SHARING THE CARING
THE POWER OF PARTNERSHIPS

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TOGETHER WE ARE STRONGER | Message from Malene

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This year marks a special milestone for Capital Caring. On April 22nd, we officially turn 35 years old. When I look back at all that has been achieved over the years, I am proud to say that the list is long. From its earliest days, Capital Caring (then Hospice of Northern Virginia) has helped lead the way in propelling the hospice movement forward, both regionally and nationally. In addition to being one of only 26 demonstration sites leading to the Medicare Hospice Benefit, Capital Caring served some of the first AIDS patients, and instituted one of the premier Palliative Care programs in the country. In 2011, we saw unprecedented growth in the number of people we served across the D.C. metropolitan region.

While our founders played critical roles in shaping Capital Caring, we owe our enduring success to countless individuals, donors, volunteers and partner organizations who believe deeply in the hospice concept and the value it holds for those coping with serious illness. Over three decades ago, it took a dedicated community to cultivate the fertile terrain on which we stand today, which remains ripe with possibilities for increasing access to our care.

In this issue, you will read about just a few of many people and organizations we collaborate with daily to advance hospice and palliative care. Whether they are a local church, a fellow health care provider, or a global corporate powerhouse—all share in our mission of simply improving care for patients and families who need it most.

I regularly receive letters of gratitude from families we have served, and while the stories are as diverse as our region, there is a common thread that runs through them. Each letter specifically acknowledges a person or group of people who made their difficult journey better.

As we gear up for our 35th Anniversary, I would like to take this moment to acknowledge many of you, who have given your time, your talent, your dollars and your heart because you believe like I do, that together we can make a huge impact. As our partners, you make our organization stronger.

Thanks to your collaboration with us, I am optimistic about the future. Here is to the next 35 years of caring.

Faithfully yours,

Malene Davis, MBA, MSN, RN, CHPN
CEO and President
“I’ve always felt a calling to help those most in need,” says Sister Anne White of Gethsemane United Methodist Church in Capitol Heights, Maryland. “I began as an elementary school teacher and eventually became a social worker. I think it was when I worked for the State of Maryland and handled a child abuse case that this calling became even more pronounced,” she says as tears fill her big brown eyes. “There was a child of two years old who was severely neglected.” White pauses to catch her breath as waves of emotion wash over her. “I knew I had to keep giving my all to help children and seniors.”

And that is exactly what she has done. In 1995, despite the fact that she retired, White graciously took up a new role in her church when her pastor asked her to start a pantry for those who lacked food. Two weeks later, it was ready to go. “People came from all over. Seniors would often come early and sit and wait. I realized there was an amazing opportunity to provide them with information that would be helpful. That’s when I invited Capital Caring to come and discuss the value of hospice care and other issues related to aging. That was 10 years ago. What a partnership it has turned out to be.”

Today, this faith-based alliance has been further strengthened through Capital Caring’s In Good Faith program, which offers participants formal workshops and in-services on topics such as coping with Alzheimer’s, the value of hospice, and addressing grief. In addition to inviting churchgoers, White makes sure to include representatives from other area faith-based groups to help further inform the community. As many as 40 people attended the most recent session, half of whom were from other churches.

White recalls a woman who lost her husband and was deeply impacted by grief. Through Capital Caring’s grief workshops, she was able to start healing. “At an In Good Faith gathering, we lit a candle and had everyone tell their story. It must have really helped her because just yesterday she stopped by and told me, ‘I don’t know what I would have done without your program,’” says White. “I think it’s worked well. In our community, we need to be inclusive, not exclusive. This is part of my mission. We are a supportive unit and like to share the care, not keep it to ourselves.”
Students of West Potomac Academy Show They Care

If you ask the typical teenager what hospice is, most will likely look at you a little stumped, either because they do not yet have a clear understanding of the hospice concept, or because they wonder why you are asking them the question at all. Yet, for students of West Potomac Academy (WPA), one of six high school academies in Fairfax County Public Schools that offers career-focused education, the answers to this question flow easily. Their familiarity with and belief in hospice stems from a partnership between Capital Caring and WPA.

“A few years ago, we were looking for an opportunity to extend our student learning beyond the classroom,” says Aaron Engley, Administrator of WPA. “Through Capital Caring and several other partners, we found it.”

It’s clear as soon as you step inside the Academy that it provides a unique learning environment. On the walls are hand-painted murals of students expressing their love for the arts. Down the hall one student maneuvers his television camera as he interviews his peer to get just the right angle. As we turn the corner, another student twirls and leaps through the air before dashing off to her next class. This is just another day in the life of those attending WPA, which offers advanced and specialized career elective programs in Communications and the Arts, as well as Health and Human Services.

“Whether a student is immersed in communications, the arts, or health and human services, they can give back to Capital Caring while learning in the process. This partnership reinforces our commitment to community service, of making a difference in the lives of others,” says Engley.

COMPASSION THROUGH MUSIC

Phillip Carter has been teaching the students of WPA Music and Computer Technology for over six years. When he’s not teaching, he produces music and sings gospel music so compelling that he was nominated for the prestigious Dove Award given annually by the Gospel Music Association. Carter is passionate about his role in nurturing young, musical minds. “I like seeing the light that comes on in each student,” he says. “Some come to WPA with knowledge of music, while others bring the skills.”

Each year, Carter selects some of his most talented students to create a CD that will be distributed to hundreds of Capital Caring’s hospice patients and their families in order to bring them comfort, compassion and peace in the face of a serious illness. “I tell my students to conduct some research and determine what kinds of music inspires a feeling of calm and relaxation. They dig around for examples and once they find some, they have the foundation from which to create their own sounds.”

Last year’s CD contains a diverse stream of music, while the one they are planning to produce this year will be smooth jazz. “They gain confidence and really grow by participating in this project,” says Carter. “At the same time, the patients’ lives are enhanced. It’s a joy to put something together like this, and we find that the more positive feedback our kids get, the more they want to give back. It’s a perfect circle.”
DIGNITY THROUGH FASHION

When one of the world’s most famous fashion designers, Betsy Johnson, visited Georgetown, a handful of WPA’s Fashion Design students flocked to meet her. The meeting went so well that Johnson invited them up to New York City to see several of her multiple studios.

These are the kinds of rich experiences that WPA’s fashion-minded talents embark upon as they learn everything from art and fashion history, to design composition, to the business of fashion design. Looking at their classroom one can see the fine detail they put into every design by observing the long line up of miniature models that display ball gowns so magnificent even Carolina Herrera would be impressed.

Yet these students also learn the practical application of fashion in their contribution to Capital Caring. “Our Level One students made hospital gowns for the patients in patterns that would be uplifting,” said Maria Kappel, Career Experience Specialist. “This year the goal is to create chemo caps so that those undergoing cancer treatments not only stay warm, but feel a renewed sense of dignity,” says Kappel. “Fashion too can be about giving back.”

COMFORT THROUGH PHYSICAL AND OCCUPATIONAL THERAPY

“I enjoy talking with the elderly and hearing their life stories,” says Shannon Stofko, a Physical and Occupational Therapy student at WPA, who at age 18 has already had field experience working at Paul Spring Retirement & Assisted Living Facility, where many Capital Caring patients reside.

She along with peers Meryl O’Connor and Tessie Van Vleet, all of whom are college bound, sit together in their Physical and Occupational Therapy class listening to their teacher Mary Conklu discuss muscle length. The girls each enrolled in the class for different reasons. Stofko notes that she has always wanted to work in a profession helping people, while O’Connor has an interest in supporting the veteran population. For Van Vleet, the idea of practicing sports medicine is intriguing. What they share in common is a love for health care.

“I always tell them, in physical therapy, you’ll never be bored,” says Conklu, who prior to her seven years teaching at WPA was a physical therapist for 30 years. She says that the rapport with Capital Caring is adding to the next layer of her students’ development. “I can talk and talk, but hearing from other professionals who they shadow at Capital Caring will help them understand more and open up doors for them.”

As the day at WPA draws to a close, the buses begin pulling up and students flood the hallways. Just as we are about to leave, Engley describes what he finds most rewarding about WPA’s partnership with Capital Caring. “Anytime we can augment what we’re doing in the classroom by placing students in real world settings, they have an opportunity to grow and blossom. I think the experience with Capital Caring has been nothing but wonderful.”
We are profoundly grateful to local community clubs, civic groups, businesses, corporations, foundations, and others who partner with us in supporting a variety of Capital Caring programs. We simply could not do our work without them. The following represent just a few of our many allies across the region, who believe in the value that hospice and palliative care bring to people’s lives.

Army Officers Wives Club of the Greater Washington Area

For more than 30 years, the Army Officers Wives Club of the Greater Washington Area (AOWCGWA) has been a loyal and enthusiastic supporter of our Child and Adolescent Bereavement Program—including our annual Point of Hope grief camps. The club is a “multigenerational” group of military spouses who have experienced every war from World War II to the War on Terror, and who provide grants to organizations like Capital Caring that impact and support the military community in the D.C. metropolitan region. Almost 10 percent of Capital Caring patients are active, veteran, or retired military.

Lockheed Martin Corporation

Since 2005, Capital Caring has been training approximately 12 Walter Reed Army Medical Center residents a year in hospice and palliative care as part of their one-year Internal Medicine/Geriatric Medicine rotation. These physicians care for our returning Wounded Warrior service members, veterans, and their families.

In 2010, Lockheed Martin Corporation granted Capital Caring three-year funding to expand and enhance the Military Hospital Resident Training Program to include 25 Army and Navy medical residents each year at the Walter Reed National Military Medical Center and Fort Belvoir Community Hospital. We continue to reach out to other military hospitals to enlist their medical residents in our urgently needed hospice and palliative care training.

The Alexander and Margaret Stewart Trust

Established in 1947 by Mary E. Stewart and Helen Stewart Davis in honor of their parents, The Alexander and Margaret Stewart Trust is a charitable foundation supporting nonprofit organizations researching, treating, and preventing cancer and pediatric illnesses.

Since 1981, the Trust has provided funds that support Capital Caring’s Patient Care Fund Program for those who do not have a means to pay for our care. In particular, the funds support end-of-life care for cancer patients in the District of Columbia. Capital Caring provided more than $2.4 million in charity care throughout our service area in 2011.
Fulfilling Roseann’s Wish

It was over a pot of coffee at one in the morning, talking with a Capital Caring hospice nurse, that D.C.-based attorney Ronald Meisburg could finally open up and talk honestly about his wife Roseann’s impending death. Roseann, who had bravely fought cancer for over four years, lay upstairs in their bedroom resting after an evening that had started out badly. She had been nauseated and could not get comfortable until the nurse arrived and provided the support Roseann needed.

“I remember that the nurse’s voice was very soothing,” recalls Ron. “As we stood in the kitchen that evening talking, I began to get a clear sense of what was ahead. I realized that Capital Caring wasn’t just there for my wife, they were there for me as the primary caregiver at a key time in Roseann’s illness.”

Fast forward 15 years and today Ron discusses the donations The Roseann Finigan Meisburg Foundation has made to Capital Caring. Ron established the Foundation in Roseann’s honor to fulfill her wish of providing comfort to those in greatest need. The Foundation, which gives to several causes Roseann cared deeply about, has raised over $50,000 for Capital Caring over the years.

“From the moment we started the Foundation, it was important to pinpoint concrete needs rather than just give dollars,” says Meisburg. “We asked the clinical staff for a ‘Wish List’ and they responded that first year by adding a blanket warmer for patients at the Halquist Memorial Inpatient Center to the top of the list. So that’s what we donated.”

Meisburg observes that this gift was especially meaningful as Roseann used to put a heating pad in her bed at night because she loved being in a cozy, warm bed. “We have come full circle and this past year the Foundation refurnished this equipment as well as an ice chip maker, all with the goal of upholding Roseann’s desire to help others.”

The Roseann Finigan Meisburg Foundation exists due to a true grassroots, community effort. It does not have any fundraising or administrative expenses, but relies on friends who volunteer their time and talents. “Without them, our other efforts would mean nothing. It’s much like our country was back in the frontier days when people would get together to raise the barn through community resources. Working together we can produce a good result that we could not have accomplished acting alone,” says Meisburg.

MARK YOUR CALENDAR

SATURDAY, JUNE 16
VAN METRE POLO CUP TO BENEFIT CAPITAL CARING
Great Meadow, The Plains, VA
Savor a sumptuous luncheon, then hold on to your hats during an exciting live polo match that supports the building of our new inpatient center in Loudoun County, the Adler Center for Caring on the Van Metre Campus.

MONDAY, SEPTEMBER 10
EXECUTIVE WOMEN’S GOLF CLASSIC
Country Club of Fairfax, Fairfax, VA
Tee off with other top women executives for an awesome afternoon of golf that provides funding for our community Point of Hope Camp Program for grieving children, teens, and adults.

SATURDAY, SEPTEMBER 22
HOSPICE CUP REGATTA
Annapolis, MD
Set your sails for America’s largest and oldest charity regatta on the Chesapeake Bay, culminating in a sensational shore party.

SHOW YOUR STUFF!
Put your company name and logo out in front of these influential attendees by becoming a Special Events Sponsor. For more information or to register for these events, contact Steve Titlebaum at 703-531-2383 or stitlebaum@capitalcaring.org.
Making a Difference in the Lives of Veterans

It is Valentine’s Day and Dr. Karen Blackstone with the Department of Veterans Affairs Medical Center, Washington, D.C. (DCVAMC) is saying hello to one of her patients, a former WWII Veteran, who at 104 years old sports all red in true holiday spirit. One cannot help but notice that she made sure her amber colored beads matched her earrings and nail polish on this morning. No sooner is she cracking jokes with Blackstone, whose compassion and love for the older adult population is more than evident. “I connect personally with the opportunity to care for veterans, as my father is a Vietnam veteran and my mother is a nurse,” says Blackstone. “I grew up in a family where community service mattered.”

Blackstone’s interest in medicine and serving the older adult population eventually led her to become an internist who specializes in geriatrics and palliative medicine. After medical training and the completion of a fellowship at Harvard University in geriatrics, she began working for the D.C. Veterans Affairs Medical Center, which serves about 90,000 enrolled veterans in the Washington Metropolitan area.

It is estimated that one in four people currently facing the end of life are veterans and could benefit from hospice and palliative care services. Blackstone notes that in addition to serving the WWII, Vietnam and Korean War veteran populations, their team is already planning on how to best serve younger veteran populations.

“At the Veterans Affairs Medical Center it’s all about a person-centered approach,” says Blackstone. “Each individual is an individual and we make a point to treat them that way. As part of our person-centered and family-centered approach, we work with our interdisciplinary team and community partners, such as Capital Caring, to make any transitions for our patients as smooth as possible. We partner locally, regionally, and nationally with partners including Veterans Affairs Medical Centers throughout the country. It’s about remaining constant for the veteran and their family and providing consistency in a health care system that is too often fragmented.”

Blackstone recounts a patient who was living with advanced ALS and wished to spend his final days in Puerto Rico overlooking the orange groves. “It was a challenge to coordinate this but we were determined to fulfill his wish and we did. We believe deeply in addressing our patients’ preferences. This is integral to our mission.”

As we conclude our time with Dr. Blackstone, she stops by to talk to a veteran who has turned 100-years old and was showered with a birthday party that Blackstone attended earlier in the day. “You look wonderful,” says Blackstone to the handsome man who appears much younger than his age. He glances up at us, proudly shows off his new golden medal, and smiles.

Capital Caring works hard to serve veterans by collaborating with premiere veteran organizations such as DCVAMC, Fort Belvoir Community Hospital and Walter Reed National Military Medical Center. At Walter Reed, we train medical residents on hospice and palliative care so that they learn pain management in depth and use that knowledge to better care for their patients. For more details, contact Suzanne Richardson at 703-538-2030 or email: srichardson@capitalcaring.org.
I can still remember where I was standing the day I realized I wanted to pursue palliative medicine,” says Capital Caring physician Dr. Malgorzata ‘Gosia’ Sullivan. “I had run into Dr. Hunter Groninger, a former colleague, and he began telling me all about palliative care, which was then still very much an emerging field. As I stood there in the hallway of Washington Hospital Center, a green light went off. It was clear that this was the path to pursue.”

Not long after this milestone moment, Dr. Sullivan applied for Capital Caring’s Fellowship program, which is considered to be one of the finest in the country. Taught by well recognized leaders in the field, and accredited in 2012 by the Accreditation Council on Graduate Medical Education, the Fellowship offers doctors one year of training that leads to board eligibility in Hospice and Palliative Medicine. Physicians interested in a research track may apply for a research-focused second year.

“One of the things that really sets this Fellowship apart from hundreds of others across America is that participants acquire broad-based experience by practicing across a variety of community-based settings. You get to see an entire spectrum,” says Sullivan. In addition to providing a strong classroom curriculum, Fellows care for patients in hospitals, other inpatient facilities such as nursing homes, as well as outpatient facilities, and patients’ homes.

The program, now in its 8th year, is currently sponsored by one of Capital Caring’s partners, the Washington Hospital Center, an excellent hospital known for attracting some of the most complex cases from the area, many of which require innovative end-of-life support. “We value Washington Hospital Center’s sponsorship of this program because together we can more effectively spread the word about hospice and palliative care, debunking some misguided stereotypes in the process.”

When asked how useful the Fellowship was to Sullivan beyond the classroom she responds with enthusiasm. “It prepared me very well. After I graduated, I was hired as Medical Director at Capital Caring and was completely ready. I would advise any doctor who is considering applying to do so. This work colors your life…it gives depth to life. There isn’t a day that I don’t feel privileged to help those in distress.”

CURRENTLY ACCEPTING APPLICATIONS

All Capital Caring Fellows will receive a stipend based on national salary guidelines. In addition, elective rotations are available. If you would like more information about the Capital Caring Fellowship, please contact Suzanne Richardson by calling 703-538-2030 or email her at srichardson@capitalcaring.org.
Edwin G. Booz graduated from Northwestern University in 1914. Master’s degree in tow, he established The Business Research Service, a consulting firm headquartered in the Otis Building in Chicago. Nearly 100 years later, Edwin’s small firm has blossomed into Booz Allen Hamilton (BAH), a global powerhouse that has gained a sparkling reputation as one of the world’s premiere management and technology consulting services with offices worldwide and annual revenues exceeding five billion dollars. Corporations this successful are not built overnight, but are cultivated year after year by dedicated professionals who bring enormous talent to the table and who are fueled by a desire to give back. We sat down with one of them recently. Her name is Robin Portman. She is not only a leading executive at BAH, but Chair of Capital Caring’s Board.

Q You have had an impressive career with Booz Allen Hamilton. What first attracted you to the firm and what kind of work have you done over the years?

A My background was initially in the software industry, on the technical side. I had a great mentor who ended up leaving our company at the time to work for Booz Allen. I soon followed. That was 16 years ago.

I got to lead a diverse array of projects, starting in technology and moving into change management and commercial work. Eventually I helped establish our health care portfolio, and have led that business for over ten years. It’s been wonderful to build a team of leading health care experts and couple their expertise with cutting edge technologies to improve some of nation’s biggest health care institutions.

Most recently, I have been given new responsibilities, including spearheading new business development across the firm. I’m really excited about this. It’s great to still be growing professionally after all these years.

Q Booz Allen Hamilton has been a supporter of Capital Caring and its mission. Can you tell me how this partnership came to be?

A Yes, the firm believes deeply in giving back, in a spirit of service. Capital Caring is one of the leading health care providers in the region and we have had the pleasure of contributing both financially and through staff volunteerism for over 12 years now. Initially, both groups recognized there were natural synergies in the health care space.

Today, I’m proud to say our staff continue to contribute. For example, they help fund and orchestrate Capital Caring’s annual Women’s Executive Golf Classic, the proceeds of which enable grieving individuals to attend local Point of Hope Camps at no cost. These camps offer those coping with a loss a safe, therapeutic environment to work through their grief.

Q What makes a successful partnership from your perspective?

A Great partnerships are mutually beneficial. Booz Allen has a close affiliation with many well-respected nonprofits in the community, Capital Caring among them. There is clearly
an opportunity for these mission-driven organizations to expand their networks exponentially and tap into robust resources, but it’s also an opportunity for our staff. They grow and develop professionally ‘beyond the boardroom,’ and hone their leadership skills through rich experiences with these organizations. They get to champion causes they are passionate about and that’s fulfilling for many of them.

Q As Chair of Capital Caring’s Board, what is your vision for the future?

A I believe there is a tremendous opportunity to expand Capital Caring’s charitable giving efforts so that more people can access hospice and palliative care. We know that many who are medically eligible do not always have the means to pay for our services and it is only by securing resources from our generous donors that we can make sure these individuals and their families get the care they deserve. In addition to developing these resources, I think forming partnerships is critical. They can serve to amplify the organization’s presence and message in the community. They give you more bang for your buck so to speak.

As CEO, Malene Davis has truly helped transform Capital Caring into a world class organization and I have enjoyed being part of that process. I look forward to the days ahead, especially with the current Board members, whom I believe comprise the strongest Board in Capital Caring’s history. There is a rich diversity of talent. We’ve got small business leaders, community-based leaders, as well as representatives from highly respected national and global institutions.

Q What is the lesson Booz Allen Hamilton can teach other corporations who want to create lasting partnerships with mission-driven organizations such as Capital Caring?

A Around here, we all want to be good corporate citizens. Why? Because it’s about giving back and it’s also about increasing staff morale. Corporations benefit when they tap into their employees’ passions, who often desire to be part of something bigger. It speaks to the values many of our staff members were raised with and that’s important.

At Booz Allen, this is more than lip service. Through partnerships like these, we live our core values every day.

SHARE THE CARE THROUGH PLANNED GIVING…

When Bruce and Donna Berlage were updating their estate plan, they decided to support charitable organizations that were important to them, including Capital Caring. A successful businessman, Bruce had seen firsthand the difference Capital Caring made when his best friend was in hospice care for an extended period of time. Later, his interest increased when his administrative assistant’s husband died in hospice care at the Halquist Memorial Inpatient Center. Based on these personal experiences, Bruce and Donna realized the value in planned giving. “At a time when so many feel hopeless and helpless, Capital Caring gives the most important thing: caring. And they do it so well,” said Bruce.

Recently Bruce and Donna shared their plans with Capital Caring to include two significant gifts in their estate plans, one in support of the new Loudoun-based inpatient unit, the Adler Center for Caring, and the other to establish the Bruce L. and Donna W. Berlage Capital Caring Endowment Fund.

We are so grateful to Bruce and Donna and are thrilled to welcome them into the Heritage Society, which honors those individuals who have made Capital Caring a beneficiary in their estate plans.

If you would like information about including a gift in your will, please contact Kate Hillas at 703-531-6224 or email khillas@capitalcaring.org.
JOIN US ONLINE. WE’RE JUST A CLICK AWAY…

If you or a loved one is receiving our care and desire to connect with others going through a similar experience, or simply wish to stay in touch, join us online. Our community is here to support you at all stages of your journey.

Visit our web site.
www.capitalcaring.org

Follow us on Twitter.
twitter.com/capitalcaring

Connect with us on Facebook.
facebook.com/capitalhospice

Watch us on You Tube.
youtube.com/user/CapitalCaring

Give back by donating online.
www.capitalcaring.org/donate

Volunteer with us and show you care.
www.capitalcaring.org/volunteers

LOCATIONS

1. ALEXANDRIA, VA
   serving Alexandria City and South Fairfax County

2. ARLINGTON, VA
   serving Arlington and East Fairfax Counties
   * Halquist Memorial Inpatient Center

3. FALLS CHURCH, VA
   serving Central Fairfax County

4. LARGO, MD
   serving Prince George’s County

5. LEESBURG, VA
   serving Loudoun and West Fairfax Counties

6. MANASSAS, VA
   serving Prince William, Fauquier, and Stafford Counties

7. WASHINGTON, DC
   serving the District of Columbia