



Living Every Moment with Care, Comfort and Hope



Alberta Hawkins shares a sweet moment with a Wags for Hope therapy dog during a visit to Daybreak.

Daybreak Adult Services Brings Patients Joy & Caregivers Peace of Mind

Hospice has a variety of partners that help support patients in the community, but a particularly long-standing and special relationship has been with Daybreak Adult Services.

Christina Forbes, Director of Daybreak since 2008, says that the two organizations have been working together for "as long as she can remember." The adult day center's mission of providing attentive daytime care for seniors alongside opportunities for fun and socialization perfectly aligns with Hospice's goal of cultivating joy, comfort, and positive experiences even at end-of-life. "We find that time at Daybreak can bring patients happiness that they might not have otherwise," Christina says. "It takes some of their focus off of illness and related worries."

Hospice often refers patients to Daybreak when they would benefit from additional social time, or when it would be a help to family caregivers who need a break. "Hospice nurses visit and communicate with our nurses,"

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Helga Ebel enjoys a peaceful moment in the Daybreak courtyard. She also receives compassionate care through our hospice services.

Korey Cobb

Frederick Health Hospice
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Christina says, "and both groups communicate with the family about their loved one's status each day. We have a bus service—we provide transportation – we can dispense medications and offer daily care procedures, and we also serve meals and snacks.

Every day we have activities, and patients get the opportunity to interact. Even for hospice patients, as long as they can still be engaged, it works."

Margie Donnelly is the daughter and caregiver of hospice patient Helga Ebel, who has been attending Daybreak for four years now. "She entered hospice about six months ago," Margie says.

Helga copes with some end-of-life challenges, such as dementia and vertigo from strokes, but the Daybreak program has been supportive for her and for Margie's role as caregiver. "Because of the way my house is laid out, and her mobility issues, I can't shower her at home," she says. "Her hospice aide visits at Daybreak and gives her a full shower once a week."

Robert Hawkins's mother Alberta attended Daybreak for almost ten years, even as she was in and out of hospice during the last few years of her life. "When we first started her at Daybreak," he says, "she had been receiving in-home care, and her world had become very small. Almost immediately she started to come out of her shell again. Just the opportunity to get out of the house more regularly and have social time made a huge difference. We can't say enough good things about the Daybreak program."

Alberta also loved the Daybreak activities. Before her dementia became too advanced, she participated in gardening, music, dance, and quilting, to name a few. As a family caregiver, Robert appreciated the scheduled time to grocery shop and catch up on things around the house. He says he was consistently impressed by the facility staff and had peace of mind in his mother's care time there.

The long-standing partnership between Frederick Health Hospice and Daybreak Adult Services offers patients not just care, but meaningful connection, joy, and support for families during some of life's most challenging times.



Join Us in Welcoming Our New Director, Korey Cobb

Frederick Health Hospice is excited to announce that Korey Cobb has joined as its new Hospice Director, only the third director its founding in 1980.

Heather Kirby, Vice President of Integrated Care Delivery & Chief Population Health Officer at Frederick Health, helped lead the search committee for the new director. "Korey's strong background in executive leadership and business development, combined with his passion for healthcare, will position him well to lead hospice's efforts in Frederick and Montgomery Counties," said Kirby. "He prides himself on creating a positive team culture, a strong community involvement, and volunteerism."

Cobb recently served as the Chief Operating Officer of Healthworks for Northern Virginia, a Federally Qualified Healthcare Center in Leesburg, VA. He has served as the Chief Operating Officer at Rehab2Perform and as Director of Operations at MMI, both in Frederick County.

"Joining Frederick Health as the Director of Hospice is deeply meaningful to me," said Cobb. "Frederick has always been more than just a community - it is home. I am committed to ensuring that every family has access to compassionate, dignified care when they need it most. Together, we will continue building a future where every individual and family receives the support, they need during some of life's most important moments."

A graduate of the Frederick County Chamber of Commerce's 2023 Leadership Frederick class, Cobb remains actively involved with the program. In 2021, he was named an outstanding young professional in the Frederick County Office of Economic Development's "Top 50 Under 40" list.

Cobb earned his bachelor's degree from Frostburg State University in Frostburg, Maryland, and his MBA from Mount St. Mary's University in Emmitsburg, Maryland. He currently serves on the Board of Associates at Hood College and remains actively involved with several nonprofit organizations that support the Frederick community.

Show Your Support for this Sellout Event!

Frederick Health Hospice 2025 Golf Classic

Thursday, September 25, 2025 | 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.

TOURNAMENT SPONSOR



Become a Sponsor!

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

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

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:

Judith A. Allen
Robert J. Baez
Barry K. Brouse
William J. Coffey
Elizabeth "Bette" Cuddahee
Audrey L. Demaris
Dolores H. Dreis
Scott E. Ehlman
Harriet A. Embrey
Dorothy F. Ferruzza
Richard Getrich
Cecil "Sonny" Grubbs

Philip J. Kaufman
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Melvin W. Tucker
Frances G. Turley
Rebecca A. Twigg
Ida M. Werner
David B. Wetzel



John's brother, Edward, with HosPet Steeler at the Kline Hospice House in 2017.

Honoring Family, Supporting Community: John Verbus's Hospice Commitment

When Hospice Board President John Verbus joined the board in 2018, the organization was hardly new to him. John served as Frederick Health Hospital's COO from 2007 until his 2018 retirement, and he supervised Hospice's executive director. Still, it was a welcome chance to work more closely with an organization that had been important to him not only professionally, but personally. Hospice has given much to John and several family members.

Having been engaged with hospice as a field for much of his career ("In graduate school, my first project was actually to do a presentation about hospice care," he says), he lived through several personal experiences with hospice during his time as Frederick Health COO.

His father passed away in 2009, his mother in 2013, and his brother in 2017 – all at Kline House. That's a lot of loss for anyone, but John says that Hospice made the critical difference.

"My family's pain was managed, we had plenty of visits and even some happy moments," he recalls. "I can't say enough about the value of that experience... all of them had a 'good death.'" Kline House provided such a service to their family that as John's brother began to decline, he agreed to move all the way from California to receive his end-of-life care in Frederick.

John feels it's only right that he give back to this organization that has been a rock during some very difficult times. He also hopes to spread the word about hospice and generate more understanding in the wider community. "Not enough people understand what hospice is really about and the benefits it offers to patients who are suffering – sometimes not even doctors and practitioners. I would love for more families to experience the level of care that Hospice provided to my loved ones," he says.



Helping Students Heal

Did you know that the Hospice bereavement team provides individual grief counseling for Frederick County Public School students?

Today, through a state grant, grief counselor Laura Fernandez, LCPC, is solely dedicated to providing in-school grief counseling. Laura supports both Spanish- and English-speaking students. She has been able to see 46 students for a total of 221 sessions so far this school year (SY 2024-2025). She travels to 24 different schools in the county. In a continuing trend from last school year, Laura has seen a racially diverse group of students (see graphs).

A significant number of students have had a primary loss (parent or sibling) and several students have lost their loved one from a traumatic death such as overdose, suicide, or homicide. Often students are referred to the Camp Jamie program, grief support for grades 1-12 for continued support; campers can also be referred to the in-school grief counseling, creating wrap-around services for grieving students. Hospice plans to continue this vital work to support grieving children in the community.

Bereavement services are offered at no charge to anyone in the community and are funded largely through grants and donations.

Race of Students Served



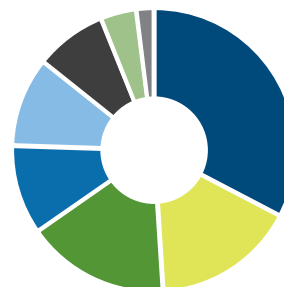
- White/Caucasian
16 students
- Black/African American
15 students
- Mixed/Biracial
9 students
- Hispanic
5 students
- Indian/Asian
1 student

Grade Level of Students Served



- Elementary
13 students
- Middle School
12 students
- High School
20 students

Loved One's Cause of Death for Students Served*



*Students may have multiple losses and appear in multiple categories.

- Cancer
16 students
- Overdose
8 students
- Heart-Related
8 students
- Suicide
5 students
- Illness/Medical
5 students
- Accidents
4 students
- Homicide/Murder
2 students
- Miscarriage
1 student

ESPC's Caregiver Conference & Elder Expo This Fall!

Finding aging resources can feel overwhelming, but Frederick's annual Caregiver Conference & Elder Expo makes it easier by bringing organizations, resources, and educational seminars together in one place each fall for seniors, caregivers, and their families.

Hosted by the Elder Services Provider Council (ESPC) of Frederick, the event will celebrate its 30th anniversary in 2025, having grown to welcome 700 seniors and nearly 70 exhibitors in 2024. Organizers say the Elder Expo offers a truly comprehensive look at local elder services.

The event features attorneys, long-term care experts, physical therapists, exercise and nutrition resources, free health screenings, and on-site flu vaccines for seniors.

Caregiver Conference (Wednesday, October 8, 2025):

An evening of resources, education, and expert support for family caregivers. Doors open at 4 PM; seminars run from 6–8 PM with Q&A after each session. Free registration required; boxed dinner provided.

Elder Expo (Thursday, October 9, 2025):

This day-long event connects seniors, healthcare professionals, and service providers with a resource fair and educational seminars from 9 AM–2 PM. Boxed lunch provided; no registration required.



**Join us at Frederick Health Village
(1 Frederick Health Way)! Save the dates
and find the latest details on registration,
seminars, and guest speakers at
ESPCFrederick.com.**

Connecting Through Faith in Montgomery County



Hospice Chaplain Wes Parks

Wes Parks serves as Hospice's Chaplain for Montgomery County. He has recently been blessed with the opportunity to expand from home visits to a partnership with a facility in Olney. Kimberly Thompson, the activities director at HarborChase at Olney, worked with Pastor Wes for a few years at the Frederick Spring Arbor facility. She was more than happy to invite him to serve in Montgomery County when she transferred there several months ago. "I've always really enjoyed working with Pastor Wes," Kimberly says.

Wes' work with Cadence is part of Hospice's growing partnership network. "HaborChase didn't yet have a Protestant non-denominational Bible study," he says, "so I was able to connect with Kimberly to begin offering weekly Christian fellowship for residents." Wes says he gathers a group of up to five or six residents every week, and they participate not only in Bible study but in sharing feelings, life updates, and praying for and encouraging one another.

Speaking on the value and the support the sessions have added to the HaborChase community, Pastor Wes says that many of the participants were active in home churches that they now are unable to visit nearly as often. The Bible study provides an important grounding in emotional support and spiritual life. Pastor Wes's fellowship in Montgomery County joins a list of about five other fellowship groups he holds in facilities in Frederick.

"What I always enjoy most is building relationships with these residents, learning about their families, and praying with them," he says.



Show Your Support!

Community events like these bring both awareness and generous support to Frederick Health Hospice. Whether it's classic cars, golf outings, poker or jewelry for a cause, we're thankful to everyone who gives back in such meaningful ways.

**Twisted Rodz 3rd Annual
Rally in the Back Alley Car &
Truck Show**
August 9, 2025
(Rain date: August 10)
9:00 AM – 2:00 PM
Frederick Health Village

Join us for a day of classic cars, custom trucks, music, food trucks, and more! All makes, models, and years are welcome! Email twistedrodzofmaryland@gmail.com for more info.

**40th Annual Rose Hill Manor
Vehicle Show**
Saturday, August 16, 2025
(Rain date August 17)
8:00 AM - 2:00 PM
Rose Hill Manor Park,
Frederick, MD

The Francis Scott Key Antique Car Club invites you to mark your calendar for this annual event that helps to support Hospice programs.

**American Iron Speed-n-Cycle
Poker Run**
October 4, 2025
(Rain date: October 5)

Ride through Frederick and Washington Counties, stopping at select local businesses to collect playing cards. At the end of the run, the rider with the best poker hand wins! For more information, email info@giveeraip.com


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Hospice



Blue Quartz - Frederick Health Hospice
\$30 each | 100% proceeds go to Frederick Health Hospice

Em(Brace)let
giving back program

Colonial Jewelers Hospice Em(brace)let

Support Hospice and add a meaningful bracelet to your collection. **100% of the profits from the sale of this beautiful Em(brace)let will go directly to support Frederick Health Hospice.** This Em(brace)let is a lovely way to honor a loved one or friend and also makes the perfect gift for someone special.

Purchase online at colonialjewelers.com/embracelet or in person at the Colonial Jewelers store in downtown Frederick.

Colonial Jewelers
1 South Market Street, Frederick, MD 21701
(301) 663-9252



A heartfelt thank you to Dublin Roasters Coffee for hosting a recent fundraiser in support of Hospice care. Your generosity helps ensure that compassionate programs—like grief support, music therapy, and veteran services—continue to uplift our patients and their loved ones.

(Pictured: Kate Burke, Hospice, and Serena Roy, owner of Dublin Roasters Coffee.)

Your Gift Matters

Beloved programs like We Honor Veterans, Music Therapy, community grief workshops, counseling, and Camp Jamie receive no insurance reimbursement at all.

Thankfully, caring people like you bridge the gap. Because of you, our patients and their families receive the broadest array of services possible. Because of you, hospice care is more than comfort—it's connection, dignity, and meaning.

Your gift today ensures that every moment counts—for those we serve, and those who love them.

☐ 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

The bereavement team hosts several support groups, workshops, and events throughout the year available in Frederick and Montgomery Counties. These are for adults only and are usually held in-person.

If you are looking for a support group for a specific type of loss, please contact us about your needs. Call 240-566-3030 or email griefsupport@frederick.health. There is no charge for these events.

We also regularly update our website with upcoming groups and events:
frederickhealthhospice.org/grief-loss/support-groups-workshops/

Now Accepting Applications



Camp Jamie (Grades 1-8)
One Day Camp: September 28, 2025
Thorpewood Retreat Center
Thurmont, MD

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



In Memory of our treasured friend, Elaine Junker

At Hospice, working with death and grief is a daily thing. It's a major part of all of our job descriptions, yet that does not ease our heartache when someone from our team dies. Elaine was a cherished and irreplaceable member of our team. The love and time she poured into her work as a volunteer was abundant, touching countless lives throughout the community for over 25 years. We will miss her greatly, but we will never cease to feel her presence.

Join Us for The Bucket List Book Club

Held Monthly, 2:00 PM - 4:00 PM

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

in partnership with



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 (Spic 'n Span)
- Trash bags (4/8/13/30 gallon)
- Toilet bowl cleaner
- Gift cards (Walmart, Food Lion, Amazon)
- New men's t-shirts (sizes: M/L)
- New women's nightgowns (sizes M /L)
- New extra long fitted twin sheets (white)
- Kleenex facial tissues

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 2025 Golf Classic

September 25, 2025

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