2015 ANNUAL REPORT

Doing More for you. For your family. For our community.



OUR MISSION To simply improve care.

OUR VISION

To be recognized as a Center of Excellence in providing and catalyzing world-class advanced illness care



Photograph on cover by Martha Fitzsimon

message from Malene

DEAR FRIENDS & SUPPORTERS,

As we approach our 40th year of service, I want to thank each of you for being valuable members of the Capital Caring community—whether as a donor, volunteer, or one of the thousands of families who have entrusted us with the care of their loved one. Simply put, we could not do our work without your support. We are truly, truly grateful.

I sincerely believe that there is no greater calling than hospice work. The inspiration that our patients and their families give us infuses us with strength and helps us achieve our own inner peace. We appreciate everything around us. We keep our work and our lives in a clearer perspective. And we know the importance of the little things. Certainly, being with patients and

their families as they face life's final journey is a privilege like no other.

With your help, and because of Capital Caring's experience, size, expertise, number of physicians on staff, and other resources, we are able to care for all who come to us—including those with limited or no financial resources-and regardless of the severity of their disease condition or the complexity of their needs. This distinguishes Capital Caring's impact in the community from that of other local providers.

THANK YOU for helping make all of this possible. And please know that, in return, we are always striving to DO MORE for our patients, their families, and our community. For Capital Caring, 2015 was an amazing year of Doing MORE. Highlights include...

GROWING our definition of patient "family" to include companion pets by launching a Pet Peace of Mind[®] pilot program in our Falls Church neighborhood. Patients with financial and/or physical needs can complete their end-of-life journey without worrying about their pets' current or future needs;

CELEBRATING the

one-year anniversary of our Capital Caring Adler Center in Loudoun County, and advancing plans to open inpatient centers at Providence Hospital in Washington, D.C., and at Arbor Terrace Senior Living in Greenbelt, Maryland, during 2016—thus making much-needed inpatient care available close-to-home for all patients throughout our service area;

MERGING palliative, hospice, inpatient, and crisis care through the Navigation Center so that patients/families need call only one number to access all Capital Caring services; and

EXPANDING our outreach in the community—by hosting our first "In Good Faith" Prayer Breakfast, which brought together leaders of faith groups from across the District of Columbia to raise awareness of the resources Capital Caring provides to support local families in need of care.



As you read this 2015 Annual Report, I hope you'll join in celebrating our shared accomplishments. Your combined generosity has touched, and continues to touch, countless lives and deliver enhanced, world-class hospice and palliative care to a grateful community.

Sincerely yours,

1alone

Malene Davis President & CEO

Capital Caring 2015 vital statistics



HOSPICE PATIENTS SERVED

PALLIATIVE CARE PATIENTS SERVED

BEREAVED CHILDREN AND ADULTS RECEIVED GRIEF COUNSELING

HOURS WORKED BY VOLUNTEERS



STAFF MEMBERS

AVERAGE DAILY NUMBER OF HOSPICE PATIENTS

TOTAL CHARITY CARE PROVIDED

PEDIATRIC PATIENTS

AVERAGE NUMBER OF DAYS PATIENTS RECEIVE HOSPICE CARE

PATIENTS SERVED BY CHARITY CARE 6,350

HOSPICE PATIENTS RECEIVED CARE

POINT OF HOPE BEREAVEMENT CAMP ATTENDEES

VOLUNTEERS

VISITS TO 2,373 PATIENTS WHO REQUIRED PALLIATIVE CARE

MILES TRAVELED BY STAFF

PROVIDING CARE

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NAVIGATION CENTER INNOVATIONS ENSURE THE RIGHT CARE, AT THE RIGHT TIME

Capital Caring's Navigation Center continues to improve upon practices and procedures to facilitate easy access to care, help patients and their families navigate through the care system, and ensure patients and families receive the care they need, when they need it. The Navigation Center is at the forefront of multimedia interactions directed to Capital Caring to "Start Care Now," which includes phone calls, faxes, emails, web forms, Allscript submissions, eDischarge submissions, and smart device application submissions.

Innovations in 2015 included:

TELECARINGTM— TeleCaring was launched throughout Capital Caring's service area in 2011 and is a robust, innovative approach to care that ensures patients and their caregivers get the care they need, whenever they need it. Trained staff proactively call patients and families every day as an extra layer of support. The TeleCaring program enables our staff to respond to possible issues rapidly by offering emotional support as well as by quickly providing needed equipment and supplies. The calls help our patients and their families feel safe, comfortable, and where they want to be. They have also been shown to increase patient and caregiver confidence and can help avoid 911 calls. The **program continues to evolve so the process is even more efficient** and can reach even more patients.

ACCESS TO OUR INPATIENT CENTERS has been unified through the Navigation Center, providing quicker referrals and admissions.

PALLIATIVE, HOSPICE, INPATIENT, AND CRISIS CARE have been merged through the Navigation Center, so that patients and families need call only one number (1-800-869-2136) to access all Capital Caring services. Each call is answered by a trained Access Specialist who will focus on what matters most to that patient and family, and then navigate them expeditiously to the care they need most.

STAFF HAVE BEEN CROSS-TRAINED IN ALL SERVICES, including registration visits as well as elements of palliative care and inpatient services, so that at every turn patients and families are speaking with knowledgeable professionals with a deep understanding of all Capital Caring services.



Amen Otunba, Access Specialist Team Lead

A TeleCaring patient says, "I get phone calls each day from their TeleCaring service. A kind, gentle lady asks if I am doing okay, or need any more equipment or medicine. The calls are from a real person—not a robo call."

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doing more for you and your family



Dale and Len Adler



Dea and Beau Van Metre

CELEBRATING 12 MONTHS OF CARING AT CAPITAL CARING'S ADLER CENTER

More than 100 donors, friends, and supporters joined with staff and volunteers in celebration of the Capital Caring Adler Center's 1-year anniversary. Located on the Van Metre Campus, we are so proud to have created a one-of-a-kind facility, combining a hospice home team and an inpatient unit, with an outpatient palliative care team and the Interventional Center for Pain and Palliative Care all under one roof!

Capital Caring President and CEO Malene Davis announced that in its first year, the Center provided the comforts of home and the medical support of a hospital for 443 hospice patients whose pain and other symptoms required management not possible at home. If not for the thousands of generous donors who shared Capital Caring's vision, the Center would not have been built. Many of those donors were in attendance and recognized.

Len Adler – who with wife Dale donated the lead gift for the Center's building and for whom the Center is named—made remarks. Many of the donors, including members of the Van Metre family were recognized during the program, as well. The Van Metre family generously donated the property allowing Capital Caring to build the Center, located in the Stone Ridge area of Aldie, VA.

Building on our world-class services, and based on more than 30 years of experience gained at our Halquist Memorial Inpatient center in Arlington, the opening of the Capital Caring Adler Center in Loudoun County was a major leap forward as we plan further expansion and development of our inpatient care capacity.

In 2016, we will open a 14-bed center at Providence Hospital in the District of Columbia as well as a 7-bed center at Arbor Terrace Senior Living in Greenbelt, Maryland. With the opening of these two centers, we will greatly increase the much-needed inpatient care available and close-to-home for ALL Capital Caring patients and families.

Capital Caring is eternally grateful to an enormous community of generous donors and supporters who helped make this possible!

Volunteers assemble and deliver floral arrangements to residents in Capital Caring's inpatient centers.

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Keeping Pets & People Together During Hospice Care

Below: Nellie Belle; Malene Davis, volunteer Gail Fisher, Karita Knisely, volunteer Abby Lampela, and Grants Manager Sally Mallison display grant check "PET PEACE OF MIND®" PROGRAM HELPS KEEP PETS AND FAMILIES TOGETHER DURING HOSPICE CARE

On September 15, Capital Caring launched a new program, Pet Peace of Mind, which recognizes and actively supports the unique and very special bond between hospice patients and their companion pets. The program—piloted initially in our Falls Church neighborhood—will be rolled out to other neighborhoods in late 2016.

Capital Caring received a generous start-up grant from the organization that developed and guides the Pet Peace of Mind (PPOM) program for not-for-profit hospices across the country. We are the only hospice in the area participating in this remarkable and generous initiative.

PPOM helps patients complete their end-of-life journey without worrying about their pet's current or future needs. Services may include assistance with pet food and cat litter, veterinary care and medications, as well as grooming and boarding—depending on each patient's physical and/or financial needs. "Hospice is designed to integrate care for the patient and the patient's family—including companion pets," said Karita Knisely, Volunteer Services Coordinator for Capital Caring's Falls Church neighborhood. "We see a patient dealing with advanced illness as a whole, and often pets are a major part of their life."

Anyone interested in becoming a Pet Peace of Mind volunteer may contact us at 800-869-2136. We also welcome the support of veterinarians, groomers, boarders, and owners of pet-related businesses.



CAPITAL CARING TEAM MOBILIZES TO MEET NEEDS OF PATIENT CARE FUND FAMILY

Seven thousand two hundred and forty-five miles is a long way from home.

Having worked many years at his local embassy in Pakistan, the father of our hospice patient and his wife and four children were finally able to immigrate to the United States in 2015—primarily to seek a better life for the children. The eldest child, Muhammad, was a 13-year-old boy who weighed 24 pounds and was living with cerebral palsy. Right away, our volunteer who speaks the family's native Urdu language made herself available to translate during visits from the hospice nurse, medical director, and social worker to the family's Falls Church apartment. The hospice team assessed the family's immediate needs: they lived in crowded quarters with few necessities, all six family members slept on the same mattress on the floor, and they had no furniture and very little food. The father rode his small, child-size bicycle to work each day. Two of the children had just started their first day of school in the United States.

Within 24 hours, the hospice team had rallied. A volunteer who was moving out of the area made her final gesture of kindness by donating a king-size mattress. Our staff's generous families contributed boxes of supplies and food from their own homes. The social worker acquired a dining table and six chairs at a local thrift store. And the nurse case manager brought in some of her own children's toys for all four children.

The next morning, a volunteer, intern, and staff delivered the mattress, dining set, new adult-size bicycle, and donated food and household supplies to the family's basement apartment. What a difference a day makes.

This family was brave enough to pursue their dreams. It was our joy to do all we could to support them in this endeavor. Because the family had no financial resources or insurance, Muhammad's care was supported by our Patient Care Fund Program—which, in turn, is supported by generous donors throughout our community.

Ultimately, Muhammad's family—at the advice of our Medical Director and due to his age and the possibility of cure—made the decision to pursue aggressive curative treatments and chose to be discharged from hospice care.

Staff, volunteers, donors, and supporters gather at the Capitol to meet with Senators and Representatives to advocate on behalf of the Care Planning Act.

doing more for our community

ENGAGING COMMUNITIES TO IMPROVE CARE

Capital Caring engages members of our community and other key stakeholders as we strive to improve hospice care for our patients and families.

A Prayer Breakfast held on April 14 at Howard University's School of Divinity brought together a diverse gathering of leaders from faith groups across the District of Columbia to raise awareness of the resources Capital Caring provides to support local families in need of care as well as the important role that spirituality plays in hospice work.

On June 25, staff, volunteers, partners, and supporters met with more than a dozen Senators and Representatives on Capitol Hill in support of the Care Planning Act introduced by Senators Mark Warner (D-VA) and Johnny Isakson (R-GA), both to raise awareness of this important legislation and to describe how its passage would support hospice providers and benefit those we serve. The Hill Day also included a lunch briefing attended by community leaders and other health advocacy organizations to inform Congressional staff

members on the need to champion patientcentered policies that will empower families.

We look forward to continuing the momentum these events generated, as we engage the broader community to ensure patients and families are heard in the national healthcare dialogue and that, within our own community, they are connected to resources that support them during their time of need.



Board of Trustees Chair Tom Koutsoumpas



Malene Davis welcomes Prayer Breakfast attendees



Matt Kestenbaum, Capital Caring Medical Director and VA POST Associate Medical Director

CAPITAL CARING NAMED "ORGANIZATIONAL HOME" FOR VIRGINIA PHYSICIAN ORDERS FOR SCOPE OF TREATMENT (VA POST) INITIATIVE

Studies have shown overwhelmingly that advance directives alone are not sufficient to ensure a person's end-of-life care wishes are appropriately documented and honored. This has resulted in people dying in the hospital when they would rather be at home, and in their receiving unwanted and often extreme treatments and interventions. In short, they have been denied the basic right of self-determination at the end of life.

Formed in 2012, the Virginia POST Collaborative (VPC) is part of a national movement (www.POLST.org) of transferable medical orders designed to improve communication among patients, physicians, and emergency medical service providers with the goal of ensuring that patients' preferences are clearly documented, transcribed into enforceable medical orders included in the patient's medical record, and subsequently followed across care settings. This initiative started in Oregon in the 1990s and has spread across the country, with more than 40 states now having some sort of POST program in place or in development. It emphasizes advance care planning conversations and shared decisionmaking. The outcome of these important conversations is a completed POST form which translates informed decisions into actionable medical orders.

The VPC subsequently awarded Capital Caring the honor of being named the "Organizational Home" for VA POST. As such, we are now tasked with implementing the program throughout Virginia, including responsibility for POST form maintenance and distribution, oversight of regional programs to ensure consistency, training and development of qualified facilitators for end-of-life discussions, education and outreach, and raising program funds. The program has attained "Endorsed" status and we seek to reach "Mature" status—requiring that of the 95 hospitals, 266 long-term care facilities, and 69 hospice programs in Virginia, more than 50% utilize POST. Our goal is to secure 100% utilization.







THRIFT STORE RECEIVES MAKEOVER

Thanks to the outstanding work of Capital Caring's Thrift Store volunteers and the talented Monte Durham, Fashion Director on TLC's *Say Yes to the Dress: Atlanta* and long-time supporter of Capital Caring, our 18-year-old Thrift Store underwent a giant makeover and re-opened with a brand new, refreshed look in July. The store received a fresh coat of paint and new carpeting, and was reorganized to be more visually appealing to shoppers. All proceeds help support Capital Caring's mission to deliver world-class hospice care to families, regardless of their ability to pay. The store offers great values as well as a welcome connection for recently bereaved family members who wish to donate their loved one's clothing, furniture, and other possessions.

We are grateful to all the volunteers who sort, price, display, and sell donated items to our customers. The Thrift Store is located at 6172 Arlington Blvd. in Falls Church. For information on donating or volunteering, please contact the store manager at 703-532-5355.

"TWICE AS NICE" SHOP HOSTS GRAND OPENING

Capital Caring

Capital Caring launched its new Twice as Nice upscale resale shop with a grand opening in November. Guests were treated to an entertaining and whimsical fashion show, as well as a display of beautiful original artwork.

The stylish, upscale second-hand shop features donated items such as furniture, art, jewelry, rugs, and collectibles. Proceeds from the shop fund our hospice and palliative care for patients in need, as well as bereavement counseling and other services for their families. Twice as Nice is located in Tysons Corner at 8344 Leesburg Pike and relies on volunteers for pricing, merchandising, and staffing the shop. For information on donating or volunteering, please contact the shop manager at 703-752-1045.

Above: The Thrift Store; Twice as Nice Manager Stacy Adrian and Monte Durham; Opening event attendees

"It is amazing what a hand can do for someone, whether it be placed on their shoulder or in their lap. The hands of Capital Caring are always there." – Monte Durham

thank you to our amazing volunteers

Compassionate volunteers are the heart and soul of Capital Caring. Our organization was founded by volunteers and continues to rely on their generosity and commitment to offer a caring, cost-effective program. We are fortunate to be supported by more than 900 volunteers throughout our service area.

TO ALL CAPITAL CARING VOLUNTEERS, we extend our sincere gratitude. Here is a sampling of volunteers at work...



Opposite page: Keith Everett visits military veteran and hospice patient George Dumas and family; Middle School volunteer Saif Khan collecting distilled water for patients who use oxygen concentrators; Fall Church H.S. volunteers Maggie Reca and William Roberts (seated) assist with Pet Peace of Mind administrative tasks.

RULE THE EMPIRE

> This page: Air Force Honor Guard volunteers meeting and greeting veteran senior residents of Washington House in Alexandria.

HERITAGE SOCIETY

A reception was held at the Capital Caring Halquist Inpatient Center on September 24 to honor our Heritage Society members—those who have included Capital Caring in their estate plans. We're pleased to announce that Carol O'Connell Minkin and Dr. George Bogumill joined the Heritage Society in 2015.

This page: 2015 Heritage Society

PLANNED GIVING

We are grateful for the planned giving of Rosa Bente Lee. She will be remembered as a retailer, entrepreneur, philanthropist, and remarkable advocate for Capital Caring. Her equally remarkable gift will be used for years to come for both capital and other projects to ensure we continue to *simply improve care* for our patients and their families. Capital

When you support Capital Caring, you make a tremendous difference in the lives of our patients and their families. Whether you make a donation, attend our annual Passion for Caring Gala or other special event, include Capital Caring in your estate plans, or give in other ways, we thank you for your generous support.

PASSION FOR CARING GALA

Held on November 7, the 2015 Passion for Caring Gala: Making Bucket List Dreams *Come True* brought together hundreds of business leaders, dignitaries, care providers, community leaders, and family members who benefited from the care they received from Capital Caring.

In addition to the wonderful dinner and dancing, Capital Caring recognized Senators Tom Daschle and Bob Dole with the Pioneer in Hospice Award for their ongoing support of hospice and their bipartisan leadership to help ensure access to home health care for millions of Americans. Capital Caring also recognized mumms® Software with the Passion for Innovation Award for its work to revolutionize hospice care through technology.





Top: The Zuccari Family. Bottom: Tom Koutsoumpas, Malene Davis, and

thank you to our wonderful donors

ways you can give

Capital Caring is grateful for the financial support it receives from the community, allowing us to continue to fund the Patient Care Fund (charity care), bereavement and grief services, building and operations of inpatient centers, and other programs and services.

So often we hear words of appreciation from families, friends and neighbors who had a loved one in our care. They ask, *"What can I do to give back?"* Capital Caring has many ways to show gratitude, and we're happy to work with you to make your gift as meaningful as possible. **DONATE** to one of Capital Caring's many programs and services or allow us to use your gift where it is most needed. Financial gifts, large and small, help us to help others. Our annual Tribute Lights Memorial Campaign is a great way to remember a loved one at the holidays or any time of year. Often, families also choose to send a message of thanks and share their story along with their gift.

•**Donate Online:** Visit www.capitalcaring.org and select the Donate button to make a secure donation in honor or in memory of a loved one.

•Call: Donating by phone is simple. Call 703-531-2380.

•**Mail:** Mail gifts to Capital Caring Resource Development, 2900 Telestar Court, Falls Church, VA 22042. ENCOURAGE DONATIONS IN MEMORY OF A LOVED ONE by designating Capital Caring in lieu of flowers.

CONSIDER A MEMORIAL NAMING OPPORTUNITY.

Capital Caring has bricks, wall plaques, artwork, rooms, outdoor gardens, and other physical ways to memorialize a loved one.

MONTHLY GIVING: Join other Circle of Caring members by becoming a monthly sustainer and provide consistent, reliable and unrestricted financial support. 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 ensuring 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, a gift made through your will.

GIFTS OF STOCK:

Donating appreciated stock to Capital Caring can be financially beneficial to you and a much-appreciated gift to our organization.

WORKPLACE GIVING:

If you and perhaps your colleagues wish to support Capital Caring through workplace giving, there are several ways:

•Combined Federal Campaign (CFC) #39664

•United Way and Community 1st of Greater Washington, DC–Write in "Capital Caring" in one of these employer-sponsored campaigns EVENTS: Attend one of Capital Caring's many festive events, galas, and other fundraisers that benefit our community, or host an event at your home and allow us to share the value of our work with your friends, neighbors, or colleagues.

DONATE BY SHOPPING:

Donate items to and/or shop at our Thrift Store located at 6172 Arlington Blvd. in Falls Church; and our new upscale Twice As Nice Shop– featuring fine furniture, art, and antiques–located at 8344 Leesburg Pike in Tysons Corner.

2015 donors

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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.

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"When there's grief, there's happiness too."

Point of Hope Grief Camp attendees enjoy a ropes course

2015 year in review

REVENUE

Net patient service revenue	\$86,830,553
Private contributions, gifts & grants	\$7,820,471
Net assets released from restriction	\$135,501
Net investment income	(\$428,907)
Other income	\$231,095
TOTAL REVENUE	\$94,588,713
Additional restricted contributions	\$224,100

Additional restricted contributions

EXPENSES

Patient care	\$81,111,34
Fundraising	\$2,331,36
General & administrative	\$5,711,80
TOTAL EXPENSES	\$89,154,51
Results of unrestricted operations	\$5,434,19

WHERE DOLLARS COME FROM



6.4% GENERAL & ADMINISTRATIVE

2.6% FUNDRAISING

91.06% **HOSPICE & PALLIATIVE CARE**

30 | 2015 CAPITAL CARING **ANNUAL REPORT**

Capital Caring is a community-based, 501 (c) (3), not-for-profit 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.

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