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hospice support care

SHARING OUR STORIES:

The Burden Lifted



by Diane Zeigler, HSC Volunteer

My husband was very ill, critically ill, in fact. He had been in poor health for some time and I knew his chances of survival were very poor. However, I was not prepared emotionally when he died in October 2008. I was devastated.

I was blessed to have a wonderful family, dear friends and a church family all of whom rallied around me with love and support. But I had to go through this personal grief journey alone and it was excruciating. Within a few weeks, I recognized that maybe I could benefit from some outside help.

My husband had not been under hospice care in his last days, so I was relieved when I learned that Hospice Support Care could help ease the burden of grief for me. What a gracious, caring group of people I found there.

I met for a few months with Sharron Simpson, HSC Adult Bereavement Coordinator, who was very sensitive to my outpouring of grief. She understood where I was coming from—she let me talk, cry, and laugh and she walked through all of that with me. I learned from her that it was ok to feel so sad, strange and a bit out of control—these responses were, in fact, normal.

The folks at Hospice Support Care made such a difference in my life and in my outlook on the world, both in my desire to go on as well as survive and be happy.

A short time later I began attending a twice-monthly grief support group. I looked forward to attending these group meetings which were led by

Sharron and HSC volunteer Gail Stewart. Members of the group shared stories, thoughts and feelings and I enjoyed and felt comfortable in the fellowship with others who understood. Also, during this time, I received calls from HSC volunteer June Riel, who phoned just to see how I was doing. Her chats filled the void during the week the support group did not meet.

The combination of meetings, groups and caring individuals combined to help me, slowly but surely, get on with my life. As I eased out of the painful grief—that heavy leaden burden that hangs on your shoulders when you lose someone so dear—I began to see sunlight again. Life began to be worth living again and I even felt happy at times. While I still missed my husband, the grief was easier to bear.

The folks at Hospice Support Care made such a difference in my life and in my outlook on the world, both in my desire to go on as well as survive and be happy. I travelled, got together with friends and became more involved in church and other activities outside of my home.

Then, just when life began to go well again, something wonderful happened -- I met a very nice man. We fell in love
Continued on page 5.



FROM THE DESK OF *the Executive Director*

Friends, colleagues, donors, volunteers – help us stay connected with you and keep you informed!

We will soon be launching a new and improved website (www.hospicesupportcare.org) which will keep you updated on programs, trainings, in-services, and fundraising events. There will be opportunities to download volunteer applications, register for programs, and make one time or monthly pledges using PayPal. We will keep the website fresh with program updates and changes, new success stories, pictures, and more! Please look for the new website

within the next couple of months, and in the meantime you can still visit us at the same web address. I would like to invite you to “Friend” us on Facebook. You will find invitations to upcoming events, photo albums, and opportunities to ask questions or leave comments. We would love to hear from you!

If you would like to be added to our email list or update your mailing information, please email the office at info@hospicesupportcare.org.

I or someone from the staff is always available to talk with you personally. The office telephone number is 540-361-7071.

As always, many thanks for being part of the Hospice Support Care family!

A MESSAGE FROM *the Board President*

November is...

HOSPICE/PALLIATIVE CARE MONTH – “WE LISTEN, WE CARE”

Opt for quality end-of-life care

Skilled services from over 65 active HSC volunteers.

Provides for the whole person – emotionally, physically, and spiritually.

In spite of illness, living as fully as possible.

Care providers take the time to talk with patients and family caregivers, listen to their concerns, and work to ensure they get the care they want.

Embrace the mission of Hospice Support Care! Your support and donations are greatly appreciated.

Happy Holidays!

BOARD OF DIRECTORS

- Sara Branner - *President*
- Ben Maxwell - *Vice President*
- Jeanne Burkett - *Secretary*
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- Patrick Dennis
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- Mary Beth Gass**
Volunteer Coordinator
- Sharron Simpson**
Adult Bereavement Coordinator
- Kim Rudat**
Children’s Bereavement Coordinator
- Marion Taylor**
Thrift Shop Manager

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**.



Please call the office for information on other ways to donate.

Contact Judy Murphy
Executive Director
540.361.7071

GRIEF SUPPORT GROUPS

Adult Bereavement Programs

On-Going Grief Support Groups: For adults who have lost a spouse or partner – Meets the first and third Wednesdays of the month for three months throughout the fall, winter and spring from 10 a.m. to 11.30 a.m. in the City of Fredericksburg. (Occasionally, an additional group will be offered if enough people are interested, usually on the first and third Wednesday afternoons, 1 p.m. to 3 p.m. during the same months as the morning group).

PARTING GIFTS Grief Support Group: Colonial Beach – A support group for adults who have experienced the loss of a loved one. This group meets the third Tuesday of each month in Colonial Beach at the United Methodist Church from 10:00 to 11:30 in the church parlor.

Widowed Persons Grief Support Group: Falls Run (Stafford County) - For adults who have lost a spouse or partner and who live in the Falls Run community. Group meets monthly at the Falls Run Community Center.

Additionally, short-term individual counseling is offered to grieving adults along with additional referrals to other sources of support within the community.

Grief 101 – A series of educational programs co-sponsored by Mary Washington Hospice and Hospice Support Care are offered the first Saturday of each month. These programs highlight different aspects of grief and are open to the public at no charge. Program sessions are held at the England Run branch of the Central Rappahannock Regional Library (their newest branch), off of Route 17 in Stafford County (Plantation Drive to the corner of Lyons and Plantation). For more information please call Sharron Simpson, Hospice Support Care Adult Bereavement Coordinator at 540-361-7071; or, Diane Ebenal, Bereavement Counselor at Mary Washington Hospice, at 540-741-2377.

Children/Teens Bereavement Programs

The following grief support groups are specially created for children and teens age 5 – 18 who have experienced the death of a family member, neighbor, schoolteacher, or friend. The cause of death may be due to disease, accident, or suicide. We ask that all parents and guardians call to register their children and meet with the Children’s Bereavement Coordinator prior to beginning the program.

KIDS HELPING KIDS Grief Support Group: An ongoing group which meets two Thursdays of each month from 6:30 – 8:00 at Harbor House Bereavement and Training Center.

SIBLING BEREAVEMENT: HELPING SIBLINGS GROW THROUGH GRIEF AND LOSS (SIBLINGS 5-16 yrs.): A new support group to meet the needs of siblings who are not only mourning the loss of a brother or sister, but the shape of their family. The group will be offered two Tuesdays of each month from 6:30 – 8:00 at Harbor House Bereavement and Training Center.

TEENS HELPING TEENS Grief Support Group: An ongoing group which meets two 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.

Magnolia Thrift Shop

Shopping in our thrift store is like going on a treasure hunt! You can experience the thrill of a great find every time you walk through the door. It might be a special book or trinket, a gently used piece of furniture or a beautiful antique. Who knows what you will discover until you venture into our quaint shop located at 3994 Lafayette Boulevard at the intersection with Harrison Road in Fredericksburg. The Magnolia Thrift Shop was named one of the best thrift shops in the DC area in *Dirt Cheat, Real Good: A Highway Guide to Thrift Stores in the Washington DC Area*. The store was described as "an incredible shop with many surprises up its sleeve." Quality used household furnishings, kitchenware, lamps, collectibles, crafts, toys, books, and decorator items are sold at low prices. Proceeds from sales at the thrift shop help finance Hospice Support Care programs and enable us to do more in the way of helping our patients and the community.



The shop is in need of donations of all kinds, with the exception of clothing and large appliances. We would love to help you find a home for your experienced furniture and gently used household items. We accept donations every day during normal business hours. You may call the store at 540-710-6226 to schedule a pick-up of larger items.

If you are looking for volunteer work that will be fun and give you the opportunity to meet people, then the Magnolia Thrift Shop may be the place for you.

For more information about volunteering,

e-mail volunteer@hospicesupportcare.org

or call the Hospice Support Care office at 540-361-7071.



HOSPICE MAGNOLIA THRIFT SHOP

3994 Lafayette Blvd.
Fredericksburg, VA. 22408

540.710.6226

**Store Hours:
Monday - Saturday,
10 am to 4 pm**

8th ANNUAL Hospice Support Care Golf Tournament

Our Annual Golf Tournament was held Friday, September 30, 2011, at Meadows Farms Golf Course. It was an enormous success! The tournament was played on The Longest Hole Nine and the Waterfall Nine. Eighty three players participated in this year's fund raiser.

We are extremely thankful to all the sponsors and players who supported this event. A special thank you goes to our host, Meadows Farms Golf Course, Bill Gillenwater and his staff, for vhandling every detail, which made the players and Hospice Support Care feel very welcome.

We also wish to acknowledge all the fraternal organizations: the B.P.O.E. Elks Lodge #875, The Knights of Pythias Lodge #22, Fraternal Order of Eagles - Aerie 4391 and Aerie 4123, not only for being sponsors, but also for providing players. Thanks also to all the individuals who played and the NSWC Federal Credit Union for providing the 'Wheel of Fortune' to

liven up the registration process. Prizes included an all expenses paid trip for 2 for one week at Pebble Beach, plus 3, secondary 'Hole in One' prizes. No one won the 'Hole in One' Prize this year, but there's always next year!

Thanks to all the volunteers from Intuit, Inc., and our Hospice Support Care volunteers and board members for all your help. It was obvious that all the players enjoyed themselves! All proceeds will benefit the community through Hospice Support Care programs.



THANKS TO ALL OUR TOURNAMENT SPONSORS

MAGNOLIA SPONSOR
B.P.O.E. Elks Lodge #875

PLATINUM SPONSOR
Spotsylvania Eagles #4391
Knights of Pythias
Mullins & Thompson
Funeral Service

GOLD SPONSORS
Loyal Order of Moose #1655
NSWC Federal Credit Union

AWARDS SPONSOR
Hospice of Virginia

HOLE SPONSORS
Flicko's Video Workshop
Fraternal Order of Eagles #4123
Heartfields Assisted Living
Medi Home Health & Hospice
The Kitchen Works
Ben Maxwell

BEVERAGE CART SPONSORS
Southern Auto Body, Inc.
Mr. & Mrs. Thom Smelter

TOURNAMENT HOST
Meadows Farms Golf Course

RAFFLE / GENERAL DONORS & INDIVIDUALS

Agnes' Garden
BJ's Wholesale Club
Cheeseburger in Paradise
Covenant Funeral Service
Dennis K Dodson Insurance
Express Auto
Fredericksburg Area Food Bank
Fredericksburg Golf Center
Fredericksburg Hospitality House
Front Porch
Gauntlet Golf Club
Hackers & Duffers
Honeybaked Ham
Krispy Kreme Doughnuts
Larry W Stone Photography
Lee's Hill Golf Club
Outback Steakhouse
Park Lane Tavern
Pennie Rose Massage Therapy
Qdoba Mexican Grill
Rappahannock Area YMCA
Rappahannock Electric Cooperative
Santa Fe Car Wash
Splitsville
The Crossings at Falls Run
TMC USA LLC
Rhonda Carr
Bill Gillenwater
Joyce Vinagro

On behalf of Hospice Support Care, THANK YOU ALL!

SHAPING OUR STORIES: *The Burden Lifted*

Continued from front cover.

and subsequently married in the spring of 2011. I never would have imagined it! And I know--I absolutely know for sure, that without the helpful support of Hospice Support Care and its staff and volunteers, this positive change in my life would never have happened. I would not have been at a place where I could have let go of my profound grief and be able to love again.

Hospice Support Care made a difference in my life, and now I am enjoying being a weekly office volunteer for the agency. I want to give back a small portion of what this hard-working group of caring individuals gave me.

Thanks Hospice Support Care for your important work in the Fredericksburg area community. You do make a difference in people's lives.

THANK YOU To our Donors

SILVER ANGEL WINGS
Wilderness Baptist Church
The Presbyterian Church

ANGEL WINGS
The Lake of the Woods Church
St. Mary of the Immaculate
Conception

DONORS
Adkins, Willis
Armentrout, Thom
Baker, Eleanor
Bethel Baptist Church
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Bourdon, Roger
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Eagan, Rhoda
Farris, Michael
Firth, Fred
Florio, Eric
Folden, Val
Frackelton, R. Leigh
Garrisonville Rotary Club
Garvie, Kristen
Houck, Senator and Mrs. Edd
Hughes, Mr. and Mrs. Paul
Ircink, Suzanne
Krothe, Yvonne
O'Brien, Sybil
Ohler, Alice
Massad, Dr. Louis
Mercer, Barton
Morgan, Ester
NSCW Federal Credit Union
Mullet, Mark
Pinschmidt, Mr. and Mrs. William
Sasser, Phillip

Smelter, Thom
Snare, Vicky
St George's Episcopal Church
Sumner, Mrs. Larry
Terrill, David
Wehrman, Curtis
Wieland, Warner
Williams, Kerri

MEMORIALS
In memory of John Gill
Theresa Gill
In memory of David Roberts
Robin Honaker
In memory of Thelma Marie Ward
Janis Ward-Catlett
In memory of Jessica Pearman
Margeret Schlegemilch
In memory of Betty Moy
David Moy
In memory of Robert McClure
Robert and Nancy Bruton
In memory of Charles Kindred
Mike and Carole Fariss
In memory of Thomas Smith
Inez Smith
In memory of Nance Sporrer's Mother
Tom and Nancy Mulcahady
In memory of John Cipriani
Barbara Taylor
In memory of Kitty Cox
Alice Daniel
In memory of Louise Cox
Gertrude Waitts
In memory of Hazel Minter
James and Betty Hall

HONORS
In honor of Neal and Betty Walters
Mark, Jane, Jenny and Allison Walters

Day of Caring 2011

Everyday Heroes Helping us to Live United



September 15th, 2011 was a glorious day. Not only did we have perfect weather, but we had a great group of volunteers from some area businesses that went above and beyond that day to make Hospice Support Care a

better place. Volunteers from Intuit and the YMCA helped at Magnolia's Thrift Shop. They cleaned and organized and replaced ceiling tiles. Volunteers from Intuit and Spotsylvania County worked at the main office stuffing goody bags and getting things ready for the Golf Tournament. Alumni from Leadership Fredericksburg came to Harbor House where they trimmed bushes, pulled weeds and cleaned up debris from Hurricane Irene and gave the inside of the house a good, deep cleaning. The windows have never sparkled so nicely! Lunch was provided by Virginia Barbeque and homemade treats were provided by HSC Board Member, Sharon Sampsell. We made some great new friends and partnerships and look forward to working with these folks again. They are truly heroes to Hospice Support Care.



TRY YOUR LUCK AT BINGO

with the
Elks Lodge #875

WHEN

Every Tuesday & Thursday
Doors open at 4:30 p.m.
Bingo begins at 6:30 p.m.

WHERE

Elks Lodge #875
11309 Tidewater Trail
Fredericksburg, VA 22408

Done

Proceeds benefit the community and local organizations.

Magnolia Ball

Saturday, March 31, 2012
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: _____

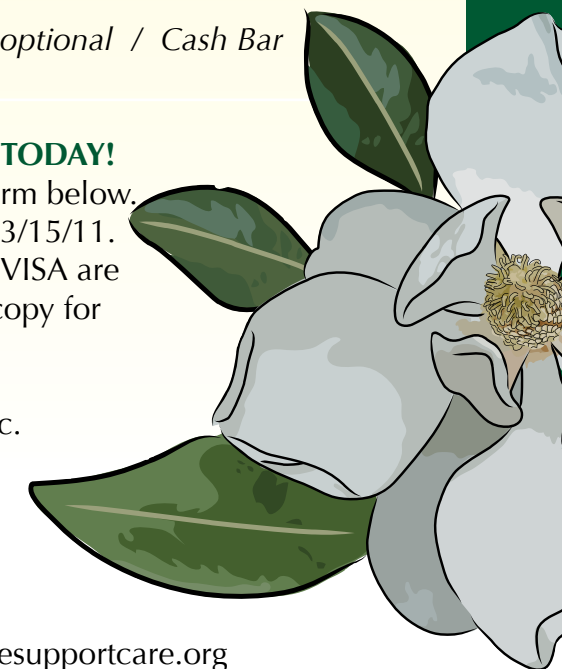
Card #: _____

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 = _____



Five Wishes

There are many things in life that are out of your hands. The Five Wishes document gives you a way to control something very important – how you are treated if you get seriously ill.

It's an easy to complete form that lets you say exactly what you want. Five Wishes is the first living will that talks about personal, emotional and spiritual needs as well as your medical wishes.

Five Wishes has become America's most popular living will because it's written in everyday language. It helps start and structure important conversations about care in times of serious illness. Five Wishes is changing the way America talks about and plans for end of life care. Once it's filled out and properly signed, it's valid under the laws of most states, including Virginia.

For more information about Five Wishes, contact Hospice Support Care at (540)361-7071 or visit www.agingwithdignity.org.

Five Wishes lets your family and doctors know:

- Wish 1: The person I want to make health care decisions for me when I can't make them for myself.
- Wish 2: My wish for the kind of medical treatment I want or don't want.
- Wish 3: My wish for how comfortable I want to be.
- Wish 4: My wish for how I want people to treat me.
- Wish 5: My wish for what I want my loved ones to know.

2012

JANUARY

• **Volunteer Orientation**
9-10am January 17

• **Lunch Bunch,**
12-1pm January 19

FEBRUARY

• **Volunteer Orientation**
9-10am February 21

MARCH

• **Volunteer Orientation**
9-10am March 20

• **Together for Tapas**
6-7pm March 21

• **Magnolia Ball**
6-11pm March 31

www.hospicesupportcare.org



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

NON-PROFIT ORG.
U.S. POSTAGE PAID
PERMIT # 107
FREDERICKSBURG, VA

Partner
Agency



CFC #33859 CVC #6410



h | s | c *W* List

Office Supplies

- Manila file folders
- Post-it Notes
- Laptop
- Gift Cards: Office Depot, Staples or Wal Mart
- Microwave Oven
- White copy paper
- Yellow legal pads

Kids Groups

- Markers: fine tip, broad line, and fabric
- Glitter, ribbon, and play dough
- 11 x 14 or larger drawing paper, heavy weight
- Medium to large size stuffed animals
- v10 bean bag chairs
- Bereavement books for children
- Gift Cards: *Michaels, AC Moore, Hobby Lobby, Jabberwocky Children's Books, Books a Million Amazon.com, Wal Mart Target, Oriental Trading Company, Party City*

Harbor House

- Folding chairs with cushion seats
- Vacuum cleaner
- Charcoal Grill
- Wall clock for the kitchen
- Hand towels and kitchen towels
- Small computer desk

MAGNOLIA THRIFT SHOP

supporting
Hospice Support Care, Inc.

Donations of household items, small appliances and furniture are accepted during business hours (Mon. - Sat. 10 am to 4 pm)

RECEIVE 10% OFF YOUR TOTAL PURCHASE WITH THIS COUPON.

**FURNITURE
DISHES
TOOLS
RUGS
LINENS
DRAPES
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DECOR ITEMS**

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

hospice magnolia

thrift shop

3994 Lafayette Boulevard
Fredericksburg, VA 22408

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.