



Living Every Moment

with Care, Comfort and Hope



Remembering Carl Miller



When Carl Miller passed away at the Kline Hospice House earlier this year, his family members lost a father, a brother, an uncle, a grandfather and a great grandfather, and Hospice lost a very dear friend.

"I speak for the entire Frederick Health Hospice family when I say it was an honor to care for Carl during his final days at Kline House—a home that would not exist if not for him," said Hospice Executive Director Carlos Graveran. "It was after seeing the care his mother received in a hospice house in Pennsylvania that Carl and his late wife Norma had a vision to make that resource available in Frederick County."

Laurel Cucchi, who served as Frederick Health Hospice's Executive Director for 34 years until her retirement in 2016, clearly remembers the day Carl walked into her office to ask her if she had ever considered building a hospice house for Frederick County. At that point, Laurel produced a folder from her desk drawer labeled "The Dream." Inside were 20 years-worth of notes outlining what a residential hospice facility might look like...a safe option for

patients who were unable to stay in their homes during their final days, where they could receive the full spectrum of hospice services in a home-like setting.

Carl Miller was driven to help make "the dream" of a hospice house a reality for the people of Frederick County. He donated 14 beautiful acres of farmland for the building site and reached out to his friends in the trades to have construction services either donated or deeply discounted. In September of 2002, the Kline Hospice House—named in honor of Carl's late mother-- opened its doors.

In 2004, Carl and Norma helped fund the Billy Miller Neonatal Intensive Care Unit at Frederick Health Hospital—one of the many things the couple did in the course of their lives to honor the memory of their oldest son who died in infancy in 1955.



STAY CONNECTED

Follow, Like and Share
Frederick Health Hospice on Facebook

continued on page 2



Carl and Norma Miller at one of their traditional Thursday visits with the Frederick Health Hospice staff.

"It still brings tears to my eyes when I recall the story Carl told me about when he was a young father in the 1950s making \$150 a week with a sick baby boy in the hospital and medical bills he could not afford to pay," says Graveran. "Carl explained that Easter Seals had paid all but \$1 of that \$7,100 bill, and—with tears in his eyes—he told me, 'I vowed right then to pay that money back someday. I've repaid over \$8 million dollars, and I still haven't paid that debt!' For me, I think that one story, more than anything, captures the essence of who Carl was; a truly special human being, and the most caring soul I've ever met.

Every Thursday morning, Carl and Norma would stop by the Hospice office, with loads of fresh vegetables from their garden and bags of assorted chocolate treats for the staff and volunteers.

"Carl would have his cup of coffee and Norma her hot chocolate, and Carl would entertain us with his stories about hunting and salmon fishing in Alaska," said Cucchi. "After Norma passed, Carl continued with his weekly visits, which we all cherished. He continued to tell us stories of his travels and adventures, but eventually he would always come around to talking about the things that mattered most to him: his children and grandchildren, and his beloved Norma."

"Carl knew the secret of a life well-lived," she continued. "He never forgot how fortunate he was, and he would often say, 'We all have a responsibility to not just enjoy our lives but to make a difference to others whenever we can.' It's impossible to know how many people Carl helped in his lifetime, but his legacy will continue for generations."

"Some people are one-of-a-kind. Others are heroes. Carl Miller was both."

Carlos Graveran,
Frederick Health Hospice Executive Director

BOARD OF DIRECTORS

William Haugh, Board President
Rev. Timothy May, Board Vice President
Ricky Sandy, Secretary
Douglas Stauffer, Treasurer

Arthur Anderson
Cathy Alexander
Laurel Cucchi
Tejal Gandhi
Heather Kirby
Thomas A. Kleinhanzl

Patrick Mansky, MD
Justin Saltzman
Thomas Sinton
John Verbus
Kathy Weishaar, MD
Allison Zerr



DIRECTOR'S CORNER

Carlos Graveran

I would like to update you all on some of the changes we've made due to COVID-19 and share some examples of how our staff is coping. As is the case for most organizations, the circumstances we face today have demanded dramatic changes to the way we operate. To help as many families as possible at our Kline Hospice House during the pandemic, we have worked to remove barriers to care. Financial concerns have never been our top priority, nor should they ever be in times of crisis. For that reason, we have temporarily suspended room and board charges at Kline Hospice House and doubled our capacity in anticipation of a possible patient surge due to COVID-19. To continue our grief support in a time of social distancing, our bereavement team is conducting one-on-one counseling sessions by phone, has launched a new web-based support system, and are holding virtual support groups that are open to everyone in our community.

Despite these and other changes, our mission to provide care, comfort and hope to the sickest among us remains the same. We have continued to focus on providing the vital care our patients need while limiting the potential spread of the virus to our staff and community. Despite the risk to themselves, our nurses and aides continue to provide compassionate care for their patients as expected, but it is what is not expected that continues to impress me most.

While visits to nursing homes are limited for our nurses and aides, families are prohibited altogether. To ease their distress, our nurses took the initiative and are arranging for families to visit virtually and say goodbye via FaceTime. When a patient's sister became ill with COVID-19 and was no longer able to shop and cook for the patient, her nurse made meals for her at home and brought them to the patient. When one of our own nurses fell ill to the virus, her peers took turns caring for her dog, and after she was discharged from the hospital, organized a "meal train" to make sure she got enough to eat.

Our volunteers have been no less impressive. We have seen groups come together to produce and distribute cloth masks. When PPE was in short supply, one of our supporters sourced and purchased protective outer-garments and delivered them by the truckload to our office to keep our staff safe. These are just a few examples, but they show the character of our community and their spirit in the face of the most difficult challenge of our generation; we could not be more grateful.

Tough times have a way of bringing out the best and the worst in people. I am happy to say that I have only seen the best from our staff and community. Although we do not know what the coming months have in store for us, we do know that your support empowers and inspires us to keep going in the face of this pandemic. For that, we are eternally grateful!

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



Frederick Health Hospice Annual Golf Classic

Thursday September 17th, 2020
Maryland National Golf Club
8836 Hollow Creek Road, Middletown

Become a Sponsor

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

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

Registrations and sponsorships are accepted by phone, mail, and at frederickhealthhospice.org.

**For more information, call 240-566-3036
or email acasterlin@fmh.org.**

In Memoriam

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

Geraldine M. Allingham
Jean F. Baker
John R. Baker
Margaret J. Burdette
Patricia A. Caton
Robert Jerry Coates
John D. Coursey
Ethel M. Daugherty
Natalie M. Dempsey
Shirley M. Disney
Maria S. Dixon
Calvin B. Early
John S. Eyler

Helen Z. Green
William Hildebrand, Jr.
Naomi Y. Hoffmaster
Robert W. Holmes, III
Robert W. Keeney
Kevin P. Klink
Matthew J. Kuhn
Patricia D. Long
Terry W. McGaha
Iona R. McGrew
Dallas S. McNair
Jane F. Mercado
Carl L. Miller

Mary A. Miller
Pamela E. Morgan
Mary C. Moser
Olin T. Nave
Constance Pelletier
William G. Pontius
Ronald Raineri
Shelva G. Remsburg
Patrick D. Rhinehart
Wanda J. Shafer
Ruth M. Smith
Woodrow W. Snodgrass, Jr.
Betty Lou Stambaugh

George R. Strasberger
Jeffrey M. Tabler
Raymond Y. Wilkison
Elizabeth F. Woods
Harry E. Young
Norma M. Young



Over \$243,000 Raised!

OUR DEEPEST GRATITUDE

to all of the sponsors, live auction donors, volunteers and hunters for making the 9th Annual Goose Hunt in Memory of Judge Herb Rollins and Donald R. Grossnickle a wonderful success!

A SPECIAL THANKS

Mr. and Mrs. James Cochran
Scott Hartinger
Jimmy Remsburg and Sons
Jimmy Price
Terry Sandy
Chuck Mandrik
Amber White
Ms. Jamie Cochran
Tom Sinton, Esq.

Blind Sponsors and Auction Item Donors

Mt. Airy Izaak Walton League
Dave Morin, Deployable Systems
Bruce Hammond,
Hammond Plumbing & Heating
Jimmy Remsburg, RFP, Inc.
Chuck Mandrik,
Spectrum Screen Printing
Brandon Akers, HBT Tire, LLC
Wayne Johnson,
Ashton-Group Services, LLC
Don Combs,
Colonial Equipment Company
Richard Mills
The Trish Mills Team with
Charis Realty Group
Jimmy Price
Fountaindale Auto
HC Summers Feed and Supply
Hemp's Meats
Eddie Esworthy
Scott Hartinger, Esq.
Wantz Distributors
Nick Clemente and Get Sum Charters
Dana Dudley and
Fitzgerald Financial Group
WLR Automotive Group and
Fredericktowne Auto Spa

Trout's Supreme Seafood
Phil Rau
Dan Neuland

Dinner Sponsors

Haspel, McLeod & Drawbaugh
Law Office of John Discavage
Kaslick & Prete, LLC
Rolle & DeLorenzo
Law Office of Lawrence Finegan
Law Office of Cristine Evans LoVetro

Bird Cleaning Sponsors

Miles & Stockbridge, P.C.

Goody Bag Sponsors

Law Office of Arthur C. Crum
Scott Hartinger, Esq.
Jimmy Remsburg, RFP, Inc.
Joanie Brubaker
Tom Sinton, Esq.

Hospitality Suite Sponsors

Jimmy Remsburg, RFP, Inc.
Chuck Mandrik,
Spectrum Screen Printing
Tom Sinton, Esq.

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



Corporate Partner Spotlight

Providing Comfort to Hospice Patients

Frederick LINE-X has been servicing the truck bed liner and up-fitting needs of Frederick and Montgomery Counties for more than 20 years. Recently, the company's owner, Jim Gloyd, became a community business supporter of Frederick Health Hospice with a generous contribution in memory of his late wife, Kelly "Sunshine" Gloyd.

"Like Hospice, Frederick LINE-X understands the importance of quality care and commitment to others," said Jim. "That's why partnering with them has been such a natural fit."

In 2009, Jim's wife Kelly passed away at the young age of 45 from breast cancer, leaving Jim and the



couple's son, JC behind to grieve. To help handle this loss, Jim participated in Frederick Health Hospice's Grief Education and Support group. "The help I got from Hospice during my grief journey gave me the coping skills to move forward with gratitude," says Jim, "and gave me a desire to give back to Hospice."

Applying Jim's contribution to Frederick Health Hospice's fund to help make its patients in need more comfortable was also a good fit. Named in honor of Jim's late wife, the Sunshine Fund is used to purchase food and meal supplements, pay utilities, buy clothing, and provide other items for Hospice's patients who cannot afford them.

"Frederick LINE-X is honored and humbled to partner with Frederick Health Hospice to help support their mission through the creation of the Sunshine Fund," says Jim.

Donations to the Sunshine Fund can be made by check, online at frederickhealthhospice.org or by phone at 240-566-3030.

We are grateful to Jimmy Remsburg, his sons and grandsons and RFP, Inc. for their donation of more than \$18,500 worth of Personal Protective Equipment for our frontline nurses and home health aides. Their generosity is helping to ensure the safety of our community during the COVID-19 pandemic.



Pictured L-R, Back row: Jimmy, Jamie, Danny and Hunter Remsburg, Front Row: Mason and Bow Remsburg

VOLUNTEERS FIND SAFE WAYS TO PROVIDE COMFORT AND SUPPORT

Physical contact has always been an important part of the Hospice volunteer experience.

Many families like to greet their volunteers with a hug when they arrive for a visit, drawing strength and support from the touch of someone who understands their pain and does not shy away.

Our volunteers tell us that sometimes just the lightest touch is all a patient needs to feel loved and cared for. And when there are no words left to be said, just sitting quietly in the room with the patient and their loved ones can speak volumes.

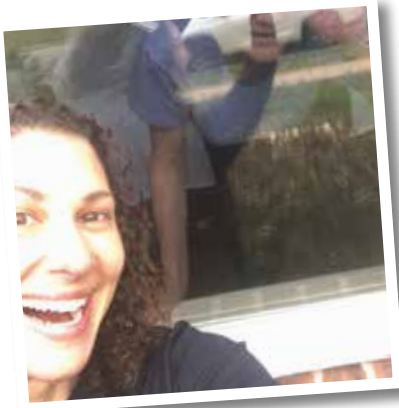
During these times of social distancing, our Hospice volunteers have found new and compassionate ways to keep in touch with patients and their families.



Kathy's daughter Misti makes cards for her patients.



Steelers still brought comfort and joy through drive-by visits and tail wags through the window.



Nicole paid a visit to hospice patient Joseph through the window.



Cynthia's daughter Zoe makes cards.



Andy practices new comfort music

Thank you to our wonderful volunteers and their families who are continuing to find creative ways to reach out and “touch” their patients in safe way!

Bonnie & David Eskenazi: CIRCLE OF LIFE DONORS

Bonnie Eskenazi and her late husband Dave were introduced to Kline Hospice House in 2012 when they visited a friend's mother. Bonnie remembers how impressed she and Dave were with its peaceful, home-like setting, and the gentle, compassionate care the staff provided to both patients and their families.

It was in 2018 when Dave would need to be at the Kline House. Bonnie felt confident allowing the experienced team there to care for Dave's medical needs, so she could concentrate on simply being with him--sharing memories of their 40+ years of life together.

Dave spent just one day at the Kline House, but, in Bonnie's words, it turned out to be a fateful day. From the window of Dave's room, she watched Hospice's Veteran Liaison Keith Midberry conduct the first Memorial Day Remembrance ceremony. Later that day, Keith paid the Navy's respects to Dave and Bonnie, presenting Dave with a Proclamation from President Obama commemorating the 50th Anniversary of the Vietnam War and a certificate honoring Dave for his military service.



Keith told Bonnie about options available to her for a military funeral for Dave. "By the time I left Kline House that day, I knew that Dave's cremated remains should be at Arlington National Cemetery," she said. In December 2018 with Keith's assistance and the guidance of minister and friend

David Meador, Dave was interred at Arlington. A personalized wall tile honoring Dave's Vietnam service hangs on the Memorial wall at Kline House.



Bonnie and her late husband Dave Eskenazi were together for more than 40 years. After Dave's passing several years ago, Bonnie honored his memory by becoming a member of the Circle of Life.

Also in December, Bonnie attended the annual Hospice Remembrance service. Bonnie was moved by the speakers and the music, both of which, she says, brought the Christmas season to life for her in a new way. Early in 2019, encouraged by Frederick Health Hospice's bereavement team, she attended a spousal loss support group. There, Bonnie met and bonded with others who shared their feelings of grief and loss. The group members have continued to support and socialize with each other.

Recently, Bonnie pledged her support to Hospice with a gift and joined other donors as a Circle of Life member. Her generosity will help ensure that the full range of services she received before, during, and after Dave passed away remain available to anyone who needs them.

"I think of the staff and volunteers at Frederick Health Hospice as my bereavement family," said Bonnie. "They not only helped Dave and me during the last hours of Dave's life, they helped me arrange for and provide him with the military funeral he deserved. They have continued to surround me for the past two years with the support I need to deal with my grief... which is never-ending."

For information on becoming a member of our Circle of Life, please contact the Frederick Health Hospice Development Office at 240-566-3036.



Grief in A Time of Quarantine

It seems like, in an instant, everything changed—and for most of us, it did.

Due to the COVID-19 pandemic, many of us are working from home, or unable to work at all. While we practice social distancing, schools and businesses are closed and entire shelves in grocery stores are empty. Many of us are anxiously watching the news and struggling to think about things besides the coronavirus, worrying about how and when this will end and life can return to “normal.”

For those of us who are grieving, it is not the first time that we have felt like everything changed in an instant. And although this time of isolation is difficult for everyone, there are special challenges that make this time even harder for the bereaved.

Many of us who are grieving may feel very worried about something happening to our surviving loved ones. It may feel as if there is no space in which we can grieve, or even talk about our grief. Some of us may be battling morbid thoughts, and our already overwhelming feelings of anxiety and sadness may have grown larger than life. Many of us are longing for the comfort of our loved one who has passed away—wishing we could talk to them right now, that they were here with us. We might feel like the entire world has been turned upside down once again.

Grief under any circumstances can make us feel isolated and totally alone. It can make us feel cut off from our family and friends—like no one understands what we are going through. Because grief and loneliness often go hand-in-hand, the social and emotional isolation we are now experiencing can make it even more difficult to heal. Indeed, isolation can even contribute to complicated, or “unhealthy” grief.

How, then, can we grieve in a healthy way when many of us are literally cut off from our families and friends? The Frederick Health Hospice Grief Support Network provides a safe space where people can express themselves and share about their grief and emotions without fear of judgment. We have created several options through which you can connect with—and feel supported by—others who understand what you're going through.

Virtual Grief Support Group

A Zoom video conference open to anyone in the community dealing with grief during the COVID-19 pandemic. Register at frederickhealthhospice.org.

Mondays 5:00-6:00pm

Tuesdays 12:00- 1:00pm

Wednesdays 2:00-3:00pm

Thursdays 8:30- 9:30pm

Online Forum

FrederickGriefSupportNetwork.org

Please note that while we monitor this site closely between 8am and 4:30pm, there may be a slight delay in response. Any inquiries received before or after these times will receive replies as soon as possible. Thank you for your patience and understanding.

Call 240-566-3030 to be connected with one of our counselors and continue to check our website and Facebook page for updates, links to resources, and tips on how to care for yourself and manage your grief during the coming weeks.



Your Gift Matters

Having become involved in Hospice events because of Carl Miller, I have been privileged to witness the love and compassion of the Frederick Health Hospice community. Through both personal and professional dealings with this amazing organization, I felt the need to support them. We are so fortunate to have Hospice services available in Frederick County.

Sue Witmer, Ambassador Club Member

Pictured L-R, Back row: Shawn Zeller and Lindy Witmer, Front Row: Holly Horner, the late Carl Miller and Sue Witmer

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 ☐ 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.

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



Staying Connected...

Even though Frederick Health Hospice has suspended on-site support groups until further notice, our Grief Support Network has developed several virtual alternatives to provide support for those who are grieving. There are multiple ways to connect:

Virtual Grief Support Group

A Zoom video conference that provides a safe space for participants to express themselves and share about their grief and emotions without fear of judgment. Please pre-register at frederickhealthhospice.org.

Mondays 5:00-6:00pm

Tuesdays 12:00- 1:00pm

Wednesdays 2:00-3:00pm

Thursdays 8:30- 9:30pm

Online Forum

[FrederickGriefSupportNetwork.org](https://frederickgriefsupportnetwork.org)

We know that grief can be a very lonely experience. Connect with others who understand what you're going through at frederickgriefsupportnetwork.org. Please note that while we monitor this site closely between 8am and 4:30pm, you may experience a delay in response. We will respond to inquiries received before or after these times as soon as possible. Thank you for your patience and understanding.

CALENDAR OF EVENTS

Due to COVID-19, many of our previously scheduled events may be held virtually. Please visit our website regularly for the most up-to-date information.



Camp Jamie Grief Camps for Children & Adolescents

We offer two camps that provide opportunities for grieving children and adolescents to come together to talk about their feelings related to a death of someone special, and learn coping skills for dealing with those feelings. Through expressive

and experiential activities, our facilitators help explore grief issues in a safe and supportive setting. All activities provide plenty of opportunities for the campers to express themselves and develop bonds with others.

WEEKEND CAMP

August 21st - 23rd

Skycroft Event Center, Middletown, MD

Ages 6-14

ONE-DAY CAMP

Saturday, September 26th

Thorpewood Retreat Center, Thurmont, MD

Ages 6-17

There is no cost for these events. Space is limited and pre-registration is required. For more information or to register contact us at 240-566-3030 or frederickhealthhospice.org

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 jmitko@fmh.org

Hospice Wish List on Amazon!

You may continue to bring donated items to our office (Please note our new address!) 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
Toilet Bowl cleaner
Trash Bags (Gallon)
Trash Bags (13 Gallon)
Journals
Coffee
K-cups
Sodas (Regular and Ginger Ale)
Granola/ Breakfast/ Powerbars

amazonsmile
You shop. Amazon gives.

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



We've Moved!

**Frederick Health Hospice
is now located at**

1 Frederick Health Way
Frederick, MD 21701