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hospice support care



Hospice Support Care Appreciates the Generous Bequests from Mr. and Mrs. John Sinclair

John and Patricia Sinclair, married for 65 years, were always interested in helping children. They were familiar with the concept of Hospice having used Hospice in New Jersey for John's sister. When they

moved to Fredericksburg in 2002, they looked around for something they could do that would help in both areas. Hospice Support Care, with its bereavement programs for children, was the perfect combination for them.

Patricia was born in Oxford, Ohio and raised on Staten Island, New York. She met John while working as a secretary at Procter & Gamble's soap plant on Staten Island. He was a foreman, and she quickly identified him as an eligible bachelor. She pursued him at company soccer games, etc. until he finally asked her on a date. They were married during WWII and moved to New Jersey after the war. Patricia was a stay at home mother who loved mysteries, bridge, and funny jokes and stories. Tricia Smelter, their daughter, remembers her father as someone who loved telling a good story, working in his garden, and visiting local parks.

John passed away in 2009 at the age of 96. Patricia and John had a years' long pinochle tournament going with their daughter and son-in-law, Thom Smelter, and right up until her death at age 94 in 2010, Patricia would relate jokes she heard at Chancellor Village's cookie hour.

John and Patricia both left a legacy of love for hospice and children with their generous bequests to Hospice Support Care. The Board of Directors, staff, and volunteers are appreciative of the Sinclair's support and donation.

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FROM THE DESK OF
the Executive Director

Hospice Support Care Receives a \$30,000 Grant from the Mary Washington Hospital Community Service Fund

Once again, Hospice Support Care is the grateful recipient of a grant from the Mary Washington Hospital Community Service Fund. This fund was established in 1993 as a way to address a wide range of health issues. The Mary Washington Hospital Community Service Fund provides grants to local nonprofit organizations and their history of funding totals over \$9 million to date.

The money from this grant will directly support the Family Care Program, as well as our Children and Adult Bereavement Programs. A portion of the grant will be allocated to help fund Camp Rainbow, being held June 3-5 at Westview on the James in Goochland County. There is more information in this newsletter about Camp Rainbow and opportunities to pledge a donation to help send a child to camp.

In addition to thanking the Mary Washington Hospital Community Service Fund, we thank the Rappahannock United Way and our many other donors for their continued support. Local individual donors, business and civic groups, churches, and corporations continue to support our mission in spite of a difficult economy. Thank you all!

As you know, the needs of the community are increasing, and Hospice Support Care asks for your help to ensure our neighbors are taken care of. Please consider a donation today. Checks may be mailed to our office or credit card donations can be made online at: www.hospicesupportcare.org.

Blessings to all of you! *Judy Murphy*

A MESSAGE FROM *the Board President*

Whatever happened to the fascination with angels? Many of you, no doubt, remember when shows like *Touched by an Angel*, or going further back, *Highway to Heaven*, were popular. Our society seems to go through spells of being enchanted by the idea of the spiritual realm interceding in the human.

Lately, however, I have noticed that these types of shows have pretty much disappeared, being replaced by more police dramas and crass reality shows. Maybe we are in a season of despondency, with economic, political, and social ills dispelling our confidence of a divine realm that cares about us.

After all, our fascination with angels is tied in with the belief that they cause miracles, popularly understood as moments of divine in breaking that offer hope and life. Frankly, this idea leaves me a little cold; as if for the most part we are left alone, save for the occasional divine intercession. I would rather believe that the divine is always working in and around us, and that miracles are moments when we realize what is always present. One person said it like this, "A miracle needs to be seen not as a momentary disruption but as a partial disclosure of the dynamic order that underlies the creation and redemption of the entire universe."

If we think of miracles this way, then any act of compassion that goes against self-interest and ego stroking, that causes society to question why we do these things, may in fact be miracles. This is the work of our volunteers. All of those who work with HSC are "angels" which translates as "messengers." These messengers, YOU, show others what lie behind what may be for others uncertain and frightening times. YOU disclose the goodness, the life, and the hope that is always present. YOU, angels, fascinate me.

Serving with you, *Patrick Dennis*

BOARD OF DIRECTORS

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Children's Bereavement Coordinator
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Special Projects Coordinator
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YOU CAN HELP

Your tax deductible donation enables Hospice Support Care to provide non-medical support and services, without charge to our patients and families, as well as the community.

**Donations may be sent to:
Hospice Support Care, Inc.
1701 Fall Hill Avenue, Suite 109
Fredericksburg, VA 22401**

OR
go online to
www.hospicesupportcare.org
and click on **DONATE**.



Hospice Support Care is interested in hearing from anyone who has been involved in the organization over the past 30 years. You can get in touch by calling 540.361.7071 or by e-mail at admin@hospicesupportcare.org.

The Following Grief Support Groups For Adults Are Offered Through The Adult Bereavement Program Of Hospice Support Care

(Please call the HSC Office at 540-361-7071 for further information before attending any group.)

On-Going Grief Support Group:

For adults who have lost a spouse or partner – Meets the first and third Wednesdays throughout the fall, winter and spring from 10 a.m. to Noon in the City of Fredericksburg.

(Occasionally, an additional group will be offered if enough people are interested.)

PARTING GIFTS Grief Support Group:

Colonial Beach - This support group is for adults who have experienced the loss of a loved one. This group meets in Colonial Beach at the United Methodist Church on the third Tuesday of each month from 10:00 to 11:30 in the church parlor.

Widowed Persons Grief Support Group:

Falls Run (Stafford County) - This group for adults who have lost a spouse or partner and who live in the Falls Run community meets monthly at the Falls Run Community Center.

Additionally, short-term individual counseling is offered to grieving adults with additional referrals to other sources of support available, as well.

EVENTS

2011

March 21
Annual Meeting

April 2
Magnolia Ball

We are updating our email address list, please contact the office at info@hospicesupportcare.org with your information.

If you would prefer to receive future newsletters by email, please contact the Hospice Support Care via email or call 540-361-7071.

The following Grief Support Groups for children and teens are offered through the Children's Bereavement Program of Hospice Support Care

KIDS HELPING KIDS Grief Support Group: for children 6-12 who have experienced the loss of a loved one. Meets two Thursdays of each month through June from 6:30 – 8:00 at Harbor House Bereavement and Training Center.

KIDS HELPING KIDS Sibling Loss Grief Support Group: for children 6-12 who have experienced the loss of a sibling. Meets two Thursdays of each month from 6:30 – 8:00 at Harbor House Bereavement and Training Center.

Please call the HSC office at 540-361-7071 for further information before attending any group.

TEENS HELPING TEENS Grief Support Group: for teens who have lost a loved one. Meets the second and fourth Tuesdays of each month from 6:00 – 7:30 at Harbor House Bereavement and Training Center.

SCHOOL-BASED Grief Support Group: are offered onsite for elementary, middle, and high school students upon the request of a school counselor. Groups are offered weekly for a to be determined number of sessions.

Additionally, short-term individual counseling is offered to grieving children and teens with referrals to other sources of support as necessary.

CAMP RAINBOW 2011 SLATED

YOUR HELP IS NEEDED

For the 15th year, Hospice Support Care will host a bereavement camp on June 3-5 for children ages 6-12 who are having difficulty coping with the death of a parent, sibling, or close friend.

The camp, called "Camp Rainbow", will be held at Westview on the James in Goochland, VA. The death of a friend or loved one can be especially difficult for children. Adults are often overwhelmed with their own grief and children can become "the forgotten mourners." This camp provides a safe place to connect with others who have had a similar experience. Grief education and support is combined with traditional fun, high-energy camp

activities. Each camper will have the support of a volunteer "Big Buddy" trained to aid those dealing with grief issues.

Applications for this meaningful and memorable weekend can be obtained by calling Kim Rudat, Children's Bereavement Coordinator, at 540-361-7071 or through e-mail at Krudat@hospicesupportcare.org. Camp Rainbow is made possible (no cost to participants and volunteers) through donations from those wishing to make a difference in the lives of the children in our community. Please consider making a contribution by completing the pledge form below or calling the HSC office at 540.361.7071.



CAMP RAINBOW 2011 PLEDGE

Name _____

and/or Group/Business _____

Address _____

Phone _____ Email _____

I would like to sponsor a child for the following:

- Lunch for \$6.00
- Dinner for \$10.00
- One night lodging for \$50.00
- Weekend lodging for \$100.00

Other _____ (may go towards supplies, snacks, arts and crafts, gifts for children, etc.)

I'd like to be a business partner/corporate sponsor and be recognized in your HSC publications, etc.

I pledge _____ this year. Please contact me about sponsorship benefits.

For recognition purposes, I would like my donation to be listed as: _____

(Example, from John Smith in honor of Jane)

Checks, MasterCard, and VISA are accepted.
Please keep a copy for your records.

Hospice Support Care, Inc.
1701 Fall Hill Avenue,
Suite 109
Fredericksburg, VA 22401

Phone: (540) 361-7071
www.hospicesupportcare.org

Checks payable to Hospice Support Care with Camp Rainbow as the memo.
We will send you a receipt after receiving your donation. Thank you!



THANK YOU *to our Donors*



PLATINUM ANGEL WINGS

Bequest from Patricia Sinclair
Fredericksburg Savings Charitable
Foundation
Mary Washington Hospital Community
Service Fund
Rappahannock United Way

GOLD ANGEL WINGS

Nicky Morley and Family from the John
Morley Memorial Fund

SILVER ANGEL WINGS

CVS Corporation
Medi Home Health and Hospice from the
Masquerade Ball donations
The Opp Shop
The Presbyterian Church

ANGEL WINGS

Adkins, Willis
Galatas, Pearle
The Dulcie Potter Fund of the Community
Foundation of the Rappahannock River
Region
Thompson, Paul and Brenda

DONORS

Adams, Peter
Anderson, Bobby
Balch, Dick and Judy
Beck, Gwendolyn
Billingsley Printing and Engraving, Inc.
Buchanan, Mr. and Mrs. David
Bullock, Elizabeth
Canizares, Roberto and Arthur
Chen, Cary and Patricia
Conway, John
Cooney, Sally
County of Caroline
Degon, Neil and Ruth
Dominion Employee Giving Fund
Doumas, Basil
Eger, Jane
Elliott, Jules
Firth, Fred
Fissel, Stanley and Tracy
Fitz-James, Barry
Folden, Val
Golden Girls

Hinkle, Robert and Doris
Hite, Homer and Joyce
Howe, Jr., Susan and Charles
Hughes II, Mr. and Mrs. Paul
Jones, Faye
Jordan, Carroll
Laychak, Laurie
Lee's Hill 55 Club
Leverstein, Hester
Mock, Juli
Morrac Auto Care, Inc.
Mullett, Mark
Myers, Elizabeth and Peter
Nuccio, Peter and Susie
Piney Branch Baptist Church
Price, Roberta
Rose, Alfred
Sablon, Susan
Sale, William and Pauline
Schleglmilch, Margaret
Shiloh Baptist Church
Simpson, Mr. and Mrs. Paul
Snare, Vicky
Spratt, Stephen and Linda
St. George's Episcopal Church
Sumner, Mrs. Larry
Sutherland, Karen
Suval, Barbara and John
The Belmont Club of Women
The General Store
The Hansen Family Pass Through Fund of
the Community Foundation of the
Rappahannock River Region
The Lake of the Woods Church
United Way of the National Capital Area
Vakos, JR, William J.
Wack, Catherine
Walker, Jennifer and George
Walsh, Kellie
Wehrmann, Curtis
Wilde, Roger and Kimberlee
Wymer, Gary and Barbara
Zawora, Karen

MEMORIALS

In memory of Katherine Williamson
William Williamson
Ernest and Audrey Brooks
In memory of Glenn "Puddin" Wright
The Bob Wiser Charitable
Foundation Trust

In memory of Charles Knight
Jacquelin Knight
In memory of Millie McDonald
James and Shirley McDonald
In memory of Tom Acey
James and Shirley McDonald
In memory of Lucy Samuel
Gloria and Franklin Jennings
In memory of Elsie Jennings
Gloria and Franklin Jennings
In memory of Dr. Stacy Lloyd
Lourene Silvey
In memory of Robert (Bobby) P. Ruff, Jr.
Bev and Don Newlin
In memory of Anne Chesser
Wesley Chesser
In memory of Carolyn Walls Spence
May Jane Tillman
In memory of Harry E. (Joe) Beazley
Edith Branscome
In memory of Charles (Jim) Eck
Jim and Becky Horton
In memory of Theresa Carr
William and Dawn Waugh
In memory of Delma L. Toombs
Joy S. Toombs
In memory of Peggy Brower
Eugene Brower
In memory of Alven and Hetty Fariss
Michael and Carole Fariss
In memory of Madeline Sale
James and Linda Ford
In memory of Irene Ahlers
James and Linda Ford
In memory of Birgit Schneider
Gerlinde Renfrew
In memory of John Gill
Theresia Gill
In memory of Floyd P. Powell
Bessie Powell
In memory of Sammy Thomas
Robert and Mary Jane Bradley

HONORS

In honor of Michael Fariss' birthday
Patricia George
In honor of Bettie Fretz
Dennis Fretz
In honor of Heide Mercer
Barton Mercer



Please consider a planned gift to Hospice Support Care.





SHARING OUR STORIES:

Nicky's Story

My name is Nicky Morley and I'd like to share my story with you and how my family has benefitted from the amazing services provided by Hospice Support Care.

Three years ago my husband, John, died unexpectedly from a pulmonary embolism on his 37th birthday. John was a healthy, active man. On the day we were supposed to be celebrating John's birthday, he was fighting to stay alive. John collapsed at home while taking a shower that morning. I thought maybe John had suffered a heart attack or seizure. To my utter shock and disbelief, I was informed by the attending physician at the hospital that John had coded in the ambulance and "nothing else could be done..."

At the time of John's death, Benjamin was 7-years old, Luke, 4 and Bradford, 5- months old. Nothing in life prepares you to tell your children their father is "not coming home from the hospital."

Family, friends, and co-workers were with us providing much needed support. I received so much advice from everyone; it was very overwhelming. My first and only concern was to protect my children and ensure no further pain. The very next day, I visited their pediatrician, Dr. Jennie Whelam; who offered me immediate support and guidance. During that visit, she also gave me information about Hospice Support Care. Honestly, I was unaware of their many services.

Our family has received tremendous support from the Hospice Support Care staff and volunteers and our wish is for other families in need to also benefit from such an outstanding program.

In the past, when I thought of "Hospice", I thought of services my uncle and grandmother had received. I thought Hospice only provided services to terminally ill patients and their families. Truly, I didn't realize they were a "volunteer organization caring for the seriously ill and bereaved." The Hospice bereavement brochures and reading materials I received gave me the strength to make healthy choices and decisions for my children during this most difficult and chaotic time in our lives. I read everything I could get my hands on regarding children and grief.

About a month after John's death, the boys and I were in the car on the way home from school when Benjamin suddenly told me "there were no other kids like him, most kids have a Mom and Dad." He said he was "different now" and wanted to meet other children like him. I told him about Hospice Support Care's "Kids Helping Kids" Program I had read about in the information package I'd received from Dr. Whelam. Ben was interested and said he'd really like to meet those kids. Immediately upon arriving home, I called Hospice Support Care and spoke with the Children's Bereavement Coordinator. The next week, the kids and I went to the Hospice office and met with Kate. My kids fell in love with her. She interviewed us as a family. We laughed and cried as a family during that intake. I could see relief wash over my boys, realizing they were not alone

in this journey of loss and grief and that other children have, unfortunately, suffered this same pain.

My children joined the "Kids Helping Kids" bereavement support group held at Harbor House. This facility is a safe haven where kids openly share their feelings. While the children are attending their programs upstairs, the parents are downstairs.

The volunteers are terrific! My children looked so forward to attending "Kids Helping Kids." They seemed to find their voices when they were in this group; they did not feel different when they were with the other kids. Children are so resilient and with the support of this program, my boys are thriving and gaining skills to help them work through the strong emotions associated with grief. The parents find support in each other as the children attend this program. We are able to share stories and discuss the turmoil we face. Hospice is a well-organized program; the loving and supportive staff members are amazing and very well educated on the grief process.

I, myself, found support through their Adult Bereavement services. Sharron listened to me; she cried with me, and validated my feelings. She showed me that I was strong and I would survive the devastating loss of my husband John, the love of my life. My mixed feelings of shock, sadness, anger, and being scared were all normal. I was in mourning and grieving, which is not pretty; and is not without pain.

Our family has received tremendous support from the Hospice Support Care staff and volunteers and our wish is for other families in need to also benefit from such an outstanding program.

HOLIDAY OPEN HOUSE



The annual Hospice Support Care Holiday Open House was held December 7 at Harbor House with 29 Board members, staff, and volunteers in attendance.

A special thank you is extended to the many community members who helped to make the day festive...

• **Booz, Allen, Hamilton** provided the décor this year and took time out of their busy schedules to decorate Harbor House. It looked beautiful!

• **NSWC Federal Credit Union** provided a delicious luncheon buffet from Olive Garden and dessert from Wegman's. The staff also brought their prize wheel and everyone had the opportunity to "spin and win." In addition, for everyone that joined the credit union, HSC earned \$25!

• **Sue Ann Olman of Compelling Creations** brought product samples for everyone to see. HSC is working with Compelling Creations as a fundraiser for the organization. With every order placed, Hospice Support Care receives 30% of the total purchase. This is an ongoing fundraiser so please visit www.compelling-creations.com/hospicesupportcare and start shopping.

The Board and staff appreciate our volunteers, who are the backbone of this organization. Without this supportive group of individuals, HSC could not provide all the services for our community. There are currently volunteer openings in the following areas: Thrift Store, Family Care, Front Office, and Special Projects. We are also recruiting Big Buddies for Camp Rainbow. If you are interested or know of someone who is, call 540.361.7071 or mgass@hospicesupportcare.org. We hope to hear from you in 2011

Magnolia Ball

Saturday, April 2, 2011
6:00 – 11:00 p.m.

Fredericksburg Expo and Conference Center
2371 Carl D Silver Parkway

Cocktail Hour & Silent Auction 6:00 p.m.
Dinner 8:00 p.m.
Dancing 9:00 p.m.

\$90 per person / \$650 per table of eight

Black tie optional / Cash Bar

RESERVE YOUR TICKETS TODAY!

Complete and mail the form below. Tickets will be mailed by 3/15/11. Checks, MasterCard, and VISA are accepted. Please keep a copy for your records.

Hospice Support Care, Inc.
1701 Fall Hill Avenue,
Suite 109
Fredericksburg, VA 22401

Phone: (540) 361-7071
E-mail: lvaughan@hospicesupportcare.org
www.hospicesupportcare.org



Name: _____

Company: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

Card #: _____

MC VISA Exp. Date: _____

You may omit card # if you prefer that we call you for the number.

Charge Amt.: _____

Table(s): @ \$650 each = _____

Single(s): @ \$ 90 each = _____



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hospice support care

1701 Fall Hill Ave., Suite 109, Fredericksburg, VA 22401

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FREDERICKSBURG, VA



h | s | c *Wish List*

Office Supplies

- Notebooks
- White copy paper
- Heavy duty shredder
- Hanging folders
- Paper clips
- Post-it Notes
- Pens and marking pens
- Gift Card
- Office Depot and Walmart
- Laptop
- Laminating machine

Kids Groups

- Snack packages, *wrapped individually*
- Juice boxes and soda, *individual servings*
- Small toys and prizes
- Markers: fine tip, broad line and fabric
- Glitter, ribbon, and play dough
- 11x14 or larger drawing paper, heavy weight
- Card stock paper
- Gift Cards: *Michael's, AC Moore, Hobby Lobby, Joseph-Beth Booksellers, Jabberwocky Children's Books and Toys*
- Medium to large-sized stuffed animals
- Floor pillows
- Bereavement books

Harbor House

- Padded folding chairs
- Vacuum Cleaner
- Gift Cards:
Target and Walmart

Magnolia Ball

- Items for the Silent Auction

hospice magnolia

thrift shop

3994 Lafayette Boulevard
Fredericksburg, VA 22408

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DISHES
TOOLS
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BOOKS

DECOR ITEMS
RUGS

*Donations accepted everyday.
Call to schedule a free pick-up.*

New items added daily!

(540) 710-6226

OUR MISSION - Hospice Support Care is committed to providing non-medical support, without charge, to those experiencing the impact of a life-altering or terminal illness, and bereavement services for children, teens, and adults.