Gali Sanchez was a percussionist for Santana, Steve Winwood, and the Dave Matthews Band, among others. He rubbed elbows with some of the most famous musicians in modern music and is considered to be one of the best recorded conga players. But Gali Sanchez doesn't care about any of that. In fact, he doesn't even want to talk about it. What Gali wants to talk about is his purpose. “My calling is not what I thought it was when I was young,” says Gali, “My real calling has nothing to do with music, and everything to do with teaching.”

In the late 1990s, Gali, feeling disillusioned with the music industry and mourning the loss of numerous friends to the rock and roll lifestyle, began to seek out more meaning in his life. “What saved me,” he says, “is when I got out of music and went back to traditional teaching and traditional values.”

The teaching and values he refers to are those of the Abenaki, a Native American tribe of northeastern North America. Gali’s mother went to powwow until she was 7, but as a member of what is referred to as “the boarding school generation”—a term that refers to the awful practice of separating Native American
children from their families—she was removed from the culture of her people. Thus, Gali was raised with the values of the Abenaki, but not with the traditions. He reconnected with the tribe when he left the music industry in 1998, and despite being diagnosed with prostate cancer the following year, he has dedicated the past 20 years to teaching others the Abenaki way of life, and to preserving Native American heritage.

Gali’s dedication to teaching others and sharing about the Native American way of life did not end when he came to Kline House. Since arriving, Gali has taught about his culture with staff and visitors. His room is adorned with wampum and beaded medallions, and he has been able to maintain his spiritual practice. “I’m very pleased that I’ve been able to maintain my culture and my identity, and to continue to teach,” he says, “It makes things more comfortable and secure for me.”

One of the things for which Gali is most grateful is the opportunity to work with Hospice’s Music Therapist, Georgia Wells. They have been working together to put some of his poetry to music, with Georgia playing guitar and singing while Gali plays traditional handmade flutes. “What we did was magical,” he says.

“Music is often a foot in the door, or an avenue that affords opportunity for connection, or relief,” says Georgia. “For Gali, music is the vessel through which he can fulfill his mission to teach, honor, and perpetuate his story and the story of his people. It has been a privilege to learn from him.”

**Through his music, activism, and teaching, Gali Sanchez has touched countless lives. We know that even after he is gone, Gali will continue to reach hearts and change minds, and we are honored to have helped with any small part of that.**

Carlos Graveran,
Hospice of Frederick County Executive Director

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The chill in the air this morning was a stark reminder that the year is drawing to an end. It’s hard to believe how quickly time passes and that another holiday season is upon us. My wife's methodical plans will soon kick in, and like every other year, she'll be done with her shopping and wrapping long before I even get started. I don't enjoy shopping, so preparing for the holidays is a task I usually put off until the very last minute. In the end I get it done, but unlike her, I have to deal with the stress, the crowds, the crazy traffic, not getting what I really wanted, and eventually spending more than I had intended. Sound familiar?

This pattern isn’t unique to the holidays, however; we see it every day here at Hospice. Most people spend far more time planning their holiday celebrations and gift-giving than planning for the final phase of their lives. It's understandable; it is not a happy subject. In the end, however, the contrast between my wife's approach and mine rings true as well. Families who plan and communicate their wishes to each other always seem to have an easier time of it than those who don’t.

We know from experience that difficult decisions can become easier if we take time to sort through the details and consider our feelings. The same is true when making decisions about the kind of care we want at the end of life. Families that set aside time to talk through such decisions help ensure that their loved ones receive end-of-life care that reflects their personal values and preferences. Our goal at Hospice of Frederick County is to honor their wishes and do everything we can to help them spend their final days, weeks or months in the manner they choose, surrounded by those whom they love.

We are here to serve you. You only need to reach out and ask. We are blessed to have a talented and passionate team of professionals ready to care for the physical, emotional and spiritual needs of you and your family. I speak from personal experience when I say I wish I had known about hospice sooner. It is an all too familiar phrase, and one I hope none of you come to repeat. I hope you can learn easily what I learned the hard way: my wife’s approach is right...most of the time.
This year’s winning foursome was from AndieMac Waterproofing and Restoration, one of the event’s bronze sponsors.

22nd Annual Hospice/FMH Golf Classic Raised Over $207,000

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 Hospice of Frederick County/FMH Golf Classic ever!

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

A Very Special Thank You to Our Sponsors

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Direct Service Volunteers Beth Duncan and Tammy Miley have had the privilege of providing respite support and companionship to Hospice patient Ava Rippeon and her husband Norman since June of 2017. The two volunteers have become a sort of “dynamic duo” for the Ripeons, making both individual and tandem visits to the couple. They know exactly what to bring into the mix, whether it’s humor, practical support, a listening ear, or just to stay with Ava so Norman can take a little break or run some errands.

Chaplain Volunteer Mary O’Neill has also been of invaluable support to Ava and Norman, providing spiritual support and companionship to them now as well as when their daughter was cared for by Hospice a number of years ago.

All three volunteers report that their time with the Ripeons has been a very important ministry for them, and that the relationships they have formed with the couple are truly sacred. The Ripeons wholeheartedly agree.

Often, the care and comfort we provide to others is more about “being” than “doing,” and for patients at the end of life and their families, this holds especially true.

““When I sit with patients like Ava and Norman, I feel my heart opening like the petals of a rose. Every patient teaches me something about how to live more fully with faith, joy, and laughter.””

- Beth Duncan
Understanding the Hospice Benefit for Patients with Dementia

BY DR. McDONALD, HOSPICE MEDICAL DIRECTOR

Dementia is a term that includes several types of chronic illnesses, including Alzheimer’s Disease and vascular, fronto-temporal, and lewy body dementias. All are progressive, neurodegenerative processes that cause a decline in cognitive and functional abilities, significant physical weakness and, ultimately, death.

Dementia is a hospice-qualifying condition in its latest stages. Most patients who are on hospice for dementia are either bed-bound or require substantial assistance to walk. Most have very poor verbal skills or do not speak at all, and are dependent on others for dressing, feeding, and bathing. Many are incontinent of bowel and bladder. The level of care these people need can be very challenging, and it is often required for many years.

Dementia patients benefit greatly from hospice services, both to address the symptoms associated with severe physical and cognitive decline as well as end-of-life symptoms. They also benefit from visits with Hospice’s music therapist, chaplain, social worker, comfort dog, Steelers, volunteers, and the veteran liaison when appropriate.

Families who are caring for their loved ones with dementia in the home especially benefit from the support of the hospice team, who can teach them not only how to care for the patient but also help them anticipate their future needs.

Hospice is a Medicare benefit and is offered by Maryland Medicaid and most private health insurance companies. As with all diagnoses cared for by hospice, patients are enrolled for a benefit period. For patients to remain hospice-eligible, the hospice Medical Director sends updated clinical information to the insurer to either recommend continued hospice enrollment, or to report that the patient’s condition has stabilized or improved. In limited instances, patients actually do improve, either because they have had the time to fully recover from an acute illness, or as a result of the increased care they have received from hospice. In these cases, the patient will be disenrolled in hospice until the time comes that their condition declines.

As our population ages, these types of dementia are becoming increasingly common. Hospice of Frederick County prides itself in providing the expertise and supportive care that can make a positive impact on those afflicted with this disease and their loved ones.
We are proud to share with you our commemorative Veterans Honor Wall. This wall symbolizes our commitment to our veteran community and honors the life of each veteran cared for by Hospice of Frederick County. Thanks to the commitment of the Kahlert Foundation and other generous donors, our Veterans Program was launched in January of 2017. Since the program’s inception, more than 300 veterans have received care from our team. Each veteran we have been privileged to serve is commemorated on the wall by a pin representing their branch of service. All five branches of the Armed Services are represented. We hope the Veterans Honor Wall becomes a vivid reminder to all who see it of the sacrifice these brave men and women have made on their behalf.

IN MEMORIAM

There are many special ways to commemorate your loved ones. During the last quarter, the families of the following individuals donated to Hospice of Frederick County in memory of their loved ones.

Mary Bolling
George Brewster
Mary Jane Carbaugh
Theodora Carras
Louise Cline
Barry Cohen
Robert Cosgray
Lois Cosner
Mary Crouse
Jack Crunkleton
Carole Davis
Dorothy DeLauter

Wayne Eanes
Edith Ferris
Derek Frushour
Naomi Garver
Ralph Gastley, Jr.
William Grabill, Jr.
William Grable
Donald Haas
Alan Hoffman
Doris Jeffers
Agnes Karanikas
Kenneth Keilholtz, Sr.

Fannie Lloyd
Daniel Lufkin
Dorcas Main
Norma McCain
Marlene McDonald
Anne Meyer
George Moser, Jr.
Glenn Ness
Mary Patton
Gary Rausch
Nancy Reeder
David Sadtler

Thomas Seibert
Ruth Sewell
Richard Shaff
Robert Sneddon, Jr.
James Strawsburg
Catherine Summers
William Teeple
Anne Brice Verdier
Charles Wisner
Michael Zack
I Think I’ll Just Skip the Holidays This Year…

Even in the best of times, the holidays can be stressful, but for those who are grieving, they can be agonizing—even overwhelming.

The upheaval of emotions that we experience when grieving the death of a loved one can even cause some to think the holiday season would best be avoided altogether. Regardless of our feelings, unfortunately, store windows will still be decorated, Christmas lights will still be hung, and the world will still celebrate. Perhaps the best response this year is to learn to understand and respect each other’s grieving styles and create new rituals and traditions. By creating a new normal, many have found that it is possible to survive—and perhaps even embrace—the holidays.

There are some helpful tools to keep in mind as we navigate the holiday season.

• Acknowledge the pain of the empty chair at the Thanksgiving table.
• Talk about and remember the missing family member as you open gifts or light the Menorah.
• Give yourself permission to do things differently this year.
• Give yourself 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.

This year, commemorate the holidays in whatever way makes you feel most comfortable, but remember: it’s important to have a plan. As difficult as it may be, it is far better to prepare for the holidays than to pretend they don’t exist.

TREE OF REMEMBRANCE

Celebrate Your Loved One this Holiday Season with a Personalized Snowflake

The holidays are a time to celebrate loved ones, especially those who have died. Join us in remembering those who are dear by visiting one of our Trees of Remembrance. Beginning November 27, 2018, these trees can be found in the lobby of the Hospice office at 516 Trail Avenue, Suite C and at the Kline House. Visitors are invited to personalize and hang a snowflake on the Tree of Remembrance. When you hang your snowflake, be sure to remove one of our complimentary ornaments.

Also don’t forget to join us on December 6th at 7:00pm for our Annual Remembrance Service at Monocacy Valley Church located at 9861 Old National Pike, Ijamsville

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As hospice chaplain, I visit people in their homes, in hospitals, and in nursing homes. If you were to ask me, "What do people who are sick and dying talk about with the chaplain?" I would answer without hesitation or uncertainty: they talk about their families.

They talk about the love they felt, and the love they gave. Often they talk about love they did not receive, love they did not know how to give, and love they withheld or maybe never felt for the ones they should have loved unconditionally. They talk about how they learned what love is, and what it is not. And, sometimes, they reach their hands out to things I cannot see, and they call out to their parents.

We live our lives in our families: the families we are born into, the families we create, and the families we make through the people we choose as friends. This is where we create our lives, this is where we find meaning, and this is where our purpose becomes clear.

Family is where we first experience love and where we first give it.

It’s probably the first place we’ve been hurt by someone we love, and hopefully the place we learn that love can overcome even the most painful rejection. This crucible of love is where we start to ask those big spiritual questions, and ultimately where they end.

I have seen many expressions of love: a husband gently washing his wife's face with a cool washcloth, cupping the back of her bald head in his hand to get to the nape of her neck because she is too weak to lift it from the pillow; a daughter spooning pudding into the mouth of her mother who has not recognized her for years; a wife arranging the pillow under her husband's head as she helps the undertaker lift him onto the waiting stretcher.

Sometimes that love is not only imperfect, it seems to be missing entirely. Monstrous things can happen in families. Even in these cases, I am amazed at the strength of the human soul. People who did not know love in their families know that they should have been loved. They somehow know what was missing and what they deserved as children and adults.

When the love is imperfect, or a family is destructive, something else can be learned: forgiveness. The spiritual work of being human is learning how to love and how to forgive.

We don't have to use words of theology to talk about God. People who are close to death almost never do. We should learn from those who are dying that the best way to teach our children about God is by loving each other wholly and forgiving each other fully, just as each of us longs to be loved and forgiven by our mothers and fathers, sons and daughters.
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 the service on December 6th. Fill out the form below and mail to Hospice of Frederick County, P.O. Box 1799, Frederick MD 21702 (make checks payable to Hospice of Frederick County) or order online at www.hospiceoffrederick.org/remembranceservice

Your Name ________________________________________
Phone ___________________________________________
Luminary in memory of ________________________________

Hospice of Frederick County depends on the support we receive from individuals, businesses and organizations 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.

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 Hospice of Frederick County)

☐ Visa ☐ MasterCard ☐ American Express Card # ________________________________
Expiration Date ______ Security Code ______________ Signature ________________________

To make gift online, go to hospiceoffrederick.org/donate.

Your gift to Hospice of Frederick County is deeply appreciated.
Your donation is tax-deductible to the fullest extent provided by law.
Reaching out can change your life...

Overdose Support Group
This ongoing group meets once a month on Mondays from 6:00-7:30pm.
December 3rd, January 7th, February 4th

Daytime Grief Support Group
This ongoing group typically meets the first and third Tuesdays each month from 2:00-3:30pm.
December 4th and 18th
January 8th and 22nd
February 5th and 19th

Evening Grief Support Group
This ongoing group typically meets on the 2nd and 4th Mondays of the month from 5:00-6:30pm.
December 10th
January 14th and 28th
February 11th and 25th

Transitions Support Group
This ongoing group typically meets on Tuesdays once a month. Both daytime and evening groups are available.
Daytime Group from 2:00-3:30pm
December 11th, January 15th, February 12th
Evening Group from 5:00-6:30pm
December 11th, January 15th, February 12th

Hospice 101
An informational and educational presentation on what hospice is, what it does, whom it serves, its mission, philosophy and volunteer opportunities. A great start if you have questions about hospice or if you wish to become an active volunteer.
Saturday, January 12th from 10:30am-12:00pm

Inservice: Mindfulness: The Gift of Presence
Learn techniques to develop awareness when visiting or caring for someone at the end of life.
Thursday, January 17th

Inservice: What to Say, What Not to Say
Learn strategies for the difficult questions and conversations that arise around illness and death.
Thursday, February 28th

8th Annual Goose Hunt
January 10-11th, Chestertown MD
In Memory of Judge Herb Rollins and Donald R. Grossnickle
(Space is limited, 10 blinds/ 5 persons per blind)

To book the hunt, inquire about sponsorship availability or to donate auction items, contact Ricky Sandy at 301-600-6810 or Richard.Sandy@mdcourts.gov. All proceeds benefit Hospice of Frederick County.

Spousal Grief Support Group
This is an 8-week close-ended group held on Wednesdays from 6:00-7:30pm.
January 9th to February 27th
Hospice Wish List on Amazon!

You may continue to bring donated items to our office or you can purchase them directly from Amazon.com. They’ll be automatically shipped to our Kline Hospice House.

Find our Amazon Wishlist for the Kline Hospice House at hospiceoffrederick.org/wishlist

Baby wipes (unscented)
Bleach
Coffee
Dishwasher detergent
Dish liquid
Granola/Breakfast/Power Bars
Gift cards from: Amazon, Food Lion and Walmart
Journals
K-cups
Laundry detergent (HE)
Paper towels
Sodas (Regular and Ginger Ale)
Tissues
Toilet bowl cleaner
Trash bags (gallon size)
Trash bags (13 gallon tall)

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 hospiceoffrederick.org, or in person at the Hospice office located at 516 Trail Avenue, Suite C in Frederick.