



Living Every Moment with Care, Comfort and Hope

Music Brings Joy, Peace and Connection

Richard Schwartz can't remember a time when he didn't love music.

From his childhood, during his Army service, and throughout his long and happy marriage to his beloved Darlene, traditional Christian hymns, musical scores and old-time rock-and-roll tunes have blended together to provide a soundtrack for his life.

Now that Richard is a resident of Frederick Health's Kline Hospice House, his love for music is still bringing him joy, soothing his soul and connecting him with new friends.

At the Kline House, the music comfort volunteers have provided a special dose of care and comfort to his days.

He smiles when he talks about the afternoon he heard music coming from the direction of Kline House's main living area. Encouraged by a staff member, he walked toward the sound. Sitting in front of the fireplace, playing his guitar, was music comfort volunteer Randy Granger.



(Top) Kline House resident Richard Schwartz (left) and Music Comfort Volunteer Randy Granger enjoy sing-a-long sessions most Friday afternoons.

(Bottom) Richard and his family enjoyed an all-request sing-along with Randy and a little dance party as well.



STAY CONNECTED

Follow, Like and Share
Frederick Health Hospice on Facebook



CNA Kristen Murphy plays gin rummy with Richard.



Richard may not have known Randy's name right away, but the connection between the two men was instant. As soon as he saw Randy's playlist, Richard began calling out his favorites, and the two enjoyed reminiscing about the songs and singing the tunes together.

"Music is associated with some of the best times in my life," says Richard. "My wife was a church organist for many years while our son, Matthew, was growing up. Today, when I hear "In the Garden" or "His Eye is on the Sparrow," I think of those years and all the happiness we knew. The score from "The Sound of Music" was a real favorite of ours, too. We listened to that record all the time."

Since that afternoon when he first heard Randy playing, Richard says that he has rarely spent a day without music. In addition to his regular Friday sessions with Randy, he also looks forward to sing-alongs with another Hospice music comfort volunteer, Judy, visits from Hospice Music Therapist Melanie Jessop, and dulcimer player, Dave Selby.

Richard tries not to focus on the many things his illness has taken from him. "I can't eat and drink much by mouth any more, and that's been hard to get used to," he says. "But I'm grateful for Kline House because the wonderful people here are helping me to focus on the things I love and can still do."

Thanks to the Hospice music volunteers—I get to sing along to the music that brings to mind the happiest days of my life. I feel fortunate."

Richard Schwartz



Kline House CNA Brenda Boland enjoys making the residents' favorites, including lasagna and—in Richard's case, berry-flavored snow cones. Thanks to the Sunshine Fund, Hospice was able to purchase a snow cone machine.

Carlos Graveran
Frederick Health Hospice
Executive Director

Board of Directors

Rev. Timothy May
Board President

John Verbus
Board Vice President

Shane Weeks
Treasurer

Arthur Anderson
Secretary

Douglas Brown, PA-C

Tejal Gandhi

Bill Haugh

Heather Kirby

Thomas Kleinhanzl

Patrick Mansky, MD

Gail Martin

Charles J. Smith, III

Dan Tipsord

Allison Zerr



A Note from Hospice Executive Director Carlos Graveran

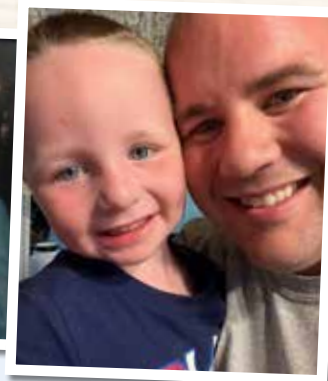
Regular readers of this newsletter have become accustomed to messages from me in this space. We thought you might want to know more about some of our board members and why they have chosen to share their talents with Hospice.

Board Member Spotlight: Shane Weeks

Shane Weeks has multiple titles, including full-time licensed funeral director and Frederick Health Hospice board member. But the title he is the most proud of, he says, is "dad." His love for family is not surprising, considering his upbringing. Raised in a close-knit family, Shane especially looked up to his single mother and grandmother, who he credits with shaping him into the person he is today.

When his grandmother entered hospice care, Shane was 15 years old. The compassionate care she received left a lasting impression on him. Inspired by the kindness he witnessed from her caregivers, he began volunteering at a hospice organization at 18 years old, starting a lifelong journey of giving back.

Shane, who lives just outside Union Bridge where he was born and raised, began spending time in Frederick County six years ago when he came to work for a funeral home with locations in Frederick. Now, as a Hospice board member, Shane brings professional expertise and a personal connection to the mission and values of hospice care.



(Left) Shane with his beloved grandmother when he was young. (Right) Shane and his son.

"Serving on the board provides me a great sense of reward," says Shane. "It's a very fulfilling role. I enjoy every minute of it."

"The interactions with all of the staff at Frederick Health Hospice made me want to be involved and be part of the amazing community," says Shane. "Every interaction brings back memories of the compassion and love my family was shown."

"Hospice is a final gift that can be offered to a family in caring for their loved one. The services and the care that hospice provides are true gifts to the community. Hospice services don't stop after a patient has passed, and that's what I love."



Show Your Support for this Sellout Event!

Frederick Health Hospice 2024 Golf Classic

Thursday, September 19, 2024
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, complimentary gifts, contests, lunch served on the course, complimentary beverages and snacks throughout the day, ending with a dinner and an awards ceremony.

Become a Sponsor!

For sponsorship opportunities and registration information visit frederickhealthhospice.org/golfclassic

Questions, call 240-566-3036 or
email acasterlin@frederick.health



(Left to right) Scott Benedict, Carroll Nelligan, Bob Haan, and Ann Hightower

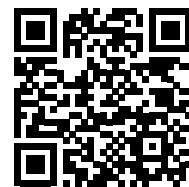
TOURNAMENT SPONSOR



"Tx:Team is passionate about helping people heal throughout their healthcare journey. That is why we are honored to support Frederick Health Hospice through our tournament sponsorship. Since the beginning of our partnership with Frederick Health 19 years ago, we have fully supported Hospice and the meaningful work they do with patients and their loved ones. That's a mission we can all get behind!"

Scott Benedict, CEO & Carroll Nelligan, COO, MHA, OTR

Scan here to register and
process your sponsorship



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:

Mary E. Ambrose
Delores J. Ayers
Judith A. Bryant
George F. Carter
Shirley H. Chiriaco
Joseph R. Clemente
Joseph P. Conn

Anna E. Eury
Edgar A. Franklin
Denise A. Haines
Shirley V. Heatherly
Patricia A. Hildebrandt
Connie L. Hoffman
Fannie L. Johnson

William L. Mercer
Roberta Nelson
Ernestine W. Phillips
Robert G. Schick
Dolores J. Schwartz
Charles F. Shawver
Linda K. Shields

John H. Sigafoose, Jr.
Susana M. Tabor
Joseph W. Tomlinson
Elsie Waldron
Lola Mae Wastler
Margaret A. Watson
Kay F. Wilson



The names and titles of the Frederick Health Hospice and Adventist HealthCare Shady Grove Medical Center leaders, left to right, are as follows: Dr. Brett Gamma, Associate Vice President for Physician Outcomes and Quality, Adventist HealthCare Shady Grove Medical Center; Dr. Perry Smith, Stroke Program Medical Director, Adventist HealthCare Shady Grove Medical Center; Dr. Elena Iarikova, Montgomery County Medical Director, Frederick Health Hospice; Dr. Neil Roy, Chief Medical Officer, Adventist HealthCare Shady Grove Medical Center; Anne Cormier, Montgomery County Team Supervisor, Frederick Health Hospice; Dan Cochran, President, Adventist HealthCare Shady Grove Medical Center; Dr. Mary McDonald, Medical Director, Frederick Health Hospice; Carlos Graveran, Executive Director, Frederick Health Hospice and Martha Velez, Chief Financial Officer, Adventist HealthCare Shady Grove Medical Center

COMMUNITY CARE IN MOTION: A Collaboration in Hospice Care

We are excited to announce that the Adventist HealthCare system in Montgomery County, Maryland, has selected Frederick Health Hospice as their hospice of choice. We will provide general in-patient level of hospice care to patients at Adventist HealthCare Shady Grove Medical Center and support their discharged patients in the surrounding community with complete hospice services wherever they call home.

"Supporting patients at the end of their lives is one of the most important things a healthcare system can do," said Neil Roy, MD, Chief Medical Officer of Shady Grove Medical Center. "As an emergency physician who frequently is with patients and their families during those precious moments, I can attest to the importance of having a robust hospice program. Hospice services at Shady Grove Medical Center will ensure our end-of-life patients have empathetic care from a multidisciplinary team to meet all their physical, mental, and spiritual needs."

Following a full rollout of services at Shady Grove Medical Center this year, our attention will then

turn to White Oak Medical Center, with plans to begin operations before the end of 2024. Thanks to our experience working together at Shady Grove Medical Center, we anticipate a smooth implementation process at White Oak Medical Center.

"We have served our Frederick community as a non-profit agency for more than four decades," states Carlos Graveran, Hospice Executive Director. "We were one of the earliest hospices formed in the U.S. and from the very start, we have walked beside members of our community during their most difficult days. Now, we are humbled to be able to bring this same level of care to our neighbors in Montgomery County. You can be confident that nothing that you love about Frederick Health Hospice will change. We will continue to provide the full range of supportive care possible for our Frederick community while we now expand to serve our neighbors needing compassionate end-of-life care."



Celebrating Life Through Books

By tackling often-taboo topics like death and dying, Hospice's Bucket List Book Club is not your typical book club.

Jessica Thornton, Hospice grief counselor, emphasizes the club's commitment to addressing difficult topics with honesty and empathy. "We do not shy away from difficult or uncomfortable topics, but rather have learned to gently embrace the discomfort and sit with others in that experience," explains Jessica. It's this willingness to confront challenging subjects that fosters connections and understanding among members.

"I appreciate how this mixture of fiction and non-fiction books provides such a range of approaches to life—valuing it, celebrating it, grieving loss or anticipated loss, treasuring relationships, remembering the good and bad, acknowledging its and our limits."

Participant Sharon Smith

"The in-person discussions are meaningful, heartfelt and often insightful."

Participant Darian Schultze



Reading the book is not required to attend!

Join Us for Upcoming Bucket List Book Club Events

Sunday, June 2

The Vulnerables
by Sigrid Nunez

Sunday, June 30

That Good Night
by Sunita Puri

Stay tuned for the rest of the 2024 schedule

2:00 PM - 4:00 PM

Frederick Health Village
1 Frederick Health Way
Frederick MD 21702
(use West Entrance)

Register for the Bucket List Book Club mailing list by emailing griefsupport@frederick.health. You do not need to RSVP for events.

in partnership with



Serving Those Who Served: Hospice's Veteran Volunteers

By Bob Lebron, Hospice Veteran Liaison

Hospice volunteers who are also veterans bring a unique understanding and connection during visits with former military members in their homes and long-term care facilities.

Volunteer Robert Martinez is a Navy veteran who regularly visits veterans at Citizens Rehab and Long Term Care, Montevue Assisted Living and the Edenton Retirement Community. Robert says, "I want to give back. There is also a big need, especially when some veterans don't have family. I appreciate their sacrifice and want to say thanks personally."

One veteran whom Robert visits is a Purple Heart recipient. He shares incredible stories, including how his radio saved his life in Vietnam. When it malfunctioned, he discovered a bullet that certainly would have killed him if he had not been wearing the radio.

New volunteer Rosemary Dew worked with veterans during her career with the Defense Intelligence Agency. She spent two tours in Afghanistan and was a part of Special Forces Village Stability Operations.

As one of the first women to serve in the FBI, Rosemary has many stories about serving undercover and the challenges of being a woman in the agency.



Robert Martinez (left) and Rosemary Dew (right) are just two of the veterans who give back by serving veterans in Hospice's Veterans Program.

"When I was an FBI agent, I was part of what the Bureau called the critical incident team. As part of that team, I was a peer counselor for victims, coworkers, and families who had suffered traumas, including death. In January of 1990, the man who had been my partner at the Washington Field Office died during a SWAT action. I went through a period of mourning the senselessness of his loss, which contributed to my decision to leave the FBI. I came to Hospice of Northern Virginia sometime around 1991, during the AIDS crisis. It was the AIDS crisis and my own grief that prompted me to volunteer with hospices."

Robert, Rosemary and all our veteran volunteers are invaluable.

We are thankful for our veterans who volunteer with hospice patients and at community events.

Robert Abdinoor – USAF, Sylvia Anderson – USANG nurse, Joe Baldi – USA (and therapy dog Giuseppe), Roger Bennett – USA, Jim Bryant – USA, Dick Burd* – USMC, Jim Damato – USA, Bill Daniels – USA, Rosemary Dew – DIA, Patti Fehlinger – USA nurse, Von Hansche – USA, Karen Keller – USAF, Karen Kelleher – USMC, Paul Kelly (and therapy dog Luke) – USA, Robert Martinez – USN, Keith Midberry – USN, USCG, Joe Nagy – USA, Dave Shamberger – USAF, Todd Williams – USA

**recently deceased*



"Hadley delivered a fantastic lecture on her personal nursing experiences with hospice patients. I can't wait to read her book!"

- Colleen Shatlock, Event Attendee

Author and TikTok Star "Nurse Hadley" in Frederick on April 10th.

"Nurse Hadley" Visits Frederick

Over 400 people attended hospice's lecture and book signing featuring Hadley Vlahos, R.N., a hospice registered nurse and TikTok star ("Nurse Hadley") at the forefront of a movement to change attitudes about death and end-of-life journeys. We were the very first stop on her book tour promoting her New York Times Bestseller *The In-Between: Unforgettable Encounters During Life's Final Moments*.

Hadley's presentation generated a lot of social media attention and numerous questions and reflections from audience members. Several retired nurses shared their memories of hospice patients. Hundreds of people lined up patiently after the event to have their book signed by the personable Hadley.

To say that the evening was inspirational is an understatement. Thank you to Nurse Hadley, the Monique Braude Foundation, our partners Frederick County Public Libraries and Curious Iguana who helped make this event possible, the attendees and our event photographer Mary Kate McKenna Photography.



"It was a wonderful mix of clinical folks and family members that all were touched in some way."

- Shane Weeks, Board Member,
Frederick Health Hospice

Offering Grief Support for Healthcare Professionals

When a patient dies, it is expected for their loved ones to grieve. While healthcare professionals are accustomed to death, they, too, can be deeply affected by the loss of a patient. It is important that their grief is acknowledged too.

“The grief we experience after the death of a patient is not always recognized by others, but it is normal and it is real,” says Chloe Bishop, Hospice bereavement supervisor. “Prioritizing ourselves as healthcare workers is crucial to doing the amazing work we do without reaching burnout or compassion fatigue.”

Recently, when staff at Silverado Memory Care mourned the loss of several residents, the Hospice team partnered with the facility social worker to organize a remembrance ceremony. The intimate event featured a slideshow honoring each patient with photos and life details, uplifting words from Chaplain Wes Parks and beautiful melodies played by Hospice music therapist Melanie Jessop. The event concluded with an opportunity for staff to share their grief, tell stories and offer support to one another.

Cathy Hanson, director of Resident Care and Services at Silverado, expressed gratitude for Hospice's bereavement program:

"Our caregivers create meaningful relationships with our residents and share stories, common interests, laugh and bond in special ways every day. When a resident passes away, every member of our team grieves this loss. We all get to know and love our residents as family in our beautiful community. The Hospice Remembrance Service offered us time to remember, smile, laugh, share stories and mourn together. We are entrusted to provide exceptional care and love, which is a true honor for our Silverado team. Expressing the loss we feel and having time to support one another is a gift, and we value our partnership with Frederick Health Hospice."

If you are part of a healthcare professional group who would like to partner with hospice to provide grief support to your staff, please contact Bereavement at 240-566-3030 or griefsupport@frederick.health.



Your Gift Matters

Frederick Health Hospice depends on philanthropy to provide care to individuals and families regardless of their ability to pay. Thank you for your thoughtful consideration in helping to assure that everyone in Frederick County has the opportunity to face the last chapter of their lives with dignity.

Hospice recently served a patient who loved all things cars. Through our Sunshine Fund, Samantha Blomquist, RN presented him with a car poster and play tools to brighten his day, and keep his hands busy.

☐ **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

Scan here to
make a gift
today





Community Grief Support Resources

We offer a wide variety of grief support services throughout the year, at no charge, to anyone in the community, regardless of whether or not they were served by Hospice. Please check frederickhealthhospice.org, call 240-566-3030 or email griefsupport@frederick.health for current dates and times.

Individual Counseling

Short-term counseling for adults, adolescents, and children (ages 6+).

General Grief Support Groups

Held bi-monthly in both the evening and daytime. For anyone who has experienced the loss of a loved one.

Groups and Workshops

Varied, loss-specific groups and workshops offered throughout the year. (Examples include: Spousal/Partner Loss, Loss of a Parent, Loss After Caregiving and Coping with the Holidays)

Spanish-Speaking Grief Support Services

Counseling and support groups.

Project Christine

Grief counseling for parents/families who have lost a child.

Grief Support in Schools

Individual counseling and support groups offered in all Frederick County Public Schools for students, grades 1-12.

Support Hospice at Community Fundraisers!

FSK Antique Car Club 39th Annual Benefit Vehicle Show

Mark your calendar for this annual event that helps to support Hospice programs.

Saturday, August 17, 2024

8:00 AM - 2:00 PM

(Rain date August 18)

Rose Hill Manor Park

Frederick, MD 21701



Now Accepting Applications

Camp Jamie (Grades 1-8)

One Day Camp: September 28, 2024
Thorpewood Retreat Center
Thurmont, MD

Applications due September 13
Call 240-566-3030 or email griefsupport@frederick.health for information. Space is limited.

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



Wish List

Kline Hospice House

- Coffee K-cups
- Single-serve creamers
- Bleach
- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Trash bags (4/8/13/30 gallon)
- Toilet bowl cleaner
- Gift cards (Walmart, Food Lion, Amazon)

Additional items are available on our Amazon Wish List. You can donate by having items shipped directly to our Kline House through Amazon or you can drop them off to our office Monday - Friday, between 8:00 AM - 4:30 PM.

Find our Amazon Wish List at
frederickhealthhospice.org/wishlist

BECOME A SPONSOR

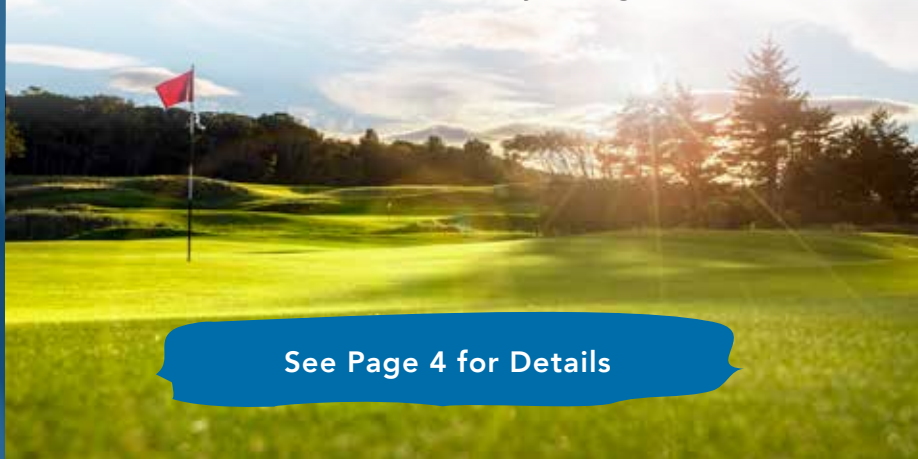
Frederick Health Hospice 2024 Golf Classic

September 19, 2024

Maryland National Golf Club

8836 Hollow Creek Road, Middletown

- 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



See Page 4 for Details