

Hospice Care the Way it Should Be

Community support provides above and beyond care to patients and families

What distinguishes medical care from genuine caregiving? At Hospice of the Piedmont (HOP), this question is at the core of our mission - to care for the whole person. While Medicare covers the essentials of in-home hospice care for most patients, in some situations, there is a gap between what Medicare covers and our commitment to providing what an individual facing a life-limiting illness might need. That is where the generous support of our donors steps in. Philanthropic support allows us to deliver the best in patient care, reaching beyond standard Medicare coverage. We sat down with Chief Medical Officer, Dr. Alina Fomovska to discuss some of the ways your philanthropic dollars are at work at the bedside.

The Hospice of "Yes"

When asked to explain the impact of philanthropy at the bedside, Dr. Fomovska thinks of it this way, "It comes down to being the hospice of yes." Patients, she explained, often think going into hospice care means giving up things that Medicare will not cover. Dr.



Hospice of the Piedmont's Chief Medical Officer Dr. Fomovska using POCUS with patient

Fomovska gives the example of those who suffer from severe heart failure and are on the medication Milrinone which helps reduce symptoms like shortness of breath and fatigue. "We are the only hospice in the area that supports patients on Milrinone, allowing them to come home from the hospital and be with their loved ones."

"While there will still be things the Medicare hospice benefit will not cover, philanthropy allows us to significantly expand treatment options that we can provide to our patients," Dr. Fomovska shared.

HOP's expanded use of physical therapy, which is typically very limited

for patients on hospice, is another example of how HOP strives to support the whole person. Physical therapy not only offers our patients pain management, but it can also offer them a chance to feel more independent in their final months.

Being a hospice of 'yes' has fostered a culture at HOP that encourages new ideas and explores how we can continue to strive to do our best for everyone in need of our care. "Our first thought is not, 'what are we allowed to do', but instead 'what are creative and evidence-based ways can we approach this problem?'" explained Dr. Fomovska.

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Little Things, Big Impact

One new and exciting program at HOP, made possible through a generous donation, is the use of robotic pets for patients with delirium and dementia. These furry cats and dogs purr and wiggle when you pet them, respond to being spoken to, and are very cuddly.

“Robotic pets are a brilliant example of philanthropy at the bedside. With no medications that effectively treat delirium, these pets are the top evidence-based therapy,” explained Dr. Fomovska. Our care team has seen withdrawn patients light up and become more active and social with the introduction of a robotic pet. The simple companionship of these pets can make all the difference in a patient’s well-being.

Another way in which our community’s philanthropy makes an impact at the bedside is the use of technology to help avoid a trip to an emergency room or hospital. Through the generosity of our donors, HOP has purchased Point-Of-Care Ultrasound (POCUS) devices that can be used for a variety of clinical needs. The POCUS machines could be used by our doctors to follow up after a fall or investigate changes in pain or breathing, just to name a few. Thanks to this generous gift, HOP now has three POCUS machines available for our physicians.

Philanthropy in Action – Palliative Medicine

Our in-home Palliative Medicine program is another way in which our community supports the highest level of care for those navigating serious illness. Consider the standard primary care doctor visit in a clinic is scheduled for just 15 minutes. That’s often too short when dealing with complex advanced illness. “When it comes to maximizing life and making every moment count, visits have to be longer,” explains Dr. Fomovska. “Philanthropy supports patients being seen in their home, and long enough for meaningful impact.” Our team of Nurse Practitioners assist in navigating treatment options while prioritizing patient- and family-centered care in the comfort of their home.

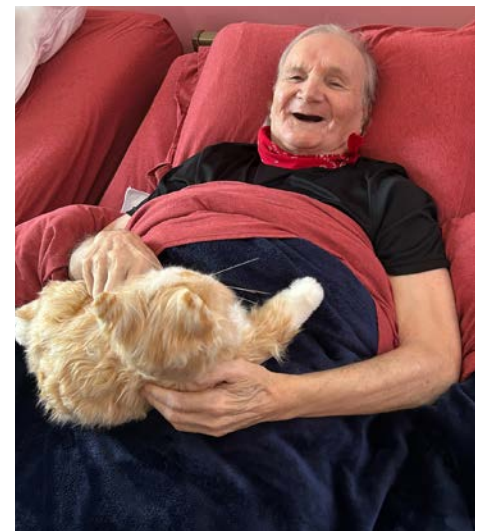
HOP is committed to delivering in-home palliative care because we believe it makes a meaningful difference in the lives of those navigating serious illness. The uncompensated cost of delivering these services exceeds half a million dollars annually and would not be possible without the generosity of our donors.

At HOP, we think a lot about how to make every moment count. We know that each good day or hour that a patient has can make a meaningful difference for them and their loved ones. Philanthropy in action is one way in which HOP strives to provide more good days and weeks for those we care for. Simply put said Dr. Fomovska: “Philanthropy expands our possibilities and lets us better care for our patients and families.”

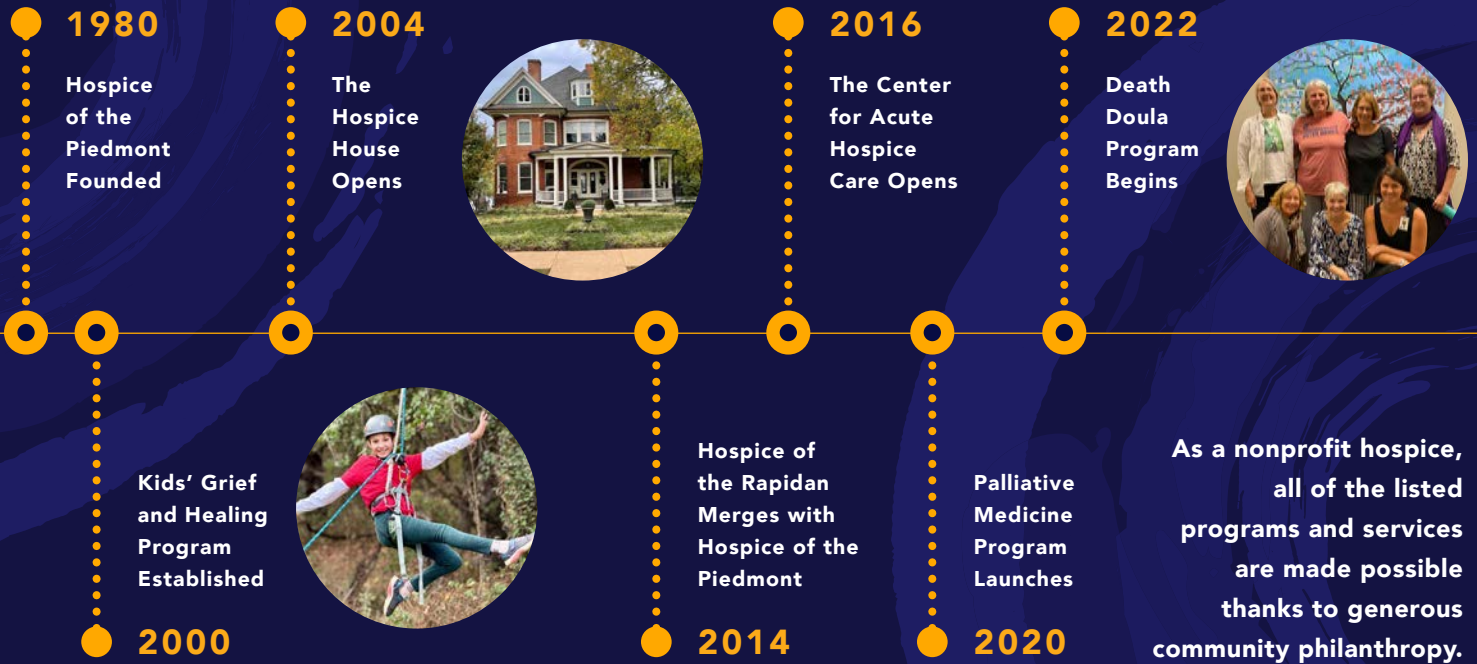


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TOP: Palliative Medicine patient enjoying her flowers.
BOTTOM: Dan, a hospice patient, and his robotic companion pet Orange-y the Cat.



Celebrating 45 Years of Hospice of the Piedmont

This year, we are excited to be able to celebrate the 45th anniversary of Hospice of the Piedmont. When I pause and reflect on what that means to our community, I'm both humbled and grateful for all that we've been able to do, and all the care we've been able to provide. May 28, 1980, was the first official board meeting of Hospice of the Piedmont. 45 years later, we've had the honor of caring for more than 50,000 patients and their families – our neighbors, co-workers, friends, and loved ones – during some of their most difficult times. Thank you for your generous and constant support over the years for making it possible.

As the only nonprofit hospice in our core service area with a long-standing presence, Hospice of the Piedmont's commitment to the communities we serve is strong. Every dollar we receive

from generous community donors is reinvested into the care of our patients and the community they call home. We prioritize those we care for every day, not outside investors.

When people ask me why I choose to work in hospice care, the answer is easy. Hospice is healthcare the way it should be. It's caring for the whole person, in the place they call home, and ensuring their comfort. Our mission at Hospice of the Piedmont – to guide life's final

journey with expertise and empathy – remains at the heart of everything we do. Thank you for your support in allowing our team to provide such important care to our local community.

With gratitude,

Nancy Littlefield DNP, RN
President & CEO



Every dollar we receive from generous community donors is reinvested into the care of our patients and the community they call home.

A Grateful Friend Gives Back

The following was written by Fran Gray, a donor and grateful friend of a patient cared for by Hospice of the Piedmont.

I've known Paula for over 40 years. My caregiving journey began in August 2012 when Paula was diagnosed with a brain tumor. My caregiving lasted six years and included eight surgeries. In July 2021, Paula was then diagnosed with advanced ovarian cancer. I reminded her again that she was not alone and became her strongest advocate and caregiver for a second time.

Our journey with hospice care began on August 21, 2023. Paula's health declined rapidly, and her oncologist determined that it was not possible to control the advancing cancer. Quality of life was more important to Paula, so her oncologist now became her strongest advocate and began the steps to arrange for care to be provided by Hospice of the Piedmont.

Paula received her care at the Center for Acute Hospice Care (CAHC). As she came on to service, the CAHC staff assured Paula that they were there to support her, while also supporting me. With Paula's okay, they included me in her care plan and let us know what to expect in the dying process.

Soon after her arrival, Paula shared that



Paula, Fran and family visiting at the Center for Acute Hospice Care

the staff had already left a powerful impact on her. She got the best sleep she'd had in the past few months, but more importantly, she felt the genuine care and devotion of the nurses and the friendliness of the housekeeping staff. Paula was humbled and brought to tears - the first I had seen her cry since her diagnosis. Everyone involved in her care (Alina, Kathleen, Patty, Kara, Grace, Stacy, Doris, Erica, Kendall, and many others, their names escape me now), whether personally or in the background, helped guide her through to the end and we both so appreciated your dedication, professionalism, and kindness. You let her see your human side.

God's presence in Paula's life transformed her in many ways; she enjoyed God's good gifts to the fullest and knew God was with her and was in full acceptance with end-of-life. Patty, the chaplain, provided spiritual support and often stopped by and the two would talk at length. Paula appreciated those discussions, which truly made a difference providing comfort and peace of mind.

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On August 30 Paula became unresponsive. A priest arrived for last rites and her oncologist stopped in for support. I was allowed to stay after Paula passed, and watched as Paula's body was prepared before the funeral home arrived. My caregiving for Paula ended when she was laid to rest.

I am deeply touched by the care Paula received. Please, begin the conversation about end-of-life care early and keep it in your back pocket. Hospice is not so frightening, and it won't be as confusing once you start the conversation.





THE GRATEFUL FAMILY PROGRAM

Often, families want to know how they can express their gratitude for the Hospice of the Piedmont (HOP) caregiver(s) whose kindness and compassion had a significant impact on their experience. The Grateful Family Program at Hospice of the Piedmont offers a way to do just that. Through the program, you can share a story and/or make a gift to support the nonprofit work of HOP.

You may share your story and make a gift online at hopva.org/grateful-family or scan the QR code.



Kids' Grief & Healing Celebrates 25 Years of Service

This year our Kids' Grief and Healing Program celebrates 25 years of service to our community. We know that 1 in 12 children in Virginia will experience the death of a parent or sibling by age 18. If left unaddressed, childhood grief can lead to mental and behavioral health issues, as well as decreased academic performance. By offering free grief counseling for children ages 4 to 18, we are helping young people process their loss, forge connections, and develop coping skills. The majority of the children our program supports come from community outreach to local schools and are not affiliated with our hospice care.

Our Kids' Grief and Healing Program connects with bereaved children through group and individual counseling, family workshops, and our Journeys Grief

Camps. Our counselors specialize in the techniques of art therapy when working with grieving children. Art therapy is a safe way for children to explore the complex emotions that they may be experiencing, but don't have the developmental skills to identify or express verbally. At our Journeys Camps, campers spend time in nature, learn wilderness skills, engage in mindfulness, drumming circles, pet and art therapy, and most importantly learn that they are not alone in their grief. New this year, we were pleased to add a fourth Journeys Camp at the Old Trinity Church at Dairy Market.

Our Kids' Grief and Healing Program is 100% supported by philanthropy. Thank you to our community for 25 years and counting of philanthropic support making this vital service possible!





Bob Elliott, Member of the Hospice of the Piedmont Board of Directors

A Donor Perspective on Giving

BOB ELLIOTT

A number of years ago, after my wife passed away in the loving care of Hospice of the Piedmont (HOP), I made a decision to create a legacy of financial support for one of our favorite charities, namely HOP. I wanted to make that financial support in the form of a major gift commitment, as well as a future gift commitment, or planned gift. I knew there were several ways to accomplish this, but the best for me was to make a pledged commitment that I could fulfill over several years as well as a planned gift. I also found that there were varying tax advantages based on the way the gift was made, whether it was through cash, security or stock withdrawals from an IRA or Savings account.

I have utilized the full menu of options available based on what worked best for my cash flow, tax ramifications, and most importantly my philanthropic goals at the time. As tax regulations and the financial environment are ever-changing, I do find it best to consult with a professional financial advisor or tax attorney when developing your philanthropic plans. Most importantly, as more informed donors, we can make the most of our philanthropic giving to support the causes that are near and dear to us.

Making the Most of Your Gift

Hospice of the Piedmont depends on the generosity of the community we serve to provide high-quality and compassionate care regardless of a person's ability to pay. Many of the programs and services we provide that bring peace and comfort to patients and their families are only possible through donor support. These include: the Hospice House, Center for Acute Hospice Care, Palliative Care, Kids' Grief and Healing, Grief and Healing, the Doula program, and Veterans' Services.

Cash donations are one of the simplest ways to contribute. However, there are several other ways to contribute that may be advantageous to you while allowing you to maximize your support for Hospice of the Piedmont.

Appreciated Stock or Mutual Funds

When you give appreciated stock or mutual fund you've held for more than a year to Hospice of the Piedmont, you can avoid capital gains tax and receive a charitable income tax deduction when you itemize.

Qualified Charitable Distributions (QCDs)

For those 70 ½ or older, you can make a qualified charitable distribution (QCD) directly to Hospice of the Piedmont from your taxable IRA. This gift counts toward your required minimum distribution. Plus, 100% of your gift remains in our community.

No matter your age, you can designate Hospice of the Piedmont as the beneficiary of all or part of your IRA. This allows your gift to pass to us tax-free after your lifetime.

Estate Plans

When you include Hospice of the Piedmont in your estate plan, you help ensure we can continue to provide end-of-life care to our community well into the future.

To learn more about how to make an impact contact Lauri Wilson, Director of Major Gifts, at lauri.wilson@hopva.org or (434) 972-3538.





PRESENTED BY



Lace up your sneakers because it's time to start training for this year's HOP 5K Run/Walk! We hope you'll join us on **Saturday, May 10**, for a day of exercise, community spirit, and giving back. Whether you're a seasoned runner or just looking to support a great mission, the HOP 5K offers an opportunity to make each mile count.

This year's scenic course through Keswick Estate is the perfect setting to reflect on how your participation is helping HOP continue its important work. After the race, join us for post-event refreshments to celebrate your achievement and the impact we're making together!

For more information and to register, contact Race Director, Ophelia Lenz at 5k@hopva.org or visit our website at hopva.org/5K.

Mark your calendar for **Friday, May 23**, and join us for a day of friendly competition, camaraderie, and community support. The Piedmont Golf Classic is a fantastic opportunity to enjoy a great day on the course while contributing to a meaningful cause.

In addition to a day of great golf, we invite you to buy a chance as part of our annual 50/50 Drawing! The lucky winner will take home up to \$15,000, and the other half will support the important work of Hospice of the Piedmont. Don't miss out on this exciting opportunity – only 300 tickets to be sold!

For more information and tickets, visit our website at hopva.org/Golf or contact our Tournament Director, Shannon Gearing at shannon.gearing@hopva.org.

THANK YOU!

Your support and participation help provide hospice care, support services, and grief counseling to individuals and families in need across our region.

The BOOK

A Guide to Local
Cuisine, Culture
& Meaningful
Conversation



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