



# Living Every Moment

with Care, Comfort and Hope



## To Live Until He Died, Dad Chose Hospice

by Cindy Stockman Palmer

Several years ago, my father, Richard Eugene "Dick" Stockman, found out that he had a rare cancer. In the early stages, we had high hopes that the treatments he received would stop or greatly delay its spread. Dad kept his usual positive attitude as he stoically endured all that was asked of him. There were some minor victories during that time, but eventually the day arrived that we hoped would never come: Dad's oncologist told him that additional curative treatment was unlikely to be effective.

When presented with a "what" and "when" over which he had no control, my practical, no-nonsense father decided to focus on what he could control: the "how" and the "where." Dad wanted an end-of-life option that would allow him to stay in the home he had built for Mom and our family more than 50 years ago on an acre of his family's land he had cleared himself on South Mountain. And most importantly, he wanted to be able to live until he died.

For Dad, that meant having access to his workshop, his self-described "sanctuary" where he built wooden puzzles, toys, wine



(Clockwise from top left) Dick Stockman's woodworking shop was his sanctuary. He made many items by hand, including wooden puzzles, old-fashioned toys, wine racks, and more.

Darlene and Dick Stockman in their yard on South Mountain.

Dick Stockman with his daughter Cindy Palmer in his workshop.



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racks, and other items he designed in his spare time. It meant having the freedom to make himself a fried egg when he felt like it and watching the birds and wildlife from his broken-in recliner next to the fireplace. And it meant feeling good enough to cheer for his grandchildren from the sidelines during their soccer matches and football games as long as possible.

**I had always heard “hospice isn’t about dying, it’s about living,” but I never completely understood what that meant until now. Getting Frederick Health Hospice involved relatively early in Dad’s illness truly allowed him to live life on his terms—literally until his very last breath.**

When Dad made the decision to call Frederick Health Hospice, we expected his care team to be well-trained experts in pain and symptom management. They were that, but they were so much more. In addition to being utterly professional, everyone was compassionate and deeply caring. And because they respected him so much, Dad trusted them completely. Whatever they asked, he would do.

From the moment Hospice became involved in Dad’s care, we were able to simply spend time with

him—not as his caregivers but as the people he loved most. Hospice managed Dad’s medications. They made sure we had all the equipment he needed or might need. If Dad’s mouth was dry, they brought a special moisturizing mouthwash. What a relief to have just one number to call when Dad needed something or we had a question.

Having Dad’s day-to-day needs so thoroughly and lovingly taken care of gave us the greatest gift of all—time to just be with him. Personally, I was able to have conversations with him that I’ll treasure forever. I was able to ask him about his youth, especially how he had gotten involved with car racing. We talked about some of the construction projects he had helped build—high-profile buildings I had driven past for years without ever knowing the role my Dad had played in their construction.

On October 18, 2019, our extended family celebrated Mom and Dad’s 50th anniversary in their home. For the next month, Dad continued to putter in his workshop, talk to family and friends, and enjoy his visits with his new Hospice family. On November 16, Dad woke up feeling especially tired. With our encouragement, he got into the bed that Hospice had long ago provided “just in case” and we gathered around him. Comfortable and at peace, Dad closed his eyes for the last time.

**Saying goodbye to our Dad was very painful, and I know each of us will feel his absence deeply for the rest of our lives. But thanks to Hospice, along with our sadness, we also feel peace...because we know that Dad had the best end-of-life experience possible.**

**And that means we all did.**

Carlos Graveran,  
Frederick Health Hospice Executive Director

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Carlos Graveran

I think it's safe to say that we are living through one of the most life-altering events of our time. The Covid-19 pandemic has forced us to change our routines and behaviors

at the most basic level. I have no doubt that the added stress and anxiety are affecting how we respond to personal, societal, and political challenges alike. It is no surprise, therefore, that as a culture, we are experiencing more feelings of isolation, despair and loss than at any time in recent memory.

As hospice professionals, we know a few things about grief and loss. In the midst of the pandemic, it is fair to say that many in our community are experiencing a type of grief called nonfinite loss; defined as "grief that persists and changes as aspects of life continually fall short of expectations." Individuals facing nonfinite loss endure painful and constant clashes between hopes and reality. Because this grieving process can be especially complex, counselors need to know how to provide therapy that recognizes and addresses nonfinite loss.

Some of us are also experiencing the agonizing grief that follows the death of a loved one. If you are grieving the death of a loved one, you are likely more isolated now than ever before. The things and people that you might, under normal circumstances, have turned to for comfort and connection are simply not available. Yet, we know that when we are grieving, we need comfort and connection more than perhaps at any other time in our lives. It's important to us that you know that hospice can help.

Despite the challenges of the pandemic, our bereavement team is working hard to meet the needs of our community through a variety of interventions. We offer one-on-one counseling and support groups either in-person or through virtual platforms, depending on social distancing requirements, as well as a new interactive grief support website that incorporates a grief support forum, journaling prompts, daily mindfulness suggestions, a blog, and a remembrance wall. All of these services are provided at no charge, and available not only to our patients and families, but to everyone in our community thanks to the generosity of our donors. We are all in this together—and just a phone call or mouse click away.

## Celebrating A Heavenly Birthday

The late Carl Miller was many things: a devoted husband, father, and grandfather, an astute entrepreneur and businessman, avid outdoorsman, a transformational benefactor to Hospice, and a kind and generous friend to all of us. When he died earlier this year, the space it left in many hearts was deep and wide.

On July 27, we celebrated what would have been Carl's 88th birthday. We remembered him with stories about his extraordinary generosity, the key role he played in the building of Kline Hospice House (named for Carl's mother, Ardella Kline), and his frequent visits to our offices to share coffee, conversation, and the bounty of his huge garden with our staff and volunteers.

Carl left us on February 15, 2020, but his grace and generosity will live on in our hearts and our memories far into the future.



# YOUR GRIEF JOURNEY: *Acknowledging Secondary Losses*

When someone we love dies, they are not the only thing we lose. Though their absence is what is most painfully felt, we lose many other things too.

Secondary losses are losses that occur as the result of the primary loss of your loved one, such as the loss of income, security, community, or hopes for the future.

Many of the most hurtful and surprising secondary losses have

to do with relationships. For example, if you and your spouse had a group of friends who are all couples, you may feel like “the odd one out” and no longer a part of the circle. Relational secondary losses are particularly devastating, because it is in grief that we most need the support and love of others.

Some secondary losses only become apparent with time. Most of us will experience intense grief when major life events, such as weddings, graduations, and births approach and our loved one is not there to experience them with us. Each of these is a loss.

Perhaps most challenging, however, is the loss of identity. This can mean a lot of things.

For example, if your only child dies, are you still a parent? If your husband dies, are you still a wife? These are really painful questions to confront. Feeling unsure of your identity is also a loss.

It's tempting to minimize secondary losses. After all, these other losses are not your loved one—what can compare to that? However, as you work through the pain of your grief, it is important to also grieve secondary losses.

The first step to doing this is acknowledging them. This looks a little different for everyone. Talking to a counselor and journaling are good options but do whatever feels right for you.

**You have the right to grieve ALL of your losses.**

## In Memoriam

**There are many special ways to commemorate your loved ones. During the last quarter, the families of the following individuals donated to Frederick Health Hospice in memory of their loved ones.**

Paula Acquaviva  
Mary Jane Baker  
Carol Bell  
Carrie Bollinger  
Jeffrey Bradley  
James Canterbury  
Franklin Carpenter Jr.  
William Cecil Sr.  
David Coffey  
Kenneth Dant  
Dorothy Droneburg  
Denny Duvall  
Irene Eisentrout  
Leslie Fellows  
Genevieve Freedman

Eric Gatrell  
Joseph Glover Jr.  
Nellie Graham  
Lawrence Green  
Vanessa Guilday  
Blanche Hargett  
Deborah Heagen  
Paul Hendrickson  
Frances Heffner  
Carthel Jones  
Peggy Jones  
Alice Keeney  
Jane Kendall  
Pamela Kolb  
Patsy Korrell

Patricia Lenhart  
Jack Lepine  
Georganne Linthicum  
Myrtle Loun  
James May Sr.  
Charles Marker  
Raymond McKinnon  
Mary Nicodemus  
Joan Orndorff  
Betty Perry  
Richard Pickett  
Mildred Pier  
Kathryn Pratesi  
Renice Reed  
Paul Rhoderick

Betty Romsburg  
John Rosmarino  
Pamela Shaw  
James Shovlin II  
Linda Staudenmeier  
Mary Jo Walters  
Miriam Walters  
William Wanatosky  
Cecil Webb  
Sandra Williams  
Ronald Wise



Show Your Support for Hospice's First Virtual Walk to Remember  
Help support the Kline Hospice House and our bereavement, veteran and music therapy programs

## A Virtual Walk to Remember

Friday, November 6th-8th, 2020  
From the comfort of your home

Register to complete a 5k (3.2 miles) anytime or anywhere between Friday November 6th and Sunday November 8th. Walk your own route, trail, treadmill, or even walk in your loved one's favorite place!

**Registration is \$15 and \$25 for a Hospice Hero Tech moisture-wick t-shirt.**

As part of your registration fee, each participant will have access to RaceJoy, an interactive race app that delivers real-time performance information and also allows your family and friends to cheer you on virtually.

For more information or questions,  
call 240-566-3030 or email [jmitko@fmh.org](mailto:jmitko@fmh.org).



### Virtual Process

- Register online. Remember to "opt in" to receive email and texts, and please include your virtual running route.
- Recruit family and friends to join you in walking or running in memory of your loved one.
- Print your digital race bib and remember to include your loved one's name.
- Download Racejoy to your smart phone for race weekend to track your results.
- Submit results. Racejoy will automatically submit results. If you are using another app, you will have to text or email results.
- Take lots of pictures and share and tag on the Frederick Health Hospice Facebook page.
- HAVE FUN and BE SAFE!



sample of t-shirt

**Registrations and sponsorships are accepted by phone, mail, and at [frederickhealthhospice.org](http://frederickhealthhospice.org).**

# How Can I Keep From Singing?

by Georgia L. Wells, MT-BC

My usual response when asked “what does an ordinary day at work look like for you?” is to chuckle and say, “There are no ordinary days... that’s the best part.” COVID-19 single-handedly doubled down on that truth and, if possible, simultaneously challenged and reinforced everything I thought it meant to be a hospice music therapist.

Allow me to explain: As a hospice music therapist, I offer live music, in-person, as a tool to bring physical and emotional comfort to patients, wherever they call home. However, due to the restrictions imposed by COVID-19, I could no longer access patients residing in nursing facilities, and my ability to visit patients in their homes was severely limited. The act of singing was also identified as one of the highest-risk activities in spreading the virus.

Finding a safe way to continue to provide music therapy was critical. For those patients at home who had access to the technology, our music therapy sessions transitioned to virtual visits using telephones and tablets. For our most critically-ill patients, I donned a full-body jumpsuit, N95 mask, face shield, gloves, and bouffant cap, sat six feet away from the bedside, and did my best to deliver therapeutic guitar and vocal music despite the muted guitar strings from my gloves and the stifled melodies behind my mask.

Another challenge: one of my most important roles as a hospice music therapist is to facilitate connection and closure between the patient and their loved ones through familiar music, reminiscence, and words and gestures of affirmation.

Sadly, due to COVID-19, in the hospital and at the Kline House, the opportunity to say “I love you” and “goodbye” in-person was only extended to

two people per patient due to the visitor restrictions in place. In some cases, I met patients whose loved ones couldn't visit at all due to geographical distance or pre-existing health conditions...resulting in isolation for the patient, and severe grief complications for the families kept away.



For families unable to visit in-person, I spent hours in patients' rooms, suited head-to-toe in personal protective equipment, facilitating opportunities for virtual “goodbyes” and “I love yous” using iPad apps. Frequently, I played music selected and dedicated by the family during these “virtual vigils” as another way for them to feel connected.

These vignettes are merely a snapshot of a single hospice music therapist's COVID-19 experience. Nonetheless, they have forever reshaped my job description. As our community begins to reopen, I am facing sentiments of pride, heartache, exhaustion, and most especially, gratitude.

I am grateful that Frederick Health Hospice prioritizes music therapy as an integral part of the interdisciplinary team. And above all, I am grateful to the loved ones of the hospice patients (current and past) who trusted me to love and care for their precious family member on their behalf. The magnitude of such a responsibility is not lost on me. It has been the most esteemed privilege of my lifetime, and I continue to hold each and every one of them in my thoughts.

**Music therapy is offered at no charge and funded largely by community donations. This essential service would not be possible without the generosity of our donors.**



# VIRTUAL ANNUAL REMEMBRANCE SERVICE

Thursday, December 10th, 2020

Due to ongoing restrictions with COVID-19, this event will be held virtually on multiple platforms. Complete details will be listed on our website at [frederickhealthhospice.org](http://frederickhealthhospice.org).

We still invite you to join in commemorating your loved one's life by participating in our **photomontage**. Please either email your photo to [communityevent@frederick.health](mailto:communityevent@frederick.health) or mail a photo to P.O. Box 1799, Frederick, MD 21702. 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) \_\_\_\_\_

I give my permission to display information and/or photo on the Hospice Virtual Memory Wall

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 at [frederickhealthhospice.org](http://frederickhealthhospice.org) for \$10. These luminaries will be displayed as part of the *Virtual Annual Remembrance Service* at Frederick Health Village. Additional details will be listed at [frederickhealthhospice.org](http://frederickhealthhospice.org).

# Providing Care, Comfort and Reassurance during COVID-19

by Father Pothin, Hospice Chaplain

Each day, chaplains are blessed to visit patients, family members, and care teams to provide spiritual care and counseling. Amid the COVID-19 pandemic, the need for spiritual care increased dramatically—placing my colleagues and me on the front lines of healthcare as never before.

Given how easily the virus spreads, even immediate family members were not allowed to visit patients—leaving chaplains as their only resource. We used tools like FaceTime and “through the window” visitations to connect with and comfort patients and help ensure their families that their loved ones

were not suffering alone. Even funerals were very different. In the past few months, I have officiated at funerals where only a graveside service with fewer than 10 people was allowed—with social distancing in effect and masks required for all attendees except the eulogist.

Staff members put on brave faces and cared for the growing number of patients affected by the disease—but they shared their worries and anxieties with me. They worried that the virus might affect their families when they returned home, and how they would manage the predicted surge in new cases or complications of the disease.

We have learned a lot since the onset of the pandemic in March. Now that the number of COVID-19 cases has begun to decrease, we remain vigilant and prepared to bring to bear everything we have learned should we be faced with a second wave of the disease in the future.

## Volunteer Spotlight: Joan Derr

Joan has been a valuable volunteer with our Hospice since 1992, working with direct patient service, administrative support, and community outreach. To this day, Joan always has a big, joyful smile on her face and a twinkle in her eye. She knows how to make a person feel cared for and important.

When I think of what it truly means to be a volunteer, I think of Joan: she is very dedicated to serving humanity, not only at Hospice, but also at her church, the hospital and more. She works hard in whatever capacity she serves, and never fails to step forth and help when needed the most. Year after year, Joan continues to cheer up the office around the holidays with her delicious homemade jam.

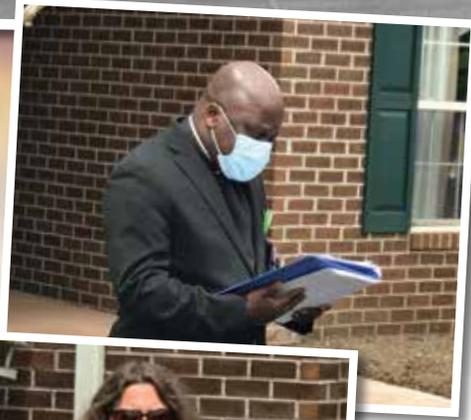
We are thankful and blessed to have Joan as part of our Hospice family. Thank you for being you, Joan!



**“I know and appreciate the true value of Hospice services to the Frederick County community, and am proud to be a part of this great group. I love to hear the sincere remarks of thankfulness from those who have received or witnessed the compassionate care and service from “our Hospice.”**

# Recognizing our Veterans' Extraordinary Service

As part of our Veterans program, we honor each veteran with special recognition for their service to our country. Due to COVID-19 restrictions, we found creative ways to continue to honor our veterans through drop-offs at their homes or—in some special circumstances—with safe and compliant ceremonies in their driveways.



## Honoring Those Who Have Sacrificed

Each year, on the Wednesday before Memorial Day, we honor those who have served our country. Although we could not invite families to join us this year, we still honored the veterans who had died this past year while living at our Kline House with an American flag.





Karyn Sullivan,  
A new Circle of Life Donor

# Your Gift Matters

**WELCOME, KARYN!**

"My family has been touched by hospice services in many ways, but it wasn't until my nephew attended Camp Jamie after the death of his Mom that I came to truly appreciate the work they do for our community. Marshall was able to process her death and heal. Today he is a different kid. I'm so grateful for the experience and support they were able to offer him."

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](http://frederickhealthhospice.org/donate).**

**Your gift to Frederick Health Hospice is deeply appreciated.**

Your donation is tax-deductible to the fullest extent provided by law.



## Staying Connected...

Even though Frederick Health Hospice has suspended on-site support groups until further notice, our Grief Support Network has developed several virtual alternatives to provide support for those who are grieving. There are multiple ways to connect:



### Virtual Grief Support Group

A Zoom video conference that provides a safe space for participants to express themselves and share about their grief and emotions without fear of judgment. Please pre-register at [frederickhealthhospice.org](http://frederickhealthhospice.org).

**Mondays 5:00-6:00pm**  
**Wednesdays 2:00-3:00pm**

### Online Forum [FrederickGriefSupportNetwork.org](http://FrederickGriefSupportNetwork.org)

We know that grief can be a very lonely experience. Connect with others who understand what you're going through at [frederickgriefsupportnetwork.org](http://frederickgriefsupportnetwork.org). Please note that while we monitor this site closely between 8am and 4:30pm, you may experience a delay in response. Thank you for your patience and understanding.

## CALENDAR OF EVENTS

Due to COVID-19, many of our previously scheduled events may be held virtually. Please visit our website regularly for the most up-to-date information.

### Camp Jamie Grief Camp for Children & Adolescents

Camp Jamie provides opportunities for grieving children and adolescents to come together to talk about their feelings related to a death of someone special, and learn coping skills for dealing with those feelings.

This year, camp will be held with a maximum capacity of 14 children and will follow the guidelines issued by the CDC. Each child will be required to wear a mask and follow social distancing protocol. Applications are now available online at [frederickhealthhospice.org](http://frederickhealthhospice.org).

### ONE-DAY CAMP

Saturday, September 26th at Frederick Health Village  
Times to be determined  
Ages 6-17

#### Support Hospice

### HANDMADE FOR HOSPICE

Due to the cancellation of Schifferstadt's Oktoberfest, the Handmade for Hospice booth will be relocated to a private home in Clover Hill. Sale items include felted hats, handmade scarves and holiday ornaments. All proceeds go to Frederick Health Hospice. For further information please go to

[Facebook.com/handmadeforhospice](https://www.facebook.com/handmadeforhospice)

**Saturday, October 3rd from 10:00am-3:00pm**  
**7902 Cloverhill Drive, Frederick**  
**Masks required**

#### Support Hospice

### VIRTUAL WALK

Recruit family and friends to join you in walking or running in memory of your loved one through RaceJoy, an interactive race app that delivers real-time performance information and also allows your family and friends to cheer you on virtually.

**Friday, November 6th-8th**

[frederickhealthhospice.org](http://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 [jmitko@fmh.org](mailto:jmitko@fmh.org)

## Hospice Wish List on Amazon!

You may continue to bring donated items to our office (Please note our new address!) 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](http://frederickhealthhospice.org/Kline-Hospice-House/Wish-List).**

### Kline Hospice House

- Baby wipes (unscented)
- Body Soap for bathing (liquid)
- Coffee
- Dishwasher detergent/dish liquid
- Gift cards: Amazon, Food Lion, WalMart
- K-cups
- Laundry detergent (HE)
- Sodas (regular, ginger ale)
- Tissues
- Trash bags (gallon size)
- Trash bags (tall, 13 gal)

### Kline House Comfort Baskets

- Fruit Snacks
- Journals
- Spearmint Mints



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



Show Your Support for Hospice's  
First Virtual Walk to Remember

Help support the Kline Hospice House  
and our bereavement, veteran and music  
therapy programs

## A Virtual Walk to Remember

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**See page 5 for details.**