

## Leaving a Personal Legacy

by Susan Burket, Director of Communications, Montgomery Hospice



*"Your smile lights up the room. Use it every day to make someone else's day brighter."* Before she died, Sarah's mother wrote these words to her daughter. She included them in a personal letter to Sarah, which was delivered by a family friend after the memorial service. Since reading that letter, Sarah now follows her mother's advice and shares it with friends, including wisdom such as this: *"No matter how many times your heart is broken, keep it open to love."* Through this letter, Sarah learned more about her mother and the things that brought her joy. She feels her mother's presence still, a year after her death: *"I'll be going through my day, and something from the letter will come up. It is one last piece of my mom that stays with me."*

This letter from Sarah's mother, containing information about her life and her values, as well as advice and a clear message of love, is an example of what some call an "ethical will." In the Jewish tradition, an

"ethical will" ("Zava'ah" in Hebrew) is a way to convey ethical values between generations. This ancient tradition has been adopted more generally in recent years by other communities, and often contains personal reflections, values and ideals. In order to share their legacies, people create "spiritual wills," "personal legacy documents" and "legacy letters." All of these documents are used to articulate a personal history, hopes and dreams for the future, and things that were learned; they often convey blessings and love to family and to future generations. For many people, the term "legacy" refers to material assets and possessions, and "will" conveys a legal document prescribing how one's money is to be distributed. In contrast, "ethical wills" and "legacy letters" pass on wisdom and love.

A Montgomery Hospice patient wrote to her grandchildren:

*"My mother used to tell me that I'm like a wild bird, always flying off to new horizons and finding things out for myself. I'm more like the cardinals we see in the yard than birds that live in cages. Now it is time for my spirit to fly away from my poor sick body.*

*I am so sad to leave you so early in your lives. I would love to be with you as you grow up but that is not to be. So I leave you with the thoughts in this letter to remind you that I love you more than you can imagine. Even if we can't be together the way we have been, my love, spirit and energy are always with you. I love you with all my heart now and forever. You are magnificent."*

## Montgomery HOSPICE

### Pearl Sobel's Journal: one family's legacy

Pearl Sobel, beloved wife, mother and grandmother, died on October 13, 2014 at the age of 101. Unbeknownst to her children, she had been keeping a journal; they found it after her death. Thank you to Janet Goldman and her brothers for sharing their reactions to the words their mother wrote.

#### Pearl

*Personally, I may not have added anything to this world, but I contributed four wonderfully decent and worthy children who have contributed much. I bless them, and feel my life was worthwhile because of them and their father who worked with me towards this end. To them, I dedicate these memories. You've all proven that you will be there for each other through thick and thin, and that makes my life fulfilled, worthwhile. That your decency is so ingrained, when you have such character as you all have shown, money doesn't matter. You are rich.*

#### Davey

Reading the journal that my mother left for us provided a great deal of insight, for me, into her feelings about family situations and her reactions during key family events and episodes. Although she was willing and able to discuss these feelings while she was alive, I really wasn't, because the conversations made me uncomfortable, so I redirected them. Accommodating my shortcomings, she documented her thoughts in a journal, providing a way I could readily understand and absorb them. Perhaps the writing also gave her the chance to reflect and clarify, but I suspect that they were already quite clear



## From Ann's Office

### The legacy of the Montgomery Hospice volunteers: "doing for others"

In this issue of Hospice Matters, we explore the idea of "legacy," specifically the ways that individuals document their lives and their values to pass on to others. Another way to think about legacy is to consider the effect that people's actions may have, the way they make a difference in another's life. As author Albert Pine said, "What we do for ourselves dies with us. What we do for others and the world remains and is immortal." Inarguably, our incredible Montgomery Hospice volunteers are leaving this type of legacy.

The 350 men and women who volunteer with Montgomery Hospice make a difference

every day, in ways big and small. They are an important part of the team of professionals who care for our patients and families. They willingly go wherever they are needed. Many share special talents and skills with patients. One volunteer plays the hammered dulcimer for patients and families. Others sing with and for patients as part of the Threshold Choir. Montgomery Kids volunteers play with siblings and help create family memories. Veterans are honored through "pinning ceremonies" where they are presented with a military pin and certificate. Casey House volunteers serve tea and provide quiet conversation and support for visiting family members. Other volunteers bring certified therapy pets to visit. Patients welcome the calming touch of our volunteer massage therapists, and those who provide lavender oil hand massages. Volunteers often sit with

a person who isn't able or willing to talk, providing the simple "gift of presence." And several of our volunteers work with patients to write legacy letters to their children, or to record their thoughts and stories through an audio or video recording.

We are incredibly grateful to our volunteers and value their work alongside the clinical team members (physician, nurse, social worker, chaplain and aide) as together we gentle the journey for our neighbors with life-limiting illnesses. We continue to thank our donors whose ongoing support allows all of us to continue to "do for others."

Ann Mitchell  
President & CEO

#### Pearl Sobel's Journal *cont. from page 1*

in her mind. My mother wouldn't have thought of this in writing her journal, but in her place I would—"let's see him redirect this conversation."

##### **Rog**

Mom's journal and a last letter to be opened after her death left a strong impression, and for me, contributed to an ongoing memory. On a lighter side, one could say that I fully realize that as long as I live, she is not going to stop telling me what to do. But for me, the beauty of a message left in this way, was that she was able to write when her mind was clear, when she was not particularly tired or in pain. I know that her message was significant to her, for had she reconsidered, she could have revised her note. This made her words especially effective.

##### **Shep**

My fifty or so years of adult life have included a series of realizations about my parents, each enhancing my sense of how lucky I was to be born to them, and at the same time revealing them as whole, complex, independent people-in- the-world over and above

their roles as my parents. The last and in some ways most startling of these revelations came when I read Mom's journal, left to my three siblings and me at her death. I always knew she was wise—but not this wise. I knew she had suffered the death of Dad some 40 years earlier—but I never knew how painfully she suffered, and with what insight and, shame on me, in what solitude. And I knew I'd miss her, as a child, whatever age, misses a mother—but I hadn't realized until reading her journal how much I'd miss her as a friend and an admired journey-taker in the world. One more thank you, Mom, for your journal and your life.

##### **Janet**

Interspersed in the memories, my mother wrote comments that gave us perspective on the young girl, the wife and the woman who we really never knew. She was our mother, watching out for us, teaching and being very strict with us about moral ethical behavior, putting family first above all else, good character, kindness to others, and integrity. These were her values, and from the first page, she

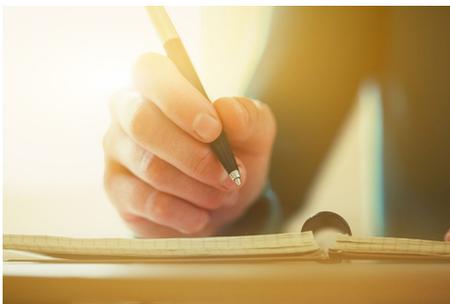
summarizes in what is almost an ethical will, how pleased and proud she is of the people we are.

The stories in the book reinforce the person she seemed to be, in ways that we could get to know her. I love reading the book when I just need a "dose of mom," and each time I get something new...images of a world gone by, in NYC tenement life; beliefs about marriage, family values, love; celebrating life's simple pleasures and coping through inner strength. Intertwined in all the little stories she shares, I feel I get to know so much more about who she was and what she valued. We always knew her principles. But all these stories give a real-life picture. Hearing it in this form takes away any barriers to understanding that can sometimes get in the way of relationships. Being able to turn in times of uncertainty or difficulty to that familiar "voice" on the page is such great and warming comfort.

*Janet Goldman is a patient-care volunteer and a member of the Montgomery Hospice Board of Directors.*

Another related way to leave a legacy, with a slightly different emphasis, is to tell the story of one's life or the life of a loved one. This can be a simple recitation of facts, or expanded with descriptions of lessons learned during each life phase. This activity is often referred to as creating a life story, a family history, an autobiography or an oral history.

Susan Barrett, Montgomery Hospice volunteer: *As a gift to my grandchildren, I recently began writing about the lives of my parents, recording the stories about them growing up in Alabama almost a century ago. It is a project I am finding both deeply satisfying and daunting as I seek to capture their "voices" as I write. My mother, the oldest of three daughters, had to go to work at fifteen to help support her family when their father died; my father was born into the abject poverty of rural Alabama. I want my grandchildren to understand the profound privilege we enjoy because of their great-grandparents' courage, wisdom, and determination in forging better lives in the face of tremendous obstacles.*



Research has shown that working on legacy projects has positive effects both for the creator and the recipient. Susan Barrett, by documenting her parents' stories, is actually doing an important thing for her grandchildren. The research of Dr. Marshall Duke (Emory University) and colleague Dr. Robyn Fivush showed that children who know the history of their family have higher self esteem and a stronger ability to deal with

the ups and downs of life. Dr. Duke found that in particular, if a family had difficulties but worked together to overcome them, the children have more self-confidence. He cautions that it isn't just knowing the family stories, it also has to do with the way they are shared through regular dinners together or during family vacations and holidays. Families that do these things develop what he calls "the intergenerational self," which is associated with increased resilience.

Research also weighs in on the benefits of receiving an ethical will or something similar to people who are grieving the loss of a loved one. Kip Ingram, Director of Bereavement at Montgomery Hospice writes: *"While every relationship is different, receiving a positive legacy from a loved one can be an enduring gift. Research clearly shows that grievors cope more effectively when they find meaningful ways to maintain a connection to a loved one through shared values, memories, stories, mementos and other ways of remembering."*

For those working to create a legacy who are ill or nearing the ends of their lives, studies have shown that sharing stories of their life experiences with others can bring emotional and physiological benefits. People who reminisced gained a sense of well being, a feeling that they'd contributed to the community, a sense of empowerment. The studies showed a lower heart rate, reduced stress, and an increased feeling of physical health while telling stories.

*"Storytelling is one of the oldest and best-known ways to express the meaning and significance of who you are,"* psychology professor Howard Thorsheim says. *"When we share these stories, we no longer feel isolated."* Other researchers observed an increased confidence, especially about confronting new challenges. Still other

research showed a reduction in stress in caregivers who participated in these types of projects with their loved ones, and a strengthening of bonds between them.



None of the research dictates a specific way of creating an ethical will or legacy letter. Do-it-yourselfers can simply pull out a blank sheet of paper, or open up a document in a word-processing program, and write as much—or as little—as feels right. Others who need more structure can purchase a how-to book, fill out a "grandparent memories" book, or use an ethical will template or worksheet. Themes to explore include family traditions, personal values, life lessons, spiritual journeys, the personal impact of a historical event. Some may want to express regrets, gratitude or love, or ask for forgiveness. Integrating photos or other mementos is an option.

Those interested in writing an autobiography can consider taking a class (through Montgomery College continuing education, or the Writer's Center in Bethesda) or an online workshop. Another option is to create an audio recording or a video of a conversation with a loved one by simply using a smart phone. (See information about StoryCorps on page 4.)

While many people rely on a newspaper or even a family member to write their obituary, sometimes a person will write his or her own to express, in one last public statement, their most valued contribution in life. An obituary

StoryCorps is a nonprofit organization that “provides people across the country with the opportunity to record and preserve the stories of their lives.

“Each week, the StoryCorps podcast shares unscripted conversations, revealing the wisdom, courage, and poetry in the words of people you might not notice walking down the street.”

**listen:** [www.storycorps.org](http://www.storycorps.org)

StoryCorps Founder Dave Isay:

*“You can find the most amazing stories from regular people; all you have to do is ask them about their lives. And listen. It’s simple. We can learn so much about the people all around us, even about the people we already know, just by taking the time to have a conversation. And if you pay just a little attention, you’ll find wisdom and poetry in their words. Most people love to be listened to because it tells them how much their lives matter.”*



Thank you, StoryCorps, for granting us permission to share some of the questions on your list of “**great questions**” to get a conversation started.

## GREAT QUESTIONS FOR ANYONE

- Who has been the most important person in your life? Can you tell me about him or her?
- What was the happiest moment of your life? The saddest?
- Who has been the biggest influence on your life? What lessons did that person teach you?
- Who has been the kindest to you in your life?
- What are the most important lessons you’ve learned in life?
- What is your earliest memory?

- Are there any funny stories your family tells about you that come to mind?
- What are you proudest of?
- When in life have you felt most alone?
- If you could hold on to one memory from your life forever, what would that be?
- How has your life been different than what you’d imagined?
- How would you like to be remembered?
- Do you have any regrets?
- What does your future hold?
- If this was to be our very last conversation, is there anything you’d want to say to me?
- For your great great grandchildren listening to this years from now: is there any wisdom you’d want to pass on to them? What would you want them to know?
- Is there anything that you’ve never told me but want to tell me now?

## GROWING UP

- When and where were you born? Where did you grow up?
- What was your childhood like?
- Who were your parents? What were they like? How was your relationship with your parents?
- What is your ethnic background?
- Did you get into trouble? What was the worst thing you did?
- Do you have any siblings? What were they like growing up?
- What did you look like?
- How would you describe yourself as a child? Were you happy?
- What is your best memory of childhood? Worst?
- Did you have a nickname? How’d you get it?
- Who were your best friends? What were they like?
- How would you describe a perfect day when you were young?
- What did you think your life would be like when you were older?
- Do you have any favorite stories from your childhood?
- What are the classic family stories? Jokes? Songs? Traditions?

## LOVE & RELATIONSHIPS

- Do you have a love of your life?
- When did you first fall in love?
- Do you believe in love at first sight?
- What lessons have you learned from your relationships?
- How did you meet your husband/wife?
- How did you know he/she was “the one”?
- How did you propose?
- What were the best times? The most difficult times?

- Did you ever get divorced? Can you tell me about it?
- Do you have any favorite stories from your marriage or about your husband/wife?

#### WORKING

- What do you do for a living?
- Tell me about how you got into your line of work.
- Do you like your job?
- What did you think you were going to be when you grew up?
- What lessons has your work life taught you?
- If you could do anything now, what would you do? Why?
- Do you plan on retiring? If so, when? How do you feel about it?
- Do you have any favorite stories from your work life?

#### RELIGION

- Can you tell me about your religious beliefs/spiritual beliefs? What is your religion?
- Have you experienced any miracles?
- What was the most profound spiritual moment of your life?

- Do you believe in God?
- Do you believe in the after-life? What do you think it will be like?

#### SERIOUS ILLNESS

- Can you tell me about your illness?
- Do you think about dying? Are you scared?
- How do you imagine your death?
- Do you believe in an after-life?
- Do you regret anything?
- Do you look at your life differently now than before you were diagnosed?
- Do you have any last wishes?
- If you were to give advice to me or my children, or even children to come in our family, what would it be?
- What have you learned from life? The most important things?
- Has this illness changed you? What have you learned?
- How do you want to be remembered?

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## Leaving a Personal Legacy *cont. from page 3*

can also be an opportunity for a person to characterize him/herself, capturing the essence of their view of life.

Gary Fink, Senior Vice President of Counseling and Family Support, tells of the creative way one man left a legacy:



*Several years ago, we had a patient, a Jewish man. While he did not believe in an afterlife, he was concerned about his legacy, how he*

*would be remembered. His oldest grandchild was pregnant and he knew he would not live to see his great-grandchild. "Pop-pop" had a lot of sayings, such as "you can do anything that you set your mind to." His wife was a seamstress. She embroidered each one of his sayings onto a square, the last one being "Your pop-pop loves you," and stitched the squares together to make a baby blanket. After the great-granddaughter outgrew the blanket, she hung it on her wall, continuing her relationship with her pop-pop whom she had never met, but whose words she read every day.*

The bottom line is that neither the specific format, nor the length, nor the timing of the delivery is important. Ronda Barrett, story facilitator with "Honor Your Story," emphasizes that one certainly does not need to wait until illness or old age. *"The important thing is to do it! I'm always trying to communicate a sense of urgency. We always think we have time. Your words and your family stories are so important to share forward."* She reminds people of the value of going through the process, that in reflecting on their experiences they can learn more about themselves and make plans for the next chapters of their lives. Or they can take comfort in knowing that their values and their love will live on in the hearts of friends and family members.

## Corporate Partners

Montgomery Hospice is grateful to its 2017 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, Vice President of Philanthropy  
301 637 1874 [mbradford@montgomeryhospice.org](mailto:mbradford@montgomeryhospice.org)

Thank you to the 2017 Corporate Partners listed below.



### Joseph Gawler's Sons, LLC

Joseph Gawler's Sons, LLC has been part of the Washington, DC Metro community since 1850 when Joseph Gawler opened his cabinetmaking shop in a building in the 1700 block of Pennsylvania Avenue. It was here that the business eventually evolved into a funeral home serving thousands of families over the past 166 years. The business moved to its current location of 5130 Wisconsin Avenue, NW in the early 1960s. This facility houses a beautiful chapel that seats 220 and is complete with a pipe organ. Over the past two years many of our State Rooms have been beautifully redecorated. In January 2015, we rededicated and named our chapel in memory of longtime employee and manager, Joseph E. Hagan. At Joseph Gawler's Sons, LLC our priority is to help all families that call upon us to assist them through a difficult time in their lives. Due to our dedication, care and persistent service excellence, we have had the honor of serving the families of several former Presidents of the United States. Our compassionate staff can assist each family with customized service and experience based on theirs or their loved one's 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. For more information on our history, please visit our website at [www.JosephGawlers.com](http://www.JosephGawlers.com)

## Gold Partners



### Hines Rinaldi

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, 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 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 arrangers are compassionate professionals who will listen to what you have to say and will take pride in making sure each and every detail is handled with care for you and your family.

Finally, we believe you'll find our recently renovated funeral home facility to be beautiful, spacious and easy to access. From our 150-seat chapel to our more intimate family rooms, our facility was designed with your family's comfort and convenience in mind.

## Silver Partners



### Lerch, Early & Brewer, Chtd.

With 60 lawyers and more than half a century of experience in Maryland, the District of Columbia and Northern Virginia, Lerch Early can help you rise to any challenge.

- If your challenge is growing your business, we structure deals that advance your strategic plans.
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- If your challenge is balancing the needs of a diverse workforce, we act as an extension of your team.
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- If your challenge is resolving a business or family dispute, we seek outcomes that make you whole and protect important relationships.

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- When your challenge is finding a creative and loyal advocate to help you make sound, informed, practical decisions, we're here.

Visit us online at [lercheary.com](http://lercheary.com) to learn how we can help you rise to your next challenge.



### **McMillan Metro, P.C.**

How do you prepare yourself and your family for declining health?

Who will make the difficult decisions? As emotional and practical end-of-life issues become overwhelming, what can you do to minimize the cascade of concerns and keep the focus where it belongs?

The caring and practical attorneys at McMillan Metro, P.C. can help, whether you are preparing for an uncertain future with thoughtful estate plans or assisting elderly members of your family as they tackle the intricacies of Medicaid and the costs of care.

From our conveniently located offices in Potomac, we offer you access to attorneys who assist with a range of needs including Maryland advanced directives, living wills, testamentary wills, revocable trusts, guardianships, powers of attorney, real estate, taxes, family law and more. We are here for you to clarify confusing laws and regulations, empower you to confidently make important decisions, and do everything possible to give you and your family peace of mind.

McMillan Metro is honored to support the good and essential work of Montgomery Hospice. Through our attorneys' personal experiences with end-of-life needs and our focus on the well-being and dignity of our clients, we always work to "gentle the journey" for you and those you love. For immediate information, please call us at (301) 251-1180 or visit our website at [www.McMillanMetro.com](http://www.McMillanMetro.com).



### **Right at Home**

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. Our RightCare philosophy, that we are the right people, doing the right things, the right way, for the right reason, makes us perfect partners.

For Right at Home, becoming a corporate sponsor of Montgomery Hospice was an easy decision. Montgomery Hospice 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.



### **Sandy Spring Bank**

As one of the premier banks in the Greater Washington DC region, Sandy Spring Bank has been helping to build strong communities for nearly 150 years. Through our comprehensive set of sophisticated products and services, we help individuals, families and businesses at every stage of life. And with a continued focus on being a trusted advocate for all of our clients, we strive to deliver personal service and to be a reliable financial partner—without exception.

Our employees live and work right here in the region that we serve, so we really know our local communities. We are uniquely positioned to help our clients seize opportunities and meet life's challenges. That is why we have partnered with Montgomery Hospice for more than 30 years. We truly value the compassionate and quality end-of-life medical care that Montgomery Hospice provides to patients and their families in our community.

To learn more about Sandy Spring Bank, visit [www.SandySpringBank.com](http://www.SandySpringBank.com)

*cont. on p. 8*



### Senior Helpers

The stressful and emotional task of determining the best end-of-life care for a loved one may be the most difficult thing a family will ever have to do. Creating a safe and comfortable environment for your loved ones to live their lives in dignity and with grace cannot be done alone, which is why Senior Helpers is proud to be a Corporate Sponsor of Montgomery Hospice.

Since 2002, Senior Helpers has been a national leader in professional in-home care services. We have rapidly built a reputation for providing the best in dependable, consistent and affordable care to ease both the financial and emotional burden of caring for an ailing family member. We have the experience, resources, systems and knowledge necessary to ease the responsibilities of personal care, and to ensure our clients are able to cherish their quality time with their loved one.

Together with Montgomery Hospice, Senior Helpers strives to *gentle the journey through serious illness and loss with compassion and skill*, and to honor the lives of our clients with uncompromising integrity. We are proud and honored to be a part of the Montgomery Hospice family of health professionals, caretakers and counselors who ease this burden for our clients.

## Supporter



### Corewood Homecare

Corewood Homecare was founded on the premise of providing the same standards and service that our Director and founder, Mary O'Donoghue, required for her very own father when he was diagnosed with early onset Alzheimer's disease. Communication with our clients, their families and our health care professionals is the upmost important factor when providing care services. During our complimentary in-home assessment, our objective is to understand the personal preferences and needs of your loved one, so we best match you with the people who will provide care.

Our home care team:

- *Companion/Friendly visitors* provide social and cognitive engagement such as assisting with errands, accompanying and driving to medical appointments, participating in hobbies, organizing, and communicating with family members.
- *Caregivers* provide bathing, dressing and meal preparation, among other daily functional needs.
- *Care Managers* offer guidance, recommendations, advocacy,

supportive counseling and education. Our care managers are highly-experienced and well-versed RNs and geriatric professionals.

When you choose to work with Corewood Homecare, you can rest assured that we will be there for you the way you and your family deserve. Our guarantee to you is that you will have consistency, that you will be surrounded by a personalized team that you can trust, and that you will have a direct point of contact for any questions or concerns. We are locally-owned, woman-run, full of heart, and ready to help you and your loved ones today.

Thanks also to our other corporate partners whose logos appear below.



## Supporting Montgomery Hospice Through Workplace Giving Campaigns and Employer Matching Gifts

### Federal and Military Retirees Can Now Make Monthly Gifts Through the CFC

Montgomery Hospice is very grateful for your donations, which enable us to care for uninsured and under-insured patients 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 volunteer services and complementary therapies; and educate healthcare professionals and county residents about end-of-life care and planning.

Many Montgomery Hospice supporters choose to donate through payroll deduction. As a member of *Community First—America's Charities of Greater Washington, D.C.*, 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. Some donors find payroll deductions to be an easy way to make donations throughout the year.

The Combined Federal Campaign has undergone some improvements this year. One important change impacts federal and military retirees.

*cont. on p. 9*

## Community Partners

*We are grateful to our Community Partners who have supported Montgomery Hospice with a gift of \$250 or more between February 1, 2017 and August 31, 2017.*

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Jewish Residents of Leisure World  
Potomac Presbyterian Church  
St. Paul's United Methodist Church  
Women of All Saints Church  
Women of St. Francis Episcopal Church

### government

Montgomery County Council  
Community Grant  
Montgomery County Executive  
Community Collaboration Grant

### organizations

Fraternal Order of Eagles #3509  
Ladies Auxiliary- Elks Lodge #15, Inc.  
Montgomery County 4-H Beef Club  
Montgomery County Federation of  
Women's Clubs  
Rossmoor Woman's Club  
Washington-Rockville Elks Lodge No. 15  
The Julian Weinfeld Golf Tournament



Montgomery Hospice online

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:  
[www.montgomeryhospice.org/CaseyHousePhotos](http://www.montgomeryhospice.org/CaseyHousePhotos)



[twitter.com/MontHospice](https://twitter.com/MontHospice)

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## Workplace Giving cont. *cont. from page 8*

In past years, retirees could only make a one-time annual contribution. **Now, retirees can pledge donations** that will be deducted from their pensions each month.

If you do not see Montgomery Hospice listed as an option in your employer's giving campaign, you usually can designate our organization by following the campaign's instructions on how to contribute to unlisted agencies. You may need to write in our name and address, found on the back of this newsletter. You may also consider sending your gift directly to us or donating through our website ([montgomeryhospice.org/donate](http://montgomeryhospice.org/donate)).

### Your Employer May Double or Triple Your Gift

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 for your meaningful donations to Montgomery Hospice!

## 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 Marlene Bradford, Vice President of Philanthropy, at 301 637 1874.*



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

Helen K. Biggs Estate  
Robert L. Bohrer Estate  
Dolores G. Dick Estate  
Sarah Christine Dorsett Estate  
Barry Karlin Estate  
Joanne Perriens Estate

# Memorial and Honorary Gifts

Between February 1, 2017 and August 31, 2017, Montgomery Hospice received contributions in memory of or in honor of the following individuals. We are grateful for these gifts.

## In Memory of:

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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* November 29, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Discussion about Grief and Healing* December 6, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Winter Blues Workshop* December 11, 1:00-2:30 pm, 1355 Piccard Drive, Rockville
- Men Only 2-week Workshop* December 11 & 18, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Discussion about Grief and Healing* January 4, 2018, 1:00-2:30 pm, 1355 Piccard Drive, Rockville
- Grieving Mindfully* January 9, 2018, 6:30-8:00 pm, 1355 Piccard Drive, Rockville
- Afternoon Grief Support Group* January 16, 2018, each Tuesday, 1:30-3:00 pm for six weeks, Rockville
- Evening Grief Support Group* January 17, 2018, each Wednesday 6:30-8:00 pm for six weeks, Silver Spring
- Loss of a Child Support Group* January 17, 2018, each Wednesday, 6:30-8:00 pm for six weeks, Rockville
- Parent Loss Support Group* January 25, 2018, each Thursday, 6:30-8:00 pm for six weeks, Germantown

### Volunteer Training

March 9, 16 and 23 (2018), 9:00 a.m. to 4:00 p.m.  
Rockville. Apply online.

### Honor and Remember People

Tree of Lights, Brookside Gardens, Wheaton,  
Monday, November 20.

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



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