



Living Every Moment

with Care, Comfort and Hope



From This Day Forward: John and Joy's Story

Throughout their marriage, John Rothen and his late wife Joy often experienced a closeness that transcended the need for words.

Late in the winter of 2018, with Joy's physical and cognitive abilities declining rapidly, John admitted he was going to need help to continue to care for his wife in their home. With a long look from Joy that told him "it was time and everything will be okay", John reached out to Hospice for help.

"There were three hospice programs that served our area," says John, "but I called Frederick Health Hospice first."

"From the moment the nurses from Frederick Health Hospice walked through our door," says John, "I knew I had found the people I could rely on to give Joy the respect and compassion she deserved, and to help me take good care of her. I never called anyone else."

A striking woman with a beautiful smile and a stylish auburn bob, Joy Rothen, a dynamic hospital department manager, had run marathons before her illness. Being well-groomed was important to her, says John, but after he took over Joy's daily care, the couple quickly learned that styling hair and applying make-up were not areas in which he excelled. "She got to the point where she just refused to let me—or anyone else—even try anymore," he laughs.



John and Joy Rothen enjoying Niagara Falls

"Sure, we talked a lot," says John, "but we didn't always need to. We could communicate very clearly just by looking at one another. I was always grateful for that "telepathy" we had, but never more so than when Joy's Alzheimer's disease began to take away her ability to communicate in more traditional ways."



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All that changed when Frederick Health Hospice arrived, recalls John. Smiling at the memory, he talks about the day Joy first met Sakeena, one of Hospice's home health aides. "There is an amazing peace about Sakeena," says John. "And Joy responded to her straightaway. She had been restless and out of sorts, but that day, she permitted Sakeena to bathe her, wash and style her hair, and dress her in freshly laundered clothes. And when I saw Joy an hour later, she was just beaming."

"Our nurse, Anne, is an absolute angel, too," says John. "She is so gentle, honest, thorough, and kind. I learned to trust and rely on her. Even when Anne had difficult news to convey, she managed to communicate it to me with the greatest compassion."

Throughout their marriage, Joy and John had talked about what they wanted for funeral arrangements. They agreed on cremation, with the understanding that the surviving spouse would distribute the other's ashes discreetly in a remote spot that was likely to remain pristine and undeveloped.

In the weeks following Joy's death on July 23, 2019, John began to sense that Joy wanted modifications to their plan. "I could see her in my mind's eye—smiling, and in the perfect health she had enjoyed prior to Alzheimer's—in so many of the places we had memorable events together," he says.

John chose to distribute Joy's ashes at several of these special places: Butler, PA, where the couple



Joy and John at a wedding in Florida

had grown up, met on a blind date, and were married in 1966. Niagara Falls where they had honeymooned. A scenic overlook near Johnstown. And on the quiet shores of Presque Isle at Lake Erie, Monterey, CA, Ocean City, MD, Virginia Beach, and Jupiter, FL.

Last fall, following the route he had carefully mapped out, John distributed some of Joy's ashes at the places where the couple had made their memories. When the time comes, John has asked that his ashes be distributed in similar fashion. He has also requested that a small amount of his ashes be combined with the small amount of Joy's that remain. Then they are to be placed in an urn, which he has made, and interred together back where it all began.

"We were just two kids from a little steel mill/coal-mining town in Pennsylvania who came together and led a charmed life," says John. "We were incredibly fortunate and impossibly blessed. That continued when Frederick Health Hospice came into our lives. Words cannot express my gratitude to them."

Carlos Graveran,
Frederick Health Hospice Executive Director

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DIRECTOR'S CORNER

Carlos Graveran

Let's take a trip through time together. Back to the days when all phones came with cords attached and Madonna was only a religious icon. Before the first Space Shuttle ever flew or the word "Internet" was ever used. Before there was a CNN or MTV. Before PAC-MAN or Donkey Kong. Before Harrison Ford raided his Lost Ark, E.T. phoned home, or a DeLorean took us Back to the Future. Before there was a single woman on the Supreme Court or a deadly pandemic...called AIDS.

The year was 1980. Since then we've been on a rollercoaster of change that only seems to speed up with every turn it takes. In the White House, we've had former peanut farmers to billionaires; a professional actor to our first African American President. We've sent our best and bravest to fight in conflicts from Lebanon and Grenada to Iraq and Afghanistan, and at least six other places in between. As a nation we've shared moments of joy and triumph and suffered through economic hardships and political crises. As individuals, each of us has a story to tell of precious moments, both bitter and sweet, that have left their mark upon our journey through life.

Since 1980, Frederick Health Hospice has walked beside you every step of the way. Our mission to provide care, comfort and hope to all we serve is a reflection of the values of our community. Our dedicated team has been privileged to care for thousands of neighbors over the years during the most challenging time of their lives. With your help and generous support, no one in need has ever been turned away, regardless of their ability to pay. We are proud of the contributions we have made to our community, one family at a time.

When they look back again forty years from now, I can only guess at the technological advances and social changes we will have seen. The one thing I know for certain is that, with your continued support, Frederick Health Hospice will still be here to provide care, comfort and hope to those who need it most.

**"...the more things change,
the more they stay the same..."**

Alphonse Karr, in 1849





A Heartfelt Thank You from a Patient

Shawn entered Hospice in March of 2020. As his mobility became more difficult, the Sunshine Fund was able to provide him with a scooter so he could easily get around.

"I want to thank Frederick Health Hospice for stepping up and providing this much needed assistance until a permanent solution could be arranged. Having the ability to move around made a very real contribution to my sense of independence, physical welfare, and especially my mental welfare," said Shawn.

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

"I believe that your understanding and compassion with this issue, as well as so many of my other needs, has allowed me to thrive in what could have been a completely unmanageable period in our family's life."

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 one.

Ronald L. Adams
Lorraine E. Almerigi
Gerald R. Baker
Keefer R. Crampton, Jr.
Ronald W. Davis
Kay L. Gant
Rodiner L. Gooding

Earskine "E.J." Hall
Estrid I. Harrell
Myrtle Houser
DaEtta "Sadie" Hoy
Leo J. Martin
Adam M. Mecinski, Sr.
Rita M. Meurer

David O. Miller
James E. Miller, Jr.
Marie A. Neiderlander
Catherine L. Oswald
Mildred I. Saylor
Lyman M. Stambaugh
George M. Stickney, Jr.

John "Sandy" Sugden
Arlene M. Thibault
John "Mike" Taylor
Eugene W. Warrenfeltz
Laura G. Wilhide
Theresa M. Wrzesinski



This year's winning foursome was from J Shell Construction.

Annual Frederick Health Hospice Golf Classic Raised Over \$237,550

This event just keeps getting better! We saw new faces along with many familiar ones. Our sincere appreciation goes out to our sponsors, golfers, volunteers, friends and Maryland National Golf Club for making this our most successful Annual Frederick Health Hospice Golf Classic ever!

We are touched by the dedication, commitment and compassion shown by so many who helped us surpass our goal even in these challenging times.

A VERY SPECIAL THANK YOU TO OUR SPONSORS

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Honoring Patient Choice

by Dr. Mary McDonald,
Hospice Medical Director

The COVID-19 pandemic has been difficult for our whole community, especially for terminally ill patients and their families. Hospice has had to think “outside the box” on many occasions to balance the health and safety of our patients and their families with that of our staff and community. I’d like to tell you a story of one such occasion that I believe demonstrates this flexibility well.

Sally* had been in the hospital nine times previously, but this last time was really bad. Her lungs were getting worse. She’d been intubated in the ambulance and placed on a ventilator in the Emergency Department. After several days in the Intensive Care Unit, it had become increasingly evident that she was not going to be able to stay alive unless she remained on the ventilator indefinitely. During her previous hospitalizations, she’d told many people at the hospital that she did not want long term ventilation. She had shared this with her young adult children and they had promised to respect her wishes.

Because one of Sally’s daughters is terminally ill, she was allowed to visit her in the ICU, but no other visitors were permitted due to the COVID-19 rules. Sally really struggled with making the decision to have her ventilator support removed and to allow for a natural death unless she was able to be with

and say goodbye to all of her family and loved ones.

After Sally shared these thoughts with her Hospice navigator, one of the navigators called me with an idea she wondered if I could support. What if we allowed Sally to be transferred from the hospital to her home with the ventilator in place and removed it there? That way, all of her family and friends could be by her side to say goodbye and support each other. This is the death that Sally wanted, but it was not something Frederick Health Hospice had done before. It was the right decision for Sally, however, so we made it happen.

A Hospice nurse met me at Sally’s home to prepare for her arrival. About 15 of her family members and friends were standing outside wearing masks when she arrived home by ambulance.

After we gently moved her to a hospital bed in her living room, I removed the endotracheal tube that connected her to the ventilator while the nurse administered some medication to alleviate any discomfort she was experiencing. Sally looked around at her three children and at me and gave us a smile. Her friends came in a few at a time to hold her hand and say goodbye. Many of them cried and Sally looked at them with love and comfort. Sally died a few hours after returning home, but she had the death that she wanted.

I am humbled and grateful to work for an organization so passionate about meeting patients where they are and putting their needs first.

**Not the patient’s real name*

It Takes More Than COVID to Stop Our Volunteers

by Dianne Elizabeth, Hospice Volunteer Coordinator

Volunteers are kind-hearted people who possess a sincere desire to provide selfless service to others. Sadly, with the COVID-19 restrictions, we have been unable to utilize our volunteers for patient and family support, or for administrative assistance in the offices, since March.

What we have learned during this time of relative isolation and limited contact with one another is that our volunteers are not only caring and compassionate, they are also creative! They have continued to find unique and meaningful ways to reach out to our patients and families, those who are grieving, and even our staff to bring a little more joy to others at this challenging time.

While some of their typical duties have been on hold during the pandemic, our volunteers have remained busy:

- **Crafting homemade cards and writing letters to our patients and their families.**
- **Checking on our patients and caregivers by phone.**
- **Shopping for groceries and running errands.**
- **Organizing HosPet Therapy Animal parades outside assisted living facilities.**
- **Picking up and dropping off administrative work they did at home.**
- **Making masks for our staff.**
- **Writing cards of sympathy and support, and making phone calls to those who are grieving.**



(Top) Hospet Millie and her mom at Tranquility bringing joy to quarantined residents. (Bottom) Nicole visiting a patient's family.



Veterans Day 2020

Honoring our veterans has remained a priority despite COVID-19. At Hospice, we've found many creative ways to recognize the service of our veteran patients. While most of the traditional Veterans Day celebrations have been postponed due to the pandemic, we still honored our patients who are veterans with yard signs.

A Life Lived for Others: Remembering Pete Plamondon

Laurel Cucchi, retired Frederick Health Hospice Executive Director and current Board member, and Dr. P. Gregory Rausch, retired oncologist and former Hospice Medical Director, recently reflected on the kindness and generosity of the late Pete Plamondon, Sr. throughout the organization's 40+ year history.

"Pete was a friend of Dick Sappington, whom many will remember as a key person in the development of Hospice of Frederick County, and one of their first volunteers," said Laurel. "Dick told Pete about Hospice, and the next thing I knew, Pete was cooking hamburgers alongside Dr. Greg Rausch at one of our early volunteer picnics at Pinecliff Park! Pete was extremely busy building his restaurants, but from that day on, he always had time to meet with us as a mentor and friend."

Dr. Rausch remembers Pete as a successful businessman who never lost touch with his frontline employees. When Dr. Rausch told Pete about his conversation with a well-meaning Roy Rogers employee who kindly but prematurely offered the slightly graying oncologist a senior discount, Pete laughed heartily and said, "Oh, if that was Thurmont, that was Tilly—she's been with me for more than 20 years and is one of my favorite employees." His workforce knew how much he valued them, which inspired their love and loyalty.

Laurel recounts a poignant story about the time when Pete learned that one of his employees was having a difficult time balancing work and caring for his terminally ill mother. "Pete suggested that the employee call Hospice," she said. "The volunteers that we were able to provide to be with the employee's mother gave him tremendous peace of mind and allowed him to continue working. Pete

never forgot the value of Hospice to his employee during that difficult time and would often speak of it to me and others in the years to come."



Laurel also remembers the year when one of Camp Jamie's male volunteers had to withdraw only two days before the event, and Pete came to the rescue. "I called Pete and explained the dilemma," she said. "After checking with his wife, Lorrie, he cleared his schedule for the weekend so he could come to Camp Jamie to provide support to a young man whose Dad had died. What I didn't know until that weekend was that Pete's own father died when he was young."

According to Laurel and Dr. Rausch, Pete frequently reminded them that if Hospice ever needed anything, to let him know and he would try to help. His generosity throughout the organization's history came in the form of donations of both money (which never stopped), and food for Camp Jamie, Hospice volunteer trainings, and other events. "Pete never let us down," said Laurel. "He was always there with his kindness and generous heart."

Laurel makes a point of saying that Pete Plamondon's support of Hospice and many other organizations in Frederick was done quietly.

"His efforts and love for many certainly was a huge part of Pete's life," she says. "He was honored often, but he never did it for accolades or recognition. He did it because he was a humble man. Hospice was blessed by his friendship."

The Empty Chair— Coping with Grief and Loss During the Holidays

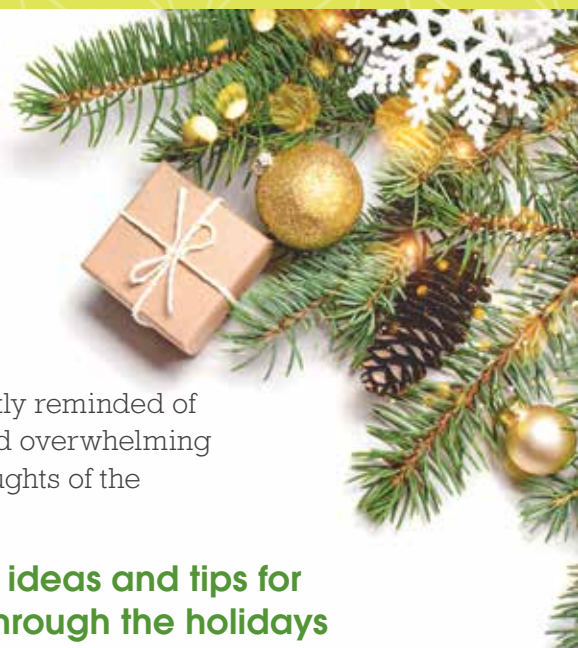
As the leaves change colors and the temperature drops, we are quickly reminded of the upcoming holiday season—a time of year that can be stressful and overwhelming even when we are not grieving. When we are grieving, however, thoughts of the upcoming holidays can feel more than just stressful; they can be agonizing and overwhelming.

It is only natural that when we are grieving the death of a loved one, we sometimes think that the holidays would be better avoided altogether. Unfortunately, store windows will still be decorated, and holiday lights and music will still fill markets and neighborhoods. Despite our best efforts to ignore them, the holidays will still come, and we will still notice them. Yet by identifying, honoring and respecting our needs, creating new rituals and traditions, speaking up for ourselves, and letting others know what feels right to us this year, we can survive, and perhaps even enjoy, the holidays.

Throughout the holiday season, acknowledging our pain—the empty chair at the Thanksgiving table or the missing family member when we decorate the tree or light the menorah—is essential. It is also important to allow ourselves to do things differently, and to give ourselves permission to have some pleasure as well. It's okay to laugh or smile, even through your sadness. Those things don't weaken your connection to your loved one; neither do they mean that you don't care, or that you're not grieving.

Lastly, have a plan. As difficult as it may be, you will likely find that it is far better to prepare for the holidays than to pretend they don't exist.

For more ideas and tips for
getting through the holidays
visit frederickhealthhospice.org



Overdose Awareness

Celebrating Loved Ones Lost to Overdose

During the month of September, International Overdose Awareness and National Recovery Month, Frederick Health Hospice partnered with S.O.U.L. (Surviving Our Ultimate Loss) to create a drive-through exhibit to honor the lives lost due to overdose.



Remembrance Service Luminaries

As part of this year's Remembrance Service, you can purchase a keepsake Butterfly Luminary to honor your loved one for \$10.00 to be displayed at our virtual service on December 10th. Fill out the form below and mail to Frederick Health Hospice, 1 Frederick Health Way Frederick MD 21701 (make checks payable to Frederick Health Hospice) or order online at <https://www.frederickhealthhospice.org/Donate-Support.aspx>

Your Name _____

Phone _____

Luminary in memory of _____

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](https://www.frederickhealthhospice.org/donate).

Your gift to Frederick Health Hospice is deeply appreciated.

Your donation is tax-deductible to the fullest extent provided by law.
1 Frederick Health Way | Frederick, MD 21701



Staying Connected...

Even though Frederick Health Hospice is currently not hosting on-site support groups, our Grief Support Network has developed several virtual alternatives to provide support for those who are grieving. There are multiple ways to connect:

Online Forum

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. Thank you for your patience and understanding.

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

This Frederick Health Hospice-supported group will meet every Monday evening on Zoom 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 "moms helping moms" and is open-ended and peer led. New members can join at any time. To register visit frederickhealthhospice.org.

Mondays 6:30-8:00pm on Zoom



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.

VIRTUAL ANNUAL REMEMBRANCE SERVICE

Due to the ongoing restrictions with COVID-19, this event will be held virtually on multiple platforms. Complete details are listed on our website at frederickhealthhospice.org.
Thursday, December 10th

CAREGIVERS SUPPORT GROUP

This grief support group is designed for those who were the primary caregiver for their loved one prior to their death. During this group we will explore and share about the issues specific to the grief of caregivers, as well as provide understanding and validation of feelings, and explore what life looks like – or can look like – after caregiving.

Beginning in January

New Group

GRANDFAMILIES SUPPORT GROUP

This group is specifically designed for grandparents who are raising their grandchildren due to the death of their child from overdose.

Beginning in February

SPOUSAL SUPPORT GROUP

An educational and emotional support group for those who have experienced the death of a spouse or a life partner. This group provides a space in which people can come together to share about their loved one, learn coping skills, and expand social support.

Beginning in February

Complete details including dates and times will be listed on our website at frederickhealthhospice.org as soon as they are available.

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

Kline Hospice House

- Baby wipes (unscented)
- Body Soap for bathing (liquid)
- Coffee
- Dishwasher detergent/dish liquid
- Gift cards: Amazon, Food Lion, WalMart
- K-cups
- Laundry detergent (HE)
- Sodas (regular, ginger ale)
- Tissues
- Trash bags (4 gallon and tall 13 gallon)
- Ziploc bags (1 gallon)

Kline House Comfort Baskets

- Fruit Snacks
- Journals
- Spearmint Mints

amazonsmile
You shop. Amazon gives.

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



Support Hospice

Personalized Angel Ornaments

These beautiful hand-blown glass ornaments tipped with 22K gold on the wings and halo can be personalized with a name and/or date. Give this lovely ornament as a gift in memory or in honor of a loved one, or place one on your own tree. Packaged in a satin-pillowed gift box, the ornaments are available for \$25 each. Beautiful gold stands are also available for \$5 each.

Ornaments and stands are both available for purchase online at frederickhealthhospice.org