



Living Every Moment

with Care, Comfort and Hope



Garnet Lynch: A Teacher in Life and Death

Garnet Lynch mentored generations of teachers in Frederick County. She was named the Washington Post Agnes Meyers Frederick County Teacher of the Year in 1998 and the following year, at the invitation of then President Bill Clinton, she joined educators, mayors and politicians from across the U.S. in a three-day conference to assess the state of the public school system in America.

As a life-long educator, Garnet Lynch spent her career teaching children in Frederick County Public Schools for more than 30 years. So it should come as no surprise that her passing provides a lesson to others on how hospice cares for the sick—and those they love.

Garnet was diagnosed with a brain tumor in early 2018 and doctors told her she probably had only a year or less to live. "It turned out to be eight-and-a-half months," recalls her husband, Tom Lynch. "But we had a wonderful eight-and-a-half months to mourn together."

For a few months following her diagnosis, Garnet made a valiant attempt to fight the cancer. But aggressive rounds of chemotherapy and radiation could not reverse the course of the disease. By September, her condition had deteriorated to such a point that it became impossible for Tom to continue to provide care for her at home.

Following a stay at a rehab facility, Garnet moved to the Kline Hospice House, where her room opened to a large patio that enabled her family and friends, including her four sons, to gather and reminisce. And when Garnet needed quiet rest, Tom says he, the "boys" and her many family and friends would escape to the downstairs TV room to watch some football or would enjoy the patio and living room.

"The Kline House is an amazing facility and the gals there made Garnet feel like a queen," Tom says, recalling that they even made sure she had her preferred brand of canned soup. "They'd ask her what she'd like to eat and she'd say, 'Campbell's soup and a grilled cheese sandwich.' Her dad worked for Campbell's soup, so we always had Campbell's in the house."

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Frederick Health Hospice on Facebook

(Left) Garnet Lynch was able to enjoy her 70th birthday surrounded by her family.

(Right) An avid Orioles fan, Garnet loved spending days at the ballpark.



But the staff also took care of Tom, checking on him and helping him understand some of the key points in the transition from life to death. Even amid his loss, Tom recalls those last few days as a “very positive experience. It was the right place for her. I know she felt that way.”

Garnet died on Nov. 18, 2018. Always the teacher, Garnet donated her body to science after her death in the hope that researchers could find a cure for the glioblastoma that cut her own life short.

Even before Garnet became ill, Garnet and Tom had been strong supporters of Frederick Health Hospice, having participated in one of its first fundraisers. As a realtor with Mackintosh Realtors, Tom was a regular sponsor of the annual Patty Pollatos Fund golf tournament, proceeds of which benefitted Hospice. “I’m especially grateful to Debbie Williams and all her work with the Patty Pollatos Fund to support the Kline Hospice House,” Tom says.

In 2019, Tom organized an annual golf tournament through the Frederick Elks Lodge #684 which to date has raised more than \$7,000 for the Kline House. He has also asked that some of the Lodge’s benevolent drives support the Kline House’s wish list of needed items (see back cover).

The support of friends and neighbors in Frederick County has helped Tom come to terms with his wife’s death and reminded him that he is not alone. The Elks even issued a special accommodation so that Garnet could become a member of Elks Lodge 684 before she died. The ceremony was performed in her room at the Kline Hospice House. **“They wrapped their arms around her just like Hospice did,” Tom says.**

Carlos Graveran
Frederick Health Hospice
Executive Director

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In the years since Garnet’s death, Tom and Garnet’s five children look back on their experience with Frederick Health Hospice and the Kline Hospice House with profound gratitude. “She was blessed for being there,” he says.



Director's Corner

Carlos Graveran, Executive Director

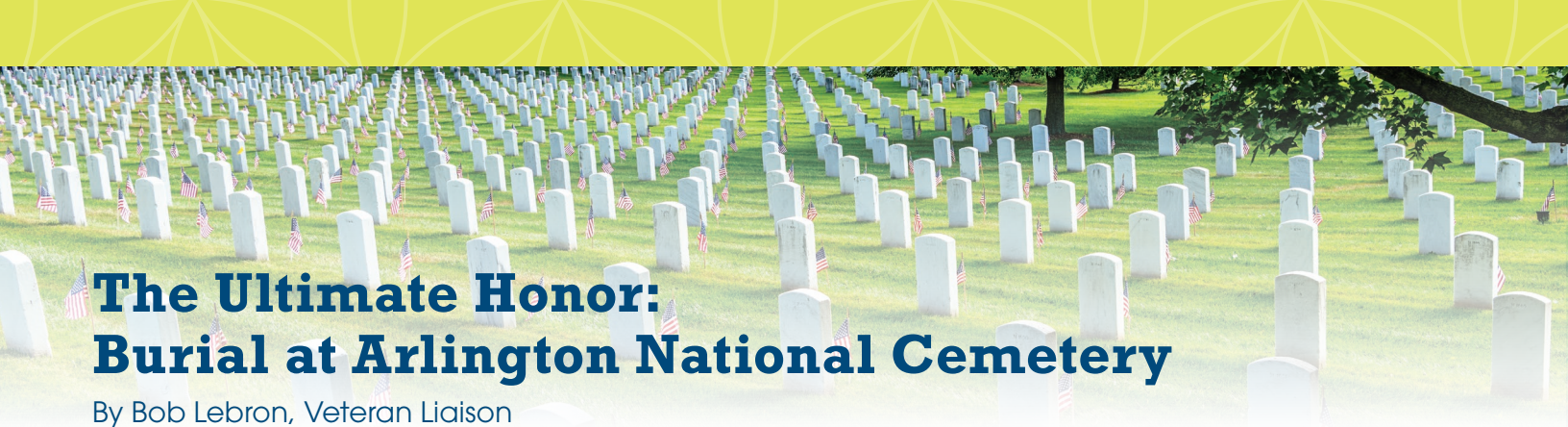
I recently made the difficult decision to take down the two majestic 70-foot-tall oak trees in my front yard. It was a difficult decision to make since they were one of my favorite features of the property and shaded our home for so many years. Sadly, they had become diseased, and since they leaned away from each other from a shared base, like a "V", we feared they would collapse in opposite directions. An unplanned fall would have devastating consequences for anything, or anyone within their reach.

I was grateful for the skill and care of the arborist and his crew who helped us safely through the process; we couldn't have done it without them. While relieved to see them come down, I honestly didn't expect to experience the deep sense of loss that came over me. I suddenly had images of my late father and my aging mother flood my mind. Puzzled at first, I quickly understood the connection. They too had been the mighty oaks in my life.

Perhaps it's just because I deal with grief and loss as an integral part of my work, but the metaphor resonates for me on many levels. I had no idea who to call for help, I never had a need for that service. It was my neighbor who recommended someone who had helped him in the past. The same was true with the passing of my father. Like most people, I had little if any experience with death and was ill equipped to navigate through it.

The refrain we hear most often from our families is, "...I wish I had known about hospice sooner". In fact, I may be quoting many of you. You know the value of hospice care and the relief it can bring to both patients and families, and about the support we provide long after the patient's death. My plea to you is to share that knowledge with your neighbors so they can be prepared when that day comes. To allay their fears of the "H" word so they can reach out for help before a devastating fall.

I will always miss my two oaks.



The Ultimate Honor: Burial at Arlington National Cemetery

By Bob Lebron, Veteran Liaison

Many Hospice patients are military veterans who have earned the right to a burial or inurnment at Arlington National Cemetery. Family members should know, however, that there are several steps that must be taken in order to make this happen.

It begins with establishing eligibility. Not all veterans qualify for burial at Arlington, but every honorably discharged veteran is entitled to a plot or niche at any Veterans Affairs National Cemetery Administration cemetery or state military cemeteries that have space.

To show proof of meeting Arlington's burial or inurnment requirements, family members must provide the service member's discharge papers (DD-214) as well as a death certificate and cremation certificate, if appropriate.

Most funeral home directors are aware of the process of working with Arlington and can provide guidance. This includes contacting the cemetery as soon as

possible to obtain a case number to use in all future communications.

Arlington receives approximately 75 funeral requests each day from funeral directors and families. There are an average of as many as 30 funeral services each weekday as well as up to six committal services an hour, five times a day.

Given that kind of demand, families should be aware that it can take several weeks before an eligible veteran can be buried or inurned at Arlington.

During the last five years of my military service, I had the honor of participating in funerals at Arlington National Cemetery as part of my duties as a Navy chaplain. It may have been my "assignment," but it was much more than that. It was a privilege.

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:

Gary M. Backof
Dorothy L. Baugher
Rev. Burnis Barrett
Sherrie L. Baxter
Elsa P. Bennett
Geraldine Best
Mary M. Brandenburg
Russell S. Brewer
Joseph F. Brown III
Robert L. Bouchard
Dolan Boyd
Charles J. Brandenburg
Charles W. Brownlowe
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Norma J. Morgan
Gary L. Peterson
Marjorie R. Phelps

Russell R. Redmond
Suzanne M. Ricci
Ethel V. Rice
Violet G. Rice
Annalee M. Spring
Pauline E. Stup
Kimberly S. Sweadner
Sarah J. Thompson
Walter G. Watts
Wayne H. Wilson
Wayne C. Worrell
John J. Yokay Jr.
Joyce Mae Young
Robert E. Zimmerman

Show Your Support for this Sellout Event!

Frederick Health Hospice Annual Golf Classic

September 29, 2022

Maryland National Golf Club

8836 Hollow Creek Road, Middletown

Join us for a day of fun on and off the greens, including 18 holes of golf, a full breakfast, gifts and door prizes, contests, lunch served on the course, complimentary beverages and snacks throughout the day, ending with a dinner and an awards ceremony.



**2021 First Place Team
Sandy Springs Bank**

Become a Sponsor for our Largest Fundraiser!

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

**For more information, call 240-566-3036 or
email ACasterlin@Frederick.Health.**



Paving the Way to Give a Patient What He Wanted Most

Larry Stambaugh made it clear to his family and friends that he wanted to spend his last days in the home he built with his own hands on a mountaintop in Emmitsburg 40 years ago.

When Frederick Health Hospice began serving Larry, wintery conditions made it nearly impossible for caregivers to reach him due to his nearly 1,000-foot, winding and dirt-covered driveway. At times, it was necessary for the local ambulance company and a caring neighbor, John Eiker, to get Hospice caregivers to and from the house.

Thanks to a generous donation of driveway materials from Laurel Hill Quarry, in-kind services by longtime Frederick Health Hospice supporter Remsburg Paving, and additional support from local businessman Jim Gloyd and Hospice's Sunshine Fund, the Stambaughs had a new paved driveway within five days—something they could not have otherwise afforded.

Remsburg Paving, Laurel Hill Quarry, Jim Gloyd and Hospice's Sunshine Fund chipped in to pave Larry Stambaugh's long driveway so his caregivers can continue to serve him in his home—without getting stuck in the mud.

"How can we even explain how much this means to have all these people make it possible to be able to keep Larry at home?" said his wife, Ruth. "We have helped the homeless community for years, but I never, ever had any idea how good it would feel to be on the receiving end of such help."



Help Us Spread the Word

Dr. Mary McDonald, Frederick Health Hospice's medical director, welcomes the opportunity to speak with community groups and organizations about what hospice is and how it can help.

"Getting out in the community and speaking to different groups lets me spread the message that hospice is not just for cancer patients," she says. "Hospice comfort care and support is available to anyone who is facing an end-of-life illness. That can include any number of diagnoses, from advanced heart failure to dementia or adult failure to thrive."

Contact us at 240.566.3030 to arrange a speaking engagement with Dr. McDonald.

Hospice Care for Degenerative Neurological Diseases

By Mary McDonald, M.D., Medical Director

When I speak to community groups—or even friends and family—about my work as the medical director for Frederick Health Hospice, many are surprised when I tell them that the vast majority of our patients are not suffering from cancer.

During our last reporting period (July 2020-June 2021), only one-quarter of our patients had cancer. Many others were diagnosed with degenerative neurological diseases, ranging from Alzheimer's to Lewy body to Parkinson's-related dementia.

The late stages of these diseases bring advanced dementia that can make it difficult for patients to communicate, eat and control basic bodily functions such as toileting.

These issues can make it extremely difficult for family members to continue to care for the patient on their own. This can be especially true in the case of such late-stage dementia as Lewy body disease, where hallucinations and acting out can make it difficult to provide care to the patient and keep them safe.

That is where hospice comes in. We have extensive experience in dealing with the challenges of late-stage dementia, both for the patient and their family. We possess the knowledge and the techniques to address the challenges of dementia.

Our caregivers can ensure the patient is safe and well-cared for, while also helping family members begin to accept the reality of their decline.

Regardless of its source, any kind of dementia can be extremely unsettling for the patient and their family. I encourage everyone to reach out to us as soon as possible, so we can ensure the patient and their loved ones remain safe and enjoy whatever quality of life is available to them.



(Left) Barb Knoff holds her 200th baby blanket, crafted as part of her participation in CareWear.

(Right) Patient Tish embraces a blanket Barb made for Frederick Health Hospice.

Distance is no Deterrent

A dedicated volunteer shares her talents with Hospice patients

Volunteer help is always welcome and comes from many people and many places—including Illinois.

Barb Knoff has been sewing comfort blankets, Alzheimer activity aprons/lap blankets, neck pillows, and face masks for Frederick Health Hospice patients since seeing a posting on the CareWear website by Frederick Health Hospice Volunteer Services Coordinator Dianne Elizabeth. CareWear is a group of volunteers from across the country who knit, crochet, and/or sew handmade items for hospitals and social service agencies.

"I've been a CareWear volunteer since my retirement in 2014, first sewing infant blankets, bibs, etc., benefiting newborns at Jackson Park Hospital in Chicago," Barb says. "Through this extraordinary organization, I've been able to meld my love of sewing and helping others with two very powerful personal experiences: the expert care my newborn son received in a neonatal intensive care unit, and the compassionate hospice care my mom and mother-in-law each received at the end of their lives."

The call for items for Frederick Health Hospice caught

Barb's eye because for much of her career she worked with large nonprofit organizations headquartered in Washington, D.C. She and her husband have also frequently vacationed in Western Maryland. "I emailed Dianne and her welcoming reply added to my enthusiasm," Barb recalls.

Despite the miles that separate Barb from Frederick, she feels a deep connection to Frederick Health Hospice. "Today I received a photo of your smiling patient holding one of my blankets," she recently wrote. "Can you imagine a more beautiful and compelling reason to sew and ship another blanket?"



Students Find Understanding and Support in Frederick County Public Schools Bereavement Groups

In 2021, Frederick Health Hospice began an official partnership with Frederick County Public Schools to provide no-cost bereavement services at elementary, middle and high schools in the county.

One recent support group, which was held at a local middle school, consisted of six students from various grades. They shared stories about their loved ones, discussed support systems they are using on their own, and learned about different strategies for expressing their grief in healthy ways. After the session, these middle schoolers said they felt heard, more comfortable, and not singled out because they have experienced a loss. They expressed relief in knowing there was a place they could go where others understood loss and how it felt.

In the high schools, the support groups have ranged from six to eight weeks long and have provided on-going opportunities for students to creatively express their thoughts and feelings about grief and mourning. One of the activities includes creating grief playlists of songs that remind them of their loved one or songs that help them feel or express powerful emotions.



Thanks to continued donor support, Hospice plans to create additional opportunities for students to participate at various locations throughout the county. Our bereavement coordinators are collaborating with Community Agency School Services (CASS) workers to tailor these groups to each specific school's needs and demographics.



Hospice Launches its First Teen Camp Jamie

For grieving teens, peer support can be powerful. That's why Hospice has long recognized the need for more grief support for the adolescents in our community.

After years of planning and preparation, Camp Jamie for teenagers came to fruition on April 2. The day-long event offered many traditional Camp Jamie activities, but put special emphasis on helping the teenagers foster connections, create opportunities for peer support, and discover what is most helpful to them in their individual grief journeys.

As might be expected of adolescents in any setting, some campers were a bit wary at first. But by the end of the day, the campers said they didn't want to leave and that they felt they now have a new group of friends, friends who truly understand what they're going through. One camper's mother told us that her daughter is still in touch with the kids she met that day. "I cannot begin to tell you the impact the camp had on her, just amazing!" she told us.



NEW!

Spousal/Partner Loss Social Gathering

We are now hosting monthly get-togethers for individuals who have experienced the death of a spouse/partner and are looking to connect with others who have gone through a similar situation. There will be no agenda or educational aspect to these gatherings. These gatherings serve as a way for individuals to meet and find peer support. Light refreshments will be provided.

First Tuesday of the month from 1:00 PM – 2:00 PM
Third Wednesday of the month from 5:30 PM – 6:30 PM





Members of the FSK Antique Car Club present Hospice with a check from 2021's Car Show.

Pictured from left to right: Lee and Ellen Frazier, Jerry Fogle, Carlos Graveran, Ed Zimmerman, Angie Casterlin and Vernon Keeler.

Your Gift Matters

Community events like the Francis Scott Key Antique Car Club Benefit Vehicle Show raise critical funds for hospice while also helping to spread the word about hospice services.

We are grateful to have their continued support. Mark your calendar for this year's event, to be held on August 20, 2022 with the rain day on August 21, 2022.

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



Calendar of Events

Grief Support Groups and Workshops

General Grief Support Groups

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)

NEW!

Spousal/Partner Loss Social Gathering

Meet and find support among others who have lost a spouse or partner. Light refreshments will be provided during these informal gatherings.

No registration required.

Tuesdays (1st)

May – December

1:00 PM – 2:00 PM

Wednesdays (3rd)

May – December

5:30 PM – 6:30 PM

Loss of a Parent Support Group

Please register by August 17.

**Wednesdays, August 24 –
October 12**

5:30 PM – 7:00 PM

Loss of a Spouse/Partner Support Group

Please register by August 9.

**Tuesdays, August 16 – October 4
10:00 AM – 11:30 AM**

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

Specifically for mothers grieving children who have died from overdose or complications from substance abuse.

**SurvivingOurUltimateLoss.org
For registration information,
email FrederickMDSOUL@gmail.com or call 301-514-3546**

Mondays, 6:00 PM – 7:30 PM

Memory Lab (with Frederick County Public Libraries)

Convert your mini DV tapes, VHS tapes, VHS-C tapes, photos, slides and negatives to digital formats using FCPL equipment. Bring a flash drive or other storage device to save your files and create a lasting memory to share with loved ones!

By appointment only. For more information and to sign up, please contact Hospice or FCPL, online or by phone.

June 23, 2022

9:00 AM - 6:00 PM

Additional details, other groups and registration information are available at FrederickHealthHospice.org. All groups and events are held at Frederick Health Village unless otherwise noted.

Brewfest on the Farm is back at Milkhouse Brewery!!

**September 10, 2022
Noon to 6:00 PM**

A portion of the proceeds will benefit Camp Jamie.

Enjoy music, plenty of food from your favorite local food trucks, specialty vendors, and a great group of farm breweries. Activities include hay rides, hula hoops and more!



OVER 12 MARYLAND FARM BREWERIES!
LIVE MUSIC! • FOOD TRUCKS!
Get Tickets at MDTIX.COM

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

- Bleach
- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Ziploc freezer bags (quart/gallon)
- Trash Bags (4/8/13/30 gallon)
- Gift cards/ Walmart/Food Lion/ Amazon)

amazonsmile
You shop. Amazon gives.

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



Grief Camp For Students in Grades 1-8

Animal Therapy • Arts & Crafts
Memory Boxes • Sharing Circle

WEEKEND : JUNE 10-12, 2022

Skycroft Conference Center, Middletown MD
(transportation provided)

ONE-DAY : SEPTEMBER 24, 2022

Frederick Health Village, Frederick, MD

Through expressive and experiential activities, our facilitators help explore grief issues in a safe and supportive setting. All activities provide opportunities for campers to express themselves and develop bonds with others. Space is limited.

**For more information,
visit FrederickHealthHospice.org/CampJamie**