

## Integrating Complementary Therapies into Holistic Care at Montgomery Hospice

by Kikikipa Kretzer PhD CRNP

Our patients at Montgomery Hospice are the center of individualized and holistic healthcare provided by interdisciplinary team members. Our care at Montgomery



Hospice focuses on rendering gentle and comforting experiences for our patients during this sacred phase of life. Team members strive to honor the journey and respect the dignity of all persons through a twofold approach. This approach emphasizes the whole person in mind, body and spirit through unconditional and compassionate caring. It highlights the delivery of quality medical care while simultaneously integrating complementary therapies for patients who desire them or for whom they are therapeutically significant. We believe that our patients' hospice experiences are improved through a synergistic or combined effect of each component of care. This advances our efforts to achieve patient-centered goals—outcomes valued by patients and families.

The National Hospice and Palliative Care Organization (NHPCO) posits that team members' major responsibilities include managing patients' pain and symptoms while assisting with their emotional, psychological, social and spiritual components of the dying process (NHPCO 2015). At Montgomery Hospice we aim to maintain the dignity of the dying and relieve unnecessary suffering. We do this by optimizing state-of-the-art modalities in caring for patients

with comprehensive pain and symptom management using effective medications and complementary therapies. At Montgomery Hospice we hope to achieve our goal by implementing this synergistic approach if patients and their families are willing and agree to integrate therapies into their hospice care.

Presently, Montgomery Hospice team members are able to offer our patients the following therapies: Aromatherapy; Massage/Touch Therapies including Comfort Touch®, Palliative Massage, Lavender Oil Hand Massage; Music by the Bedside including Reverie Harp, Custom Playlists, Special Musicians, Threshold Choir; Guided Imagery, Meditation, Intentional Breathing, Pet Companionship, and Energy or Biofield Therapies including Reiki. When we combine both conventional medicine

## Montgomery HOSPICE

### Jill's story

*"If you could bottle that up, you would be rich."*

Sandra Lavengood, a licensed massage therapist and Montgomery Hospice's Complementary Therapies Manager, shares one patient's experience of receiving nurturing touch as a meaningful component of her plan of care.

*Jill, a Montgomery Hospice patient, had amyotrophic lateral sclerosis, also known as ALS. Her disease had progressed to the point that her movements were extremely restricted. She spent her days sitting in a specially outfitted wheel chair, not able to move her arms or her legs, completely dependent on others for all her daily care and function. Jill's losses included her ability to speak. However, she was able to communicate through blinking her eyes. She would look at the computer screen attached to her chair, and blink—with great concentration and effort—to select words or letters to convey her message.*

*Although she was not able to move her body, her sensory capability remained intact—she could still feel. Typically, she was only touched by caregivers who were completing necessary tasks. Often that touch was uncomfortable or painful. I was asked to provide Jill with Comfort Touch® massage, a specialized massage technique for patients who are ill or at end of life. At our first session, Jill surprised me by sharing her reaction: "Most of the time touch brings pain. It is so nice to feel pleasure." After the second visit, Jill painstakingly typed out, "If you could bottle that up, you would be rich." Another time she typed, "I wish I didn't have to get ALS to receive this." Jill's husband frequently noted how much Jill looked forward to these visits, and Jill expressed her gratitude by blinking out "thank you" at the end of every session.*

cont. on p. 3



# From Ann's Office

## Complementary Therapies, Integrative Medicine

For the past 34 years, Montgomery Hospice has been caring for people in our community who are living with a life-limiting illness. We take seriously our responsibility to our neighbors at such a critical time in their lives, and we purposely focus on being innovative, on actively learning, and on continuing to be experts in end-of-life care. Our implementation of the complementary therapies program is one example of our commitment to excellence. We started with lavender oil hand massages, continued with musicians at Casey House, and expanded our touch, aroma and music offerings with funding from the Healthcare Initiative Foundation. With the support of other generous donors, including Lou and Kim Fiorentino, and the Lisa Higgins-Hussman Foundation, we have added

a formal aromatherapy program; Reiki; and a Threshold Choir. We have licensed massage therapists and certified aromatherapy nurses on our staff, and all of our volunteers receive specialized complementary therapy training. One of our nurse practitioners, Kikikipa Kretzer, did research and writing about complementary therapies as part of her PhD work. She provides a detailed look at the therapies used at Montgomery Hospice in her article in this issue of our newsletter.

In Dr. Kretzer's article, she emphasizes our integration of complementary therapies into the care of our patients. In the past, some Americans looked to "Alternative Therapies"—therapies used *in place of* conventional medicine. At Montgomery Hospice, we've been offering "Complementary Therapies," using these techniques *together with* conventional treatments. Terms such as "integrative medicine" are increasingly being used in healthcare to reflect the careful coordination of both conventional and complementary treatments. In 2014,

NIH renamed their specialized scientific research agency to "The National Center for Complementary and Integrative Health," because of the growing demand from the general public for these therapies and the expectation that they be "integrated" into healthcare practices. At Montgomery Hospice, we provide "integrative medicine," carefully coordinating treatments, as appropriate.

I invite you to read Dr. Kretzer's article and the stories of specific patients in this newsletter. It is because of our donors that we are able to provide these important therapies that have proven to be effective in mitigating pain, anxiety and other symptoms at the end of life. We thank all of you in the community whose support allows us to go above-and-beyond for our patients, and to continue our commitment to innovation in end-of-life care.

Ann Mitchell  
President & CEO

### Bethany's story

*"Complementary therapies helped me breathe and relax."*

Diana Goroff, a licensed massage therapist and Montgomery Hospice touch therapies manager, works with patients with a wide variety of diagnoses. She talks about one of her patients:

*One of my patients, Bethany, had COPD—chronic obstructive pulmonary disease. Bethany suffered a lot of anxiety due to the limitations of her lungs. This anxiety severely affected her quality of life. I started working with Bethany by offering Comfort Touch® massage. When I would arrive, Bethany would be on her bed, stiff in all her limbs, and holding her body tight with tension. Her breathing was labored and rapid, inhibiting her ability to talk. After a few minutes of measured, rhythmic, gentle touch, Bethany's breathing would slow down and become less labored. I would lead her by prompting her to release the tension in her arms, hands, legs and feet; Bethany would let go and relax. Bethany was amazed at how transformed she was after the massage. She was then able to talk freely and we had many interesting conversations together. I worked with her to teach her how to focus on her breathing to slow it down when she would begin to feel anxious. We also did some guided meditation together so that she would have another way to soothe herself and ease her anxiety. Bethany found that the Comfort Touch® also relieved the pain that she felt in her back. She told me that the benefits of the treatment would last for two or three days. Bethany's quality of life was significantly improved due to the introduction of these interventions.*

with one or more of these complementary approaches, patients maintain autonomy and independence and remain at the center of care. We help alleviate symptoms by decreasing anxiety, dyspnea or pain or by increasing relaxation, sleep and comfort whenever possible. Patients often enjoy optimal comfort, feel supported and valued, and experience peace during the final phases of life. They are empowered to appreciate physical, mental, emotional and spiritual healing through use of therapies selected.

Patients may self-refer for a particular therapy. Family members, clinicians or team members may also refer patients for a particular therapy based on assessed need. Upon referral, a physician's order is obtained when required according to policy and procedure and becomes part of the patient's plan of care. If a patient is referred for Comfort Touch® Massage or Aromatherapy blends, we include the therapy or therapies in conjunction with medical care to provide a synergistic alleviation of symptoms. Aromatherapy blends are designed to comfort patients in a variety of ways: sometimes to reduce anxiety, encourage restful sleep, or reduce burning or bleeding. It is expected that the patient will feel physically and emotionally better by integrating these blends. If not, we continue to explore additional complementary options as needed.

We may include Meditation or Guided Imagery due to observations such as muscle tension or restlessness, or if a patient is experiencing anxiety or stress, we may suggest Lavender Oil Hand Massage, a popular request filled many times by our volunteers.

Our team of hospice providers includes physicians, nurses, counselors, social workers,

and massage therapists or volunteers, and other contracted providers trained to provide specific therapies. Licensed professionals employed

*My mother used a topical aromatherapy blend for insomnia and it worked like a charm.*

*It let her relax enough that she could fall asleep and stay asleep.*

Mary Lynn McPherson, PharmD, BCPS, CPE

at Montgomery Hospice provide therapies directly to patients or close supervision to other therapists. They understand the importance of "going the extra mile" to deliver unconditional compassion, dignity of the dying, dedication, and collaboration in every patient encounter. The team offers our patients options for integrating therapies that serve to embrace patients' wholeness and uniqueness.



photo by Maria Fernanda Andia

Since 2010 through 2015, there has been an increasing trend in complementary therapy visits at Montgomery Hospice. In that five-year period there was a sixfold increase in Comfort Touch® visits; we made 1,500 visits in 2015. Pet companionship visits increased more than ten times [79 to 1000] during the last four years and Lavender Oil Hand Massage was the most used therapy, increasing to

2,500 in the same time frame. We have found therapies that alleviate pain (Comfort Touch® Massage), have a lovely fragrance (Lavender Oil Hand Massage) or offer companionship (pet companionship) are most requested. At Montgomery Hospice this program is a vital aspect of our strategic plan and it continues to evolve with integrating additional and new therapies as they are tested and evaluated.

Despite the increasing use of complementary therapies into care, hospice administrators cited a common obstacle to offering these therapies as being a lack of trained personnel, adequate knowledge about therapies, and organizational support (Running, et al, 2008). Ensuring Montgomery Hospice patients have access to these therapies is essential to meet the growing need to integrate therapies and complement conventional approaches. We provide financial support for staff continuing education credits and instruction, support through conferences, and on-site in-service webinars to advance their skills, knowledge, and current best practices.

Practitioners note that these therapies are well received and the trend has been increasing for requests for most modalities at Montgomery Hospice. Both patients and practitioners deeply appreciate the improved patient outcomes and seek avenues to expand their continued education

and expertise in learning about integrated therapies more comprehensively. Therapists monitor patient outcomes through the evidence of comfort, relaxation, stress reduction and pain relief among others. For those patients who prefer not to integrate complementary therapies into their standard medical care, we honor their wishes as well and inform them that they can change their mind at any time.

Team members at Montgomery Hospice augment pain management and integrate non-drug treatments or therapies to help support our patients with a treasure trove of holistic modalities to meet their individual needs in a very personalized approach. Patients choose therapies familiar and appealing to them and oftentimes are eager to explore new therapies. We encourage and strive to achieve our goal to optimize state-of-the-art modalities in caring for patients to alleviate symptoms. We can do this most effectively by integrating the best of medical care with the best of complementary therapies.

Further, the literature highlights the importance of developing collaborations with hospice providers and academic researchers to enrich the process and achieve meaningful study outcomes. We look forward to developing collaborative community partnerships and expanding our complementary therapies to achieve those goals our patients embrace. This may be accomplished through continuing education, developing talent, and seeking potential grants and research opportunities to bring peace and comfort to our patients.

### References

- NHPCO's Facts and Figures Hospice Care in America 2015 Edition; [http://www.nhpc.org/sites/default/files/public/Statistics\\_Research/2015\\_Facts\\_Figures.pdf](http://www.nhpc.org/sites/default/files/public/Statistics_Research/2015_Facts_Figures.pdf)
- Running, A. *A Survey of Hospices Use of Complementary Therapy*. J Hosp Palliat Nurs 2008;10(5):304-312.



photo by Steve Collegeman

**Kikikipa Kretzer, PhD, CRNP, Montgomery Hospice, Director of Staff Development, Nurse Practitioner**

At Montgomery Hospice, Kikikipa Kretzer educates the clinical staff, and assesses and cares for hospice patients. An ANCC-Board Certified Family Nurse Practitioner, Dr. Kretzer completed her PhD in Nursing at the University of Hawai'i and a post-doctoral NIH fellowship on pain and associated symptoms at the University of Iowa. Her research and published articles focus on chronic disease, holistic healing and complementary therapies. She served as faculty at the University of Hawai'i and at the University of Colorado, Colorado Springs.

## The Threshold Choir: singing for and with those at the thresholds of life

Montgomery Hospice's newest addition to the Complementary Therapies program is the Threshold Choir. Threshold singers bring comfort to those who are nearing the ends of their lives—people who are at “the thresholds of living and dying.” The Montgomery Hospice choir is part of Threshold Choir International and often sings songs that were written just for this purpose. The singers do not sing all together as a large group. Instead three or four choir members gather around a patient in bed. They sit on low stools so that they are at the same level of the person to whom they are singing. They sing a cappella, without use of instruments. Following the wishes of the patient or family members, they will sing simple secular songs, or songs from the patient's religious tradition. Choir members are not performing. Instead they are offering the gift of their presence, and the gift of songs sung specifically for that one particular person.

One woman at Casey House was nearing death. She was agitated and restless, but when the threshold singers sang *Amazing Grace*, she joined in. She happily sang along, and hours later she was still singing. She died peacefully the next day.

Another patient, a man who lived in a nursing home, spent his days sitting upright in his bed, staring out but not moving. The choir members sang some Jewish songs to him. The choir master touched the patient, thanking him for listening. He suddenly smiled, for the first time in a long time, which brought tears to his daughter's eyes. The daughter reported that he later waved goodbye to her, also something that he had not done in weeks. She was so grateful that the music had given him pleasure and had brought her father back to her for a short time before he passed away.



photo by Maria Fernanda Andia

The soothing, gentle music of the Threshold Choir seems to waken something deep inside patients, bringing them joy and comfort.

# Complementary Therapies Used at Montgomery Hospice

Therapy / Intervention	Description	Benefits
<b>Aromatherapy</b>	Skilled use of essential oils derived from plants to support physical, emotional and spiritual comfort. Fragrant molecules are absorbed through the skin, or vaporized and inhaled for positive therapeutic effect.	Non-pharmacological option for easing many symptoms, including pain, wounds, anxiety, dyspnea, nausea and constipation.
<b>Massage/Touch Therapies</b> <ul style="list-style-type: none"> <li>• <b>Comfort Touch®</b></li> <li>• <b>Palliative Massage</b></li> <li>• <b>Lavender Oil Hand Massage</b></li> </ul>	<p>Manual manipulation of soft body tissues such as muscle, connective tissue, tendons and ligaments, to enhance a person's health and well-being.</p> <p>Nurturing style of acupressure massage blending physical comfort with energetic awareness; developed by Mary Kathleen Rose in Boulder, CO.</p> <p>Modified Swedish Massage and other touch techniques appropriate to medically frail patients to bring comfort and symptom relief.</p> <p>Simple but powerful combination of touch based on Comfort Touch® principles and aromatic properties of lavender essential oil. Easily learned and applied.</p>	<p>Soothes nervous system, easing stress and promoting deep relaxation. Relieves stress-induced symptoms such as anxiety, dyspnea.</p> <p>Relieves soft-tissue pain, muscle tension, contractions.</p> <p>Relieves anxiety and stress.</p>
<b>Music by the Bedside</b> <ul style="list-style-type: none"> <li>• <b>Reverie Harp</b></li> <li>• <b>Custom Playlists</b></li> <li>• <b>Special Musicians</b></li> <li>• <b>ThresholdChoir</b></li> </ul>	<p>Therapeutic use of music in various forms, both recorded and live, to bring joy, peace and relaxation to patients.</p> <p>Peaceful, calming music produced by small stringed instrument easily played by anyone.</p> <p>Extensive library of various genres of music used to create customized music playlists played on CDs/ iPods for patients' enjoyment &amp; listening. Music &amp; Memory® certified program.</p> <p>Individual musicians offering their gifts to patients at bedside, including playing of violin, hammered dulcimer, piano. Includes Certified Music Practitioner® trained in specialized use of music at end of life.</p> <p>Small ensemble of singers at bedside singing specialized songs a cappella with love and compassion.</p>	<p>Experience of joy, peace and relaxation.</p> <p>Often useful in life review and processing of emotional/spiritual concerns.</p> <p>Can be helpful in process of transitioning when death is near.</p> <p>Brings comfort, peace and heartfelt tenderness to patients, family members and caregivers at end of life.</p>
<b>Guided Imagery, Meditation, Intentional Breathing</b>	Gentle breathing, imagining yourself in a favorite or special place, observing the breath or focusing on the present moment.	Relaxation, re-focusing, clarity of thought, comfort, restful sleep.
<b>Pet Companionship</b>	Certified pets visit patients for comfort, tactile stimulation and unconditional love.	Offers comfort, friendship, peace, joy; opening up to sensory and emotional experiences.
<b>Energy / Biofield Therapies</b> <ul style="list-style-type: none"> <li>• <b>Reiki</b></li> </ul>	<p>Conscious use of very light or near-body touch to influence the energy field that penetrates and surrounds the body.</p> <p>Healing practice from Japan where practitioners place their hands lightly on or above the patient to facilitate the person's own healing response; based on the idea that there is a universal (or source) energy that supports the body's innate healing abilities.</p>	<p>Comfort, sense of well-being, relaxation. Often produces a meditative-like state of peacefulness and acceptance.</p>

## Corporate Partners

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Montgomery Hospice is grateful to our 2015 Corporate Partners. Donations through our Corporate Partnership program help to underwrite educational programs and other initiatives that inform county residents about our services.

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

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

Thank you to our 2015 Corporate Partners listed below.

## Gold Partners

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When the time comes for you to plan a funeral, it helps to work with someone you can trust to take care of what needs to be done, especially in the way you want to do

it. That's what we offer you whether you're planning ahead for your own funeral service or taking care of someone you love.

**Hines-Rinaldi Funeral Home** has been serving families in the Silver Spring/Washington DC area since 1873. You can find comfort in the knowledge that other families have embraced us and our reputation for excellence in customer service for generations.

We realize the importance of everyone's personal wishes and traditions, and will work with you to create the funeral experience you want for yourself or for your loved one. Our funeral directors are compassionate professionals who will listen to what you have to say and take pride in making sure each and every detail is handled with care for you and your family.



**Transwestern** is a privately held real estate firm of collaborative entrepreneurs

who deliver a higher level of personalized service —the Transwestern Experience. Specializing in Agency Leasing, Management, Tenant Advisory, Capital Markets, Research and Sustainability services, our fully integrated global enterprise adds value for investors, owners

and occupiers of all commercial property types. We leverage market insights and operational expertise from members of the Transwestern family of companies specializing in development, real estate investment management and research.

Transwestern has 34 US offices, including four here in the DC metro area, and assists clients through more than 180 offices in 37 countries as part of a strategic alliance with BNP Paribas Real Estate.

We are privately held and guided by our culture and our values. We believe being the best place to work in Washington DC makes us the best place to do business with, and our team members prove it by going above and beyond to deliver a higher level of personalized service.

Our passion for our people and their commitment to our clients is unprecedented. For us, the deal is not the end of the transaction; it's the beginning of a long and meaningful relationship. We continue to grow in the Mid-Atlantic, across the country and around the world by creating extraordinary opportunities for our people, who in turn create extraordinary experiences for our clients.

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## Silver Partners

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**Metropolitan Shuttle**® is the leading, most trusted nationwide charter bus reservation service in the country. Metropolitan Shuttle® provides reliable, consistent, chartered ground transportation services through its network of partners in every major metropolitan area in the United States and Canada.

Every idea starts with a problem. Ours was simple. When Metropolitan Shuttle® was founded in 2001, there did not exist a single nation-wide provider of charter buses. Furthermore, regional charter bus companies providing services in their respective markets had not been able to dispel the fear of poor performance or, even worse, non-performance altogether. The public still seemed to wonder whether or not their bus was going to show up. Therefore, there was very little brand loyalty in the charter bus market.

Metropolitan Shuttle® changed all of that. And we still continue to be a pioneer to this day. Consider some of the entities that trust us to handle their ground transportation logistics:

1. UPS (holiday season logistics 2014–2015)
2. The White House (WWI honorary event 2015)
3. New York City (numerous school districts after Hurricane Sandy)
4. FBI daily shuttle service (2014–2015)
5. Walmart (2010–2015)
6. VA Hospital Association (2008–2015)
7. Kraft Foods (2012–2015)
8. Million Man March 2015
9. 2012 Presidential Inauguration
10. 2010 Gulf Oil Spill
11. State Department (2008 G20 Summit)
12. 2008 Presidential Inauguration (FEMA, FBI, Metropolitan Police)

We know of no other charter bus reservation service trusted by not only the biggest and best logistics companies in the world (UPS, Fedex, Amazon, etc.), but also by the US federal government (we're on our second 5-year GSA contract, Dept. of HUD, Dept. of Energy, FEMA, FBI), and also by the biggest names in industry (Walmart, Kraft, the NFL, eBay, Paypal), as well as the social organizations you most likely recognize (YMCA, Best Buddies International, Teach For America). There are so many more, we can't begin to list them all.

The BENEFIT for you is that the cost of our services is very competitive and very much in line with prevailing industry standards. That's why so many have come to realize that Metropolitan Shuttle® is the most logical choice when it comes to charter bus services in North America. We're the most trusted brand in the business.



Located in the heart of Rockville, Maryland, **Sagel Bloomfield Danzansky Goldberg Funeral Care, Inc.**, is a family-owned funeral home that brings a rich

history of experience and a 90-year tradition of caring for families from all walks of life. Blending traditional funeral services with contemporary forward-thinking approaches, our funeral home is a proven leader in the profession and a trusted partner for grieving families.

Highest quality services, integrity, dedication to customer care, deep roots in the community and 'Fair and Realistic' funeral services are key building blocks of the reputation that local and independent owners,

Al Bloomfield and Ed Sagel, have built across the Washington, DC metropolitan area over multiple generations.

Sagel Bloomfield's customized 'Fair and Realistic' approach is fully responsive to the needs and customs of the families it serves, reduces the average cost per family, and can be combined with each of our service offerings into simple, flexible and competitively-priced funeral packages. Our service offerings range from Advanced Funeral Planning assessments, Monument Design Services, Fair and Realistic Pricing Plan (FRPP) to services like Shiva Concierge and the Simplicity Plan for non-Jewish families to a number of cutting-edge digital services. Sagel Bloomfield is continuing to build upon its full array of services to deliver expanded capabilities as we move into a new ultra-modern 6,500 square foot facility located in The Talbott Center on Rockville Pike across the street from the current landmark.

Concern for the community is another one of our hallmarks. One of the keys to solidifying our community relationships in Montgomery County is building a strong partnership with Montgomery Hospice. We work with them on a daily basis to coordinate all end-of-life details, and are proud to say that we have earned their trust! For more information on Sagel Bloomfield, please contact Edward Sagel at 301 340 1400 or visit [www.sagelbloomfield.com](http://www.sagelbloomfield.com).

Edward Sagel founded Edward Sagel Funeral Direction in 1994. After managing Edward Sagel Funeral Direction and Danzansky-Goldberg Memorial Chapels for 18 years, Edward is pleased to be back in control of the business he founded. He hopes that "the thousands of families I have served over the past 18 years will continue to show their support." Mr. Sagel has known Albert Bloomfield for twenty years and chose to partner with him based on his experience of managing Jewish funeral homes for more than 20 years, his involvement with the Jewish community nationally, and his position as the immediate past president of The Jewish Funeral Directors Association. Mr. Bloomfield is looking forward to this opportunity to be a part of the community.

In 2015, both locations will be combined into the Edward Sagel Funeral Direction located in The Talbott Center on Rockville Pike. Once completed, the new total space will be twice what it is currently and include all amenities. They have agreements with Jewish Chapels throughout the Washington metro area to accommodate any size service that families may require.

Visit [www.sagelbloomfield.com](http://www.sagelbloomfield.com) or call 301 340 1400 or 301 217 9400.

## Corporate Partners cont. from page 7



As the owner of one of 400 global franchises of **Right at Home**, Lewis Myers has a personal connection with the goals of hospice and providing the option for people to stay in their home at their end of life. His grandfather spent the last several weeks of his life with his medical team attempting to prolong his life. Although his grandfather told Lew, "I've had a good life. It's time for me to go," there was no hospice benefit available, and home care had not yet reached his locale. Instead of being able to honor his grandfather's wishes, the primary physician insisted on transferring his grandfather to a skilled nursing facility. He died a day later.

A vast majority of Americans report that they would like to die at home, and yet over three-quarters die in a hospital or a nursing home. Hospice allows people the choice of where they die, including in the comfort of their home. We at Right at Home believe strongly in this choice, and we want to help spread this message to the community. We support Montgomery Hospice in its commitment to this mission each and every day. Our RightCare philosophy— that we are the right people, doing the right things, the right way, for the right reason—makes us the perfect partners with Montgomery Hospice.

For Right at Home, becoming a corporate sponsor of Montgomery Hospice was an easy decision. It has a commitment to helping people through the dying process, providing for the physical, spiritual and emotional needs of patients and their families. As a home care and assistance company, Right at Home is proud to work with Montgomery Hospice as partners assisting and guiding people on their individual journeys. We are dedicated to ensuring that our team of caregivers is trained in the hospice philosophy to provide all aspects of care needed when families are on this important journey.

We also want to thank the corporate partners whose logos appear below. They were featured in the spring edition of this publication.



## 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, at Casey House or in their homes; offer grief support to anyone in the community who has experienced a loss; sustain 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, the Montgomery County Employee Giving Campaign 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 is so helpful to our patients, their families and the community.



If your employer's giving campaign is conducted through a program of which Montgomery Hospice is not a member, please consider sending your gift directly to us or donating through our website ([montgomeryhospice.org/donate](http://montgomeryhospice.org/donate)). If you do wish to give through such a program, you usually can by following its instructions on how to donate to a non-member 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, 2015 and August 31, 2015.

### businesses

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### faith groups

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 Guild Memorial Chapel Congregation  
 Harwood House Thrift Shop  
 The Inter-Faith Chapel at Leisure World  
 St. Paul's United Methodist Church  
 Women of St. Francis Episcopal Church

### government

Montgomery County Executive Community  
 Collaboration Grant

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 Youth Transitions Collaborative Leadership Council

## 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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Montgomery Hospice also received a donation from the following estates:

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### Montgomery Hospice online

new website:  
[www.MontgomeryHospice.org](http://www.MontgomeryHospice.org)

Casey House video:  
[www.montgomeryhospice.org/CaseyHouseVideo](http://www.montgomeryhospice.org/CaseyHouseVideo)

Understanding Hospice video:  
[www.montgomeryhospice.org/HospiceVideo](http://www.montgomeryhospice.org/HospiceVideo)

Casey House photos:  
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# Memorial and Honorary Gifts

Between February 1, 2015 and August 31, 2015, Montgomery Hospice received contributions in memory of or in honor of the following individuals. We are grateful for these gifts.

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

### Bereavement Care: free grief education for Montgomery County residents

- Winter Blues Workshop* December 3, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Discussion about Grief and Healing* December 9, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Winter Blues Workshop* December 14, 1:00-2:30 pm, 1355 Piccard Drive, Rockville
- Discussion about Grief and Healing* January 5, 2016 1:00-2:30 pm, 1355 Piccard Drive, Rockville
- Afternoon Grief Support Group* January 12, 2016, each Tuesday, 1:30-3:00 pm for six weeks, Rockville
- Loss of a Child Support Group* January 20, 2016, each Wednesday, 6:30-8:00 pm for six weeks, Rockville
- Parent Loss Support Group* January 21, 2016, each Thursday, 6:30-8:00 pm for six weeks, Rockville
- Evening Grief Support Group* January 21, 2016, each Thursday 6:30-8:00 pm for six weeks, Silver Spring

### Volunteer Training

March 4, 11 and 18 (2016), 9:00 a.m. to 4:00 p.m. Rockville. Apply online.

### Honor and Remember People

Tree of Lights, Brookside Gardens, Wheaton, Monday, November 23.

Visit [www.montgomeryhospice.org](http://www.montgomeryhospice.org) for updated calendar information.



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