

## PEACE AT THE END

*Before Donald Greenway moved into the Kline House last January, his daughter, Laurie Roberts, says she knew very little about hospice. Although she understood it to be a way of caring for people who had chosen to stop experimental or curative treatments, she had no idea that she and her father were about to have one of the most profound and meaningful experiences of their lives.*

Donald Greenway was proud of his career as an officer with D.C.'s Metropolitan Police Force. A perfectionist who believed in "doing things right," Donald was a member of the Force's executive security detail, which later became the Secret Service. Along with protecting five U.S. presidents,

Donald's responsibilities included patrolling Embassy Row and ensuring the safety of countless dignitaries, ambassadors, and heads of state.

"His work was extremely high-pressure," says his daughter Laurie Roberts. "I know that the things he saw and experienced taught him that the world could be a scary, threatening place. I think that's why he was such a protective father."

The pressures of his job eventually took their toll on Donald. He retired from the force in 1979, spending the next 40 years of his life coping with Post Traumatic Stress Disorder and a serious mood disorder. Although he could be difficult to deal with at times, Laurie's devotion to him never wavered.

Last November, after Donald fell and broke his hip, Laurie moved him to Assisted Living in Frederick. After declining steadily, he was diagnosed with an infected gall bladder. Faced with a dangerous surgery or intensive antibiotic treatment, Donald summoned the no-nonsense, matter-of-fact attitude that had served him so well as a police officer. After hearing his options, Donald asked Laurie to help him find a way to live out the rest of his days in peace and comfort.



Retired Police Officer Donald Greenway was known for his signature cowboy hat.



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*The view that Donald enjoyed the most at Kline House.*

*We were honored to hear that Laurie Roberts, who is a real estate agent, plans to make a donation to Hospice of Frederick County in her father's memory from each of her settlements. If you would like to join Laurie in helping to provide "peace at the end" for anyone in our community who needs it, without regard for their ability to pay, visit [hospiceoffederick.org](http://hospiceoffederick.org)*

That's how Donald and Laurie came to be making their way together to the Kline Hospice House on a cold, clear Friday morning in January. Laurie says her Dad was instantly at home in the House's pastoral setting. His nurse would open the French doors of his private room so that he could see the fields, so much like the ones on the Pennsylvania farm where he had grown up. The staff surrounded him with compassion and understanding, especially the hospice chaplain who came to visit often.

"My father could be difficult," says Laurie. "His previous caregivers were often impatient with him, but the Kline House staff had a wonderful way of soothing him and calming him down. Dad trusted them completely. That allowed me to just be his daughter again. I can't express what a gift that was—to both of us."

Two weeks after Donald's arrival at the Kline House, Laurie received the news that her sister, Pam, a breast cancer survivor, had been re-admitted to the hospital in Virginia. Although he was unaware of the phone call, Donald's vital signs began to decline. He died a short time later, but not before his heart rate and respirations inexplicably stabilized. Moments later, Laurie got word that her sister had also died. Father and daughter had died within an hour of one another.

"In the face of this enormous loss, my family and I found comfort in picturing Dad and Pam waiting for each other, just this side of Heaven," says Laurie. "He was such a loving parent and a protective father. He would've wanted to walk Home side-by-side with one of his girls."

Laurie says her father found three things at the Kline House that had eluded him for much of his adult life: respect, compassion, and understanding. "Everyone deserves to know peace at the end of their lives," said Laurie. "Hospice of Frederick County gave that to my father...and to all of us."

**Carlos Graveran,**  
Hospice of Frederick County Executive Director

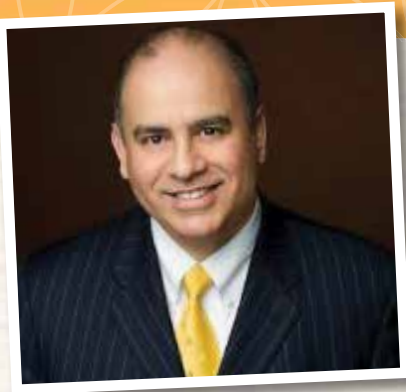
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# Director's Corner

Carlos Graveran

The number of for-profit hospices in the U.S. has grown dramatically in recent years. This growth has prompted increased scrutiny by the press, academicians and government regulators who have raised concerns about for-profit hospices' aggressive marketing practices and narrower scopes of services offered. Although not all hospices are the same, there is evidence to support the claim that some for-profit organizations are more driven by money than by the desire to provide the highest quality care for their communities.

In contrast, Hospice of Frederick County has served our community as a non-profit agency for nearly 40 years. We were one of the first hospices formed in the U.S., and have been providing compassionate care for patients since before the Medicare Hospice Benefit was made permanent by Congress in 1986. In all those years, our focus on exceptional care for our patients, families and our community has never wavered.

The needs of our aging population continue to grow, putting stress on the capacity to serve them. Rather than limiting our services, however, we continue to enhance and expand them. Rather than focusing on profits, we strive each day to provide the highest level of care possible, regardless of a patient's ability to pay. Rather than a strict focus on caring for only those who will qualify for hospice, we look for ways to contribute to the well-being of our community by leveraging our strengths and expertise.

Our counseling services and bereavement care are great examples. We offer individual and group counseling sessions to **anyone** in the community, including loss-specific support for those who have lost a child, a spouse or a partner, a sibling, or a loved one due to suicide or an overdose. We have expanded Camp Jamie, our bereavement camp for children, which is now held twice each year. We offer music therapy and a Veteran Program and provide support and training to our local police and fire departments—a combination that is setting the standard in our state.

***I share this with you not to sing our praises, but to give you a sense of how seriously we take our commitment to those we serve. To impress upon you how much we appreciate your generosity and trust. To let you know that we listen to your needs and work to address them, and to underscore what can be achieved by focusing on patients rather than profits.***

## Meet Rocco

Rocco was more than a dog for one of our Hospice patients. He was her beloved companion. As she gradually became weaker, caring for the 7-year old mixed-breed pooch became increasingly difficult for her.

That's when the Hospice of Frederick County staff pitched in to help care for the friendly little dog, easing his owner's concerns and helping to make her and her beloved pet more comfortable and content during the last days of her life.

After Rocco's owner died earlier this year, Lori, one of Hospice's administrative assistants, adopted him. Rocco's happy to be a member of Lori's family now, and we think his former owner would be just as pleased to know that he is in a loving home.





## When a Spouse or Life Partner Dies: Healing through Sharing


“I don’t know what I would have done without Hospice of Frederick County,” says George “Yogi” Heon, who started receiving grief support shortly after the death of his wife, Tara. Yogi recently participated in our 8-week Spousal Loss support group exclusively for people grieving the death of a spouse or life partner.

*“Loss-specific grief support groups can be especially healing because of the connection and understanding that is possible among the participants,” says Bereavement Services Coordinator, Kaili Van Waveren, “Group members are able to come together in a safe space with other people who can truly understand their unique experience.”*

Over eight weekly meetings, participants share their memories and experiences, learn about the grief process, develop healthy coping skills, explore difficult emotions, and receive peer support. “I found a level of acceptance in my emotions and memories,” says one group member.

Although the content of the groups is mainly participant-driven, skilled support group facilitators provide prompts to encourage sharing. They also gently guide the discussions to call attention to the shared themes within the diverse narratives of group members, thereby enriching the bonds within the group. In fact, many participants often bond so deeply that they continue to stay in touch long after the group has ended.

Meaningful peer support can truly change a bereaved person’s experience and have an impact that endures long after their loss. “I don’t know how I would be if I didn’t do this group,” says Yogi, “I am forever grateful.”



**The next 8-week Spousal Loss support group is offered at no charge and begins on Thursday, July 11th. For more information, to register, or to see a calendar of other loss-specific groups, please visit [www.hospiceoffrederick.org](http://www.hospiceoffrederick.org) or call 240-566-3030.**

## When Words Fail

Creative modalities can be particularly helpful in dealing with grief, as there is often so much of the experience that feels “unspeakable.” Through an innovative, arts-based workshop recently introduced at Hospice of Frederick County, survivors can explore and process their experience in a way that feels safe, thereby facilitating communication, healing, and post-traumatic growth.

**Telling Your Story: Journaling Through Grief** will be held on the second Saturday of each month from 11:00 A.M. to 2:00 P.M. starting on October 12, 2019 and continuing through March 14, 2020.

**For more information or to register, please visit our website or call 240-566-3030.**



# OUR VOLUNTEERS KNOW LITTLE THINGS MEAN A LOT



“My current patient, who resides at a nursing home, was not participating in any of the activities there. I had been volunteering with her at her home for almost a year before she transferred to the facility, so I felt I knew her well and understood what she likes. With a little encouragement, I was able to get her to participate in activities that involved those things at the nursing home. For example, I knew she loves to sing, so my first attempt was karaoke. Since that first introduction, she has become quite active in karaoke. Next, we tried bowling. At first, we were just going to cheer on her friends, but now she has decided to participate. I’ve been practicing with her on how to roll the bowling ball from her wheelchair. By getting her out, she has made many new friends and has been smiling a lot more.”

- Joanne Lightbown, Volunteer



“My patient had lost his ability to use a computer or even a pen or pencil. He expressed his sadness and frustration that he wouldn’t be able to send out his usual holiday letter to family and friends. His wife could not help due to her own health issues. I brought a laptop into his room at the healthcare center and he dictated the letter to me. After many edits, the letter was complete and copies were made. The patient gave me his address book, and I prepared the envelopes and sent the letters out. The patient and his wife rejoiced as friends and family called, visited, and responded to the letter.”

- Mary Bonen, Volunteer



“While visiting with a patient at Kline Hospice House, the patient shared that he wanted so much to enjoy one last crab cake sandwich. I bought a crab cake and then prepared a sandwich that was just as he had described—right down to the tartar sauce and tomato slice. The patient had a look of amazement and tears in his eyes when he saw the sandwich and enjoyed it over the course of the next two days. He said it was one of the best presents he had ever received—and the most delicious.”

- Bob Perrygo, Volunteer

*Have you ever considered becoming a Hospice of Frederick County volunteer? A good way to learn about the opportunities that are available is by attending our Hospice 101 seminars, which are held on the third Tuesday of every month at 7:00 P.M.*



## Community Partner Spotlight

BY DELAPLAINE FOUNDATION, INC.

Delaplaine Foundation, Inc. has been pleased to support the critical programs and services of Hospice for years, including grant funding for Music Therapy. Music is a great equalizer and it can reduce anxiety and discomfort while affording connection and self-expression. It provides a compassionate and very personalized approach to care for those nearing the end of their lives by taking preferences from their own background and, in many cases, their spiritual foundation and provides a beautiful means of celebrating their life with dignity and respect. It truly enhances the quality of care for patients and for the families of patients who require Hospice care.



## ASK THE DOCTOR

BY DR. McDONALD, HOSPICE MEDICAL DIRECTOR

### *Who is eligible for hospice services?*

Hospice care is for people who have chosen comfort-oriented care over the pursuit of further curative or experimental treatment. Anyone who is diagnosed with a terminal illness, and whose life is most likely measured in months rather than years, may select hospice care.

### *Does the physician have to make the referral to Hospice?*

No. Anyone (the patient, a family member, a friend, or a healthcare professional) can call Hospice to arrange for an admission if the patient is appropriate. The hospice team can make the necessary call to get the doctor's order. Our team works in partnership with the patient's physician and other healthcare providers to provide comprehensive care.

### *How soon should hospice care be considered?*

We recommend that those dealing with a potentially life-limiting illness reach out to Hospice of Frederick County long before our care is needed. Getting information early allows time for the patient and family to absorb the information and ask questions so that they can make a fully-informed decision regarding hospice care when the time comes.

To ask Dr. McDonald a question, go to

[hospiceoffrederick.org/askthedoc](http://hospiceoffrederick.org/askthedoc)



**Raised \$263,275.68**  
since 2012

## Our deepest gratitude

to all of the sponsors, live auction donors, volunteers and hunters for making the 8th Annual Goose Hunt in Memory of Judge Herb Rollins and Donald R. Grossnickle a wonderful success!

### A Special Thanks

Jeff and Joanie Brubaker  
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*Thank you to all of our hunters,  
the Quality Suites, Subway, The  
Freeze, Luisa's Cafe and John's  
Butcher Shop in Chestertown,  
Maryland (Thanks, Shelly).*

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# ANGELS AMONG US: A BLESSING OF THE BADGES

***“What ties this event to Hospice?”*** Our doctors, nurses, social workers, aides and volunteers help to care for the seriously ill and help them and their families through some of the most difficult moments of their lives. They are ready to serve 24 hours a day, 7 days a week and respond to calls for help and support at a moment’s notice. Despite the life and death struggles they confront, the focus is always on living and helping their patients and families to make the most of every moment of their lives. Our nurses can sometimes be referred to as angels.

This experience makes all of us in hospice acutely aware and appreciative of the other guardian angels that walk among us; those who drop everything at a moment’s notice to race to our aide despite the risk to themselves. They are the men and women of our first responder team, our Police, Fire, Rescue units and our Armed Forces. They put their lives on the line each day to keep us safe and protect our way of life.

We were honored to have our chaplain team and other community leaders come together to bless the badge they wear every day to protect our wonderful community.



# HOSPICE & FMH ANNUAL GOLF CLASSIC

to benefit Hospice of Frederick County

Thursday, September 19th, 2019

Maryland National Golf Club

8836 Hollow Creek Road, Middletown



## Become a Sponsor

- Help support the Kline Hospice House, and our bereavement, veteran and music therapy programs
- Associate your business with one of the most highly-attended golf events in Frederick
- Advertise your organization and network with other sponsors
- Receive a tax deduction for your organization

Join us for a day of fun on and off the greens, including a full breakfast, 18 holes of golf, gifts and door prizes, contests, lunch served on the course, complimentary beverages and snacks throughout the day, a steak and crabcake dinner provided by The Red Horse Restaurant, and an awards ceremony.

Registrations and sponsorships are accepted by phone, mail and by visiting [hospiceoffrederick.org/golfclassic](http://hospiceoffrederick.org/golfclassic).

**For more information, call 240-566-3036**

**or email [acasterlin@fmh.org](mailto:acasterlin@fmh.org).**

## 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.**

Nelva J. Ahalt  
Ruby E. Baer  
R. Carl Benna  
Ernest W. Brizendine  
Grace M. Brown  
Mary Anna Burgee  
Connie "Mack" Cannon  
Catherine L. Clark  
Gaines C. Combs  
Mary D. Coniff  
Greg M. Cooper  
Evelyn Davis  
Paul H. DeLauter  
William F. Delawter

Raymond A. Dell'Angelo  
Ray G. Delphey, Jr.  
Ruby S. Eavey  
Wade E. Feather  
Doris E. Gaither  
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Donald B. Greenway  
Betty Hampshire  
Joan S. Hardesty  
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Viola L. Shank  
Robert C. Snyder  
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Paul Toms  
Frances L. Trout  
Wilson Troxell, Jr.  
Matthew D. Turner  
Margaret I. Wachter  
Elizabeth M. Weidner  
Charles W. Whisner, Jr.  
Patricia Whitehouse  
John J. Wolff, Jr.



# YOUR GIFT MATTERS

**“When my family was going through our most difficult time, Hospice provided meaningful support, invaluable guidance, selfless love, and constant compassion. I support Hospice so that they can continue to care for other families just as they cared for mine.”**

**-Jen Specht, AFF Community Relations Coordinator**

Jen’s employer, the Ausherman Family Foundation (AFF), recognizes that our team is passionate about making a difference in our community. By matching their employees’ gifts to Hospice dollar for dollar, AFF is doubling the impact of their employees’ generosity. Thank you!

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 gift online, go to [hospiceoffrederick.org/donate](http://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.

**HOSPICE**  
FREDERICK COUNTY  
An Affiliate of Frederick Regional Health System



## Reaching out can change your life...

### Overdose Support Group

This ongoing group typically meets the first and third Mondays of each month from 6:00-7:30pm.

**June 3rd and 17th**

**July 1st and 15th**

**August 5th and 19th**

### Daytime Grief Support Group

This ongoing group typically meets the first and third Tuesdays of each month from 2:00-3:30pm.

**June 4th and 18th**

**July 2nd and 16th**

**August 6th and 20th**

### Evening Grief Support Group

This ongoing group typically meets on the second and fourth Mondays of each month from 5:00-6:30pm.

**June 10th and 24th**

**July 8th and 22nd**

**August 12th and 26th**

### Suicide Support Group

This is an 8-week, close-ended group held on Wednesdays from 6:00-7:30pm. Registration required.

**June 19th to August 7th**

### Spousal Loss Support Group

This is an 8-week, close-ended group held on Thursdays from 6:00-7:30pm. Registration required.

**July 11th to August 29th**

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](http://hospiceoffrederick.org) or call 240-566-3030.

# Hospice Events

## June Events



This third party-sponsored event by **Milkhouse Brewery** benefits Camp Jamie. Must be 21 to attend. For more info, visit [mdtix.com](http://mdtix.com) **Saturday June 8th from 12:00-6:00 P.M.**

### Suicide Support Group

The grief that results from a suicide death is particularly difficult. This group will offer education and insight into the characteristics of grief of people who have experienced this traumatic loss, but it will also provide a safe and comfortable environment in which to share your grief.

**Wednesdays June 19th - August 7th from 6:00-7:30 P.M.**

## July Events

### Spousal Loss Support Group

The bond shared by two people who have decided to share their lives together is unique and profound; so too is our grief when we lose our partner. This group provides a space in which people can come together to share about their loved one, learn coping skills, and expand social support.

**Thursdays July 11th - August 29th from 6:00-7:30 P.M.**

### Hospice 101

An informational and educational presentation on what hospice is, what it does, whom it serves, its mission, philosophy and volunteer opportunities. A great start if you have questions about hospice or if you wish to become a volunteer.

**Wednesday, July 31st from 5:00-7:00 P.M.**

## August Events

### Hospice 101

**Tuesday, August 13th from 5:00-7:00 P.M.**

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



Use [smile.amazon.com](http://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](http://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)



## Attention Sewing Experts!

We're looking for a few talented individuals to craft Memory Bears for our patients and their families. This is a very special project, and we'd love your help!

Please contact **Dianne Elizabeth** for details at  
240-566-3038 or [delizabeth@fmh.org](mailto:delizabeth@fmh.org).