



Living Every Moment

with Care, Comfort and Hope

The Gifts Hospice Gave to my Family

By Kate McDermott



Bill and Kaye Colgan on their wedding day in 1952 and on their 55th anniversary in 2007.

Like many people, prior to my parents' experience with hospice, I knew very little about it. I wondered if hospice meant "giving up." I realize now that it is the exact opposite: it is taking back—taking back control of how—and where—we want to end our lives.

My mother lived a wonderful long life, but at 88, her body was failing and despite several attempts to "fix" things, the outcome was inevitable. She'd lost her desire to get better. Mom acknowledged that if the time had come for God to call her home, she was ready.

Thanks to the amazing team at Frederick Health Hospice, my mom was able to live her last days in her own home at Country Meadows of Frederick. She was surrounded by the familiar and loving faces of the staff and friends who had kindly embraced her for the last three years of her life, and comforted by a wall of photos of her seven children, 16 grandchildren and my father, her partner in life for almost 61 years.

Because Mom was under hospice care, it meant that she no longer had to face hospitalizations and ensuing stints in unfamiliar rehab facilities. So she spent her days making jewelry and her nights sipping Chardonnay. Mom still received her maintenance medications for high blood pressure and hypothyroidism, but there were no more attempts to try a new medicine, a new "fix."

It simply meant Mom could live the end of her life on her own terms, where she was most comfortable.

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Frederick Health Hospice on Facebook



(Left) The Colgan family in 2008.

(Right) Kate McDermott with her parents in 2012. Bill died at the Kline Hospice House just a few months after this photo was taken.

Carlos Graveran
Frederick Health Hospice
Executive Director

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When Mom broke her hip in a fall, Frederick Health Hospice made sure that her pain was controlled, that her breathing was not labored, that she was bathed and comfortable. They made sure that she would die with the same kind of dignity with which she lived.

My father died at the Kline Hospice House three years before my mom. When my brothers and sisters came from around the country to say their goodbyes, they were utterly amazed by the beautiful facility, the care the staff provided and its bucolic setting. Dad even commented that the view of the rolling hills from his room "looked just like Wisconsin," where he was born and raised.

And just last fall, my oldest brother received hospice care in a hospital in Wisconsin, showing yet again that hospice allows patients and their families to choose where they want to receive their end-of-life care.

Whether tending to patients in their own homes, the Kline House, or a hospital, hospice staff are truly angels on earth who attend to the physical, emotional and spiritual needs of both the patient and their families. I am forever grateful that my loved ones were able to die surrounded by the people who meant the most to them and in the places where they were most comfortable.

The word "hospice" might create a sense of fear in those who are unfamiliar with it. But for those who have experienced hospice, like me, the word engenders feelings of comfort and support. Hospice gave those gifts to my family—and me.



Director's Corner

Carlos Graveran, Executive Director

Our commitment is to never turn anyone away from hospice and to make hospice care more accessible and less frightening. Donors like you make it possible for us to find innovative ways to leverage our strengths and expand services to better serve our community, especially those who are underserved.

For example, despite the fact that 13 percent of Frederick County residents speak Spanish – higher than the state's 7 percent average – currently there are only a few Spanish-speaking mental health clinicians in the county. Our new Spanish-speaking grief support program now provides counseling to the Hispanic community in Frederick County. Our counselor has already connected with other resources, including Centro Hispano and Frederick County Public Schools, to offer much needed support to this chronically underserved segment of our community.

Another new service, **Project Christine**, helps families grieving the loss of a child. We are grateful to the Tipsord family for turning their own loss into a way to help their community. Read more on page 6.

We also continue to work hard to decrease the stigma around the word “hospice” and discussions about end-of-life. To that end, I am excited to share our first educational event since the pandemic, a screening of the documentary film **Being Mortal**, followed by an expert panel discussion (see our back cover for details). As with all our bereavement services, this event is offered at no charge, thanks to the support and generosity of our donors. I hope you will invite your friends and colleagues to join us on Oct. 12, and look forward to seeing you there.

NEW!

Frederick Health Hospice now offers free Spanish-speaking grief support services

These services include:

- One-on-one grief counseling
- Support groups
- Grief support in schools
- Grief camps and retreats for children and teens

Free and Confidential

No Insurance or Paperwork Needed

Transportation Assistance Provided

Serving All Ages

For more information,
contact **Laura Fernandez** at
LFernandez@Frederick.Health
or 240-446-5455, or visit
FrederickHealthHospice.org/
ApoyoEnEspañol





Finding Peace in Hospice

Ronald Mills put up a good fight. Following his diagnosis with stage 4 lung cancer, he underwent rounds of grueling radiation and immunotherapy. But eventually the treatments left him so exhausted that he did not even have the energy to go out and enjoy the animals on his farm.

With his quality of life severely diminished, Ronald and his wife of 50 years, Thelma, had a difficult conversation.

“We had a talk many years ago that I would take care of him as long as I could physically do it,” Thelma says. But when Ronald’s care became too much for her to handle alone, Ronald decided the time had come to seek hospice care.

Thanks to Hospice, Ronald and Thelma could still spend their days—and nights—together in their own home. “We could just sit and talk about things and hold hands,” Thelma says, remembering how she even built a pillow “bridge” so they could still hold hands despite being in separate beds.

She is grateful for the wonderful care Ronald received from his caretakers—day and night. “I had to call Hospice at 2 a.m. once and they were so nice about it,” Thelma says. “I don’t know if I could be that nice if I were called out at 2 a.m.”

But Thelma says Ronald’s time in hospice care also helped her. “During those three months I was able to cope with losing him,” she recalls. “I knew it was going to happen but thanks to hospice, he had a wonderful peaceful passing. I will always be eternally grateful to them.”

Patients who have been diagnosed with life-ending illnesses should consider reaching out to hospice early on so they and their families can learn about the numerous support services that hospice offers. As Thelma and Ronald Mills discovered, hospice can ease the transitions that come at the end of life and provide peace to both the patient and their loved ones.

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:

Harry L. Alexander
Earl F. Angell
Vicki L. Bailey
Robert Bennett
Dana R. Blank
Eileen M. Borowski
Paul E. Bowman
Patricia A. Burns
Dorothy O. Carmody
Gordon L. Cartnail
Annabelle Childers
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Charles W. Wynne
Betty M. Ziebell

Growing through Grief

By Trish Bowers, Hospice Bereavement Counselor

As bereavement counselors, we guide our clients, helping them find ways to grow and evolve from the intense pain of their grief. Often learning or trying something new can be a helpful tool for people. A few weeks ago I wanted to take a “practice what you preach” stance. I decided to take a deep dive into this idea.

I asked my daughter, Olivia, to teach me how to play the saxophone. She taught me some basics and then taught me the Charlie Brown Christmas theme song. At face value, this doesn't seem significant, but the cool connection is that my Papa used to play the saxophone, and he and Olivia share a birthday. My mother, who died four years ago, loved the Charlie Brown theme song. In fact, she had a “Charlie Brown” Christmas tree that played it.

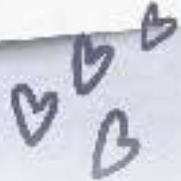
I have a video of my mom dancing to this song. Though she was deep into her disease of Alzheimer's, the memory recall and little dance she performed are beyond precious to me. I plan to continue practicing this particular song in honor of Papa and Mom. It will serve as a way for me to continue to grow and evolve from my own grief that is always there in small ways, no matter how much time passes.

Respectfully, I challenge you to look at trying something new and explore how it might help you grow and evolve?

See Grief Support Groups and Workshops on page 11.



(Top) Olivia playing the saxophone.
(Bottom) Trish's "Papa" on the saxophone with his band.



PROJECT CHRISTINE

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

Grief is a reflection of love, and people of different ages grieve in different ways. Finding ways to express and share those feelings within families is vital to connection, healing, and remembering cherished family members we have lost. This is especially true of families with grieving children.

Project Christine provides peer support to parents and families grieving the death of a child and is open to parents and children in grades K-12.

This free program includes:

- Weekly dinner groups and social events
- Peer based support
- Art-based activities
- Professional grief support
- Mindfulness interventions
- Referrals to one-on-one grief counseling



Christine Tipsord was diagnosed with a brain tumor at a very young age and passed away at Kline Hospice House surrounded by her family. Christine's parents, the Tipsords, helped establish Project Christine in memory of their daughter.



The Tipsords were supported during Christine's illness by Frederick Health Hospice. They also attended a weekly parent and sibling grief support group in Baltimore.



Project Christine reflects that program and strives to support families on their grief journeys.

To learn more, call Jan Hummer at 240.457.7185, email JHummer@Frederick.Health, or visit FrederickHealthHospice.org/ProjectChristine.

Weekend Camp Jamie: New Friends and Life Lessons

After three years of pandemic-related changes, 24 campers from ages 6 to 14 returned to Skycroft Conference Center for the traditional overnight Camp Jamie in June. The weekend featured many "classic" Camp Jamie activities, such as a drum circle, campfires with s'mores, sharing circles, music therapy, and time with animal friends. But there were several new activities as well, such as making memorial lanterns and crafting birdhouses to help talk about where we can find support when we're grieving.

Dr. Alison Bomba, a psychologist who specializes in working with grieving children, volunteered her time and expertise for the weekend. "I was thrilled to join the Camp Jamie team!" says Dr. Bomba. "It is incredibly powerful to witness the growth and healing that occurs in just a few days at camp. I'm honored to have played a small part in the grief journey of these young people."

Also volunteering at the camp were the mother and grandmother of a former camper, two Big Buddies who attended camp when they were children, eight first-timers, and many who can now count their total number of camps in the double-digits.

"Our campers were grieving an array of deaths and relationships, but one thing they all had in common was that each left with something they didn't have when they arrived," says Kaili Van Waveren, Hospice bereavement care supervisor. "Whether it was a new friend, a new coping skill, or a newfound awareness that they are not the only child grieving someone they love, their time at Camp Jamie was another step toward overcoming their grief."



Grief Camp For Students in Grades 1-8

Animal Therapy • Arts & Crafts
Memory Boxes • Sharing Circle

ONE-DAY : SEPT. 24, 2022

Thorpewood Retreat Center, Thurmont, MD

Through expressive and experiential activities, our facilitators help explore grief issues in a safe and supportive setting. All activities provide opportunities for campers to express themselves and develop bonds with others. Space is limited.

For more information,
visit FrederickHealthHospice.org/CampJamie





A Hero for Heroes

His obituary began: "A soldier died today."

But Col. William E. Weber was no ordinary soldier. During his 37-year Army career, Col. Weber served in the occupation of Japan after WWII and lost an arm and a leg during the Korean War. Yet he continued to serve his country for another 29 years on active duty before retiring in 1980.

In retirement, Col. Weber was appointed by President Reagan as a member of the Korean War Veterans Memorial Advisory Board. He worked tirelessly to ensure that visitors to the national memorial would learn of the sacrifice of more than 36,000 Americans and 7,200 Koreans who were killed during the war.

So it was with great honor that Frederick Health Hospice Veteran Liaison Bob Lebron was able to recognize Col. Weber for his service and thank him for his sacrifice.

Although Col. Weber's time in hospice was short, his wife of 48 years, Annelie Weber, remains grateful for the tender care provided to her husband by his care team.

"I didn't want to see him suffer anymore but he really didn't suffer because the help that was given was so good," Mrs. Weber says. "Hospice brought a hospital bed and everyone made sure he was comfortable at all times and not in pain."

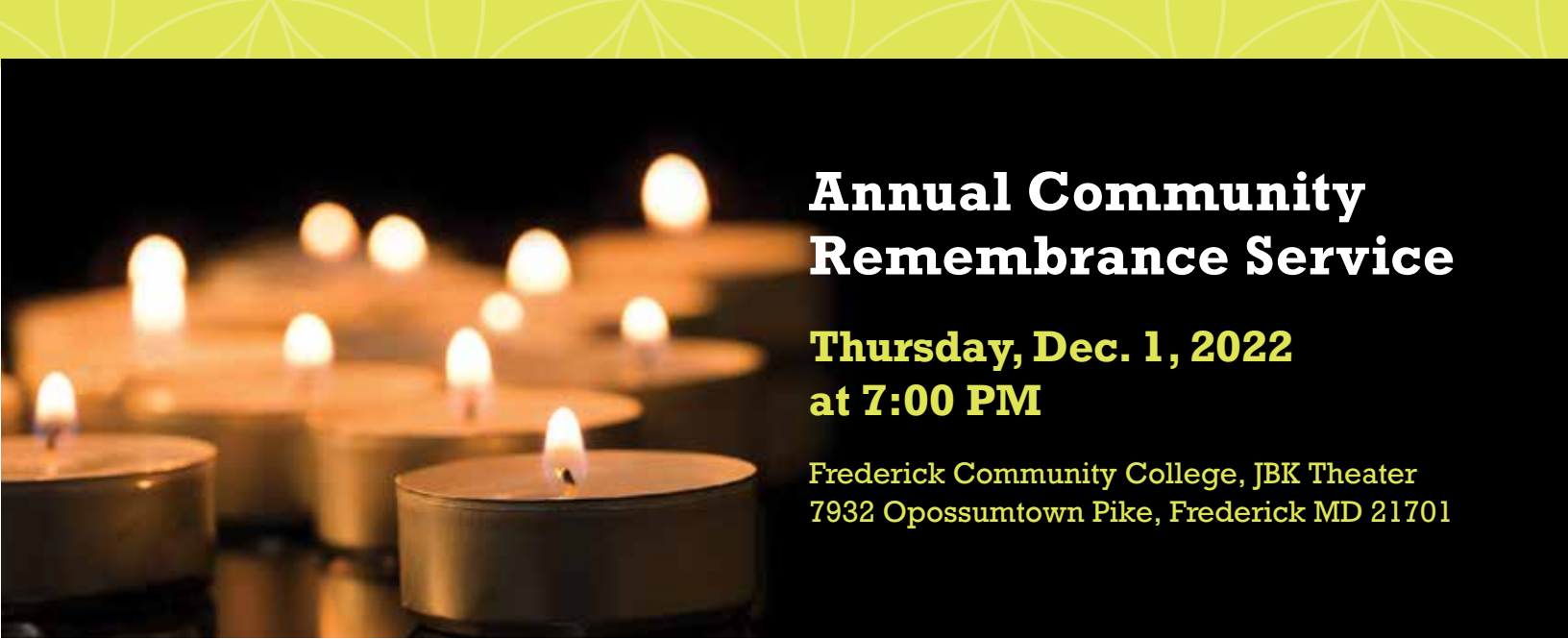
The certificate that Bob Lebron presented to Col. Weber was another honor for the highly decorated soldier who earned the Distinguished Service Medal, Silver Star, Legion of Merit with Oak Leaf Cluster, Bronze Star with V, Purple Heart with two Oak Leaf Clusters, Army Commendation Medal with Oak Leaf Cluster, and the Combat Infantryman Badge.



Col. William E. Weber at the Korean War Veterans Memorial, where he is memorialized with a statue for his service.

"I was honored to be in the presence of a military legend. And although his walls were covered with medals, I think he and his family were pleased by the recognition given to them by Frederick Health Hospice. It seemed a fitting tribute to a man who chose to live and die with dignity."

-Bob LeBron, Veteran Liaison



Annual Community Remembrance Service

**Thursday, Dec. 1, 2022
at 7:00 PM**

Frederick Community College, JBK Theater
7932 Opossumtown Pike, Frederick MD 21701

Anyone who has experienced the death of a loved one and wishes to commemorate their life during an evening of music, candlelight and personal reflection is warmly invited to attend this special evening. We welcome the families of those we have served, as well as those in the community who have lost a loved one.

At the Remembrance Service, join us in commemorating your loved one's life by participating in our photo montage. Please either email your photo to GriefSupport@Frederick.Health or mail a photo to 1 Frederick Health Way, Frederick, MD 21701, no later than Thursday, Nov. 17. Please include a self-addressed, stamped envelope if you would like to have your photo returned.

Your Name _____ Phone _____

Name of Person in your Photograph _____ Relationship to You _____

Date of Birth (Month, Day, Year) _____

Date of Death (Month, Day, Year) _____

List up to 10 Things Your Loved One Enjoyed (For Example: Fishing, Baking, Dogs, Traveling)



Luminaries in honor of your loved one are also available for purchase (\$10 each) on our website and will be displayed at the event.

Additional details at FrederickHealthHospice.org



Your Gift Matters

Thanks to your generosity, we are able to offer our Camp Jamie at no charge. Camp Jamie volunteers have a special talent in connecting with grieving kids. They recently helped break the ice with a game of giant Jenga where campers and Big Buddies answered different questions about themselves, their loved ones and their grief.

Camp Jamie volunteer, Sharon, in a game of icebreaker Jenga with campers.

Frederick Health Hospice depends on the support we receive from individuals, businesses and organizations in our community. Whether your donation is a living tribute in honor of a special person or occasion, or a memorial honoring the memory of a friend, relative, or colleague, your generous support makes a difference.

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

Name _____

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 _____

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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](https://www.FrederickHealthHospice.org/donate).



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



Calendar of Events

Grief Support Groups and Workshops

General Grief Support Groups

This support group is an open-ended (ongoing) group designed to provide support to individuals who have experienced the death of a loved one.

Drop-in group.

No registration required.

**Thursdays (1st and 3rd),
2:00 PM – 3:30 PM**

**Thursdays (2nd and 4th),
5:00 PM – 6:30 PM**

**(Will not meet on
Thanksgiving, Nov. 24)**

Camp Jamie One-Day Fall Camp for Students Grades 1-8

Through expressive and experiential activities, our facilitators help explore grief issues in a safe and supportive setting. All activities provide opportunities for campers to express themselves and develop bonds with others. Space is limited.

Saturday, Sept. 24, 2022

9:00 AM – 7:00 PM

Thorpewood Retreat Center

Death Cafe

A Death Cafe is an event where people drink tea, eat cake and discuss death in a relaxed and supportive setting. Death Cafes are a group directed discussion of death with no agenda,

objectives, or themes, and is not a grief support or counseling session.

Registration required.

Saturday, Oct. 22, 2022

3:00 PM – 5:00 PM

Frederick Health Village

Memory Lab (with Frederick County Public Libraries)

Convert your mini DV tapes, VHS tapes, VHS-C tapes, photos, slides and negatives to digital formats using FCPL equipment. Bring a flash drive or other storage device to save your files and create a lasting memory to share with loved ones!

By appointment only. For more information and to sign up, please contact Hospice or FCPL, online or by phone.

Wednesday, Nov. 16, 2022

9:00 AM – 6:00 PM

Annual Community Remembrance Service

Anyone who has experienced the death of a loved one and wishes to commemorate their life during an evening of music, candlelight and personal reflection is warmly invited to attend this special evening. We welcome the families of those we have served, as well as those in the community who have lost a loved one.

Thursday, Dec. 1, 2022

7:00 PM – 9:00 PM

Support Hospice!



Volunteer Opportunities

Hospice 101

An informational presentation on what hospice is, what we do, whom we serve, and our mission and philosophy. Hospice 101 is a great place to learn about this unique concept of family-centered care and how volunteers can help.

Registration required.

Call 240-566-3038 to register.

Saturday, Sept. 3, 2022

9:00 AM – 11:00 AM

Thursday, Sept. 8, 2022

5:00 PM – 7:00 PM

Additional details, other groups and registration information are available at FrederickHealthHospice.org. All groups and events are held at Frederick Health Village unless otherwise noted.

FrederickHealthHospice.org

1 Frederick Health Way | Frederick, MD 21701 | ph 240-566-3030

Has your address changed? Or would you prefer to get the online version of this newsletter? Email PJSmith@Frederick.Health

Hospice Wish List on Amazon!

You may continue to bring donated items to our office or you can purchase them directly from Amazon.com. They'll be automatically shipped to our Kline Hospice House.

Find our Amazon Wish list for the Kline Hospice House at FrederickHealthHospice.org/Kline-Hospice-House/Wish-List.

Kline Hospice House

- Bleach
- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Ziploc freezer bags (quart/gallon)
- Trash Bags (4/8/13/30 gallon)
- Gift cards/ Walmart/Food Lion/ Amazon)

amazonsmile
You shop. Amazon gives.

Use smile.amazon.com for extra giving to Hospice!

COMMUNITY EVENT



Being Mortal

If you thought you were dying, what would matter most?

OCT. 12, 2022

**Jack B. Kussmaul Theater, Frederick Community College
7932 Opossumtown Pike, Frederick, MD 21702
6:00 PM - 8:00 PM (Doors open at 5:30 PM)**

Join us for a **FREE** screening and panel discussion, followed by a reception with wine and light refreshments.

This Frontline documentary follows renowned New Yorker writer and Boston surgeon Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life.

Walk-ins are welcome, but registration is greatly appreciated. Please call 240-566-4055 or email HospiceEvents@Frederick.Health to register.