



# Living Every Moment

with Care, Comfort and Hope

## Finding Peace, Comfort and Joy at Kline House: Denny's Story



Denny Duvall enjoying the holidays during healthier times.

A good listener and natural problem-solver, Denny Duvall was always there for his two sisters, Ethel Mae and Stephanie, when the close-knit family was growing up on Second Street in Downtown Frederick. Over the years, he became a loving husband to his high school sweetheart, Sandy Blizzard, a role model to his nephew, Eric, and a devoted friend to many. He was loved and respected by all who knew him, including the thousands of customers he took care of throughout his 56-year career as the Home Improvement and Appliance Sales manager at Sears.

Denny Duvall lived his entire life with energy, determination, and optimism—qualities he brought to his fight against kidney cancer when it was diagnosed last year. When chemotherapy failed to arrest the progress of his disease, Denny had to face the fact that a cure for his cancer was unlikely. He chose to live the remainder of his life in the comfort of Frederick Health Hospice's Kline House.

"Our family was already familiar with Frederick Health Hospice," says Denny's sister Stephanie Staley. "Over the years, we had all witnessed the care and comfort Hospice had provided to our friends, loved ones and family members. When Denny chose to move into the Kline House, we understood that we were beginning to say goodbye, but the most important thing for all of us was to support his decision."

**And so the family to whom Denny had given so much unconditional love, support, and acceptance throughout his life encircled him in his last days and gave the same to him.**



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Denny found tremendous peace of body, mind, and spirit at the Kline House. His room opened onto a private patio, allowing him to watch the birds, smell the flowers, and enjoy fresh air at any time from the comfort of his bed. According to Stephanie, this feature proved to be a priceless gift for Denny and his family.

Because Denny's time at the Kline House occurred during the first wave of the COVID-19 pandemic, says Stephanie, there were strict safety protocols in place. One of the most limiting things for Denny and his family was that only two people could visit him in his room, and just one at a time.

Undaunted, the Kline House staff came up with a solution. When a larger group wanted to visit Denny, the staff would set up chairs on Denny's private patio and simply open the sliding doors to his room. Always maintaining this safe distance and with everyone masked, Denny and his family and friends were able to enjoy one another's company until the last day of his life.

To understand how much this meant to Denny, says Stephanie, you have to understand how much Denny loved people. "At family dinners and picnics, he was always the first one to arrive and the last one to leave," she says. "The fact that he was able to continue visiting in a safe way with the people he loved most at the end of his life was priceless."

"Denny was absolutely full of life and joy," she continues. "The people who cared for him at Kline House were able to look past his illness and embrace Denny as a human being. He was never 'just a patient' to them; he was always a person first."

Stephanie says entrusting Denny's medical care to Hospice allowed his family to concentrate on simply being with him, sharing memories of their life together, until he passed away peacefully on July 13, 2020.

**"Saying goodbye to Denny was painful, and I know each of us will feel his absence deeply for the rest of our lives," says Stephanie. "But, thanks to Frederick Health Hospice, along with our sadness, we also feel peace...because we know that Denny, and everyone who loved him so much, had the best end-of-life experience possible."**

**Carlos Graveran**  
Frederick Health Hospice  
Executive Director

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## Director's Corner

Carlos Graveran,  
Executive Director

As we approach the end of another year, I find myself reflecting on the past. It is customary to give thanks for the many blessings in our lives; so much so that we've created an entire holiday for just that purpose. While turkey with all the trimmings and football are fantastic, what I value most about that day is the gratitude I feel when I acknowledge the support I've received from the many people in my life. It reaffirms my purpose in life and my value to others.

The same can be said for our organization. Year after year, without fail, your support and generosity make it possible for us to pursue our mission to positively impact the lives of every individual in our community affected by serious illness, grief and loss. Despite the many challenges we've faced in the past year and a half, your steadfast support has inspired us to overcome our challenges and broaden the services we offer.

While we continue to provide the highest quality of care to our hospice patients, we strive to find new and innovative ways to leverage our strengths to fill community needs. Over the past year, we have expanded our grief support services. A new partnership with Frederick County Public Schools will enable us to better support grieving children in our community; we are also about to launch a first-of-its kind program in Frederick County to support families who have lost a school-aged child. In April of 2022, we will offer our first-ever Camp Jamie Teen Camp, specifically tailored for adolescents in grades 9-12. Our partnership with the Frederick County Health Department provides support to first responders as well as to people affected by Substance Use Disorder and overdose. In addition, we continue to provide care at Kline House, offer Music Therapy, and our Veterans Program—none of which would be possible without your support.

I know I speak for our entire team when I say that your trust inspires us and underscores the value you place on our mission. We could not be more proud to serve this community. I can predict with certainty that as I sit down to my Thanksgiving meal, our donors will be among the many blessings for which I give thanks this year. Happy Thanksgiving!



## Frederick County Public Schools and Frederick Health Hospice Launch New Partnership

To assist students, staff and families who have been adversely affected by serious illness and loss, Frederick Health Hospice and Frederick County Public School (FCPS) have joined forces to offer:

- Age-appropriate resources to help students, staff and families cope in a crisis.
- Bereavement support groups in collaboration with the appropriate FCPS staff.
- Specialized workshops on grief-related topics for students and staff.
- Individual counseling at the Hospice site for up to eight sessions.

Our colleagues at FCPS have told us that Hospice's ability to provide immediate resources and services to families who have experienced grief or loss has been invaluable.

"The children of our community are facing more than their fair share of challenges," said Frederick Health Hospice Executive Director Carlos Graveran. "We are proud and excited to partner with FCPS and contribute our expertise in bereavement and counseling to help them navigate those challenges."

# I Think I'll Just Skip the Holidays This Year...



Even in the best of times, the holidays can be stressful, but for those who are grieving, they can be agonizing—even overwhelming.

The upheaval of emotions that we experience when grieving the death of a loved one can even cause some to think the holiday season would be best avoided altogether. Regardless of our feelings, unfortunately, store windows will still be decorated, lights will still be hung, and the world will still celebrate.

If you are grieving, perhaps the best response this year is to learn to understand and respect each other's grieving styles and create new rituals and traditions. By creating a new normal, many have found that it is possible to survive and sometimes even embrace the holidays.

Here are some helpful tools to keep in mind as we navigate the holiday season:

- Acknowledge the pain of the empty chair at the Thanksgiving table.
- Talk about and remember the missing family member as you open gifts or light the Menorah.
- Give yourself permission to do things differently this year.
- Give yourself permission to have some pleasure as well. It is okay to laugh or smile, even through your sadness. Those things don't weaken your connection to your loved one; neither do they mean that you don't care, or that you're not grieving.

This year, commemorate the holidays in whatever way makes you feel most comfortable, but remember that it's important to have a plan. As difficult as it may be, it is far better to prepare for the holidays than to pretend they don't exist.

## 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:

Carol J. Arnold  
Betty J. Bachtell  
Mary A. Barnhouse  
Earl Beck  
Timothy R. Burrier  
George F. Burroughs  
Linda Breckenridge  
Claudette I. Brown  
Robert T. Carter  
Carol L. Cimino

Mary A. Clark  
Christopher Covert  
Thi (Maria Bernadette) Dao  
Dorothy J. DeGrange  
Victoria Firor  
Doris R. Flanigan  
Glenna L. Forquer  
Kenny Funk  
Ray Gladhill  
Betty Gouker

Charles E. Keller III  
Bess Lapsley  
Dorothy H. Plumer  
Ann S. Malone  
Thelma Meskill  
Gary D. Rice  
Mildred Romsburg  
Joseph Royer  
Barbara J. Slick  
Patricia Small

Bernard L. Smith  
Benjamin Stears  
Robert Sutphin  
Earl B. Thomas  
Shirley M. Wagaman  
Peggy Webb  
Sharon White  
Barbara E. Wilson  
John W. Wilson

# The Power and Potential of Music Therapy in Hospice Care

by Georgia L. Wells, MT-BC  
Hospice Music Therapist

The Frederick Health Hospice interdisciplinary care team is committed to providing physical comfort and emotional support to those facing life's final chapter and those who love them. Of equal importance is supporting one another as we work as a team to honor those commitments for each family unit.

The music therapist has a unique opportunity to collaborate with each discipline to enhance these patient goals and offer a supportive presence to colleagues who provide the highest quality care.

## Look to the Geese

"In a V formation, a whole flock of geese adds at least 71% more flying range than if each bird flew alone. Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation."

-Angeles Arrien  
(Based on the work of Milton Olson)

Like geese, people who work together toward a common goal can reach their desired outcomes more efficiently than those who try to go it alone. Anyone who works in hospice, however, will tell you that this specialized caregiving can be extremely isolating. Even during weekly team meetings, when the staff is in the same place at the same time, it is often necessary to multitask, bringing to mind the image of a stray goose, feverishly flapping away, trying to catch up or merely stay in the air.



(Left) A favorite song can inspire an impromptu dance between patient and caregiver. (Right) Music Therapist Georgia Wells.

Integrating music into weekly meetings has helped facilitate a safe, judgment-free space where Hospice's care team can feel comfortable outside their caregiving roles and instead, just for a few minutes, acknowledge themselves as human beings who feel frustrated, sad, or overwhelmed. Playing a song about strength, courage, or forgiveness, sharing a playlist of songs staff say they use to unwind or relax, or facilitating a short, guided imagery exercise with music can set the tone for a productive meeting and more manageable workday.

## Better Together

Joint music therapy visits with a patient's social worker, nurse, chaplain, or home health aide often bring more support and comfort than either visit might separately.

If singing hymns leads to questions about the nature of a higher power or life after death, the chaplain can gently intervene. If a nursing procedure or the daily care the home health aide must perform causes the patient distress or discomfort, music can redirect the patient's attention, decreasing their perception of pain and anxiety. The evocative nature of music can also help facilitate difficult emotional conversations with the patient, their loved ones, and the social worker.

## Advantages for All

Since incorporating music therapy into patient care plans, Frederick Health Hospice's interdisciplinary team has found music to be the proverbial Swiss Army knife that provides moments of relief and opportunities for reflection, not only for our patients and their loved ones, but also for each other.



## Hospice: Emerging from COVID Stronger Than Ever

by Dr. Mary McDonald,  
Hospice Medical Director

Providing excellent hospice care to our community has been challenging during this pandemic but it has made us stronger as an organization in some substantial ways:

### Strengthened our commitment to our community

At the onset of the Covid-19 pandemic, we kept asking ourselves how we were going to be able to best serve our community through this crisis. We didn't know yet what to expect but we spent countless hours discussing possible scenarios and making plans to be ready for the worst possibilities. Our clinical team members were and still are essential workers. They are out in the thick of it, doing their duty to take care of their community. I am forever proud to be part of such an impressive team of courageous, caring professionals.

### Kept focus on the patient

We have seen opportunities to really think outside the box over the last year and a half to maintain some sense of normalcy in an upside-down world. Our office has transitioned from the comfort of business as usual to the excitement of keeping focus on a moving target. This has made us more nimble and agile in our approach to providing patient-centered care. Keeping the patient as the focal point has grounded many of our decisions as the pandemic has unfolded.

### Reinforced the importance of the hospice team model

All of the members of our organization play an important role. The challenges over the last year and a half have brought us closer as we've had to lean on each other for support more than ever. I've observed team members cheering each other onward when they needed that little push and taking turns crying and consoling. I jokingly tell the team members that we can all have a down day as long as we don't all pick the SAME day. The people who make up this organization are incredibly supportive of each other and even more so now.

## Making It Work in Challenging Times

Ongoing restrictions related to COVID-19 have impacted the ability of our volunteers to spend as much time with our patients and their families as they would like, but that hasn't stopped them from using their imaginations to help out! Here are some physically distant examples of what our volunteers are doing:

- Making phone calls to patients and families
- Tackling administrative needs, either in the office or at their homes
- Delivering medical supplies
- Running errands
- Creating much-needed and appreciated neck pillows, activity aprons, and comfort blankets for patients
- Assisting with events in the community

Thanks to all our volunteers for helping out when and where possible and for keeping all your requirements up to date so you're ready to jump in and serve!



Handmade neck pillows are just one of the ways our volunteers continue to help make our patients more comfortable. Pictured from L-R: Katrina Wilson, Kline House Supervisor, Jos Hindriks and Jo Hindriks.



This year's winning foursome was from Sandy Spring Bank, who chose to fill their team with First Responders in honor of their critical services.

## Annual Frederick Health Hospice Golf Classic Raises Over \$247,000

We had a great day on and off the greens a few weeks ago, all to support patient care and the Kline Hospice House, including our Bereavement, Music Therapy, and Veterans programs.

From the bottom of our hearts, thank you to the sponsors, golfers and many volunteers who helped us raise funds to support the end of life needs of our community! We continue to be touched by the compassion of so many who support Hospice in these challenging times.

Our most successful Golf Classic ever!

## A VERY SPECIAL THANK YOU TO OUR SPONSORS

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# Reimagining Spiritual Care During the Pandemic

by Fr. Pothin Ngyele, Hospice Chaplain

There were times when COVID pushed our chaplains beyond the limits of our training and ability to cope, but it also showed us how important what we do is-- not only to Hospice's patients and families, but also to our fellow team members.

Because the need for human contact and support at the end of life is so crucial, we had to reimagine how to provide spiritual support safely during the pandemic. Our chaplains embraced technology to maintain contact with patients and families, using iPads and iPhones to visit patients, hold family meetings, and conduct religious rituals online.



We also created a new way to provide emotional support to our fellow Hospice team members through a virtual forum. Facilitated by our chaplains and initially held every Friday via teleconference, this staff support group gave members of our care team a place to both receive and provide emotional care, empathy, and understanding to one another.

I have always known that our chaplains provide a unique contribution to our patients and their loved ones, and that their value is priceless. I am now even more blessed to know that I am part of a team that rose to the challenge of providing spiritual care and comfort to one another during such an unprecedented time.



## Both Sides Now:

### Hospice Social Workers Support Both Patients and Caregivers

Providing caregivers with ways to support their loved ones, while at the same time allowing those caregivers to acknowledge their feelings of stress and recognize their limitations, are two of the most important contributions that

Frederick Health Hospice social workers make to the caregiving dynamic at the end of life.

Social workers frequently work directly with patients, helping them work through feelings of anxiety, fear, and uncertainty. In addition, they work with their caregivers, gently modeling how to be more intentional during their interactions and suggesting ways to create an environment that evokes pleasant memories—helping everyone involved in the patient's care to feel more connected and at peace.

Just as importantly, Hospice's social workers encourage caregivers to be mindful of self-care. By taking short breaks, exercising, meditating, participating in support groups, and accepting help from others, caregivers can feel more refreshed emotionally and physically.

The last chapter of life is often difficult and demanding. Hospice social workers provide important support to both patients and their loved ones during this potentially isolating time.



## The Woman Behind the Mural

In 2003, local artist and renowned muralist Virginia Jacobs McLaughlin gave Frederick Health Hospice a gift that still graces the walls of our Kline House. Seventeen years later, Hospice was privileged to support Virginia's family in fulfilling her wish to die at home in her own bed and on her own terms, surrounded by those whom she had loved most dearly throughout her life.

Many people, upon entering their 60s, are wrapping up a long career and looking forward to the slower pace of retirement. Not Virginia McLaughlin! During the last several decades of her life, Virginia found her true calling as a commercial muralist, transforming barren walls into depictions of historical scenes in private homes and commercial properties.

In 2003, after reading about the construction of the new Kline Hospice House, Virginia offered to paint a mural there at no cost. "The mural emerged as a meaningful work of art for so many reasons," says Laurel Cucchi, who was Hospice's Executive Director at the time. "It depicts Carl and Norma Miller's farm, the couple who donated the land for the Kline House, as well as a covered bridge, a tribute to Virginia's late husband."

In 2020, Virginia was diagnosed with late-stage cancer. During the last chapter of her life, she reached out to her friends at Frederick Health Hospice to care for her. After her death, her son, Salyer McLaughlin, wrote the following:

"The night you passed, I held you in my arms. Your faithful granddaughter, Ever, lay next to you. We knew your time was near. Eventually, the pressure of your embrace released, and that beautiful, kind, wonderful, unstoppable heart that beat so hard for 98 years finally stopped.

An immense feeling of peace enveloped the room, and Ever and I realized simultaneously that your life force—that intangible thing we call LOVE, the very thing that connects us to each other so profoundly, had just passed from you into both of us.

So, here's to you Mom...for the truths you passed down, your commitment to our family which never wavered, and the light that shines brighter in all of us because you cared."

During the last 30 years of her life, Virginia Jacobs McLaughlin completed more than 130 works of art in the Mid-Atlantic region—none more powerful than the mural she created for Frederick Health Hospice's Kline House, where it continues to provide peace and comfort to patients, families, and visitors.



Jim Gloyd (second from left), with family and friends at his 60th birthday fundraiser for the Sunshine Fund.



## Celebrating Two Years of Spreading Sunshine

Our clinical team often encounters patients whose lack of basic items makes their care more difficult and interferes with their comfort. The Sunshine Fund, named in memory of Kelly "Sunshine" Gloyd, fills that gap. This fund is supported entirely by donations. Over the last two years, the fund has helped to provide patients with personal hygiene items, food, clothing, sheets, towels, utility bill assistance, celebrations, and much more.

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 \_\_\_\_\_

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Donation Gift Amount ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 ☐ Other \_\_\_\_\_

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My gift is in **honor** of \_\_\_\_\_

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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.)

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Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_ Signature \_\_\_\_\_

**To make a gift online, go to [FrederickHealthHospice.org/Donate](https://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

A group designed to provide support to individuals who have experienced the death of a loved one. Being with individuals who have had similar experiences and feelings allows sharing and healing to take place, and this group provides a safe place where group members can share their story and express their grief.

**Drop-in group. No registration required. \*No group on Thanksgiving November 25th\***

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

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

### Spousal/Partner Loss Support Group

Eight-week support group designed for those whose spouse/life partner has died. During this group we will explore and share the issues specific to the death of a spouse/life partner and provide understanding and validation of feelings. We will discuss tools you may utilize in order to begin the process of recovering peace and rebuilding your future. Once this eight-week group begins, it is closed to new members until the next open registration and start date.

**Please register by January 5th.**

**Wednesdays,  
January 12 - March 2, 2022  
5:30 PM – 7:00 PM**

### Loss of a Parent Support Group

Eight-week grief support group designed for adults who have experienced the death of a parent. During this group, we will provide grief education as well as a time to share thoughts and feelings as you process your grief in a safe space. Once this eight-week group begins, it is closed to new members until the next open registration and start date.

**Please register for this group by January 17th.**

**Mondays,  
January 24 - March 14, 2022  
5:30 PM – 7:00 PM**

### Surviving Our Ultimate Loss (S.O.U.L.) Support Group

Frederick Health Hospice-supported in-person group meets every Monday evening and is specifically for mothers grieving children who have died from overdose or complications from substance abuse. While the group does have the support of a Frederick Health Hospice staff counselor, S.O.U.L. is peer-led and can best be described as "moms helping moms."

**SurvivingOurUltimateLoss.org**  
**New members may join at any time. For registration information, email FrederickMDSOUL@gmail.com or call 301-514-3546**

**Mondays, 6:00 PM – 7:30 PM**

## 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.

**Wednesday, January 12, 2022  
5:00 PM – 6:30 PM  
Registration required**

**Saturday, January 15, 2022  
9:00 AM – 10:30 AM  
Registration Required**

**Friday, January 21, 2022  
9:00 AM – 10:30 AM  
Registration Required**

**Additional details including how to register are available on our website at [FrederickHealthHospice.org](https://FrederickHealthHospice.org). All 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](mailto: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](https://FrederickHealthHospice.org/Kline-Hospice-House/Wish-List).**

### Kline Hospice House

- Toilet bowl cleaner
- Bleach
- Laundry Detergent (HE)
- Paper towels
- Tissues
- Trash bags (13-gallon)
- Trash bags (1-gallon)
- K-Cups
- Soda
- Gift cards for Amazon, Food Lion and Walmart
- Disinfectant wipes
- Furniture polish

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Use [smile.amazon.com](https://smile.amazon.com) for extra giving to Hospice!



## 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 \$25 each. Beautiful gold stands are also available for \$5 each.

**Ornaments and stands are both available for purchase online at [FrederickHealthHospice.org](https://FrederickHealthHospice.org).**