

# Living Every Moment with Care, Comfort and Hope



Former Executive Director Laurel Cucchi and Volunteer Dick Sappington present past Board president John Fiesler with a Humanitarian Award

"When we reached out to Hospice, we knew they would help us take care of my late husband. What we didn't knowand could never have imagined—was how deeply they would care, or how much a part of our family they would become. They took one of life's most difficult challenges and made it more manageable—for all of us."

-Darlene Stockman



## **FORTY YEARS OF** CARE, COMFORT AND HOPE

Since March of 1980, Hospice of Frederick County, now called Frederick Health Hospice, has been promoting quality of life by providing compassionate medical, emotional, spiritual and bereavement support to individuals and their loved ones facing a life-limiting illness. As we approach our 40th anniversary, we are pleased to share a brief review of the milestones that have shaped our history.

Hospice of Frederick County began with a conversation initiated in 1979 by a local organization called Church Women United. The group invited clergy, lay people, and medical professionals to discuss how care was being provided to those facing life-limiting illness here in Frederick. They asked questions like "Shouldn't care plans include not just the patient but the entire family unit?" and "Shouldn't pain management include addressing emotional and spiritual suffering along with physical discomfort?"

The answers the group arrived at to these questions changed everything about the way people in Frederick living with life-limiting illness were cared for. "The key word here is living," says Laurel Cucchi, a participant in those early discussions who went on to serve the organization as its Executive Director for more than 30 years. "The most progressive thing Hospice did at the beginning and continues to do to this day was to take the focus off dying and put it on living."

In March of 1980, Frederick County's first hospice program incorporated under the name "Hospice of Frederick County." "We were all volunteers back then," says retired oncologist Dr. P. Gregory Rausch, "doing what we thought was needed. We were involved in establishing laws for hospice programs and helped to set up the Hospice Network of Maryland."



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Discussion Group led by Rev. Richard Batlez on how the Frederick Community could become acquainted with Hospice.

The concept of relieving "total pain" was put to the test during the 1980s when the AIDs epidemic arrived at Hospice's door. "At that time, no one really knew what AIDs was, how to treat it, or how to contain it," says Cucchi. "For a few years, we were the only ones in Frederick taking care of patients with AIDs. We had a regional reputation for our care and response to the epidemic."

After Dr. Dana Cable, a Hospice volunteer and practicing psychologist, shared his experience at a camp for children who were grieving in Walla Walla, Washington with Cucchi, Hospice of Frederick County decided to create Camp Jamie. The founding of this special camp in 1991 for kids who had lost a loved one took the concept of bereavement care to a new level. Camp Jamie pairs a child who is grieving with a specially trained "big buddy," who has often experienced a similar loss. Early attendees of the Camp are now returning as the next generation of big buddies, helping kids process loss just as they were once supported.

In 1997, Hospice of Frederick County and Frederick Regional Health System's hospice program joined forces, forging a new era in hospice care in our community. As an affiliate of Frederick Regional Health System, and with continued community support, Hospice has grown exponentially.

In 2002, the doors opened to the Kline Hospice House, a six-bedroom care facility near Mount Airy that has become a nationwide model for residential hospice care. Over the past decade, Hospice care in Frederick has grown to include music therapy, a support program for veterans, and an expanded bereavement program. Just last year, Hospice of Frederick County simplified its name to Frederick Health Hospice.

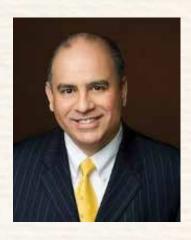
"The care, comfort, and hope that our staff and volunteers have been providing to those facing life-limiting illness has been the backbone of what Hospice does for the last 40 years," says Frederick Health Hospice Executive Director Carlos Graveran, "And that will never change."

#### Carlos Graveran,

Frederick Health Hospice Executive Director

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## Director's Corner

BY CARLOS GRAVERAN, FREDERICK
HEALTH HOSPICE EXECUTIVE DIRECTOR

Once again this year, legislation comes before the Maryland General Assembly that would make it legal for doctors to prescribe a lethal dose of medication to terminally ill patients who want to end their lives. The bill, modeled after legislation already enacted into law in Oregon, has been narrowly defeated four times in as many years, but advocates argue that patients with life-limiting illnesses should have a greater say in how and when to end their lives.

At its core, this legislation is driven by the desire for patients to have more control and agency over the decisions that affect their lives. The issue is a byproduct of the enormous advances in the science of medicine that can sometimes keep a patient "alive" indefinitely, and the failure of our healthcare providers to recognize the difference between what can be done and what should be done. It is a cry for mercy from those who fear prolonged pain and suffering and the loss of dignity.

What is most frustrating to me about this debate is the fact that a care pathway already exists that reduces pain and suffering, allows patients to retain their dignity, and aligns medical care with their stated wishes; it's called hospice. For the past forty years, our hospice and countless others across the country have labored to put control back into the hands of the patient. Yet despite our collective efforts, far too few patients avail themselves of hospice services at end-of-life, and when they do, it is often far too late to make a real difference. At times, it's fear and misunderstanding that keep them away; more often it's driven by unrealistic expectations or the reluctance of those in whom they place their trust to share the unvarnished truth of their prognosis.

Having played an active role in my own father's end-of-life journey, I can empathize with the emotions on both sides of this debate. My goal here is not to share my opinion, but rather my fear that this debate might further confuse and drive patients away from hospice services. Hospice is already often mistaken as a place where you go to die. That statement could not be further from the truth. Hospice is not a place, it's a philosophy of care that is centered upon a patient's wishes and focused on living life right up until the end. It's an acknowledgement of our humanity and mortality, and predicated on the recognition that quality of life is far more precious than its measure in days.

# When a Loved One Dies from Overdose: Supporting our First Responders

Our work with those who are grieving has taught us that every death sets in motion a unique type of grief. This is particularly true for people whose loved one dies following an overdose.

In partnership with the Frederick County Health Department, Frederick Health Hospice has created a position to support first responders who must notify a family that a loved one has died due to overdose. Thanks to a grant from the state of Maryland, these first responders will now be accompanied by a bereavement specialist who will help guide the way the family is told about their loved one's death, and provide compassion, support, and resources as they begin to grieve.

# Why is volunteering for Frederick Health Hospice important?

BY LINDA SHAFF, FREDERICK HEALTH HOSPICE DIRECT SERVICE VOLUNTEER

"During the 17-1/2 years I've served as a direct service volunteer, I've learned that you truly receive much more than you give. It's a privilege to be allowed into a patient's life at the worst time. The relationship that develops between the two of you is very special. It is something that you'll always have and can reflect upon at any time.

I think Hospice patients really know what life is all about. Many times, they care more about their volunteers than



you would think. For example, I had a patient who insisted I give him a call when I got home one day when the weather turned bad so that he would know that I was all right. He also said that I could stay at his home, as he had plenty of room. Considering what they are going through, being concerned about someone else is remarkable to me."

I meet many wonderful people and helping someone else is very important to me."

## **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.

Margaret H. Alexander Patricia E. Allingham Clyde F. Andrews Vern E. Bean Bruce P. Beaver Darlene K. Blickenstaff Hugh Brown James E. Brown William R. Brown Janet N. Browning Miriam R. Buhrman Mary D. Campbell William J. Campbell, Sr. Barbara J. Childress John R. Ciparro Irene E. Cole Patricia A. Conner Barbara E. Cool Mary A. Cooper Debbie A. Corsetti

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## Join us for "What Mortality Can Teach Us About Living"

Tuesday, May 19th, 2020 at 6:00 P.M. (Doors open at 5:30 P.M.)

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

It turns out that we have a lot to learn from people who are dying. While we are right to pursue happiness, even when we succeed, it ends up being transient. Death can teach us a lot about living – if we let it.

Through stories drawn from years of clinical practice as well as his personal life, Dr. Byock illuminates how four simple statements – Please forgive me, I forgive you, Thank you, and I love you—can transform relationships and lives.



Ira Byock, M.D., FAAHPM is a leading medical authority and public advocate for improving care through the end of life.

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 May 1st to request an interpreter.

## Spreading Sunshine with a Newly Created Fund

Our clinical care team often encounter patients who lack basic needs that can interfere with providing care and comfort. Our staff often reach into their own pockets to ensure our patients and families have things like food, utilities, supplies, clothing and other basic needs. The new Sunshine Fund was created to directly address those special needs.



Nurse Ricki Myers and Social Worker Brienne Superczynski deliver first donation to patient.

Our goal is to spread some "Sunshine" while enriching the lives of our hospice and palliative care patients and their families by relieving distress and hardship. Administered by a committee of Hospice employees and community members, this fund is supported entirely by donations. The Sunshine Fund has no overhead hidden costs, so every dollar you contribute goes directly to those in need.

The fund is named in memory of Kelly "Sunshine" Gloyd. Jim Gloyd, owner of a local company, Frederick LINE-X, and a fund committee member, wanted to give back to his community and honor his late wife. The joy that "Sunshine" spread in her own life will pass on to those in need.

Donations to this fund can be made by check, online at frederickhealthhospice.org, or by phone 240-566-3030. Gift cards to grocery stores, Walmart, and Target also gratefully accepted.



## How can Hospice support Heart Disease?

BY DR. McDONALD, HOSPICE MEDICAL DIRECTOR

During Kindness Week, Lewistown Elementary made Hospice Hug Notes for our patients and families to give them a smile and a little pick-me-up, and to let them know that others were thinking of them. Hospice Hug Notes are designed to bring joy to patients and families within Hospice care while also teaching children about compassion and small acts of kindness.

Front Row: Brendan Orr, Olive Rinker, Katherine Martinez, Daniel Genemans, Eli Neslen, Emma Lowe. Back Row: Stacy Bokinsky (school counselor), Nicole Orr (Direct Patient Volunteer/Project Initiator) Heart disease is the leading cause of death in adults in the United States. CHF is a type of heart disease that develops when the heart no longer pumps blood effectively or can no longer relax after it pumps blood. This results in a backup of fluid throughout the body, most noticeably in the lower legs or in the lungs. When it occurs in the legs, this backup of fluid, called edema, can cause pain, interfere with mobility, and lead to the development of wounds. In the lungs, edema causes breathlessness and poor endurance.

Physicians can prescribe medications to help the heart function better, and these medications can offer years of relief. However, as CHF progresses, even the most effective medications can't restore the function of the heart, and patients become more and more symptomatic.

If you or a loved one is in the late stages of Congestive Heart Failure, talk to your doctor about how Hospice might be able to help.



Photo by Claire Ahalt

#### PATIENT CARE SUMMARY

Fiscal Year 2019, July 2018-June 2019

Frederick County first recognized the need for Hospice 40 years ago when a group of dedicated volunteers began Hospice of Frederick County. Since then, we have had the privilege to serve thousands of patients and their families. We never take for granted the trust that is placed in our care.

The following numbers and percentages reflect our patient care in fiscal year 2019.

## 1,279

#### **Patients Served by Hospice**

## **Total Patient Visits** from Care Team

Nurses	20,023
Home Health Aides	15,341
Social Workers	3,267
Chaplains	1,387
Hospice Physician	947
Music Therapist	612
Veteran Liaison Voluntee	ers 401
Volunteers	3,807

#### **Total Bereavement**

1,763
99
270
78
33
45

## 31

#### **Average Visits per Patient**

#### **Patients by Gender**

Female	55%
Male	45%

#### Patients by Age

Under 65	11%
65+ Years	89%

#### **Patients by Ethnicity**

Asian	2%
Black	6%
Hispanic	2%
White	90%
Other	1%

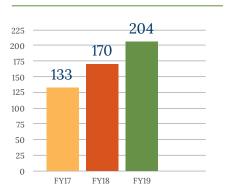
#### **Location of Patients Served**

10%
22%
46%
6%
16%

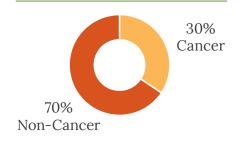
#### Average Length of Stay (in days)



#### **Average Daily Census**



#### **Admission by Diagnosis**



## Letters of Gratitude

Veteran Patient George Bena

We are pleased to share with you the following letter from the daughter of one of our patients written after our Veteran Liaison visited her father.



George as a Navy pilot.



George enjoying his last cigar.

Dear Keith,

You visited my father, George Benas, this past Saturday. Dad had been having a bit of a rough day. He was having difficulty breathing and was super tired. He was not his usual cheerful self. It was as low as I've ever seen him.

Then you came to visit. And to be honest, at the beginning, Dad didn't really seem to know what was going on. He looked so small and confused, scrunched down in his big reclining chair. But as you got further into your presentation, I noticed that Dad was sitting up a little taller. I saw a glimmer of the twinkle that's been in his eye for 93 years but had recently gone out.

You displayed a remarkable demeanor with my Dad. You showed him so much respect. YOU SPOKE LOUD enough for him to hear your words. And when you saluted him, I could see, without a shadow of a doubt, Dad's pride for that long ago time of his life when he served so bravely as a Navy pilot. After you left, he even felt strong enough to go outside with his sons and enjoy one last cigar. It was a day I'll always remember.

Dad passed away in his sleep Monday morning, still wearing the pins you gave him, in the same chair where you made him feel so important. Thank you for making a big deal out of the man who made us so proud all our lives. Your visit meant so much. If you ever had a doubt about what you're doing, please know that I firmly believe that God put you in that position, where your gifts can bring cheer to those who need it most.

With heartfelt thanks, Julie Crain, Daughter

## For Grieving Kids, Camp Jamie is Life-Changing

BY KAILI VAN WAVEREN, BEREAVEMENT COORDINATOR



Tyler and camper friends.

After his mother's unexpected death in January of 2019, Tyler Gorman changed. "He was happy and full of life," says his father, Will, "but he became hollow and emotionless." Changes in behavior and personality are common among grieving children, but the changes that Will observed in his son were alarming to him. "I didn't know what to do," he says.

When Will learned about Camp Jamie, he knew he wanted Tyler to attend. While both Will and Tyler were nervous, and didn't know quite what to expect, they also knew that something needed to change. Will signed Tyler up to attend the overnight camp in May. Will's anxiety quickly disappeared when he came to pick up Tyler from camp. "The smile on his face, the fact that he was laughing with other kids... I could see that Tyler was coming back to where he used to be," he says.

#### "I dropped off one kid, but I picked up my son."

The Gormans' involvement with Camp Jamie goes far beyond Tyler's attendance at the overnight camp. Will and Tyler both attended the Camp Jamie Reunion at Terrace Lanes Bowling Alley in August, and Tyler has stayed in touch with his friends from Camp and his "Big Buddy."

Tyler and Will also attended Camp Jamie Day Camp in September. At the day camp, father and son did several activities together that Will says "really helped us communicate better about feelings and grief, and taught us some other skills that we've been able to use at home. It was a gamechanger."

For Will Gorman, part of grieving and honoring his wife's memory is making sure that other families in our community grieving the loss of a loved one by suicide and other sudden causes of death related to mental health have the same opportunity as his son had to benefit from Camp Jamie. Now, nearing the one-year anniversary of his wife's death, Will is looking for a way to give back to the program through what he hopes will be an annual fundraising event called "Jammin' 4 Jamie's Kids", a day of food, fun, and music to benefit Camp Jamie.

"Camp Jamie was lifechanging for Tyler, for me, and for our family. I am forever grateful.



Tyler and Big Buddy, Derek.



## YOUR GIFT MATTERS

#### Did You Respond?

Our Annual Appeal was mailed in mid-November 2019 with a friendly reminder last month. If you have already responded, please accept our heartfelt thanks. Without your generous financial support, we could not provide hospice care to all who need it, without regard for their ability to pay, and provide bereavement services to anyone in our community at no charge.

If you have not responded, please know that your gift matters at whatever level you choose to give. Thank you in advance for your thoughtful consideration.

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-deduct	ible gift to Frede	rick Health I	Hospice.	
Name				
Address				
City	State	Zip	Phone	
Email				
Donation Gift Amount ☐ \$500 ☐ \$25	50 🗖 \$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 design No reference will be made to the amount of your		ur gift made in tl	heir name or in the memory of their loved one.	
☐ Check enclosed (Please make your	· check payable to	Frederick H	ealth Hospice)	
☐ Visa ☐ MasterCard ☐ Americ	ean Express 🚨 1	Discover (	Card #	
Expiration Date Security	Code	Signatu	re	
To make a gift online, go to frederick	thealthhospice.org	g/donate.		

Your gift to Frederick Health Hospice is deeply appreciated.

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



Thank you for the gifts we received January to December 2019

## Thank you for your gift to Hospice of Frederick County.

Your loyal support and belief in our mission helps to ensure that the needs of our patients, families, and community always come first. We are grateful to you for sharing your compassion for what hospice does, what we represent, and, most importantly, those we serve. Thank you for the gifts we received January through December 2019.



Colleen Chidester, Senior Vice President, Business Services Officer at BB&T, with Carlos and Angie of Hospice.

#### MILLER SOCIETY

Recognizes those who have made a gift or multi-year pledge at one of the following levels:

\$2,000,000+

Carl L. & Norma\* H. Miller

#### \$50,000+

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"A big part of BB&T's Mission is to help make the communities in which we work a better place. I am confident that our partnership with Frederick Health Hospice allows us to successfully meet that goal."

-Rob Tuggle, Senior Vice President - Market President Maryland West

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Nikki Moberly
Betty Moser
Dean & Robin Rose
David & Carolyn Ruben
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Recognizes those who paid tribute to their loved one with an engraved tile.

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Thank you for the gifts we received January to December 2019



Doug Stauffer with Ricki Myers, Nurse, Cathy Hanson, Social Worker and Lindsay Baumgardner, Home Health Aide

"From Day One that hospice was referred to us, they were well organized and took the time to explain the process to our family so we had an idea of what to expect. All members of our care team brought support and guidance to Judy and our family throughout our journey."

-Doug Stauffer, Miller Society and Corporate Partner

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Oluwemimo Ogunbisi

Hospice patient Mr. Shackelford and wife Cookie loved the visits from their nurse Morgan.

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Recognizes faith groups that have made a general contribution including tribute gifts and gifts made in response to one of our appeals.

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Amvets Frederick Post #2, Inc.
Burkittsville Ruritan Club
Cabin John Park Volunteer Fire Dept., Inc.
Catoctin Mountain Street Rod Association
FOE 1136 Ladies Auxiliary
Francis Scott Key Antique Car Club
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Libertytown Unionville Lions Club
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NARFE Chapter #409
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Recognizes those who have made a planned or estate gift.

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Wanda Baldwin
Rosalind Beckwith
Dr. Charles A. Bisselle (sister)
Lillian W. Blentlinger
L. Edward Blumenauer
Mildred V. Boyer
Don D. Cameron
Mary Grace Castle
Alice Darner
Daisy Darner
Thelma Duvall

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"The after care for the grieving family members, especially the children, is what draws me to support Hospice. Camp Jamie has given my 13-year-old nephew an opportunity to express his feelings of anger, hurt, and abandonment. It's also given him an opportunity to share with other children in similar situations. He has made friends and has assumed a mentorship role with several

-Rich Linden, Circle of Life Donor and Camp Jamie Volunteer

of the other younger children. He

is learning to live his life again,

because of the Camp Jamie

Doris Engel Alden E. Fisher Harriet K. Fisher Gene G. Gardner Julia Gearinger Luther C. Guise Veronica I. Hahn Louise E. Hammell Doretha M. Hanes Blanche L. Hargis Frances M. Heaney John E. Hoffman Robert Holland Margaret T. Hooper Mary F. Kehne Pearl Kelly Daniel A. Kepler Joseph Kuzmiak Richard T. Lebherz Marie A. LeComte Dorothy C. Linsenmeyer Christine C. Martin

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For the past three years, the Robinson family, in conjunction with Spartan Electric, has held an annual golf tournament to benefit Frederick Health Hospice.

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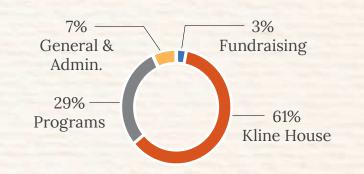
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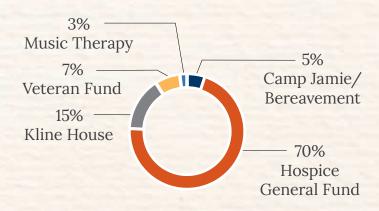
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#### **FY 2019 Expense Summary**



#### **FY 2019 Donor Gift Summary**



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Our Music Therapist, Georgia Wells sings along with Hospice patient Betty.

Robin Taber

Mechelle E. Taccino

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#### In FY 2019:



Volunteers Donated

Allison Zerr

12,413 hours of their time

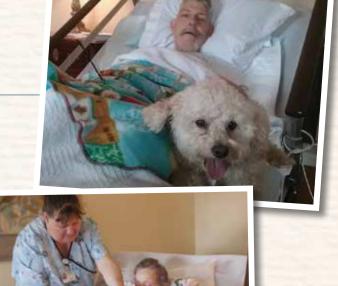


Volunteers Drove

74,208 miles in their vehicles



Saving Frederick Health Hospice \$392,737



(Top) Kline House patient Mr. Keith was a huge dog lover. He loved having visits from Comfort Dog Steeler. (Bottom) Kline House patient enjoys dying Easter eggs with the staff.

## Reaching out can change your life...

#### **Daytime Grief Support Group**

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

March 3rd and 17th April 7th and 21st May 5th and 19th

#### **Evening Grief Support Group**

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

March 9th and 23rd April 13th and 27th May 11th

#### **Child Loss Support Group**

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

March 5th to April 23rd

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

This Frederick Health Hospice—supported group will meet every Wednesday evening and is specifically for mothers grieving children how have died from overdose or complications from substance abuse. While the group does have the have the support of a Frederick Health Hospice staff counselor, S.O.U.L is "moms helping moms" and is open-ended and peer led.

New members can join at any time. To register call 240-566-3046. Every Wednesday from 7:00-8:30

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 frederickhealthhospice.org or call 240-566-3030.



#### **March Events**

#### **Crucible Cares Charity Workout**

Come sweat with us and support Hospice! \$10 minimum donation. Located at 5330 Spectrum Dr, Suite A in Frederick, MD 21703 **Saturday, March 7th from 7:00-8:00am** 

#### **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.

Thursday, March 26th from 5:00-7:00pm

## Inservice: When Communication is Difficult: Reaching the Cognitively Impaired Person

Join us for a National Hospice and Palliative Care PowerPoint presentation on some best practices for communicating with people who might be suffering from memory impairment.

Saturday, March 28th from 10:00am-12:00pm

#### **April Events**

#### **Hospice 101**

Thursday, April 16th from 5:00-7:00pm

#### Inservice: Near Death Experiences: Discuss and Share

A Near Death Experience (NDE) can be defined as an occurrence where an individual comes extremely close to dying and recalls, upon recovery, various spiritual experiences. Please join us as we discuss this phenomenon including the common characteristics and some documented accounts. If you have had such an experience, we welcome you to share your story and/or invite your friends and family to share their stories (or just come to listen and learn!) **Thursday, April 30th from 5:30-6:30pm** 

#### **May Events**

#### "What Mortality Can Teach Us About Living" Community Educational Event

Tuesday, May 19th from 6:00-8:00pm

It turns out that we have a lot to learn from people who are dying. While we are right to pursue happiness, even when we succeed, it ends up being transient. Death can teach us a lot about living – if we let it. Hodson Auditorium located in Rosenstock Hall at Hood College 401 Rosemont Avenue, Frederick, MD 21701 (see page 5 for more details)





#### frederickhealthhospice.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 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 frederickhealthhospice.org/wishlist

Gift Cards - Amazon, Food Lion, Walmart Baby Wipes (unscented)

Bleach

**Dishwasher Detergent** 

Dish liquid

Laundry Detergent (HE)

Paper towels

Tissues

Toliet Bowl cleaner

Trash Bags (Gallon)

Trash Bags (13 Gallon)

**Journals** 

Coffee

K-cups

**Sodas** (Regular and Ginger Ale)

**Granola/ Breakfast/ Powerbars** 





# Know a Child Who is Grieving? You Can Help.

May 29th-31st, 2020

A Bereavement Camp designed for children 6-14 years old and offered at no charge.

Applications for campers and volunteers are due Monday, April 30th, 2020.

Forms are available at the Hospice Office located at 516 Trail Avenue or online at frederickhealthhospice.org/campjamie