



HospiceCare

for body — mind and spirit

WINTER 2008



*Charleston Main Office
enjoys grand opening*



From the Executive Director:

Three decades of caring



*By Larry E. Robertson
Executive Director*

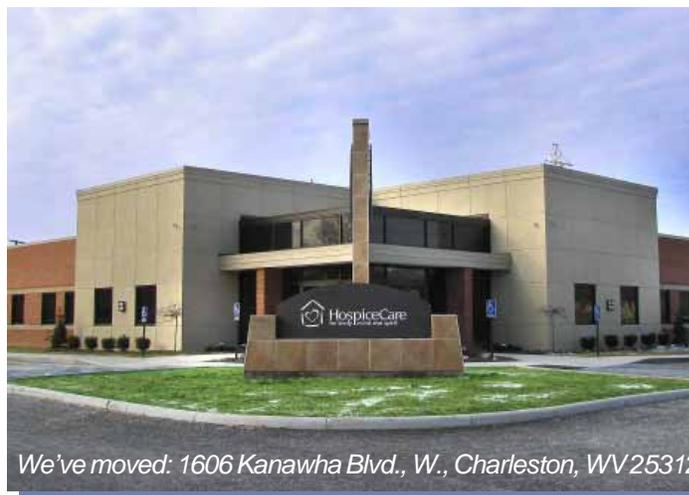
SINCE the inception of the Medicare Hospice Benefit in 1982, hospice has grown into a \$10 billion a year industry that last year alone served more than 1.4 million dying Americans and their families. In the 16-county service

area where HospiceCare provides end-of-life care to West Virginians, the Medicare program reimbursed our program roughly \$15 million as payment for services provided to 1,700 individuals covered under Medicare's hospice benefit. These patients represent 85% of the total caseload of 2,000 individuals that HospiceCare served during fiscal year 2008.

Thanks to the Medicare Hospice Benefit, thousands of West Virginians have availed themselves to a unique interdisciplinary and cost effective approach to end-of-life care. Moreover, patient and family satisfaction with the HospiceCare delivery system is extremely high. Quoting from a recent independent economic study from Duke University, clearly demonstrating the cost effectiveness of the Medicare Hospice Benefit, "...the Medicare program appears to have the rare situation whereby something that improves quality of life also appears to reduce costs."

Each year, a growing number of patients and families are accessing hospice care when they or a loved is facing the end of life. HospiceCare admissions increased by 13% in 2008 as a result of changes in patient demographics, treatment protocols, and the general public's attitude about healthcare services for those diagnosed with a life threatening illness.

Unfortunately, like most government health payment systems, the reimbursement formulas used to calculate payment



We've moved: 1606 Kanawha Blvd., W., Charleston, WV 25312

amounts to individual hospices throughout America are antiquated and in need of reform. A last minute adjustment by Medicare to the reimbursement formulas for 2009 cost "your" local hospice over \$500,000 in reimbursement and created a

HospiceCare admissions increased by 13% in 2008 as a result of changes in patient demographics, treatment protocols, and the general public's attitude about healthcare services for those diagnosed with a life threatening illness.

budget hole that will have to be filled either by reducing costs or finding ways to increase the level of community support in the form of gifts, grants and proceeds from other fundraising activities. (As of the date of publication, there was an outside chance that budget cuts may be restored as part of the federal government's 2009 Stimulus Package.)

The community has been most generous and supportive of our program for almost three decades. Kanawha HospiceCare, Inc., was founded in 1979 by a group of volunteers who saw a need in the community for taking care of their

friends and neighbors who were struggling with end-of-life issues. In 2009, as we celebrate 30 years of service, my hope is that we all continue to work collaboratively towards a shared mission of providing the highest quality care to patients and their families that are suffering from life threatening illnesses. We will need your help, both spiritually and financially, to keep the program going during these most difficult of economic times. ❖

Visit us online at: www.hospicecarewv.org



WINTER 2008

for body mind and spirit

4 New Developments

The 10th Annual Toast to Hospice wine auction raises more than spirits, pulling in \$25,000 to benefit programs and services provided by the Lewisburg Office; the Grace



Riders of Logan County make a long trip to the Hubbard Hospice House in memory of a former member.



10 Hospice pioneer retiring

After nearly three decades of dedication to HospiceCare, Medical Director Dr. Sue Warren, MD will retire this year.

11 Hubbard House enjoys visit from special guest

Putnam County resident Edith Turnbull was born just two years after the turn of the century . . . *the 20th Century*, that is. At 106 years old, she had plenty of stories to share with her delighted caregivers this fall while spending a week at the



Hubbard Hospice House to benefit from a little respite care.

6 The finishing touches

HospiceCare's new Main Office on Charleston's West Side came to life in November 2008 after several busy moving days and a formal ribbon-cutting ceremony and reception.

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On the cover

Honored guests help with ribbon cutting duties Nov. 6 to formally open HospiceCare's new Main Office on Charleston's West Side. Pictured are (r.-l.): Charleston Mayor Danny Jones; architect John Harris, of Bastian & Harris Architects; Pray Construction Co. President Mark Grigsby; Deb Copeland and Don Lucci; Pray project manager Kenny Cooper and superintendent Glenn Payne; medical director Dr. Sue Warren; receptionist Elaine Harrison; and volunteer Roger Hardway, with Executive Director Larry Robertson and Development Director Jim Wilkerson in back. The cover HospiceCare logo is a photograph of the new building's lobby sign. (For the rest of the story, turn to page 6.)





NEW DEVELOPMENTS . . .

Toast to Hospice a spirited evening Auction raises \$25,000 to benefit Lewisburg Office

HospiceCare's 10th Annual Toast to Hospice raised \$25,000 to benefit HospiceCare patients and their families served through the Lewisburg Office. It is through such generous community support that we are able to provide such special care and service to residents in and around the Greenbrier Valley affected by terminal illness.

About 60 friends of hospice enjoyed the wine reception and auction that followed on Friday, Nov. 7 at the WVSOM Alumni Center in Lewisburg. **Mark and Allyson Liebendorfer** (top right), proprietors of **The Country Vintner**, selected the fine wines for auction, and Mark graciously served once again as the evening's entertaining auctioneer. Committee members **Judy Polan, Jeff Jeffus** and **Aimee Hanna** worked diligently to organize the event and attract sponsors. Volunteers helping make the evening a success were: **Vickie Quick, Dee Ford, Jaime Jump, Sandy Fenstermacher,** and **Kelly Londeree**. Lewisburg staff members at the event included: **Tanyia Montie, Debbie O'Bryan, Melissa Morgan, Marsha Sheppard, Amy Ward, Penny Cole,** medical directors **Dr. Jay Baker** and **Dr. Thomas Mann**, and Executive Director **Larry Robertson** and his wife, **Sheree**. Board President **Carol Hartley** and her husband, **Dave Chenoweth**, also joined in the fun.

HospiceCare also would like to thank the dozens of community sponsors (listed below) who helped make the event a reality, helping us raise hundreds of thousands of dollars over the years to directly benefit our patients and their families. Once again, cheers to a wildly successful night and here's to doing it all again next year! ❖



Special thanks to our sponsors: Avalon Radiation; BB&T; Bill Lewis Motors; Birk & Martha Stathers; Bob & Cindy Jones; City National Bank; Colonial Ford; Don & Bobbie Hoffman; Dr. & Mrs. Jay Baker; Mr. & Mrs. Eugene Jeffus; Greenbrier Motor Co., Inc.; Harvey & Naomi Cohen; Heather Rose & Steve Beary; Jerry & Gayle Galyean; Josh & Judy Polan; Mark & Debbie Kilcollin; Mary Laub Cowen; Mr. & Mrs. Rodney Stoner; State Farm Insurance/Sandra Epling; Tag & Annabelle Galyean; The Honorable & Mrs. James Rowe; Greenbrier Real Estate Service/Greg Allman; Wallace & Wallace Funeral Homes, Inc.; WV Physical Therapy & Wellness Center, LLC; The Greenbrier Sporting Club; Heritage Home Appraisals/Ken & Terri Alsobrook Warner; Lewisburg Veterinarian Hospital/Dr. Mary Ann Mann; Greenbrier Valley Urology Associates, Inc.; Greenbrier Medical Arts Pharmacy; Blake and Boone Accounting Corporation; Tom & Andrea Karrs; Tuscowilla Farm; Jan Pogue; Riverbend Nursery, Inc.; Ream Interests, Inc.; Pasquale Izzo & Willa Izzo; Greenbrier Cut Flowers; The Greenbrier; Edith's Health and Specialty Store; Pipestem Resort State Park; Harmony Ridge Gallery; Twin Falls Resort State Park; and Jim Wilkerson.



Rain can't dampen Grace Riders' spirits

Motorcycle ride in memory of Hubbard Hospice House patient



The Grace Riders climb Kennawa Drive to the Hubbard House; at right, House Administrator Mary Kathren Robinson and Executive Director Larry Robertson welcome Timmy David.



Despite the threat of scattered showers across much of West Virginia, a handful of brave motorcyclists made the 150-mile roundtrip from Mike's Harley-Davidson in Delbarton, WV to the Hubbard Hospice House on Sept. 27. **Timmy David** — a member of the Christian motorcycle club, the **Grace Riders** of Logan County — organized the benefit ride to honor the memory of his late wife, **Darlene David**, 49 (inset), who died of lung cancer in January at the house.

Ten members on 7 bikes (one couple drove their car for safety reasons) made the trip to Charleston and were greeted with lunch by a grateful staff, including Executive Director **Larry Robertson**, house Administrator **Mary Kathren Robinson**, and Development Director **Jim Wilkerson**.

Dietary Manager **Terrie Rosenfeld** and her kitchen staff, as well as volunteers **Myra Dolan** and **April Martin**,

prepared a wonderful spread of sub sandwiches, fresh veggies, chips, cookies and drinks for the hungry riders. While it was hoped that more than 50 riders would participate, the weather prevented a larger turnout.



The riders who made it, however, enjoyed the opportunity to learn more about the Hubbard House and tour the facility. The ride also raised more than \$2,500 to benefit the house, thanks to other generous riders and sponsors of the event. Those who made the trip to the house were: **Karla and Brad Craddock, Tony and Lara Evans, Johnny Faine, Bob Horne, Ron Stephens, Buddy Palla, and John and Tammy May**. This being their first year, Timmy and his fellow riders enjoyed it so much they hope to make it an annual event (and are praying for better weather). Both they and HospiceCare look forward to many more riders in years to come. ❖



Tressi's ladies keep gifts coming

For the second year in a row, **Teresa Burdine** (second from right), owner of **Tressi's Place** in Milwood and the **Round House Bar & Grille** in Evans, WV, has sponsored special events to raise money for HospiceCare. This year her efforts netted \$1,200 to benefit hospice patients and their families. Burdine is pictured at left with Development Director **Jim Wilkerson** and her two daughters, **Melissa McClure** and **Crystal Baiser** at the Round House this past December. In 2007, Tressi's hosted a benefit fundraiser in honor of former hospice patient, **Robin Harper**, which collected \$1,500. HospiceCare is grateful for their continued efforts. ❖

BUILDING OUR FUTURE



Ribbon cutting draws a big crowd Blue skies, sunshine help usher in next generation of service

ON a picture-perfect fall day better suited for summerwear than raincoats and scarves, more than 100 friends of HospiceCare celebrated the opening of our new Main Office on Charleston's West Side. The formal ribbon-cutting ceremony on Thursday Nov. 6, 2008, attracted many of our staunchest community supporters, including Charleston Mayor **Danny Jones**, and state **Sen. Brooks McCabe**, who joined our Board of Directors and staff to usher in the next generation of hospice programs and services.

HospiceCare's new Main Office is a physical symbol of three decades of growth and dedicated service to our patients and their families, as well as a



Cutting the celebratory cake are Executive Director **Larry Robertson**, first board president **Dave Clayman**, current board President **Carol Hartley**.

symbol of our continued commitment to the community at-large and an investment in our future. The new, 18,000-square-foot building serves as home to HospiceCare's administrative offices as well as clinical, social work, grief and loss, and volunteer departments.

An existing 18,000-square-foot building on the site will be either be retained and be remodeled — or demolished with a new building to be erected — for future use as a senior day care center, respite care facility or an Alzheimer's patient care unit, creating a HospiceCare campus that can better serve the community's needs.

A most grateful Executive Director **Larry Robertson** presided over the

Continued on the next page



A gathering of past and present HospiceCare Board of Directors cut another line of ribbon to help celebrate the opening of the new Main Office. Pictured are Larry Robertson, board member **John Rollins**, Development Director **Jim Wilkerson**, present board members **Dave Wallace** and **Rich Bishoff**, past members **Betty Ramsey** and **Polly Diller**, and present members **Ruth Lemmon**, **Jesse Samples**, and **Carol Hartley**.

ribbon-cutting ceremony and thanked “everyone” who helped make this development project possible, most of whom were invited to join in the ceremonial ribbon cutting. Among those helping do the honors were **Larry Salyers** of United Bank, **Cam Siegrist**, of Bowles Rice McDavid Graff & Love, first board president **Dave Clayman**, current President **Carol Hartley**, Sen. McCabe, Mayor Jones, architect **John Harris** of **Bastian & Harris Architects** who designed the building, **Mark Grigsby**, President of **Pray Construction Co.**, donors **Deb Copeland** and **Don Lucci**, for whom the new conference room is named, Pray’s project manager **Kenny Cooper** and superintendent **Glenn Payne**, Medical Director **Dr. Sue Warren**, an early hospice pioneer here in Charleston, Administrative Assistant **Elaine Harrison**, who represented all HospiceCare employees, and

volunteer **Roger Hardway**, who represented all of our volunteers — the heart of hospice.

HospiceCare is also grateful for the coverage we received from several local media outlets who helped spread the word around the state about our new home in the greater Charleston community: **Charleston Daily Mail**, **The Charleston Gazette**, **The State Journal**, **WSAZ-TV 3**, **WCHS-TV 8**, and **MetroNews Radio**. ❖

*Below from l.-r., WSAZ-TV’s **Amanda Barren** produced a story about the “green” building design; state **Sen. Brooks McCabe** and Charleston **Mayor Danny Jones** were instrumental in helping get the project on the ground; the new multi-purpose conference room was named in honor of **Deb Copeland** and **Don Lucci**, who have provided generous support of HospiceCare over the years, including founding the annual tennis tournament.*



MOVING DAY



A moving van, above, made several trips from the former Dunbar office to the new Main Office in Charleston at the end of October. At right (clockwise from top left), **Miriam Higginbotham** and **Karen Grove** sit among dozens of boxes in their new office; Admissions Coordinator **Pam King** unpacks a few boxes to set up her desk; Performance Improvement Director **Vickie Powell** is all smiles as she enjoys her new window seat; and Development Director **Jim Wilkerson** chats with case managers **Eric Starcher** and **Scott Casdorff** under the sky light in the new cubicle area.



Moving again brings it all home



By **Chris Zinn, RN, BSN, CHPN**

AS I packed up and moved out of my office at the Hubbard Hospice House, I began to think about all the office moves that I've been through in almost quarter of a century with this hospice! This time was the hardest because I have been settled at the house for nearly eight years and it has felt like home.

Also I have been there since my office was just a shell with no window or walls, watching it all transform into a really successful program. But as I said good-bye to my home at HHH, I was saying hello down at the new Charleston Main Office — saying hello to people who only knew my name, my voice or my photo, and giving hugs to old colleagues I'd missed after being away at the house!

I remember back in the early '80s when I first descended into the basement of the Old Colony Building on Kanawha Boulevard, near my church where I first read that there was a local hospice that needed nurse volunteers. My voice was more British and I had two toddlers with me. It was cluttered and dark and **Becky Bailey**, the Director, and **Molly Lilly**, Patient Care Coordinator, were the only employees. The rest of us were volunteers who came and went. We used to have our IDT meetings at St. Francis Hospital because there was

no meeting space and it was easier for Dr. Shah. Later we moved to CAMC Memorial and had an office in what is now the One Day Surgery Center. We had become Medicare-certified and there may have been about five of us who were paid and lots of volunteers. Some days when I came in after making home visits, there was no available desk so I sat on the floor and spread my paperwork in front of me. I was teased about it, but it helped everyone recognize that we needed to move again!

So we moved to Dunbar. At first we were renting quite a small space, but it grew and grew. I moved a lot there too. I had to move out of my office when the first chaplain was hired, and later moved again when we needed a quiet room. For a while, my work as a liaison nurse for hospice meant I worked at St. Francis and CAMC Memorial 5 South and I worked in a variety of conference rooms or at the nursing stations. I have loved all my different roles and offices.

Those of us who have been here longer may appreciate this wonderful new office building more than those who do not know our history. It is truly a symbol of the wonderful success of our programs and the quality of services we provide. But it is more than just a beautiful space: it is where we all support one another in our common mission. Thanks to all of you who have welcomed me back! ❖

Chris Zinn served as the first Administrator of the Hubbard Hospice House from its opening in 2001 until she passed the reigns on to Mary Kathren Robinson in 2008.

NEW LEWISBURG OFFICE



Greenbrier staff is settling in nicely



*by Penny Cole
Public Relations Coordinator,
Lewisburg Office*

THE staff at HospiceCare's Lewisburg Office has spent the past month settling into their new home at 223 Maplewood Ave., which opened Dec. 1 after months of renovations to the former offices of Dr. Robert G. Shirley. Moving from their former N. Jefferson Street location, staff and visitors now have much more room in which to work and interact in the new building. While some are still working out of boxes, that's a small inconvenience to make sure our patients and their families come first.

The new space includes a large conference room, a new kitchen, a volunteer workroom, plenty of off-street parking, as well as offices for all current staff. An important new feature of the building is a rewired data and phone system that allows the Lewisburg office to be part of the Charleston Main Office's network. The telephone, data and video conferencing systems are designed to work as one seamless system with the ability to transfer telephone calls between all buildings without having to redial numbers.

This move gives HospiceCare greater visibility in the community, allowing us to increase referrals and improve our overall name recognition. This relocation puts us in the heart of the medical community and hopefully it will create a greater awareness of our programs and services. We are right across the street from Greenbrier Valley Medical Center, so when they need us, we can just hop across the street.

Building renovations began in late August, with **Pray Construction Co.** and **Bastian & Harris Architects** handling the project. Local subcontractors provided the bulk of the labor and most of the materials were purchased from suppliers in the Greenbrier Valley. **City National Bank's** Lewisburg branch handled the financing and landscaping should be completed in the spring. The building is situated on a two-acre lot on which, at some point, HospiceCare hopes to build a new 6- to 10-bed in-patient facility similar to the Hubbard Hospice House in Charleston — and possibly an adult day care center to better serve the area. The success of any such future project would depend on community need and support.

We are grateful to HospiceCare's Board of Directors for its dedication and assistance in making this transition possible. Largely because of its efforts, we now have a much improved workspace in terms of convenience and comfort. ❖

HospiceCare's 'heart and soul'

Dr. Sue Warren looks forward to reinventing herself in retirement

By Jeff Sikorovsky

Development & Communications Assistant

THE very first entry in her original hospice record book is dated Jan. 20, 1981. At the time, our hospice agency was an all-volunteer operation caring for a dozen or so patients. In the nearly three decades since then, Medical Director Dr. Sue Warren has served an integral role in shaping and developing the quality of care that HospiceCare provides today to more than 300 patients and their families on a daily basis.

From volunteering her services for six to eight hours a week throughout the 1980s, to being named medical director in the early 1990s, to pursuing her work full-time after leaving her oncology practice in 1998, Dr. Warren has been a tireless servant to the needs of HospiceCare patients, families, as well as her colleagues.

It is therefore with a grateful, yet heavy heart that her HospiceCare family must accept that Dr. Warren will be “retiring” this year after 28 years of service. Dr. Warren has been with HospiceCare every step of the way: from meeting at the houses of friends and volunteers and working out of rented space in CAMC Memorial Hospital before the agency was officially formed, to opening the Dunbar office and the Hubbard Hospice House, and now the new Charleston Main Office on the city’s West Side.

“People just asked me to do it and I just did it,” she said of her early hospice and palliative care work. She had worked as an oncologist with David Lee, namesake of the David Lee Cancer Center in Charleston, who died in 1996. “I would have discussions of the unmet needs of our (cancer) patients with David. We wanted to improve the care of our patients and we were saddened by the fact that we couldn’t address all of their problems in our office.”

Her medical credentials and caring nature made her the perfect candidate to assist the budding hospice agency. As for her future plans, Dr. Warren says, “I have no idea. I



don’t want to be put in a box. I just want to have a little space to reinvent myself and see what happens.” She added that she will stay on through early 2009 to help with the transition of the new medical director.

Executive Director Larry Robertson had this to say about Dr. Warren’s career: “For 20-plus years Dr. Sue Warren has been the ‘heart and soul’ of hospice services in the Kanawha Valley. She is ‘the’ physician who pioneered end-of-life care in our community and is responsible for the care of thousands of individuals and their families throughout our service area. She also mentored countless HospiceCare employees and other physicians throughout West Virginia. Without Dr. Warren, HospiceCare would not be the organization as we know it today.”

Dr. Warren is married to local cardiologist Dr. Stafford Warren, who recently retired from his practice, and has three grown children, Laura, Benjamin and Zachary. The latter two live abroad in Nepal and Kabul, Afghanistan. She is originally from the Washington, D.C., area and grew up overseas. She has been living in Charleston since 1974, and HospiceCare is lucky to have had her with us for most of that time! ❖

HUBBARD HOUSE HAPPENINGS



Above, **Edith Turnbull** blew out the candles on her birthday cake Sept. 6 at her home in Poca. Celebrating with her were hospice CNA **Angie Barr** and her husband, **Ray Barr**, a long-time friend who grew up with Edith's grandson, **Lloyd McVey**.

The oldest of seven children, and mother of two sons and a daughter (all of whom have already passed on — “I’ve outlived everybody,” she said) Edith has lived in Putnam County her entire life and has lived in the same house since 1940. “It’s a miner’s house . . . an old-fashioned house. It’s still a good house — five rooms with a new addition.” Her grandson, **Lloyd McVey** purchased the property a few years back and takes care of her now. Lloyd had to take a trip out of town for a week, which is why Edith was at the Hubbard House for a respite care visit.

Edith prides herself on her home life. “Since I am the oldest of seven children, mother needed someone home with her, especially with a new baby,” Edith said. “Since that time I’ve been busy at home.” Her only job outside the home was as a postal worker once. “I love to cook,” she said, but added she doesn’t cook much anymore. “I like to make and bake breads and pies and cakes — apple cake and custard cake. And I like to can vegetables. We always had a garden. When we planted potatoes, I would go out in the garden and spade with a small shovel to get a mess of new potatoes before they were all dug up,” she said. Her favorite meal to prepare was a beef roast with those same little new potatoes cooked on top.

Her other loves are reading, specifically The Bible, which is also hard for her now because she can’t see very well, and her church life. Edith taught Sunday school and Bible study classes on Wednesday evenings. “Whatever work that could be done at the church I had a part in it because I liked to,” she said. She even took to the pulpit one Sunday when the pastor was called away. “The church was struggling because it had lost some members. The subject of the service was what Jesus had asked, ‘What do you want me to do for you?’ ” Edith said. “There was a good response because the people wanted the church to be more efficient than it was at the time. They got busy and kept the church alive.”

Asked how she was able to live so well to 106, Edith kept it real simple: “I never thought about it. I was just busy.” ❖

House enjoys visit from a special guest

Putnam woman, 106, shares life with staff during respite care stay

by **Jeff Sikorovsky**

Communications & Development Assistant

WHILE not your typical celebrity, many staff members at the Hubbard Hospice House enjoyed visiting with **Edith Turnbull** of Poca, who was at the house this past fall for a week of respite care, her fourth visit since she has been a hospice patient. While we believe all of our patients are special, Edith is unique: at 106 years old she holds the distinction of being the oldest resident of Putnam County. Everyone loved listening to the stories she had to share from her life, especially the one about how a loaf of bread she cooked won 2nd place in a baking contest at the fair across the river when she was 13 or 14 (in 1916).

KANAWHA SENIOR ENRICHMENT CENTER



Adult day care offers an alternative Kanawha City enterprise joins HospiceCare family

by *Monica Orosz*

Courtesy of Charleston Daily Mail

THIS past fall, HospiceCare added another piece to its growing list of resources to help families dealing with end-of-life issues, officially becoming owner of the Kanawha Senior Enrichment Center at 4715 MacCorkle Ave., S.E., in Charleston's Kanawha City.

Caregiver **Debbie Lewis** (at right) and nurse **Lea Anna Canterbury**, RN, (above right) opened the only freestanding adult day care in the Charleston area several years ago while working at a local long-term care facility, where



they sometimes saw patients they believed could better be served by a different model. "We knew there was a better option out there," Canterbury said, adding the work is rewarding. "We thoroughly enjoy it. We learn from them." Debbie added, "We saw a lot of people come and go. Many of them didn't have a choice to stay at home. We wanted to give them a choice."

The duo will continue to run the center, though now as employees of HospiceCare. Turning it over to a nonprofit agency is a benefit in a couple of ways, Executive Director **Larry Robertson** said. "For example, Debbie told me they have a family that can no longer afford to pay (the daily rate). She asked me what we do about that and I said we continue to serve them." HospiceCare also

Continued on next page



can tap into its wealth of trained volunteers along with volunteers from the Alzheimer’s Association to help.

About 15 clients visit the Kanawha City facility regularly, ranging in age from late-’50s to one woman who is 99. They suffer from varying stages of Alzheimer’s disease or dementia. Some come to give their spouses a break from daily care. Others are cared for by grown children who work during the day. The goal is to increase that number to 25 daily, with plans to expand the facility into a neighboring office already underway.

At the center, Lea Anna, Debbie and fellow employee **Joan Stevens** (*above second from left*) offer breakfast and lunch along with activities that include everything from playing board games and cards, to basketball, shuffleboard or beanbag toss, to reading and watching television. There is also an arts and crafts room where clients can explore their creativity. “We try to challenge them cognitively and physically, without wearing them out,” Lea Anna said. “They have different degrees of dementia, so many of them tell us what they want to do,” Debbie added.

Larry said adult day care is a needed service for patients before they get to the point of needing one of HospiceCare’s more intensive services, such as

admission to the Hubbard Hospice House or more regular care at home. It also helps caretakers who, whether paid or family members, might need a break.

HospiceCare has worked closely with **Jane Marks**, director of the Alzheimer’s Association, in identifying the need and formulating a plan, Larry said. Hospice’s well-developed facility plan made it the natural agency to purchase the business from Canterbury and Lewis and develop a model for more facilities in the state. “The truth of the matter is that HospiceCare already takes care of a lot of Alzheimer’s patients,” Larry said, adding the need is only going to increase. “As a state, we are not prepared.” Research conducted by Maple Creative found there are 44,000 people living with Alzheimer’s in West Virginia, 6,500 in Kanawha and Putnam counties alone.

“Our board has committed to this; we have it in our strategic plan, and we have the bricks and mortar to do it,” Larry said. “It’s a niche market that’s going to grow. These types of facilities are already all over the country. This, we hope, will become one of many in West Virginia. Our goal is to grow this and make it our model.”

To learn more about our day care services, or to schedule a visit, please call the Kanawha Senior Enrichment Center directly at (304) 925-2770. ❖

Contact Us

Serving: Boone, Braxton, Clay, Fayette, Greenbrier, Jackson, Kanawha, Lincoln, Mason, Monroe, Nicholas, Pocahontas, Putnam, Roane, Summers and Webster counties

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Visit Us Online

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Relieving grief through creativity

Daughter's poetry brings healing

By Jeff Sikorovsky

Development & Communications Assistant

FOR Giuseppina D'Alessio, writing, specifically poetry, has been a helpful way for her to get in touch with and express her feelings in a creative and healing way since she started her first diary in 1984.

Coming to the United States 17 years ago from Calabritto, Italy, where she worked as a social worker, Giuseppina and her husband, Italo, settled in St. Albans. Her poetry has helped her transcend language barriers, whether written in English — in which she is fluent —



or her native Italian. While translation can be difficult and her wording overly simple at times, what comes through clearly is her complex understanding of her emotions and love for her family. Her poetry, in turn, became an invaluable tool for her to manage her grief over the past few years during which her mother, Maria Batista, was a hospice patient.

Giuseppina's father, Alfonso Spatola (pictured above with Maria), was a HospiceCare patient when he died in March 1997 at the age of 73. So when her mother

became ill, Giuseppina knew where to turn. HospiceCare provided Maria with regular home-based care for more than a year before she died on Sept. 12, 2008 at the age of 86. Ever the loving and dutiful daughter, Giuseppina served as her mother's primary caregiver, rarely leaving her side, which was quite overwhelming at times. "She was tough. There was also a lot of pain, sadness and tears," she said, speaking fondly about her mother, whom she held in the highest regard.

At times during this period, her poetry flowed, allowing her to write two or three a day. Other times, she was not so prolific. "Sometimes you need to have inspiration to express the feelings you need to express," she said.

These days Giuseppina smiles when she reads her poems. It brings her joy as a way to remember her mother, even if it also brings tears to her eyes. ❖

Hospice Angel

*I saw an angel today walking through my door
She brightened my home where I thought
I've never lived before
She came and visited me today unexpectedly
Bringing joy and a sweet gift of hospitality
She had come and visited me before
To relieve my pain when I couldn't handle
anymore
And with her presence I finally realized
My journey 'til then was not a surprise
It took just her loving and caring smile
To bring me back to where I was gone
for a while
And happily painless with love around me
I've found myself where I wanted to be
She is the angel that brings love and care
To families and loved ones in their final despair.*

— Giuseppina D'Alessio, Sept. 28, 2007

UPCOMING EVENTS

4th Annual Tidewater- HospiceCare Dinner Gala

Date in April TBA, Tidewater Grille, Charleston Town Center.

Volunteer Training Course

Morning and evening classes are offered at 9-11:30 a.m. and 6-8:30 p.m. Tuesdays and Thursdays, March 3-24, at the Main Office, 1606 Kanawha Blvd. W., Charleston. The course is free, but a completed application and background check are required. To register, please contact Volunteer Director Jewell Cook or Volunteer Associate Libby Gates at (304) 768-8523 or (800) 560-8523.

Grief Recovery Support Groups

Regular groups, 6-8 p.m. Tuesdays (Call to register)

- Feb. 3, 10, 17, and 24
- March 3, 10, 17, and 24
- April 7, 14, 21, and 28
- May 5, 12, 19 and 26
- June 2, 9, 16 and 23
- July 7, 14, 21 and 28

11th Annual Smoke on the Water Chili Cook-off

11 a.m.-4 p.m. June 20, 2009, Charleston, WV.

Check us out online for more up-to-date listings!

www.hospicecarewv.org

END NOTES



Bereavement counselors see many benefits from conference in Rockies

As part of their summer plans, bereavement counselors Marla Mobley, Amy Wade and George Cantees, enjoyed a trip out to Ft. Collins, Colorado for a week-long training workshop at the Center for Loss and Life Transition in Rocky Mountain National Park. The workshop's focus was, "Helping Children and Adolescents Cope with Grief." George said, "I have no doubt that this training will result in expanded services to youth in our Grief and Loss Department. The center is internationally known for its expertise in training, and Director Alan Wolfelt (pictured above, dark shirt)

lived up to his reputation as the premier educator in the field." He added, "Marla, Amy and I soaked up both the training and the area's beautiful scenery. I can safely say we burnt the candle at both ends as we made sure we saw as much of the Rocky Mountain National Park as time allowed. Special thanks go to our Executive Director Larry Robertson and Bereavement Director Mike Dupay for their tangible support of our services and efforts by sponsoring this top-notch training. Let me say that this first year of work with HospiceCare has been a Godsend for me in every way." ❖

Love Light Tree shines brightest after 25 years

This year's Love Light Tree displays at Charleston Town Center Mall, Greenbrier Valley Mall and Boone Memorial Hospital celebrated 25 years of annual holiday fundraising for HospiceCare. Over the years, dozens of community groups and thousands of volunteers have helped raise hundreds of thousands of dollars and tons of awareness to benefit HospiceCare patients and their families. Starting the day after Thanksgiving through the day before Christmas Eve, donors are traditionally invited to personalize and place an ornament on one of the trees in honor or memory of a loved one. This year, despite the slowed economy, the campaign raised more than \$65,000 from nearly 1,200 donors as of the first of the New Year. Here's hoping for continued prosperity in 2009 and beyond. (Below, Development Director Jim Wilkerson and his niece, Samantha Hanna, helped set up the trees at the Charleston Town Center.) ❖



Shutterbug wins top NHPCO prize

Development Associate **Jeff Sikorovsky** was awarded First Prize for his photo, at left, in NHPCO's 2008 Annual Photography, Writing, and Film Contest. According to the judges, "Your photo is but one of several examples of the high quality of entries we received this year. There were over 250 entries in all the combined categories and our judges had quite a job selecting the few winning entries." The winners of the contest were on display at NHPCO's Clinical Team Conference Oct. 23-25 in Dallas, Texas, and were included in the December 2008 issue of NHPCO's member newsletter, NewsLine/Insights. Jeff's photograph made the cover of the contest catalogue, which is posted as a PDF on the Awards & Contests section of www.nhpc.org. Check it out!!! ❖

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The pillar at right anchors the main entrance at the northeast corner of the new office building. The pillar concept was an integral part of Bastian & Harris Architects' original design, but board input and the creative hand of John Auge, of Charles Ryan Associates, gave the final project a more dynamic feel with ceramic tile and a backlit sign. Collaboration is a key to our success!



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www.hospicecarewv.org

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