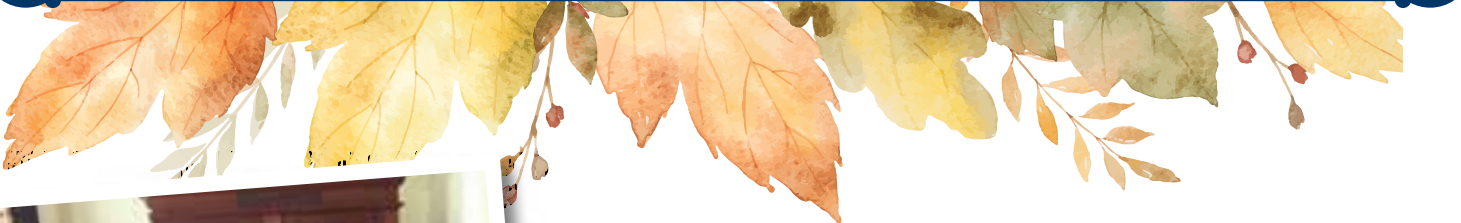


Living Every Moment

with Care, Comfort and Hope



Last Christmas, Hospice music volunteer David Selby brought his hammered dulcimer to the Kline House to play for residents and their families. When one woman and her husband accepted his offer of a song or two, David began to play soft, hypnotic melodies for the couple, ending with “Morning Song,” one of his original compositions. When the woman opened her eyes, she asked him a question: “Do you ever play at memorial services?” Humbled and honored, David told her yes. She smiled and asked him to play at hers, and David agreed to do that. In January, David joined her family and friends to play the music she had requested, and that had touched her so deeply, at her Celebration of Life.

WHERE WORDS FAIL, MUSIC SPEAKS

David Selby has been using music to say what words cannot since he was very young. A student of the piano at age five, he could read notes before he could read words. Although he never made a living directly through his music, David continued to play and compose throughout his life, simply for his own enjoyment. He never expected to find a way for his music to be used to bring peace and joy to others, but he did. Shortly after he retired, David found the perfect home for his quiet, contemplative music...at hospice.

As a music comfort volunteer at Hospice of Frederick County, David says he has been deeply touched by the connections he’s experienced with patients nearing the ends of their



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continued on page 2



David plays for Kline House patient Mrs. Young

lives. At one visit, David recalls playing for a woman who had not been responsive all day. When he began to tap out the opening notes to the Shaker hymn “Simple Gifts,” on his hammered dulcimer, she smiled—and he knew the music was getting through. “During the 20 minutes I played, a palpable sense of peace and joy permeated that room and I felt a deep connection to this lady,” he said. “What a privilege and honor it is to be invited into someone’s life at such an intimate time in their life’s journey.”

If you have a gifted singing voice or can play a transportable instrument and would like to join our Music Comfort Group of Volunteers, please let us know. It’s a wonderful feeling knowing you’ve helped bring comfort to individuals at such an intimate, sensitive time. Contact Volunteer Coordinator Dianne Elizabeth at delizabeth@fmh.org or 240-566-3038 for more information.

“So often, it’s hard to find words when at the bedside of a patient who is dying. Hans Christian Anderson believed that ‘Where words fail, music speaks.’ My fellow music volunteers and I have experienced the truth of that many times over. Experts tell us that hearing is the last sense that we lose, so I think it makes perfect sense for us to use music to comfort people in their final hours.”

- David Selby, Music Comfort Volunteer

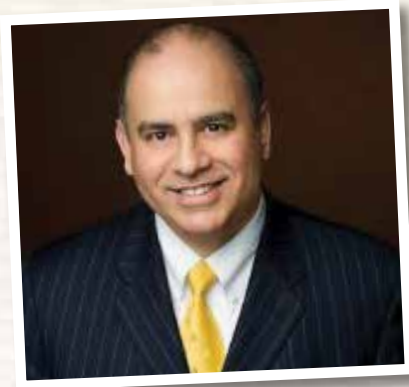
Carlos Graveran,
Hospice of Frederick County Executive Director

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Director's Corner

Carlos Graveran

I'm always amazed by the power that smells have to elicit memories in our minds. The smell of freshly cut grass immediately brings me back to hot summer afternoons playing little league baseball. I can't smell baby powder without remembering my daughter's first diaper change. It wasn't until recently, however, that I realized the link between my coffee habit and memories of my dad. I was 10 on that cold winter day in New York when I shared my first cup with him. I think I added five teaspoons of sugar to it just to cut the bitterness. I can't say I enjoyed that first cup, but much like his memory, it helped me feel warm inside.

This year marks the seventh anniversary of my father's death. He was 4 months shy of his 76th birthday when cancer took him from us. Like all families who have shared the experience, we were left with more questions than answers, and too many regrets and second guesses that only serve to underscore that nagging question... "could we have done more?" I know from experience the challenges faced by families trying to decide when enough is enough, and the struggles to fight against the inevitable while still honoring a husband and a father's wishes.

My mother, too, has uttered the phrase we hear from many families, "If we had only known about hospice sooner..." The sad truth is that she had been told, many times, but had refused to hear it. **While he was not on hospice for very long, I can tell you that it was a blessing to our entire family. It allowed us to be his family again, not his caregivers. He received tender care that allowed him to live out his final days in peace and dignity, and we received the emotional and grief support we so desperately needed to carry on without him.**

Our volunteer chaplain was with us when he died. I remember his words when he approached me a short while later. He asked...

"What do you say we sit and have a cup of coffee?"

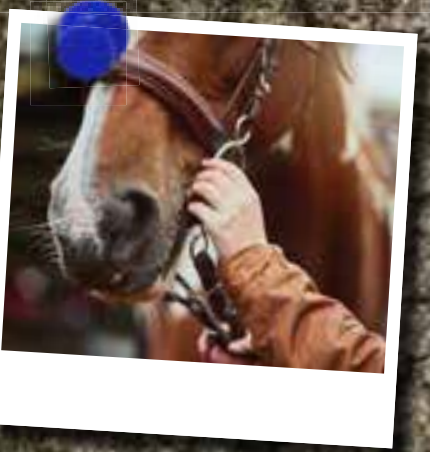
A handwritten signature in blue ink, appearing to read "Carlos Graveran".

Meet Chris

Chris Schiller is a retired Army Nurse who served 20 years on active duty and then worked for several years in emergency and hospice nursing. After retirement, the military continued to have a presence in her life; her husband remained on active duty until 2016 and one of her sons is currently an Army officer at Ft Campbell, KY. Chris has a master's degree in Nursing and two graduate certificates in Palliative Care and Thanatology, so being one of the two Veteran Liaisons at Hospice of Frederick County was the perfect fit.

"I had been looking for my niche and working with Veterans at the end of life was it."





Our Fall 2019 Camp Jamie Day Camp will be on Saturday, September 28th.

For more information about how to volunteer or donate, visit our website www.hospiceoffrederick.org or call 240-566-3030.

Our Volunteers: The Heart and Soul of Camp Jamie

Thanks to our amazing volunteers, our Spring 2019 Camp Jamie was a huge success!

Without our volunteers, there would be no Camp Jamie. They are its heart and soul, its arms and its legs. They are lawyers, nurses, computer programmers, accountants, artists, retirees, students, and more—and the reasons why they volunteer are as varied as their vocations.

Many become Big Buddies because they themselves have experienced the death of a loved one. Volunteer Kim Williams, who began volunteering after the death of her husband, says “I’ll forever be a volunteer because it is so healing... for the children and for me.”

Other volunteers, like Derick Ogg, attended Camp Jamie as children. “The skills I learned at Camp Jamie, and the healing that began there, have helped to shape my life in so many positive ways,” he says.

“I wanted to give back.”

Becoming a Big Buddy is only one way you can support Camp Jamie. This year, we welcomed Heather Stang and Jenn Egupov from the Frederick Meditation Center who shared mindfulness techniques with campers and helped them

create their own “meditation jars.” Ryan Morse, owner of Crucible Performance, spent Saturday afternoon guiding campers through teambuilding games and relays. Throughout the weekend, members of the Kiwanis Club were on hand to support our staff and volunteers with the therapeutic activities.

Every year, we welcome first-time volunteers, who almost always come back again. Many join us year after year. This year, our most senior volunteer had a whopping 14 camps under his belt! “What keeps me coming back,” says Walter Hood, who has now volunteered at four camps, “is being a part of a program that I believe literally saves not only kids, but entire families, from spending their lives in bitterness, anger, and darkness.”

Volunteer Emily Speierman’s experience indicates that children who are grieving and their families aren’t the only ones who reap rewards:

“Being a Big Buddy has affected me profoundly,” says Emily. “I am a better person because of Camp Jamie.”



Join us for a Screening of “End Game” and Panel Discussion

Tuesday, October 15th, 2019 at 6:00-8:00pm

Hodson Auditorium located in Rosenstock Hall at Hood College
401 Rosemont Avenue, Frederick, MD 21701

End Game is about the one thing we all share as human beings—the experience of death and dying. Many of us will be called on to be caregivers at some point in our lives, and many of us will be patients. Join us for this free community event as we watch this film and then discuss the importance of having end-of-life discussions with your family.

RSVP to communityevent@fmh.org or by calling 240-566-4055. Walk-ins are welcome.

Interpreters are available by advanced request. Please call 240-566-4370 no later than October 1st to request an interpreter.



Join us for Prayer and Praise

Presented by Hospice of Frederick County's Spiritual Care Services

Thursday, November 7th, 2019 from 6:30-8:00pm

Trinity United Methodist Church
703 West Patrick Street, Frederick, MD 21701

Join us for an uplifting evening of music, prayer and praise. Leaders of our faith communities throughout the county will share insights on how their particular faith traditions handle end of life, join voices to pray for those who are ill, and praise caregivers and their communities who support them.

RSVP to communityevent@fmh.org or by calling 240-566-4055. Walk-ins are welcome. Refreshments will be served.

Interpreters are available by advanced request. Please call 240-566-4370 no later than October 24th to request an interpreter.

LEAVING A LEGACY

Dottie Etzler has always been a caregiver. A warm and compassionate person by nature, she seems to know intuitively how to make a person feel more comfortable and at peace.

That's one of the reasons that her mother's death in 2002 was so heartbreaking for her.

"Of course, no one is ever really ready to lose their mother," she says, "But I was especially sad because the process was so difficult and painful for her. I only wish I had known about hospice care then. It would have helped her—and all of us—so much."

Thankfully, things were different in 2012 when Dottie's aunt became critically ill. More aware now of the concept of multidisciplinary, comfort-oriented care, Dottie vividly recalls calling Hospice of Frederick County after her aunt's prognosis worsened following surgery.

"It was New Year's Eve," she recalls. "I didn't expect anyone to pick up the phone, but someone did. And it was such a relief to talk with her about how to get my aunt the care she needed and deserved during what turned out to be the last days of her life."

In the years since, Dottie has been a loyal and generous supporter of Hospice of Frederick County. Recently, she made the decision to include the organization in her estate plan. "I'm speaking out about planned giving because I feel it is so important," she said. "By remembering an organization in your will, you are able to continue to support the charities that you are passionate about."

"It has always been a dream of mine to leave a legacy in honor of my parents," said Dottie.

"My planned gift to Hospice is a tribute to my late parents as well as an expression of my appreciation for all they have done for me and my family during some very difficult times."



If you are interested in establishing a Living Legacy at Hospice of Frederick County, please contact our Development Office at 240-566-3036, or consult with your personal financial advisory or attorney.

If you have already named Hospice as a beneficiary of your estate, please let us know so that we may recognize you as a member of our Living Legacy program.

Letters of Gratitude

July 22, 2017

Kind Members of the Kline House Family,

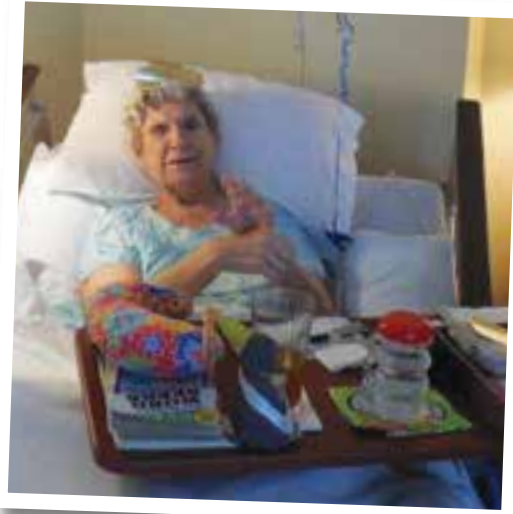
As the only child of a very independent and headstrong mother, I was challenged when her otherwise exceptional health took a sudden turn, and I was tasked with finding her care beyond what I could manage. Having familiarity with Hospice from my dad's fight with cancer, I was assured that Hospice would be the right choice for her. How blessed we were to find Hospice of Frederick County!

I can't express in words the gratitude that my family and I have for everyone associated with Kline House. The dedicated staff who provided her extraordinary care, the volunteers who offered their gifts of time, and the chaplain who visited her became more than caregivers; they became family and friends. Her lengthy stay gave her an opportunity to live with laughter, smiles, and peace. Each person whom she encountered touched her heart and showed her love beyond simple duty.

My daily phone calls and visits gave me a glimpse into how special Kline House is because of its people. She always said positive things about her care and became invested in the lives of her caregivers, knowing about each one personally. I hope she brought some happiness to the lives of each one, as well. She would enjoy knowing if she did.

My faith assures me that she is free from the bondage of her illness and will have peace now. I pray for blessings on each one who had a part in her care and for the continued service that Kline House will have on future patients and their families. My highest praise and recommendations will be provided to others in search of compassionate care for their loved ones.

*With thanks,
Nancy Siersted Louia
and family*



Patient Janet celebrating her birthday at the Kline House.





Save-the-Date

Annual Remembrance Service

Thursday, December 5th at 7:00pm
Monocacy Valley Church
9861 Old National Pike, Ijamsville

Anyone who has experienced the death of a loved one and wishes to commemorate his or her 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 mail a photo to P.O. Box 1799, Frederick, MD 21702 or drop one off at the Hospice of Frederick County office located at 516 Trail Avenue, Frederick no later than Friday, November 22nd. Please include a self-addressed, stamped envelope if you would like to have your photo returned. (Note: Emailed photos often do not reproduce well enough to be included.)

Luminaries in honor of your loved one are also available for purchase (\$10 each).

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)



ASK THE DOC

BY DR. McDONALD, HOSPICE MEDICAL DIRECTOR

Can I still see my doctor if I join the Hospice program?

Absolutely. We encourage it. Our team works in partnership with your physician and other healthcare providers to provide you with the most comprehensive care possible.

Is hospice just for cancer patients?

No. In addition to cancer, we provide comfort-oriented care to patients and families living with any type of terminal diagnosis, including chronic diseases of the lung, heart, liver, and kidney, Alzheimer's, dementia, stroke, and others.

What if the patient improves or wishes to pursue curative treatment?

If the patient's condition improves and the disease seems to be in remission, or if they reconsider their decision not to pursue curative treatment, patients can revoke services at any time. If hospice care is needed in the future, we can re-enroll the patient for care.

To ask Dr. McDonald a question, go to hospiceoffrederick.org/askthedoc

IN MEMORIAM

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

Kristan T. Allison
Clotene H. Barrett
Vella V. Beall
George M. Benas
Louis A. Best
James B. Brinegar
G. Kathleen Burrier
Anna G. Bussard
Doris Cannon
Peggy A. Carter
Geraldine Cordell
Dorothy P. Crawford

Hazel G. Danzeisen
Robert P. Day
Thelma T. Deatherage
Jean D. Gaver
Bruce E. Grimmitt
Hilda M. Harbaugh
John A. Hartley
Mary P. Hartsock
Paul E. Himes Jr.
Ruth E. Jacobs
Prudence B. Kestner
Camille L. Lamperti

Joseph E. Lebherz
Doris J. Meyer
Mary E. Morningstar
Wayne A. Nail
Bernard Price II
Catherine J. Peterson
Fred Plowman
Anne M. Radko
Richard G. Rosen
Francis L. Seiss
Paula T. Sharrer
Milfred L. Shumaker Jr.

Harold L. Stull
Bledsoe R. Toms
Scott D. Wachter
Carol R. Waskowski
M. Cecilia Wonneman
John A. Yerka
Paul R. Young Sr.
Rochelle T. Young
Leota H. Youngerman
Thomas J. Zimmerman



Why Do I Donate to the Hero Club?

I started donating to the Hero Club when I started working at FMH more than four years ago. I do it—not because I have a ton of money to give away—but because Hospice is a great cause. I am an ardent supporter of everything that the Hero Club represents, and I want to help in any way I can. I’ve worked in healthcare for the past 15 years, and I’ve also been a patient myself many, many times over the years...so I empathize very deeply with our patients. I want to be able to give back to an organization like Hospice of Frederick County that works so hard to care for people. I look forward to continuing to support the Hero Club for as long as I can.

- Nicholas Braithwaite



Hospice of Frederick County depends on the support we receive from individuals, businesses and organizations in our community. Whether your donation is your gift to Hospice, 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 Hospice of Frederick County.

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 Hospice of Frederick County)

Visa MasterCard American Express Card # _____

Expiration Date _____ Security Code _____ Signature _____

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

Your gift to Hospice of Frederick County is deeply appreciated.

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



An Affiliate of Frederick Regional Health System

Reaching out can change your life...

NEW Teen Grief Support Group*

This six-week group meets Tuesdays from 6:00-7:30pm.

September 17th through October 22nd

NEW Overdose Support Group*

This ten-week group meets Wednesdays from 6:00-7:30pm.

September 18th through November 20th

NEW Perinatal and Infant Loss Support Group*

This new eight-week group meets Thursdays from 6:00-7:30pm.

October 3rd through November 21st

Spousal Loss Support Group

This eight-week group meets Tuesdays from 6:00-7:30pm.

October 29th through December 17th

Camp Jamie—One Day*

September 28th

Coping with the Holidays Workshop

This is a one day workshop from 6:00-7:30pm.

November 19th

Remembrance Service

This event is held at Monocacy Valley Church (9861 Old National Pike, Ijamsville, MD) at 7:00pm.

December 5th

**Please register for these groups at hospiceoffrederick.org*

Events are open to the community and held at our Hospice office, unless otherwise noted. For details on any event listed as well as a complete calendar of events, visit our website at hospiceoffrederick.org or call 240-566-3030.

Hospice Events

September Events

Unspeakable Loss: Using Collage to Process Traumatic Grief

Through creative means, survivors are able to explore and process their experience in a way that feels safe, thereby facilitating communication, healing, and posttraumatic growth.

Saturday September 21st from 11:00am-1:30pm

Inservice: Cultural Awareness

FMH Diversity Director Janet Harding will be discussing a variety of issues regarding cultural awareness and the importance of cultural competence and sensitivity in both society and medical care.

Wednesday September 25th from 5:30-6:30pm

October Events

Telling Your Story: Journaling Through Grief

Journaling can help to process and integrate the loss of a loved one into a cohesive, meaningful narrative. Workshop participants will use prompts to explore their experience both through the lens of memory, as well as from creative and analogical perspectives, enabling a holistic integration of loss into your life story – and the story of your relationship with your loved one.

Saturday October 12th from 6:00-7:30pm

Inservice: “What Dreams May Come”

Join us for a look at the film “What Dreams May Come”, a fantasy drama starring Robin Williams about a man who dies and goes on an after-life adventure in ‘heaven’. The story touches on death, grief, letting-go and possibilities. Coffee, tea and treats available.

Saturday October 19th from 9:30am-12:00pm

November Events

Prayer and Praise

Join us for an uplifting evening of music, prayer and praise. Leaders of our faith communities will share insights on how their particular faith traditions handle end of life, join voices to pray for those who are ill, and praise caregivers and their communities who support them.

Thursday November 7th from 6:30-8:00pm at Trinity United Methodist Church (703 West Patrick Street, Frederick, MD)

Telling Your Story: Journaling Through Grief

Saturday November 9th from 6:00-7:30pm

Inservice: Reiki Healing Circle

Certified Reiki Practitioners will introduce Reiki, explain what it is and how it works, and share their gifts. You’ll experience the relaxation, peace and comfort this ancient practice can bring to your life.

Thursday November 14th from 5:30-7:00pm

hospiceoffrederick.org

516 Trail Avenue, Suite C | P.O. Box 1799 | Frederick, MD 21702 | ph 240-566-3030

Has your address changed? Or would you prefer to get the online version of this newsletter? Email us at jmitko@fmh.org



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

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 Wishlist for the Kline Hospice House at hospiceoffrederick.org/wishlist

Baby wipes (unscented)
Bleach
Coffee
Dishwasher detergent
Dish liquid
Granola/Breakfast/Power Bars
Gift cards from: Amazon,
Food Lion and Walmart
Journals
K-cups
Laundry detergent (HE)
Paper towels
Sodas (Regular and Ginger Ale)
Tissues
Toilet bowl cleaner
Trash bags (gallon size)
Trash bags (13 gallon tall)



Join Us on Tuesday, October 15th, 2019
at 6:00-8:00pm

Hodson Auditorium located in
Rosenstock Hall at Hood College
401 Rosemont Avenue, Frederick, MD 21701

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End Game is about the one thing we all share as human beings—the experience of death and dying. Many of us will be called on to be caregivers at some point in our lives, and many of us will be patients. Join us for this free community event as we watch this film and then discuss the importance of having end-of-life discussions with your family.

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