

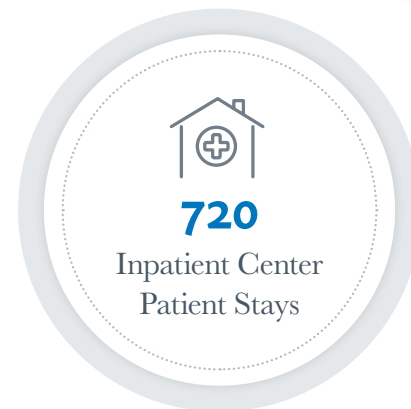
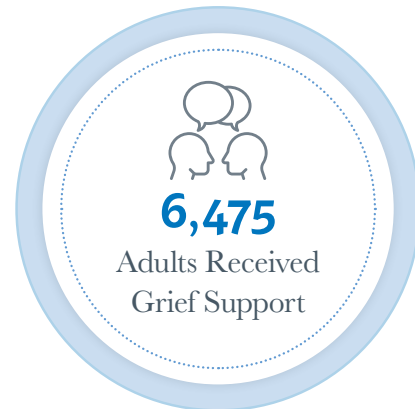


**Innovations in Dementia
Treatment and End-of-Life Care**

A Special Q&A with Diane Ty



2022 IN NUMBERS



Mission

Provide Patients and Their Families with Advanced Illness Care of the Highest Quality.

Vision

Be the Best Provider of Advanced Illness Care and the Best Place to Work in Healthcare.

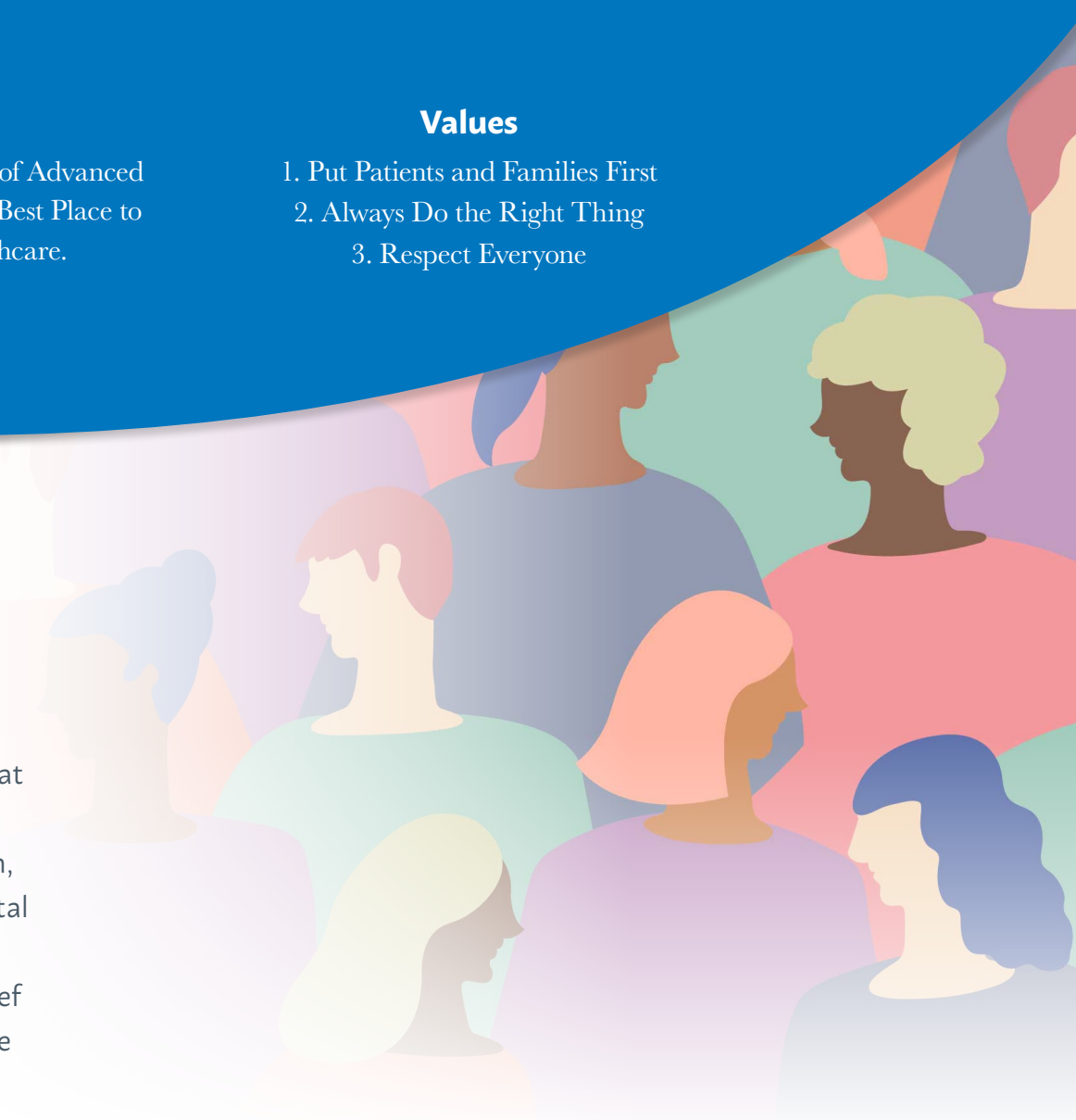
Values

1. Put Patients and Families First
2. Always Do the Right Thing
3. Respect Everyone

Caring for One and All

No one is turned away due an inability to pay for critical care.

Capital Caring Health also does not exclude individuals or treat them differently for any reason, including but not limited to sexual orientation, gender identity, gender expression, religion, diagnosis or medical condition, veteran status, ancestry, marital status, occupation, pregnancy, citizenship, political affiliation or source of payment. Capital Caring Health respects the belief system of our patients and their families, and does not impose any belief system on them.



A Letter from Our Managing Director



Dear Friends, Volunteers, and Community Partners,

Our 45th year marked a time of great leadership in the advanced illness care movement, incredible service to our community through our critical programs, and precious moments created by our care teams. Thanks to the support of our donors, community partners, and dedicated volunteers, we provided compassionate care and counseling to 20,000 patients and families navigating life-limiting illness.

Capital Caring Health is proud to be leading the nation in not only our cornerstone programs like hospice, grief support, and Capital Caring Kids, but is also the sole inpatient hospice care provider in our nation's capital and Northern Virginia. We are also thrilled to expand our role as a national leader with our December 2022 announcement of our affiliation with the Chapters Health System.

In our local community, Capital Caring Health remains committed to our mission of providing care for everyone in need, regardless of their ability to pay. The Center for Health Equity helped expand access to care in 2022

through outreach and education. Additionally, our local fundraising efforts provided critical patient care funds to help fulfill this important work.

I am proud to highlight the many ways our employees and volunteers went above and beyond to care from the heart last year for those in our programs. From celebrating birthdays, milestones, and Veterans to providing remembrance ceremonies, companion robotic pets for dementia sufferers, and Caring Bears to those who have lost loved ones, these moments and events provided comfort and joy when it was needed most.

I am pleased to welcome you to our 2022 Annual Report. I hope you will enjoy these snapshots of another outstanding year and join us as we enter a new era of Capital Caring Health's legacy in the advanced illness care movement. Your continued support will help us make a difference for years to come in our community.

Regards,

Kim Grove

Kim Grove
Managing Director
Capital Caring Health

The Nonprofit Difference

Capital Caring Health is proud to be a 501(c)(3) nonprofit organization, serving our community for nearly 50 years. Studies have shown significant variations in both the cost and quality of care provided by nonprofit and for-profit hospices. Much of the discrepancy comes down to how and where each organization directs its resources.

The National Partnership for Hospice Innovation (NPHI) commissioned a survey comparing the care of Medicare patients by nonprofit and for-profit hospices. The ensuing 2019 report compiled by Milliman, the global actuarial and consulting firm that conducted the study, revealed the following findings.

Compared to for-profit hospices, nonprofit hospices provided patients with:



The 2019 Milliman report findings are consistent with other studies on the Medicare hospice benefit, including those by the Department of Health and Human Services Office of Inspector General, Government Accountability Office, and the Medicare Payment Advisory Commission. All reports identified significant differences in the quality of care and use of Medicare funds between nonprofit and for-profit hospices.

Exploring Innovations in Dementia Treatment and End of Life Care

with *Diane Ty*

Diane Ty is the Senior Director of the Milken Institute Center for the Future of Aging and also leads its Alliance to Improve Dementia Care. She is a Senior Advisor at Georgetown University's Business for Impact at the McDonough School of Business, where she previously led multiple consulting engagements in health and financial security and was the Founding Director for its AgingWell Hub and Portion Balance Coalition.

Ms. Ty previously served as Senior Vice President of Strategic Market Development at AARP, where she architected the organization's under-50 / Millennial strategy. Ms. Ty led Save the Children's Millennial-focused work as Managing Director of US Programs and orchestrated the Effie-winner and Emmy-nominated Ad Council campaign "Do Good: Mentor A Child."

Diane Ty's passion for improving quality of life for individuals facing dementia also extends to her work on Capital Caring Health's Board of Directors. We are honored to speak with her about this important topic.



What challenges and opportunities do you see today and going forward – especially with the aging of the Baby Boomer population and the expected increase in dementia in the next five years from 10 million to 14 million Americans?

One of the biggest challenges with dementia is that most people do not know the difference between normal aging and when there may be cause for concern. This, coupled with the fact that our healthcare system does not routinely screen for cognitive impairment, results in inaccurate, late-, and under-diagnosis and contributes to misconceptions and stigma related to dementia. We see a huge opportunity to focus on prevention – regular exercise, nutritious eating, quality sleep, and managing hypertension and type 2 diabetes, for example – all lifestyle factors that reduce one's risk for dementia and promote better heart and metabolic health. With disease-modifying therapies now available to treat mild cognitive impairment and early-stage Alzheimer's disease (AD), we see an opportunity to normalize routine brain health screening, especially for populations at increased risk for dementia. We also now have blood tests and scans that can detect the hallmarks of the disease well before symptoms develop.

Many Americans are unaware that late-stage dementia is a hospice-qualifying event. Are there ways that the public can be better informed about palliative and hospice care?

Late-stage Alzheimer's disease and related dementia is often the shortest stage among individuals with dementia, lasting from one to two years on average. Palliative and hospice care are ideal for people at the most advanced stage when cognitive and functional status have typically declined to the point where assistance is needed for all activities of daily living (like bathing or dressing), incontinence is experienced, swallowing is difficult, and mobility is limited. These symptoms may result in more frequent doctor or emergency room visits and are qualifying symptoms for hospice care.

We need all people engaged in care – paid and unpaid caregivers, practitioners, community health workers and promoters – to be trained about the benefits of hospice and palliative care, for whom, and when it is most appropriate. My dad and our entire family greatly benefited from hospice care during his last six months living with AD and from palliative care during his final days.

There are several new drugs that seem to slow Alzheimer's disease progress but also may have serious side effects. Do you have hope that drug research will ultimately effectively combat Alzheimer's disease and related dementias?

2023 has been an exciting year for innovation in the dementia care field, but it's only the beginning; I am optimistic about where treatment is heading. In addition to the recent FDA full approval of Leqembi[®], there are more than 180 trials assessing 141 drugs for the treatment of AD in the pipeline, including drugs already approved but being evaluated for re-purposing. And, given the complexity of the disease, we see a future where there will be combination therapies and precision medicine based on an individual's unique pathology. In the meantime, people living with dementia can benefit from comprehensive dementia care that includes caregiver training and a care navigator to help bridge medical and social care services and provide continuous monitoring of care.

At Capital Caring Health, we provide robotic companion pets to dementia patients, which often improve their daily lives and those caring for them until the last few weeks of living with the disease. Do you see other ways for non-conventional therapies to be used?

I love Capital Caring Health's commitment to providing robotic pets to dementia patients! Music and other art forms are beneficial for brain development and overall brain health. Repeated listening to music benefits brain plasticity – the ability of its neural networks to change through growth and reorganization – and can profoundly affect memory, reasoning, speech, and emotion. According to the Alzheimer's Association, studies have demonstrated that listening to music may reduce agitation and improve behavioral issues that are common in the middle stages of AD. Even in the late stages of the disease, a person may be able to tap to a beat or sing lyrics. Music can provide a way to connect, even after verbal communication has become difficult.

Capital Caring Health Leading the Way

Hospice Care

Hospice helps create a better life, at the end-of-life. Our care teams provide compassionate advanced illness care and support to help make the last months of life as peaceful and meaningful as possible for patients and their families.

Did You Know?

Despite the available six-month benefit, the median hospice stay for Americans is only about two weeks. This is too short!

Scan the QR code to read about the benefits of utilizing hospice care earlier in a loved one's journey.

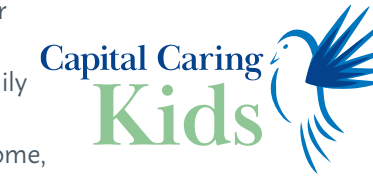


“ Thank you again for all of the guidance, support and caring you afforded me during the time of my uncle’s illness. Those days with him will forever be in my heart and reflected upon with gratitude. – A Grateful Niece ”

492,498 days of hospice care provided in 2022

Capital Caring Kids

Capital Caring Kids provides specialized care for infants, children, adolescents, and young adults facing serious illness. We support the entire family from the moment of a child’s diagnosis through treatment and end-of-life, wherever they call home, anytime day or night. Capital Caring Kids also provides grief support for children in the community after a loss.



107 pediatric hospice patients served in 2022



Capital Caring Health volunteers help a family celebrate monthly milestones together after learning their son would not live to see his first birthday. Creating memories and making meaning even after a loss is an important part of the experience.

Did You Know?

Capital Caring Kids was selected as a finalist in the Tipping Point Challenge, a nationwide innovation and quality improvement initiative by the Center to Advance Palliative Care (CAPC) and The John A. Hartford Foundation.



The John A. Hartford Foundation
Tipping Point
CHALLENGE



“ Thank you, Capital Caring Health for everything you do for us. We are very blessed to have you all in our lives. Thank you for the time you take to spend with us as a family, and for loving and caring for us. – A Grateful Family ”

Grief Support & Counseling

After a loss, each family member's grief can be as individual as they are. Capital Caring Health's highly qualified team offers bereavement counseling and a range of specialized support groups to address all kinds of loss.

Grief Support Services are available at no cost to anyone in our community who has experienced the death of a loved one by calling **(844) 4-GRIEVE**.

323 grief support groups offered in 2022



“This group was by far the best counseling I have ever attended. I truly believe we could not have made it through this difficult time without the support of Capital Caring Health. – A Grateful Family”



Inpatient Hospice Care at Sibley Memorial Hospital

Capital Caring Health continues to provide the only inpatient hospice care facility in Washington DC, thanks to significant funding from The Washington Home Foundation.

The Washington Home Capital Caring Health Inpatient Center opened its doors at Sibley Memorial Hospital in 2022 and is a calm, art-filled space with individual private suites offering the comfort and amenities of home. Families are welcome to visit their loved one anytime, 24/7.

Chapters Health System Affiliation

In December 2022, Chapters Health System and Capital Caring Health announced a groundbreaking intent to affiliate. The two nonprofit organizations now partner to support ongoing innovation and critical care expansion within their communities, allowing more than 100,000 lives to be touched annually.

“Chapters Health and Capital Caring Health are changing the healthcare landscape by dramatically strengthening our combined not-for-profit missions. Together, we provide the best possible outcomes for patients, families, and our dedicated team members. – Tom Koutsoumpas, Capital Caring Health Board Chair”



From left to right, Capital Caring Health Managing Director Kimberly Grove; Chapters Health System President and CEO Andrew Molosky; and Capital Caring Health Board Chair Tom Koutsoumpas

Palliative Care

Capital Caring Health's goal is to improve quality of life, no matter where a patient is in their advanced illness journey. Palliative Care is a specialized form of medical care for individuals living with serious illness, including symptom relief, pain management, education, and comfort for patients and their families.

1,495 patients served in 2022

Primary Care at Home

Capital Caring Health allows elders to stay in the comfort of their homes while receiving necessary medical treatment and assistance. Primary Care at Home is available for patients ages 55+ with advanced illness or disability who are limited to their homes.

485 patients served in 2022

Capital Caring Health In the Community

Honoring Veterans

Since our founding in 1977, we have proudly provided specialized care for our Veteran patients. Through our **Veterans Health & Support Services** program, we host recognition ceremonies to honor those who have served and connect families with volunteer “Battle Buddies” who provide additional companionship and support.



“The ceremony was so special. We are so blessed to have Capital Caring Health in our lives right now, caring for my dad. We are truly grateful. – A Grateful Daughter”



Client Relations Executive Landon Wilson connecting with attendees at the DC Mayor’s Annual Senior Holiday Celebration.

Center for Health Equity

Capital Caring Health ensures that everyone, regardless of race, ethnicity, gender, sexual orientation, citizenship, or socio-economic status has access to advanced illness care of the highest quality.

In 2022, the Center for Health Equity engaged with 20,000 patients, families, caregivers, and community partners to address hesitancy and barriers to accessing advanced illness care in underserved communities. The Center partnered with faith-based organizations to share information and resources, training, outreach, and grief counseling support to communities of color throughout DC, Maryland, and Virginia.

Point of Hope Camp



Our camp theme this year was **Journey Together** and grief support activities centered around the beautiful fable of how water bugs transform into dragonflies. This tale provides a meaningful metaphor for helping young hearts and minds to understand death and loss.

Bereavement counselors and pediatric social workers facilitated group sessions, music therapy, a family bonding scavenger hunt, arts and crafts, and a closing activity with remembrance lanterns for their loved one.

“During our closing ceremony, one of the young campers stood up and said ‘That’s it! We don’t want to leave!’ It was a perfect summation of the day and really hit home for all of us.”
– Allison Kuchar, Executive Director of Children’s Programs



A Special Evening at RdV Vineyards

Guests and sponsors joined us for a magical evening to celebrate **45 Years of Caring for our Community**. All proceeds helped provide compassionate advanced illness care for local families in need.



Healing with Horses

Our 3rd annual Healing with Horses event brought joy to children and families at the beautiful Ohana Equestrian Preserve. Thank you to our volunteers for making the holiday spirit come alive for families after losing a loved one.



Ceremony of Remembrance



In partnership with Children's National Medical Center and INOVA Palliative Care Teams, our annual **Children's Celebration of Life** event helped to memorialize the precious young lives served by Capital Caring Kids. Families from across the region joined us for equine and art therapy, a candlelit walk, a meditative labyrinth and a special ceremony featuring live violin music.

Mentoring Future Healthcare Leaders

In June 2022, Capital Caring Health began a community partnership with Manassas Park High School (MPHS) after they were awarded a multi-year grant to support their Certified Nurse Aide Program from the Claude Moore Charitable Foundation.



We are proud to be nurturing the next generation of healthcare leaders by providing on-site clinical hours and job training, helping to outfit MPHS with hospital beds and medical equipment, and exposing students to a broad set of healthcare roles in a diverse and culturally competent setting.

In response to the nationwide healthcare worker shortage, we also partnered with a growing number of local universities to guarantee a steady stream of nurses for our preceptor program. We are proud to mentor top healthcare talent while ensuring high-quality care for our patients and families.



Hospice Cup

The Hospice Cup Sailing Regatta set sail in the Chesapeake Bay, **celebrating 42 years** of raising awareness and funds for charitable hospice care and grief support across the region.

\$100,000 raised to care for Mid-Atlantic patients and families



Capital Caring Health From the Heart

Caring Bears

Our Caring Bear Program continues to bring comfort to families after a loss. Capital Caring Health volunteers meet with families to learn more about their dear loved one and then create personalized, hand-sewn memory bears to help soothe their grief.



(Right) A precious family welcomes new Caring Bears. Their loved one always carried a handkerchief and wore his favorite knit cap, thoughtfully incorporated by volunteer Caring Bear Sewer Amee.



Robotic Companion Pets

The 50th Anniversary of the end of the Vietnam War was in 2022, and we are proud to be leading the way to provide Robotic Companion Pets to Veterans with dementia who live in the communities we serve.



A Veteran patient greets his new friend. These special robotic companions help bring comfort and delight to patients with dementia and their families.

Volunteers

Capital Caring Health volunteers make a huge difference in the lives of others by delivering care packages to families, celebrating birthdays and holidays, reading to bedridden patients, and more. Apply to join us today at www.capitalcaring.org/volunteer.

24,475 volunteer hours served in 2022

“What brings me joy is the impact I can have on a person in just a few minutes. That keeps me coming back.”
– Dana Siegel, Capital Caring Health Volunteer



Generous Thanksgiving meals were delivered to many families in our care thanks to Alitique Information Management and our wonderful team of volunteers.



Volunteers delivered a special Noah's Ark birthday party for one of our pediatric patients — the whole family loved it!



In loving memory of Colonel Marvin Floom, who served as a dedicated volunteer with Capital Caring Health for 10 years, donating 1500 hours in support of our mission.



Congratulations to Capital Caring Kids volunteer Laurie Manning (center) for winning the Quality of Life Award from Volunteer Fairfax.



Thank you to volunteer Larissa and Finley the Therapy Dog for giving your care and affection to patients in their homes, facilities, and care units.



Our volunteer Elf Squad gathered once again to gather, wrap, and deliver 700 donated gifts for pediatric patients and families during the holiday season.

Ways to Give



Give by Mail:

Capital Caring Health
Attn: Philanthropy – Annual Report
 3180 Fairview Park Drive
 Suite 500
 Falls Church, VA 22042



Give Online:

Scan the QR code or visit capitalcaring.org/AnnualReport to give securely online.



Make a Tribute Lights Gift:

Your donation will help other families to receive much-needed hospice care and support. Make a memorial gift or create a free online tribute for your loved one: tributelights.capitalcaring.org.



Visit our Thrift Store:

Help support our mission by donating items or shopping at the Capital Caring Health Thrift Store at **6172 Arlington Blvd, Falls Church, VA 22044**.



Make a Planned Gift:

Leave a legacy behind by including a planned gift in your estate plans and joining our Heritage Society. To learn more, visit: capitalcaring.org/planned-giving.



Thank You

A heartfelt thank you to our 2022 donors for your amazing support. By giving to Capital Caring Health, you make a tremendous difference in the lives of the patients and families in our care.

If we have inadvertently omitted your name, please contact 703-538-2077 or email stewardship@capitalcaring.org.

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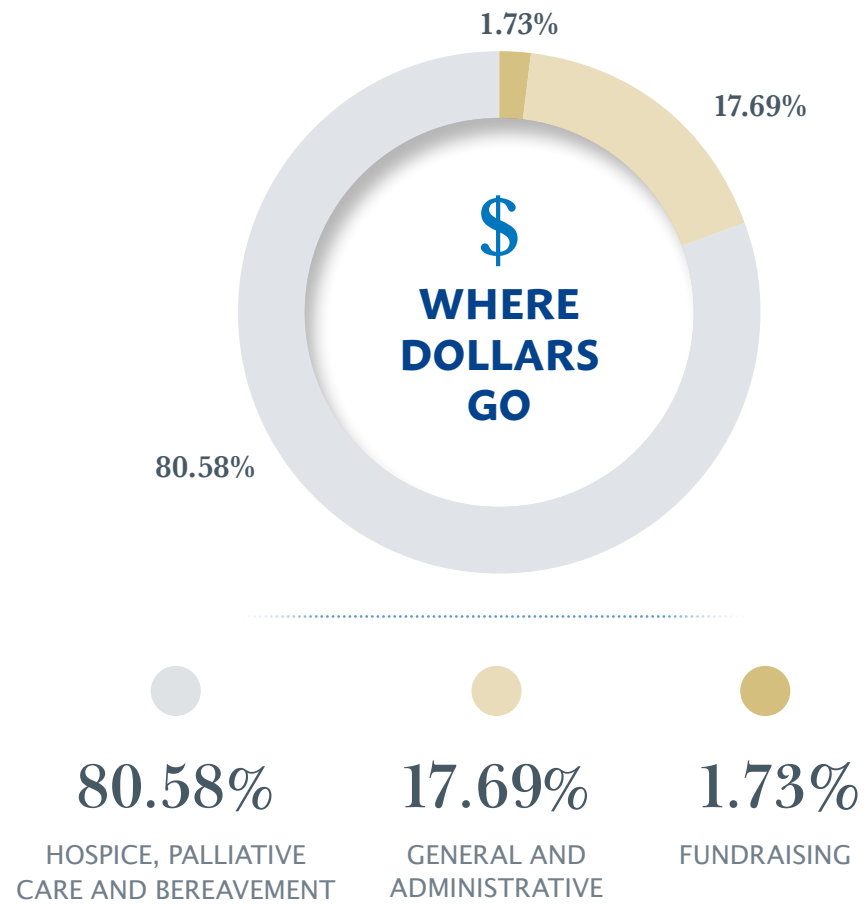
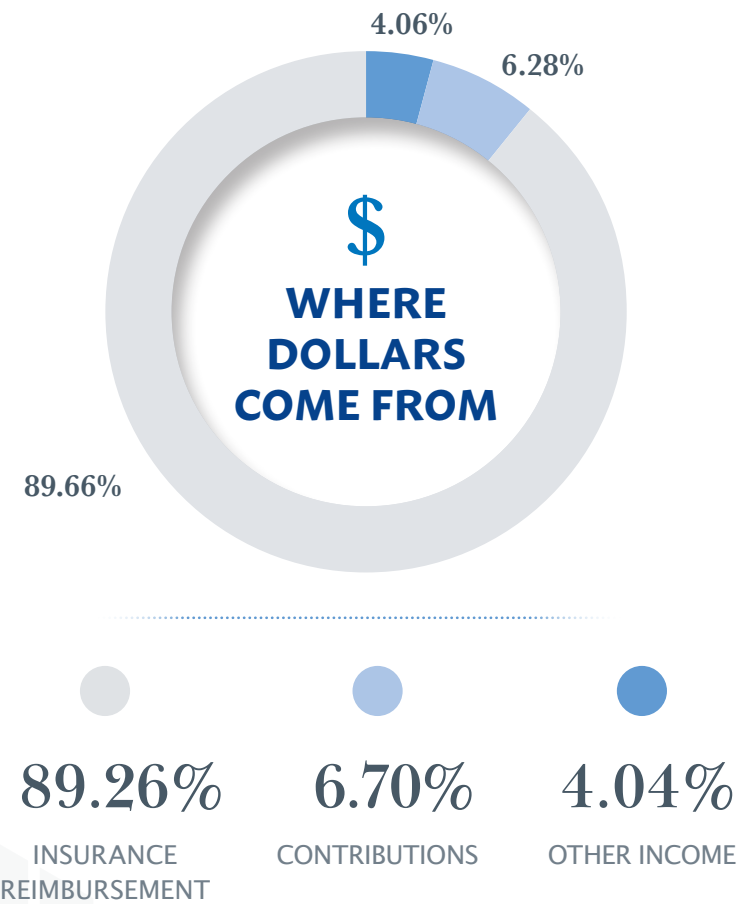


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