

# Gentle the Journey

the campaign for

## Montgomery HOSPICE



JUNE 2011

CAMPAIGN UPDATE

## Our Campaign Journey

Lora Drezner, MSN, FNP  
 Campaign Chair / Foundation Board Chair

My folks tried, nagged and pushed, but despite years of piano lessons I did not have the musical talent they seemed convinced ran in our family. But now, well into middle age, I have found a musical outlet in the Reverie Harp. As a patient care volunteer I was trained in playing this lovely instrument. It is simple; remove from case, place on lap in any direction, run fingertips over the strings. That is it – suddenly music fills the room. My parents would be thrilled.



I take the harp on many of my home visits playing for and with patients, families and caregivers. Soft music surrounds the bed, couch, chairs as we move closer together. Everyone wants to give it a try. A patient, long distant, begins to sway, hum and strum the strings. A wife, talking for hours of her husband's illness, quiets as she tries the harp, smiling as she experiments with plucking notes. A caregiver, exhausted, laughs loudly as she brings forth a broad sound sweeping her hand across the strings. And, a patient, agitated and confused, stills and listens as I somehow get the tune to *Amazing Grace*. She finds deep in her memories a few words to the old spiritual. We sing together, and it is beautiful. Time slows as I play the song over and over. She puts her head on my shoulder and sleeps for almost an hour, waking only when I stop  
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## Complementary Therapies Enhances Montgomery Hospice Patient Care



A Montgomery Hospice volunteer provides soothing music to a patient as she plays the Reverie Harp at the bedside. The Healthcare Initiative Foundation also provided grant funds to purchase two additional harps for the program.

Thanks to a generous grant from the Healthcare Initiative Foundation (HIF) to launch an end-of-life dementia program, Montgomery Hospice has been able to expand its services through the development of a Complementary Therapies program.  
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## Campaign Committee Report

(as of June 1, 2011)

INITIATIVE	GOAL	CASH	PLEDGES	TOTAL
Casey House Endowment for Nursing Services	\$4,000,000	\$2,148,061	\$275,176	\$2,423,237
Montgomery Hospice Operating Support	\$4,000,000	\$1,055,598	\$928,811	\$1,984,409
	<b>\$8,000,000</b>			<b>\$4,332,543</b>

## Leadership & Staff

### Campaign Leadership

Lora Drezner, MSN, FNP  
*Campaign Chair*  
*Foundation Board Chair*

Sheila “Muffet” Boland  
*Chair, Special Gifts Committee*

Karen Schaeffer, CFP  
*Chair, Planned Gifts Committee*

Melissa Greenhut  
*Chair, Annual Gifts Committee*

Geoffrey Coleman, M.D.  
*Chair, Physician Sub-committee*

Carolyn Knight, RN  
*Co-chair, Employee Sub-committee*

Connie Pearsall  
*Co-chair, Employee Sub-committee*

John Zeglin  
*Chair, Volunteer Sub-committee*

Ann Mitchell, MPH  
*President & CEO*  
*Montgomery Hospice, Inc.*

### Foundation Staff

Jane B. DiGirolamo  
*Vice President of Development*

Marlene A. Bradford  
*Associate Director of Development*

Terri Fritz  
*Donor Research Associate*

Ginger Hoffacker  
*Donor Relations Associate*

Sherri Swartz  
*Donor Relations Assistant*

Valerie Pabst  
*Development Volunteer*

Christine Fields  
*Development Intern*

## ASK THE EXPERTS...

### Planned Gifts Corner

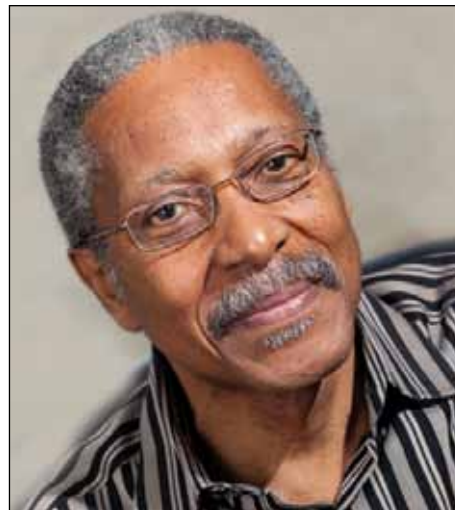
**Phil Fish**, Vice President of Investment Management and Fiduciary Services for Sandy Spring Bank and a member of Montgomery Hospice’s Planned Gifts Committee, organizes and leads the Strategic Solutions Group, composed of professionals from the legal, tax and care management communities. The group meets monthly to discuss a variety of topics and case studies within the areas of financial management, estate planning, tax advice and care management services.

In May, our own **Sharon Cline**, Director of Clinical Access Services, and **Dr. Robert Washington**, Vice President of Counseling

Services, were guest speakers as part of a four-part series on “Preparing for and managing the illness and death of a loved one.” Sharon and Robert each spoke to a different gathering of professionals about hospice as part of the topic on end-of-life issues, which also included probate and tax discussions.

Thank you, Sharon and Robert, for helping to educate the Montgomery County professional community about hospice care and Montgomery Hospice. If you would like more information about the Strategic Solutions Group, please call the Foundation Department at 301-921-4400.

## Robert Washington Receives “You Make A Difference Award”



*Dr. Washington chosen as “You Make a Difference Award” recipient.*

**Dr. Robert Washington**, Vice President of Counseling Services, was awarded the “You Make A Difference Award” by the Hospice and Palliative Care Network of Maryland on May 11, 2011, at the annual conference. This award recognizes individuals who have provided dedicated support to “the success of hospice and palliative care.”

A superb leader who uses his wisdom and fairness to guide others, Dr. Washington

acknowledged that the award, “is an honor because it is recognition by my Montgomery Hospice peers.” He explained, “The staff I work with is very competent, thoughtful and creative. It’s a pleasure to encourage their creativity and growth.”

Dr. Washington has a Master’s in Divinity from Howard University and a Ph.D. in Clinical Psychology and Public Practice from Harvard. He is a licensed clinical psychologist and minister who previously served as Commissioner of Mental Health Services in Washington, D.C. Prior to accepting his current position as Vice President of Counseling Services, Dr. Washington was a Montgomery Hospice admissions chaplain. He has created and fostered an exceptional work environment for the counseling staff at Montgomery Hospice.

Montgomery Hospice Chaplain Lynn Sifrit, shared, “Dr. Washington makes a difference with his gentle demeanor, his depth of knowledge, his compassion, his keen wit and his respect for each person. He supports each staff member and encourages each of us to be our best, modeling by example.” Congratulations!



## Meet Our Summer Intern: Christine Fields

Christine Fields has joined the Development Department as a summer intern. Christine is from Olney and is a rising senior at High Point University in North Carolina. She is working towards a degree in nonprofit leadership and management with a minor in communications. She graduated from Our Lady of Good Counsel High School in 2008.

She was recently inducted into Alpha Delta Omega (for those in majors related to Human Services) and Alpha Chi, a school wide honor society. After she graduates from High Point, she looks forward to putting her education to good use in the nonprofit sector.

She is an avid sports fan of the Capitals, Ravens and the Orioles. She also enjoys spending time with her family, making cupcakes and watching movies. Throughout the summer Christine will be working with the Foundation staff to support various campaign activities including writing and designing the Campaign e-newsletter. We are thrilled to have her join our team this summer.

## Journey – cont. from page 1

playing. Yes, *Amazing Grace* for an hour. A gift.

It is the professional staff and volunteers of Montgomery Hospice that make these special moments happen for the patients and families by providing competent, compassionate and comprehensive care. In working to build on their clinical excellence, the staff of Montgomery Hospice has become innovators, adopters of new approaches and leaders in the area of end-of-life care. The Reverie Harp is just one component of the Complementary Therapies program offered to all patients and families. In addition to “music-by-the bedside” this outstanding effort also includes lavender oil hand massage, Comfort Touch® massage, and plans are underway to add other proven techniques, such as aromatherapy.

This program is offered with no additional charge and is used in conjunction with conventional medical therapies. Both staff and trained volunteers are eager to provide these new modalities as they seek to “gentle the journey” in all possible ways. Your gift to the Campaign for Montgomery Hospice ensures that staff can continue to offer and expand these unique services that provide comfort to so many of their patients and their loved ones. My deepest thanks for your support.



## Meet Our Campaign Volunteers: Sheila “Muffet” Boland

Sheila “Muffet” Boland, a Residential Mortgage Loan Officer for Presidential Bank Mortgage, is the chair of our campaign’s Special Gifts Committee. Muffet also serves as the Foundation Board’s Vice Chair and Secretary and is a member of the Montgomery Hospice governing board. She was born in Washington D.C., into an Irish family of six siblings and has lived in the Washington metropolitan area her entire life.

Muffet loves traveling, spending time at the beach, painting and crafting. She also served on the Montgomery County Liquor Board for eleven years and as board chairman for two of those years. Muffet and her family personally experienced the benefits and saw the wonderful and unique care Montgomery Hospice provides when her youngest brother was at the Casey House. She explains “We all have to leave this earth at some point. Montgomery Hospice enables one to exit with grace, dignity, and at peace. You can’t ask for more than that.”

*“Let us build a cathedral so grand that those who follow will think us mad for having made the attempt.”*

Bishop of Seville  
early 1700s

# Lauren Greenberg Care for the Casey House Caregivers Fund



*Michele Mnatzakanian, a volunteer massage therapist, gives a chair massage to a Casey House staff member in the meditation room, made possible by the Lauren Greenberg Care for the Casey House Caregivers Fund.*

Deeply moved by the compassionate care and support his wife, Lauren, received from the staff at Casey House, Robert E. Greenberg, Esq., wanted to ensure that the caregivers who “gentled her journey” were cared for as well. He established the *Lauren Greenberg Care for the Casey House Caregivers Fund* to provide a means of thanking the staff.

During the week of May 23, Casey House staff members were treated to chair massages by a number of licensed massage therapists who participate in Montgomery Hospice’s Complementary Therapies program. Soothing music and soft lights set the mood for 15-minute massages,

which provided well-deserved and much appreciated relaxation for these dedicated team members. Montgomery Hospice is grateful to Mr. Greenberg and all those who made gifts in Lauren’s memory. *The Lauren Greenberg Care for the Casey House Caregivers Fund* will continue to serve as a legacy to honor the memory of this beloved woman.

## *Therapies – cont. from page 1*

Complementary therapies are natural, non-clinical interventions used alongside traditional medical care to facilitate comfort and healing. The program, largely delivered by our volunteers, provides services focused on touch, music and aroma to help ease pain and anxiety and increase comfort.

Expanding on the lavender oil hand massages already offered by Montgomery Hospice volunteers, the HIF grant allowed for the hiring of a massage therapist to supervise a volunteer massage therapy program. Montgomery Hospice now has a dedicated group of licensed massage therapist volunteers trained in Comfort Touch® massage, a form of touch specifically for elderly or very ill patients. With the purchase of Reverie Harps and iPods, Montgomery Hospice also offers music to help reduce anxiety and “reach” patients who may be non-communicative. The harp provides peaceful, soothing sounds and is easily played by anyone. Through an extensive music library, the iPods are available to offer patients “music by the bedside.”

Many nurses, social workers and chaplains are now trained in Comfort Touch® and Reverie Harp techniques, broadening their skills. They can support caregivers by teaching them simple comfort techniques to use.

**Lisa Morris, LCSW-C ACHP-SW,** Resource Social Worker, is pleased with the impact of the program, “I have a patient who is in her end stage of dementia. Using Comfort Touch® has provided an avenue for me to connect with her. The quality of the touch is so different from what she is used to, and she responds by becoming more relaxed, smiling and in touch with another person.”

Complementary therapies add to the quality of care available for patients and their families. **Sandra Lavengood, MHSA, LMT,** Touch Therapies Manager shared, “Having a complementary therapies program sets Montgomery Hospice apart as innovative and committed to providing the best care available. We hope to continue growing this successful program by expanding our aromatherapy offerings.”