The Joy of Giving

“Until you are touched by Hospice, it may be hard to understand why you should support it. But once you see what a positive impact Hospice makes, you quickly understand the value this organization offers to patients and families.”

That’s what one of our Hospice volunteers and donors recently said when we asked her why she contributes regularly to Hospice of Frederick County. Hospice relies on the generosity of its friends and neighbors because insurance does not pay for many of its special services—such as residential care at the Kline House and bereavement support.

In 2012, Hospice of Frederick County created the Plan for Living campaign to raise $5 million. Interest income generated by this money will help pay the bills at the Kline Hospice House, and underwrite the wide array of support services offered to those who are grieving.

Here are just a few stories from some of our friends about why they support Hospice:

“We had a very good friend who was dying, and had Hospice in his home. It was a wonderful gift for him to be able to be at home, where friends and family could surround him 24/7. My 3-year-old son could also visit—something that may not have been possible if our friend had been in the hospital. Before that, I only thought of death as a lonely,

Room and Board is $200 a day, not covered by insurance and offered on a sliding scale.

The Kline House has served more than 4,300 patients and families.

Donations make it possible for grieving kids to attend Camp Jamie at no charge.

continued on page 2
In Memoriam
During the last quarter, the families of the following individuals suggested that donations be sent to Hospice of Frederick County in memory of their loved ones. Their generosity at such a difficult time for them personally helps assure the availability of quality care for all.

Adam Gaudreau
Alice B. Slater
Alice F. Binnix
Alice L. Schmidt
Anna K. Layman
Arlena B. Clark
Aubrey L. Stottlemyer
Bernard T. O’Brien
Betty E. Blentlinger
Betty Lou Miller
Carol A. Manley
Clara L. Graham
Col. (Ret.) Frank J. Petrilli, Jr.
Dorothy E. Facinoli
Dottie L. Cutsail
Edith Buckley
Elaine C. Chaney
Elsie E. Crouse
Eugene R. Wines, Sr.
Florence M. Martin
Francis M. Orndorff
Gail L. Miller
George W. Neumann
Ivan Hensley
James M. Sutphin
James Waugh, Jr.
Jean M. Osretkar
Joanne E. Baker
John J. Curtis
John W. Hoffman
Lawrence Watson
Marjorie D. Smyth
Mary A. Ramsburg
Mary E. Summers
Matilda A. Taylor
P. Jean Davis
Raymond F. Mathews, Sr.
Richard H. Frye
Richard L. Snurr
Shelby J. Parks
Theresa L. Fisher
Thomas E. Hotchkiss
William R. Duffy
Wilma J. Blackburn

Nicole Orr

The wonderful people of Hospice of Frederick County took care of my wife, Sonja, for the last 10 months of her life. They came in at one of the darkest, most difficult times in our lives, and established a routine of constant care and support. What they gave us was far beyond a “helping hand.” They gave us a level of care and support that I never knew existed, and I certainly never expected. I contribute to Hospice and volunteer my time in an attempt to give back in some small measure what was given to me.” — Joe Brotman

Bobby Rickman

Thanks to the generosity of these supporters, and many others like them, we have already raised $2.6 million in cash and pledges. To make a donation, call 240-566-3030, or visit hospiceoffrederick.org.

For a complete update on the Plan for Living campaign, please see page 3.

Medical Matters from Dr. B
by Dr. Eric Bush, MD, Rph, MBA,
Medical Director, Hospice & Palliative Care

Dyspnea is the subjective (patient’s perception only) complaint of shortness of breath. It is unrelated to a patient’s oxygen saturation. It can have many causes (cancer, heart failure, emphysema and others.) It can be treated with many interventions:

Pharmacologic (medicines):
• Opiates (Morphine, oxycodone, dilaudid, fentanyl, etc.)
• Steroids (Dexamethasone and prednisone)
• Anxiolytics (Lorazepam, diazepam, etc.)
• Nebulizers (Albuterol and ipratropium)

Non-pharmacologic:
• Fan blowing on the patient
• Supplemental oxygen (some limitations)
• Cool foods

• Cool environment
• Elimination of allergens (Pet hair, dust, dander, etc.)
• Providing a relaxing environment for the patient
• Guided imagery/diversion

Some signs a patient may be getting short of breath although they deny subjective dyspnea include:
• Difficulty breathing with talking or minimal exertion
• Use of accessory muscles of respiration (muscles in the neck and chest not normally used for breathing)
• Tachypnea (a faster breathing rate than normal—greater than 20 breaths per minute)

When recognized and treated with a multidisciplinary approach, dyspnea can be less of a burden on a patient and his/her loved ones.
YOU TOO CAN LEAVE A LEGACY

A carefully planned gift has the power to create a legacy that will touch the lives of future generations of patients and caregivers well beyond your lifetime. By becoming a member of the Living Legacy program, you will help to assure the availability of Hospice of Frederick County’s services for years to come. As a member, you will help bridge the financial gap Hospice faces each day, and ensure that family members, friends and neighbors continue to have access to these services—regardless of their ability to pay.

You can do this by joining others in our community who have already created a personal legacy by making Hospice the recipient of a planned gift. Membership in the Living Legacy program is open to anyone who makes a planned gift to Hospice of Frederick County—regardless of the size of your gift. You can leave a legacy using any one of these financial assets:

- Bequests in a Will
- Charitable Gift Annuity
- Charitable/Annuity Trusts
- Gifts of Life Insurance
- Gifts of Retirement Assets
- Real Estate/Stocks

If you are interested in supporting Hospice of Frederick County with a planned gift, you may want to speak with your financial advisor. You are also welcome to contact our Hospice Development Office at 240-566-3036. We have a Planned Gifts committee comprised of estate attorneys and financial planners who are available to assist you.

LAW CLERKS RAISE $7,300 FOR CAMP JAMIE

One of the Plan for Living campaign’s goals is to provide funding support for Hospice’s bereavement programs and services—all of which are available to any county resident, free of charge. A special thanks to the outgoing law clerks for Frederick County Circuit Court, who raised $7,300 for Camp Jamie. This includes funds raised during Happy Hours, the Camp Jamie Run and from a raffle they organized during Taste of Gourmet.
Bereavement Support

For a full listing of bereavement programs, please visit hospiceoffrederick.org.

FINANCIAL SPEED BUMPS OF GRIEF SEMINAR
Wednesday, February 5, 2014 | 6:00–8:00 p.m.

Register by January 27, 2014

Often the emotional grief journey may be interrupted by “speed bumps” of complicated and complex financial red tape. These legal issues have a priority of their own, and the grieving person becomes distracted from the emotional impact of the death. This seminar is open to individuals who have experienced the death of their spouse, and to adult children dealing with the death of parents. Leading the seminar will be Daniel Tregoning, Attorney-at-Law and Barbara Keeney, CPA, LLC.

VALENTINE’S DAY REMEMBRANCE WORKSHOP
Saturday, February 8, 2014 | 9:00–11:00 a.m.

Register by January 31, 2014

Holidays present yet another challenge to grief, and each holiday may have different meanings for each person/family. Some holidays are more challenging to traverse than others. Valentine’s Day can be especially difficult for those who have experienced the death of a spouse or significant other. A day intended to celebrate love between two people is often a very painful reminder of the very absence of the reciprocal, unconditional love a partner provides. What do you do with that day? How do you get through it with meaning? At our Valentine’s Day Remembrance Workshop, you will use writing and a craft to meaningfully commemorate your love for your spouse/significant other.

WHEN A LOVED ONE DIES BY SUICIDE…

…Thoughts from some who have been affected

Recently, Hospice of Frederick County offered a 6-week grief support group for those who had experienced the death of a loved one by suicide.

The death from one’s own hand leaves in its wake an overwhelming amount of unanswered questions and often guilt and anger. It represents a disenfranchised grief in our society, often with unwarranted judgment attached. Having a safe place to share that grief can be invaluable in the healing process.

The group members found this group to be a safe place, as well as an environment free of judgment—a place where they could be open and honest with all their feelings.

THOUGHTS FROM SOME WHO ATTENDED:

“I thought I was dealing with my grief. Attending this group not only showed me I wasn’t dealing, it showed me how to begin the healing process. Just being around others who understood my thoughts and pain allowed me to open up and accept the situation for what it was.”

“I have felt stuck in my grief—I’m thankful to be moving forward.”

“Both learning and sharing were very helpful. Hearing others share similar stories was helpful also.”

“Our time together gave me ways to look at things that I hadn’t thought of.”

“The group was an opportunity for me to be in a safe and caring environment with others who understand.”

Reflection on “Snow Globe of Grief, My Personal Journey”

By Linda Kinna-Engel, bereavement services coordinator


I am now two and a half years into the journey and, at times, I still find myself inside the snow globe, waiting for life to unfold. My life has continued on, but I still feel the solitude of life without Steve. I have learned that grief is a test of endurance. I learned to live with a very different normalcy during my first year’s journey. The second year has given insight into how extensive the longing and loneliness can be.

I often experience a sense of feeling detached. I can be with other people and allow myself to have fun, yet there remains a shadow that something, someone, is missing. I find respite from this sensation by being able to talk and share stories about Steve. It brings me joy to commemorate Steve and have someone just listen to me, without judgment.

Steve’s death did not end our relationship. I have been able to emotionally relocate Steve and have found personal ways to commemorate him.

Reminders of Steve are all around me and I find comfort. A very visual commemoration of Steve is a maple tree in my front yard, planted by my friends next door. Their tribute to him is heart warming and represents a living acknowledgement of Steve’s life. I will always give honor to the life he lived and will always love this extraordinary man.

How long does grief last? It can take less than a year, or two years or three years, or it may never truly end. To each one of us who continues to grieve for a loved one please know, if we can get up each morning, get dressed and greet the day, if we can laugh and take part in life in some way, then we are living. I have come to reconcile the intensity of my grief. It is not so much that time has healed the wounds; it is that the passage of the years lets me make peace in my own way.

My hope rests in knowing that love and beautiful memories outlast the pain of grief. Steve will always have a place in my heart, where our love lives on in infinity. I have even come to find a sense of comfort and peace in my snow globe of grief.

“I have learned that grief is a test of endurance.”
You’re Invited

HOSPICE OF FREDERICK COUNTY’S
Annual Remembrance Service
Thursday, December 5, 7:00 p.m.
Monocacy Valley Church
9861 Old National Pike • Ijamsville, Maryland

Anyone who has experienced the death of a loved one, and wishes to commemorate his or her life during an evening of music, candlelight and personal reflection, are 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.

Our Tree of Remembrance

At this special time of year, we invite you to join with us in remembering and honoring loved ones who have died. Our Tree of Remembrance will be located in the lobby of the Hospice office at 516 Trail Avenue, Suite C, beginning Monday, December 2nd.

Please drop by to personalize a snowflake ornament. Simply write the name of your loved one, or include a message. As you hang the snowflake on the tree, we invite you to remove a crystal teardrop ornament. Even if tears are not part of your grief work, they are a symbol of cleansing and the healing of the soul.

NOTE: A Tree of Remembrance will also be available at the Kline House.

Thank You

Thanks to all who attended our Wine Tasting fundraiser at Spin the Bottle. Here Wine Shop owner Marc Monahan (far left) and guests try wines that complement holiday feasts.

Special thanks to Giant Eagle for donating a wonderful cheese platter.

“Thank you. At the Annual Remembrance Service, I sat between two strangers who became friends through tears and memories. We all agreed it was just a special moment in time.”

MAY 16, 17 AND 18

Applications for campers and volunteers now available at the Hospice office or online at hospiceoffrederick.org.

All applications for campers and volunteers will be accepted until Friday, April 4, 2014.

You’re Invited

HOSPICE OF FREDERICK COUNTY’S
Annual Remembrance Service
Thursday, December 5, 7:00 p.m.
Monocacy Valley Church
9861 Old National Pike • Ijamsville, Maryland

Anyone who has experienced the death of a loved one, and wishes to commemorate his or her life during an evening of music, candlelight and personal reflection, are 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.

Our Tree of Remembrance

At this special time of year, we invite you to join with us in remembering and honoring loved ones who have died. Our Tree of Remembrance will be located in the lobby of the Hospice office at 516 Trail Avenue, Suite C, beginning Monday, December 2nd.

Please drop by to personalize a snowflake ornament. Simply write the name of your loved one, or include a message. As you hang the snowflake on the tree, we invite you to remove a crystal teardrop ornament. Even if tears are not part of your grief work, they are a symbol of cleansing and the healing of the soul.

NOTE: A Tree of Remembrance will also be available at the Kline House.

Thank You

Thanks to all who attended our Wine Tasting fundraiser at Spin the Bottle. Here Wine Shop owner Marc Monahan (far left) and guests try wines that complement holiday feasts.

Special thanks to Giant Eagle for donating a wonderful cheese platter.

“Thank you. At the Annual Remembrance Service, I sat between two strangers who became friends through tears and memories. We all agreed it was just a special moment in time.”

MAY 16, 17 AND 18

Applications for campers and volunteers now available at the Hospice office or online at hospiceoffrederick.org.

All applications for campers and volunteers will be accepted until Friday, April 4, 2014.
Special Dates to Remember

All in-services are offered at no charge, and are open to the community unless noted. In-services are held at Hospice of Frederick County, 516 Trail Avenue, Frederick. To register or receive more information, contact Dianne Elizabeth at 240-566-3038, delizabeth@fmh.org.

HOSPICE 101
Tuesday, January 7 | 5:00–7:00 p.m.
Register by January 1, 2014

An informative and educational presentation on what Hospice is, what it does, who it serves, its mission, philosophy and volunteer opportunities. This class is a great start if you have questions about Hospice, or if you wish to become an active volunteer.

THE ART OF HEALING
Uncovering Your Inner Wisdom and Potential for Healing
Tuesday, January 7 | 3:00–4:00 p.m.
Register by January 1, 2014

This in-service will be based on the book of the same name by Bernie Seigel, M.D. In this book, the author demonstrates how science and spirituality interact, and how you can tap into your body’s potential to heal. The book offers hands-on, patient-proven techniques that can create miracles.

THE NEAR-DEATH PHENOMENON
The Common Denominators and the Beautiful Stories
Wednesday, February 26 | 5:30–6:30 p.m.
Register by February 19, 2014

Join us as we discuss the common themes and elements of most near-death experiences, as well as several stories shared by those who have had a brush with death.

JOIN THE TASTE OF GOURMET AUCTION COMMITTEE!

Taste of Gourmet is Thursday, May 8. We need your help to bring in fresh, exciting auction items, and help organize behind the scenes. For more information, contact Community Liaison Coordinator Kate Charuhas at kcharuhas@fmh.org or 240-566-3073.
We are honored to care for so many families, and in this season of Thanksgiving, would like to share some of their words:

“The care my mother received at the Kline House was exceptional. Our family felt like they were part of a larger family of caring and loving professionals who never missed a beat. We are so fortunate to have this facility in the county. My mom passed away on her terms, and I was blessed to have been close to her in such a peaceful environment in her last days.”

—A grateful son

“You should call it the Kline Hospice HOME, instead of a house, because it is a home in every sense of the word.”

—Karen Shoemaker

“What did I do to deserve this slice of heaven?”

—Kline House patient

Through the years, we have had many requests from families whose loved ones were cared for at the Kline Hospice House, asking how they could honor their loved ones. This led to the creation of our Memorial Wall.

The Gambrill family donated a tile in honor of Christine Meadows. “We are very thankful to the Kline House for the special time we shared with Chrissie in the beautiful countryside of Mount Airy along with the very compassionate staff. This final chapter of one’s life does bring family together, and I will never forget all of us around her bed that Friday.”

The Osher family opted for a tile with their father’s name, Lawrence Osher, inscribed on it. “In so doing, we hope that others who come to the House after our father may see, and understand that he and us, like them, have been to the Kline House for the same support.”

Little “Miss DC” recently graced the Kline House where she made a very thoughtful donation in honor of her grandmother. We so appreciate our youngest donors.
17th Annual HFC/FMH Golf Classic

Our sincere appreciation to our 144 golfers, sponsors, volunteers, friends and Maryland National Golf Club who made this our most successful HFC/FMH Golf Classic.

We are delighted to announce that our net proceeds totalled $178,000!

Funds raised at this annual event help us to keep our commitment to never turn anyone away from Hospice, regardless of their ability to pay. We are touched by the dedication and compassion shown by so many who helped us reach our goal.

A Very Special Thank You TO OUR SPONSORS

Platinum Sponsors

Diamond Sponsors

Gold Sponsors

Silver Sponsors

Bronze Sponsors

Patron Sponsors

Patron Sponsors

Bronze Sponsors

Patron Sponsors

Bronze Sponsors

Patron Sponsors

Food Graciously Donated By

Awards Sponsor

Special Thanks To
**OUR CARING COMMUNITY**

The State’s Attorney’s Office donated $5,000 in proceeds from their 9th Annual Russ Turney Memorial State’s Attorney’s Charity Open. J. Charles Smith, III, State’s Attorney, said, “Hospice is certainly an organization that any of us may need at any time. We are thrilled to be able to donate to such a quality organization.”

Hospice of Frederick County depends on the support we receive from individuals in our community. Whether your donation is your gift to Hospice, 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 Hospice of Frederick County.

Your Name ______________________________________________________________________________________________________

Address ________________________________________________________________________________________________________

City __________________________ State __________ Zip ___________ Phone _____________________________________________

E-mail ______________________________________________________ Amount of Gift ______________________________________

My gift is in memory of ___________________________________________________________________________________________

My gift is in honor of _____________________________________________________________________________________________

Please acknowledge my gift to:

Name ______________________________________________________ Relationship to Deceased ___________________________

Address ________________________________________________________________________________________________________

City __________________________ State __________ Zip ___________ Phone _____________________________________________

(Hospice will send a card to the family or person 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 Hospice of Frederick County.)

☐ Visa ☐ MasterCard ☐ American Express Card # _________________________________________________________________

Expiration Date ____________ 3 or 4 Digit Security Code ________ Signature ________________________________

Your gift to Hospice of Frederick County is deeply appreciated.

Your donation is tax deductible to the fullest extent provided by law.

Please return completed form to:

The Hospice Office had a visit this fall from Girl Scout Troop 81626 who donated Girl Scout cookies for Hospice nurses and staff. Thank you!
Calendar of Events

DECEMBER

HOSPICE 101
Monday, December 2
5:00–7:00 p.m.

DAYTIME GRIEF SUPPORT
Tuesday, December 3
2:00–3:30 p.m.

MEMORIAL SERVICE
Thursday, December 5
7:00 p.m.

EVENING GRIEF SUPPORT
Monday, December 9
5:00–6:30 p.m.

BEREAVEMENT HOLIDAY SOCIAL
Tuesday, December 10
6:00–8:00 p.m.

DAYTIME GRIEF SUPPORT
Tuesday, December 17
2:00–3:30 p.m.

EVENING GRIEF SUPPORT
Monday, December 23
5:00–6:30 p.m.

YOUNG WIDOWS/WIDowers SUPPORT GROUP
Thursdays, January 9–February 27
6:00–7:30 p.m.

EVENING GRIEF SUPPORT
Monday, January 13
5:00–6:30 p.m.

DAYTIME GRIEF SUPPORT
Tuesday, January 21
2:00–3:30 p.m.

DIRECT SERVICE TRAINING
(Prerequisite Hospice 101)
Friday and Saturday,
January 24 and 25
8:00 a.m.–4:30 p.m.

EVENING GRIEF SUPPORT
Monday, January 27
5:00–6:30 p.m.

FEBRUARY

DAYTIME GRIEF SUPPORT
Tuesday, February 4
2:00–3:30 p.m.

FINANCIAL SPEED BUMPS
OF GRIEF
Wednesday, February 5
6:00–8:00 p.m.

VALENTINE’S DAY
REMEMBRANCE WORKSHOP
Saturday, February 8
9:00–11:00 a.m.

EVENING GRIEF SUPPORT
Monday, February 10
5:00–6:30 p.m.

DAYTIME GRIEF SUPPORT
Tuesday, February 18
2:00–3:30 p.m.

For details on any event listed as well as a complete calendar of events, visit our website at hospiceoffrederick.org or call 240-566-3030.

SHOW YOUR SUPPORT!

3RD ANNUAL GOOSE HUNT
In Memory of Judge Herb Rollins and Donald R. Grossnickle

Friday, January 10
Chestertown, MD

Space is limited.
Only 10 blinds/5 persons per blind.
$1,000 per blind includes cost for blind for 5 hunters, professional guide, dinner and auction.
To book the hunt or to inquire regarding sponsorship availability, contact Ricky Sandy 301-600-6810 or Richard.Sandy@Courts.State.MD.US.

All proceeds benefit Hospice of Frederick County.
wish list

Kline Hospice House
- Boxes of tissues
- Coffee/Sodas (Coke, Sprite, ginger ale, root beer)
- Dishwashing liquid
- Dishwasher detergent
- Laundry detergent (front loading)
- Disinfectant wipes
- Bleach
- Toilet bowl cleaner
- Paper towels
- Zip-lock baggies (qt. or larger)
- Liquid hand soap
- Baby wipes (unscented)
- Tall kitchen trash bags (13 gal.)
- Garbage bags (8 gal.)
- Gift cards (WalMart, Food Lion, Giant Eagle)

Comfort Room
- Children’s grief books
- Boxes of tissues

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 dates. Give this lovely ornament as a gift in memory or honor of a loved one, or place one on your own tree. Packaged in a satin-pillowed gift box, the angels are available for $25. Beautiful gold braided stands are $5. Both are available online at hospiceoffrederick.org, or at the Hospice office.

how to REACH US
At the Office
516 Trail Avenue, Suite C
Frederick, MD 21702
240-566-3030
8:00 a.m.–4:30 p.m. (M–F)

On our Website
hospiceoffrederick.org

On Facebook
facebook.com/HospiceFrederickCounty

Laurel A. Cucchi, Executive Director

BOARD OF DIRECTORS
Timothy A. Gibian, Psy.D, Board President
Ricky Sandy, Board Vice President
Rev. Timothy S. May, Secretary
Don Butt, Jr., Treasurer
Kim Firestone
Mark Goldstein, MD
William Haugh
Carmen Hernandez, MD
Thomas A. Kleinhanzl
Carl Miller
Denise Rollins
Douglas Stauffer
John Verbus

Has your address CHANGED? Would you prefer to no longer receive this mailing and read our newsletter online? Please let us know. Keeping our mailing list up-to-date saves valuable resources. Thanks for your help!