



Living Every Moment

with Care, Comfort and Hope



Preparing a New Generation of Hospice Caregivers

Hood College students Anna and Caitlin with Kline House Charge Nurse Trisha at the peaceful Kline House.

One of the best ways to reverse a stigma is to educate younger generations. In a new partnership between Hospice and the Department of Nursing at Hood College, future healthcare providers are getting hands-on experience while learning about hospice care, its many benefits and when a patient should begin their hospice journey. The collaboration started in the fall of 2023, and already, the first participants have transformed their understanding of hospice.

Hood College seniors Anna Hubbard and Caitlin McTamany are part of the Bachelor of Science in Nursing (BSN) program led by Department Chair and Associate Professor Jennifer Cooper, DNP, RN, PHNA-BC, CNE. Anna and Caitlin both spent around three hours per week at Kline Hospice House shadowing Charge Nurse Patricia "Trisha" Kruger, and caring for two clients each. At the end of the semester, Caitlin and Anna will share their experience with the rest of their class.

"Caitlin and Anna have jumped right in and are taking advantage of every opportunity to learn," said Trisha in the fall semester. "The patients have been grateful that the students are using their clinical experience to help care for them at the end of their lives. They enjoy spending time with them."

As a nurse, Jennifer witnessed many heartbreaking instances of families finding out about hospice services too late. A joint effort between a local



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Anna and Caitlin get a patient a Coke from the kitchen at the Kline House - because even small comforts are part of the dignified end-of-life care that Hospice provides.

"Being at Kline Hospice House has been different than any other clinical I've had. I've known that I want to work in hospice for a while, but this has solidified that decision. Not only have I learned about the technical aspects of end-of-life care, but also how to interact with patients and their families during what can be the most intimate part of someone's life."

- Anna Hubbard

Carlos Graveran
Frederick Health Hospice
Executive Director

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college and hospice house seemed like a perfect place to start shifting public views of hospice and help more families find services quickly. Jennifer brought the idea to Hospice in the spring of 2023 and suggested that a Hospice RN could teach students as adjunct Hood faculty. Trisha eagerly accepted the role, and the partnership was born.

"The students didn't fully realize what hospice was or what services it provided, until now," said Jennifer.

As the aging population grows, students will likely face end-of-life decisions. The lessons they learn at Kline Hospice House will help them share the benefits of hospice with future clients.

"We hope our partnership with Hood will further promote the importance of hospice care and spread awareness of the services available here in Frederick County," said Trisha. "We look forward to having more students at Kline."



Director's Corner

Carlos Graveran, Executive Director

I would like to share a lovely letter I received from a family about the care of their mother. I want to thank the entire team that cared for this patient for their excellent and compassionate care. While I get letters like this frequently, I find myself reenergized after each one. This is why we are here; to ease the suffering of people going through profound grief and loss. With grace and poise, we consistently provide excellent care for all our patients, and I wanted you all to know how proud my team makes me to be part of this organization.

Frederick Heath Hospice:

On behalf of my family, I again wanted to thank the great team at Frederick Health Hospice for its expertise and guidance in caring for our mother, Bea Greenberger, as she progressed through her final stages of life recently at the Country Meadows Senior Living facility in Frederick. I met your staff while my mom was in Frederick Health Hospital following a rough day. From the instant I talked with them, our world changed.

The hospice program coordinators at the hospital were so caring and efficient in making the transition to hospice easy and in explaining all aspects of hospice care. During the few weeks my mother was under hospice care, the clinical team were outstanding in the services they provided. Equally as important: staying in touch with me regarding every step. My mother died on July 31 and we know the final times of her life were in good hands with Frederick Health Hospice nearby.

My mother lived to age 101—and 99 of those years were very good ones. She had a great life and we are thankful for that.

You lead a great organization that is so important to patients and their families. Please let your staff know how much we needed them—and how well they served our mother and her family.

With much appreciation,

Neil Greenberger

Sent on behalf of the Greenberger Family:
Neil Greenberger and Amy Krimm
Susan Greenberger Nasiatka and Edward Nasiatka
Robby and Debbe Greenberger

Hospice Grief Programs Help All Ages

Following the heartbreaking loss of their 2-year-old son, Beckett, the Hartner family found comfort not only in their community but also in Frederick Health Hospice's grief support programs, Camp Jamie and Project Christine. Camp Jamie especially made an impression on the Hartners' young daughters, who donated proceeds to the program by raising and selling 4-H animals at the Fair.

"Camp Jamie and Project Christine have been such wonderful support and helped us meet others dealing with a similar loss," said mom Alexa "Lexi" Hartner. Camp Jamie allowed her daughters to connect with other kids experiencing a similar loss and learned how to let others know they aren't alone, she added.

Now, the Hartner family spreads awareness about these remarkable programs, especially since they, too, were once unaware of these vital services.

"I hope people find out about these programs and share them with others," said Alexa. "They are such a blessing."



Here's a photo of two of our youngest donors—the Hartner girls! Their donation to Camp Jamie will help grieving kids connect and learn the tools to processing their grief.

In Memoriam

We are grateful to the individuals and families who designated contributions to Frederick Health Hospice in memory of their loved ones who are listed below:

Carroll J. Alexander
Barbara A. Angleberger
Mary E. Burke
Brenda Colliflower
Elna V. Derato
Clyde R. Domer Sr.
Helen B. Fowler

Effie L. Fulmer
Russell F. Gardner
J. Daniel Geisinger
Dorothy Gosnell
John Hart
Margaret S. Hartzell
Marsha A. Hebb

Kevin M. Heister
James A. Hoffman
Olivia A. Hoffman
Marsha C. Hopko
Bobbi S. Krouse
Carol A. Linton
D. Roxanne Myers

Chester D. Pleasant
Laura V. Routzahn
Dixie C. Sterling
Gloria J. Thompson



We Honor Veterans

Veterans entering hospice bring with them a lifetime's worth of stories, experiences and memories deserving to be heard and respected. Acknowledging and valuing them is an important part of end-of-life care. As proud partners of the We Honor Veterans program, Frederick Health Hospice is committed to honoring veterans in their final journey.

Established alongside the Department of Veterans Affairs (VA) by the National Hospice and Palliative Care Organization (NHPCO), the We Honor Veterans program helps give our staff the knowledge and resources to guide veterans through their life stories towards a peaceful ending. Our involvement with the program began in 2017 under the guidance of Hospice Executive Director Carlos Gravarán, an Army veteran himself. Since then, we've had the privilege of accompanying veterans like Coast Guard Captain James "Jim" Randle, a remarkable 95-year-old WWII veteran, on their final voyage.

We've been fortunate to hear many incredible stories from Capt. Randle during his time with us. There was the time he was in his craft, preparing to invade Japan when the invasion was called off. The atomic bombs dropped and Japan had surrendered. Later during his 40-year military career, Capt. Randle faced another harrowing experience, this time very close to home. While on patrol off the coast of Massachusetts, a hurricane made landfall. When his ship went ashore to assess damages and help residents, he quickly realized his family was missing. Thankfully, his family and others had evacuated the coast, and they were reunited. But reflecting upon that day, Capt. Randle says nearly losing his family made him reevaluate his life's priorities.



Bob Lebron with Captain Randle during one of many conversations.

"We think we are helping with their end of lives, but really, we are discovering the stories of their lives," said Hospice Veteran Liaison Bob Lebron.

How to Navigate Grief During the Holidays

There's a contrast between the festive atmosphere of the winter holidays and the heavy heart that comes with the loss of a loved one. The weight of grief can feel even heavier when it seems like everyone around you expects joy. But remember, grieving is normal, especially during a time of celebration. Grief is a unique and personal experience, and it's okay if you can't bring yourself to do all the things that once included your loved one this season. Here are some suggestions of how to take care of yourself during the holidays.

Create New Traditions While Honoring the Past

You can scale back or change traditions to fit your comfort level. Identify the values your holiday traditions are based on such as togetherness, faith, service and family. Consider creating a new tradition that still connects to these values to memorialize your loved one and their absence during the holiday season. For example, you could light a candle in their honor or participate in charity work they supported.

Seek Support and Avoid Isolation

Reach out to family members and/or friends that you feel you can be open about your feelings of grief with. It's normal to feel isolate, especially during the holidays, so staying connected has never been more important. Be honest with them about what you need; they want to support you.

Don't Pressure Yourself Into Social Gatherings

Holiday time can include lots of social gatherings. These gatherings can be overwhelming, but instead of avoiding those altogether, you can set

some small boundaries which allow you to still participate. You can set a time limit of how long you can stay at a party and even communicate with the host ahead of time so they know why you might leave early or arrive late. Plan for grief triggers. Identify private spaces such as the bathroom where you can get privacy in a particularly tough moment. Politely decline invitations if you're not ready to attend, or consider taking a supportive friend to events you're comfortable with.

Prioritize Self-Care

Self-care can take many forms, such as exercise, meditation or counseling. Take the time to nurture your body and mind, and don't hesitate to seek professional help, such as counseling or support groups, if needed.

Make Room for Grief

Remember that healing is an ongoing process. Don't feel guilty finding moments of joy during the season. Your loved one's memory can be a source of strength, and having those moments is a beautiful way to honor their legacy.



Do you follow Frederick Health Hospice on Social Media?

When you do, you'll see regular updates on the ways in which our staff are always ready to go above and beyond, whether it's helping a patient, educating the public or celebrating our partners in the community.

(Top) Celebrating Right at Home's 20th Anniversary as longtime Hospice supporters. (Middle) Some of our staff celebrating the ribbon cutting at Village Crossing at Worman's Mill. (Bottom) Ira Buttrum received the Frederick Health Patient Safety Hero Award for her contribution to the care of a patient in the FH Emergency Department. Her actions directly impacted the patient and resulted in a positive outcome because of her dedication and advocacy.



Courageous Conversations

November is recognized annually as National Hospice and Palliative Care month where we spotlight the benefit of this type of serious-illness care and the importance of advanced care planning goals in which our community should strive for year-round.

In a culture that often teaches us to resist mortality, the seemingly simple act of having a conversation about dying can have a profound impact. What does death mean in my life? If I am faced with a terminal diagnosis, how would my values shape my end-of-life journey? How do I want my loved ones to engage with me toward the end of my life?

It's difficult to think about these questions, but having courageous conversations can mean the difference between the type of death we want, and one that doesn't allow us a say in our end-of-life journey.

Visit [FrederickHealthHospice/CourageousConversations](#) to learn more.



A Cooper family gathering, with Ethel seated in the middle.

Strangers Who Became Family

Ethel L. "Sally" Cooper's family is very thankful for the nearly three months they spent with caregivers from Frederick Health Hospice. They just wish they had known about hospice sooner.

Ethel's health had been declining, but when she started showing signs of dementia, her family knew they needed help. It wasn't until one day when Ethel's son Lloyd brought this up during a chat with his doctor, who mentioned that Ethel could qualify for hospice. This realization marked a turning point for Ethel's comfort and her family's peace of mind.



A portrait of Ethel and her husband, Lloyd F. Cooper, Sr.

Hospice was completely different than what her family expected, said Ethel's granddaughter, Catherine Cook. Before the experience, the family thought that hospice only serves people at the end of life, but realized the services are much broader. Now that they know how much hospice helps those navigating the end of life, they tell others about it, too.

"You're not there for the short term; you're there for the long term," said Lloyd, mentioning multiple check-in calls and letters he received since his mother's passing in December 2022. "I want to thank Hospice for the care that we got—and are still getting."

"Hospice was here to support not only my grandmother, but us too," Catherine said. Ethel's family also loved seeing her light up in anticipation of visits from her caregivers, Jen and Tina.

"Over the few months that Hospice caregivers came, they were not strangers. they were family," Catherine said. "We built a bond quickly."



Members from the group, along with other support groups, recently participated in the Healing Hearts with Arts Event at Fox Haven Farm and Retreat Center. The group participants were engaged and all were smiling while creating art in nature.

Hospice Suicide Support Group

Grieving the loss of a family member is a heavy burden. It's even heavier when support services are few and far between. Noticing a lack of suicide support groups, Hospice volunteer Jan Hummer set out to start one of her own in 2022 using art therapy as a central part of the curriculum. "This is something very close to my heart," said Jan.

A year after its creation, the Hospice support group is a lifeline to those grieving the unthinkable loss of family. Two years ago, Jennifer and Roger Haigh lost their beloved 23-year-old son Andrew to suicide. Joining the group has tremendously helped their ongoing healing, said Jennifer.

"My husband and I attend every session possible," said Jennifer, adding that the group offers three benefits that make it so special. First, art allows participants to use the creative side of their brain, which allows for more healing and grief management. Second, participants support one another and share perspectives. And finally, suicide grief support is hard to find.

"The world doesn't know how to deal with those affected by suicide," said Jennifer. "But at Hospice, the bereavement team fosters a unique healing environment."



Hospice is Hiring

Find current career opportunities here including nursing, social work and bereavement positions.





Celebrating Grace Crotts' 100th birthday.

Your Gift Matters

Your loyal support and belief in our mission helps to ensure that the needs of our patients, families and community always come first. We are grateful to you for sharing your compassion for what hospice does, what we represent and most importantly, those we serve.

Yes, I want to make a tax-deductible gift to Frederick Health Hospice.

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Address _____

City _____ State _____ Zip _____ Phone _____

Email _____

Donation Gift Amount \$500 \$250 \$100 \$50 \$25 Other _____

My gift is in memory of _____

My gift is in honor of _____

Please acknowledge my gift to:

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Hospice will send a card to the family you designate, acknowledging your gift made in their name or in the memory of their loved one. No reference will be made to the amount of your gift.

Check enclosed (Please make your check payable to Frederick Health Hospice)

Visa MasterCard American Express Discover Card # _____

Expiration Date _____ Security Code _____ Signature _____

To make a gift online, go to FrederickHealthHospice.org/donate.



Your gift to Frederick Health Hospice is deeply appreciated.
1 Frederick Health Way | Frederick, MD 21701

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Community Grief Support Resources

We offer a wide variety of grief support services throughout the year, at no charge, to anyone in the community, regardless of whether or not they were served by Hospice. Please check FrederickHealthHospice.org, call 240-566-3030 or email GriefSupport@Frederick.Health for current dates and times.

Individual Counseling

Short-term counseling for adults, adolescents, and children (ages 6+).

General Grief Support Groups

Held bi-monthly in both the evening and daytime. For anyone who has experienced the loss of a loved one.

Groups and Workshops

Varied, loss-specific groups and workshops offered throughout the year. (Examples include: Spousal/Partner Loss, Loss of a Parent, Loss After Caregiving and Coping with the Holidays)

Spanish-Speaking Grief Support Services

Counseling and support groups.

Project Christine

Grief counseling for parents and families who have lost a child.

Camp Jamie

Overnight Camp (grades 1-8), Day Camp (grades 1-8), Teen Grief Retreat (grades 9-12).

Grief Support in Schools

Individual counseling and support groups offered in all Frederick County Public Schools for students, grades 1-12.

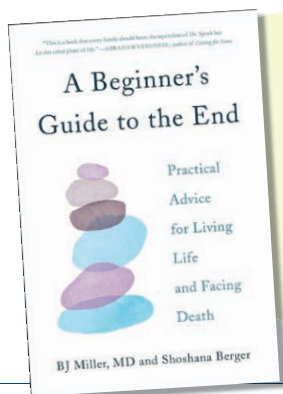


Join us this holiday season to honor and remember loved ones who have died.

Personalize a snowflake on Hospice's Tree of Remembrance with the name of your loved one or a special message. You may take a heart ornament from the tree for your keeping.

As we enter the holiday season, may you cherish that special place in your heart that will always be reserved for your loved one.

Location: Frederick Health Village, Front Lobby, 1 Frederick Health Way.



Join Us for The Bucket List Book Club

Sunday, December 3rd, 2:00 PM - 4:00 PM

Frederick Health Village
1 Frederick Health Way, Frederick MD 21702
(use West Entrance)

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Wish Lists on Amazon!

Find our Amazon Wish List at
FrederickHealthHospice.org
/WishList

Kline Hospice House Wish List

- Coffee K-cups
- Single serve creamers
- Bleach
- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Trash bags (4/8/13/30 gallon)
- Toilet Bowl Cleaner
- Gift cards (Walmart, Food Lion, Amazon)

Bereavement Wish List

- Lezioa 5 Pack Hanging cup holders
- Wukoku 2 pc fake plants 16"
- Gift cards (Panera, Dunkin' Donuts, Wegmans, Giant, Walmart, Amazon)



Support Hospice Personalized Angel Ornaments

These beautiful hand-blown glass ornaments tipped with 22K gold on the wings and halo can be personalized with a name and/or date. Give this lovely ornament as a gift in memory or in honor of a loved one, or place one on your own tree. Packaged in a satin-pillowed gift box, the ornaments are available for \$30 each. Beautiful gold stands are also available for \$7 each.

Scan here to purchase online
or call 240-566-3030

