

Highlights

Fall 2010

*I want you to be concerned
about your next door neighbor.*

*Do you know
your next door
neighbor?*

—MOTHER TERESA




Capital Hospice

2009 ANNUAL REPORT ISSUE

Highlights

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Highlights is a complimentary magazine for friends and supporters of Capital Hospice. This issue serves as our 2009 Annual Report.

If you would like additional copies, please visit our website at www.capitalhospice.org to download an electronic copy or contact Growth and Outreach at 703-531-6241 for printed copies. We welcome your comments or suggestions.

Our mailing address is:

Capital Hospice
2900 Telestar Court
Falls Church, VA 22042

Publisher: Malene Smith Davis

Executive Editor: J. Cameron Muir, MD

Editor: Sheila C. Strand

Writer: Spence Levine

Designer: Rikki Campbell Ogden,
pixiedesign

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Capital Hospice is a community-based, 501(c)(3) nonprofit health care organization.

Our mission is to improve care for those facing life-limiting illness through direct support of patients and their families, public education and public advocacy.



Capital Hospice

www.capitalhospice.org

To request care, call 1-800-869-2136

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2009 Highlights

Since the founding of Capital Hospice in December 1977, we have made knowing—and supporting—our neighbors our primary mission. In the last 32 years, we helped more than 60,000 patients and families live their best lives with advancing illness.

Our coordinated services, which span physical, emotional and spiritual needs, address the unique and individual situation of each person seeking support. Our highly collaborative Capital Hospice Care Team connects patients and families with board-certified physicians, hospice-certified nurses and nurse aides, therapists, dietitians, social workers, chaplains, counselors and compassionate volunteers.

Our care is rendered wherever the patient calls home, from the family home to assisted living facilities, nursing homes and hospitals. The goal is to care for the patient in familiar surroundings amid loved ones, which might include long-term care staff.

In 2009, we made a tangible commitment to our neighbors by moving next door. We began by purchasing our headquarters in **FALLS CHURCH**, then positioning staff in six additional strategic locations in **LARGO**, Maryland; the **DISTRICT OF COLUMBIA**; and in the Northern Virginia communities of **ALEXANDRIA**, **ARLINGTON**, **LEESBURG** and **MANASSAS**.



By putting our offices in the hearts of our service areas, we can reach patients and families quicker, our travel costs are controlled, and we personally understand the local environments. After all, we work, shop and live right in our patients' communities. That means more than 550 Capital Hospice employees and 850 community volunteers are supporting more than 870 hospice patients every day. These numbers put us among the top ten hospices out of 4,000 hospice providers, in terms of size, in the United States.

Because we take supporting our neighbors seriously, we care for everyone who is medically qualified for hospice services, regardless of their ability to pay. We thank you all for making this possible.



Alexandria

5568 GENERAL WASHINGTON DR
SUITE A215
ALEXANDRIA VA 22312

5568-A SECOND NEIGHBORHOOD PATIENT STATISTICS

Laurie Keninitz of Alexandria knows well the adage of walking a mile in another person's shoes when it comes to dealing with the loss of a loved one and the many small steps it takes to reclaim equilibrium.

Laurie thought she was coping with the death of her fiancé, Ron, to cancer at the age of 56. But Ron's daughter—the catalyst in seeking Capital Hospice care for her father—had another idea. Six months after Ron's passing, his daughter suggested to Laurie that she seek professional help to deal with her loss.

Laurie met with our Alexandria-based grief counselor Wendy Maiwurm for individual sessions, who then offered Laurie a unique opportunity in the greater Washington, DC, area: Attendance at our three-day Point of Hope Camp for grieving children, teens and adults in the summer of 2008.

"I left there a different person," Laurie says now. "Being in a group, interacting with people who have suffered the same kind of loss that I did—I needed that to understand that what I was feeling was normal."



LAURIE AND HER "LITTLE BUDDY"

Then, in 2009, Laurie returned to Camp—this time as a volunteer "Big Buddy" for a little girl camper.

"I wanted to 'give back' not only to other people who have suffered a loss, but to Capital Hospice because they have done so much for me," Laurie says. "Being there for her was the best experience I've ever had."

Giving back to our neighbors is critical to the continued existence of our Point of Hope Camp, which is entirely supported by donor gifts. Since the Camp was started in 1995, more than 1,200 children, teens and adults have

been served by more than 1,200 volunteer camp guides. One of our Camp's unusual features is a direct one-to-one matching of a trained volunteer with a camper.

Donations and volunteers are always welcomed, and inquiries for our 2011 Camp should be directed to Julie Weatherington, Point of Hope Camp Director, at Capital Hospice in Falls Church, 703-531-6242.

SITE OF CARE

63.9% Home
36.1% Facility

GENDER

56% Female
44% Male

ETHNICITY

76.2% Caucasian
12.5% Black
3.8% Hispanic
2.9% Asian
0.2% Arab
4.4% Other

AGE

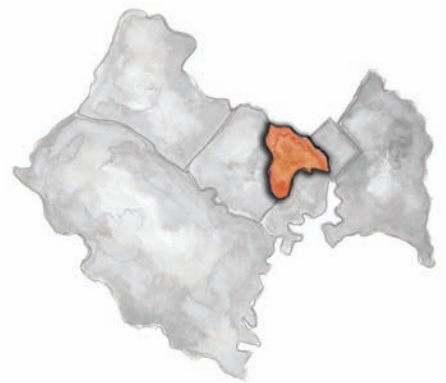
1.2% Under 18
3.8% 18–50
11.9% 51–64
13.4% 65–74
27.1% 75–84
42.6% 85 and over

"For history buffs, Alexandria is THE neighborhood. With the 1730's Mount Vernon and Old Town as our anchors...we honor our illustrious legacy by delivering exceptional care to all residents in the present. This eclectic enclave of close-knit communities continues to grow in demand for our hospice and palliative care services."

—CHIP CAGLE, MBA, MED
GENERAL MANAGER, ALEXANDRIA

Arlington

4715 NORTH 15TH ST
ARLINGTON VA 22205



NEIGHBORHOOD PATIENT STATISTICS

	SITE OF CARE
65.4%	Home
34.6%	Facility
	GENDER
56.1%	Female
43.9%	Male
	ETHNICITY
80.1%	Caucasian
6.2%	Black
5.1%	Asian
4.1%	Hispanic
1.0%	Arab
0.1%	Chinese
0.1%	Native American
3.3%	Other
	AGE
0.4%	Under 18
3.4%	18–50
10.3%	51–64
13.7%	65–74
25.5%	75–84
46.8%	85 and over

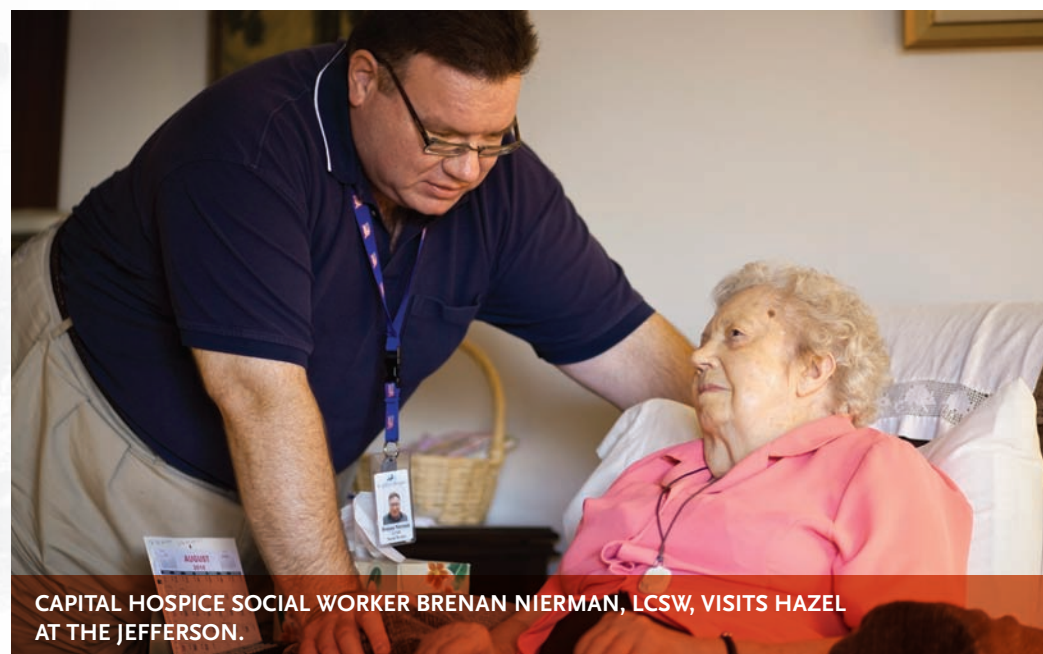
At Capital Hospice, “home” is where our patient lives. Sometimes that means our Halquist Memorial Inpatient Care Center in Arlington, Virginia, for short-term support or in one of our area’s many excellent assisted living or long-term-care facilities.

In fact, 35 percent of our patients receive care and services at facilities from Prince George’s County, Maryland, to Prince William County, Virginia.

“The support Capital Hospice provides to our residents at The Jefferson Assisted Living and Independent Living allows them to remain in familiar surroundings when their clinical needs might otherwise require them to be transferred to the hospital,” said Deb Kline, health care administrator at The Jefferson, a Sunrise Senior Living facility in Arlington. “Residents continue to follow their normal routine as much as possible, and they are surrounded by family and friends.”

In addition to caring for residents who are hospice patients, Capital Hospice strongly supports facilities’ staff, who frequently become like family for many of their cherished residents.

“Capital Hospice offers training that helps our Sunrise team members to celebrate the lives of the residents they care for and to support families struggling with a loved one’s decline,” Kline added. “Working with Capital Hospice helps us to enrich the lives of all those The Jefferson serves.”



CAPITAL HOSPICE SOCIAL WORKER BRENAN NIERMAN, LCSW, VISITS HAZEL AT THE JEFFERSON.

“The Arlington neighborhood is a funky blend of history and modern innovation! Our neighbors come from all over the world, bringing their rich cultures with them. We serve the families of Senators and janitors—all within a compact area.”

—CAROLYN RICHAIR, MDIV,RN,BSN
GENERAL MANAGER, ARLINGTON



THERAPEUTIC GARDENS AT THE HALQUIST CENTER

HALQUIST MEMORIAL INPATIENT CENTER

When patients experience difficult-to-control flare-ups of symptoms, or caregivers desperately need a break, our 15-bed Halquist Memorial Inpatient Center in Arlington often saves the day with a short-term stay.

In most cases, Halquist is the answer because it is operated 24 hours a day, seven days a week with professional staff, just like a hospital. The difference is that our team members are hospice trained and experienced, and we encourage and welcome loved ones—including well-behaved pets—for visits around-the-clock.

In 2009, Halquist served 691 patients in this spacious and beautifully renovated former schoolhouse tucked into a peaceful residential area. On average, each person remained with us for about seven days.

Halquist is a magnet for volunteers, either caring for patients and families or working in its lush, therapeutic gardens that are wholly managed by a skilled volunteer team. To volunteer contact the Center directly at 703-525-7070. To donate, call 703-531-6209.

HALQUIST CENTER PATIENT STATISTICS

GENDER

50.8% Female

49.2% Male

AGE

0.4% Under 18

9.7% 18–50

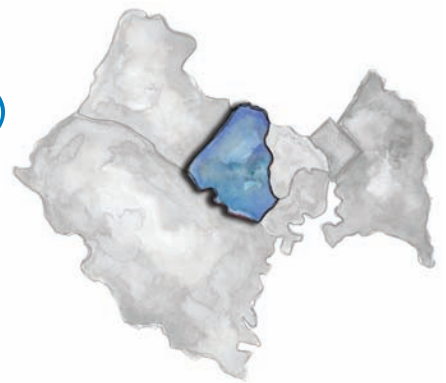
23.3% 51–64

20.2% 65–74

24.2% 75–84

22.3% 85 and over

Falls Church



2900 TELESTAR CT
FALLS CHURCH VA 22042

NEIGHBORHOOD PATIENT STATISTICS

SITE OF CARE	
65.3%	Home
34.7%	Facility
GENDER	
57.5%	Female
42.5%	Male
ETHNICITY	
80.6%	Caucasian
7.2%	Asian
4.7%	Black
3.7%	Hispanic
1.1%	Arab
2.7%	Other
AGE	
0.3%	Under 18
5.4%	18-50
10.6%	51-64
14.4%	65-74
28.3%	75-84
40.9%	85 and over

When Falls Church volunteer and donor extraordinaire Sherry Meyers speaks about Capital Hospice, people listen because her passion comes from experience. Twice.

When her mother was diagnosed with lung cancer in 2005, Sherry took her family doctor's advice and called Capital Hospice right away. Sherry says her mom lived far more comfortably for the 18 months Capital Hospice provided her care.

A few years later when Alzheimer's dementia caused her father's health to take a rapid decline, the family once again turned to Capital Hospice. "Dad had Capital Hospice care for a little over a year," Sherry said. "There is not a thing I would do differently."

Now, Sherry shares the life-lessons she learned whenever and wherever she can, like at the Passion for Caring Gala, Capital Hospice's premier fundraising event, which she co-chaired in 2009.

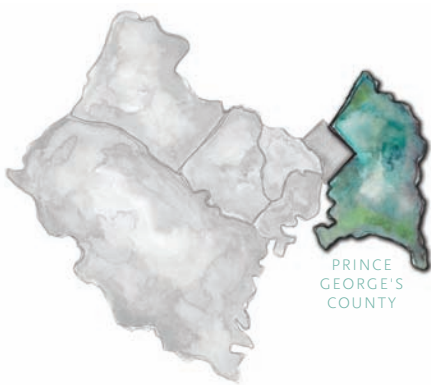
"In my speech at the Gala, I said almost everyone in the room would be touched by Capital Hospice in some way at some time, especially if they have parents who are getting older," she explained. "I urged them to be prepared for this and not to think they have to wait to call Capital Hospice. I told them to be advocates, to turn to the doctor and say, 'Do I need to bring hospice in?' "



CELEBRATING BOOZ ALLEN HAMILTON AS OUR PASSION FOR CARING HONOREE IS MALENE DAVIS, CAPITAL HOSPICE CEO & PRESIDENT, AND TWO BOOZ ALLEN LEADERS, ROBIN PORTMAN, OUR BOARD MEMBER AND BOOZ ALLEN SENIOR VICE PRESIDENT, AND SAM STRICKLAND, BOOZ ALLEN CHIEF FINANCIAL & ADMINISTRATIVE OFFICER.

"Falls Church is literally teeming with multi-cultural families seeking our support. We strive daily to deliver culturally sensitive hospice care to our Korean and Hispanic patients. Plus, we host the largest palliative care program at Capital Hospice, from in-hospital medical consults and free-standing clinic appointments to doctor home visits."

—PAM COOK, RN, MBA
GENERAL MANAGER, FALLS CHURCH



Largo

9200 BASIL CT
SUITE 700
LARGO MD 20774

Faith and family define the essence of Prince George's County, reflected in its numerous, active and diverse houses of worship. So, when one of the area's largest congregations asked Capital Hospice for help, we quickly agreed as a way to align our missions to serve our Largo community.



JACQUELINE WILLIAMS, CAPITAL HOSPICE COMMUNITY OUTREACH COORDINATOR, AND CHURCH LEADER YVONNE MAGEE IN FRONT OF EBENEZER AME CHURCH.

The Ebenezer AME Church—whose congregation numbers more than 10,000—identified a critical need for parents and youth workers, such as teachers and school counselors, to learn about how children grieve and how to best care for them as they moved through their grief.

Program planning began in earnest in late 2009, and came to fruition this spring: A day-long series of presentations and workshops by Capital Hospice staff and volunteers, working closely with church personnel and other community partners.

“The collaboration with Capital Hospice was instrumental in the success of the conference and what we were able to offer to the community,” said Yvonne Magee, a church leader.

“The feedback from both youth and adult participants has been that they are looking forward to the next conference. Some young people learned so much they asked if they could return the following weekend as a continuation of a meaningful experience,” Yvonne said.

NEIGHBORHOOD PATIENT STATISTICS

SITE OF CARE

81.9% Home
18.1% Facility

GENDER

58.5% Female
41.5% Male

ETHNICITY

66.4% Black
24.9% Caucasian
3.1% Asian
2.1% Hispanic
0.3% Native American
3.1% Other

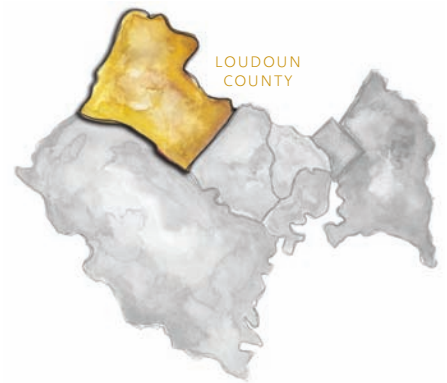
AGE

1.0% Under 18
6.8% 18–50
19.4% 51–64
18.1% 65–74
28.1% 75–84
26.5% 85 and over

“Prince George’s County has a rich history with hospice, being among the first in the country to deliver this type of compassionate care. In recent years, our community’s strong faith base has embraced the Capital Hospice brand of holistic hospice care, and we count many of the County’s largest churches as among our most ardent supporters. Our Community Council actively engages with us to continue our growth in services.”

—MARY MARKS, RN, BSN, CHPN
GENERAL MANAGER, LARGO

Leesburg



209 GIBSON ST NW
SUITE 202
LEESBURG VA 20176

NEIGHBORHOOD PATIENT STATISTICS

	SITE OF CARE
61.5%	Home
38.5%	Facility
	GENDER
60.8%	Female
39.2%	Male
	ETHNICITY
81.1%	Caucasian
6.7%	Black
4.0%	Hispanic
3.2%	Asian
2.7%	Arab
2.3%	Other
	AGE
0.6%	Under 18
4.1%	18–50
11.8%	51–64
13.9%	65–74
27.5%	75–84
42.1%	85 and over

Beginning in 2005, a dream to build a desperately needed inpatient care center in Loudoun County began to take shape. First, the Leesburg River Creek community rallied behind Dr. Jack and Janet Fox to sponsor a lively dinner dance that has become a highly anticipated rite of spring for the County. It was named the Daffodil Ball, and in 2009 it again raised more than \$200,000 toward construction of the inpatient care center.

These critical seed dollars underwrote development of inspiring architects' renderings and a creative design phase that envisioned a second Capital Hospice state-of-the-art center that will house patients needing hospice medical care as well as a pain management clinic.

Then, the Van Metre and Adler families stepped to the fore as strong allies—civically and financially—to move the project to its next major phase: securing the land and naming it the Adler Center for Caring.



INPATIENT CENTER LEAD DONORS
(L TO R) BEAU VAN METRE, DEE VAN METRE, LEN ADLER, AND DALE ADLER

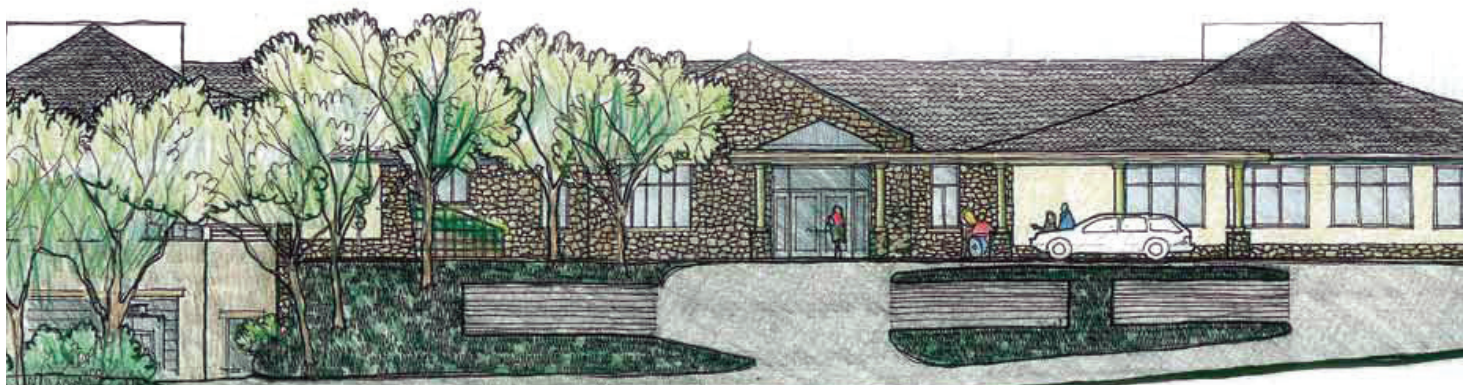
THE VAN METRE CAMPUS FOR HOSPICE CARE

Over two generations, the Van Metre name has become synonymous with quality as the family-owned development and construction business literally shaped the Washington area landscape. Founder Albert Van Metre Sr. was a long-time hospice supporter, and his legacy is now a family tradition carried on by Dee and Beau Van Metre.

“While there are many worthwhile organizations that we have supported over the years, the special relationship we have with Capital Hospice is one that gives us the greatest understanding of true dedication and compassion,” the younger Van Metres agreed. “Their experienced and compassionate staff was an incredible help to our family during the challenging time when Dad was in their care.”

“We primarily serve Loudoun County, a pastoral painting of a place that has grown 71 percent since 2000 and has the highest median income in the nation. In addition to caring for patients in our office headquarters town of Leesburg, we support patients in Herndon, Reston, Great Falls and Chantilly. Our service area covers 578 miles, and counts roughly 427,000 residents.”

—LINDA RAWLETT, RN, CHPN
GENERAL MANAGER, LEESBURG



SOUTHWEST ENTRY OF THE ADLER CENTER FOR CARING ON THE VAN METRE CAMPUS

Because of this deep appreciation for the work of Capital Hospice, the Van Metre Companies donated land in Loudoun County, Va., on which a second, 21-bed, Capital Hospice inpatient care center will be built. Our first 15-bed center, called Halquist Memorial Inpatient Center, is located in Arlington.

ADLER CENTER FOR CARING

In 2009, architectural plans for the new in-patient hospice care center were completed. This beautiful facility will provide patient-focused services in a home-like setting using advanced treatment, monitoring, and care-support technologies.

A cornerstone gift to name the facility was given by benefactors and supporters Dale and Len Adler, naming it the Adler Center for Caring.

"We have been involved with Capital Hospice for many years and have long admired the work they do in our community," the Adlers said. "When we learned of the critical need for a new in-patient care facility, we knew we wanted to be part of the solution."

One of the most exciting elements of the design is a walk-in-level clinic for pain and symptom relief delivered by some of our 31 physicians and nurse practitioners, known as "palliative care."

"Moving forward on the spectrum of care into pain management before a patient might be ready for hospice is a continuing emphasis for us," said Malene Davis, CEO and President of Capital Hospice. "We are making a commitment to helping moms and dads throughout our service area to live their best lives, as long as they can with as little pain and discomfort as possible. That's what true hospice and 'palliative care' is all about!"

Fundraising to cover the project's \$15 million cost is in full swing, and the permitting process is underway. Some of the funds raised at the Gala 2010 set for October 30 at the Ritz Carlton Hotel in Tyson's Corner will underwrite part of the Palliative Care Clinic here.

CAPITAL TREASURES

Looking more like a boutique than a thrift shop, our Capital Treasures store occupies a central spot in Historic Downtown Leesburg at 26 West Market Street.



The tidy store carries intriguing merchandise from antique furniture, vintage tableware, to designer clothing and collectibles.

Donated items come from patients, families, estates, businesses, religious and civic organizations. For example, River Creek community has provided remarkable support and donations to our Leesburg store.

Capital Treasures joins our original 1997 Capital Hospice Thrift Shop in Falls Church at 6172 Arlington Blvd. Both stores are staffed by dedicated volunteers ranging in age from 16-87 years. Rose Ramey (one of our most senior Leesburg volunteers) says helping others keeps her young.

Capital Treasures (Leesburg location) accepts donations 10:00 a.m.–4:00 p.m. Tuesday–Saturday, and other times by appointment. Please call Susie Mason at **703-669-3311** for more information or email her at smason@capitalhospice.org.

Capital Hospice Thrift Store (Falls Church location) is open 7 days a week: 10:00 a.m.–4:00 p.m. Monday–Saturday, and 11:00 a.m.–4:00 p.m. Sunday. Call Michael Murphy **703-532-5355** for more information.

Manassas

10530 LINDEN LAKE PLAZA
SUITE 200
MANASSAS VA 20109



PRINCE WILLIAM,
FAUQUIER, AND
STAFFORD COUNTIES

NEIGHBORHOOD PATIENT STATISTICS

SITE OF CARE	
72.4%	Home
27.6%	Facility
GENDER	
54.6%	Female
45.4%	Male
ETHNICITY	
77.9%	Caucasian
14.2%	Black
2.9%	Hispanic
1.8%	Asian
1.0%	Arab
0.1%	Native American
2.2%	Other
AGE	
0.3%	Under 18
7.7%	18–50
17.2%	51–64
17.7%	65–74
28.6%	75–84
28.5%	85 and over

10530

“Our diverse population and geography integrate us! With our massive footprint of Prince William, Fauquier and Stafford Counties, we cover more than 1,258 square miles—making us the largest physical neighborhood. And, we provide world-class care to a broad population. For example, 19% of Prince William County’s population is Hispanic, which we serve with Caminando Juntos.”

—MAUREEN WILLIAMS, MED, RN, B-C
GENERAL MANAGER, MANASSAS

When a patient or family cannot easily read or write English, getting health care can be a frightening experience. “Part of what we do in hospice care isn’t technical—it’s being able to communicate,” said Stephanie Karpinski, RN, one of our Manassas nurses who cares for Spanish-speaking patients.

Karpinski is part of a growing legion of Capital Hospice working with patients and families who speak multiple languages. Her functional Spanish often comes in handy, such as when she worked with a grandmother from El Salvador who had advanced dementia.

“She trusted us and relied on us,” Stephanie said. “It was very important to her to be able to communicate in her own language, and we worked closely with her son who is fluent in English. His devotion to her was clear, and we considered him our care partner.”

When complicated conversations exceed her Spanish language skill, she calls upon a colleague who is fluent, or utilizes a medical translation service for health care providers.

Capital Hospice recognized a special need for cultural support, founding a program called *Caminando Juntos* (Walking Together) especially for Latino support.

**CAMINANDO
JUNTOS**

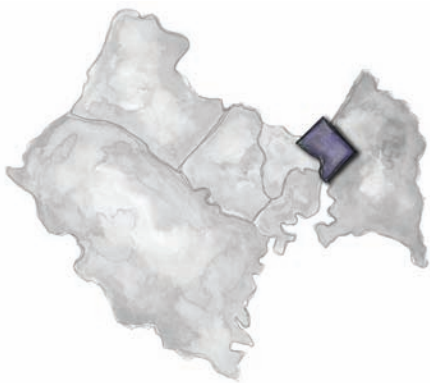
“Our Caminando Juntos program is really just the beginning,” said Ofelia Recio, our Latino Outreach Coordinator in Manassas. “In 2009, we concentrated our efforts in Virginia, specifically in Manassas in Prince William County and the Herndon, Reston and Sterling areas where there is a very large number of Hispanics.”

“We also are working to become more culturally sensitive to the many populations throughout our entire service area, especially in Prince George’s County,” she said.

“We have many miles to go before we sleep,” Ofelia said. “Helping our clinical staff to communicate with non-English speaking patients and families is critical to our success as a hospice to render the right care.”



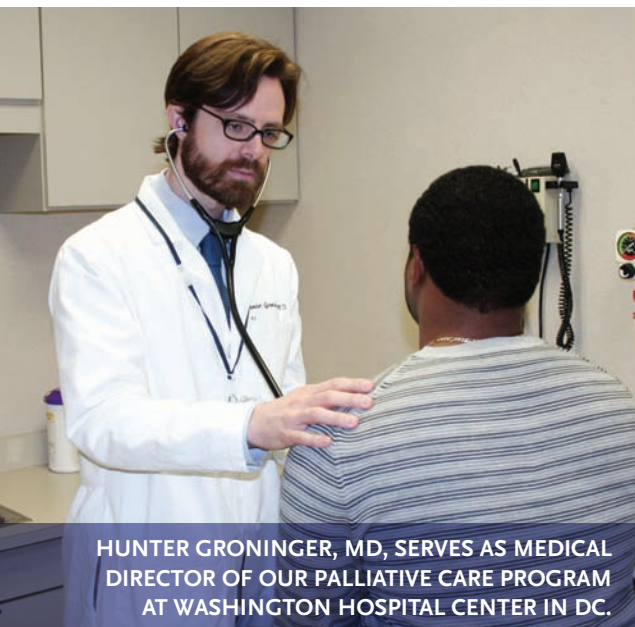
CAPITAL HOSPICE NURSE CASE MANAGER
STEPHANIE KARPINSKI, RN, VISITS
SPANISH-SPEAKING PATIENT CARMEN.



Washington

4401 CONNECTICUT AVE NW
SUITE 700
WASHINGTON DC 20008

Pain and symptom management remains Capital Hospice's top priority as we work to keep our patients and families most comfortable as they live with advancing disease. This heavy focus places Capital Hospice as a regional and national leader in what is known in the health care industry as "palliative medicine."



HUNTER GRONINGER, MD, SERVES AS MEDICAL DIRECTOR OF OUR PALLIATIVE CARE PROGRAM AT WASHINGTON HOSPITAL CENTER IN DC.

Our 22 physician employees, known as Capital Palliative Care Consultants, treated about 2,400 new patients and logged more than 10,000 patient visits in 2009. Working closely with the doctors were nine hospice-certified Nurse Practitioners, giving Capital Hospice a remarkable 31 employed clinical providers of palliative care. Most large hospices in the country carry only a handful of physicians "on staff."

This focus on pain and

symptom management has resulted in strong relationships with hospital partners throughout the Washington metro area. Our palliative care services at Washington Hospital Center in the District saw significant increases in patients served in 2009, as did our clinic at U.S. Oncology offices. We also work closely with other MedStar facilities and with the Inova Health System in Northern Virginia.

Our Fellowship in Hospice and Palliative Medicine—one of our unique projects nationwide—graduated five physicians in 2009, bringing the total to 10 since the program's inception in 2004. Every graduate of our Hospice and Palliative Medicine Fellowship has received or is on track to achieve board certification in this medical sub-specialty formalized by the American Board of Medical Specialties in 2006.

An agreement to partner with the National Institutes of Health Clinical Center reached in 2009 will mean a larger, more robust clinical training program, beginning in 2010. Fellows are offered a stipend while they receive their training, funded largely by community support.

NEIGHBORHOOD PATIENT STATISTICS

SITE OF CARE	
64.4%	Home
35.6%	Facility
GENDER	
56.6%	Female
43.4%	Male
ETHNICITY	
42.2%	Black
32.5%	Caucasian
2.2%	Hispanic
0.8%	Asian
0.4%	Arab
0.2%	Native American
21.8%	Other
AGE	
0.0%	Under 18
6.7%	18–50
14.5%	51–64
12.1%	65–74
22.2%	75–84
44.6%	85 and over

"A bustling, urban lifestyle infuses our care in the District of Columbia, challenging us every day to deliver top-notch hospice and palliative care services to patients from apartment complexes to high-rises to townhomes to majestic mansions. We work closely with hospitals, nursing homes and assisted living facilities to bring care to our patients, wherever they might be living."

—CYNTHIA CARNEY, RN, BSN, CHPN
GENERAL MANAGER, WASHINGTON

Patient Care Fund

PATIENT CARE FUND STATISTICS

NEIGHBORHOOD

8.8%	Alexandria
14.9%	Arlington
18.4%	Falls Church
13.2%	Halquist Center
9.6%	Largo
17.5%	Leesburg
12.3%	Manassas
5.3%	Washington

ETHNICITY

30.7%	Hispanic
22.8%	Black
17.5%	Caucasian
13.2%	Asian
3.5%	Arab
12.3%	Other

AGE

1.8%	Under 18
66.7%	18–64
11.4%	65–74
20.2%	75 and over

DIAGNOSIS

69.3%	Cancer
6.1%	Heart Disease
6.1%	Liver Disease
4.4%	Dementia
3.5%	HIV
2.6%	Cerebrovascular Disease
1.8%	Renal Failure
0.9%	Septicemia
5.3%	Other/Unspecified

When one of our neighbors needs hospice help, they are welcomed with open arms at Capital Hospice regardless of their ability to pay. In fact, in 2009, we provided roughly \$1.6 million in care to people eligible for services who had inadequate means of payment. We covered those costs through the generous support from donors who live in the communities we serve.

“When patients receive financial assistance from our Patient Care Fund, they get the same exemplary care as someone who has insurance or who is paying out-of-pocket,” said J. Cameron Muir, MD, Executive Vice President for Quality and Access. “We work hard to make sure that lack of a payment source is not a barrier to receiving quality care.”

Patients and families who receive financial assistance from our Patient Care Fund often are surprising. For example, Jim worked hard at his retail job for years, but his insurance was exhausted by the time his wife, Anastasia, needed our care after being diagnosed with liver cancer. Our Patient Care Fund stepped in.

Bernard worked for years as a researcher at a local university until he could no longer afford his HIV medications and lost his job and his insurance. He eventually became homeless before he came into our circle of support. We eased his final days.

Gary’s undiagnosed brain tumor triggered poor financial judgment that eventually cost him his business, insurance, his family’s savings and their home. Capital Hospice supplied services and durable medical equipment to support Gary in his journey.

To learn more about the Capital Hospice Patient Care Fund, and how you might contribute, please contact Penelope Welch, CFRE, Director of Annual Fund and Donor Relations, at 703-531-6232.

*The impersonal hand of government
can never replace the helping hand
of a neighbor.*

—HUBERT H. HUMPHREY

What does it mean to be a caring neighbor? Perhaps it is the small kindness of a helping hand gathering mail or picking up groceries. Or, it may be the strong back and comforting arms when times are tough.

For Capital Hospice, it's that—and much more. Sure, we worry about common activities of daily living for the more than 11,000 moms and dads we care for each year. We offer companionship and assistance through our incredible 850 community volunteers and other community resources.

But we also deliver some of the best hospice care in the United States through a remarkable medical and counseling team. Capital Hospice has the most board-certified physicians on staff in the Washington region, combined with the most hospice-certified nurse practitioners and nurses, certified nurse aides, medical social workers, licensed grief counselors, and chaplains.

We take seriously our duty to follow sound business principles. In 2009, we built on our “best practices” fiscal model to crisply manage costs without compromising quality. We ended the year with a small operating surplus, making it possible for every dollar of community donations to be used to cover our care for those who have inadequate means to pay. That equaled more than \$1.6 million in 2009.

Then, we tackled some long-term fixed costs through the purchase of our headquarters building in Falls Church in Northern Virginia. This acquisition replaced an increasingly expensive lease, and it will pay dividends for years to come. In addition to housing our Falls Church care team and leadership group, the building also welcomes grieving families to group sessions in specially equipped rooms.

We appreciate this opportunity to share with you the phenomenal gifts you give through daily hospice service to more than 870 of your neighbors. We remain humbled by your continued support of our work, and we pledge ourselves to achieving greater heights in 2010.

As always, there is a place for you with us at Capital Hospice, whether it be as a valued donor, a precious volunteer or a beloved patient or family member. As Vice President Hubert Humphrey so wisely said, “The impersonal hand of government can never replace the helping hand of a neighbor.”

Malene Davis



AMONG CAPITAL HOSPICE'S MANY MILESTONES IN 2009, WE FOUND A PERMANENT HOME BY BUYING OUR HEADQUARTERS BUILDING. WITH A SINGLE STROKE OF THE PEN, PRESIDENT AND CEO MALENE DAVIS COMPLETES THE PURCHASE AS FORMER CAPITAL HOSPICE BOARD MEMBER MICHAEL WYERS LOOKS ON.


Capital Hospice



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Mrs. Eloise E. Sullivan
Mr. Edward Sullivan
Ms. Eve L. Tetaz
Mr. Jack D. Thompson
Mr. William Joseph Tobin
Mr. Juergen Tooren
Mr. Gordon A. Tubbs
Ms. Loretta Tulloch
Mrs. Eva F. Tully
Ms. Kathy R. Van Kleeck
R. Adm. and Mrs. M. D. Van Orden
Mrs. Betty H. Vertiz
Mrs. Dorothy M. Washko
Ms. Carol J. Weber
Mrs. Ariadne S. Welch
Mr. and Mrs. James L. Welch
Capt. and Mrs. Robert A. Wells,
USN (Ret.)
Ms. Marjorie E. White
June and Earle C. Williams
Mr. Hugh E. Witt
Ms. Margaret Mary Wolfe
Col. Walter A. Wood, III
Mrs. Katherine T. Wood
Mrs. Jeanette L. Wurster
Mrs. Sheryl D. Yates
Mrs. Patricia B. Zug

Arlington County Agency on Aging
Army Officers' Wives Club of the Greater
Washington Area
Bank of America Foundation (DC Region)
Bedford Falls Foundation
Walter A. Bloedorn Foundation
I.J. and Hilda M. Breeden Foundation
The Walter Brownley Trust
E. Rhodes & Leona B. Carpenter
Foundation
Charles L. Perkins Sr. Charitable Trust
Clark-Winchcole Foundation
The Community Foundation for the
National Capital Region
The Cors Foundation
Marshall B. Coyne Foundation
Curtis & O'Hara Foundation
DC Road Runners Club, Inc.
Delman-Mortenson Charitable Foundation
Department of the Army, Fort Belvoir Chapel
Richard & Mary Dwyer Charitable
Foundation Trust
Edwaldan Foundation
EPSILON XI BETA SIGMA PHI
Betty Evans Charitable Foundation
Ewing Family Foundation
ExxonMobil Foundation, Inc.
Fellows Foundation
Freddie Mac Foundation Givingstation
Gannett Foundation
Great Meadow Foundation
Val J. Halamandavis & the NAHC Staff
Heart Sing Foundation
The Herb Block Foundation
Paul J. Hewgill Charitable Foundation, Inc.
The Hitt Foundation, Inc.
Horoschak Family Fund
The JV Schiro Zavela Foundation
The Kiwanis Club of Arlington, Inc.

Kohlhaas-Mason Annual Golf Tournament
Koll Family Foundation
Leadership Worth Following, LLC
Loudoun County
Mary and Daniel Loughran Foundation, Inc.
Loyola Foundation
Marilyn S. Broad Foundation
The McCutchen Foundation
McLean Citizens Foundation
The Mennonite Foundation, Inc.
Miller and Chevalier Charitable Foundation
Arthur E. & Clara M. Morrisette Foundation
Mt. Vernon Knights of Columbus Club #5998
N. S. and R. K. Preston Fund
Northern Virginia Community Foundation
Page Family Foundation
The Peterson Family Foundation
Prince Charitable Trusts
Prince William Co. Office of Housing &
Community Development
The Rice Family Foundation
Robert Trent Jones Golf Club Charitable
Foundation
Michele K. and Marc S. Ross Family
Foundation, Inc.
Rotary Foundation of Washington, DC
George J. and Effie L. Seay Foundation
South Gate Clinton Lions Club
Alexander and Margaret Stewart Trust
Tidewater Research Foundation, Inc.
Tintagel Charitable Foundation
Titmus Foundation
Venable Foundation
The George Vinall Foundation
Virginia Commonwealth University
Washington Forrest Foundation
Ada & Albert Wibel Foundation
Wollenberg Foundation
Woman's Club of McLean (GFWC)

This annual report was made possible, in part, by a generous in-kind donation by MasterPrint, Inc., Newington, Virginia.

Dr. Josefina Magno Society

The Josefina Magno Society is named for the oncologist who introduced hospice to the United States and founded Hospice of Northern Virginia. The longtime and unwavering support of these individuals and organizations is reflected in their lifetime giving of \$100,000 or more.

PHILANTHROPIST

\$1,000,000 or more

Mr. and Mrs. Leonard Adler
Capital Hospice Thrift Shop
(Arlington Location)
Eleanor H. Bream†
Dr. Roy and Margaret Halquist†
Nancy M. Perkins†
Mr. and Mrs. Sydney Albright
Alexander and Margaret Stewart Trust
Hospice Cup, Inc.
Barbara M. Williams†
U.S. Dept. of Health and Human Services
Jack Taylor
Thomas J. Stanton†

VISIONARY

\$500,000 - \$999,999

Helen L. Sehr†
Clark-Winchcole Foundation
Janet S. Brickey†
Fairfax County
Booz Allen Hamilton, Inc.
Frances S. Stewart†
Dittmar Company
Ann Blancheri†
Alicia G. Allen†
Peggy Hoffman†
Billington Imports, Inc. and the
Bartholomaeus Family

BENEFACTOR

\$100,000 - \$499,999

Thomas T. and Dorothy E. Chambers
Memorial Fund
Ruth Hays†
E. Rhodes & Leona B. Carpenter Foundation
Joline Long†
Mr. and Mrs. Joseph Squarzi, Jr.
Arlington County Board
Miriam R. Johnson†
Susan T. Tait†
Jack Taylor's Alexandria Toyota-Scion
Olivia T. Adams†
Mr. and Mrs. Russell A. Hitt
Mr. and Mrs. William A. Hazel
B. Edward Vaughan†
Washington Forrest Foundation
Prince Charitable Trusts

Ruby R. Anderson†
The Walter Brownley Trust
Elizabeth A. Beam†
Marilyn D. Barton Trust
Bailey P. Byars†
Martha L. Schmidt Trust
Mr. and Mrs. Duane A. McKenna
Philip L. Graham Fund
Robert Trent Jones Golf Club Charitable
Foundation
Mr. and Mrs. William J. Inman
Morris & Gwendolyn Cafritz Foundation
Mary E. Long†
Martina McKay†
Grace Lee Wall†
Lindsay Automotive Group
Albert G.† and Joan Van Metre
Maria N. McMahon†
Ms. Ethel P. Hoffman
Bettina Rising†
James M. Johnston Trust
Stanley W. and Elizabeth H. Plate
Charitable Trust
Margaret A. Bauer†
Nellie Hale†
Mary H. Strohm†
Darleen and Allan Cors
Arlington Health Foundation
M. Irene LaBorde Trust
Loudoun County
Martin D. Carlin†
Katharine Peters†
Ruth Catherine Goss†
Northrop Grumman Corp.
Exxon Mobil Foundation, Inc.
Ms. Patricia Carroll
Lynn and Stuart White
Ruth Frederick†
Ms. Elizabeth Maloney
Mrs. Mabel W. Clark
Janet Henderson Trust
Madeline L. Keyser†
Arcana Foundation
The Britton Family Trust
Mr. and Mrs. Scott C. Plein
West*Group Properties, LLC
Mrs. Eva F. Tully

Norma J. Mitchell†
Mrs. Linda Dunleavy-Beckman
Anonymous Donor
Mr. and Mrs. Gabriel A. Battista
Dr. and Mrs. Edward H. Bersoff
Eleanor Ayres Koons†
Mrs. Lorraine C. Snell
Marion B. Tucker†
Mr. and Mrs. John Touts
The Mars Foundation
Community Health Charities of The
National Capital Area, Inc.
Dr. Joseph B. Johnson
Mr. and Mrs. John T. Hazel, Jr.
Toyota Motor Sales, USA., Inc.
America's Charities
Marshall E. Sanders Family Trust
E. Rhodes & Leona B. Carpenter Foundation
Dr. and Mrs. Richard P. Rubino
Harry C. Bobinger†
Jim Koons Management Company, Inc.
Peggy B. Lebaron Trust
Joseph and Helen Cribbins†
National Gardens Baptist Church
Edith E. Pfeiffer†
SAIC
Howard and Martha Zaritsky
Walter A. Bloedorn Foundation
Argon ST, Inc.
Louise S. Shepard†
Naidene D. Lowe Irrevocable Trust
Laura A. Davis†
Catherine Ann Eschbach
George J. Finney†
BB&T/First Virginia Bank
St. Mary's Church
Marpat Foundation, Inc.
Rodney E. Fenska†
Inova Health System
Mr. and Mrs. Timothy L. Hill
The McCutchen Foundation
Joseph B. Runey†
Joyce E. Poetzl†
Rotary Club of Manassas
Maxine H. Bishop†
Frank E. Werner†
Bessie E. Burton†

Faith and Community Organizations

Frances Ames Harrow Revocable Trust
The Alfred and Carol Moses Family Fund
The Honorable Clive L. DuVal, II†
Mr. and Mrs. George P. Shafran
Mrs. Hyman G. Rickover
The Hitt Foundation, Inc.
Dr. and Mrs. George W. Johnson
Ms. M. April Kennahan

†Deceased

Bequests

Hester L. Bakewell
Erma E. Black
Nicholas and Lois Blatchford
Capt. William I. Bull
Peter Paul Chichilo
Catherine Joan Cole
Jessie C. Daniels
Marie D. Fleming
Cornelia A. Fugate
Violet Grubbs
Harriet H. Hatfield
Janet Henderson
Mildred A. Hoffman
Carolyn B. Holliday
Miriam R. Johnson
Maria Loveless
Daniel O. Ohmer
Pamela Read Peck
Katharine Peters
Stanley W. and Elizabeth H. Plate
Sharron T. Price
Marshall E. Sanders
Bertha C. Schuler
Helen L. Sehrt
Alfred T. Souder
Marion B. Tucker
Eric W. Weinmann
Barbara M. Williams
Rena D. Wrenn

Benedictine Sisters of Virginia
Bethel Washington Primitive Baptist Church
Calvary Baptist Church
Christ Church Gift Shop, Alexandria
Christ Church Parish, Georgetown
Common Ground Christian Church
Communitas
Congregation Olam Tikvah
Eastminster Presbyterian Church
Faith Lutheran Church
Falcons Landing Chapel Fund
First Baptist Church of Vienna
First United Methodist Church
Galilee United Methodist Church
Grace Lutheran Church
Grace Ministries
Gunston Bible Church
Holy Spirit Catholic Church
Holy Trinity Lutheran Church
Immanuel Church-On-The-Hill
Living Hope Christian Fellowship
Manassas Presbyterian Church
Our Lady of Lourdes Church
Pleasant Valley United Methodist Church
Resurrection EV Lutheran Church
St. Charles Borromeo Catholic Church
St. Francis Episcopal Church
St. John's Episcopal Church
St. Joseph's Church
St. Mark Catholic Church
St. Theresa Church
Sydenstricker United Methodist Women
The Church of the Covenant Presbyterian Church
Trinity Episcopal Church, Alexandria
Trinity Episcopal Church, Manassas
U-Praise Liturgical Dance Ministry
United Methodist Women Church, Arlington
Vale United Methodist Church
Vienna Presbyterian Church
Walker Chapel United Methodist Church
Washington Farm United Methodist Church
Women's Association of the National Presbyterian Church

MISSION

The mission of Capital Hospice is to improve care for those facing life-limiting illness through direct support of patients and their families, public education and public policy.

TO SUPPORT CAPITAL HOSPICE

We count on your support to make end-of-life care available to everyone. To learn how to make a tax deductible contribution of cash or appreciated property, or to find out about matching gifts, deferred giving plans, endowment gifts and bequests, contact the Development Office at 703-531-6225 or visit www.capitalhospice.org/support.

TO VOLUNTEER

Volunteers are among Capital Hospice's greatest assets. To learn more about working in the Capital Hospice Thrift Stores or administrative offices, becoming trained in bereavement counseling, participating in our Speakers Bureau, visiting patients, providing office support and other volunteer opportunities, contact Growth and Outreach at 703-538-2045.

Corporate Partners

Abt Associates, Inc.	The Fred Ezra Company	Omniplex World Services Corp
The Active Network, Inc.	Freddie Mac Foundation Givingstation	Pharmaceutical Research & Manufacturers of America
Adams-Green Funeral Home, LLC	Gannett Foundation	Pillsbury Winthrop Shaw Pittman, LLP
America's Charities	Gilbert Oshinsky LLP	Pivec Advertising, Ltd.
American List Counsel, Inc	Give with Liberty Employee Donations	Purdue Pharma L.P.
Argon ST, Inc	Golden Zebra Polo	Quality Automotive Warehouse, Inc
Aronson & Co.	Green and White Fuels, Inc	Regardie, Brooks & Lewis, Chartered
Association of American Railroads	Hensel Phelps Construction Co.	Ridgewells
AT&T Employee Giving Campaign	Hitt Contracting Inc	Right at Home
BacardiUSA	Home Savings & Trust Mortgage	RLI Insurance Association
BAE Systems Employee Community Fund, Inc	Hospice Education Institute	Robert J. Murphy Funeral Homes, Inc.
Bank of America	Howard University Hospital	Rotary Resolution Race
Base Technologies, Inc.	IBM Employee Services Center (Workplace Giving)	Schwab Charitable Fund
BB&T	IMF	Seaton Benkowski & Partners
Bill Page Imports, Inc.	Inova Health System	Sheehy Auto Stores
Blue Water Grille	Interstate Worldwide Relocation, Inc.	Simpson Development Company, Inc.
Booz Allen Hamilton	Jack Bays, Inc.	Skadden, Arps, Slate, Meagher & Flom LLP
Brambleton Group, LLC	Jack Taylor's Alexandria Toyota-Scion	Snell Construction Corp.
Buck & Assoc. Real Estate	Jim Koons Management Company, Inc.	Sprint Nextel
Builders Floor Service, Inc.	Kelley Drye & Warren LLP	Stonewall Concrete, Inc.
Burke & Herbert Bank & Trust Co.	Kiddar Commercial Real Estate	TCAA, Inc.
Capital Hospice (Falls Church ALL Departments)	Kingbay Associates, LLC	The American Learnership Forum, Inc.
Cardinal Financial Corporation	The Kiplinger Foundation Inc	The Engineering Groupe Inc
CEEXEC, Inc.	Kody Holdings, LLC	The Freddie Mac Foundation
Chevron	KPMG, LLP	The Hospice Alliance of the National Capital Area
CIT Group Inc.	Lambert, Riddle, Schimmel & Co., LLLP	The Residences at Thomas Circle
Clark, Clark and Delaney	Lovettsville Dental Arts	The Velsor Company
Cohen, Rutherford, & Knight, PC	M&T Realty Capital Corporation	Todd Restaurants, Inc.
Commercial Carpets of America, Inc.	Mackey Electrical Services Inc	Toyota Motor Credit Corporation
Community Counselling Service Co LLC	Maersk Inc.	Tri-County Feeds, Etc.
Cooper Quincy, LLC	Marsh USA, Inc.	Trion Group Inc
Coram Specialty Infusion	Maryland Charity Campaign	Triple Canopy
Cort Business Services Corporation	Medline Industries, Inc.	Truist
Crimson Partners	Merrill Lynch	United Bank
Crovato Products and Services LLC	MERSCORP, Inc.	United Way of Southeastern Pennsylvania
CT Capital International, Inc.	Mid South Building Supply, Inc.	United Way of the National Capital Area
Dart Group Foundation II	Middleburg Polo Academy	United Way Special Distribution Account
Data Systems & Technology, Inc.	Miller Toyota-Volvo	VITAS Innovative Hospice Care
Deborah C. Welsh, PLC	Molnlycke Healthcare	Wal-Mart Foundation
Dewberry & Davis LLC	Museum of Bags Foundation	Walker Title & Escrow, LLC
Endo Pharmaceuticals	National Philanthropic Trust	Washington Workplace
Equinix	Neil Schlusel Family Foundation	WD Designs, LLC
Eurasia Group, LTD	Nespresso North America	Wilbea Medical Equipment
ExxonMobil Foundation	NetApp	Wise Hospice Options
ExxonMobil Retiree Matching Gifts Program	Network For Good	World Bank Community Connections Fund
Fairfax Oral & Maxillofacial Surgery	News Corporation	Wyeth Pharmacueticals
Falls Church Funeral Home	NT Auto Body, Inc	XO Communications, LLC
Fidelity Charitable Gift Fund	Odin, Feldman & Pittleman, P.C.	



2009 YEAR IN REVIEW

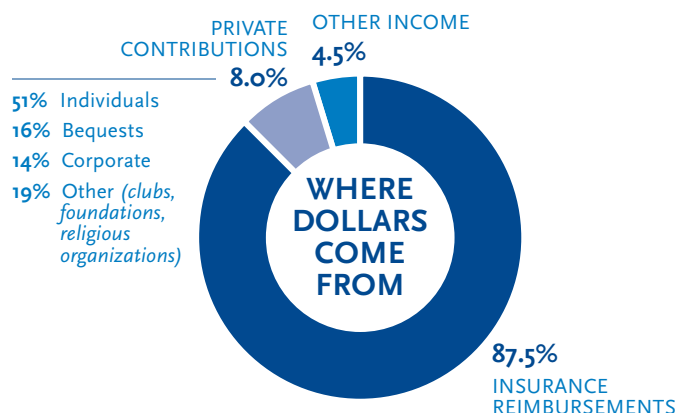
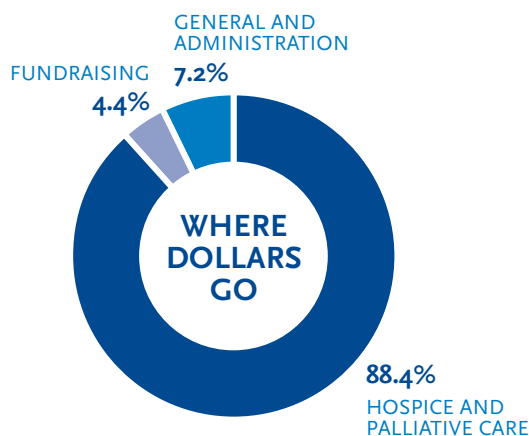
REVENUE

\$59,451,116	Patient Care
\$5,400,596	Private Contributions, Gifts, Grants*
\$1,826,552	Net Investment Income
\$1,230,558	Other Income
\$67,908,822	TOTAL INCOME
*\$2,663,233	Restricted Contributions (brings 2009 gifts to \$8,063,829)

EXPENSES

\$55,813,184	Patient Care
\$2,806,992	Fundraising
\$4,528,695	General and Administration
\$63,148,871	TOTAL EXPENSES

\$4,759,951 RESULTS OF UNRESTRICTED OPERATIONS



CAPITAL HOSPICE AND CAPITAL PALLIATIVE CARE CONSULTANTS

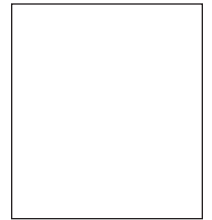
11,258	Total people served
872	Average daily number of hospice patients
72	Average number of days that patients received hospice care
\$1.6 million	Uncompensated care provided
554	Staff (<i>full time, part time and variable</i>)
848	Volunteers (<i>patient care, administrative and other</i>)
1.8 million	Miles traveled by staff providing care
67,022	Hours worked by volunteers
3,684	Number of people who received hospice bereavement
238	Total people receiving community bereavement

PALLIATIVE CARE STATISTICS

GENDER	
53.6%	Female
46.4%	Male
AGE	
0.4%	Under 18
15.0%	18–50
22.5%	51–64
17.4%	65–74
23.1%	75–84
21.6%	85 and over



2900 Telestar Court
Falls Church, VA 22042



Save the date

70
80
90
00
70
80
90
00

You are cordially invited to join us at our annual Gala. For information about sponsoring a table or attending this important fundraising event for Capital Hospice, please contact Caroline Kuo in Philanthropy at 703-531-6208.