 at peace and surrounded by family.

Before becoming a hospice patient, Rene worked 12 years as a waiter at the Tidewater Grill in the Charleston Town Center Mall, which is where he met so many of his friends who knew him around town.

As a treat one day last month, three HospiceCare nurses who had the pleasure of working as Rene's case managers surprised him with a little Tidewater picnic at home.

**Kim Robertson, Lynese Danford and Michelle Lacy** feasted with Rene on the restaurant's trademark Jamaican jerk shrimp, Greek salad and those amazing dinner rolls, along with several entrees.



*Kim Robertson, James "Rene" Stewart, Lynese Danford and Michelle Lacy.*

Tidewater, a popular local seafood restaurant that is always hopping, was a perfect fit for Rene, his sister said. "On the one hand, he was very sociable and liked to go out to the clubs and enjoyed working and meeting people at the restaurant," Joe said. "But on the other hand, he loved to fish and hunt, and loved life on the river. Sometimes he would go fishing on the levy on his lunch hour."

Kim said that Rene loved to fish so much that when she was his case manager last summer she had to schedule her visits to see him around his fishing trips. "He was one of a kind, that's for sure," she said.

The fishing bug bit him early as a child, when he and his brothers would explore local creeks and streams with their bamboo poles around Charleston's North Side. "The best fishing stories involved Rene running across snakes," Gaylord said, remembering one day on Sugar Creek along Route 21 near Chandler Elementary School.

"The creek was very much like a jungle those days, with Orchard Manor up on the hill. There was a very little path among the high reeds that only appealed to the best and most intense fisher," Gaylord said.

"Well, Rene was about eight and Barry, who was much younger, had their bamboo poles with them and were up the path in the reeds when all of the sudden I heard a panicky scream – 'Gaylord! Gaylord! Snake! Snake!' The next thing you hear is the

sound of someone running through the reeds very fast. It was Rene," Gaylord said.

"'What happened?' I asked. He said, 'Something plopped in the water next to me and it was a big snake with a rat in its mouth!' I told him, 'If it had a rat in its mouth, it probably wasn't going to bite you.' The funny thing is that he left poor little Barry back there all by himself."

Joe remembered another time Rene claimed to have snagged the legendary "Moby Pickle" on his line on Kanawha Two-Mile Creek. The big, ol' catfish — that one Army Corps of Engineers diver is rumored to have seen and said was 12 feet long — had "large green scales, which made it look like a big pickle," she said.

"Rene claimed that he hooked Moby Pickle and after a struggle had pulled him to the surface and saw his back, but the fish was so big that it broke his bamboo pole."

Joe asked Rene once, "Why do you like to fish so much?" and was taken aback by his answer. "'Because the river is peaceful,' he said."

One photo Joe cherishes of Rene as a child shows him with his bamboo fishing pole. It is one of many she wants to include in a book of family photos she is compiling called, "Recollections of a Childhood."

She said the caption under Rene's picture would read: "A real fisherman finds his peace on the river's edge."

May he find himself there always. ❖

# HUBBARD HOUSE HAPPENINGS

## *New addition really for the birds*

The latest addition to the Hubbard Hospice House is a cozy little bluebird house. Dr. Loren Smith not only built the house but came out to select the appropriate place and put it up. He provided us with information on the bluebirds and met with volunteer John Baldwin, who faithfully takes care of all of our bird feeders. We are looking forward to attracting and enjoying the beautiful bluebirds. According to one Web site: "The red, white, and blue Eastern Bluebird is a familiar and welcomed tenant of birdhouses in suburban yards, parks, and golf courses. The popularity of 'bluebird trails' and the erection of nest boxes across the country have led to increased bluebird populations in many areas." ❖



## 2009 NASW Social Workers Conference

For the 25th Anniversary Spring Conference, April 29-May 1 at the Charleston Civic Center, we've invited your favorite speakers and new ones too! Don't miss this special edition of the largest NASW Chapter annual conference in the nation! Register online for the three-day conference. (To attend 1 - 2 days register by mail or fax.) For workshop registration, descriptions and other info visit us online at, [www.NASWWV.org](http://www.NASWWV.org).

Keynote address: "Renewing Our Commitment: Seeing the Hard Work with New Eyes," by Naomi Haines Griffith, MSW, one of our most popular speakers ever! Preregistration deadline, April 15. After April 15, register at the door, 4-6 p.m. Tuesday, April 28, or after 7:30 a.m. Wednesday, Thursday, or Friday, April 29-May 1.

## Volunteers needed to hand out H<sub>2</sub>O

The Make a Wish Foundation's 5K "Run for A Wish" steps off at 9 a.m. Saturday, April 18, on Kanawha Boulevard West next to Magic

Island. As the newest member of the West Side neighborhood, HospiceCare has agreed to hand out cups of water and Gatorade to the nearly 200 runners expected to take part in the 5K run. Our new building is "at the turn" of the race, and runners will circle our block to head back to the finish line. Staff, family and volunteers are welcome to help us hand out cups and cheer on the runners as they pass by. Plan to show up by 8:30 a.m. The race should be over by 10 a.m. and there will be other family-fun festivities as part of **West Side Main Street's Healthy and Green Event** at Magic Island until noon. See or e-mail Jeff Sikorovsky or Jim Wilkerson if you would like to volunteer for the race. If you are interested in running in the race, register online at: [www.iplayoutside.com/Events/2009/04/11751.html](http://www.iplayoutside.com/Events/2009/04/11751.html).

## Provisional HPNA chapter meets at Main

The state's first, new Local Chapter of the Hospice and Palliative Nurses Association, attracted a room full of people to its second meeting March 26 at the new HospiceCare Main Office on Charleston's West Side.

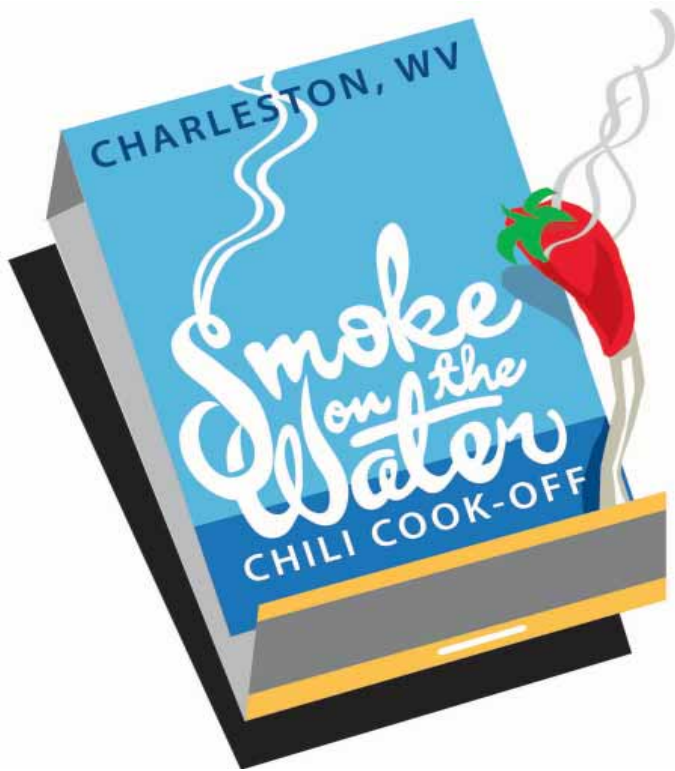
The evening's speakers included: **Dr. Sue Warren**, who discussed,

"Methadone—When, Why, and How"; **Dr. Michael Covelli**, who was introduced as HospiceCare's new Chief Medical Director; and **Chris Zinn**, RN, BSN, CHPN, who discussed, "HPNA's 2009-2012 Research Agenda: dyspnea, fatigue, heart failure populations."

At the local chapter's first meeting, **state Rep. Bobbi Hatfield, RN** gave Legislature updates, and there was a discussion of Hospice Eligibility. There is no April meeting, but one will be scheduled for May. The professional organization promotes excellence in end-of-life nursing by:

- Promoting the highest professional standards of hospice and palliative nursing;
- Studying, researching, and exchanging information, experiences, and ideas leading to improved nursing practice;
- Encouraging nurses to specialize in the practices of hospice and palliative nursing;
- Fostering the professional development of nurses, individually and collectively;
- Responding to the changing needs of HPNA members and the populations they represent;
- Promoting the recognition of hospice and palliative care as essential components throughout the health care system.

If you would like to join the new HPNA chapter or need more information, please contact Carol Matheny at (304) 768-8523, or by e-mail at, [cmatheny@hospicecarewv.org](mailto:cmatheny@hospicecarewv.org).



## Smoke on the Water Chili Cook-off, June 20

Mark your calendar and save the date for the 11<sup>th</sup> Annual Smoke on the Water Chili Cook-off, Saturday, June 20<sup>th</sup> on the Boulevard in Charleston. The event will help kick off the city's week-long FestivAll celebration of the arts. HospiceCare is once again the charity to benefit from proceeds of the event, having collected more than \$50,000 over the years. The Development Department therefore is asking for volunteers to help us make this year's cook-off our best yet! We will need staff and family volunteers to help us set up, serve chili, sell water and chili sample tickets, hand out beads, **and have lots of FUN!!!** Watch your mail and e-mail boxes in the coming weeks for more on how you can volunteer! At left, the new Smoke on the Water logo — an original design by **John Auge** of Charles Ryan Associates in Charleston — will be part of all promotional material, including this year's t-shirt, which all volunteers will get for free! Talk to Jeff or Jim in the Development Department if you have any questions. ❖

## Go Green Committee to celebrate Earth Day with pot-luck lunch

**T**HE Go Green Committee is preparing a wonderful Earth Day Celebration and invites all staff to join us at the Charleston Main Office on Tuesday, April 21 for a potluck Lunch and Learn.

Master Gardener **Sara Busse** of the **Charleston Gazette** will present "**Eat Green, Save Green; Vegetable Gardening 101**" from 12-1 p.m. Bring a dish to pass and we'll prepare our (reusable) plates and eat from 11:30-12, then step into the conference room to learn more about this simple step we can all take to be more eco-friendly. We look forward to learning from Sara's experience and passion for gardening!

- ♦ Our next big project will be participating in the **Kanawha Valley Connections Sustainability Fair** on May 30th at **The ReStore**. Various green businesses and organizations from throughout the Valley will be featured, and we were honored to be asked to participate! We will need volunteers to staff our booth throughout the day, so please save the date to be part of this exciting green event.

- ♦ We encourage all of our Charleston office staff to remember to recycle your paper, cardboard, aluminum cans and plastic at the recycling station in the workroom. Taking an extra minute to dispose of your waste properly can make a big difference for our planet in the long run! ❖ — *by Marisa Pellerito*

## TIDEWATER

*Grill*

*The 4th Annual*

### *Tidewater Grill & HospiceCare Dinner Gala!*

**6 p.m. Tuesday, April 14**

**MENU:**

*Lobster Crab Cake drizzled  
w/Roasted Red Pepper Sauce*



*Baby Greens with Candied Pecans  
and Balsamic Dressing  
topped with Bleu Cheese Crumbs*



*4 oz. Filet with 5 oz. Stuffed Flounder  
with Shrimp & Crab Stuffing  
topped with Crab Alfredo Sauce*



*Tiramisu with Chocolate dipped Strawberry*

**\$100 per person**

**(\$60 tax-deductible gift to HospiceCare!)**

**For reservations, call 345-2620.**

***Hope to see you there!***

# KANAWHA GARDEN CLUB



## *Garden Club meeting addresses green design*

HospiceCare was pleased to host the Kanawha Garden Club's monthly meeting for March at the new Main Office in Charleston. Three speakers discussed the benefits and difficulties of sustainable "green" building projects, such as our own facility. Pictured above, i.e., top to bottom are: HospiceCare's Executive Director **Larry Robertson** with Garden Club guests **Judith McJunkin** and **Stuart Smith**, and Development Director **Jim Wilkerson**, former HospiceCare board member **Freddy Davis** and fellow garden club member **Kathy Becker**; garden club members **Ray Muehlman**, **Barb McCabe** and speaker **Adam R. Krason**, an architect and project manager for ZMM in Charleston; garden club members **Jodie**, **Jim** and **Dolly Hartman**; speaker **Ed Weber**, an architect with Silling Associates in Charleston, with his guests; speaker **Robert Godbey**, a management consultant at Brown Edwards & Company, who discussed EcoDwell; and bottom row (center), **Mack Miles**, **Bill Mills** and **Elliott Wiltse**. ❖

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>April 6002</h1>						
5	6	7	8	9	10	11
PALM SUNDAY	♦ CNA meeting, 8:30 a.m., Charleston; and 5:30 p.m., HHH	♦ Grief Recovery Support Group, 6-8 p.m., Charleston	♦ IDT Green Team, 8:30 a.m., Charleston  PASSEVER (BEGINS AT SUNDOWN)			
12	13	14	15	16	17	18
♦ Easter Dinner, 12:30-2 p.m., HHH EASTER	♦ CNA meeting, 8:30 a.m., Charleston; and 5:30 p.m., HHH	♦ Nurses meeting, 8:40 a.m., Charleston ♦ Grief Recovery Support Group, 6-8 p.m., Charleston ♦ Tidewater Dinner Gala, 6 p.m.	♦ IDT Blue Team, 8:30 a.m., Charleston  TAX DAY			♦ Chocoalte Chase 10K & One-Mile Fun Run-Walk to benefit HospiceCare, 9 a.m., Lewisburg (See story inside for more information!)
19	20	21	22	23	24	25
 NATIONAL VOLUNTEER WEEK April 19-25, 2009	♦ CNA meeting, 8:30 a.m., Charleston ♦ Nurses meeting, 5:30 p.m., HHH	♦ Grief Recovery Support Group, 6-8 p.m., Charleston	♦ IDT Green Team, 8:30 a.m., Charleston ♦ Earth Day Luncheon, 11:30 a.m., Charleston  ADMINISTRATIVE PROFESSIONALS DAY			
26	27	28	29	30	1	2
	♦ CNA meeting, 8:30 a.m., Charleston	♦ Grief Recovery Support Group, 6-8 p.m., Charleston	♦ National Association of Social Workers WV Spring Conf., Charleston Civic Center	♦ National Association of Social Workers WV Spring Conf., Charleston Civic Center	♦ National Association of Social Workers WV Spring Conf., Charleston Civic Center	♦ 3rd Annual WV Health Fair for Caregivers, 10 a.m.-3 p.m., Charleston Town Center (Picnic Place, Third Level)