

## Seasonal and H1N1 Flu Vaccine Update

The production of annual/seasonal influenza vaccine has slowed down, and so there's a delay in shipping out the bulk of our flu vaccine order. In the meantime, we will be vaccinating our highest-priority staff/volunteers—HMIC staff/volunteers, CNAs, patient care staff working in long term care facilities, and staff with underlying medical conditions that put them at risk for flu complications. When we receive the rest of our pre-ordered shipment, we will be able to vaccinate everyone who wants a flu shot.

Remember that the annual flu virus is not circulating at this point—flu season usually occurs in our area from November through April. The flu virus that is circulating in our area, and is widespread throughout Virginia/DC/Maryland, is the H1N1 virus.

We will probably be receiving our order of H1N1 flu virus in early November. The priority for the H1N1 flu vaccine will initially be young people between the ages of 5-24, pregnant women, and health care workers.

It appears that people born before 1957 have some partial immunity to the H1N1 virus; in fact, the infection rate for people over the age of 65 is 20 times lower than for those between the ages of 5-24.

Meantime, remember the basics:

- 1) Wash your hands frequently
- 2) Cough/sneeze into your arm/elbow
- 3) Don't touch your eyes/nose/mouth with unclean hands
- 4) Stay at home if you're sick
- 5) Disinfect 'high-touch' areas in your work space and home
- 6) Boost your immunity through healthy eating, exercise, managing stress, and plenty of sleep

## Capital Hospice 'Neighborhoods' Will Improve Care and Service

We've recently made an internal change in the way we are organized which, we believe, will result in benefits both to the community and the organization. Since September 1, each regional office – or “community” - has been operating under its own General Manager, tasked with the responsibility and authority to run all aspects of that region's operations, as well as accountability for the operation.

Your General Manager's name may be familiar to you – each of the seven positions was filled by a current staff member. Here is the line-up of General Managers and the community for which he/she is responsible:

Falls Church/Merrifield	Pamela Cook
Arlington – including HMIC	Carolyn Richar
Alexandria	Maureen Kelleher
Leesburg	Linda Rawlett
Manassas	Maureen Williams
Washington DC	Brian Murphy
Largo	Mary Marks

This won't affect your volunteering; your Volunteer Services Coordinator remains the same. It is simply an infrastructure change intended to streamline some of our business processes and better tailor the operation of each office to the unique needs of the community it serves.

## Attention Runners: Have Fun/Support Capital Hospice!

On Sunday, November 1 at 9am, join our Celebration of Life walk / run! This 5K race is open to anyone who seeks fun, a challenge, a good course, or just a healthy way to lend support to Capital Hospice in Prince George's County. The race starts and finishes on the historic grounds of Fort Washington National Park. 100% of the proceeds from the walk / run benefit programs that bring comfort and expert care to patients with serious progressive illnesses and their families.

**Address:**

Ft. Washington National Park  
13551 Ft. Washington Road

**Fees:**

Before Oct 28:

\$8 for children under age 16; \$20 for adults

After Oct 28:

\$10 for children under age 16; \$25 for adults

**Directions:** From I-95 /495 take exit 3, Indian Head Highway South /MD 210. Travel about 4 miles to Fort Washington Road, turn right. The park is located at the end of the road. See you there!

For more information, please contact Jacqui Williams in the Largo office: 301.883.0866.

## Upcoming Events for Volunteers

For more info about any of these events, please contact your Volunteer Services Coordinator.

<i>The Event</i>	<i>Location</i>	<i>Date &amp; Time</i>
<b>Volunteer Training (current volunteers welcome for refresher; TB tests, flu shots)</b>	<b>DC Office</b>	<b>October 17-18 930am-430pm</b>
<b>Volunteer Recognition Open House</b>	<b>Alexandria Office</b>	<b>October 25 3-5pm</b>
	<b>HMIC/Arlington</b>	<b>November 1 3-5pm</b>
	<b>Falls Church/Merrifield</b>	<b>November 8 3-5pm</b>

## Just a Reminder...

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 advocacy.

**Our Core Values:**

**Complete Customer Satisfaction - Inspire a Culture of Trust - Develop Leadership -We are Learners and Teachers- Live Within the Model**

*Connections* is produced by the Communications Department of Capital Hospice. For more information or to submit news or articles, please contact **Spence Levine** at 703.531.6241 or [slevine@capitalhospice.org](mailto:slevine@capitalhospice.org).