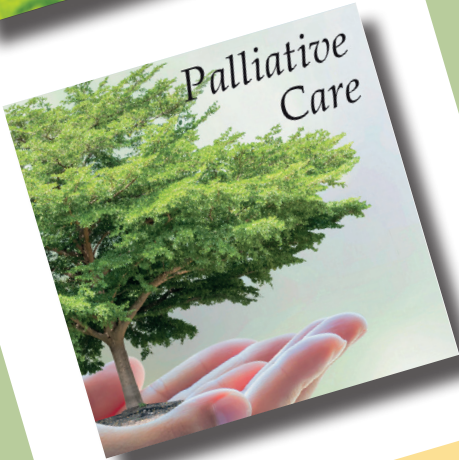


Compassionate Connections

Fall 2021–Edition 5




**Mary Washington
Healthcare**
Hospice, Palliative & Grief
Support Services

Hospice.intake@mwhc.com
540.741.3580
Hospice.mwhc.com



Hospice Insights

You Need Help Now. You or Your Loved One Has a Serious Illness.

I need help now.

You may feel overwhelmed and not know what to do first if you or someone you love has just been told they have a serious illness or experienced a healthcare crisis. We can help you sort things out and deal with whatever is in front of you. Below are some common situations and questions and suggestions for how to handle them.

You are the patient and have just been diagnosed with a serious illness or condition.

Stop for a moment and take the information in if you can. There are things to be done but taking some time to 'just be' with the news will help you make good care choices.

If possible, take time to learn about your condition and the treatments for it. There are often several choices of treatment and the more you know about their benefits and risks the better decisions you can make for yourself.

How do you make your wishes known?

If you already have a written advance directive, POLST or DNR, whether digital or on paper, make sure it is available to the person(s) you appointed to speak for you, your inner circle, your physicians, and the hospital if appropriate.

If you do not have any kind of an advance directive and it is urgent to specify what you want and don't want, you can:

- Make a self-video stating your wishes, save it on your own phone and send it to your inner circle, to your doctor, and to anyone that may be accompanying you.
- Tell your inner circle what you want, tell your physician what you want and who may speak for you if you can't speak for yourself.
- Even a hand-written statement, signed and dated by you expressing your wishes will be helpful in guiding those around you.

Once the crisis has passed, make an advance directive which includes appointing persons to speak for you and stating your wishes.

*for more information, visit advancecareplanning.mwhc.com

What happens if you can't speak for yourself, and you have not made your wishes known?

Some states specify by law who is appointed to speak for a person that cannot speak for themselves and have not left any instructions; others are silent. Go to your state to find out what applies to you; you will also find a link to a healthcare power of attorney that is valid in all but 5 states. While both doctors and the people that care for you will do their best, you are far more likely to get the treatment you want, and not get the treatment you don't want, if you speak up while you are able to speak up.

What other things should you know?

It is useful to understand your rights and to know who pays for hospice or who pays for palliative care.

As time permits, learn all you can about your condition so that you will better be able to know how it will affect your life and the choices you may be faced with. We have suggestions that may help in speaking with your doctor.

Consider making instructions for how you want to handle your finances, including appointing someone to manage them if you cannot. Also, share your usernames and passwords for any important online sites with a trusted person.

You are not the patient, but you want and need to help.

It is most important to know what the patient wants and to be empowered to speak on their behalf if necessary. The best thing you can do initially is to listen—allow the patient to express their emotions. You can provide a safe place for them. You will need to manage your own emotions so you can keep the focus on the patient, not you. We have suggestions on how to speak with them about their wishes.

You can help the patient make an advance directive or even a video if there is no time.

Sometimes it is difficult to have conversations about serious illness and wishes for future care, no matter how much we care for someone. In fact, sometimes the more we care, the more difficult it can feel. We have some suggestions on how to make the conversation easier.

You may also begin to learn more about preparing and getting organized for giving care and what your rights are in this situation.

– Source: caringinfo.org (a program of the National Hospice and Palliative Organization)



We are honored to be chosen as the Best in the "Burg's Most Respected Hospice Agency again this year. Thank you to the Fredericksburg community for your votes of confidence.

Volunteer Spotlight



Beverly Blaidell

Volunteer, Mary
Washington Healthcare
Hospice Services

Beverly received her master's degree in Hospital Administration from MCV/VCU and spent years of her career as an administrator with Hospital Corporation of America. During that time, she served on the board of the local hospice and became very invested in the mission and role of hospice in the community.

After retiring and moving to Fredericksburg, Beverly became acquainted with Mary Washington Hospice on a very personal level, as her mother faced illness and end-of-life issues. Mary Washington Hospice provided excellent care to her mother and to her family. This was a pivotal experience which prompted her to volunteer with Mary Washington Hospice to help other families in similar life stages.

Beverly supports our patients in the long-term-care setting as well as serves as one of our Vigil Volunteers. As a Vigil Volunteer Beverly is present with patients and families during the dying process. listening, comfort, and care for the patient. She is always ready to assist our hospice team with various other programs and projects as needed. Beverly is proud of the dedication, care, and nurturing that Mary Washington Hospice provides to their patients.

"It is a blessing and a gift to be a part of this team."

If you are interested in becoming a volunteer, please call Kathy J. Wall, Volunteer Program Support, MWHC Hospice Services at 540.741.3595.

Community Partnerships

National Day of Service, September 11, 2021



This year, on September 11, the National Day of Service, volunteers with the Ceili Leahy Day of Service joined with Mary Washington Hospice, Palliative, and Grief Support Services to complete service projects.

Student volunteers from James Monroe and Stafford High Schools trimmed, pruned, and tidied up the Healing Garden at our MW Grief Support Services Harbor House.

They also assisted our hospice team in preparing materials for our upcoming Light Up a Life Illumination event. We would like to thank the volunteers for sacrificing their time to serve our community.

The Ceili Leahy Day of Service is a nonprofit organization whose mission includes serving other nonprofit organizations that provide help to families dealing with pediatric cancer and grief. For more information, visit clserviceproject.org.



The mission of Mary Washington Healthcare's comprehensive grief services is to nurture individuals and families along their grief journey as they cope with the death of a loved one. All programs are provided at no cost to participants. Services are funded by the community through private donations, fundraising events, and grants. Harbor House provides a location where our support groups can meet, provide encouragement, empathy, and support.



Affirming Life Through Compassionate Care

Hospice is a special kind of care for anyone dealing with a life-limiting illness offering hope and support beyond traditional care. Mary Washington Healthcare Hospice Services is a certified, not-for-profit medical hospice, delivering high quality patient and family care to the Fredericksburg region for more than 25 years.



For more information, visit griefsupport.mwhc.com or contact our Grief Support Counselor at 540.741.1874, or griefsupport@mwhc.com.

Light Up a Life 2021



Mary Washington Hospice is proud to announce the fourth annual Light Up a Life Illumination! The event will again be held virtually and can be viewed via Facebook from the comfort of your home. Each luminary will brightly shine on **Thursday, November 18, 2021**.

We believe that now, more than ever, it is important to acknowledge the grief we may be feeling and remember those who have impacted our lives. This event is not limited to former MWHC Hospice families. We encourage **ANYONE** to purchase a luminary, even if the individual(s) you are honoring lived outside of our community.



Mary Washington Healthcare

Hospice, Palliative & Grief Support Services

For more information visit
LightUpALife.mwhc.com.

Sponsorship Levels



LIGHT UP A LIFE ILLUMINATION

An evening of light and love

November 18, 2021 | 6:00 p.m. - 7:00 p.m.

Facebook Virtual Event

MWHC Grief Support Services Bereavement Center
2103 Washington Avenue | Fredericksburg, VA 22401

Mary Washington Healthcare Hospice Services is excited to announce the 2021 Light Up a Life Illumination – a special evening where we light luminaries to remember and honor those we love. This year the event will be a Facebook Virtual Event.

\$5,000 – Beacon Sponsor

- Name and/or company logo and website link on event page.
- Thank you recognition displayed in the Mary Washington Hospital Atrium area.
- Recognition on MWHC Radio and during Facebook Virtual Event.
- Ten complimentary luminaries.

\$2,500 – Illumination Sponsor

- Name and/or company logo and website link on event page.
- Thank you recognition displayed in the Mary Washington Hospital Atrium area.
- Recognition on MWHC Radio and during Facebook Virtual Event.
- Five complimentary luminaries.

\$1,000 – Radiant Sponsor

- Name and/or company logo and website link on event page.
- Thank you recognition displayed in the Mary Washington Hospital Atrium area.
- Recognition on MWHC Radio and during Facebook Virtual Event.
- Four complimentary luminaries.

\$500 – Incandescent Sponsor

- Name and/or company logo and website link on event page.
- Thank you recognition displayed in the Mary Washington Hospital Atrium area.
- Two complimentary luminaries.

\$100 – Lightning Bug Sponsor*

- Thank you recognition displayed in the Mary Washington Hospital Atrium area.
- One complimentary luminary.

*A portion of each Lightning Bug Sponsor donation will support bereavement groups for children and families.

In our 27th year, Mary Washington Healthcare Hospice Services continues to support some of the most vulnerable patients in our community. Our interdisciplinary team provides medical, emotional, and spiritual care for patients and their families, with no additional financial burden for those who are unable to pay. In these challenging times, we ask for your support so Mary Washington Hospice Services can continue to make a genuine difference in the lives of our patients and families.

Mary Washington Healthcare Hospice Services is grateful for the business, organization, and individual partnerships we have developed and maintained over the years. These important relationships help ensure that compassionate hospice care and grief support services for our community continue.

We hope you will consider supporting this event and joining us to remember those who brought light and love into our lives.



Mary Washington Healthcare

Hospice, Palliative & Grief Support Services

LightUpALife.mwhc.com





Mary Washington Healthcare

Hospice, Palliative & Grief Support Services

Sponsorship Agreement and Luminary Request Form

Sponsorships and Luminaries can be purchased
online at LightUpALife.mwhc.com or by calling
540.741.3580.

NAME: _____

COMPANY: _____

ADDRESS: _____ ZIP: _____

DAYTIME PHONE: _____ E-MAIL: _____

SIGNATURE: _____ DATE: _____

Return this form to: Mary Washington Hospice
2300 Fall Hill Avenue, Suite 401B, Fredericksburg, VA 22401
Tel: 540.741.3580

Checks should be made payable to: **Mary Washington Hospice**

Beacon Sponsor	\$5,000	\$ _____
Illumination Sponsor	\$2,500	\$ _____
Radiant Sponsor	\$1,000	\$ _____
Incandescent Sponsor	\$500	\$ _____
Lightning Bug Sponsor	\$100	\$ _____
Luminaries	\$25 each x _____ qty. ...	\$ _____
Total Donation:		\$ _____

Please list individual name(s) for
each luminary as you would like
them to be announced at the
Illumination.

Thanks so much for supporting Mary Washington Hospice!

Tax ID number is 54-1552324

To receive maximum benefit for your sponsorship, please return agreement by November 12, 2021.

- ☐ Yes, I would like Mary Washington Healthcare Hospice Services to notify the family of the above listed individuals for whom a luminary has been purchased.

Please provide their mailing address(es): _____



Purchase Sponsorships and Luminaries online at
LightUpALife.mwhc.com or call **540.741.3580**



MWHC Grief Support Services

9 Ways to Describe Your Loss Through Poetry

Losing a loved one can make you feel searing grief and remind you of the fragility of life. When you're feeling raw with emotion, it helps to express it through poetry.

For centuries, poets have been writing poems about loss – from William Shakespeare to contemporary poets. Writing a poem helps you to process your feelings and pay tribute to the one you lost.

"I'm not a poet." Perhaps you were told by a teacher that a poem you wrote at school when you poured out your heart was full of clichés. You don't have to feel intimidated.

The world is full of different types of poetry that uniquely express feelings of loss. No words can do justice to your grief but using poetry as a tool can be a coping mechanism when you're in mourning.

1. Collect your thoughts

Write down whatever comes into your mind without filtering out any thoughts. Think about what you would like to say to your loved one. Gathering your thoughts in this way helps you to start processing your loss.

2. Withhold nothing

At this stage, you're not trying to write a poem but to freely express what you're feeling and thinking. Be as honest as possible, even if some of your thoughts are those of anger and despair. Don't be afraid of your emotions, good or bad. Your poem will be yours, and you don't need validation from anyone else. Read five poems of loss written by various famous poets who fearlessly express their conflicting emotions and see what they make you feel. Sue Maartens, poet, and writer for Assignment Geek, says "reading the grief poems written by others helps me to connect with my own grief and gives me an understanding of how others have expressed their feelings in words."

3. Select favorite words or phrases

When you read through what you have written, you will find that certain words or phrases stand out. Circle or highlight these words because they will form the foundation of your poem. You may find that you're already starting to see a poem taking shape.

4. Identify your purpose

What is the purpose of your poem? Do you want to share a story or some specific characteristic of the person you've lost? Do you want to write the poem as a last goodbye?

You may want to focus on a conversation you had with the deceased. Writing a descriptive poem about your loss will help others to picture that person as you picture them. A reflective poem will be more about the state of your mind and how you're feeling about your loss.

5. Find visual images

Take the words or phrases you circled and concentrate on each one. What images do you see in your head? Does it bring to mind any physical sensations?

Perhaps one of the phrases evokes an image of the way a lost one walked. Maybe you will see your mother's hands holding a teacup. Try to write down a concrete image you associate with the words.

6. Choose the right length

What makes poetry different is the style of writing and how the words are arranged. A poem consists of rhythmically arranged sentences. They can be short or long. Some of the shortest poems are the most effective.

They manage to contain a weight of emotion in just a few lines, like a haiku. An elegy is a longer poem of mourning. Read *Elegy, Father's Day* by Kevin Young for inspiration. An epitaph is a short poem that may appear on a gravestone as a tribute.

7. Decide on the right form

A lyric poem is rather like a song, describing a single feeling or mood. A sonnet consists of 14 lines and is written with a rhyme scheme of a-b-a-b, c-d-c-d, e-f-e-f, g-g. Poems come in so many different forms. The point is that you are not limited in the way you choose to write your poem.

8. Identify your strongest image.

What is the image that is most important to you? Identify your strongest image by thinking about which one comes to mind first. Starting with a strong image sets the tone for what's to follow and makes people want to read further. The poem *Making a Fist* by Naomi Shihab Nye has as its central image the picture of a clenched fist. Read the poem to find out how a mother's answer to her daughter when she asked her about death had such an impact on her.

9. Don't be afraid to share

You may want to keep your poem to yourself as it can be an intensely private expression of grief, but you may find it therapeutic to share it with others. Your words may even inspire others. Emily Dickinson wrote many poems about grief and death. *I Measure Every Grief I Meet* is one where she compares her grief to that of others around her. In thinking about different forms of grief, she finds a 'piercing comfort' that grief is shared by many and some experience it in the same way as her.

Concluding Thoughts

Whatever you decide to do with your poem, you will find that writing it helps you to work through what you're feeling. Writing about pain and loss is not easy. A deep and honest exploration of your memories and emotions associated with your loss can help you to take the first tentative steps towards recovery and healing.

— by Alexandra Reay, mindfulnessandgrief.com

Advance Care Planning

Advance Care Planning

Advance Care Planning is making decisions about the healthcare you would want to receive if you're facing a medical crisis and preparing for the unexpected while you are well and able to make difficult decisions for yourself. Advance Care Planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal wishes with your loved ones. Documenting in writing what types of treatment you would or would not want
- and who you chose to speak for you, should you be unable to speak for yourself.

82% of people say it's important to put their wishes in writing, but only 23% have done it.



In the face of uncertainty,
make sure your loved ones
know your wishes.

The Heart of Hospice



"Thank you for making Mama's last weeks more comfortable. We have nothing but great things to say about her care team."

— family of MW Hospice patient

“With your help and assistance, we were able to bring her home from the hospital so that she could spend her final days in familiar surroundings.”

—MW Hospice patient family

Advance Care Planning Action Steps:

1. Create a Living Will and Medical Power of Attorney.
2. Store documents in a safe but accessible place.
3. Discuss your wishes with your doctor and with loved ones.
4. Give a copy of your Advance Directive to your doctor.
5. Review documents wishes change.

Advance Care Planning, Continued

Questions About Advance Care Planning?

Please call Mary Washington Healthcare Patient Relations Department at **540.741.3955**.

For more information, please visit **mwhc.com** and search Advance Care Planning.

We Honor Veterans

It's never too late to thank a Veteran, even at the end of life.



Americans across the country celebrate Veterans Day on November 11, a special day to salute the men and women who have bravely served our country in the military.

These fellow Americans have made profound sacrifices in defense of freedom, and they deserve our heartfelt thanks and appreciation. Honoring our nation's Veterans includes supporting them throughout their entire lives, especially at the end.

As our nation marks Veterans Day, Mary Washington Healthcare deepens our commitment to increase Veterans' access to the compassionate, high-quality care available from the nation's hospice and palliative care providers. One of the ways we're making this happen is through our active involvement with We Honor Veterans, an innovative program of the National Hospice and Palliative Care Organization that we created in collaboration with the Department of Veterans Affairs.

There is something else that's important for every American to do – and that is to say, “thank you” to our country's Veterans. Not just on November 11 but all year long.

Ask your friends, neighbors, coworkers, and others in your community whether they have served in the military (you may be surprised how many have)—and thank those who have served for their sacrifice.

It surprises many Americans to learn that every day, 1,800 Veterans die. That's more than 680,000 Veterans every year – or 25 percent of all the people who die in this country annually.

If you know a Veteran who needs the special care hospice brings to people facing serious and life-limiting illness, please reach out and help them learn more about care options by visiting CaringInfo.org. To all our nation's Veterans, thank you.

If you would like to support work being done at the national level to expand care for Veterans at the end of life, please visit www.WeHonorVeterans.org/Support.



We Honor Veterans

MW Hospice Honors our Veterans with an Annual Veteran's Day Pinning Ceremony

When he received his Veterans Honor Pin at the Veteran's Day Pinning Ceremony, Mr. Charles "Chuck" Bernard was a proud 92 year old retired Marine.

Born in Mumford, Maine, Mr. Charles Bernard served in the United States Marine Corps for 19 years, in both WWII and the Korean War. He was assigned to an investigation team, where he drew sketches to identify perpetrators and illustrated many magazine covers for "Leatherneck", the U.S. Marine Corps magazine.

At Mr. Bernard's pinning ceremony, we discovered his lifelong wish was to have the chance to carry the American flag in a ceremony.

Quantico Marine Corps Command and Quantico Marine Base Staff College students to the rescue!



They arranged for his wish to come true. As part of his Veteran's Day Pinning Ceremony at Marion Manor Assisted Living, the marines created a short "parade" where Mr. Bernard carried his beloved American flag.

Thank you to the Quantico Marines Corps, the Mary Washington Hospice We Honor Veterans Volunteer Program, and most of all to Mr. Charles "Chuck" Bernard for his dedication and service to our country.

Are you a Veteran who wants to volunteer in our Veteran to Veteran program? The Vet-to-Vet Program aims to pair recruited Veteran Volunteers with hospice patients who have been identified as Veterans. Once paired, Veteran Volunteers have the unique ability to relate and connect with each patient, thereby creating an environment where life review and healing may occur. Please call Kathy J. Wall, Volunteer Program Support, MWHC Hospice Services at 540.741.3595.

Meet the Team

Allie Haryanto, MT-BC, Music Therapist –
MW Hospice and Palliative Care



We would like to introduce Allie Haryanto MT-BC, Music Therapist for MW Hospice and Palliative Care.

Allie is a lifelong musician who started singing in choirs when she was just five years old. She was introduced to music therapy when she was fourteen and through that she discovered helping people through music was her calling. Allie studied classical music as a singer for seven years before beginning her journey as a music therapist.

She completed her Master of Music Therapy in 2020 and became a board-certified music therapist (MT-BC) in June of 2021. Allie worked as a music therapist in hospice during her internships and decided to return to that work, joining the Mary Washington Hospice team in August of this year. Allie loves supporting her patients to creatively process and express their feelings and experiences through music. She finds joy from building relationships with her patients.

One highlight of music therapy in the hospice setting consists of learning what type of music patients feel connected to. Sharing songs from a patient's past can bring very special memories, improve symptoms, and allow them and their family members to experience emotions of joy and peace.



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*Mary Washington Healthcare exists to improve the
health of the people in the communities we serve.*



NHPCO
National Hospice and Palliative
Care Organization

