It's never too late for love...
Hospice patient and long-time love tie the knot!
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Hospice of the Panhandle is getting closer to an exciting time – the opening of our inpatient facility. With this new facility we will provide the best in palliative (comfort-oriented) complex care in a home-like setting. The focus of care will be on controlling pain and other symptoms that cannot be managed at home. Other patients who we don’t currently see because they are in the hospital could receive this care. We have long dreamed of the ability to provide this more intensive service. It’s hard to believe we are just a few short months away.

At the same time we are anxiously waiting to expand our services, we find ourselves subject to more reimbursement and regulatory pressures than ever before. Here are some of the pressures we are facing:

ё Sequestration – the result of this action from Congress is a decline in our reimbursement of 2 percent EVERY year. With increasing costs for staff and other services we are asked to do more with less, and this becomes ever more challenging.

ё Pre-payment audits – these audits delay payment for services we have provided to eligible patients as we endure numerous record reviews. These delay payment for more than a year and require intensive documentation to assure ultimate payment. They drive focus on eligibility and result in later admissions into our program.

ё Increased regulation – with the growth in hospice care in the last 10 years, we are seeing ever increasing regulations. More reporting on quality measures, visits, medications used and countless other efforts now are being required.

I am often asked about the impact of healthcare reform on hospice care. For our patients and families we see little change. If anything we will have a smaller number of patients without health insurance and that is a good thing for them and for us. Our impact on our employee side. Hospice of the Panhandle employs more than 100 individuals and provides health insurance to most of them. As an employer we have responded to the changes, new requirements, and increased costs as other employers have done.

Let me assure you that even with all these pressures, Hospice of the Panhandle remains a mission-focused organization. We follow all the rules and rise to meet each new challenge because our ultimate goal is to provide the very best in end-of-life care to our community in their own homes and soon in our new inpatient facility.

New Volunteer Opportunities As Inpatient Unit Prepares to Open!

It’s an exciting time to be a hospice volunteer as we prepare to open our new Inpatient Unit early next year! When our new facility opens there will be many opportunities to volunteer. Some ways to help will be:

ё Reception/Greeting & Answering Phones
ё Office Help
ё Floaters
ё Cookie Bakers
ё Friendly visitor for patients
ё 11th Hour
ё Patient Support Help
ё Patient Feeders
ё Provide Music

If you are looking for a way to give back and are interested in volunteering for Hospice of the Panhandle, please contact Volunteer Coordinator, Tricia Lawrence today at 304-267-1870 ext 211.

Hospice Volunteers Ride in Parades

Hospice of the Panhandle Volunteer of the Year Karen Perry and WV Senior Spirit Award Winner Meta Foster represented Hospice and our wonderful volunteers in the 2013 Apple Harvest Parade in Martinsburg, and Karen rode in the Apple Butter Parade in Berkeley Springs. Both Karen and Meta were touched as they rode by and people shouted or mouthed “Thank you” to them. That thank you goes to all of our volunteers! You never know when you’ll come across someone whose life you touched!

End of the Year Events for Volunteers

Popcorn and a Movie

In honor of Veterans Day we will be watching the documentary Honor Flight: One Last Mission (A heartwarming documentary about four living WWII veterans and their journey to see the memorial constructed for them in Washington, D.C.)

Annual Christmas Pot-luck

Bring a covered dish and enjoy the holiday festivities with your fellow volunteers!

Monday, December 9, 2013, 5:30 p.m.

Main office in Martinsburg

Friday, November 22, 2013, 2:00 p.m.

Main office in Martinsburg
Hospice patient and long-time love tie the knot!

Best friends since 1991, Hospice patient Rex Rinker and long-time love Gail Carpenter tied the knot in a small ceremony on August 10, 2013. The couple was married where they would make their home—at Rex's house in Martinsburg.

On the special day, Rex and Gail faced each other surrounded by their family and friends as Hospice Chaplain Bruce Hansen began to speak, “We’re gathered here together in this intimate space not just to celebrate a joyous event, but also to celebrate a life together, lived with hope, promise and love.”

The couple, who met at a church potluck for single people, has been taking care of each other for more than 20 years when they decided to wed.

“Back in the spring, I just had this feeling from God that we should get married,” Gail explained, “We talked about it and decided we would. We didn’t want anything big, so we just did it here at the house.”

Hospice Chaplain Bruce Hansen stepped in to assist along with Hospice volunteers and other staff members to make their big day extra special.

Having never officiated a wedding before, Chaplain Bruce was touched by the significance of this union, “Their relationship exemplifies how love can blossom and grow in all of life’s circumstances and throughout all of life’s journey.”

Caring from the Heart

Caring for each other is really at the heart of their journey together. Gail began her role as Rex’s caregiver in 2009 after he suffered a heart attack. Rex would then be there for Gail when her eyesight failed. He would drive her to church choir practice every week so that she could continue with her love of singing.

When asked what advice they would give to other couples, Gail offered a valuable tidbit. “It’s important to find the unique things that you can do for each other,” Gail replied with a tender glance at Rex, “Rex is quite the handyman.”

“And she’s a good cook,” Rex added quietly.

With the help of Hospice, Rex and Gail enjoy the time that they have together despite Rex being in the final stages of congestive heart failure. They are looking forward to going to Cumberland to ride the steam train as Rex enjoys trains and planes. They are also looking forward to celebrating Rex’s 93rd birthday.

“I’m just thankful to be celebrating another birthday,” explains Rex. And he certainly will celebrate with family and friends throwing two parties for Rex and his new wife to enjoy together.

Marriage advice from the newlyweds:

“It’s important to find the unique things that you can do for each other.”
Someone you love has died—someone significant. Maybe it’s a parent or a partner. Perhaps a child, or a close friend or family member. Regardless, your pain is real, even terrible at times. You know that your life is forever changed by the death and that eventually the pain will ease as you adapt and adjust to this loss, but for now, it can seem unbearable at times. You know that your pain can’t be “fixed,” because it’s been caused by the death of your loved one, and that only the magical return of your loved one to you could truly “fix” your pain.

When a significant person in our life dies, whether that death was expected or not, our sense of longing and desire to be with them does not die with them. Relationships are reciprocal, meaning, we give our emotional energy to someone, and in return they give emotional energy to us. This sharing of emotional energy makes a relationship meaningful and satisfying, but when a loved one dies, that emotional energy within us stays put and has no place to go. We experience this effect as pain as we long to reconnect with the person that died.

So, imagine if, by some chance, you could reconnect with your loved one. Imagine for a moment what it would be like to spend one more day with them after their death. Imagine if you could have opportunity to speak with them—to spend time with them. What would you do with them? What would you say to them? How would you spend the time you had if both of you knew you only had that short bit of time together again? Do you have unfinished business with your loved one; things you never did together but wished you had; or perhaps things you never got to say but wanted to? Perhaps you would like to do, say, or hear something just one more time.

Just such a situation was depicted at the end of the 2001 Steven Spielberg film “A.I.: Artificial Intelligence” in which David, the young boy android built with the capacity to feel human emotion who was placed with a human family to be “raised” by them as their child, experienced a miraculous opportunity to spend one day with his human mother long after she was dead. In that tender scene, narrated in the film as the happiest day of David’s life, David finally lived the day he’d been longing to have. He played all day with her, had a birthday party together, and at the end heard the words he’d waited centuries to hear: “I love you, David. I have always loved you.”

If only we could be so fortunate! But although this scenario is not truly possible, it is still an important step in our own healing process to find ways to connect to our loved one and into which we can invest our emotional energy. Rituals can also be very helpful, such as lighting a candle beside their picture, or planting and tending to a tree or garden. Looking at pictures, videos, and listening to voice recordings can also be helpful in keeping memories and connections alive. There just as many effective and meaningful ways to stay connected with your loved one as there are people who are grieving. Sometimes it takes a bit of creativity and exploration to find something that works for you.

At first, these connection activities may be painful as they can serve as a reminder that your loved one is gone. If this is true for you, then discontinue whatever particular activity is causing you pain and instead try to find something else that brings you comfort and peace. It’s important to know that oftentimes what may intensify your pain early in your grief may end up bringing you peace, comfort, and connection later on. And as more time passes, you may even find that you no longer need “things” to keep you connected anymore because you have established a solid and enduring connection to your loved one within your heart.

Creating Enduring Connections

Every day more than a quarter of our Hospice patients are veterans. In 2012, Hospice served almost 200 veterans. It is both an honor and a privilege to serve those who served our country.
Donor Highlight: Area couple asks wedding guests to make Hospice donations in lieu of gifts

August newlyweds Nahla Chaudhary and Mark Wallace decided early on in their wedding plans what they’d like as gifts.

Nahla and Mark wanted all gifts to be made in memory of Nahla’s late father, Manzoor Chaudhary. And those gifts were to go to Hospice of the Panhandle.

Originally from Pakistan, Nahla, an oral surgeon at Associated Oral and Maxillofacial Surgeons of Martinsburg, moved to the area in 2009, after completing her undergraduate work and dental school at New York University. In early 2011, her father fell ill.

“I could see him getting sicker, so I told him and my mom they should just come here and move in with me,” she said.

Manzoor Chaudhary, who was 82 when he died, had contracted an infection that he simply couldn’t fight, despite using multiple regimens of potent antibiotics. When he was hospitalized, Betty Russell, the wife of Dean Russell, with whom Nahla practices oral surgery, told Nahla she should call Hospice.

“We wanted to get him home but by that time he was very ill—he was dying,” Nahla said.

The family made the call to Hospice. Manzoor Chaudhary was a patient for barely a day.

“In just a day, what a difference Hospice made,” Nahla said. “I wish we had called sooner.”

Nahla talks about the book that they received at the hospital on the day before her father died, one called “Gone From My Sight,” which is given to families when their loved one enrolls in Hospice care. The book, a simple short read, gives insight into the dying process.

“My mother took that book back home (to Pakistan) with her and translated it for everyone she knew who was losing a loved one,” she said.

Nahla is a strong advocate of hospice care, and has recommended the program to some of her patients as well as family members, including a cousin who was able to receive care for approximately a month before he died.

“He was able to get a walker and a bed placed downstairs, just anything he needed. And he was able to stay comfortable,” she said.

So for Nahla and Mark, having their wedding guests designate donations to Hospice was a fairly easy choice.

“We talked about it—we each had a home and really didn’t need any presents,” she said. “We are both members of this community, and Hospice is so awesome. It just made sense.”

—By Maria Lorensen, Development Director

Bike Night

The sun was shining as hundreds of bikers rolled out to raise money for Hospice. It was the 11th annual Bike Night. This year the ride kicked off with the first ever Baddest Bike Show where awards were given to the baddest stock, custom, cruiser and law enforcement motorcycles. Once downtown three live bands rocked the stage as thousands flocked downtown to enjoy the live music and festivities.

A very big thank you goes to the Blue Knights WV Chapter V, Main Street Martinsburg, and the many businesses and individuals who make Bike Night happen each year. It takes a lot of hardwork and there are so many who work hard to help hospice patients and families!

Day of Caring

Volunteers turned out bright and early on September 10th for the annual Day of Caring. This year Day of Caring volunteers worked on a variety of projects. The GWVC Women’s Club of Martinsburg made angels for Light Up A Life while Dupont/Fasloc Retirees repaired the porch roof of a patient’s home and powerwashed the Hospice’s Legado Drive office. It was a great day of hardwork, and a lot of thanks goes to our volunteers who return year after year to serve on Day of Caring.

Community Events

American Legion Post 90

Mother Nature didn’t deal a very good hand to the American Legion for their Poker Run, but despite the rain the group raised $650 for Hospice of the Panhandle. That’s a good ride! Thanks.

Mountaineer 8-Ball League

Despite a tough year for the local pool league, captain Larry Timbrook and his team, Brass Rail III, won the Mountaineer 8 Ball League Season Championship and the Mountaineer 8 Ball League Playoff Championship. As the season’s winners, they then got to choose who would receive a $500 donation from the league. The team chose Hospice of the Panhandle to be the recipient.

Morgan County Hospice Benefit Dinner

The Morgan County Hospice Liaisons and the Morgan County Clergy Association once again put together a delicious dinner to benefit Hospice! Together they raised more than $3,200! Thanks to all of those who coordinated and attended this event.

9th Annual Gaylen “June” B. Shaw, Jr. Memorial Fundraiser

It was a reunion of family and friends once again at the Troubadour Lounge and Park for the Gaylen “June” B. Shaw, Jr. Memorial Fundraiser. Over the years Jim & Bertha McCoy, their family and friends have raised more than $15,000 to help Hospice patients and families in need. Thank you!

Book Signing by Author Mary-Ellen Low

Thanks to author Mary-Ellen Low who donated the proceeds from her book signing to Hospice of the Panhandle. Low is the author of Dear God: Letters from the Nursing Home.
4.1.13 through 9.30.13

& Mrs. Herbert Withers, Women of the Nancy Weller, Ms. Kay Wertz, Mr. & Mrs. Dr. E. Joan Wandell, Ms. Doris Warns, Mr. & Mrs. Edward Tansill, Mary Staggers, Mr. & Mrs. James Staley, Mr. Marvin Sine, Ms. Dorothy Smith, Ms. Shreeves, Ms. Margaret Shrewsbury, Mrs. John Sherwood, Rev. & Mrs. David Jr., Mr. & Mrs. Glenn Riner, Ms. Wilma Mullinix, Mrs. Agatha Murphy, Mr. & Mrs. McKay, Ms. Marie Mong, Mr. & Mrs. Mi-

Mr. William Binkley, Mr. & Mrs. John Birl, Martin Edwards, Mr. Benjamin Elkins, Mrs. Dougherty, Mr. William Drennen, Jr., Mr. Michele Dorsey, Mr. & Mrs. Peter Domenico, Mr. Robert Donahue, Ms. Gretchen Raber, Ms. Beth Ann Ring, Mr. & Mrs. Gene Rhodes, Ms. BethAnn Ring, Mr. Randy Radabuagh, Reedables, Ms. Mary Marshall, Ms. Mary Hannah, Ms. Rachel Henricks, Mr. Wayne Gaskins, Ms. Deborah Green-

Hospice of the Panhandle now accepts donations online at www.hospiceopt.com/donate

Mr. Michael Freeland, Ms. Michael Freeland, Ms. Leslie Frich, Mr. & Mrs. Edward Fuller, Mr. Wayne Gaskins, Ms. Deborah Green-

Hospice of the Panhandle has been a prominent provider of hospice care in the Eastern Panhandle of West Virginia for more than 25 years. The contributions received by Hospice of the Panhandle through the United Way and its associated United Way federated agencies support programs such as case management, the Hospice Volunteer Program, the Hospice Support Program, and many other community-based efforts.

Please designate Hospice of the Panhandle on your United Way contribution form. Our CFC number is 35535.
You’re invited to dedicate a light or angel in memory of honor of your loved ones this holiday season!

**Light Up A Life Ceremonies**

**Sunday, December 1, 2013**
Morgan County - CNB Bank, 1 p.m.
Berkeley County - Martinsburg Mall, 3 p.m.
Jefferson County - Jefferson Medical Center, 5 p.m.

**Tuesday, December 3, 2013**
Hampshire County - Hampshire County Public Library, 7 p.m.

Dedicate lights or angels online at [www.hospiceotp.org/donate](http://www.hospiceotp.org/donate) or mail coupon below to Hospice of the Panhandle, 122 Waverly Court, Martinsburg, WV 25403.