

## Hospice Shining Light Award Presented to Dr. William A. Houck, Jr.

The annual Shining Light Award is presented to persons who have contributed greatly to the ongoing efforts and success of the not-for-profit Blue Ridge Hospice. This year's honors go to Clarke County resident and physician, William "Bill" A. Houck, Jr., MD, who served as the first Blue Ridge Hospice medical director.

Houck was recognized for his many contributions at the Hospice Board of Directors' meeting on December 17. Chairman Kathy Gustin, MD presented Dr. Houck with the 2009 Shining Light Award and thanked him for his years of service and leadership. "What a privilege it has been to know and work with him," commented Gustin.

In accepting the prestigious award, Houck remarked "It has been a great privilege to work with hospice, with Helen Zearth and George Caley, among other people, from its inception, watching it evolve and become the great organization it is now. Doing an enormous job with guiding principals, I can't remember anyone associated with hospice that wasn't a good model for other people to follow in what they do and why they do it." He was accompanied by his wife, Joan, and daughter, Laurie.

Blue Ridge Hospice Co-founder Helen Zearth noted Houck, whose medical specialty is oncology, was "there from the beginning for hospice." Following the incorporation of Blue Ridge Hospice in 1979, Zearth asked Houck to lend his services to the young organization. He graciously accepted the position of interim medical director, holding that position as a volunteer for years. Although Houck no longer serves hospice in this capacity, he remains an active supporter.

Zearth recalled that Houck served as a compassionate and positive force for Blue Ridge Hospice in his work with families and hospital patients. During these formative years, Houck was instrumental in speaking to them and others about the importance of end-of-life care. "He was quick to assure people that hospice doesn't necessarily mean death, but a more comfortable way to live life," Zearth said.



*BRH Board Chairman Kathy Gustin, MD, Nikki Hill, Dr. Houck, and BRH Co-founder Helen Zearth.*

Dr. Houck's former nurse, Nikki Hill, stated "I learned a lot from Dr. Houck and credit him with being the first physician who acknowledged I knew what I was doing. He gave credence to the things I wanted to try, all in a time when it was still customary and expected for nurses to give up their chairs for doctors."

Bringing the meeting to a close, hospice President and CEO Ernie Carnevale relayed to Dr. Houck that of the approximately 200 staff members of Blue Ridge Hospice, a few wanted to personally join in congratulating him on this noteworthy achievement. The conference room door was then opened to reveal a hallway reception filled with cheering and applauding employees.

Today Blue Ridge Hospice continues to embrace Houck's philosophy of care by using as its logo the butterfly and slogan, "Brightening Life's Journey."

Houck and his wife have three children, William, Robin Cootts, and Laurie Hudson, and three grandchildren, Pippa, Emma, and Jacob. They are active members of the community where Houck owns and manages a beef cattle farm. With a particular interest in education, Houck also served on the Clarke County School Board. In his spare time, Dr. Houck enjoys history and antiques.

## The Companion

is published by  
Blue Ridge Hospice  
333 West Cork Street, Suite 405  
Winchester, VA 22601  
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blueridgehospice.org

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## Mission Statement

To make quality end-of-life care available to individuals and families facing serious illness and to support anyone in our community affected by death, dying, and loss.

*We are very sensitive to privacy concerns. We do not sell or rent names or addresses of our supporters to any other person, company, or organization.*

*Correspondence from Capital Hospice and Hospice Education Institute is not affiliated with Blue Ridge Hospice.*

## NOTE FROM ERNIE

It was unseasonably cold as I drove over the mountain the first week of the New Year. I find I am already looking forward to some warmer weather.

As we enter 2010, I've begun looking back on 2009 reviewing all the wonderful things that continue to make Blue Ridge Hospice a special organization.

We ended the year by honoring our first medical director, Dr. William A. Houck, Jr., with our Shining Light Award. It has been an honor for me and all of our staff to show our respect and affection for a dedicated physician who has served our community for many years. He joins a very special group of other Shining Lights who have made a difference in the lives of our patients and their families.

I am especially thankful for the annual support we receive from the Lights of Love carried out by the Winchester Medical Center Auxiliary. Under the leadership of Sherry Thomas, this initiative raised over \$36,000 in proceeds shared by Winchester Medical Center and Blue Ridge Hospice.

We were supported in 2009 again by the 3rd Annual Running of the Blue Ridge Fall Races. The efforts of Committee Chairs Michael E. Hoffman, Todd Lodge, Melanie Marks, Richard Smith, and Herb Yonkers raised over \$54,000 in support of our hospice services. We are so grateful for their continued commitment to our organization.

We are very thankful to the community at large that, once again, responded so positively to our annual appeal. We are also grateful to the many, many memorials to honor those people we cared for. These contributions allow us to continue providing excellent hospice care and to brighten life's journey for those we serve.

Speaking of our inspiring slogan, "Brightening Life's Journey," I am pleased to report that through the perseverance and diligent efforts of a very conscientious staff member, Blue Ridge Hospice has now officially registered/trademarked its slogan and distinctive butterfly. Sharie McVicker, our Coordinator of Community Services, spent many hours working with the United States Patent and Trademark Office to make this happen, and I thank her for it.

From a historical perspective, "Blue Ridge Hospice" was originated by our founders, Helen Zebarth and Gail Rodgers. The Blue Ridge Hospice butterfly was taken from the cover of *One Woman's Death*, written by one of our first patient care volunteers, Christine Andreae, and published by Past Board Chairman Christopher Curran. "Brightening Life's Journey" was created by the late John Devlin, an outstanding patient care volunteer and treasured friend. Thank you to everyone who contributed to the legacy image of Blue Ridge Hospice.

I would like to take this opportunity to wish each and every one of you a very prosperous New Year, and to thank you for everything you do for Blue Ridge Hospice.

*Ernest J. Carnevale, Jr.*  
*President and CEO*



## We Welcome Our Newest Staff Members

Hillary Brooks, Counselor, Center for Hope

Marjorie Davis, Bereavement Intern

Beth Eriksen, Music Therapist

Stephanie Grainger, RN, Residential Center,  
Per Diem Employee

Bentura Gutierrez, CNA, Per Diem

Courtney Jones, Music Therapy Intern

Sandy Perks, Hospice Counselor

Tiffany Rohrbaugh, Staff Accountant

Elizabeth Spresser, Counselor, Center for  
Hope

Michael Thompson, Thrift Shop Driver

Jeff White, IT Assistant

## Popular Seasonal Events Held for Butterfly Club

Fall and Winter ushered in a flurry of seasonal fundraising activities for The Butterfly Club of Blue Ridge Hospice.

In an October fundraiser, members of the Annual Gifts Committee played guest servers for the proprietors and patrons of Union Jack Pub & Restaurant in Winchester. Proceeds benefitting Blue Ridge Hospice totaled \$2,707 from new pledges, tips, the auction of a painting by Eugene B. Smith, and a portion of the evening's food sales.

"Autumn Mixer" was the theme of the November evening social hosted by Alamo Draffhouse Cinema in Kernstown. Guests mingled with one another while enjoying hors d'oeuvres and guided tours of the state-of-the-art cinema facilities. Event sponsors included host Alamo Draffhouse Cinema, The Winchester Group, Inc., Harris Management, Union Jack Pub & Restaurant, and Centennial Broadcasting II, LLC. Through pledges, memberships, donations, and sponsorships, the event raised \$3,178.

Rounding out the year, Ponte Vecchio Living, at the Shoppes of Creekside Station in Winchester, hosted a holiday event in support of The Butterfly Club. "After Hours at Ponte Vecchio Living" offered guests the opportunity to browse the 3,000 square feet of beautiful trimmings and home gift ideas, while sipping glasses of bubbly and enjoying tempting treats. A portion of the sales receipts at the evening event, as well as throughout the weekend, were donated to Blue Ridge Hospice. The Annual Gifts Committee is grateful to business owners Rebecca Lipscomb and Eileen Isola for their commitment and dedication to our not-for-profit hospice.



Ponte Vecchio Living representatives Megan Lipscomb, Maureen Limon, Co-Owner Becky Lipscomb, Joyce Robinson, Co-Owner Eileen Isola, and Spencer Lipscomb.

Annual Gifts Committee members look forward to planning new and exciting Butterfly Club events for 2010.

If you or someone you know is interested in learning more about becoming a member of The Butterfly Club, please contact Anthony Crosen at 540-536-5210.



### Lights of Love

BRH Board Chairman Kathy Gustin, MD and Lights of Love Chairperson Sherry Thomas at the December 1 festivities. The Lights of Love initiative, coordinated by the Winchester Medical Center Auxiliary, raised \$18,000 to benefit Blue Ridge Hospice.



### Blue Ridge Hospice Annual 5K Walk/Run

With less than favorable weather conditions, over 200 runners and walkers nevertheless participated in the Blue Ridge Hospice Annual 5K race on October 17. Overall female honors went to 30-year-old Katy Vander Woude, and Overall male finisher was 42-year-old Lawrence Braig, Jr. The fundraiser netted over \$4,100 for Blue Ridge Hospice. Pictured are 5K participants enjoying refreshments at the much-anticipated runners' reception.



### Kick Cancer Out of the World

BRH President and CEO Ernie Carnevale, Grandmaster Eunggil Choi, and students who participated in the 17th Annual "Kick Cancer Out of the World" events. Proceeds from this fundraising event raised over \$18,000 for Blue Ridge Hospice and The American Cancer Society.

A MESSAGE FROM THE PLANNED GIFTS COMMITTEE

## *Essential Estate Planning — The Basics*

Estate planning is essential for everyone, regardless of age or financial standing. Historically, some people thought estate planning was relegated to the financially affluent or to the elderly. People had misconceptions or misgivings about certain estate planning documents, due either to personal experience or historical use of such documents. Today, estate planning is critical for many reasons and is recommended, in some cases, for its advantages while you are still living.

The four basic documents used in estate planning are the Last Will and Testament, the Power of Attorney, the Advance Medical Directive, and, sometimes, a Revocable Living Trust.

### *Last Will and Testament*

This is the most commonly recognized estate planning document. Essentially, it is the primary document that indicates how you wish your property to be disposed of following your death. Typically, you name an individual to serve as your personal representative, sometimes called an Executor. It is the

job of the Executor to ensure the named beneficiaries receive their shares of property. As a practical matter, the will has no affect prior to your death and it can be revised any number of times prior to your death, or at least until you no longer have the legally required capacity to execute a will.

### *Power of Attorney*

This document goes by a number of different names, including Durable Power of Attorney and General Power of Attorney. Generally, these documents all do the same thing. The Power of Attorney is used by an individual, sometimes called the Principal, to name someone else, sometimes called the Agent, to have power over the Principal's affairs. Typically, the Agent is simply given the power to sign the Principal's name and to

act in place of the Principal. The Principal may or may not be actually incapacitated at the time the Agent acts. A Power of Attorney is essential today because it can permit someone to have their affairs effectively managed, even in the event of their mental incapacity or their absence at the time a particular action or authority is required.

### *Advance Medical Directive*

This document is just as essential as the Power of Attorney. The Advance Medical Directive can be in two different forms, the Living Will (not to be confused with the Last Will and Testament) and the Health Care Power of Attorney. Another term sometimes used is Health Care Proxy. Generally speaking, the Advance Medical Directive is similar to a Power of Attorney in that you are naming someone to act as your Agent, except that the Agent's authority is typically relegated to purely medical decision-making affairs. The Living Will portion of the Advance Medical Directive addresses the

specific and unique scenario of a condition so severe that, generally speaking, you are unable to remain alive without the required and constant assistance of medical equipment. The Living Will portion is your expression of how you would wish to be maintained in that situation. The more-often-used remainder of the Advance Medical Directive pertains to general medical decision-making powers. The primary benefit of this document is the expression of who you want to handle your medical affairs while you are alive, in the event you are unable to make medical decisions for yourself.

### *Revocable Living Trust*

This document typically replaces your Last Will and Testament as the primary means for indicating how you wish your property to be disposed of following your death. The Living Trust also stipulates how you wish your property to be administered while you are alive in the event you are unable to administer your own affairs—similar to a Power of Attorney. The Living Trust has become increasingly popular due to two attractive benefits. One benefit is that with proper planning, probate is minimized or completely avoided following your death. By avoiding probate, the Living Trust also does not generally have to be publically recorded. It can remain a private document shielded from the prying eyes of inquisitive parties.

The other benefit is a more efficient means of handling your affairs when unable, even though you are still living. In a Living Trust, the Grantor of the Trust (the person creating the Trust) transfers the title of their property to their Trust. The Trustee of the Trust, normally the same person, then becomes the person in charge of administering those assets. The Grantor will typically name successor Trustees to serve in the event the initial Trustee is unable to serve. When the initial Trustee is unable to act, the successor Trustees can take over with little delay or impediment. This smooth transition of power can provide a greater advantage over a standard Power of Attorney.

(continued next page)

## Groups Spread Holiday Cheer

Blue Ridge Hospice is grateful to the several local benefactors who brought peace and joy to hospice patients and others during the recent holidays.

Through the efforts of the Knights of Columbus (Valley Council No. 3572), 48 hospice patients and their families received gifts including slippers, movies, books, pajamas, food baskets, and pet care items. Parishioners of Sacred Heart Catholic Church brought joy to many at an often difficult time of year.

This year, three local businesses and their staffs expressed a desire to adopt some hospice families for the holidays. In keeping with a long-standing tradition, Winchester Obstetrics & Gynecology PLC supplied personal care and gift items to patients in our residential center. They also donated over \$1,100 in cash and local shopping center gift cards for a needy family.

H.P Hood, LLC adopted a hospice patient and her husband. This couple received a variety of clothing, food baskets, pet care items, and gift cards to help them through the holiday season.

The employees of Mane Attraction Salon and Wellness Spa in Winchester went all out for two hospice families in need. Both families lost mothers of young daughters. The young ladies received most everything they wanted for Christmas, including clothing, CDs, dolls, movie tickets, and bedding, as well as gift certificates for spa services at Mane Attraction.

Holiday contributions from Deborah and D.R. Duncan and Dave and Lisa Behr, all from Clearbrook, VA, went to two hospice families. The Duncans provided food, clothing, and grocery gift cards for a hospice veteran patient and his family. The Behrs purchased clothing and food items for a hospice family with two teenagers.

We also thank the staff of Blue Ridge Hospice, whose generosity brightened the lives of several hospice patients and their families and several needy families in the community. They prepared meals, purchased gift items, and provided needed services.

### Estate Planning Basics (continued)

In summary, the Last Will and Testament, Power of Attorney, and Advance Medical Directive are absolutely essential in today's environment. A Revocable Living Trust can also be quite advantageous.

In addition, the Will and the Living Trust provide very effective ways to designate gifts to charities, including Blue Ridge Hospice. The Power of Attorney can also be an effective means for permitting your Agent to make or continue to make gifts to charities, in the event you are unable to do so yourself.

By having these documents in place, you are able to effectively maintain control over your affairs during your life, and, with respect to your Will and Trust, following your death. This control is attractive to many people, and in some instances is recommended.

What is the risk of not having these documents? Your affairs could be handled in a manner you would not have approved, by someone you would not have chosen, at a time you could not act for yourself, and with no recourse for corrective action. While you may not consider the risk substantial at this time, the potential consequences could be severe and irreparable.

If you have any questions concerning the information in this article, please contact Anthony Crosen at 540-536-5210.

## Volunteers Bring Special Touch to Our Patients

This time of year, the Volunteer Services office of Blue Ridge Hospice is a hub of activity as the winter Patient/Family Support Volunteer Training winds down. The training will add 13 new faces to the patient volunteer team of Blue Ridge Hospice.

Patient volunteers serve in many capacities at our not-for-profit Blue Ridge Hospice. Patient/family support, pet therapy, massage therapy, and vigil volunteering are some of the many ways these caring individuals provide comfort to our patients and their families.

One very special service offered by three hospice volunteers brings an extra sense of well being to the patients and families we serve. Volunteers Ann Bunch, Alice Furtner, and Janet Crim "pamper" many patients in their homes and in the Blue Ridge Hospice Residential Center with their expertise in hair styling, hand massage, and manicuring.

Janet, a local salon owner, visits the Residential Center on a monthly basis to offer haircuts and styling to residents. Her upbeat and caring approach creates a bright atmosphere as she helps residents look good and feel better.

Ann and Alice visit patients in their homes providing haircuts, hand massages, and manicures. If the patients have an interest, this dynamic duo also offers to take a photograph following the patient's salon "experience." The photos are then prepared in a frame chosen especially for them and returned to the family.

The services and support offered by these and other caring and compassionate Blue Ridge Hospice volunteers is an invaluable accompaniment to the care provided by our hospice professionals.

If you or anyone you know is interested in becoming a Patient Volunteer, please contact Volunteer Services at 540-536-5210.

Blue Ridge Hospice extends its sincere thanks to all of our volunteers and wishes each one the very best in the New Year.



Patient Nina Galloway (center) following a pampering service from Alice Furtner (left) and Ann Bunch (right).

# The 2009 Members of Blue Ridge Hospice Donor Groups

**Special Gifts**  
**The Emperor Society**

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Mr. Bengt O. Farnstrom  
Randy & Valorie Hockman  
Ms. Sylvia M. Long & Family  
Ms. Margaret M. Longto  
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Stillwagon Family Foundation	James L. & Mary Jane Bowman Trust
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Bearly Believable	Guardian	Rinker Orchards, Inc.	Winchester Floral
Bill Powers Insurance Agency – State Farm	Harrison Equine	Rotary Club of Leesburg	Winchester Little Theatre
Blandy Experimental Farm & The State Arboretum of Virginia	Hindon Hill Farm	Rotary Club of Winchester	Winchester Metals
Bluemont United Methodist Church	Home Instead Senior Care	Runners' Retreat	Winchester Medical Center
Boehringer Ingelheim	Honey Baked Ham	Schenck Foods Company	Winchester Printers, Inc.
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Brewbaker's Restaurant	H.P. Hood, LLC	Shenandoah Sand, Inc.	Woodley Farm (Herb & Merry Carol Jonkers)
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Dodson's Coffee Service	Meadows Farm, Inc.	Union Jack Pub & Restaurant	Jeremy Miller
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Equine Medical Services	Oakland Tree Farm	Valley Equine Associates, PLLC	
	Omega Drywall, Ltd.		
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Annual Gifts			
The Butterfly Club			
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Bank of Clarke County	Detailed Destinations, LLC	Stan & Phyllis Breidinger	Greg & Kim Rhodes
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HEART (Hospice Employees Always Reaching Together)			
<b>Adonis Level</b> <b>\$1000 &amp; Above</b>	Tamera Ratchford	<b>Azure Level</b> <b>\$100 to \$249</b>	Wanda Stephens
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## Gifts August—October 2009

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#### Virginia H Athey

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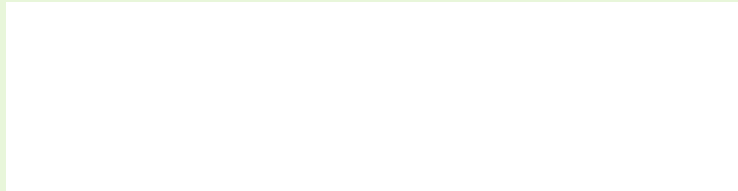
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## ADDRESS SERVICE REQUESTED



## Calendar of Coming Events

February 11 through April 1, Safe Passage Support Series  
Every Thursday for Eight Weeks

Bereavement Counseling Center, 1 to 2:30 pm  
312 West Cork Street, Winchester, VA  
*Register by February 3, as space is limited.*

February 23 through April 13, Safe Passage Support Series  
Every Tuesday for Eight Weeks

Center for Hope, 2 to 3:30 pm  
13 West 2nd Street, Front Royal, VA  
*Register by February 8, as space is limited.*

March, National Social Work Month

March 16 through April 20, Patient/Family Support Volunteer Training  
Every Tuesday for Six Weeks

Shenandoah County  
*Call 540-536-5210 for times and location.*

March 23 through April 13, Jammin' Our Way Out of the Blues  
Children's Grief Support, Ages 6 to 16, Every Tuesday for Five Weeks

Bereavement Counseling Center, 5:30 to 7 pm  
312 West Cork Street, Winchester, VA

April 17 and 18, 20th Leesburg Flower and Garden Festival (BRH Booth)  
Historic Downtown Streets, Leesburg, VA

April 22, Annual Volunteer Recognition Dinner  
Holiday Inn & Suites Front Royal  
111 Hospitality Drive, Front Royal, VA

April 23 through June 11, Safe Passage Support Series  
Every Friday for Eight Weeks

Center for Hope, 2 to 3:30 pm  
232 South Main Street, Woodstock, VA  
*Register by April 12, as space is limited.*

April 24, 3rd Annual Wrestfest, Featuring The Wrest  
Shenandoah County Fairgrounds, 7 to 12 pm  
Woodstock, VA (<http://thevalleyfoundation.net/wrestfest.html>)

May 1, Apple Blossom Parade (BRH Float)  
Winchester, VA

Coming in Spring, Men's Grief Support Group, Pet Loss Support Group  
*Call 540-536-5210 for times and locations.*



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