Our Mission
To simply improve care

Our Vision
To be a Center of Excellence in providing and catalyzing world-class advanced illness care
Nearly four decades ago, volunteers and community activists gathered in local church halls, living rooms, and basements to plant the seeds for a new community-based care system for those living with advanced illness. These unsung heroes believed strongly in the hospice philosophy, rooted in compassion and based on community. In the years since, Capital Caring has delivered on the promise made by our founders: to deliver the highest quality, compassionate care.

Capital Caring also has been proud to be a leader in the U.S. hospice movement. Our 15-bed Halquist Memorial Inpatient Center in Arlington was the third hospice inpatient unit opened in the United States. And in 2014, we were thrilled to open the 21-bed Adler Center for Caring on the Van Metre Campus and begin providing much-needed inpatient care close-to-home for patients and families in Loudoun, Prince William, Fauquier, Stafford, and western Fairfax counties.

Simply put, the Adler Center would not be standing today without broad community support along with the work of some remarkable individuals with incredible vision, immense generosity, and unwavering passion for the work we do here at Capital Caring.

Now—building on our world-class services, and to address the current lack of hospice inpatient beds in D.C. and Prince George’s County—we’re planning to open inpatient centers in 2015 at Providence Hospital in the District of Columbia and in Greenbelt, Maryland. This will make quality inpatient care available close-to-home for all our patients and families. These new centers also reflect the extraordinary collaboration and commitment to community that have been hallmarks of Capital Caring since its founding.

Thank YOU for being a part of this remarkable community of support! Thank you for all you do for Capital Caring. We hope you’ll celebrate with us as you read about our 2014 accomplishments: Quality in Caring, Quality in Your Neighborhood, and Quality in Giving. I am so proud of what we have been able to accomplish together and of all that we plan to do in the future to simply improve care for and make a difference in the lives of our patients and families. Your combined generosity has touched, and continues to touch, countless lives and bring enhanced, world-class hospice and palliative care to a grateful community.

Sincerely yours,

Malene Davis
President and CEO
2014 Statistics

Capital Caring 2014 Vital Statistics

96,000+
Total patients served since inception

1,168
Average daily number of hospice patients

97
Average number of days patients received hospice care

$2,732,992
Uncompensated care provided (charity care)

190
Patients provided with charity care

722
Staff members

961
Volunteers

1,217,884
Miles traveled by staff providing care

67,976
Hours worked by volunteers

246
Pediatric patients

2014 Patient Care Fund Program Statistics

$2.7 million
Total Charity Care Provided

190
Patients Served by Charity Care

<table>
<thead>
<tr>
<th>Region</th>
<th>Patient Days of Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington, DC</td>
<td>1,023</td>
</tr>
<tr>
<td>Maryland</td>
<td>1,692</td>
</tr>
<tr>
<td>Virginia</td>
<td>8,133</td>
</tr>
<tr>
<td>Total</td>
<td>10,848</td>
</tr>
</tbody>
</table>

Age

- Under age 17: 2%
- Ages 18–64: 59%
- Ages 65–74: 16%
- Ages 75 and over: 23%

Diagnosis

- Cancer: 119
- Stroke: 6
- Liver Disease: 16
- Heart Disease: 12
- Dementia: 6
- Renal Disease: 1
- Lung Disease: 10
- Adult Failure to Thrive: 1
- Other: 19

10,159
Family members eligible to receive hospice bereavement services

285
Point of Hope Bereavement Camp attendees
Quality in Caring

State-of-the-Art Palliative Care Clinic Opens

Center for Pain and Palliative Care Leads the Way in Symptom Relief

John Coleman was seeking care to help his wife Yvonne deal with her advanced illness. She was experiencing severe pain as a result of the cancer she was battling and it was significantly affecting her quality of life. John called Capital Caring and he and Yvonne soon were on their way to see Dr. Michael Byas-Smith at Capital Caring’s Center for Pain and Palliative Care in Loudoun County.

Byas-Smith, who is board certified in Anesthesiology, employed the latest in technology and innovative care to develop a palliative care plan for Yvonne. The treatments alleviated her pain and led to a significant improvement in her quality of life.

The Center for Pain and Palliative Care allows for “more rapid response for folks who need relief now,” Byas-Smith explained. The Center performs procedures on-site, including nerve blocks, steroid injections, lumbar and celiac plexis, trigger point injections, and more. This state-of-the-art center is located at Capital Caring’s Adler Center for Caring on the Van Metre Campus. The first facility of its kind in the nation, the Adler Center also hosts an inpatient hospice facility, an outpatient palliative care practice and expert home care teams—all under one roof.

“The nerve pain is now greatly dissipated,” Yvonne remarked in late 2014. “I feel like being me, like actually getting up and welcoming the day. When I think of here, I feel at ease, I don’t feel afraid.”

“It changed her life, which changed my life,” John said. “To find a place to make people comfortable, to give a better life than the one they had, it’s a true blessing,” he added.

*Two months after her interview with Capital Caring, Yvonne died peacefully at home.*

President and CEO Malene Davis and Dr. Michael Byas-Smith stand with the C-Arm X-ray machine, one of the driving technological advances of minimally invasive procedures that is highly accurate in identifying and alleviating symptoms.
Innovative Program Featured in *The Washington Post*

Capital Caring’s TeleCaring specialists have touched more than 5,400 patients through more than 245,000 outbound phone calls since the innovative service launched in 2011. The program’s specially trained staff provides patients and their families with the care they need when they need it by proactively calling patients and families each day.

What are the benefits? TeleCaring leads to more rapid response to patient and family concerns, such as pain, an area in which Capital Caring’s expertise is nationally recognized. Capital Caring is committed to reducing pain to a comfortable level within 48 hours, with nearly 100 percent success. With this extra assistance and support from TeleCaring, supplementing regularly scheduled clinical staff visits, families can focus on making the most of the time they have with their loved one.

*The Washington Post* highlighted the role TeleCaring played in the care and support enjoyed by Capital Caring patient Robert Campopiano and his wife Lynn.

**Excerpts from The Post:**

At 74, stricken with ALS, or Lou Gehrig’s disease, Campopiano received hospice care from Capital Caring, a large nonprofit provider in the Washington region.

“Every experience we’ve had with hospice has been wonderful,” his wife Lynn said.

The Campopianos got a call every morning between 9 and 10 from the hospice to check his status. During one of the morning calls, Lynn reported a stomach problem. Another time, she reported that Robert seemed more dependent on the oxygen machine. Both times, the hospice sent out a nurse or another staff member to check in.

“It’s very comforting to have them come out, as much for me as for him,” Lynn said. “If I needed someone in the middle of the night, I knew they would be there.”

Robert died this month with his wife and children nearby. Toward the end, hospice nurses were with him continuously, Lynn said, offering “phenomenal” support.

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Jim Rice, vice president of TeleCaring and Care Navigation, reviews the work schedule with a TeleCaring specialist.
Training the Next Generation

In addition to the ongoing specialized training we provide our patient care staff, Capital Caring takes seriously its responsibility to help address the documented region-wide shortage of professionals trained in hospice and palliative care.

For example, our **Military Physician Training Program** each year trains more than 40 Army, Navy, and Air Force residents from the Walter Reed National Military Medical Center and Fort Belvoir Community Hospital—as part of their Internal Medicine/Geriatric rotation—in hospice and palliative care. Residents in this program, which began in 2005, are taught the invaluable skills of dealing with the unique physical, emotional, and spiritual pain of Wounded Warriors and dying veterans as well as their families.

Our Capital Caring **Physician Fellowship Program**, now in its 11th year, is taught by well-recognized leaders in the field, in partnership with Washington Hospital Center. Considered to be one of the finest end-of-life care fellowships in the country and accredited by the Accreditation Council on Graduate Medical Education, the Fellowship offers physicians one year of training that leads to board eligibility in Hospice and Palliative Medicine. Each year, four fellows benefit from this broad-based training, which includes caring for patients in hospital, inpatient center, nursing home, and private home settings.

And Capital Caring partners with Goodwin House, an innovative retirement community, to offer its **Chaplain Resident Fellow Program**—the only one of its kind in the region to offer chaplain education and training in hospice and palliative care. The program, now in its sixth year, is designed to increase the number of hospice-trained chaplains, thereby fully integrating spiritual care into patient care teams and providing invaluable comfort and support to people facing advanced illness and the end of life.

A former Military Physician Fellow said...

*The week I spent at Capital Caring was different from all my other inpatient experiences. I learned many things, but what I learned most was the ability to look at death and feel comfortable. Death is a natural part of life that needs to be understood. It is often looked at by many physicians as the enemy, no matter what the circumstance. I now feel it is more a rite of passage, where palliative care allows a graceful, respectable, dignified exit from the stage of life.*
Volunteer Spotlight: Lt. Col. (Ret.) Gary Waitschies

Veteran Continues Service as Hospice Volunteer

For Karita Knisely, a former U.S. Park Ranger and now the volunteer services coordinator for Capital Caring’s Merrifield neighborhood, it’s all about service. “From my days as a park ranger, and now with my work at Capital Caring, I know how important our volunteers are to realizing our vision of world-class care for our patients and their families,” Knisely said. “As an example, with our ‘We Honor Veterans’ program, I partner veteran volunteers with veteran patients. The time they spend together is special because of their shared experiences.”

One such Capital Caring veteran volunteer is retired U.S. Army Lt. Col. Gary Waitschies. A Springfield, Virginia, resident, Waitschies has volunteered with Capital Caring in a patient-care role since 2009. Waitschies presents pins and certificates to veterans who are Capital Caring patients as part of the ‘We Honor Veterans’ program. “I really enjoy volunteering and especially conducting the pinning ceremonies,” Waitschies said. “From one veteran to another, to pay tribute to the service rendered by the patient is really remarkable. I always notice the incredible sense of pride in each family member as their loved one is being honored.”

More than 950 trained volunteers across Capital Caring’s eight neighborhoods in Northern Virginia, Washington, D.C., and Prince Georges County, Maryland, provide direct patient and support care to individuals living with advanced illness and their families.

“Capital Caring’s ‘We Honor Veterans’ program is not only representative of our commitment to care for those who have served our country, it’s also a wonderful example of how our hundreds of volunteers make each patient’s hospice journey remarkable,” said Malene Davis, Capital Caring president and CEO.

“Serving as a volunteer with Capital Caring is something I am honored to do,” Waitschies remarked. “They care for many service members every day and it is important we honor them.”

For nearly four decades, Capital Caring has provided quality, compassionate care to those living with advanced illness. And for nearly four decades, exceptional volunteers across the Capital Caring service area have contributed their time, caring nature, and simple presence to making a difference in the lives of their friends and neighbors. “The vast majority of our volunteers have remained part of the Capital Caring family because of the care someone they knew received. It is a great way to serve others,” Knisely added.
Quality in Your Neighborhood

“World Class”
Adler Center ... Opens!

The Adler Center for Caring on the Van Metre Campus officially opened its doors on September 8, 2014. What started as a dream almost 10 years ago has, indeed, become a reality! The story of how the Adler Center came to be is one that includes broad community support and features a number of remarkable individuals with incredible vision, immense generosity, and unwavering passion for the work we do here at Capital Caring. We extend our heartfelt thanks to every one of you!

The new state-of-the-art center is unique in that it combines—under one roof—a 21-bed hospice inpatient center, home-based hospice care teams, palliative care clinic/consulting services, and an interventional pain management center. It offers the most advanced patient-care practices, and will serve as a model for other hospices throughout the country. And it brings much-needed care, close to home, for patients and families in Loudoun, Prince William, Fauquier, Stafford, and western Fairfax counties.
Service Area Expands to Fredericksburg

Capital Caring in 2014 expanded its quality care further south in Virginia to Fredericksburg and the surrounding counties. Partnering with Hematology and Oncology Associates of Fredericksburg, Capital Caring opened the doors to its newest neighborhood office on Empire Court in Spotsylvania at a ribbon-cutting event that drew more than 100 local physicians, volunteers, community leaders, and civic organizations.

This move significantly broadens Capital Caring’s reach and service area. Less than a year after opening, the Fredericksburg neighborhood team is providing care to nearly 50 families every day, delivering world-class service wherever they call home.

“It’s exciting for Capital Caring to be moving beyond the Metro area to communities like Fredericksburg and Spotsylvania,” said President and CEO Malene Davis. “We bring so much experience and knowledge with us to new communities—and we’ve learned so much from the patients, families, and volunteers who’ve become a part of the Capital Caring family in our newest neighborhood.”

President and CEO Malene Davis joins (left to right) Dr. Cameron Muir, Nancy Littlefield, Stefan Scholz, Dr. Angus Muir, and Dr. Perry Fine to cut the ribbon.
We Honor Veterans

Capital Caring is committed to honoring the men and women in our care who served in the Armed Forces. ‘We Honor Veterans,’ a program that honors hospice patients who are veterans, is a partnership between the National Hospice and Palliative Care Organization and the U.S. Department of Veterans Affairs. Capital Caring’s program conducted more than 120 honor ceremonies with veteran patients and their loved ones in 2014.

Capital Caring also launched a partnership with the American Veterans Center in 2014. Headquartered in Arlington, Virginia, the Center honors the legacy and safeguards the history of service men and women. Working with the Veterans Center, Capital Caring pays tribute to veterans in our care, and participates in signature events of the Veterans Center, such as the National Memorial Day Parade and the American Veterans Center Honors.

Left: President and CEO Malene Davis presents a certificate and commemorative pin to U.S. Army veteran and Capital Caring patient Robert McAtee of Arlington at a ceremony honoring McAtee and his service.

Right: Capital Caring volunteer and U.S. Navy Chief Musician Shana L. Sullivan performed at the American Veterans Center Honors in 2014.
The Young Capitals—young because members are no older than 40—launched with a kick-off celebration on October 5, 2014, at the Alexandria home of Capital Caring supporter Monte Durham, star of TLC’s Say Yes to the Dress: Atlanta.

The Young Capitals contribute their time, talent, and commitment to ensuring the long-term sustainability and success of Capital Caring. Formed in September 2014, the group raises funds and awareness for Capital Caring’s Patient Care Fund, focusing particularly on pediatric hospice and palliative care. The Patient Care Fund provides millions of dollars in care each year for those who can’t afford it and who lack insurance.

"Recruiting the next generation of citizen supporters for the community-based, grassroots cause that is end-of-life care in this country—that’s what the Young Capitals are all about," said President and CEO Malene Davis. "Young professionals in our neighborhoods are active, philanthropic, and energized to support our long-standing commitment to the community. They are helping us in our pledge to care for anyone—without regard to ability to pay."

Dozens of young leaders, from as far south as Fredericksburg to Northern Virginia, the District of Columbia, and Maryland, work to improve care for those who can least afford it. Combining service activities with raising much-needed funds, the Young Capitals help patients and families make the most of their time with Capital Caring.
Quality in Giving

Thank You to our Wonderful 2014 Donors!

When you support Capital Caring, you make a tremendous difference in the lives of our patients and their families.

How best to give? Capital Caring offers a variety of easy ways for you to continue to partner with us and contribute to our work in the community.

- **Monthly Giving:** Join other Caring Circle of Friends members by becoming a monthly donor to Capital Caring. Indicate this selection when you make your donation online or by mail, using a credit or debit card.

- **Planned Giving:** Become a member of our esteemed Heritage Society and leave a legacy to ensure that future generations benefit from Capital Caring services. There are several ways to make a planned gift; the most popular and enduring is through a charitable bequest, or gift made through your will.

- **Gifts of Stock:** Donate appreciated stock, which not only is a much-appreciated gift to Capital Caring, but also can be a tax advantage to you.

- **Workplace Giving:** Support Capital Caring through workplace giving. There are several ways:
  - Combined Federal Campaign (CFC)—If you are a federal government employee, you can direct your annual CFC contribution to Capital Caring by designating #39664.
  - United Way—If your employer conducts a United Way campaign, you can direct your contribution by writing in “Capital Caring” in the “Other” category (minimum contribution of $100 per year).

You can also go online to www.capitalcaring.org and click on the “Donate” button to make a donation in honor or in memory of a loved one; or

Host or attend one of Capital Caring’s many festive events, galas, and other fundraisers that benefit our community; or

Donate items to and/or shop at our Thrift Shops located at 6172 Arlington Blvd. in Falls Church, and our upscale new Twice As Nice Shop—featuring fine furniture, art, and antiques—located at 83344 Leesburg Pike in Tysons Corner.
2014 DONOR HONOR ROLL

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Individuals who have told us that Capital Caring is included in their will or estate plans, or in another type of planned gift.

On behalf of the future patients and families whose lives they will touch, we thank them for their thoughtful generosity.

Mrs. Elisabeth R. Armstrong
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*Circled names indicate those donors who’ve specified Capital Caring as a beneficiary in their wills or estate plans. Names are listed as they appear in donors’ wills.

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Revenue
Net patient service revenue $86,435,086
Private contributions, gift & grants $4,635,010
Net assets released from restriction $184,365
Net investment income $1,077,381
Other income $208,307
Total Revenue $92,540,149
Additional restricted contributions $594,881

Expenses
Patient Care $72,287,891
Fundraising $2,407,313
General & Administrative $14,328,334
Total Expenses $89,023,538
Results of unrestricted operations $3,516,611

Where Dollars Come From
- Insurance Reimbursement 93.4%
- Other Income 1.6%
- Contributions 5%

Where Dollars Go
- Hospice & Palliative Care 81.2%
- Fundraising 2.7%
- General & Administrative 16.1%
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