

## Standing With Families

### Caring for Our Community's Youngest Patients



HOP is extending our mission to bring pediatric palliative and hospice care to families. (Stock image)

When a child is seriously ill, the weight a family carries is immeasurable. The road can be long, uncertain, and filled with moments no parent should navigate without compassionate support.

Today, [Hospice of the Piedmont](#) (HOP) is extending our mission to bring pediatric palliative and hospice care to families throughout our region. "When asked, 100% of HOP staff agreed that this is work we should be doing. It is core to our mission, and needed in our community," said HOP President and CEO Nancy Littlefield.

Our vision is to extend the same level of clinical excellence and whole family care we have provided for more than 45 years, now tailored to meet the unique needs of children and the people who love them most.

#### Expanding Care to Children

HOP will begin a collaboration with [UVA Health Children's](#) to provide specialized pediatric palliative and hospice services.

From hospital to home, families will experience seamless care delivered with expertise, compassion, and love.

Parents and siblings deserve care, too. We can offer anticipatory guidance, tender listening, and steadfast presence through both the hardest conversations and the quietest moments – providing compassion for the entire family.

Our community needs this care, and your generosity ensures that every child and every family receive the support they deserve.

#### Your Partnership Matters

With your help, the people and expertise of Hospice of the Piedmont can support families on this difficult journey. Your commitment ensures that they don't have to navigate this alone. As we begin providing specialized pediatric services, your philanthropy is the catalyst that will:

- Fund advanced training for our care teams.

- Equip additional resources needed for pediatric care.
- Create age-appropriate support tools for children and teens.
- Expand our bereavement care by supporting pediatric families through our [Kids' Grief and Healing Program](#).

Your generosity will help guide families through care coordination, palliative and hospice resources, and emotional support. We will meet families wherever they are, and whenever they need us.

Simply put: this vital work will happen because of donors like you.

When you support Hospice of the Piedmont, you do something truly extraordinary. You give comfort where there is fear, clarity where there is confusion, and companionship where families might otherwise feel alone. In short: your help makes this possible.





## A Letter from the CEO

### A Reflection on Bereavement: The Care That Continues

As I am learning how my own life comes together after the loss of my brother, I am finding truth in the saying that sadness after loss has been defined as “love with nowhere obvious to go.” In our work, bereavement care and support is not a task or an add-on—it’s a continuation of care and support. Families tell us that in the weeks after a death, what they need most is to know their love is not forgotten, to know they did all they could, and to have honest, practical support as life reshapes around loss.

Because of your support, our Hospice of the Piedmont family members can access no-cost [grief and healing support](#) for at least 13 months following a death. In addition, any member of the community is able to receive group support, attend memorial gatherings, and access resources tailored to different ages and experiences, regardless of whether they lost someone on our hospice services. For our youngest facing loss, our [Kids’ Grief & Healing](#) program provides safe

space for children and teens within our communities to express big feelings, ask hard questions, and find language for loss—work that often helps the whole family heal together.

When we tend to grief and loss as part of our mission, we strengthen families, schools, workplaces, and the social fabric that holds us all.

#### Strengthen Your Impact

- [Spread the word](#). Tell a friend who may need us. Many families don’t realize services to support serious illness exist until someone they trust says, “Hospice of the Piedmont can help.”
- [Invest in our mission](#). Your generous giving helps Hospice of the Piedmont in all the areas that matter most.
- [Volunteer](#). From family support, to assisting at our many events, your time is a gift that changes lives.

#### A Note of Gratitude

At Hospice of the Piedmont, we often say that peace, even in the most challenging circumstances, can be possible when people feel seen, comforted, and never alone. That is the essence of your impact. Thank you for believing that every life, at every age, deserves expert care, compassion and services that help meet them wherever they are.

With appreciation,

Nancy Littlefield, DNP, RN  
President and CEO

To learn more about  
our services, visit  
[hopva.org/our-services](http://hopva.org/our-services)



## Making a Lasting Impact

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Planned giving was the focus of a thoughtful and engaging conversation earlier this year when community members gathered for “An Introduction to Planned Giving,” a session designed to demystify what it means to leave a meaningful legacy.

Led by Julie King, Esq., Hospice of the Piedmont Board Member and estate attorney, the discussion explored the many ways individuals can incorporate charitable giving into their long-term plans. Julie outlined common tools such as wills, beneficiary designations, and other charitable gift options, helping attendees understand that legacy planning can be both accessible and deeply personal. “Planned giving is about aligning your values with your vision for the future, often in ways that are simpler than people realize,” she shared.

Guests also heard a moving personal perspective from Kate Tamarkin Arnold, acclaimed conductor, founder of Hospice of the Piedmont’s [Music by the Bedside](#) program, and a member of the Legacy Society at Hospice of the Piedmont. “Being part of the Legacy Society allows me to carry

forward my passion for music and care for people I may never meet, but whose lives I can still profoundly touch in the future,” said Kate. She spoke about her decision to name Hospice of the Piedmont as a beneficiary in her estate plans, describing how this choice reflects her commitment to bringing comfort, meaningful connection, and dignity to people in their most vulnerable moments.

Throughout the conversation, Julie emphasized that planned giving is not solely about finances; it is about intention, meaning, and ensuring that what matters most to us continues to matter in the future. The session sparked thoughtful questions, meaningful dialogue, and a shared sense of purpose among those in attendance.

[Hospice of the Piedmont’s Planned Giving program](#) offers a meaningful way to align your personal values with compassionate care for patients and families. By including Hospice of the Piedmont in your estate plans, you will be recognized as a member of our [Legacy Society](#) – a special community of supporters dedicated to making every moment count today and for generations to come.

**To learn more about leaving your legacy, please contact a member of our Development team at 434-972-3568 or email [gift@hopva.org](mailto:gift@hopva.org).**



Dick Fontaine

## Why We Give

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**By Dick Fontaine**

***Hospice of the Piedmont Volunteer,  
Piedmont Society Member and  
Former Board Member***

As a volunteer at Hospice of the Piedmont (HOP), I observe first-hand the skilled, compassionate care the professionals provide daily to families in need in our community. HOP’s large and diverse service area has reinforced for me the importance of honoring each patient’s and family’s unique story so we can provide the care and support they need during this transitional time. While adding humor and perspective is often helpful, the gift of support and active listening is always welcome.

My wife, Barbara, and I also support HOP with our treasure as well as time. We value local organizations like HOP which help strengthen our community with their kind and competent team of caring people. It is an honor to support and serve with this key community resource for families experiencing challenging times.

Participants at ‘An Introduction to Planned Giving’ held in February



## Kids' Grief & Healing

**"I'm Not Alone in This"**

Did you know that 1 in 12 children in Virginia will experience the loss of a parent or sibling by the age of 18? Grief can affect children in many ways, including their emotional well-being, relationships, and success in school. Hospice of the Piedmont's [Kids' Grief and Healing Program](#) offers free grief counseling for children and teens, providing a safe and supportive space where kids can share their feelings, connect with peers, and learn healthy coping skills.

"I'm not alone in this," shares 11-year-old Ella. "Everyone is gonna lose someone in their life. Sometimes, I guess, it just happens earlier to some people, but we all have to go through it."

Our counselors connect with bereaved children, providing group and individual counseling sessions, offering monthly [Family Workshops](#), and hosting multiple sessions each year of our Journeys Grief Camps. At last month's Journeys camp, between marshmallow relay races and making memorial candles, children also had a special song writing session with Devon Sproule of The Front Porch - expressing themselves through art, play, and words.

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Honoring lost loved ones at our winter Journeys Camp

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Kids get to have fun, and that is healing in itself.



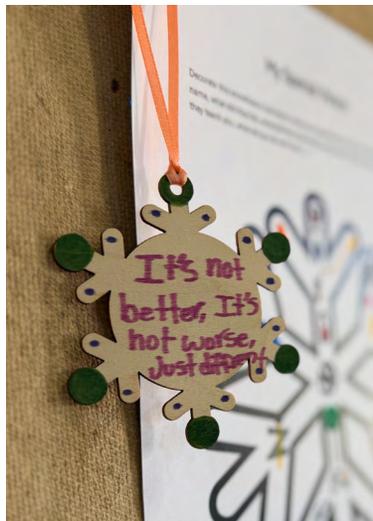
“Children come together,” explains Kacie Karafa Kids’ Grief and Healing Manager. “They meet other children who have also lost a mom, dad, sibling, grandma, aunt, or uncle. They hear other kids say that they are mad or sad, and they realize someone else gets it. Above all, the kids get to have fun, and that is healing in itself.”

When unexpected tragedy strikes, our Kids’ Grief and Healing team is there to support our community in the aftermath. Last fall, following a heartbreaking house fire in Keswick that left two young girls orphaned, our counselors provided emergency grief support to the Stone Robinson school community helping students, teachers and staff process their loss.

“The Kids Grief and Healing program offers our students an opportunity to meet others who are experiencing the same challenges and feeling of loss

and allows them to create positive ways to deal with grief and loss,” explains Stone-Robinson School Counselor Don Landis.

By partnering with school staff, we can help them recognize signs of grief in students and provide resources to support them with care and understanding.



For more than 25 years, our Kids’ Grief and Healing Program has been, and continues to be, offered free of charge to children and families, [thanks to the generosity of our community.](#)

**To learn more, connect with our Kids’ Grief and Healing Program at [hopva.org/kids-grief-and-healing/](http://hopva.org/kids-grief-and-healing/).**

## **Upcoming Kids’ Grief and Healing events:**

### **KIDS GRIEF FAMILY WORKSHOP**

Second Thursday of the Month  
5:30–7:00pm (In-Person)  
HOP’s Charlottesville & Culpeper Offices

### **OASIS GRIEF SUPPORT FOR TEENS**

Third Tuesday of the Month  
5:30–7:00pm (In-Person)  
HOP’s Charlottesville & Culpeper Offices (Contact us to participate via Zoom)

### **JOURNEYS GRIEF CAMPS**

**Saturday, April 18**

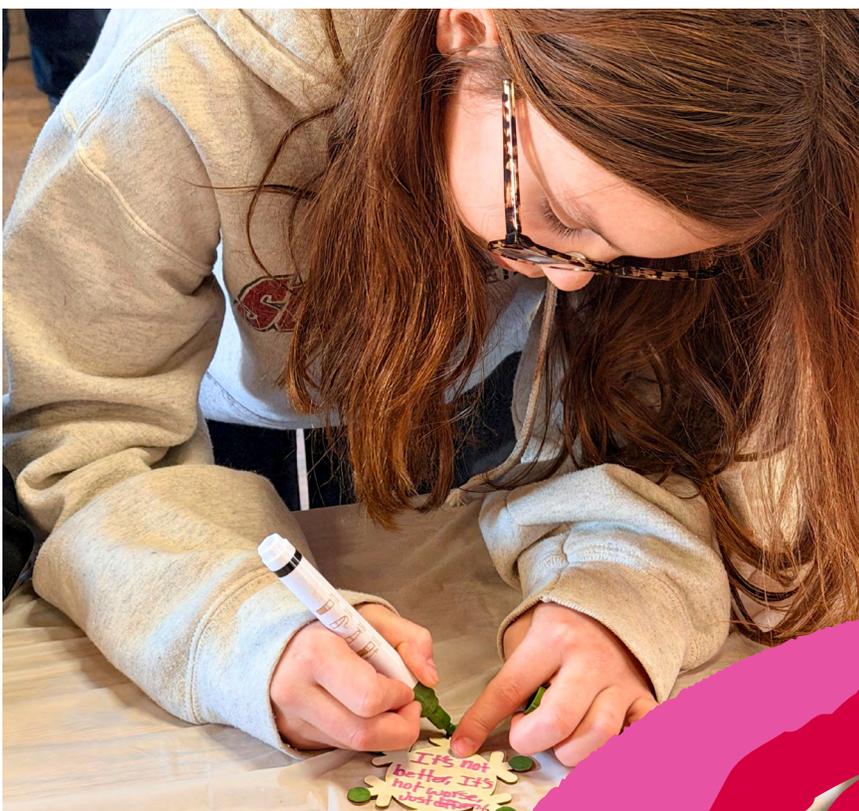
Triple C Camp

**Saturday, June 13**

Verdun Adventure Bound

**Saturday, October 10**

Ride with Pride in Staunton



# A Life Reviewed

## The Meaningful Support of Death Doulas



Volunteer Doula Lyall Harris with Palliative care patient Ella.

It began in 2021 with a single doula and a shared commitment to enhancing Hospice of the Piedmont's (HOP) non-medical end-of-life support for our patients.

Since then, Hospice of the Piedmont's Death Doula program has grown to over 40 trained doulas offering compassionate support to patients and families across our community. The Doula program, supported by generous community philanthropy, is free and available to all of HOP's patients.

But even now, as the Doula program enters its fifth year, we still have many community members ask, 'I know about birthing doulas, but what does a death doula do?'

"The birth doula and death doula model are quite similar," explains Beth Eck, HOP's Director of End-of-Life Doula Services. "Both birth and death are big life events; there's a lot to prepare for – emotionally, practically, logistically, physically, and spiritually. And, once a baby is born or a person has died, life will never be the same for those who love them."

Doulas support people with practical things like organizing photographs,

planning a memorial service, or writing an obituary. They provide a safe container and calm presence for hard conversations about one's hopes and fears about end-of-life, listening without judgment. Sometimes people work with doulas because they are interested in a life review.

Lyall Harris trained as a Death Doula with HOP in 2023. "At midlife, I felt a deep and clear calling to be with people in the end-of-life threshold," she explains.

Lyall works with patients in both hospice and palliative care. Working with palliative patients can be very rewarding because of the time it allows the doula to spend with the patient and get to know them. "I've been with my current palliative care patient, Ella, for 16 months," Lyall shares. "We've had time to build a lot of trust. The life review has been incredibly rich, nuanced, layered, and full of her insights. It's been an immense privilege to hold and dwell in the tapestry of Ella's life."

"This has been a most rewarding experience," shared Ella. "Lyall accepts me for who I am, she allows me to explain how I feel about my life, my future, my soul's journey, and a

multitude of things. It's been wonderful for me in my late 90s to have someone so thoughtful and understanding. I look forward to her visits."



**It's been wonderful for me in my late 90s to have someone so thoughtful and understanding. I look forward to her visits.**

In addition to the direct patient support, HOP's doulas are also out in the community helping others engage in important discussions about end-of-life. Beth shares that one of the purposes of the Doula program is to create space and permission for people to explore their mortality prior to a crisis point. So, whether sharing a donut at a Death Over Donuts event or sipping a glass of wine at a Wine & Wishes event, our doulas are there to talk about death, and life, with you.

As Beth likes to share, "Doulas teach others that, in the words of one of my first teachers Alua Arthur, 'talking about dying, doesn't make you dead.'"



# Join the Fun. Support the Mission.

Hospice of the Piedmont (HOP) invites the community to take part in two signature spring events supporting compassionate care for patients and families: the 25th Annual HOP 5K on May 9, and the Piedmont Golf Classic on May 22.

Community participation in the HOP 5K and Piedmont Golf Classic helps ensure that patients and families across the region continue to receive comfort, dignity, and support during life's most vulnerable moments.

PRESENTED BY



Proceeds from both events help support the nonprofit work of Hospice of the Piedmont.

## HOSPICE OF THE Piedmont 5k



The Hospice of the Piedmont 5K marks a special milestone in 2026 as the community celebrates 25 years of running, walking, and rallying for compassionate care. What began as a small local race has grown into a beloved annual tradition to remember loved ones and support patients and families served by HOP.

Participants can run, walk, or cheer from the sidelines, making the event accessible and welcoming for all ages and abilities. The 25th anniversary will celebrate this long-standing community tradition and the thousands of supporters who have helped make it possible over the years. The HOP 5K is a meaningful way to make every moment count.

Saturday, May 9 | 8:00 AM  
Keswick Estate, Charlottesville

To register, visit [hopva.org/5K](https://hopva.org/5K) or scan the QR code.



## Piedmont GOLF CLASSIC



The Piedmont Golf Classic offers a day of friendly competition and community impact, with proceeds benefiting HOP's philanthropic programs and services. This year's event will also feature the popular 50/50 drawing, giving participants a chance to win up to \$15,000 while giving back.

From partnership opportunities, tee sign sponsorships, to the 50/50 Drawing, the Piedmont Golf Classic offers multiple ways to get involved and make a meaningful difference.

Friday, May 22 | 8:30 AM  
Fauquier Springs Country Club, Warrenton

To register, visit [hopva.org/Golf](https://hopva.org/Golf) or scan the QR code.



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A Guide to Local  
Cuisine, Culture  
& Meaningful  
Conversation



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