

THE Hospiteer

All for One and One for All

March 2009

Awake, thou wintry earth —
Fling off thy sadness!
Fair vernal flowers, laugh forth
Your ancient gladness!

— Thomas Blackburn, "An Easter Hymn"

Welcome our new Chief MD

Dr. Michael Covelli looks to provide high quality of life for hospice patients

by Jeff Sikorovsky
Development & Communications Asst.

HospiceCare is pleased to welcome our newest staff member, **Dr. Michael Covelli**, who is taking over for **Dr. Sue Warren** as our Chief Medical Director. He started work Friday, Feb. 27 at the Main Office in Charleston and was promptly whisked away by Dr. Warren to make rounds at the Hubbard Hospice House.

Dr. Covelli came to us from Integrated Health Care Providers, Inc., a subsidiary of Charleston Area Medical Center, where he worked as a surgical oncologist. The Youngstown, Ohio, native received his B.S. in Chemistry from Youngstown State University and his medical degree from the WVU School of Medicine in 1993. He then performed a two-year fellowship in surgical oncology at the University of Pittsburgh Medical Center.



HospiceCare's new Chief Medical Director Dr. Michael A. Covelli moved his prized WVU caboose into his office the afternoon before he started work. "A patient of mine made this for me. He's very well-known for making these. It is a big honor to get this from this guy," Dr. Covelli said.

Dr. Covelli is married with two children. His daughter, Gianna, 14, and his son, Jordan, 11, attend Charleston Catholic. He coaches his son's basketball and baseball teams and assists with his daughter's cross country running program. He is a member of Sacred Heart Co-Cathedral and used to enjoy golf and tennis before hurting his back last summer. That injury, coincidentally, led him to HospiceCare.

Referring to his back injury, he said, "It's been life-changing. I have not been able to stand for long periods of time to perform surgery as an oncologist." His goal, however, was to continue to provide patients with a high quality

of life. He saw the medical director position at HospiceCare as away to do just that.

"Quality of life is just crucial to me, whether it was in my former career or now. Coming to for HospiceCare allows me to continue to serve patients and help maintain a very high quality of life for them," he said.

"A very pleasant surprise for me was that people were so positive about me coming to work HospiceCare. The community perception of hospice is really high. I was impressed and awed by the community reputation you all have here. It made me more excited to be part of this." ❖

TENNIS TOURNAMENT



Charleston Tennis Club aces another tourney!

The Hospiteer would like to thank the staff at the CTC for helping make the 11th Annual HospiceCare Tennis Tournament such a success and helping us raise more than \$25,000 to benefit hospice patients and their families. All would be lost without the hard work and coordinating efforts of **George Bsharah, Sherry Reed, MC Liberatore, Scott Barr, and Kate Schulz**. We owe them and the rest of the pros & staff at the CTC a debt of gratitude for their tireless work and devotion to the sport and HospiceCare. We'd also like to thank the 140 tennis players and countless spectators that turned out to make the weekend Jan. 30 to Feb. 1 such a fun time. Our most special thanks go to all of our tournament sponsors: founders **Deb Copeland & Don Lucci; Work Smart Business Consultants; The Charleston Group/Citi Institutional Consulting; Arnett & Foster PLLC; The Center for Pain Relief; Michelob Ultra; Holbrook Insurance Agency; Daniels Law Firm; Dinsmore & Shohl LLP; Summit Community Bank; United Bank; Eckert Seamans Chiren and Mellott PLLC; Charles Rhodes, DDS; John Vargo, DDS, MS, Implant Dentistry; West Virginia Lottery; Suttle & Stalnaker PLLC-CPAs; Charleston Area Medical Center; Thomas Health System; Holden Machine & Fabrication, Inc.; Walker Machinery Co.; Kim & Rory Issac; Steve & Laura Wehrle; Steven & Sharon Rubin; and The Carlisle Collection-Deb Haddad & Kathy Diehl**. Also, thanks to all of our food sponsors for supplying everyone with some of the most delectable edibles around: **Tim Kirby of The Chop House, Al & Joe Leonoro of Leonoro's Spaghetti House, Bill Riggall of Subway in Kanawha City, Dale Gouty of Tidewater Grill, Bill Arthur of The Anchor, Laura & Scott Miller of Ichiban, Robert & Sherry Wong of Bridge Road Bistro, and Deb Copeland's Morning Prayer Group.** ❖



Happy Birthdays!

March

Judith Hodge	...	3
Jack Schultz	...	5
Tara Burford	...	6
Toni Bee	...	8
Sallie Starkey	...	10
Reba Bailey	...	11
Jill Vigliotti	...	14
Kathy Gastinger	...	15
Gloria Saddler	...	19
Beth Plantz	...	23
Karen Zdrojewski	...	23
Dolley Graley	...	26
Melinda Boggess	...	26
Sherry Stoffel	...	27

Welcome Aboard!!!

Dr. Michael Covelli

Chief Medical Director

Melissa Lockhart, CNA

Hubbard Hospice House

Tidewater Gala set for April 14

Enjoy a delicious dinner and LIVE auction at the 4th Annual Tidewater-HospiceCare Dinner Gala Tuesday, April 14th, at the Tidewater Grill in the Charleston Town Center Mall. The cost is \$100 per person. Reservations are required, so call now to make yours, **(304) 345-2620**.

ODDS & ENDS



Going green with spring plantings

Crews from TerraSalis started landscaping and mulching around the lobby entry, driveway sign and other beds last month at the Charleston Main Office. The environmentally friendly landscaping is part of HospiceCare's effort to design the new building as "green" as possible. While making the grounds more visually appealing, the greenery and plants were also selected for their low-maintenance and their layout was designed to capture and recycle water runoff from the site.

Smoke on the Water set for June 20

Mark your calendar and save the date for the 11th Annual Smoke on the Water Chili Cook-off June 20th 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 from the event. 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 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 months for more on how you can volunteer!

'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. Trophies will be awarded in different age categories in separate men's and women's divisions. All participants will get a T-shirt and be entered into a door prize drawing. The Forum is offering the use of their showers, hot tub, and sauna (BRING YOUR OWN TOWEL) as a courtesy to registered participants. For more information, contact Dr. Meg McKeon at WVSOM, (304) 647-6401, or via e-mail at mmckeon@WVSOM.edu. ❖

National Healthcare Decisions Day, April 16

. . . because your decisions matter!

by **Alvin H. Moss, MD**

Director, West Virginia Center for End-of-Life Care.

PLEASE help us make history, again. April 16, 2009, will be the second annual National Healthcare Decisions Day. Last year's event, which was formally recognized by Congress and numerous state and local governments, included participation by 76 of the most prominent national healthcare, religious, and legal associations and organizations as well as nearly 400 local and state organizations throughout the country.

West Virginia was one of the most active participants. At every level, the goal of this nationwide initiative is to ensure that all adults with decision-making capacity in America have both the information and the opportunity to communicate and document their future healthcare decisions. The first year results were impressive—over 250,000 people obtained resources to make their healthcare decisions known—but there remain millions of Americans to go.

While making healthcare decisions is often difficult in the best of circumstances, making decisions for others is even more complicated. Research shows that families find end-of-life decision-making the least burdensome if they have had a conversation with their loved one about end-of-life treatment wishes. Each of us has the ability to guide our healthcare providers and our loved ones about what we want. Advance directives give you the ability to document the types of healthcare you do and do not want, and to name an "agent" to speak for you if you cannot speak for yourself.

With the Patient Self-Determination Act of 1990, Congress affirmed the right of every citizen to set forth his or her future healthcare wishes in writing with an "advance directive." Yet, fewer than half of West Virginians have done so. Because advance directives can be created without a lawyer, for free, and relatively easily, this figure is needlessly low. In recognition of this, National Healthcare Decisions Day strives to provide much-needed information to the public, reduce the number of tragedies that occur when a person's wishes are unknown, and improve the ability of healthcare facilities and providers to offer informed and thoughtful guidance about advance healthcare planning to their patients.

Please visit www.wvendoflife.org or call 877.209.8086 for a variety of free information (including free advance directives forms) and tools to assist with thoughtful reflection on healthcare choices and ideas on how to get involved. Additionally, watch for events in your community honoring National Healthcare Decisions Day. Finally, please share this information with your loved ones and colleagues.

With healthcare, "your decisions matter," however, others need to know your wishes to honor them. Please use April 16, 2009, to decide, discuss, and document your wishes.

Get Involved! Prescription Drug Benefits

To help control drug expenditure increases, you need to take an active part in understanding your prescription drug benefit. The following suggestions can help you save money for yourself as well as your employer.

- **Always request generic when available** - a generic drug is identical, or bio-equivalent, to a brand name drug in dosage form, safety, strength, route of administration, quality, performance characteristics, and intended use — and can cost half as much!
- **Ask your pharmacist the full cost of the medication you are receiving** - this will help you understand the full benefit your prescription plan is providing.
- **Request an Explanation of Benefits report from your prescription benefit manager** - this report itemizes the prescription you've received, your copayment, and the remaining cost of the medication that was paid by your employer. ❖

THANK YOU!!!

"The care that my husband received from the HospiceCare staff was wonderful. He was so very comfortable with the nurses. Prior to his death (a couple of weeks before) he stated that he felt that HospiceCare was a 'real class act'. Coming from him, that was high praise indeed."

We received this comment by a local physician from a Family Satisfaction Survey after providing care for his wife: "Excellent care. I have no problem with any of the services. Obviously dealing with professionals. You all are doing a great job—keep up the good work." ❖

HUBBARD HOUSE HAPPENINGS







Girl Scouts help fill patients hearts with love!

*Sacred Heart's 5th Grade Girl Scout Troop # 4841 stopped by the Hubbard Hospice House for a party on Valentine's Day to spread a little love and warm the spirits of several patients and their families. Above left, patient **Nina Jarvis** visited with CNAs **Gloria Saddler** and **Donnie Conley** and volunteer **Bill Dobbs**, and then received a few Valentines from the scouts. Above right, patient **Johnnie Smith** and his family enjoyed their visit with the scouts. ❖*



HHH, dietary staff celebrate Mardi Gras with Fat Tuesday feast!

*House Administrator **Mary Kathren Robinson** wanted to commend Dietary Manager **Terri Rosenfeld** and her nutrition staff for going above and beyond the call of duty in February by preparing plenty of food and other goodies to help celebrate both Valentine's Day and Mardi Gras, in addition to their regular duties. Getting into the spirit of "Fat Tuesday" were dietary aide/cook **Jessica Esselburn** (formerly Jessica Auge, who was happily married to **Robert Esselburn** during a beautiful ceremony Feb. 14th in Charleston — Congratulations to them both!!!), CNA **Sara Bird** and **Carol Evans**, LPN, and dietary aide/cook **Walter Hammock**.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 ♦ Orientation Day , 8:30 a.m., Charleston	3 ♦ Grief Recovery Support Group , 6-8 p.m., Charleston	4 ♦ IDT Blue Team , 8:30 a.m., Charleston	5	6	7
8  DAYLIGHT SAVINGS TIME BEGINS	9 ♦ CNA meeting , 8:30 a.m., Charleston; and 5:30 p.m., HHH	10 ♦ Nurses meeting , 8:40 a.m., Charleston ♦ Grief Recovery Support Group , 6-8 p.m., Charleston	11 ♦ IDT Green Team , 8:30 a.m., Charleston	12	13	14
15	16 ♦ CNA meeting , 8:30 a.m., Charleston ♦ Nurses meeting , 5:30 p.m., HHH	17 ♦ Grief Recovery Support Group , 6-8 p.m., Charleston  ST. PATRICK'S DAY	18 ♦ IDT Blue Team , 8:30 a.m., Charleston	19 ♦ Board of Directors , 8:30 a.m., Charleston	20  SPRING BEGINS	21
22	23 ♦ CNA meeting , 8:30 a.m., Charleston	24 ♦ Grief Recovery Support Group , 6-8 p.m., Charleston	25 ♦ IDT Green Team , 8:30 a.m., Charleston	26 ♦ HPNA Provisional Chapter Meeting , 6 p.m., Charleston	27	28
29	30 ♦ CNA meeting , 8:30 a.m., Charleston	31				

March