

Montgomery HOSPICE

How Not to Say the Wrong Thing

by Susan Silk and Barry Goldman

It works in all kinds of crises – medical, legal, even existential. It's the 'Ring Theory' of kvetching. The first rule is comfort in, dump out.

When Susan had breast cancer, we heard a lot of lame remarks, but our favorite came from one of Susan's colleagues. She wanted, she needed, to visit Susan after the surgery, but Susan didn't feel like having visitors, and she said so. Her colleague's response? "This isn't just about you."

"It's not?" Susan wondered. "My breast cancer is not about me? It's about you?"

The same theme came up again when our friend Katie had a brain aneurysm. She was in intensive care for a long time and finally got out and into a step-down unit. She was no longer covered with tubes and lines and monitors, but she was still in rough shape. A friend came and saw her and then stepped into the hall with Katie's husband, Pat. "I wasn't prepared for this," she told him. "I don't know if I can handle it."

This woman loves Katie, and she said what she did because the sight of Katie in this condition moved her so deeply. But it was the wrong thing to say. And it was wrong in the same way Susan's colleague's remark was wrong.

Susan has since developed a simple technique to help people avoid this mistake. It works for all kinds of crises: medical, legal, financial, romantic, even existential. She calls it the Ring Theory.

Draw a circle. This is the center ring. In it, put the name of the person at the center of the current trauma. For Katie's aneurysm, that's Katie. Now draw a larger circle around the first one. In that ring put the name of the person next closest to the trauma. In the case of Katie's aneurysm, that was Katie's husband, Pat. Repeat the process as many times as you need to. In each larger ring put the next closest people. Parents and children before more distant relatives. Intimate friends in smaller rings, less intimate friends in larger ones. When you are done you have a Kvetching Order. One of Susan's patients found it useful to tape it to her refrigerator.

Here are the rules. The person in the center ring can say anything she wants to anyone,

anywhere. She can kvetch and complain and whine and moan and curse the heavens and say, "Life is unfair" and "Why me?" That's the one payoff for being in the center ring.

Everyone else can say those things too, but only to people in larger rings.

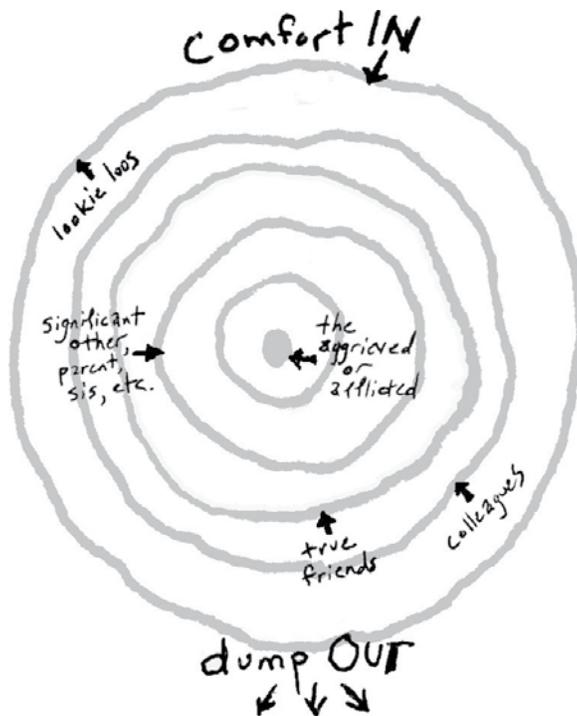
When you are talking to a person in a ring smaller than yours, someone closer to the center of the crisis, the goal is to help. Listening is often more helpful than talking. But if you're going to open your mouth, ask yourself if what you are about to say is likely to provide comfort and support. If it isn't, don't say it. Don't, for example, give advice. People who are suffering from trauma don't need advice. They need comfort and support.

So say, "I'm sorry" or "This must really be hard for you" or "Can I bring you a pot roast?" Don't say, "You should hear what happened to me" or "Here's what I would do if I were you." And don't say, "This is really bringing me down."

If you want to scream or cry or complain, if you want to tell someone how shocked you are or how icky you feel, or whine about how it reminds you of all the terrible things that have happened to you lately, that's fine. It's a perfectly normal response. Just do it to someone in a bigger ring.

Comfort IN, dump OUT.

There was nothing wrong with Katie's friend saying she was not prepared for how



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From Ann's Office

Words from Beryl Feinberg



Ann Mitchell (r) was hired in 1998 by Joan Finnerty (l), MH Board Chair and former President of Suburban Hospital.

As I write this, Ann Mitchell is out of the office on a well-deserved family vacation. Ann's trip allows me the opportunity to use this space in *Hospice Matters* to acknowledge and celebrate her fifteen years of service to Montgomery Hospice.

One of Ann's first challenges, after starting work in June of 1998, was to oversee the completion of the Casey House construction project, and to manage all the many tasks required to get it open and running (including everything from hiring new staff to creating policies to purchasing medical equipment). Casey House was, and still is, the only facility in Montgomery County exclusively designed for hospice patients. Casey House has served more than 5,500 patients since it opened in August of 1999.

Montgomery Hospice has grown considerably under Ann's leadership. When she was hired in 1998, the staff consisted of 60 people. By 2003, that number had more than doubled to 130, so Ann moved the office staff from their space on Research Boulevard to the current offices on Piccard Drive. The number of employees has since doubled again; currently Montgomery Hospice has 260 staff members.

The number of patients and families served has likewise grown. In 1998, Montgomery Hospice had 640 patients. At the time of the office move to Piccard Drive, Montgomery Hospice was caring for more than 1,000 patients annually. In 2012, we served more than 2,000 patients and families.

A particularly strong testament to Ann's leadership is that Montgomery Hospice has been continuously accredited by The Joint Commission during her tenure, starting with a survey conducted five months after she started work. This rigorous accreditation program has healthcare quality and safety as its goal.

I am particularly pleased by Ann's ongoing commitment to the bereavement program and to providing charity care for our neighbors who are uninsured or under-insured. Her support of Montgomery Hospice's newest program, Montgomery Kids, demonstrates further her dedication to meeting the unmet needs of the community.

As we face an ever-changing healthcare landscape, I am confident that Montgomery

"When Ann was hired in 1998, we had 60 staff members. Now, we have 260."

Ann Mitchell MPH

President & CEO of Montgomery Hospice

education:

Ann has a degree in economics from Smith College, and a master of public health degree from Yale University with a concentration in hospital administration.

career:

Ann started her career working in the International Corporate Lending Division of the Chase Manhattan Bank. She worked as a researcher for the Yale Center for Health Studies. Ann was the principal investigator of a research study on the economics of hospice, published in the *Journal of American Medicine* in 1994. Ann led hospices in South Carolina and Massachusetts before coming to Montgomery Hospice.

community service:

Ann has served as a Board Director on many boards including the Hospice and Palliative Care Network of Maryland, the Hospice Alliance, Maplewood Park Place Retirement Services Corporation and the Alumnae Association of Smith College. Ann is an active participant in hospice advocacy on the local and federal level. In 2009, Congressman Chris Van Hollen described Ann with these words: "I have found no one more dedicated to hospice than Ann Mitchell."

Hospice will continue its long history of excellence under the continuing leadership of Ann Mitchell. On behalf of the entire board, I would like to wish Ann a Happy 15th Anniversary, and thank her for all she's done for the people of Montgomery County.

Beryl L. Feinberg, Chair
MH Board of Directors



Grief – Dispelling the Myth of Letting Go

by Kip Ingram

Contrary to popular myth, grief is not about letting go of our loved ones, it's about learning to hold onto them in new ways as we move forward with our lives. Often our society expects a brief time of grief after a loss followed by a quick return to normal as we somehow let go and move on. If we dare to open up and talk about the challenges of our grieving several months later, we are typically met with awkward and impatient responses that send the message, "haven't you gotten over this and moved on yet?" The reality is grieving takes time and is more like a journey into new places than a brief episode with a definite ending.

With gentleness and patience, we can learn to hold on to our loved ones in new ways that feel comforting and good. We can do this through the stories we share about them with others. We can also find that certain of their possessions take on a sentimental value because they remind us of something we cherish in our loved one. We visit the cemetery or keep the ashes in a special place because it helps us to feel near to them. We engage in rituals of remembrance like planting a tree or installing a memorial marker or toasting them at a family holiday gathering. Montgomery Hospice offers annual opportunities like this with our Tree of

Lights ceremony at Brookside Gardens and our Cobblestone dedication at Casey House. We can also hold onto them when we take inspiration from their lives and take up a cause in their memory. Sometimes, we even find that we talk to them, either in our minds or out loud, and this can bring comfort and a sense of their nearness. The fact that many people actually have bits of conversation with their loved ones may be one of the best kept secrets around. These are a



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few of the ways we can continue to remember the special bond we share with our loved ones as we move forward in our living.

It needs to be said that sometimes, and for some people, it may not feel good to remember and focus on a loved one too much, especially in the early days following the loss. With the initial shock

of the loss and intense feelings surrounding it, just to focus on other things for a while can feel like a relief. This is often a normal part of grief and a healthy way to deal with overwhelming circumstances. Rather than grieving all at once, we tend to do better by grieving in smaller, more manageable doses over time.

It is also good to remember that holding on to a loved one is not about trying to freeze time and live in the past. It's about learning new ways to remember, honor and cherish our shared journey. It's about affirming that our loved one's presence will be with us in meaningful ways as we begin to take tentative steps forward. Holding on is not a fearful, desperate clinging to the past, but a hopeful and life-affirming step into the future. When we lose a loved one, our world feels shaken and even demolished forever. It will never be the same as it was. Yet, moving through the journey of grief, we can begin to find that a new world comes together in our living, and that our loved ones will have a deeply meaningful place in it.

Kip Ingram is a MH grief counselor. To contact a grief counselor, call 301 921 4400, or email grief@montgomeryhospice.org.

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horrible Katie looked, or even that she didn't think she could handle it. The mistake was that she said those things to Pat. She dumped IN.

Complaining to someone in a smaller ring than yours doesn't do either of you any good. On the other hand, being supportive to her principal caregiver may be the best thing you can do for the patient.

Most of us know this. Almost nobody would complain to the patient about how rotten she looks. Almost no one would say that looking at her makes them think of the fragility of life and their own closeness to death. In other words, we know enough not to dump into the center ring. Ring Theory merely expands that intuition and makes it more concrete: Don't just avoid dumping into the center ring, avoid dumping into any ring smaller than your own.

Remember, you can say whatever you want if you just wait until you're talking to someone in a larger ring than yours.

And don't worry. You'll get your turn in the center ring. You can count on that.

Susan Silk is a clinical psychologist. Barry Goldman is an arbitrator and mediator and the author of "The Science of Settlement: Ideas for Negotiators."

The Guts to Keep Going

by Amy Lyles Wilson



I believe in old women who learn new tricks — gutsy, wrinkled broads who eat alone in restaurants and pump their own gas.

When my father died six years ago, my mother, then 79, had already done quite a lot. She had moved from her hometown in Mississippi to work in the big city even though many of her generation stayed put. She had raised three daughters, chaired PTAs, volunteered for a host of causes and nursed her husband through heart surgery. Along the way, she lost a breast and part of her colon to cancer.

What she had not done before Daddy's death, however, was pump her own gas. After the funeral, when she stopped the car at the filling station, neither of us moved. We were both waiting, I guess, for Daddy to wink at us before sliding out to "fill 'er up."

As I collected myself and turned to open the door, my mother said, "I guess you better show me how this works."

After we finished she asked, "That's it?" "Yes ma'am," I said, "You'll do fine." I tried not to think of all the things my mother would now have to do by herself.

As we drove off, Mother told me about her old friend Betty Ann whose husband Carl had died recently. It seems Betty Ann got in the passenger seat of their new Buick and waited a full three minutes for Carl to appear behind the wheel before finally hauling herself to the other side of the

car and driving downtown. Telling me this story, my mother was crying just a bit. She said, "I guess you do what you have to do."

I did not marry until age 41, so I know about pumping gas and eating alone in restaurants. But I haven't a clue what it's like to lose your soul mate unexpectedly after 52 years of marriage, leaving you to deal not only with grief but also with car mechanics. Mother has always been a quick study, though, so it was not long before she could tell her widowed friends which Exxon had the lowest prices, which BP still offered full service, which Chevron was well lighted at dusk.

There have been other challenges for my mother, of course, since my father died.

From downsizing the family home to allowing a widower preacher to "go Dutch" with her at the Olive Garden on occasion, my mother has put one foot in front of the other with grace and fortitude.

It is a small thing, perhaps, to believe in elderly women doing nothing more than putting gas into cars and getting themselves from point A to point B without an escort. But to my mind, and heart, it's a belief in something much bigger than that: the guts to keep going.

Amy Lyles Wilson is a writer and editor in Nashville, Tenn.

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is based on the popular 1950s radio series of the same name hosted by Edward R. Murrow. To read and hear other essays, and to submit your own, visit www.thisibelieve.org.

African-Americans & End-of-Life Care

a personal story by
Gloria Thomas Anderson, LMSW

When one of my older relatives was rushed to the hospital with a serious illness, she wasn't ready to deal with the business of her healthcare issues. Her memory was starting to fade and she was calling us other people's names without knowing it.

Since 1991, the Federal Patient Self Determination Act has required all healthcare providers to ask patients if they have an "advance directive," and give them the choice to complete one if they don't.

My relative got VERY upset when the nurse tried to tell her about this, shouting, "What y'all trying to do with me? Ain't nobody gon' put me in no nursing home!" Her piercing words stayed in my mind as we hoped for the best and prepared for the worse. She calmed down once she was assured that no one was going to make any decisions without her input. She then agreed to give one of her children Durable Power of Attorney for both her healthcare and financial decisions.

When I learned that she had not been to a doctor in many years because of fear and mistrust, I realized that she was not alone in her rationale. Some people of color still experience healthcare disparity, in light of much improvement in healthcare service delivery. Racial disparity in healthcare has caused many people of color to lose trust in doctors or proposed treatment options. End-of-life decisions are also impacted by African Americans' unique history, culture and generational values. Ethical end-of-life decision-making encompasses far more than medical dimensions, often extending to include individual personal experiences and belief systems.

Regardless of ethnicity, age or socioeconomic status, the ability to make good decisions in healthcare and end-of-life care is often based on understanding and effective communication. Miscommunication can be a barrier, especially in these kinds of situations. My relative's fears were significantly decreased once she understood that she was in control of her own life and that her wishes would be respected.

Optimally, we all should have conversations about healthcare decision-making before an emergency situation. Although questions such as "What would your wishes be if you were no longer able to speak or do for yourself?" are difficult to answer, they are important ones to consider so that we can remain in charge of our lives, right up 'til we reach Heaven's gate.



Life isn't promised to anyone. Nobody wants to think about leaving here, but the reality is everybody is going to—someday. Having dignity in dying can be just as valuable as having dignity while living. Making personal healthcare decisions is rarely an easy thing to do, especially when it pertains to end-of-life. My relative's response need not be a common one. By choosing to gain a better understanding of one's options and taking charge of one's own health decision-making, those whom you care about and love most can honor your wishes if you are unable to speak for yourself. When people choose to talk about these subjects, they gain greater peace of mind, as well as provide comfort to those they love most during such times as our family experienced.

Gloria Thomas Anderson is a licensed master's social work educator and the author of "The African-American Spiritual and Ethical Guide to End-of-Life Care-What Y'all Gon' Do With Me?" This patient educational resource helps to increase awareness and understanding about end-of-life care options.

Montgomery Hospice Center for Learning presents African-Americans & End-of-Life Care

Silver Spring Civic Building

1 Veterans Place Silver Spring, MD 20910

Tuesday, Nov 19, 2013

8:30 am to 12:00 pm

Speaker: Gloria Thomas Anderson, LMSW

An interactive, educational, informative and fun event that will bring awareness to the unique cultural, historical and spiritual values that may influence African-American healthcare decision-making. This workshop will help to identify prominent barriers to culturally appropriate healthcare provision, while simultaneously providing self-awareness assessments to enhance and improve communication between providers, caregivers and patients.

Come and be a part of the conversation. Let's talk about it!

cost: \$20 (\$25 with CEUs) 2.5 Social Work CEUs available

registration: <http://GAnderson.eventbrite.com/>

information: call Terrie James-Taylor at 301 637 1900

Corporate Partners

Montgomery Hospice is grateful to our 2013 Corporate Partners. Donations through our Corporate Partnership program help to underwrite educational programs and other initiatives that educate county residents about our services.

Businesses and organizations interested in becoming a Montgomery Hospice Corporate Partner should contact:

Marlene Bradford
Director of Development
301 921 4401 x146
mbradford@montgomeryhospice.org.

Thank you again to the 2013 Corporate Partners whose logos appear immediately below. Their businesses were recognized in the spring issue of this publication.



Gold Partners

Adventist HealthCare



Adventist HealthCare is a nonprofit network of healthcare providers that includes hospitals, home health agencies and other healthcare services. Based in Gaithersburg, Maryland, Adventist HealthCare employs more than 6,200

people and cares for more than 450,000 men, women and children in the communities it serves each year. Adventist HealthCare is also the largest provider of charity care in Montgomery County. Adventist HealthCare is proud to be a corporate partner because Montgomery Hospice is a

vital organization that provides skilled and compassionate end-of-life care and grief support to our community.

Francis J. Collins Funeral Home, Inc.



Family owned and operated since 1939, the Collins family serves families of Montgomery County and greater Washington with dignified professional service in their time of need. Whether you wish to pre-plan or you have experienced a loss, please contact us to discuss how we can assist you.

Collins Funeral Home supports Montgomery Hospice through its Corporate Partnership Program because we see firsthand what a difference hospice makes to families in need. Montgomery Hospice offers our community the resources to handle important and sensitive end-of-life issues as well as resources to handle the grief that comes with the death of a loved one.

Joseph Gawler's Sons, LLC



Joseph Gawler's Sons, LLC has been part of the Washington D.C. community since 1850 and is honored to be one of the oldest funeral home in area. Joseph Gawler's Sons, LLC started on Pennsylvania Avenue, just blocks from the White House, but moved to our current location in 1964. Our beautiful chapel has the capacity to seat up to 220, along with our 6 state rooms designed to assist families of all sizes. We are proud to be part of the history and future of this great city and the Greater Metropolitan area. Due to our dedication, care and persistent service excellence, we have had the honor of serving several former Presidents of the United States.

At Joseph Gawler's Sons, LLC, our priority is to help all families that come through our doors. We understand that losing a loved one is a life event that is unique as the person who has left us. Our compassionate staff can assist each family with customized service and experience based on your or your loved ones wishes. We pride ourselves on assisting families through the most difficult time with an unmatched service level.

We are proud to support Montgomery Hospice and their amazing ability to care for families and individuals at such an emotional and stressful time and proud to assist them with many different projects. We will be holding events this fall and winter for all families who have dealt with loss over the past year. These events will be open to anyone

Corporate Partners *cont. from page 6*

in need, regardless of what funeral home had served you. For more information on our history or events being held this fall, please visit www.JosephGawlers.com

Joseph Gawler's Sons, LLC is a proud member of the Dignity Memorial® network, North America's largest provider of funeral, cremation and cemetery services.

Hines-Rinaldi Funeral Home, Inc.



Hines-Rinaldi has provided compassionate and dignified funeral services to families in the Metropolitan area since 1873. We realize the importance of everyone's

personal wishes and traditions, and will work to create the funeral experience you want, from traditional services to just what you had in mind. Our funeral arrangers are highly experienced and compassionate professionals who will listen to what you have to say and who take pride in making sure each and every detail is handled with the utmost care for you and your family.

Hines-Rinaldi Funeral Home, Inc. is proud to partner with Montgomery Hospice, as their services are a valuable tool for the families of Montgomery County. Their commitment to provide excellent service to each family goes hand in hand with the core values of Hines-Rinaldi, and we are privileged to work with such a great organization.

Silver Partners

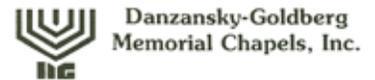
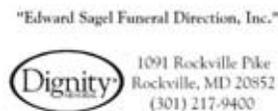
The Law Firm of Amy L. Griboff, LLC



The Law Firm of Amy L. Griboff, LLC leads with our heart and extensive legal knowledge to help families address their estate planning, trust administration, probate and elder law matters. As a holistic law firm, we are concerned about families' physical, mental, financial and spiritual well-being, and are dedicated to helping Maryland residents and professionals preserve their legacy. We work collaboratively with families to create personalized estate plans to provide peace of mind. We meet our clients' needs with compassion and professionalism.

The Law Firm of Amy L. Griboff, LLC listens to our clients and helps families deal with stress caused by illness or the death of a loved one. We hold ourselves to the highest ethical standards and always serve families with integrity. Due to Amy's own family experiences, she is motivated to ensure all of her clients are well-protected. In an effort to educate the community on the importance of proper estate planning, Attorney Griboff regularly conducts seminars focused on fundamental estate planning issues. She is a member of the prestigious American Academy of Estate Planning Attorneys, which has been recognized as a top legal source by Money Magazine and Suze Orman in her book, "9 Steps to Financial Freedom."

Edward Sagel Funeral Direction, Inc. and Danzansky-Goldberg Memorial Chapels, Inc.



Edward Sagel, founder of **Edward Sagel Funeral Direction, Inc.**, is a first generation funeral director who started with a fresh approach to the business in 1994. He believed that funerals or memorial services could be held at other venues and not just in funeral homes, giving families the opportunity for flexibility and a better value.

Using his vision to provide the best service at a fair price, Edward Sagel has built a reputation based on enduring relationships. Family and friends recall the warmth and support of his management and staff, and can always count on this team whether it be for pre-planning for the future or during a time of need. You can also find Mr. Sagel and his compassionate colleagues at Danzansky-Goldberg Memorial Chapels, Inc.

Both Edward Sagel Funeral Direction, Inc. and Danzansky-Goldberg Memorial Chapels, Inc. are proud members of the Dignity Memorial® network, North America's largest provider of funeral, cremation and cemetery services. Both locations work closely with Montgomery Hospice to assure that professional caregivers can assist families in their transition from hospice care to funeral care and are devoted to exceeding expectations and providing a standard of service that is 100 percent guaranteed.

Support from the Corporate Community

Losing a loved one is an emotional and difficult experience, and they are committed to assisting families with compassionate, professional and personal service. If you would like more information, please visit www.SagelFuneralDirection.com or www.DanzanskyGoldberg.com

Edward Sagel Funeral Direction, Inc. & Danzansky-Goldberg Memorial Chapels, Inc. are licensed funeral establishments in the State of Maryland.

Global Medical, LLC



Global Medical is a leading provider of the highest quality products and services

to hospice patients. Global is extremely proud of our relationship with Montgomery Hospice, and we are committed to bringing them best-in-class products and services.

Global Medical created Global Hospice Care to meet the specific medical and emotional needs of hospice patients. We are committed to our hospice partners by becoming fully integrated with their programs and delivering timely, high quality products and services to their patients and families.

Global Medical guarantees a standard of excellence through extensive training of our staff and our progressive focus on new technology and analytics. The core of our program includes a quality assurance team, an improved operational structure, communication protocols, and emergency preparedness, insuring the kind of care and timeliness for which Montgomery Hospice is known.

Sandy Spring Bank



With \$4.1 billion in assets, **Sandy Spring Bank** is one of the oldest banking institutions in Maryland. Independent and community-oriented, Sandy Spring Bank was

founded in 1868 and offers a broad range of banking and financial services. Visit www.sandyspringbank.com for more information.

At Sandy Spring Bank, we have a strong set of values that define who we are and allow us to remain a partner with the communities we serve. These values include giving back to the communities in which we operate. We know that businesses and communities are closely

connected, and our company has a passion for playing an active role in making our world a better place. Through our community outreach efforts and current partnership, we engage, inspire and connect our clients and employees with organizations like Montgomery Hospice.

In keeping with that partnership, we were delighted to host our fourth annual Hearts for Hospice fundraising drive to benefit Montgomery Hospice. From Wednesday, September 11 to Friday, September 27, 2013, the bank offered Montgomery County clients the opportunity to make a donation to support to Montgomery Hospice. Since the launch of the Hearts for Hospice campaign, we are pleased to have raised more than \$6,800 to support those who need it most. Many thanks to our clients and employees for making this initiative such a success! Thanks also to the caregivers at Montgomery Hospice for "gentling the journey" for our county neighbors and friends affected by life-limiting illnesses.

Warman Home Care, LLC



Started in response to our Founders' desire to provide quality eldercare for their parents, **Warman Home Care** has been serving the community's home care needs for more than 25

years. Caring for loved ones in their homes when doing it alone becomes too great a challenge has been our mission from the start. During our decades of service, we've been privileged to see firsthand the marvelous work of Montgomery Hospice in bringing true caring and aid to those dealing with end-of-life issues. Working closely with a shared community, we draw great inspiration from our association with Montgomery Hospice.

Montgomery Hospice online

our new website:

www.MontgomeryHospice.org

award-winning Casey House video:

www.MontgomeryHospice.org/CaseyHouseVideo

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Supporting Montgomery Hospice Through Workplace Giving Campaigns and Employer Matching Gifts

Montgomery Hospice is grateful for your contributions, which enable us to care for patients who are uninsured or under-insured; offer bereavement support to anyone in the community who has experienced a loss; support the *Montgomery Kids* program; provide complementary therapies; and educate healthcare professionals and county residents about end-of-life care. Many Montgomery Hospice supporters choose to donate through payroll deduction. As a member of *America's Charities - Community First of Greater Washington DC*, we participate in the Combined Federal Campaign (#85936), the Maryland Charity Campaign (#6242), and other public and private workplace giving programs. When your workplace campaign occurs, we encourage you to make a gift to Montgomery Hospice. It's easy to participate each pay period and so helpful to our patients, their families and the community.

If you previously gave to Montgomery Hospice through the United Way, please consider sending your gift directly to us or donating through our website (montgomeryhospice.org/donate). You may still give through the United Way by following its instructions on how to donate to a non-United Way agency. You may need to write in our name and address, found on the back of this newsletter.

Matching Gifts

Whether you make a gift directly to Montgomery Hospice or through a workplace giving program, your employer may match your contribution, effectively doubling or tripling your gift! Ask your Human Resources department how to request a matching gift from your company.

Thank you in advance for your generous support.



Community Partners

We are grateful to our Community Partners who have supported Montgomery Hospice with a gift of \$250 or more between February 1, 2013 and August 31, 2013.

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Montgomery County Executive
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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 or other estate-planning vehicle. Individuals interested in joining the Circle of Light Society should contact Gerry Vent, Vice President of Philanthropy, at 301 637 1867.

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The Wolinetz Family

Please accept our apologies if we have omitted any names from these lists.



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family and friends of Montgomery
Hospice, a non-profit organization
serving residents of Montgomery
County, Maryland who are bereaved
or terminally ill.

Montgomery Hospice Center for Learning presents

Gloria Thomas Anderson, LMSW: *African-Americans & End-of-Life Care*
November 19, 8:30 am-12:00 pm, Silver Spring Civic Building, SW CEUs

Bereavement Care: free grief education for Montgomery County residents

- Discussion about Grief and Healing* December 4, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- For Men Only, a two-session workshop* December 10 and 17, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Discussion about Grief and Healing* January 7, 1:00-2:30 pm, 1355 Piccard Drive, Rockville
- Afternoon Grief Support Group* January 14, each Tuesday, 1:00-2:30 pm for six weeks, Rockville
- Parent Loss Support Group* January 22, each Wednesday, 6:30-8:00 pm for six weeks, Silver Spring
- Evening Grief Support Group* January 23, each Thursday 6:30-8:00 pm for six weeks, Rockville
- Loss of a Child Support Group* January 21, each Tuesday, 6:30-8:00 pm for six weeks, Rockville
- Winter Blues workshop* December 12, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Winter Blues workshop* December 16, 1:00-2:30 pm, 1355 Piccard Drive, Rockville

Honor and Remember People

Tree of Lights Brookside Gardens, Wheaton, MD
Tuesday, November 26, 2013

Volunteer Training

March 14, 21, 28, 8:30 am-3:30 pm, Rockville



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