

Courage Meets Comfort

Serving Frederick and
Montgomery Counties

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Volunteer Joe Nagy
visits with a hospice
patient at Sunrise
Assisted Living.

Dedication & Vocation: Volunteers Serve Patients in Active Transition

The prospect of grief and the idea of hospice are topics that many people face with apprehension – and yet, there are a special few who experience end-of-life care as a calling. Some of our hospice volunteers have such a love for this work that they visit patients who are in active transition, providing compassionate presence during this critical and sensitive time.

Joe Nagy has been volunteering with Hospice since 2021 and says that he does it “in order to be a blessing to others” and because he “feels compelled.” As a hospice trained doula, he’s always open to serving transitioning patients.

Joe Monello, whose three daughters had been watching him around the clock, was one patient Joe developed a special connection with. As he was nearing transition and the daughters became exhausted, Joe stayed with Mr. Monello from 8 pm to 8 am five nights in a row. Finally, on the last night when the daughters were away, Mr. Monello died. Like many volunteers who sit with patients in transition, Joe had been there to ensure he wasn't alone.

“I also prayed and played worship music with the family,” Joe says. “They were grateful for that care and support.”



All of these hospice volunteers have one message in common: just how much of an honor it is to be part of this “incredibly intimate moment,” as Dave Selby puts it, in someone’s life. As Joe Nagy says, he serves the dying because, for him, it’s a way to “love others” — one of the most powerful and meaningful ways we can be present for another person.

Dave Selby & Judy Williams, both Hospice music comfort volunteers, took turns at the home of patient Judy Johns in the time shortly before she died.

“Dave and I knew that music was a joy to her, especially Loretta Lynn and Patsy Kline. The family was so welcoming and appreciative every time we came. She had bedside music every day for the last week of her life.”

Julie Ferguson, a HosPet volunteer, works with her trained therapy dog Isabella (“Izzy,” a Cavalier King Charles Spaniel) to bring comfort to dying patients.

“It’s amazing how intuitive she is,” Julie says. “Her first patient visit was with a best friend’s mother, and she immediately backed into her arms when I put her on the bed. She just knew.”

Julie, who received her Thanatology certificate from Hood College, describes how she knows that we “labor out of” life in much the same way that we come into it, and how pets can settle the nervous system during the anxiety of this transition – for patients and families.

Izzy, as a companion, brings her own family joy, and Julie is consistently amazed at how gentle and responsive she can be to dying patients – often placing her paw gently across the stomach of a patient in transition.



(Above) Judy Williams (right) performs with other music comfort volunteers Nikki Moberly and Jos Hindriks at Kline Hospice House. (Top Right) Music comfort volunteer Dave Selby performs on the hammered dulcimer. (Right) HosPet volunteer Izzy (pictured) & caregiver Julie Ferguson love to visit and bring cheer to patients.

Making an Impact Beyond the Bedside: A Message from Director Korey Cobb

When people think about hospice, they often picture the care provided at a patient's bedside. That care is at the heart of what we do, but our impact reaches much further.

Every day, our team supports patients, families, caregivers, healthcare partners, and the broader community. We help families navigate difficult decisions, provide caregivers with education and reassurance, offer grief and bereavement support, and work with community partners to increase understanding of the resources hospice can provide.

One of our greatest opportunities is helping people understand hospice earlier. Too often, families are introduced to hospice when they are already facing a crisis. Earlier conversations can give patients and families more time to benefit from symptom management, emotional and spiritual support, caregiver education, and coordinated care focused on comfort and quality of life.

Each of us plays a role in that impact. Every conversation with a family, physician, community partner, or neighbor is an opportunity to increase awareness and help someone better understand hospice care. By strengthening relationships throughout the community and creating opportunities for education, we can help people feel more informed and prepared when difficult decisions arise.

Our work creates a ripple effect. When we support a patient, we support a family. When we educate a caregiver, we strengthen their ability to care for someone they love. When we build trust within the community, we help people make informed decisions about the care that is right for them.

Our goal is to expand the reach and impact of hospice care, ensuring that every patient and family who could benefit has the opportunity to understand, access, and experience the full support hospice can provide.



Korey Cobb
Frederick Health Hospice
and Palliative Care Director

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CNA Martha McPherson makes a floral arrangement for patients at the Kline House.

Hospice Snapshot: The Work of a CNA

The hospice team surrounding every patient is made up of many roles – from social workers, to registered nurses, chaplains, volunteers, and more – but one of the strongest and most consistent roles is the CNA (Certified Nursing Assistant). While a Registered Nurse (RN) might oversee and direct a patient's daily care, CNAs are the faithful "boots on the ground."

CNAs ensure that patients are guided through some of their basic needs, especially tasks they no longer may be able to do themselves:

- Bathing
- Shaving
- Toileting
- Getting dressed, etc.

CNAs often develop personal connections with their patients and make sure they can participate as actively as possible in their lives. Meghan Jackson, a Hospice CNA, remembers a time when she was dispatched to a patient whose daughter was getting married.

"I went to this gentleman's house on the day of the wedding because his regular aide wasn't available," Meghan says. "We got him cleaned up, showered, shaved, and dressed while the bridal party was there with him making memories."

The patient was able to attend his daughter's wedding and walk her down the aisle only a week before he ultimately died. "I still reflect on how meaningful it was for that family to have him present and able to be there for that," she says.

Meghan adds that CNA duties often vary from patient to patient, and that overall, CNAs often become patients' greatest advocates.



CNAs are indispensable team members in making hospice a positive, comforting, and peaceful experience for patients and families. They give their best and most attentive selves every day.

Annual Community Remembrance Service

**Thursday, Dec. 3, 2026
at 7:00 PM**

**Monocacy Valley Church
9861 Old National Pike, Ijamsville, MD 21754**

Anyone who has experienced the loss of a loved one and wishes to commemorate their life during an evening of music, candlelight, and personal reflection is warmly invited to attend this special evening. We welcome the families of those we have served, as well as those in the community who have lost a loved one.

Part of the Remembrance Service includes a photomontage to commemorate our loved ones we have lost.

If you wish to participate in the photomontage, please complete the registration form by **November 20, 2026** either:



Online - scan the QR code to submit the form and upload a photo of your loved one.

By Mail* - Complete the form to the right and mail to:

ATTN: Bereavement
Frederick Health Hospice
1 Frederick Health Way
Frederick, MD 21701

*Please include a self-addressed stamped envelope if you would like to have your physical photo returned.

For any questions about this event, please email griefsupport@frederick.health or call 240-566-3030.

Your Name

Phone

Email

Name of Person in Your Photograph

Relationship to You

Date of Birth (Month, Day, Year)

Date of Death (Month, Day, Year)

List up to Five Things Your Loved One Enjoyed
(For Example: Fishing, Baking, Dogs, Traveling)

In Memoriam

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

Maria Elena Addington
Kenneth Duane "Dewey" Ableiter
Oliver "Sy" Hall Bartlett, Jr.
Thomas Beavers
Philip "Phil" Allan Berkheimer
Joanne D. Blackburn
Kathleen Dempsey Borek
Carolyn Joy McCall Brown
Benny Libert Canino
Benjamin Larry Clements
Clarence Winston Crockett
Shirley Ann Derflinger
Rowan Dougherty
Hazel Mae Finneyfrock
Celia Fraley
Ralph "Bob" Gouker
Robert "Bobby" Julian Harris
Owen "Lee" Hawes
Mary Jean Herber
Carol Lee Humerick
George Roland "Chip" Jae
Linda Jones
Mary Josephine "Mary Jo"
Claire Ann Ward Kondig
Courtney "Buck" Layton
Frances Latham Lynch
Helen Mary Maleady
Amy Suzanne Masley
Earle Bishop Meek
Bonnie Wastler Nikirk
Nancy Wenner Orndorff
Gordon Lee Polley, Sr.
Alton Lee Reed
Christine Elisabeth Richards
Carol Ann Sheffler
Heloise "Elly" J. Shyman
John William Sims, Jr.
Roy "Doc" Franklin Smith, Sr.
Mary Charlene Snyder
Thomas Edward "Tuck" Stockman
Robert F. "Bobby" Sweeney
David J. Swencki
Ernest "Ernie" Travers
Cynthia "Cindy" Smith Williams

Lifting Others, Inspiring Hope

The Delaplaine Foundation and Board President Marlene Young recently gifted the kinetic sculpture, "We Rise by Lifting Others," to its permanent home at the Kline Hospice House. Created by artist Kirk Seese and collaboratively designed by Young, the sculpture previously anchored the Carroll Creek Art Promenade for three years. Transported with help from the Rotary Club of Carroll Creek, its moving pieces now stand as a beautiful symbol of compassion to comfort patients, families, and staff.

This donation perfectly aligns with the foundation's dedication to both the arts and healthcare. Beyond visual installations, the Delaplaine Foundation also proudly supports the Hospice Music Therapy program, recognizing music as a vital tool to reduce patient pain and bring emotional comfort to families during end-of-life care.



(From left to right) Angie Casterlin, Development/Marketing Manager, Frederick Health Hospice; Deb Powell, Chair of the Carroll Creek Kinetic Art Promenade Executive Committee; Korey Cobb, Director, Frederick Health Hospice and Palliative Care; Blair Wilson, Director of Grantmaking, The Delaplaine Foundation; Marlene Young, President of the Board of Trustees, The Delaplaine Foundation; Michele Prevost Corr, Executive Director Delaplaine Foundation; Cheryl Cioffi, President and CEO, Frederick Health; Neal Fay, Member, The Rotary Club of Carroll Creek; Sharon Jacko, Past President, The Rotary Club of Carroll Creek; Kate Burke, Senior Development Specialist, Frederick Health Hospice



Hospice & Music Therapy: How It Helps

When we're well, music is such a constant part of life that we don't often stop to consider its therapeutic potential. For hospice patients, however, regular music therapy can make an enormous difference and be a key source of comfort and peace.

Melanie Jessop, Hospice's resident music therapist, has seen firsthand the effect that music engagement can have on patients, even those who are nonverbal or limited in communication.

"Music therapy can do everything from calming and settling breathing rates to actually encouraging expression and movement," Melanie says. "A patient who passed recently would get up and dance to her favorite '60s music when I began seeing her, and I had another 97-year-old patient who would 'dance' to big band music even in bed."

Melanie offers each patient a variety of instrument choices from her therapist's bag, tailored to the type of music they like and to their care plan. She also sings. Before beginning therapy for each patient, she talks to family and the patient's social worker to learn more about their favorite music and songs.

"Even as people are transitioning, music can have a profound effect, because we know that hearing is the last sense to go," she says. "It can actually

trigger memory in dementia patients, and it provides a sense of familiarity, comfort, and connection."

Another key benefit of music therapy, Melanie says, is to encourage a patient's life review, help them make sense of their memories, and build connection among families. "Even patients' loved ones aren't always sure what to do around a bedside, and singing and listening to music offers an activity and opportunity for connection together," she says.



Hospice's vibrant music therapy program is made possible by a grant from the Delaplaine Foundation, in addition to donations from friends of Hospice. To learn more, visit frederickhealthhospice.org/services/music-therapy/.

Behind the Seams

by Leslie Strongwater, Volunteer Services Administrative Assistant

Launched in 2010 by Volunteer Services Coordinator Dianne Elizabeth, Hospice's comfort crafting program provides patients with unique, handmade gifts to remind them how special they are. Whether it is a patriotic quilt handsomely sewn for a veteran or a playful handmade octopus, these comfort crafts are created by compassionate volunteers who dedicate their own time and resources to every single stitch.

Many volunteers are driven by personal history. Shirley Harrison of Adamstown joined the program after a New Jersey hospice gifted her father a beautiful lap blanket for his 100th birthday. Today, she pays it forward, hoping her blankets create lasting memories for families while honoring her father's legacy. Similarly, Barb Knoff has crafted 52 blankets, often keeping veterans in mind to honor her family's extensive military history, which dates back to a great-grandfather who served in the Union army at Gettysburg.

Bright, soft blankets, shawls, and afghans regularly arrive in the Volunteer Services mailbox like magic. These meticulous pieces take months to complete, and the timing of their arrival is often perfect. Recently, an anonymous donor with a connection to the Kline House dropped off a large cart filled with patriotic veterans' quilts just as supplies were running low. Once received, Volunteer Services hand-wrap each item with a special note. Nurses, CNAs, social workers, and volunteers then distribute them directly to patients.

For the crafters, the process brings its own rewards. Shirley shares that crafting helps clear her mind and keeps her fingers busy, while Cindy Hollman notes that she simply hopes her items get so much use they eventually fall apart. Bonnie Hagerman, founder of the nationwide organization Care Wear Volunteers, Inc., emphasizes that making a difference in a patient's life is a deeply rewarding opportunity.



Interested in joining?
Local groups like Care Wear, Clustered Spires Quilt Guild, Senior Center Knitters, and Stitches of Love Crochet Group offer great ways to connect. Email lstrongwater@frederick.health to get involved.



(Left) Just one of the many veterans' quilts donated to the Kline House recently. (Right) Volunteer crafter Cindy Hollman, shown here with her specialty, octopi fidgets!



Understanding Donor-Advised Funds: And Why Open One?

Presented by Shabri Moore, CFP®, AIF®

Charitable giving is an important piece of many individuals' financial and estate plans. Beyond the tax advantages offered by charitable donations, many people have personal reasons for giving to charities. A number of vehicles are available to facilitate charitable giving, apart from a straight gift of cash or property to an institution. To help you decide how to incorporate charitable giving into your estate plan, let's look at one popular option.

Donor-Advised Funds

A donor-advised fund is managed by a public charity for the purpose of distributing funds to other charities. The donor makes gifts to the fund throughout their lifetime and may make suggestions regarding the distribution of the assets to specific charities.

A contribution to a donor-advised fund is generally tax-deductible in the year it's made. If cash is donated, the maximum deduction is typically capped at 60 percent of the donor's Adjusted Gross Income

(AGI). If a donation of highly appreciated assets is made, the deduction is typically capped at 30 percent of the donor's AGI.

A donor-advised fund may be an excellent vehicle for those who wish to donate a moderate to large amount of capital. The startup costs are usually low, and the minimum donation is generally \$5,000 to \$10,000. With many of these funds, the donor can advise the fund to make grants to multiple charities or to a single charity. Additionally, many funds do not have a minimum annual grant amount, which means that the donor's principal may grow tax-free over time.

Shabri Moore, CFP®, AIF®, Moore Wealth
50 Carroll Creek Way, Suite 335 | Frederick, MD 21701
301.631.1207 | www.moorewealthinc.com
shabri@moorewealthinc.com

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Coping with the Holidays Workshops

Thursday, November 12, 2026

Day: 1:00–3:00 PM or Evening: 5:30–7:30 PM

1 Frederick Health Way, Frederick, MD 21701

If interested, please register for ONE of the workshops by emailing griefsupport@frederick.health or calling 240-566-3030.

Your Gift Matters

Community fundraisers like the Miles for Mercy Poker Run (page 11), Car Shows, or Pawpalooza (pictured here), directly provide the resources needed for patient comfort, grief support, and specialized therapies. These collective actions transform ordinary days into moments of profound dignity and peace.



☐ **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





New Grief Support Groups for 2027

Check our website at any time for a list of current and upcoming support groups.

Sibling Loss Group

Tuesdays, March 2 - April 27, 2027

This 8-week support group is for any person who has lost a sibling. Whether the loss occurred in childhood or more recently, sibling loss can often be overlooked and might not be fully seen by others. We will provide space and time to process each person's loss with others who can provide understanding and validation of your experience.

Spousal/Partner Loss Group for Young Widows/Widowers

Tuesdays, August 3 - September 21, 2027

This 8-week support group is for any person age 54 or younger who has lost a spouse/partner. In this age-specific grief group, we will provide space to process the loss of each person's spouse/partner, especially specific issues that arise when that loss occurs earlier in adulthood. This group's primary focus is the understanding and validation found through peer support. Additionally, the group facilitator will provide education about therapeutic tools and strategies for group participants.

Show Your Support!

Motorcycles and Poker to Support Hospice

The 2nd Annual Miles for Mercy Poker Run hits the road in Frederick, Maryland on Saturday, October 17, 2026 (Rain date: October 24).

This sanctioned AMA motorcycle event is organized by American Iron Speed-n-Cycle and 100% of proceeds directly benefit Frederick Health Hospice programs.

The scenic ride winds through Frederick County with stops at Rosie Cheeks Distillery, The Greenhouse Cafe, and Red Shedman Farm Brewery. The best hand wins a \$500 cash prize.

The event will conclude at Lewistown Social Club with the Miles for Mercy After Party &

Final Card Cruise-In, featuring the final card draw, sponsor tables, raffles, food, music, a car show, and a public-friendly gathering to continue raising support for Frederick Health Hospice.



Visit americanironspeedncycle.com to register online or view full route details.





frederickhealthhospice.org

1 Frederick Health Way | Frederick, MD 2170
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A New Perspective on Aging

Thursday, October 22, 2026

4:30 – 6:30 PM at Frederick Health Village

Wish List

Kline Hospice House

- Gift cards (Walmart, Food Lion, Amazon)
- For links to specific items needed, visit 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.



**frederickhealthhospice.org/
wishlist**

Join us for an innovative and engaging evening with nationally recognized aging expert, Steve Gurney, founder of the Positive Aging Community.

Topics will include:

- Solo Aging
- Aging in Place or Finding a New Space
- Innovative Solutions to Support Independence and Well-Being

This event is co-sponsored with:



RSVP Appreciated

Carole Luber at cluber@rahmd.net or
Leigh Cadle at lcadle@frederick.health

