



# Living Every Moment

*with Care, Comfort and Hope*

## A FULL CIRCLE LULLABY

One of Dana Wayne's earliest memories is of her mother, Jacki, changing the lyrics of James Taylor's renowned "Sweet Baby James" to "Sweet Baby Dane" as she lulled Dana to sleep. As Dana grew older, music became an integral part of her life; singing in regional choirs, talent shows, and church services.

Dana recalls one particular performance at church, after which her mother came to her immediately and told her she cried during the song. "I believe it was the pinnacle moment that offered her a window into my closed-off teenage soul," she said.

***"Music offered us a way forward for communication in our relationship, into and through adulthood. It became a vehicle of our love."***

Lullabies, choir concerts, and church solos in Dana's youth would ultimately come full circle when she was 19, attending college, and her mother was initially diagnosed with cancer. "At the time I went away to school, Carole King, James Taylor and others came with me as a way to stay connected to who I was, in a changed environment," she reflects. "When my mom got sick, I really wanted to find a way to express what I was feeling in a timeless fashion that would make her feel how much I loved her." It was at this time that Dana wrote an original tribute song to her mom, in the folk style in which she had so often been immersed. Dana says that writing the song made the experience more real; a way of validating and naming what she was thinking and feeling.



(Top photo) Jacki and Dana on Dana's wedding day in 2015. (Bottom) Dana and mom enjoying a day on the boat in 1991.



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Sixteen years later, Jacki would be admitted for care under Hospice of Frederick County, recently re-named Frederick Health Hospice. In addition to regular nursing and social work visits, Jacki and her family received support from the organization's music therapist, Georgia Wells. Dana says she was frequently present and participatory during those visits, remembering them as an integral way for her to express herself to her mother and other family and friends. "I believe the moments while Georgia was playing, or while she and I were singing and playing together, helped bring Mom peace and contentment."

Georgia fondly remembers numerous sessions in which music sparked precious memories that neither she nor her Mom had thought of in years. "It was a joy to witness the deepening of that mother-daughter connection and the creation of new memories, even in Jacki's final days," says Georgia. Dana adds, "Music therapy may have actually done me the most good in this journey, it was my therapy."

Board-certified music therapists like Georgia are comprehensively trained in offering a variety of outlets (both musical, and not) for individual self-expression, emotional processing, and enhanced interactions among families. "Music therapists often connect familiar music interventions, like singing or listening to music, with counseling techniques and evidence-based theories," Georgia explains. "The 'music' parts often make the 'therapy' parts a little less intimidating."

In between music therapy sessions with Jacki, Dana worked with Georgia to complete, record, and present her original composition, not only at her mother's bedside, but for dozens of family members and loved ones at Jacki's celebration of life after she died. In doing so, Dana began to process her grief in a safe, supported, and familiar environment. "Having my mom hear the song live was the stage in this process that mattered most to me," she says. "And finishing, performing, and recording my song has been a huge part of my healing journey. Missing her isn't something to 'get over', and hospice taught me that. It's something that becomes a part of your story; a line, or verse in the song of your life."

***Would you or someone you know like to hear more about the patient-and-family-centered care that Frederick Health Hospice offers? Music therapy for those who desire it is provided at no cost thanks to generous donations from our community. Talk to your doctor, or call 240-566-3030. You don't have to handle this experience alone.***



*Dana often shares her gift of music and songwriting with her community as a solo artist.*

**Carlos Graveran,**  
*Frederick Health Hospice Executive Director*

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# New Name, Same Commitment

BY CARLOS GRAVERAN, FREDERICK HEALTH HOSPICE EXECUTIVE DIRECTOR

As I look back at the past three and a half years since my arrival in Frederick, it is hard to remember all the changes that we have been through as an organization. While change is never easy or convenient, it is often necessary to keep pace with the ever-changing world around us. So long as the changes are well thought out and designed to make us better, they are worth the short-term discomfort and stress that almost always accompanies them.

Some of you may remember when Hospice of Frederick County affiliated with FMH Hospice Services in 1997. This created a single entity for the delivery of hospice services in Frederick County. The change made it easier for those in need to know when, where and how to seek care. Over the past 22 years, this has proven again and again to have been the right decision. Our program has nearly tripled in size, caring for 1,279 patients last year alone. Not only have we grown larger, we have expanded and improved the services offered to the community as well. With your support, we have launched Music Therapy, a veterans' program, and enhanced our pediatric hospice services. Our bereavement program has grown to include even more individual counseling, as well as additional support for those whose loved ones died from suicide or drug overdose. We provide grief support for perinatal and infant loss and have added an additional camp for children who are learning to cope with the loss of a loved one. All these changes have now become part of the fabric of our organization and of our community.

On October 1st of this year, we made yet another change, becoming known as Frederick Health Hospice. We made the decision based upon potential changes to existing state legislation, in order to better position ourselves for the future, and strengthen our ability to provide comprehensive, patient-and-family care to those facing life-limiting illness. While this change is more cosmetic than some in the past, it is significant to many. For those of you who may fear it will impact more than our name, rest assured that it does not. Our leadership structure, relationship with the hospital system, mission, vision, quality and commitment to making Frederick a better place for us all is still the same.

You can be confident that nothing has changed regarding your donations as well. Your contributions to us will continue to be used exclusively to provide care, comfort, and hope to your friends and neighbors in the Frederick community facing life-limiting illness. With your faithful support, we will continue to provide the fullest range of supportive care possible for members of this community facing one of life's most difficult passages without regard for their ability to pay.

Jack Welch, former CEO of General Electric is famously quoted to have said, "Change before you have to." In other words, take action to improve your circumstances before the circumstances force change upon you. ***I commit to you that we will always look into the future and work to position our organization in a way that best serves our mission and community, while upholding the solemn trust you have placed in us. That will never change!***

A handwritten signature in blue ink, appearing to read "Carlos Graveran", written in a cursive style.



This year's winning foursome was from AndieMac Waterproofing and Restoration, one of the event's bronze sponsors.

## 23rd Annual Hospice/FMH Golf Classic Raised Over \$234,000

This event just keeps getting better! We saw new faces along with many familiar ones. Our sincere appreciation goes out to our sponsors, golfers, volunteers, friends and Maryland National Golf Club for making this our most successful Hospice of Frederick County/FMH Golf Classic ever!

We are touched by the dedication, commitment and compassion shown by so many who helped us surpass our goal.

# A Very Special Thank You to Our Sponsors

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### PLATINUM SPONSOR



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# Understanding Guardianship

BY CHRISTINE EVANS LOVETRO, ESQUIRE, MEMBER OF FREDERICK HEALTH HOSPICE PLANNED GIFTS COMMITTEE

No one likes to think of themselves as vulnerable. In our minds, we are always strong and capable. After all, we make our own decisions about our medical care and finances every day. But what if there is ever a time when we are unable to communicate our wishes or make important decisions? Medical Advance Directives/Living Wills and Financial Powers of Attorney are legal documents through which we communicate our medical treatment choices and articulate our financial decisions in the event that we cannot do so in the future.

If we do not have a Medical Advance Directive/Living Will and Financial Power of Attorney, and we lack the capacity at some point to make medical or financial decisions, the Court may appoint a “Guardian of Person” or “Guardian of Property” to make decisions on our behalf.

In order to establish a Guardianship, a petition must be filed with the Circuit Court. Maryland law assigns priority to candidates who are eligible to serve as Guardians. Generally, relatives (such as a spouse, adult child or grandchild, or a sibling) are given priority over others (such as a domestic partner, friend, or neighbor) unless there is strong evidence that an individual with lower legal priority is more appropriate. An attorney is assigned to represent the person with an alleged disability to ensure that his or her rights are protected. A hearing must be held for a Judge to determine if a Guardianship is the least restrictive alternative available for the individual.

Once a Guardian is appointed, he or she must obtain training to understand his or her duties and responsibilities. Because the role of Guardian is so important, it is necessary for the Court to monitor all of his or her activities. The Guardian is often required to post bond and must file an Inventory and an Account each year with the Court.



**To learn more about the Guardianship process, visit the Maryland Judiciary website at [www.courts.state.md.us/family/guardianship/courtappointedguardians](http://www.courts.state.md.us/family/guardianship/courtappointedguardians)**





## How does Hospice care for patients with dementia and Alzheimer's?

Hospice care of the terminally ill patient with dementia focuses on optimizing their comfort and quality of life during their final months. Protecting the patient's dignity and privacy are paramount. We teach families how to best care for the bed-bound patient, including feeding strategies that increase enjoyment and minimize the risk of choking. We offer and encourage dementia-appropriate activities and experiences to make every day as pleasant and rewarding as possible. Every aspect of care is coordinated in a way that best fits the needs of each patient, including support for the entire family.

## Ask the Doc

BY DR. McDONALD,  
HOSPICE MEDICAL DIRECTOR

### How does Hospice manage pain?

Hospice nurses are up to date on the latest medications and devices for pain control and symptom relief. They work closely with the patient, family and physician to assure optimal comfort using medications, counseling and therapies.

### What is one thing to share about hospice when a loved one is facing a terminal illness?

Hospice is not about giving up. It's a way to take control of your care when a disease or condition is no longer curable. Hospice focuses on quality of life rather than quantity by providing care that helps patients continue to live as comfortably and normally as possible in spite of their disease.

## 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.**

Guy F. Alexander Jr.  
Sally A. Baker  
John W. Bell  
Rosa M. Bell  
Margaret V. Bere  
Ira F. Brandenburg  
Anna L. Brown  
Jennifer R. Brown  
Donald H. Boyer Jr.  
Shirley M. Cannon  
Frederick W. Clemson Jr.  
Judith A. Cochran  
H. James Conley  
Barbara A. Coulter

Shirley Crampton  
Kenneth Divel  
Charles A. Dixon Jr.  
Marilyn K. Entis  
Hilda G. Etzler  
James Gardner  
Mary A. Gorden  
Maurice C. Grove  
Doris E. Hall  
Leopold J. Harding  
R. Douglas Hemp  
David L. Himes  
James P. Jacobs Jr.  
Isaac L. Johnson Jr.  
Judith K. Johnson

John Kaljee  
Barbara J. Kanode  
Harry C. Lenhart Jr.  
Kenneth Lowery  
Sylvia San Lwin  
Janet F. Machesky  
James D. Martin  
Mary C. Masser  
Charles L. Mathews  
Marianne G. Myers  
Donald W. Ogg Jr.  
Homer C. Parker  
Margaret C. Powers  
Doreen R. Robinson  
Jennifer J. Rothen

Barbara Z. Shuster  
Roland E. Smith  
Marcia J. Stevenson  
Rosa J. Stringer  
Edmund J. Subleski  
James R. Swearngen  
James J. Vanderveldt  
Caryl A. Velisek  
David E. Warthen  
Jimmy E. Weishaar  
James H. Weller  
Robert L. Whalen  
Janice M. Wood  
Horace C. Wright Sr.

# VOICES OF VALOR:

## Kenyon Parker's Story

BY CHRIS SCHILLER, HOSPICE VETERAN LIAISON



Chris presents Kenyon with his long overdue good conduct medal

It should have been a typical military award ceremony, where the soldier is called to the front of a room filled with family, friends and coworkers to share in this special moment. A short explanation of the circumstances surrounding the award would be shared with the audience, and the audience would be called to attention while the official orders were read. The medal would be placed on the uniform of the soldier, hands would be shaken, a certificate given, and pictures taken.

But, in Hospice, nothing is typical. This particular military award ceremony was about 65 years late. The soldier who should have been 20 years old is now 94. He is confined to a bed and unable to stand at attention, yet he reflects with great detail about his time in the Army when these medals were earned. His eyes misty, he listens to the words of praise and thanks for his service that could not be read at the end of his tour of duty because of the color of his skin.

Kenyon Parker was drafted in 1943 at the age of 18 to serve his country during World War II. A farm boy from Lewes, Delaware, unfamiliar with any motorized vehicles, he was assigned a DUKW, a 2.5-ton, six-wheeled, amphibious truck used to ferry supplies from ships docked offshore to fighting units on the beach, in an all-black regiment. His assignments included tours in Europe, the Philippines and Japan. After his service, Kenyon went on to complete high school and earned a college degree, the first in his family. Kenyon speaks highly of his service to his fellow soldiers and country, but reflects back at a time in our nation when decisions were made superficially instead

of on the content of one's character. Kenyon will tell you "it was just the way it was back then," but the emotion he displays while receiving the medals he was unable to get back when they were earned tells another story.

In the living room of this honorable soldier, enamored with his finesse and warm smile, I had the privilege of presenting Kenyon with the four military medals that were overdue for his service: the Good Conduct Medal, World War II Victory Medal, European Theater Campaign Medal, and the Asian Pacific Theater Campaign Medal. After a certificate accompanying each medal was read, he was presented with a shadow box containing the medals—which is now displayed by his hospital bed.

***As I reflect back on the many military award ceremonies I have been part of during my career, taking for granted the process, I am humbled by this soldier who waited so long for recognition for his service.***

Frederick Health Hospice has joined with the National Hospice and Palliative Care Organization and the Department of Veterans Affairs to offer comradeship and support to our community's veterans and their families. Our Veteran Liaison can provide information about state and VA benefits, assistance in obtaining discharge documents and awards, organize recognition ceremonies, and coordinate visits from veteran volunteers.



# A Hospice Experience

BY JAMES MOONEY, VOLUNTEER

As I always did before entering a patient's home, I took a deep breath, said a little prayer, and left a good part of myself outside.

My new hospice patient was over 80 and confined to his bed at this late stage of his illness. He didn't respond too much, but he did reach out and shake my hand with what strength he had. He made a point of using as much as he could muster at the time. I was there to allow the caregiver some time to do some shopping and run errands. She, his wife, was quite gracious and thankful. He was supposed to be "very easy" as he didn't need much. I would basically just sit with him. At first, he spoke very little if at all. As the months wore on, he ceased to speak completely.

Spending this time by the bedside as mostly a compassionate presence led me to ponder: why me, why here? Was there something he needed to reconcile for himself while we spent this time together, or was this time together maybe just for me? I decided it was probably beneficial in some ways for both of us; certainly, it was for me. Sitting with a terminally ill patient while he is sleeping or generally non-responsive promotes deep thoughts that you wouldn't normally contemplate at any other time. These continued.

One time, the patient clearly called out my name. This was shocking, as I didn't know he knew my name and I hadn't heard him talk at all for quite some time. He looked calm and alert, again, to my surprise. He peacefully said, "James, do you see the angels?" He gestured above himself. I stood up, moved closer, and looked where he was looking. With some level of desperation, I replied "No, I don't, but I want to." This was all; he slowly regressed back into his previous state. I would not see him again as he would pass a couple of days later.

***Was I that close to angels and "what's next"? Are we all always that close to angels and "what's next"? We may never know, but at that moment...in that space...thanks to that patient...I just might have been.***



*In October our Board of Directors came together at Kline House for a retreat. They brainstormed new ways we can better serve our community. We are thankful to have such a supportive board.*



# THE EMPTY CHAIR: Coping with Grief this Holiday season

As the leaves change colors and the temperature drops, we are quickly reminded of the upcoming holiday season, a time of year that can be stressful and overwhelming even when we're not grieving. When we are grieving, however, thoughts of the upcoming holidays can feel more than just stressful—they can be agonizing and overwhelming.

It is only natural that when we are grieving the death of a loved one, we sometimes think that the holidays would be better avoided altogether. Unfortunately, store windows will still be decorated, holiday lights and music will

still assault the senses, and the holidays will still come, and be noticed, no matter how hard we might try to ignore them. By learning and respecting our needs, creating new rituals and traditions, and articulating our needs to our loved ones, we can survive, and perhaps even enjoy, the holidays.

Throughout the holiday season, acknowledging our pain—the empty chair at the Thanksgiving table or the missing family member as we open gifts or light the menorah—is essential. It is also important to give ourselves permission to do things differently, and to give ourselves permission to have some pleasure as well. It's 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. Lastly, have a plan. It is far better to prepare for the holidays than to pretend they don't exist.

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**For more ideas and tips for getting through the holidays, visit our website [www.hospiceoffrederick.org](http://www.hospiceoffrederick.org).**



## TREE OF REMEMBRANCE

### *Celebrate Your Loved One this Holiday Season with a Personalized Snowflake*

The holidays are a time to celebrate loved ones, especially those who have died. Join us in remembering those who are dear by visiting one of our Trees of Remembrance. Beginning November 26, 2019, these trees can be found in the lobby of the Hospice office at 516 Trail Avenue, Suite C and at the Kline House. Visitors are invited to personalize and hang a snowflake on the Tree of Remembrance. When you hang your snowflake, be sure to remove one of our complimentary ornaments.

**Also don't forget to join us on December 5th at 7:00pm for our Annual Remembrance Service at Monocacy Valley Church located at 9861 Old National Pike, Ijamsville**

# REMEMBRANCE SERVICE LUMINARIES

As part of this year's Remembrance Service, you can purchase a keepsake Butterfly Luminary to honor your loved one for \$10.00 to be displayed at the service on December 5th. Fill out the form below and mail to Frederick Health Hospice, P.O. Box 1799, Frederick MD 21702 (make checks payable to Frederick Health Hospice) or order online at [www.hospiceoffrederick.org/remembranceservice](http://www.hospiceoffrederick.org/remembranceservice)

**Your Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Luminary in memory of** \_\_\_\_\_

Frederick Health Hospice 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 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 Card # \_\_\_\_\_

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

To make a gift online, go to [hospiceoffrederick.org/donate](http://hospiceoffrederick.org/donate).

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

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





# Hospice Events

## December Events

### Remembrance Service

The death of a loved one is one of the most profound emotional experiences we will ever have to endure. By maintaining a special bond with our loved one, and by commemorating their life and keeping their memory alive, we are better able to find that special place in our heart that is reserved only for them. The relationship continues; just in a different way. A photomontage will be shared during the program. Please mail your loved one's photo to Hospice by November 27th to participate in the montage.

**Thursday December 5th from 7:00-9:00pm**

**Monocacy Valley Church (9861 Old National Pike in Ijamsville, MD)**

### 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 their life story and the story of their relationship with their loved one.

**Saturday December 21st, January 18th and February 15th  
from 6:00-7:30pm**

## January Events

### Show your Support!



**9th Annual Goose Hunt  
January 16-17th, Chestertown MD  
In Memory of Judge Herb Rollins and  
Donald R. Grossnickle**

(Space is limited, 10 blinds/ 5 persons per blind)

To book the hunt, inquire about sponsorship availability or to **donate auction items**, contact Ricky Sandy at 301-600-6810 or Richard.Sandy@mdcourts.gov. All proceeds benefit Frederick Health Hospice.

## February Events

### Inservice: Thinking Beyond the Conventional Funeral and Burial Traditions

Explore and discuss some of the not-so-conventional funeral and burial arrangements available today.

**Wednesday February 26th from 5:00-6:30pm**

## Reaching out can change your life...

### Daytime Grief Support Group

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

**December 3rd and 17th**

**January 7th and 21st**

**February 4th and 18th**

### Evening Grief Support Group

This ongoing group typically meets on the 2nd and 4th Mondays of the month from 5:00-6:30pm.

**December 9th and 23rd**

**January 13th and 27th**

**February 10th and 24th**

### Spousal Grief Support Group

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

**January 15th to March 4th**

**\*Please register for these groups at [hospiceoffrederick.org](http://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](http://hospiceoffrederick.org) or call 240-566-3030.

[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)

**amazon**smile  
You shop. Amazon gives.

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)

Gift Cards - Amazon, Food Lion, Walmart

Baby Wipes (unscented)

Bleach

Dishwasher Detergent

Dish liquid

Laundry Detergent (HE)

Paper towels

Tissues

Toilet Bowl cleaner

Trash Bags (Gallon)

Trash Bags (13 Gallon)

Journals

Coffee

K-cups

Sodas (Regular and Ginger Ale)

Granola/ Breakfast/ Powerbars



## 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 [hospiceoffrederick.org](http://hospiceoffrederick.org), or in person at the Hospice office located at 516 Trail Avenue, Suite C in Frederick.