



Living Every Moment

with Care, Comfort and Hope



Part of Kenny's Hospice care plan includes visits from HosPet Layla. Simply petting an animal can lower blood pressure, release endorphins and even reduce pain and anxiety.

Two Friends Find Comfort through Hospice Partnership with Assisted Living

For more than 40 years, Frederick Health Hospice has been providing compassionate, comfort-oriented care to people with advanced illnesses in their homes.

“I think it’s important for people to understand that ‘home’ means different things to different people,” said Anne Cormier, Clinical Supervisor at Frederick Health Hospice. “Our care team serves people who live in nursing homes, assisted living facilities, group homes—even extended stay hotels. We go wherever the patient calls home.”

Home for Kenny Ropp and Alan Dissan is Autumn Lake at Ballenger Creek, an assisted living facility on the outskirts of Frederick, where the two are roommates. The two friends enjoy sharing the ordinary moments of their daily lives, including watching the birds at their window feeder, playing along with *The Price is Right* or following their favorite sports teams on TV.

Since late last year, Kenny and Alan have also been sharing the experience of hospice care.

While the staff at Autumn Lake continue to care for Kenny and Alan's day-to-day needs, their overall care plan is directed by a Frederick Health Hospice nurse. At Kenny and Alan's request, both the facility's caregivers and the Hospice care team combine their efforts to provide enhanced physical, emotional and spiritual care through a partnership that represents a growing trend within the assisted living community, says Cormier.



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(Top) Frederick Health Hospice volunteer George Basford keeps Kenny and Alan's window feeder filled with seed so that there is never a shortage of birds for the roommates to watch. (Bottom) Alan pictured with Hospice volunteer, Paul Kelly, and his HosPet Luke.

"Because advanced illness affects more than physical health," explains Cormier, "Frederick Health Hospice's care team not only includes doctors, nurses and home health aides, but also social workers, music therapists, chaplains, volunteers and others who provide companionship and practical assistance when needed."

One unique component of the care Kenny and Alan receive from Frederick Health Hospice is music therapy. "Because familiar songs give people an outlet to express and explore their emotions," explains Hospice's Music Therapist Kayla Lyles, "Many patients report less pain, anxiety, nausea and feelings of depression after listening to music."

"And while music therapy can help patients wade through serious feelings," she says, "it's often just a way to lift their spirits and brighten their days...and that's very powerful, too." Lyles recalls one visit with Kenny and Alan that took off when the two started humming theme songs from the sitcoms and game shows they grew up watching in the 1950s and '60s. "It was completely spontaneous and a lot of fun," she says. "Laughter is always good medicine."

A dog lover all his life, Kenny especially looks forward to visits from Layla who comes regularly with his owner, Josh Beitler. Josh and Layla are part of Frederick Health Hospice's HosPets program.

Kenny and Alan say they value everything that Frederick Health Hospice has brought into their lives, but they are especially grateful for the ongoing friendship with George Basford a Hospice volunteer who visit regularly. The roommates say that Chaplain Wes Parks is also a great source of friendship, companionship and support for them.

"One thing I especially admire and respect about Kenny and Alan," says Chaplain Wes, "is how open and welcoming they both are to all the benefits of hospice care. These two gentlemen are a great example of how much Frederick Health Hospice can offer when we are invited to get involved early in a patient's care."



Carlos Graveran
Frederick Health Hospice
Executive Director

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A Note from Hospice Executive Director Carlos Graveran

Regular readers of this newsletter have become accustomed to messages from me in this space. We thought you might want to know more about some of our board members and why they have chosen to share their talents with Hospice.

Board Member Spotlight: Allison Zerr, FHH Direct Service Volunteer and Board Member

When Allison Zerr completed the Frederick County Chamber of Commerce's Leadership Frederick program in 2017, she was on a mission to make a difference. As fate would have it, a chance encounter with a Hospice volunteer at a networking event sparked her interest.

After becoming a Hospice volunteer, Allison also experienced hospice care firsthand. When her stepfather was at the end of his life, he adamantly expressed his wish to die at home. With help from the local hospice and his family, his request was fulfilled. Deeply touched by the hospice team's compassion shown to her stepfather and family, Allison gained a newfound passion for advocacy and education regarding hospice and end-of-life planning.

In 2022, Allison completed her Certificate in Thanatology at Hood College. She also started the Frederick Death Café movement to encourage open, honest conversations about hospice and the end of life. While these topics are gaining more acceptance, there are still many misconceptions that prevent individuals from contacting hospice.



(Top) Hospice Board Member Allison Zerr is also a Direct Service Volunteer.



(Bottom) Allison Zerr's stepdad is pictured in front of his pride and joy, a tugboat named The Billy B.

"As a country, we avoid talking about death with our families," Allison said. "I have seen many families suffer both emotionally and financially because their loved ones did not discuss [end-of-life planning].

In hospice care, at least the discussion of hospice can open the door to those honest and frank conversations with loved ones."

While working with patients directly, Allison has witnessed dramatic improvements when hospice is contacted earlier in the dying process.

"Just being able to talk to a hospice volunteer, a social worker, a nurse and our incredible nursing assistants provides our patients with a sense of peace and purpose," Allison said.



Hospice Executive Director pictured with Deb Carroll from Alpha Delta Kappa, an international organization of women educators.

Looking for a Speaker?

Hospice is committed to educating our community about hospice care and the services we provide. We offer education and information on a variety of hospice-related topics by bringing the expertise of our staff to your organization.

Our speakers are passionate about providing the best end-of-life care and other resources to the community. They are eager to share helpful information and answer your questions.

We can present on many topics including, but not limited to:

- When to call hospice
- The Medicare hospice benefit
- Dementia and hospice care
- Grief in the workplace

To schedule a speaker, please contact our offices by calling 240-566-3030 or email HospiceEvents@Frederick.Health

In Memoriam

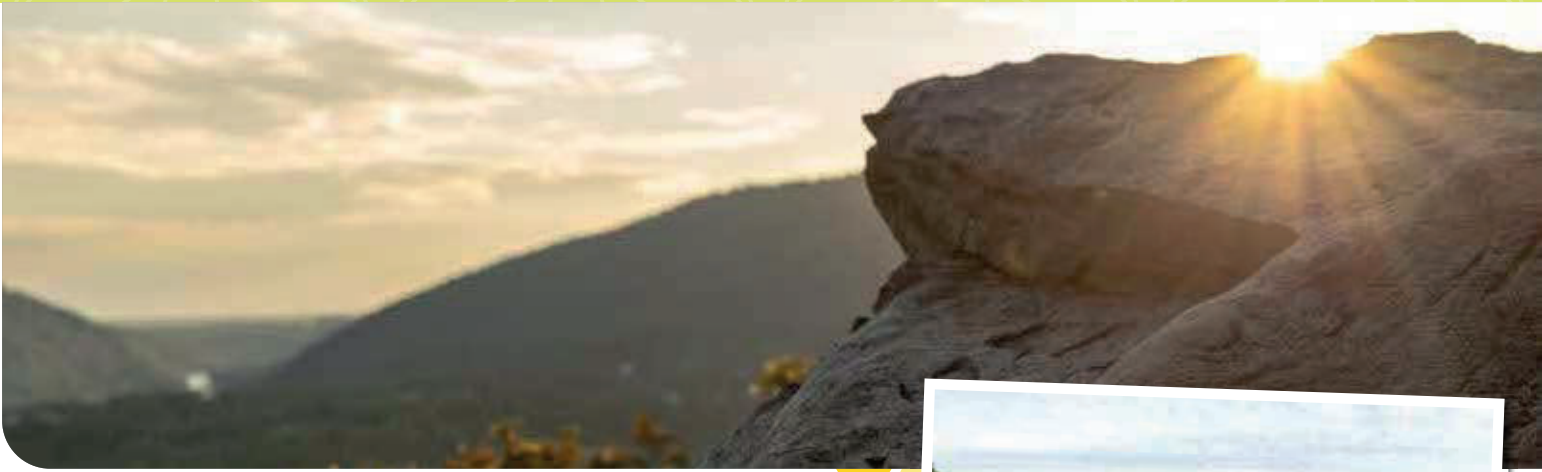
We are grateful to the individuals and families who designated contributions to Frederick Health Hospice in memory of their loved ones who are listed below:

Joan L. Abel
 Lois L. Banks
 Marilyn A. Bargetz
 Donald J. Bell
 Thomas Bender Jr.
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 William R. Young



Umbrella Project hikers and trip leaders at Washington Monument State Park in Maryland in October 2022.

The Umbrella Project: Empowering Grieving Young Adults with Nature



Life is a series of changes, but none can compare to the pain of losing a loved one. For young adults already navigating the ups and downs of life, the weight of grief can feel especially heavy. To make matters worse, adolescents and young adults often have limited options when it comes to peer-based grief support.

Individual grief counseling is available through Hospice to anyone above age 6. But in terms of finding support in a group setting, many young adults divulged that they felt out of place in the existing programs offered. Pediatric programming is geared toward a younger crowd, while adult support groups are often attended by middle-aged and older participants.

Recognizing this critical gap in age-appropriate group support, Hospice recently launched a partnership with a local volunteer-run nonprofit called The Umbrella Project. Under the peaceful backdrop of Maryland's nature, this unique organization provides grieving young adults aged 18+ with a caring, supportive community of those who have experienced a similar loss. Participants embark on multi-day Appalachian Trail hikes accompanied by qualified counselors and seasoned outdoor experts.

Peer support is crucial for young adults, especially during times of grief and change, said Hospice Bereavement Care Supervisor Kaili Van Waveren. Young adults need to have accessible spaces to connect with others in their age group who understand their experiences.

“We want to create opportunities for this important peer support, but in a way that enfold professional grief support into the peer-led experience,” said Kaili.

Through this exciting new partnership with The Umbrella Project, we are eager to open more avenues of grief support for young adults trying to navigate the loss of a loved one.

Visit umbrellaprojecthike.org for more information.

The Dos and Don'ts of Comforting a Grieving Person

When someone you care about is mourning a death, what can you say or do to ease their pain? There is no magic formula for consoling someone in grief, but there are effective and not-so-effective ways to offer support. Here are some appropriate approaches.

Spend time remembering the deceased.

Look at pictures, watch a favorite movie, or share stories. Use the name or title of the person who died when speaking about them. ("I have such fond memories of your mother." "I will miss John's contagious laughter.")

Offer specific help. Instead of asking, "How can I help?" suggest specific ways you can support them. For example, offer to pick up groceries, make food, or take their child to the park. This takes the burden off the grieving person and shows that you're willing to take action.

Allow space for expression. Everyone copes in their own way. Provide a safe space for the grieving person to express their feelings without judgment. Encourage them to share their thoughts, memories and emotions. ("I am here to listen whenever you want to talk about Sarah.")

Just be there. Whether the grieving person wants to talk or sit in silence, your supportive presence may be what is most comforting. ("You don't have to talk, I will just sit with you.")

When comforting someone who is grieving, it's important to be mindful of what you say and do. While well-meaning, some words and actions can do more harm than good.

Don't use clichés. Avoid comments such as, "they're in a better place," "everything happens for a reason," "it was their time" and "you'll get through it, just be strong." These phrases tend to be dismissive and unhelpful.

Don't discount their feelings. Don't make assumptions about how someone is doing based off of how they are presenting. There is no right or wrong way to mourn, and there is no timeline for mourning.

Don't offer advice. Avoid giving unsolicited advice. What works for one person may not work for another.



Show Your Support for this Sellout Event!

Frederick Health Hospice Annual Golf Classic

September 21, 2023
Maryland National Golf Club
8836 Hollow Creek Road, Middletown

Join us for a day of fun on and off the greens, including 18 holes of golf, a full breakfast, complimentary gifts, contests, lunch served on the course, complimentary beverages and snacks throughout the day, ending with a dinner and an awards ceremony.



Members of the Tx:Team from 2022 Annual Golf Classic.

Become a Sponsor for our Largest Fundraiser!

Registrations and sponsorships are accepted by phone, mail, and at FrederickHealthHospice.org/golfclassic.

For more information, call 240-566-3036 or email ACasterlin@Frederick.Health.



Hospice recently celebrated volunteers for their steadfast dedication to our patients and families.

We also recognized Elaine Junker for volunteering 28 years with a total of 7,300 hours!! Elaine has also donated more than \$85,000 to hospice through her Handmade for Hospice knitted pieces. It's a privilege to call Elaine one of our volunteers and to be able to honor all of these amazing, selfless people.



Providing care for a loved one with end-stage dementia can be overwhelming for families. Hospice provides personalized support to ensure the patient's final days are as comfortable and peaceful as possible and equip the family to manage caregiving challenges.

Hospice care can make all the difference in the lives of families caring for a loved one with end-stage dementia. To speak to a staff member about hospice services for patients with dementia, call 240-566-3030.

Dementia: When to Involve Hospice and How It Helps

By Mary McDonald, M.D., Medical Director

Dementia is a general term that includes several specific types of chronic illnesses, including but not limited to Alzheimer's Disease, lewy body dementia, vascular dementia and fronto-temporal dementia. These chronic illnesses are all progressive, neurodegenerative processes that cause a decline in cognitive and functional abilities. They progress over a number of years and all will lead to significant debility and, ultimately, death since there is no known cure. Dementia is a hospice qualifying condition in its latest stage and hospice can offer tremendous support for the patient and caregivers.

Most patients who are on hospice for dementia illness have in common that they are bed-bound or require substantial assistance to ambulate, have very poor verbal skills or do not speak at all and are dependent on assistance with dressing, feeding and bathing. These individuals are incontinent of bowel and bladder. The full care that these people require can be very challenging for families to provide and they are at high risk for requiring long-term care. Families that are able to keep their loved ones with dementia in the home benefit greatly by having the support of the hospice team to help train them in the care of the patient and to help them anticipate their future needs. All dementia patients, regardless of where they live, benefit from hospice services to address the symptoms that are associated with severe debility as well as end of life symptoms. They also benefit from visits from the other hospice team members including the music therapist, chaplain, social worker, pet therapist and other volunteers and the veteran liaison.

Hospice is a Medicare benefit and is offered by Maryland Medicaid and most private health insurance companies. As with all diagnoses cared for by hospice, patients are enrolled for a benefit period. In order to remain hospice eligible, the hospice physician sends updated clinical information to the insurer to recommend continued hospice enrollment or to report that the patient's condition has stabilized or improved. In limited instances, patients actually improve in their cognitive or functional level due to having time to recover from an acute illness or because of the increased care they receive from hospice. In these cases, the patient will be disenrolled in hospice until the time comes that they demonstrate a decline in their condition.

We pride ourselves on providing expertise and excellence in the care of patients with dementia in our community. This disease is becoming more common amongst us as our population ages and the supportive care that hospice provides can make a positive impact on those afflicted and their loved ones.



Ken Sullam's wife sent this photo taken during an honor ceremony performed at their home. After Ken's death, she visited the Veteran's Wall to see his pin for herself.

A Tribute to Hospice's Veterans

Honoring veterans is more than a duty—it's a privilege. That's why Hospice created the Veteran's Wall of Honor in 2017 to pay tribute to the brave people who have served our country.

At Hospice, veteran liaisons and the Executive Director of Hospice - who is also a veteran - ensure every veteran in our care is given the recognition and compassion they deserve. To ensure their sacrifices are not forgotten, we keep a record of their name, birth date and branch of service. The Hospice team presents each veteran with a pin bearing the emblem of their branch of service. When a veteran passes away, their pin is added to the Wall of Honor, remaining a symbol of their heroism.

Families of veterans receive heartfelt invitations to view their loved one's pin on the Wall of Honor. Hospice Veteran Liaison Bob Lebron recalls a moving experience when the wife of honored veteran Ken Sullam asked to see her husband's pin on the wall. "It was a reminder of the deep gratitude and respect we owe our veterans," he shared.

By recognizing each veteran's service, we ensure that their legacy lives on. We hope that by honoring these brave men and women, we can inspire future generations to do the same.

Service Members Represented on the Veteran's Wall of Honor*:

USAF = 171
USN = 279
USMC = 78
USCG = 10
USA = 607
Merchant Marine = 1
National Guard = 98

** as of April 2023*

Your Gift Matters



Frederick Health Hospice depends on philanthropy to provide care to individuals and families regardless of their ability to pay. Thank you for your thoughtful consideration in helping to assure that everyone in Frederick County has the opportunity to face the last chapter of their lives with dignity.

"We had the pleasure of presenting a check to Frederick Health Hospice. This money was raised by votes and donations to our boat, "Lady Liberty," in partnership with Carroll Creek's Sailing Through The Winter Solstice. We are proud to support their worthy cause as we honor the memory of our former employee Bill Hinkston."

- Matan team members

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 _____

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





Calendar of Events

Grief Support Groups and Workshops

General Grief Support Groups

Designed to support individuals grieving a loved one. See website for additional details.

Drop-in group.

No registration requested.

Suicide Survivor Support Group

Provides education and support for those dealing with a death of a family member or friend from suicide.

Registration required.

Wednesday Evenings

June 21 – July 26

6:00 PM – 7:30 PM

Parent Loss Support Group

Designed for adults who have experienced the death of a parent to provide grief education as well as time to share feelings as you process grief in a safe space.

Registration required.

Wednesday Evenings

August 2 – September 20

5:30 PM – 7 PM

Spousal/Partner Loss Support Group

Group explores issues specific to the death of a spouse/ life partner and provide understanding and validation of feelings.

Registration required.

Thursday Evenings

August 17 – October 5

5:30 PM – 7 PM

Additional details and registration information are available at [FrederickHealthHospice.org](https://www.FrederickHealthHospice.org). All groups and events are held at Frederick Health Village unless otherwise noted.

Support Hospice at Community Fundraisers!

Elks Golf Tournament

Proceeds Benefit Kline Hospice House and Frederick Elks 684 Charities. For questions, contact Tom Lynch at 301-606-1487 or tom@tomlynchrealestate.com.

June 9, 2023

**Glade Valley Golf Club
10502 Glade Rd.
Walkersville, MD 21793**

Rally in the Back Alley Car Show

Enjoy cars, music, plenty of food from your favorite local food trucks, family fun and more in Mt. Airy!

July 15, 2023

**9:00 AM – 2 PM
1706 Back Acre Circle
Mt. Airy, MD 21771**

FSK Antique Car Club Benefit Car Show

Mark your calendar for this annual event that helps to support Hospice programs.

August 19, 2023

**(Rain date August 20)
Rose Hill Manor Park
Frederick, MD 21701**

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 at [FrederickHealthHospice.org/Kline-Hospice-House/Wish-List](https://www.frederickhealthhospice.org/Kline-Hospice-House/Wish-List).

Kline Hospice House

- 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)
- Canned fruit and soup
- Gift cards/ Walmart/Food Lion/ Amazon)

The Bucket List Book Club



Sunday, June 4

The Anthropocene Reviewed
by John Green

Sunday, June 25

The Big Book of the Dead
by Marion Winik

Sunday, July 30

You Could Make this Place Beautiful
by Maggie Smith

Sunday, August 27

Tell Me More
by Kelly Corrigan

in partnership with