

Montgomery HOSPICE

www.montgomeryhospice.org
301-921-4400

*Providing professional
medical care for
Montgomery County
residents
who are living with
a life limiting illness*

INSIDE:

Learn about hospice care
Grief, a pathway to healing
How to help a grieving child
Complementary Therapies
Casey House
Advance Care Planning
The *Gentle the Journey* Campaign

What is Montgomery Hospice?

Montgomery Hospice is a nonprofit organization that has been providing hospice care to people in Montgomery County for 30 years. We also offer professional grief support and education for county residents.



Montgomery HOSPICE ~ how we can help

What is hospice?

Hospice is care that focuses on medical and personal comfort for people living with a life-limiting illness.

Hospice care helps patients with physical symptoms like pain or nausea. Hospice staff members also comfort patients, families and friends by helping them feel emotionally and spiritually at peace. They work together with patients and families to bring dignity and well-being to anyone affected by illness and loss.

What is Montgomery Hospice?

Montgomery Hospice is a nonprofit organization that has been providing hospice care to people in Montgomery County for 30 years. We are the largest hospice in the county. Besides hospice services, we provide professional grief support for anyone who lives in the county. In 2009, Montgomery Hospice cared for more than 1,500 patients and their families, and provided grief education and support to 5,672 Montgomery County residents.

Who is Montgomery Hospice?

The people of Montgomery Hospice are professionals and volunteers who work together as a team to meet the needs of our neighbors who are living with a terminal illness. The professionals include doctors, nurses, nurse practitioners, spiritual counselors (chaplains), social workers, certified nursing assistants and grief counselors.

Whom does Montgomery Hospice care for?

Montgomery Hospice helps our seriously ill neighbors in Montgomery County who have decided (after talking with their doctors) to concentrate on living their lives as fully as possible rather than aggressively fighting a disease.

Is Montgomery Hospice a part of the Montgomery County government?

No.

“It was so comforting to have an experienced, professional team to lean on. There was so much that I didn’t know and your team helped with amazing guidance. What a great help they were!”



Paul Kline

Is Montgomery Hospice affiliated with a religious group?

No.

Is hospice only for people with cancer?

No.

Montgomery Hospice can help patients with any illness (including cancer, dementia, heart disease and others).

Do patients pay for hospice?

No.

Hospice services are paid for by:

- Medicare
- Medicaid
- most private insurance companies, or by
- Montgomery Hospice. We care for patients without insurance or any other way to pay.



MedImmune

**One MedImmune Way
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www.medimmune.com**

Alexander A. Zukiwski, MD
Executive Vice President,
Clinical Research &
Chief Medical Officer, MedImmune

“MedImmune, the biologics unit of AstraZeneca Group, is committed to making a difference in medicine and science, in the lives of patients, and in local communities. As part of this commitment, we are very happy to contribute to Montgomery Hospice, which supports residents of our county in a critical time of need. We are also proud to have one of our senior executives, Dr. Alexander Zukiwski, be a part of their board, contributing the point of view of a practiced physician, who is focused on the future of medicine.”

Why do patients choose hospice?

Patients choose hospice when it becomes clear that a cure is no longer likely, and they want comfort care so they can live as fully as possible until the end of life. For some patients, hospice can be an alternative to staying in – or returning to – a hospital.

Where do patients receive hospice care?

Montgomery Hospice usually cares for patients and families in their own homes, wherever they live. Besides houses and apartments, we care for patients in assisted living facilities and nursing homes, and also at Casey House, the only health care facility in Montgomery County exclusively designed for hospice patients.

What services are provided by Montgomery Hospice?

- Expert pain and symptom relief
- Medications
- Medical equipment, such as oxygen, wheelchairs, walkers and hospital beds
- Medical supplies
- Nurses available by phone 24 hours a day, 7 days a week
- Assistance with patient personal care
- Counseling
- Advance Care Planning
- Grief support

Who cares for the patient?

The team of people who work together to care for the patient includes doctors, nurses, certified nursing assistants, social workers, spiritual counselors (chaplains) and volunteers.

Will the Montgomery Hospice doctor visit the patient?

Yes. If necessary, the Montgomery Hospice doctor will visit a patient's home.

What do Montgomery Hospice nurses do?

The nurses visit patients regularly to see how they are doing, teach caregivers how to take care of their loved ones, and



"I enjoy visiting patients in their homes."

– Dr. Geoffrey Coleman
Montgomery Hospice Medical Director

coordinate the visits of other Montgomery Hospice team members.

What is a certified nursing assistant?

A certified nursing assistant is a trained nursing aide who has passed a state certification exam. Our CNAs visit patients periodically to help with things such as bathing and making sure patients can move around safely.

What does the Montgomery Hospice social worker do?

Montgomery Hospice social workers help patients and families learn coping skills and ways to keep patients comfortable in their homes. They also can help patients and families with difficult conversations or to work on practical tasks, such as arranging for help with chores.

What does a chaplain do?

For patients who are interested, Montgomery Hospice spiritual counselors (chaplains) are available to talk about spiritual concerns. Our chaplains help people find comfort and answers that fit their own beliefs. Chaplains offer spiritual support to people of any faith background, or no faith background, and help people find their own answers.

What do Montgomery Hospice volunteers do?

After a thorough three-day training, volunteers help in a variety of ways such as visiting with patients so caregivers can take

a break, giving soothing hand massages to ease stress, running errands or helping patients and families with email, letters or memoirs. Volunteers are required to attend ongoing training during the year.

How are decisions made about the care of the patient?

Montgomery Hospice respects and honors the wishes of our patients. Their priorities guide us.

Are family doctors still involved when a patient chooses hospice?

Yes. Patients can keep their own doctors while receiving hospice care.

Do Montgomery Hospice patients have to stop all medications?

No.

What happens if a hospice patient has an accident and breaks a leg, would that break be treated?

Yes.

Does hospice hasten death?

No. Studies show that in some cases hospice helps patients live longer.

What should patients or families do if they are considering hospice care, or if they have questions?

- Call Montgomery Hospice for information or ask us to visit to provide information
- Ask their doctor to discuss all their options, which may include hospice care

Can patients who sign up for hospice care change their mind?

Yes. Patients can stop hospice care whenever they want, for whatever reason.

Do patients ever leave hospice care?

Yes. Some patients improve and leave hospice.

What is Casey House?

Casey House is a warm, home-like facility designed for hospice patients. Patients who cannot be cared for at home may go to Casey House to get symptoms under control. Casey House also has doctors, nurses, certified nursing assistants, social workers, chaplains and volunteers.

How is Casey House different from other facilities?

Casey House has a highly-skilled team of professionals who are experts in end-of-life care. Patients have private bedrooms with personal bathrooms. Adult, children and pet visitors are welcome 24 hours a day.

What is grief? Bereavement? How does Montgomery Hospice help?

Grief is the intense feeling of sadness felt after the death of a loved one. The word "bereavement" is very similar, referring to that period of sadness. Montgomery Hospice has counselors with advanced professional degrees who support families for 13 months after their loved one dies. This free support includes phone counseling, groups, workshops and mailings.

How does Montgomery Hospice help the community with grief?

Montgomery Hospice support groups and workshops are free to anyone who lives in Montgomery County. Montgomery Hospice also provides education about grief to community groups, to employees in the workplace, and to students in high schools.

"Montgomery Hospice is a top-notch organization, one that provides much-needed support and comfort to our local families. Casey House, the inpatient hospice facility, is an incredible gift to the community. Hines-Rinaldi Funeral Home is proud to partner with Montgomery Hospice in its efforts to educate the community about its services."

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Funerals and Cremations

Grief:

a pathway to healing

In 2009, Montgomery Hospice provided grief education and support to 5,672 Montgomery County residents.

What to Expect When You are Grieving

What are normal reactions when someone you love dies?

You may feel a **variety of emotions**:

- Sadness
- Anxiety
- Guilt
- Anger
- Denial
- Numbness and shock

You may experience **sensations** such as:

- Tightness in the throat
- Heaviness in the chest
- Loss of appetite
- Mood swings
- Extreme forgetfulness
- Excessive fatigue

You may act **out of character**:

- Crying at unexpected times
- Overeating
- Undereating
- Wandering aimlessly
- Questioning spiritual beliefs

These are all natural and normal grief responses. You are not going crazy when you feel them. You are grieving because you loved.



Paul Kline

Grief is Our Path to Healing

Grief is our natural and normal reaction to a loss. Throughout life we have losses; the way to heal our bodies and souls from each loss is to grieve, to allow the pain and hurt we feel. Some of us can share our grief with others and some of us are very private about our grief. Whether we are private or open about our grief, we must grieve in order to come to wholeness again without our loved one.

Grief is very individual—we each grieve differently. No two of us will grieve the same. However, there are feelings of grief that are common for grieving persons. When we know what these normal reactions to grief are, then it is not so frightening when we have these reactions, these feelings. Here are a few of these normal grief reactions:

- Have an empty feeling in our stomach and either lose our appetite or overeat to fill the emptiness
- Feel guilty over things done and said, as well as over things not done and said
- Feel as though the loss is not real, that it did not actually happen
- Wander aimlessly, forget things, unable to complete things, unable to concentrate
- Have difficulty sleeping and have lots of dreams, or sleep all of the time and have no energy to get up and get dressed
- Feel guilty or angry over things that did or did not happen in the relationship with our loved one
- Feel mood changes over the slightest things
- Cry at unexpected times and feel

out of control of emotions

- Feel anger at God for allowing this to happen
 - Feel a sense of relief that this is finally over
 - Sense our loved one's presence, find ourselves expecting the person to walk in the door at the usual time, hear our loved one's voice and/or see his or her face
 - Feel anger at our loved one for leaving us
 - Fear the future and what it holds
- The death of a person close to us affects us spiritually, physically, emotionally and socially. Through our grieving we are able to redefine who we are without our loved one, heal ourselves, and honor the memories of our love that will sustain us into our future.

By Elaine Tiller, M.Div.

DAIMLER

1717 Pennsylvania Ave., NW,
#825
Washington, DC 20006
202- 649-4511
www.daimler.com

"Montgomery Hospice and its dedicated staff of professional caregivers and volunteers provide residents of Montgomery County with the comfort of knowing there is an organization they can turn to which will provide the needed care and counsel to cope with the trauma and grief of end-of-life events—regardless of ability to pay. The bereavement support and counsel provided by staff and volunteers in the wake of the passing of a loved one—especially for teens and children—is an invaluable resource for the community."

How to Help a Grieving Child

What Parents Can Do To Help Their Grieving Children

As a parent, you love your children and want to help them in every way possible. We want, more than anything, to protect our children from the really difficult, hard parts of life. But we can't protect them from death and grief. When death comes into our lives we must grieve. Rather than trying to protect our children from grief, we need to face it with them and be there for them as they hurt with the pain of loss.

Here are some things that parents can do to help their grieving children:

1. WORK ON YOUR OWN GRIEF. Allow your own feelings and find your own ways to express these feelings. For example write them down, talk to a trusted counselor or friend, cry, yell in the car and other safe places, visit the cemetery and talk to the person who died.

2. LISTEN, LISTEN, LISTEN to your children—listen with your ears, your heart and your eyes. Listen to what they say, what they do, and how they act. Watch their play and play with them. Especially young children act out their grief and feelings in their play. Provide them with art supplies and ideas about drawing happy memories they had with

their Dad or Mom who died or sad times with the person who died. Ask them to draw how they look when they are sad or mad and to draw what makes them mad. Anger is a very normal feeling in grief. We want to help our children express their anger in safe ways. A punching bag or “whack-it” sock can be used to express their anger. Provide healthy ways for your children to express their anger, and don't allow them to hurt themselves, you or anyone else.

3. BE AVAILABLE when you are able. Take time from your busy schedule to sit on the floor and play games together. Talk about your memories. Model that the deceased remains with us in our memories and stories; no one can ever take these away from us. Take time to listen to music or play basketball or other activities with teenagers and look for openings to talk and share memories and feelings. Be honest in sharing your feelings of good memories and sad memories. We all have both.

4. BUILD MEMORIES. Share your memories of your loved one and encourage your children to share their memories. Think of having a place in the home

where anyone in the family can go and write down or draw a memory they are having. Buy a box and allow your children to decorate it to make a “My special Memories of Dad.” They can put in objects that remind them of Dad, his watch, his baseball, his picture, a crayon representing his favorite color, and many other treasures.

5. BE HONEST. Children have lots of questions about death, dying and being dead, both questions asked and unasked. Allow the questions, listen carefully and try to the best of your ability to answer the questions directly and honestly. If you don't know the answer, say so.

6. KEEP ROUTINES AND SCHEDULES. Kids and adults, when they are grieving, need to keep to routines and schedules that they are used to. After a few days or a week or so, kids need to go back to school, just as we need to go back to work or back to our routines.

7. HUG YOUR CHILDREN. Your children need to know you love them and you need the hugs from your children.

8. WATCH CHILDREN'S BEHAVIOR. If they are acting out more than before the death, showing problematic behaviors not previously seen and this continues,



you may want to consult a professional counselor who works with children. Or, on the opposite side, maybe they've become perfect children, and they were not before. Again talk to them, find out what is going on, and if it continues, consult with a professional counselor.

9. USE YOUR FRIENDS, NEIGHBORS, RELATIVES. They are your safety net. Many people want to help you and your children. Ask a special friend or neighbor to take your children out for pizza once per week. Consult with your children's teachers and counselor and with parents of your children's friends to see what they are seeing and to enlist their help in supporting you and your children.

Finally and possibly most important, tell your children about all of the persons that love and care for them. Remind them of this regularly, because when children lose a parent they feel abandoned and unloved. Tell them who will take care of them if you should have to have surgery or get sick or have to go out of town on your job. Help them to know that you are not the only person who loves them and will take care of them.

Edited version of article by Elaine Tiller
For complete article, visit our website at
www.montgomeryhospice.org



Paul Kline

If you know a child who is grieving the loss of someone special, here are some ways to help:

- Listen, listen, listen—listen with your heart, eyes and ears
- Give a gift of art supplies and toys which can help the child express feelings
- Give the child a punching bag and other safe ways to express anger
- Help the child build memories by sharing stories and photos
- Be honest. If you don't have an answer to a question, say so, and talk with them about the question
- Help the child feel secure by expressing your ongoing love and availability
- Support the whole family to help them keep their normal schedules and routines as possible—this helps children feel safe

“Montgomery Hospice provides a vital service and support to the families within the community. Its team approach of doctors, nurse practitioners, nurses, spiritual counselors, social workers, certified nursing assistants, bereavement counselors and volunteers, all working with patients and their families to provide quality end of life care in a place of their choice—care in home, extended care facilities, or Casey House, the acute care facility—is so very compassionate and meaningful to those in need.”

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“Gentle the Journey: the Campaign for Montgomery Hospice”

Gentle the Journey
the campaign for
Montgomery
HOSPICE

Interview with *Lora Drezner*,
Campaign Chair

The Montgomery Hospice Foundation has begun a three-year, comprehensive campaign to raise \$8 million, which will include the creation of an endowment to support Casey House nursing services. It will also provide critical financial support for Montgomery Hospice operations for programs such as assistance with end-of-life planning, professional bereavement care including grief and loss support groups for all county residents and community education programs. We are so pleased that Lora Drezner has agreed to serve as our Campaign Chair for our “Gentle the Journey” campaign.

How did you get involved with Montgomery Hospice?

I grew up here in Montgomery County, a Springbrook High School grad. While I moved West, my folks stayed in White Oak, eventually moving to Rockville. Tired of sitting in LA traffic with my restless young children in the car, I was able to convince my husband to move back to Montgomery County. About that same time my dad began to fail at the end of his long struggle with cancer. Referred by his oncologist, my family landed in the safe hands of Montgomery Hospice professionals and volunteers. My father was able to remain in my home, and with the support of the Montgomery Hospice team, I could return to being his daughter and not his nurse. He ended his days as he had lived his life; in dignity and surrounded by loved ones.

How long have you been volunteering for Montgomery Hospice?

I have been a home care volunteer for six years. I visit with patients all over the county – Germantown, Bethesda, Silver Spring, Potomac, Poolesville, Derwood, Rockville, basically wherever they need me. Recently I completed training as a

bereavement volunteer and made my first phone calls to family members who lost loved ones in the Montgomery Hospice program. It is a tremendous privilege to help “gentle the journey” of my neighbors in Montgomery County. Seeing the struggles of these families and the ongoing work to resolve them, illuminates what is best about hospice – the overall concept, the helping professionals and the patients and families that fall gratefully into an organization so ready to catch them...each and every one.

One of the things I admire most about the work of Montgomery Hospice is that we meet people where they are and for who they are. We allow them to die with dignity, supported by a team of medical professionals and volunteers who care for them and their family members.

How did you get involved in end-of-life care?

As an undergraduate nursing student at Georgetown, prompted by the reading of Elizabeth Kubler-Ross’s landmark book on death and dying, I volunteered at a small inpatient hospice in Washington, DC. Upon graduation I worked in a large, acute care hospital as an oncology nurse.

After completing a master’s degree at UCLA, I continued to work with cancer patients. During the early years of the AIDS crisis, I cared for some of the first HIV patients. For much of my clinical career I was in settings where many people died, most while receiving intensive types of medical intervention. I knew that for most, there could have been another choice for their care.

What is your role in this Campaign?

As the Campaign Chair, I am the cheerleader, sharing the mission and needs of Montgomery Hospice through stories and community outreach. Over the past few months I have been busy recruiting volunteers to assist with fundraising. This Campaign will be 90% staffed by volunteers, many of whom have been touched, like me, by Montgomery Hospice. By helping to build a firm financial base for Montgomery Hospice, I can put my joy for this work, for the people who do this work, into an ever expanding pool of support.

Why should the community support Montgomery Hospice?

Montgomery Hospice is one of the



great gems of our county. It is a nonprofit organization that exists solely to serve families during their days of most need. No one is ever denied due to the inability to pay, and all families receive the same excellent and compassionate level of care. This time of loss is one we all will eventually cross – with our families, co-workers, neighbors and friends. My wish through this Campaign is that many people will give today so that, together we can ensure the clinical excellence, community outreach and innovation that is Montgomery Hospice will continue to grow and serve the needs of our community.

Finally, the Campaign offers a wonderful opportunity to educate the county about not just our mission, but also about the importance for all of us to do end-of-life planning before it is needed. I am thrilled that *The Gazette* has joined Montgomery Hospice in this effort.



www.AdventistHealthCare.com
301-891-7600

“Washington Adventist Hospital and Shady Grove Adventist Hospital are proud to work closely with Montgomery Hospice—an organization deeply dedicated to providing skilled and compassionate end-of-life care and grief support to our community.”

Why Support Montgomery Hospice?

How Your Gift Makes a Difference

• Montgomery Hospice provides comprehensive, compassionate, end-of-life care to one-fourth of the people who die in Montgomery County, **regardless of their ability to pay.**

• Our **medical team** of physicians, nurses and counselors serve those with life-limiting illnesses through our **Hospice at Home** program and at **Casey House**, the only medical facility in the county dedicated to the care of hospice patients.

• More than **200 highly-trained volunteers** work with the medical team to provide support to over 500 patients and their families each year.

• We offer **professional grief support** to all county families, including children.

• We provide **free loss and grief education**, including programs for employers, faith organizations, teachers and high school students.

• We offer support and education for **diverse** and **underserved communities** in the county.

• **Free complementary therapies**—including comfort touch massage, aromatherapy and music-by-the-bedside—assist with pain management, increase comfort and reduce anxiety.

• We are **patient-centered** – our care is focused on the patient's needs and desires. We provide the necessary information for patients or caregivers to make informed decisions, and we honor their choices.

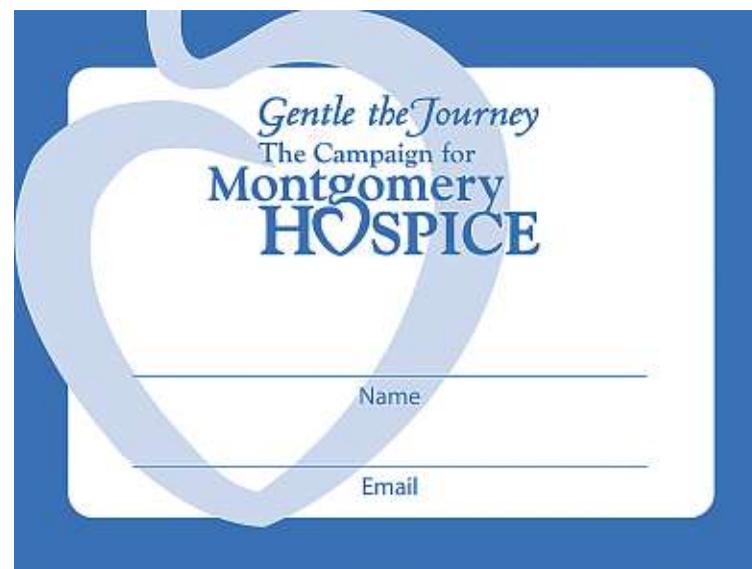
We invite you to support Montgomery Hospice and help us care for our neighbors in Montgomery County.

Plan a Gift Today. Leave a Legacy for Life.

Circle of Light Society

Leaving a legacy is a very rewarding experience. You have an opportunity to make a positive difference for the patients and families supported by Montgomery Hospice by joining the **Circle of Light Society**. The **Circle of Light Society** recognizes individuals and families who have included Montgomery Hospice in their estate plans through a bequest, trust, insurance policy, retirement assets or other estate-planning vehicle. These gifts reflect a commitment to our organization and honor the staff and volunteers who serve our families. For more information about the **Circle of Light Society**, please contact the Montgomery Hospice Foundation at (301) 921-4400.

"Montgomery Hospice provides the expertise that many lack in dealing with the problems associated with the end of life. The 'love of the job' offered by Montgomery Hospice providers enables the family to concentrate more on dealing with the issues involved with coping more than with the issue of providing the necessary care for the loved one. The workers are angels to those in need, and we all need an angel sometimes."



Hearts for Hospice

Help us care for our neighbors in Montgomery County

Visit any Sandy Spring Bank branch in Montgomery County through October 7, 2010, and make a gift to *Hearts for Hospice*.

Your donation to Montgomery Hospice will support our neighbors in Montgomery County.



Eugene B. Casey Foundation Offers \$1M Challenge

The Eugene B. Casey Foundation has announced a \$1,000,000 challenge match to Montgomery Hospice to create an endowment to support nursing services at Casey House.

Named in memory of Eugene B. Casey, Casey House is the only dedicated, inpatient hospice in the county. Every gift that is given to support the Nursing Services Endowment for Casey House will be matched, dollar-for-dollar, up to \$1 million.

"We are thrilled to have this tremendous opportunity to raise money for nursing services for Casey House," says Ann Mitchell, MPH, President and CEO of Montgomery Hospice. "Casey House provides critical care for our neighbors in

Montgomery County. The level of care and support provided is always greater than the level of reimbursement from Medicare and private insurance companies, which means that it always operates at a deficit. The income from this endowment fund will help us meet the demand for inpatient hospice services by supporting the nurses and nursing aides who care for our patients."

To make a gift to support the Nursing Services Endowment for Casey House, visit www.montgomeryhospice.org/donate, use the enclosed remittance envelope or call the Montgomery Hospice Foundation at (301) 921-4400. Gifts of any size will be matched by the Eugene B. Casey Foundation.

18205 D Flower Hill Way
Gaithersburg, MD 20879



Complementary Therapies program at Montgomery Hospice

Montgomery Hospice's goal is to provide patients with the best possible medical care. As part of this effort, we have recently expanded our Complementary Therapies program. The term "Complementary Therapies" refers to a number of different techniques that can be used along with conventional medical care to provide comfort to patients. These techniques help ease pain and anxiety, and help patients relax. Examples include massage, music and aromatherapy.

Montgomery Hospice's Complementary Therapies program focuses on touch, music and aroma. Since 2007, all Montgomery Hospice volunteers have been trained to provide lavender oil hand massage to patients and caregivers. As



Paul Kline

part of a grant from the Healthcare Initiative Foundation, the program was expanded with the hiring of a licensed massage therapist to provide hands-on care and to coordinate a volunteer touch

therapy program. Licensed professional massage therapists visit patients in homes, facilities and at Casey House. These therapists are trained in Comfort Touch®, a type of massage designed for

patients who are elderly or very ill.

Montgomery Hospice also uses "Music by the Bedside." With a recent donation of a large library of different types of music, volunteers and staff will be able to pick from thousands of songs and play favorite music selections for patients. Additionally, Montgomery Hospice has purchased four Reverie Harps. These small stringed instruments, specifically designed to be played with patients, make peaceful, calming music.

Montgomery Hospice continues to explore and implement the best possible ways to improve the quality of the lives of patients, including the use of Complementary Therapies.

Caring for a loved one with advanced dementia

As a patient with dementia worsens and reaches the end of his or her life, caregiving takes on even more challenges. How do you know what your loved one is thinking or feeling if he can no longer talk? Why doesn't she want to eat anymore? Is he in pain? What can I do to help her feel more comfortable? How can I soothe him when he is upset?

Finding help and learning how best to care for your loved one is essential. The experts at Montgomery Hospice understand how to determine if a patient is in pain and what is the best way to relieve that pain. Montgomery Hospice nurses can educate caregivers about techniques to ease pain or other troubling symptoms. Montgomery Hospice social workers can help with difficult family discussions about decisions that may need to be made. Montgomery Hospice volunteers

can do a gentle hand massage or play soothing music for the patient. Montgomery Hospice grief experts can talk with family members about the ongoing sorrow over the loss of their loved one.

Caregivers: caring for yourself

Caregivers of patients with advanced dementia must take care of themselves. This is not selfish, it is a necessity. Some suggestions that may help:

Physical

- Get sleep when you can. Have someone else look after your loved one if you need to rest. Ask for a Montgomery Hospice volunteer to visit as an opportunity to catch up on rest.
- Eat regular, balanced meals. Our volunteers can help with grocery shopping and light meal preparation.
- Maintain routines such as bathing, hair care, dental and medical appointments.

- Do some physical activity, even if it is just going for a short walk.

- Accept help from friends and family.

Social

- Caregiving can be isolating. It is important to keep in touch with others who are supportive of you. Consider joining a group of other caregivers of loved ones with dementia.

- You may want to make regular phone calls to stay in touch, or you may ask your friends to call you regularly.

- You may want friends and family to visit or you may want your space and privacy. Our counselors can help you sort out what works best for you and how to ask for the help you need.

- Our volunteers can visit with patients, so you can take a break and get support for yourself from friends and other social networks.

Montgomery Hospice gratefully acknowledges the generous support of the

Healthcare Initiative Foundation

A recent grant helped Montgomery Hospice launch an end-of-life dementia program. The funding of this program is an example of the Foundation's magnanimous support, which over many years has provided important resources to Montgomery Hospice so that we can respond to community needs.

Taking care of yourself is hard but important. Montgomery Hospice will work to support you and your loved ones in ways that respect your beliefs, values and personal needs.



962 Wayne Ave., Suite 500
Silver Spring, MD 20910
301-588-8200
www.familynursingcare.com

"Family & Nursing Care applauds Montgomery Hospice's commitment to ease the burdens of patients and their families throughout their difficult time. We greatly appreciate the bereavement care support services Montgomery Hospice offers to anyone in the community coping with loss. The strength and impact of the volunteer program is particularly remarkable. It is not only successful because of the myriad of ways that volunteers can participate, but also the quality, care, and devotion of each person who volunteers. The compassion of the Montgomery Hospice volunteers is second to none."



Advance Care Planning

Talk to your loved ones so that they know your wishes.

and how you wish to “live” during your disease. This is what you would consider as your quality of life. The main thing to consider is the balance of the benefits and burdens of different treatments, what are the side-effects from a particular drug or treatment balanced against the relief that it offers.

Document. Don't keep your decisions secret. Documenting your choices also shows others you're serious about having your choices respected.

How do I document my decisions?

Like any good map, your advance care plan should be on paper and stored in a place people can find it.

There are two basic kinds of care planning documents, or **advance directives**. One is a **Living Will**, the other is a **Power of Attorney for Health Care**. Both allow you to make specific choices about treatments in various situations. The Living Will is a statement of instruction. The Power of Attorney for Health Care allows you to appoint someone you trust (an AGENT) to “step into your shoes” when you are unable to speak for yourself.

(Maryland also recognizes The Five Wishes Directive and directives from other states as long as they do not conflict with Maryland law.)

A final thought....

No one can ever know for sure what “choices” will have to be made towards the end of life. Giving your loved ones and health care providers some direction in the process helps them know they are doing what you would have wanted.

By Anna Moretti, Montgomery Hospice
Hospice and Palliative Care
Nurse Practitioner & Attorney

What is Advance Care Planning?

Advance Care Planning is a process that gives you the ability to make choices about different types of medical treatments, even if you become so sick that you cannot speak for yourself. To ensure that your choices are known and honored, it's important that you learn about your options, communicate your choices with your family and health care providers, and document your decisions.

Why do Advance Care Planning?

Advance Care Planning is like drawing a map for the kind of care you want if you become extremely sick: you decide where you want to go and the paths you're willing to take to reach your destination. Every disease has an “end-stage,” a point where more treatment does not cure or even return you to a quality of life that's acceptable to you. It's important to know what the benefits and burdens of various treatments are throughout the stages of your disease. Your family needs to know what is important to you.

How is Advance Care Planning done?

Discuss. Advance care planning starts with an honest discussion of your disease

Questions we all should discuss:

- With our aging parents
- With our adult children

Difficult but important conversations



Talk to your loved ones about what you want to happen to you if you are unable to speak for yourself

- Who will make decisions for you if you are unable to speak for yourself?
- What does “quality of life” mean to you?
- If you are in the end-stage of a disease, would you want
 - CPR (cardio pulmonary resuscitation)
 - to be placed on a breathing machine
 - to be given artificial nutrition through a feeding tube
- What things are most important to you in your life?
- How do you want to be remembered?

“Joseph Gawler’s Sons, Inc. believes strongly in the service that Montgomery Hospice provides not only to terminally ill persons, but also to the families of those that are ill. Montgomery Hospice provides compassion, comfort, and support, as well as direction to people who are lost in a sea of despair. The hand of Montgomery Hospice reaches out to all the people of Montgomery County. The unending devotion and care that Montgomery Hospice provides is their greatest asset.”

5130 Wisconsin Ave., NW
Washington, DC 20016
202-966-6400





OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

July 22, 2010

Dear Friends of Montgomery Hospice,

Preparing for the death of a loved one is difficult, much harder than many of us expect. Family members must confront an often confusing array of practical, emotional and spiritual issues. Fortunately, Montgomery County residents can call on a group of compassionate and professional hospice care providers for help during this difficult time. Hospice professionals respect the wishes of each individual patient, while providing support to the entire family. Working closely together, the team of hospice professionals provides medical expertise, information about caregiving, access to grief counseling, and help with the practical issues that are part of living with death.

For the past 29 years, the seriously ill members of the Montgomery County community have been served by the nonprofit organization Montgomery Hospice. We are very fortunate to have the caring professionals of Montgomery Hospice available for our families. For the last ten years, we have also had the benefit of Casey House, Montgomery Hospice's uniquely designed facility for hospice patients. Casey House and its staff and volunteers are welcoming, competent and compassionate, caring for patients in a warm home-like setting. I know these things first hand because my wife, Catherine, has been an active supporter and board member of Montgomery Hospice for many years. On behalf of all the people of Montgomery County, I extend sincerest appreciation to Montgomery Hospice, for being there for those who are nearing the end of their earthly journey and for their families.

Sincerely,

Isiah Leggett
County Executive

ROBERTS HOME MEDICAL, INC. 

Roberts Home Medical, Inc.
20465 Seneca Meadows Parkway
Germantown, MD 20876
800-807-7290
www.robertshomemedical.com

Free grief support and education for the community

Montgomery Hospice professional bereavement counselors provide free support to patients' families and also are available to help others in the community. If you feel that talking with a counselor might help you, please call 301-921-4400 and ask to speak to a bereavement counselor. This counselor will talk with you about the free grief workshops and grief support groups Montgomery Hospice offers that might be helpful. You can also go to our website, www.montgomeryhospice.org, and learn about upcoming grief support groups and workshops, as well as explore articles on grief.



Grief care for children and families

The death of a parent or child can leave a family out of balance. Attending Montgomery Hospice's *Connections* program can help families learn to cope by finding ways to express all the feelings that come with grief. Children share memories and use arts and crafts to learn how to cope with grief in ways that fit them. Parents and guardians can participate in concurrent grief support groups where they learn to care for themselves and their children as the family adapts to loss.

With the support of professional grief counselors and trained volunteers, *Connections* provides a safe environment where children and adults:

- feel less lonely by connecting with others who are also grieving
- identify ways grief affects them physically, emotionally and spiritually
- express feelings through art and personal ceremony
- share stories and memories
- learn to nurture themselves through self-care



11821 Parklawn Drive, Suite 302
Rockville, MD 20852
301-255-0066
www.rightathomemd.net

"Montgomery Hospice's dedication to the community to provide holistic support to patients, family members, and loved ones is unparalleled. Montgomery Hospice's compassion for county residents has been demonstrated through their extensive bereavement and palliative services. Montgomery Hospice gives to our community, compassion, peace of mind, and quality end-of-life care. These are the hallmarks of Montgomery Hospice. Casey House is the only dedicated, inpatient hospice facility in the county where around-the-clock care is provided by selected caring, compassionate, and skilled staff. Right at Home is proud to partner with Montgomery Hospice."

Montgomery HOSPICE CASEY HOUSE

*“Casey House is about **dignity, compassion, caring** and **respect** for the patient as well as family and friends.”*

– Beryl Feinberg



Paul Kline

Casey House is the only all-hospice, acute care, inpatient medical facility in Montgomery County.

Casey House offers a comfortable, home-like atmosphere, and all patient rooms are private. Meals are cooked in our kitchen on-site, and snacks are always available. Many patients and families appreciate that there are no limits to visiting hours.

All Casey House patients receive around-the-clock monitoring and care from our team, which includes doctors, nurses, nurse practitioners, certified nursing assistants, social workers, chaplains and highly-trained volunteers.

Casey House is recommended when a patient's pain and symptoms cannot be safely or appropriately managed at home, or when symptoms require intensive nursing and medical care and attention.

“Your facility was just wonderful. The natural setting of the facility with trees, the outdoor patio with water fountain, the walk way around the building, and the abundant wildlife outside-birds-were delightfully peaceful. The family dining table, the TV and video game lounge for the kids and grandkids were just terrific. The well thought out design of the facility made it possible for us to really “be there” to support my husband during his last days and hours.”

– a patient's wife

Hospice Means Hope



***HOPE** that my life's work will continue.*

***HOPE** that the causes that I feel strongly about will go forward.*

***HOPE** that I leave behind something of value.*

***HOPE** that I can live my final days and weeks in peace and with dignity.*

***HOPE** that there will be reconciliation within my family.*

***HOPE** that I can laugh, cry and share memories with my family and friends.*

***HOPE** that I can say to my loved ones all the things that need to be said.*

***HOPE** that my family will be cared for and supported.*

***HOPE** that my family and friends will feel my love for them forever.*

Montgomery HOSPICE

Providing a safety net of comprehensive care for patients and their families



DOCTORS: Our doctors collaborate with patients' physicians. Medical Director takes a holistic approach to patient's care, including pain management and medication review.

SPIRITUAL COUNSELING:

Chaplains are available to assist with life review and spiritual needs of patients and their families.

NURSES: are available 24/7 for support by visits and phone calls. Nurses visit regularly, coach and teach caregivers, coordinate care and monitor symptom management.

CERTIFIED NURSING ASSISTANTS:

assist with bathing, skin care, feeding and making occupied beds; provide care tips to family members.

BEREAVEMENT: Montgomery Hospice support continues for families. Our counselors provide grief support to families for 13 months after patient's death. Bereavement groups & workshops are open to all Montgomery County residents.

VOLUNTEERS: provide respite and friendly visits and other practical assistance to patients and family members.

SOCIAL WORKERS: facilitate family communication, counsel patients and family members on Advanced Directives, insurance issues, anticipatory grief and other end-of-life concerns.

Nonprofit. Independent.
Medicare & Joint
Commission Accredited.



1355 Piccard Drive, Suite 100
Rockville MD 20850
(301) 921-4400
www.montgomeryhospice.org