



Living Every Moment

with Care, Comfort and Hope

Creating a Safe Space to Heal

The month of June 2020 was a blur for Lauren Nolke.

Not only was this working mother of two doing her best to manage the “new normal” thrust upon her by the escalating COVID-19 pandemic, she had just learned that her beloved father, Robert Brenneman, was in the late-stages of a rare cancer called cholangiocarcinoma.

Lauren and her family reached out to Frederick Health Hospice on June 16, a decision that she says brought compassionate care and comfort to her father and immediate support to her and the rest of the family. Five days later, in the early hours of Father’s Day, Lauren’s father passed away at home, surrounded by his family.

In the weeks that followed, Lauren says her emotions ranged from devastated, relieved, confused...even angry. “How do you watch someone die and then try to pick up the pieces?” she says. “It’s overwhelming to say the least. I knew that Hospice offered grief support services, but at first I was just too exhausted to reach out for help.”



Lauren Nolke with her parents, Bob and Clare Brenneman, at her wedding on the beach in Emerald Isle, North Carolina in 2009.

Thankfully, she said, Trish Bowers, a Hospice grief counselor called her a few weeks after her father died to check on her. Trish is one of four professional counselors at Hospice who reach out to grieving family members like Lauren after the death of a loved one. They support those who are grieving by giving them an opportunity to tell their stories, express their emotions, and receive support and validation.

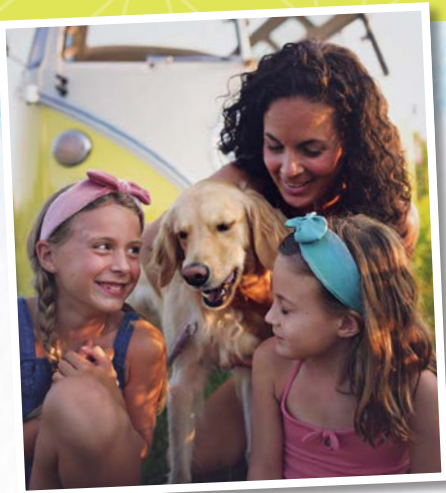
“Working through the grief we experience after the death of a loved one can be one of the most profound experiences of our lives,” explains Trish. “However, because we are all different, each of us grieves in our own unique way. My colleagues and I try to meet each person wherever they may be on their grief journey by offering them individual counseling, support groups, and creative workshops. We encourage them to choose from what’s available to create their own safe place in which to explore their feelings and begin to heal.”

Shortly after that first phone call, Lauren began weekly individual counseling, a service Hospice offers at no charge. “Because of COVID precautions, we always talked on the phone,” says Lauren, “but our connection was strong and immediate.



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Frederick Health Hospice on Facebook



Lauren and her children try to celebrate the joys of everyday life even as their grief journey continues, including these special moments with the family's golden retriever, Daisy.

I knew that my counselor had a lot of experience helping people process their grief, so I felt confident that she could help me find my way, too.”

Lauren says that speaking with a grief counselor each week quickly became a source of stability in her life. “One of the greatest gifts Trish gave me during the time we worked together was the understanding that grieving is a process with no fixed path or timetable. She also assured me that there was no right or wrong way to do it.”

According to Lauren, another helpful thing her grief counselor did for her was to help her build a “toolbox” of coping strategies and suggestions that she could dig into when the going got especially tough. By using these strategies, Lauren says she began to learn how to reframe her feelings when grief threatened to overwhelm her. Not every “tool” resonated with her right away, but she found that the more she stayed open and curious, the more she could feel the process starting to work.

By December of last year, after working with Lauren for nearly six months, Trish invited her to speak at Hospice's Remembrance Service, an annual event for those in the community who have experienced the death of a loved one.

“I was deeply honored by Hospice's invitation,” says Lauren, “But giving a speech like that was outside my comfort zone. In thinking about it, though, I remembered one of the last things my father said to me before he died: ‘Don't ever underestimate yourself; you're stronger than you think you are.’ I took a deep breath and decided to believe that he was right.”

“After I finished speaking at the Remembrance Service, many people told me that they could relate to what I said,” says Lauren. “Because one of the things that defined my father was his deep desire to help people, knowing that sharing our family’s hospice story, including our grief journey, brought strength and peace to others was not only comforting to me, but also felt like the ultimate tribute to his memory.”

Frederick Health Hospice offers a wide variety of grief support services at no charge to anyone in the community, regardless of whether or not their loved ones were cared for by Hospice. For more information about grief support, call 240-566-3030.

Carlos Graveran
Frederick Health Hospice
Executive Director

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Director's Corner

Carlos Graveran, Executive Director

We all have certain dates that are indelibly etched into our minds. The dates of shared national tragedies like September 11th or December 7th. Dates of great personal significance, like the anniversaries and birthdays that we celebrate each year. None of these, however, seem to have as powerful a hold on us as the date we lost someone we loved.

March 6th will mark the 10th anniversary of my father's death to cancer. While it is a sad day to say the least, it also marks the moment in time that sparked the passion that drives me to provide the best possible care for our patients and families. My father's experience with hospice was not what we had hoped it would be. The shortcomings in care and support that he and our family experienced serve as a template for what not to do, and a constant reminder that we only get one attempt to get it right.

"How can your experience have been so bad. . . , aren't all hospices the same?" I'm often asked. The truth is that not all hospices are created equal. While a standard is set for the minimal level of service, it should never be an aspirational goal. Unlike many for-profit hospices, which focus and limit their services to what is "reimbursable," Frederick Health Hospice focuses on what is possible and most needed. We constantly look for opportunities to improve the individual care of our patients, and for ways to leverage our strengths in support of our community at large.

While big ideas can be easy to conceive, the resources to bring them to reality are much harder to come by. Frederick Health Hospice is blessed to have the support of a generous community that recognizes the value in what we do. Programs like our Music Therapy and Veterans Programs, expanded bereavement services, Camp Jamie, and the Kline Hospice House would not exist if not for your generosity and support. None of these services are "reimbursable" under the hospice benefit, but I can tell you from personal experience how much they are needed and valued by the families who receive them.

At some point, we will all have to add a sad date to our calendars. When that day comes, you can count on us to be here to support you and ease your pain.

A handwritten signature in blue ink, appearing to read 'Carlos Graveran'. The signature is fluid and cursive, written over a light blue horizontal line.

Expanding Our Reach

Hospice partners with Frederick County Public Schools to bring bereavement programs to youth and adolescents

To ensure that young people across Frederick County have access to critical and potentially life-changing grief counseling, Frederick Health Hospice and Frederick County Public Schools (FCPS) have launched a partnership to support grieving students, staff and families through support groups, specialized workshops, individual counseling, education and resources—both in the school setting as well as in our Hospice offices.

This partnership enables us to better identify students in need, and to see more clearly what services are most valuable to the youth in our community. In the first month of the partnership alone, we engaged in a Mental Wellness Fair at Frederick High School, completed a grief support group at Middletown Middle School, and facilitated two workshops at Brunswick High School.

We are able to serve our community *because* of our community. These programs are possible thanks to the support and trust we have earned from our Frederick County partners and through generous donations of community members like you.

Together, we are making a lasting difference and bringing hope and healing to grieving children and teens.



In addition to this new partnership with FCPS, we are also expanding our Camp Jamie umbrella of care.

In recognizing the unique grief experience of teens, we will be hosting our first annual teen camp (grades 9-12) on April 2, 2022 at the ThorpeWood Retreat Center in Thurmont. This one-day camp is designed to gently teach coping skills, create opportunities for peer bonding and support, help build self-esteem and trust, and explore ways to navigate painful emotions and remember loved ones. Through interactions with other teens, adults, nature and animals, campers experience the universality of loss and learn that they are not alone in their grief.

In Memoriam

We are grateful to the individuals and families who designated contributions to Frederick Health Hospice in memory of their loved ones who are listed below:

William R. Bates
Marie L. Beall
Elizabeth M. Bell
Mary J. Bishop
Mary A. Boos
Blanche T. Campbell
Rebecca J. Carr
Thomas Claggett, III
Laurence F. DeSantis
Tamara J. Dietrich
Jack E. Dixon
Betty A. Fawley

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Cinda Spurrier
Melvin Stratmeyer
Ross S. Stull, Jr.
John Sullivan
Cathy A. Whipp
Joseph C. Whitney
Kelly O. Williams, Sr.



Orland Dean French (“Frenchie”) was a 26-year veteran of the Coast Guard, retiring with rank of Commander. He enlisted in the Coast Guard in August, 1940 in his home state of Nebraska and saw sea duty in the Atlantic and Pacific during WWII. At the time of his retirement he was assigned to Coast Guard Headquarters in Washington, DC as Chief of the Reserve Training Division.

Following his retirement from the Coast Guard, French became a senior employee of the National Transportation Safety Board (NTSB) where he participated in the investigation of major highway, railroad, aviation, marine and pipeline accidents.

Return with Honor

Hospice helps family recover their father’s missing service medals

When burglars broke into Orland Dean French’s home in 1976, they took many valuables, including his service medals from his 26-year career in the Coast Guard. The medals had no monetary value, but to “Frenchie,” they were irreplaceable. Or so he thought.

Thanks to the efforts of Keith Midberry, Frederick Health Hospice’s Veteran Liaison, the French family received their father’s replacement medals shortly after his death last year at the age of 99.

“When my dad went into hospice care at home, Keith visited him,” recalls his daughter, Debbie French. “We mentioned to Keith how upsetting it was to Dad to have had his medals stolen, and he told us he could do something about that.”

Because Orland had a copy of his retirement papers, Keith was able to immediately request replacement medals from a company in South Carolina. Without that documentation, he would have had to request a copy of Frenchie’s service records, which can take several weeks or months.

Yet even with his records, “Frenchie” was not able to see his replacement medals before he died. But Keith ensured he still received the military send-off he deserved.

“Keith came the day before Dad died. He played the Coast Guard song, thanked Dad for his service and

presented him with plaques and military service hats,” Debbie recalls.

Despite being less than 24 hours from passing away, Frenchie responded as any good sailor would. “My father put his hand up to salute,” Debbie says.

For Keith, who also served in the Coast Guard, spending time with a fellow “Coastie” was an honor. “We had a common bond,” he says. “We were on the same class of ships and he served in the Antarctic while I served in the Arctic.”

When Keith received Orland’s replacement medals, he invited the French family to join him for an outdoor ceremony at which he presented them with a shadow box featuring all of their father’s service medals as well as his rank insignia.

“Hospice went above and beyond what you might expect. It was just phenomenal,” Debbie recalls. “Each and every person from Hospice who took care of Dad treated him—and all of us—with such dignity, respect and honor. They were just absolutely outstanding.”

Love Your Neighbors: Community Gives Back

We are grateful to our generous community members who organize fundraisers and donate the proceeds to Hospice. The pandemic could not stop their enthusiasm or generosity which helps ensure that hospice care is available to everyone in our community regardless of their ability to pay. These donations support the Kline House, bereavement services, Veteran's Program and Music Therapy.

Those raising \$250 or more:

- Common Market Co-Op – Bring a Bag Fundraiser
- Facebook Fundraisers – Birthdays and other celebrations
- Francis Scott Key Antique Car Club – Rose Hill Manor Benefit Car Show
- Frederick Lodge No. 684, B.P.O. Elks – Golf Tournament and 11th Annual Car Raffle
- Frederick Moose Family Center #371 Loyal Order of Moose – Golf Tournament
- Friends of Carroll Creek Urban Park Inc. – Sailing through the Winter Solstice
- The Julie Ann Robertson Cashour Memorial Fund – Greater Potomac Golf Classic
- Julie Gaver Discovery – 100 DAYS | Dying to Tell His Story Book Club and Dinner
- Myersville Lion's Club – Volksmarch Festival
- The Robby Foundation, Inc. – Annual Robby Golf Invitational
- Young Lawyers of the Bar Association of Frederick County and Milkhouse Brewery at Stillpoint Farm – Brewfest



(Clockwise from left) Young Lawyers Section of the Bar Association of Frederick County and Milkhouse Brewery at Stillpoint Farm; Myersville Volksmarch Festival; Annual Robby Golf Invitational; Frederick Moose Golf Tournament. We are sorry we cannot picture all fundraisers.

Host an event!

To learn more about hosting your own event, go to [FrederickHealthHospice/hostanevent](https://www.FrederickHealthHospice.com/hostanevent)



Gift Tax Update for 2022

by Sean P. O'Keefe, Esq. of O'Keefe Legal Services, L.L.C.,
Member Hospice Planned Gifts Committee

Are you considering making any gifts this year, charitable or otherwise? While it may be too late for your 2021 tax planning because it's now 2022, the IRS has updated its "annual exclusion" amount for gifts to individuals. For the past four years, the annual federal gift tax exclusion has been \$15,000. However, beginning in 2022 this amount was increased to \$16,000. Note: Maryland and almost all states do not have a state gift tax.

You can now give up to \$16,000 during 2022 to each person you would like without having to report the gift(s). While there are some exceptions, such as for U.S. citizen spouses being able to give each other unlimited amounts free from federal gift tax, this increased annual exclusion can provide estate and gift tax planning benefits to many. If you are married then you and your spouse can each give to the recipient, effectively doubling the exclusion amount. If you give an individual more than \$16,000 this year then you will likely be required to file a gift tax return to report your gift to the IRS.

Keep in mind, if you make a gift to a qualified tax-exempt organization such as Frederick Health Hospice, your gift is excluded from gift taxation; and if you itemize your income tax deductions then your charitable gift may have additional tax deduction benefits.

The Hospice Planned Gifts Committee is available to discuss planned giving strategies, including potential tax advantages, estate planning, and how individuals can create an income stream for themselves or loved ones, while ensuring Frederick Health Hospice will benefit from the gift.

To learn more, call our Development Office at 240-566-3030.



Care for the Caregiver

Respite care provides a break from the fatigue, anxiety and depression that are hallmarks of “caregiver burnout.”

Hospice patients and their caregivers are eligible for “respite care” for rest and much-needed time away from the demands of caregiving.

Medicare covers this as a hospice benefit in recognition of the intense toll caregiving takes on family members. This valuable benefit allows a family caregiver to receive “a break” from responsibilities and allows a patient to receive a short stay with 24/7 care in a Medicare-certified inpatient facility for up to five days and nights.

Caregivers who suffer from the exhaustion of around-the-clock care, who become ill themselves, or would simply like to attend a family event, may be eligible for the benefit. They can step away from the daily stresses of caregiving while knowing their loved one is in good hands. Rest and time away can help caregivers gain perspective and inspire more positive interactions when they return.

Along with respite care, Hospice social workers are trained to identify symptoms of caregiver burnout and offer emotional support. They can help family caregivers identify local caregiver support resources, including supplemental care and connections to virtual support groups in the community.

If you know of someone who is struggling to care for a loved one at the end-of-life, reach out to us today at 240-566-3030.

PATIENT CARE SUMMARY

FY21, July 2020-June 2021

Frederick County first recognized the need for Hospice over 40 years ago when a group of dedicated volunteers began what is now Frederick Health Hospice. 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.



1,242

Patients Served by Hospice

Total Patient Visits from Care Team

Nurses	16,730
Home Health Aides	10,629
Social Workers	1,364
Chaplains	297
Hospice Physician	669
Music Therapist	422
Veteran Liaison	113
Volunteers	697

Total Bereavement

Individual Sessions with Hospice Clients	461
Individual Sessions with Community Clients	467
Group Participants who were Hospice Clients	24
Group Participants who were Community Clients	24

Patients by Gender

Female	56%
Male	44%

Patients by Age

Under 65	10%
65+ Years	90%

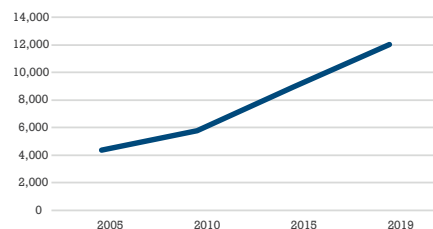
Patients by Ethnicity

Asian	2%
Black	6%
Hispanic	3%
White	89%
Other	<1%

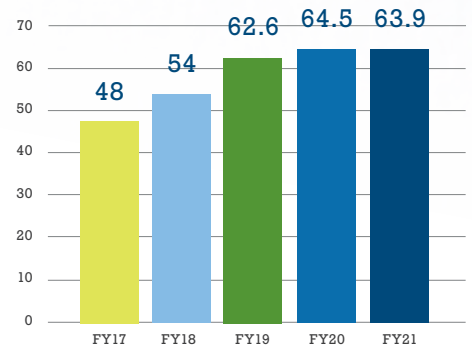
Location of Patients Served

Assisted Living	13%
General Inpatient	12%
Home	52%
Kline Hospice House	12%
Nursing Home	11%

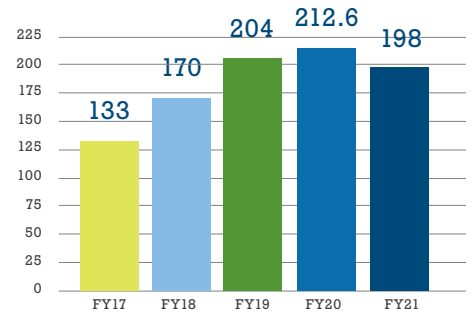
Volunteer Hours over the Years



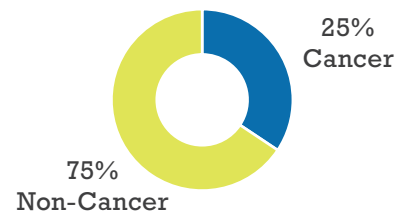
Average Length of Stay (in days)



Average Daily Census



Admission by Diagnosis



Your Gift Matters

Did You Respond?

Our Annual Appeal mailed in November 2021. If you have already responded, please accept our gratitude. Without your generous support, we could not provide hospice care to all who need it, regardless of their ability to pay. Your support also ensures we can provide bereavement services to anyone in our community at no charge.

If you have not responded, please know that your gift still matters. Thank you in advance for your thoughtful consideration.



"I will never be able to repay Hospice for what they did for Marcia and our family. I hope others understand just how powerful the gift of hospice is to patients and families."

-Lionel Bowie (pictured Lionel and Marcia)

Frederick Health Hospice depends on the support we receive from individuals, businesses and organizations in our community. Whether your donation is a living tribute in honor of a special person or occasion, or a memorial honoring the memory of a friend, relative, or colleague, your generous support makes a difference.

Yes, I want to make a tax-deductible gift to Frederick Health Hospice.

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Email _____

Donation Gift Amount \$500 \$250 \$100 \$50 \$25 Other _____

My gift is in memory of _____

My gift is in honor of _____

Please acknowledge my gift to:

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Hospice will send a card to the family you designate, acknowledging your gift made in their name or in the memory of their loved one. No reference will be made to the amount of your gift.

Check enclosed (Please make your check payable to Frederick Health Hospice)

Visa MasterCard American Express Discover Card # _____

Expiration Date _____ Security Code _____ Signature _____

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



Your gift to Frederick Health Hospice is deeply appreciated.
1 Frederick Health Way | Frederick, MD 21701

DONOR REPORT

Thank you for the gifts we received January 1 to December 31, 2021

Thank you for your gift to Frederick Health Hospice.

Your loyal support and belief in our mission helps 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 2021.



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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Tess M. Heavner
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William E. Kahlert
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Dan Miller
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Recognizes those who have made a gift or multi-year pledge at one of the following levels:

\$25,000 - \$49,999

James M. Campbell

\$10,000 - \$24,999

H. Mark Alexander*
John M. Day
Bonnie Eskenazi
Kim Firestone
Dr. Timothy A. Gibian &
Dr. Kerri Hesley
Carlos & Marilu Graveran
William & Mary Haugh
Patsy Hedges

*deceased

“We really value and support the work that Frederick Health Hospice does in a community that we love. The support and help it gives to families so they can spend meaningful and precious time together is so vital, and we want to keep supporting with our contributions.”

- Tim Gibian and Kerri Hesley, Circle of Life Members

Drs. Manuel Casiano &
Carmen Hernandez
Rich Linden
Anne E. Martin
Nikki J. Moberly
Betty Moser
Peter* & Lorraine P. Plamondon
Dean & Robin Rose
David & Carolyn Ruben
Karyn Sullivan
Charles* & Mary F. Trunk
Robert Rice & Kathy Weishaar

KLINE HOUSE MEMORIAL WALL

Recognizes those who paid tribute to their loved one with an engraved tile.

Michael Beall
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Steven Lapsley
Melvin R. Newcomer
Barbarateen Roderick
Lois Royer

Kathy Schmidt
Stephanie Staley
Mary Sweeney
Kathy Van Horn
Ellen L. White
Donnie Wood

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DONOR REPORT

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Dr. Daniel Zaharevitz &
Karen Flint



“We feel privileged to be part of the generous Frederick Community that has such a well-supported Hospice. Besides the compassion and empathy provided to patients and families, Hospice provides a wide range of services that many in our community are not aware of.”

**- Steve & Arlene Chafitz,
Ambassador Club Members**

DONOR REPORT

Thank you for the gifts we received January 1 to December 31, 2021

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

\$50,000+ Diamond

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\$25,000 Platinum

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Right at Home, Steve & Carole Luber

\$10,000 Silver

Kaslick & Prete, LLC
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\$5,000 Bronze

HeartFields Assisted Living & Memory Care at Frederick

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HERO CLUB

Helping **E**mployees **R**emember
Others: A giving club through
which employees can show their
support through the year.

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Margaret A. Alfaro
Amy Alimo
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Rachele Andrade-Reyes
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Jennifer Barchers
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Elisa D. Garza

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	Florence Othieno	Peggy Smith	

DONOR REPORT

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FAITH GROUPS

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

Dickerson United Methodist Church
Evangelical Lutheran Church
Graceham Moravian Church
Harmony Church of the Brethren
Harwood House Thrift Shop/
Damascus United Methodist Church
Howard Chapel/Ridgeville United Methodist Church
Locust Grove Church
Mount Prospect Church
Mount Tabor Lutheran Church
Mt. Pleasant United Methodist Church
Mt. Tabor United Methodist Church
Saint Katherine Drexel Church
Saint Paul's Parish
St. Anthony's Shrine
United Methodist Church Marvin Chapel

CIVIC AND SERVICE GROUPS

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

American Legion Auxiliary/Glenn W Eyer Unit 282
Auxiliary Mt. Airy Vol Fire Co, Inc.
Francis Scott Key Lions Club
Francis Scott Key Post #11
Frederick Lodge No. 684, B.P.O. Elks
Frederick Moose Family Center #371 Loyal Order of Moose
Francis Scott Key Antique Car Club
Kiwanis Club of Frederick, Inc.
Ladies of the Elks & Associates No 378
Lewisville Boy Scout Troop 752
Libertytown Unionville Lions Club
Maryland Retreads Motorcycle Club
Mt. Pleasant Ruritan Club
New Market District Lions Club
Owls Club 4002 Incorporated
Petersville Ruritan Club
Sons of Amvets Squadron 7
Thurmont Lions Club/TLC Foundation
Upper Potomac Chapter Military Officers Assoc of America
Urbana Volunteer Fire Dept. & Rescue Squad

WORKPLACE GIVING PROGRAMS

AmazonSmiles
America's Charities
The Benevity Community Impact Fund
CFC
CyberGrants
Exelon
FirstEnergy
My Tribute Gift Foundation, Inc.
Network for Good
Schwab Charitable Fund
State Farm
Thrivent Financial
United Way of Frederick County
United Way of Southwestern Pennsylvania
United Way of the National Capital Area
Wells Fargo
YourCause



“The Sunshine Fund is near and dear to our hearts. It's important to us to pass our blessings forward to help others in the community.”

– Jim and Becky Gloyd, Frederick LineX,
Corporate Partner and Sunshine Fund donor

DONOR REPORT

Thank you for the gifts we received January 1 to December 31, 2021



Donations make special moments, like this one captured at Camp Jamie, possible.

LIVING LEGACY

Recognizes those who have made a planned or estate gift.

Deceased Members

Mary Helen Abbott
Arthur W. Andrews
Wanda Baldwin
Rosalind Beckwith
Charles A. Bisselle (sister)
Lillian W. Blentlinger
L. Edward Blumenauer
Mildred V. Boyer
Don D. Cameron
Mary Grace Castle
Alice Darner
Daisy Darner
Elizabeth M. Dougherty
Doris Engel
Marilyn K. Entis
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Alden E. Fisher
Carol A. Fisher
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Luther C. Guise
Veronica I. Hahn
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Doretha M. Hanes
Blanche L. Hargis
Frances M. Heaney
Robert Holland

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Agnes F. Scholten
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Mildred B. Shipley
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Robert L. Smith, Jr.
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Richard D. Thompson
Willing W. Walker
Charles D. Walter
Maynard W. Wastler
Robert L. Waters
Carol J. Webber
Ronald W. Wilkin
Nathaniel C. Williams

Living Members

Amy Brockey-Rogers
Peter & Laurel Cucchi
Barbara Duncan
Dottie L. Etzler
Ann L. Hummer
Joni L. King

CIRCLE OF FRIENDS

Recognizes those who have made a general contribution including tribute gifts and gifts made in response to one of our appeals.

Cynthia B. Abbott
Robert J. Abdinoor, Sr.
George Abell
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Michael Beall
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DONOR REPORT

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Robert Zirkle lights up the Fourth of July with both his smile and his sparkler.



“Frederick Health Hospice supported my family both during my sister Julie’s illness and during my father’s final days. We’re blessed to be able to help perpetuate the invaluable services they provide to our community. We are so grateful for all of those who participated in and supported our Greater Potomac Golf Classic over the last 20+ years.”

– Jeffrey Robertson, JARC Memorial Fund

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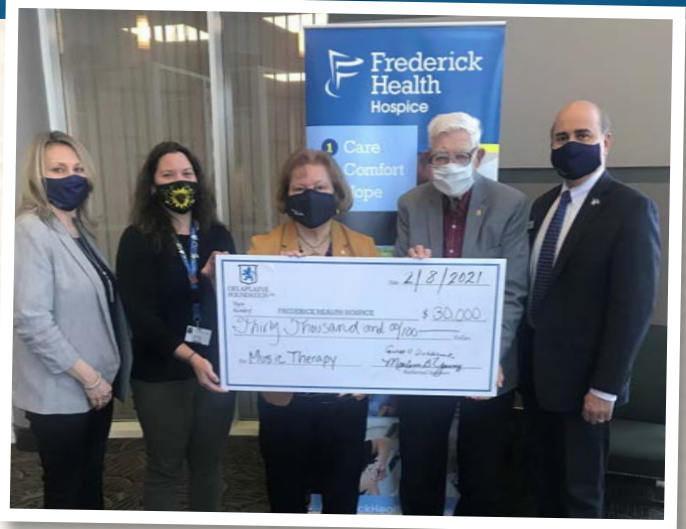
Irwin "Buck" Isaacs turned 100 years old on October 11. He was recognized by our Veteran Liaisons for his service at the Battle of the Bulge and on D-Day.

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The Delaplaine Foundation, Inc. continues to invest in our Music Therapy program. They understand the value of music to ease end-of-life symptoms and offer emotional comfort to both patients and their loved ones.

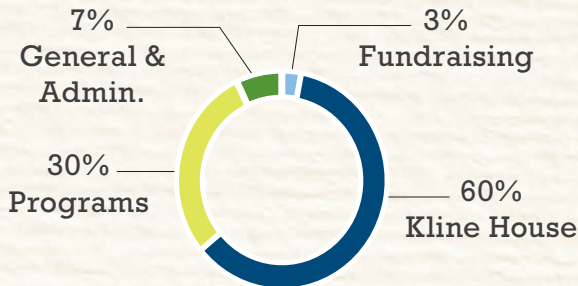
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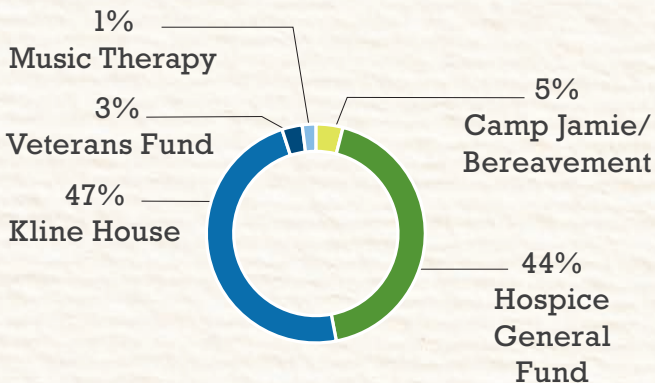
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FY 2021 Expense Summary



FY 2021 Donor Gift Summary



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Music Therapist Georgia serenades patient Regina and her Hospice care team on her 100th birthday.



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(Top) Kline House patient Betsey Gibson enjoyed visits from her friends as they did a parade outside of her room.

(Bottom) We can't put a value on how much joy our HOSPETS bring patients, families, and staff. They are priceless!

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“Sailing through the Winter Solstice is a fun way for us to give back to our community while raising money for a good cause. Frederick Health Hospice Veteran’s Program provides care, hope and love to our country’s veterans and those are the qualities we wanted our American theme boat to portray and support.”

—Meredith Roark, Matan Philanthropic Committee

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Recognizes those who made a gift of supplies and services to our administrative offices, Kline House or one of our fundraising events.

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Gaver Tree Farm
New Vision Pioneers
Record Street Home
Thompson Gas
Varonis Systems

DONOR REPORT

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The Value of Our Volunteers

Despite the challenges we all faced as the pandemic continued into another year, the generosity of our volunteers brought comfort to our patients and families. We were even able to grow our Volunteer program, adding more than 20 new volunteers in just the last quarter of 2021.

"Thank You" simply isn't enough for the incredible work they do to support our neighbors who need our help.



(Top left clockwise: Von, pictured at the annual Walk to End Alzheimer's represents Hospice at community events. Big Buddy Gus and his Little Buddy get to know each other during Camp Jamie. Mike supports various administrative needs.

While every volunteer makes a difference, these volunteers have donated their time for 10 years or more and continue to remain active:

20 years +

Robert Abdinoor
Joan Derr
Patti Fehlinger
Elaine Junker
Kathy Lettovsky
Linda Shaff

15 years +

Molly Aitken
Sylvia Anderson
Mary Bonen
Andrew DiPasquale
Michele Fettner
Karen Kelleher
Judy Lowe
Mark Mitchell
Nicole Orr
Margaret Perry
Nan Principe-Crockett
Ann Thompson
Mike Watterson
Nina Weedon

10 years +

Beth Bittle
Ray Brown
Dick Burd
Sue Deavours
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Leisa Dove
Michael Folio
Jo Gillelan
Gus Guglielmo
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Ian Hitchcock
Barb Lavery
Joanne Lightbown
Alison Lynch
Lois Miller
Patty Milstead
Elaine O'Neal
Mary O'Neill
Bob Perrygo
Sue Sanders
Judy Williams



Calendar of Events

Grief Support Groups and Workshops

General Grief Support Groups

A group designed to provide support to individuals who have experienced the death of a loved one. Being with individuals who have had similar experiences and feelings allows sharing and healing to take place, and this group provides a safe place where group members can share their story and express their grief.

Drop-in group. No registration required.

**Thursdays (1st and 3rd),
2:00 PM – 3:30 PM
(Last Session September 15)
Thursdays (2nd and 4th),
5:00 PM – 6:30 PM
(Last Session June 23)**

Spousal/Partner Loss Support Group

Eight-week support group designed for those whose spouse/life partner has died. During this group we will explore and share the issues specific to the death of a spouse/life partner and provide understanding and validation of feelings. We will discuss tools you may utilize in order to begin the process of recovering peace and rebuilding your future. Once this eight-week group begins, it is closed to new members until the next open registration and start date.

Please register by April 6.

**Wednesdays,
April 13 - June 8, 2022
5:30 PM – 7:00 PM
(No group will be held May 18)**

Surviving Our Ultimate Loss (S.O.U.L.) Support Group

Frederick Health Hospice-supported in-person group meets every Monday evening and is specifically for mothers grieving children who have died from overdose or complications from substance abuse. While the group does have the support of a Frederick Health Hospice staff counselor, S.O.U.L. is peer-led and can best be described as "moms helping moms."

**SurvivingOurUltimateLoss.org
New members may join at any time. For registration information, email
FrederickMDSOUL@gmail.com
or call 301-514-3546**

Mondays, 6:00 PM – 7:30 PM

NEW!

Teen Camp Jamie

A bereavement camp designed for teens, grades 9-12, and offered at no charge. Teen Camp Jamie provides teens a safe and comfortable environment for expressing their grief, while also teaching coping skills and helping to build self-esteem and trust. Applications available at FrederickHealthHospice.org.

**Applications due March 18.
Space is limited.**

**April 2, 2022
Thorpewood Retreat Center
Transportation Provided**

Camp Jamie

A bereavement camp designed for children and adolescents, grades 1-8, and offered at no charge. Camp Jamie provides opportunities for grieving children and adolescents to talk about their feelings related to the death of someone special, as well as learn coping skills for dealing with those feelings. Applications available at FrederickHealthHospice.org.

**Applications due May 12.
Space is limited.**

**June 10-12, 2022
Skycroft Conference Center
Transportation Provided**

Additional details including how to register are available on our website at FrederickHealthHospice.org. All events are held at Frederick Health Village unless otherwise noted.

FrederickHealthHospice.org

1 Frederick Health Way | Frederick, MD 21701 | ph 240-566-3030

Has your address changed? Or would you prefer to get the online version of this newsletter? Email PJSmith@Frederick.Health

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 Wish list for the Kline Hospice House at FrederickHealthHospice.org/Kline-Hospice-House/Wish-List.

Kline Hospice House

- Toilet bowl cleaner
- Bleach
- Laundry Detergent (HE)
- Paper towels
- Tissues
- Trash bags (13-gallon)
- Trash bags (1-gallon)
- K-Cups
- Soda
- Gift cards for Amazon, Food Lion and Walmart
- Disinfectant wipes
- Furniture polish

amazonsmile
You shop. Amazon gives.

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

NEW!



Teen Grief Camp For Students in Grades 9-12

Equine-Assisted Therapy • Music Therapy
Art-Based Intervention • Hiking
Memorial Campfire

**One-Day Camp
April 2, 2022**

Thorpewood, Thurmont, MD
Transportation provided from Hospice office.

Now accepting applications. To ensure the safety of campers and volunteers, Camp Jamie will follow FCPS COVID guidelines. Participants are required to wear a mask and follow social distancing protocols. Space is limited.

For more information, visit FrederickHealthHospice.org and click on Grief-Loss/Camp Jamie.