

## Why You, An African American, Should Choose Hospice Care *by Robert A. Washington*

# Montgomery HOSPICE



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Vice President of Counseling Services  
Montgomery Hospice

### **Your last days are sacred**

Whether you view them as transitional or the final chapter, your last days hold unique promise for both you and those who love you. That is why the very first question on the spiritual assessment at Montgomery Hospice asks the patient and/or family member what is most meaningful in life at this point. Your answer to this question will help us co-create with you the best opportunity to have your desires met. Our goal is to make you as comfortable as possible and, thereby, maximize your ability to live as you choose.

### **Your choices are sacred**

We are patient centered at Montgomery Hospice, which means we take direction and get permission from you. It is our responsibility to ensure that you receive all the information you need to make informed decisions about

your care, even if you decide hospice is not what you want at this point. We know that African Americans are more inclined to want life prolonging treatments at life's end. We will give you honest feedback about your desires, but we will always honor your decisions (in accordance with regulations and the law). For example, if being resuscitated and re-hospitalized is what you want, despite medical projections of futility, then those options will remain available to you. We will always discuss with you the benefits and side effects of pain medication needed to relieve your distress but then follow your direction. It's okay if you choose not to sleep in a hospital bed, but it is our

"We know that trust is a sacred gift that must be earned, so we invite your questions and concerns as we work to gain your confidence."

duty to explain the advantages to both you and those who care for you who must safely reposition, lift and help you to the bathroom. Additionally, we cannot make you call us in the middle of the night when your concern is heightened, but we can certainly come when you call. At Montgomery Hospice we know that belief is a powerful medicine, which is why

we would never stand in the way of your choices and why the choice we offer is the opportunity for a better quality of life.

### **Your trust is sacred**

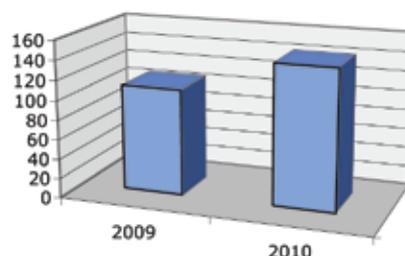
Some African Americans have little knowledge of hospice; the overwhelming desire to support their own makes exploring hospice care unnecessary. At Montgomery Hospice we want you to know that hospice is a supplement, not an alternative to family care. Other African

Americans may have misconceptions about the definition of hospice. For example, some may think of hospice as a place where one goes to die rather than a host of treatments

and services provided wherever the patient resides. Still others may think hospice is all about morphine when, in fact, hospice personnel use many tools (medicinal and otherwise) to ensure comfort. We know there are African Americans who mistrust the practice of medicine; the infamous Tuskegee Study is very well known and contributes to fear that treatment will be

*(continued on page 4)*

## Increasing numbers of African Americans are receiving services from Montgomery Hospice.



African American patients increased 31% in 2010

[comparing numbers from January through September of each year]



## From Ann's Office Doing More with Less

For the last five years, the level of reimbursements we receive from Medicare, Medicaid and other private insurance companies has remained essentially flat. Consequently, the provision of high quality care has been most challenging since we have been strained by the rising costs of gas, supplies, therapies and pharmaceuticals, as well as the cost of retaining competent staff.

During these five years, we have expanded the types of therapies and medications we are able to provide in patients' homes. Due to developments in portable technology, we can provide more sophisticated aggressive pain and symptom management and honor patients' wishes to remain in their homes. We have started a complementary therapies program, which includes comfort touch, music by the bedside and aromatherapy for both patients

and caregivers. Also, we have established a Montgomery Hospice educational enterprise that offers an increased number of informative programs to the public.

Because 75 percent of our care is delivered in the home, our professionals (including our Medical Director) are on the roads during the day and deployed as needed at night. Our care is available 7 days a week, 24 hours a day. In the last five years the number of people we care for has nearly doubled and so has the number of uninsured families we serve. We are providing much more, but our insurance payments have not even kept up with the yearly inflation rate.

One of our biggest challenges is to keep Casey House functioning at the highest level of care. This home-like environment with fourteen beds, where hundreds of families finally feel at ease, is the only standalone end-of-life care facility in Montgomery County. At Casey House, Montgomery Hospice is doing more with a reimbursement rate that only covers 75 percent of the cost of the care.

To tackle these challenges, the Montgomery Hospice Board of Directors decided to embark on a three-year fundraising campaign to

raise 8 million dollars. Half of the funds raised during the "Gentle the Journey: the Campaign for Montgomery Hospice" will go to the creation of an endowment to support nursing care at Casey House and the other half will support bereavement services and the care we provide in patients' homes.

Montgomery Hospice has shown that its care improves the quality of life of patients and their families. For the last 30 years we have provided hospice services to one in four people in need of end-of-life care in this region. Furthermore, the trend of increased usage of our services is expected to continue as we meet the needs of an aging generation of baby-boomers who are caring for their parents and for themselves. We trust that the community we love and serve will help us raise the funds we need to ensure the continued provision of high quality care as we "gentle the journey" for our neighbors and their families.

Ann Mitchell, MPH  
President & CEO

## Montgomery Hospice's new Medical Director

Geoffrey Coleman M.D., M.H.A. has joined Montgomery Hospice as Medical Director. In this position, Dr. Coleman will be responsible for the medical oversight of the Montgomery Hospice clinical team. Dr. Coleman has been a hospice physician since 2003 and is certified in Hospice and Palliative Care Medicine, as well as in Family Medicine.

Dr. Coleman is looking forward to serving patients and families in Montgomery County, saying "I am honored to be joining an organization known as an expert and leader in end-of-life care." Ann Mitchell is pleased to welcome Dr. Coleman. "His medical experience combined with his passion and caring will make Dr. Coleman a valued asset and team leader."



## The Three I's of Hospice Care *by Phil Rider, Montgomery Hospice Chaplain*



When someone asks me what I do for a living and I respond, "I am a chaplain for Montgomery Hospice," a frequent reaction is, "Oh, I couldn't do that kind of work; it would be too depressing." I can understand why someone might think that of my work with patients and their families during a time of anticipated death. However, I would like to suggest the contrary: my work could better be described by what I refer to as "The Three I's of Hospice Care."

First, I have found the time I spend with patients and their families to be INTERESTING. They share colorful anecdotes, memories of good times and not so good times, challenges and life accomplishments. They tell their stories about growing up, marriage and family, vocations, things they did in retirement. Many have dreams that were achieved; others have dreams that were unfulfilled. As each person relates his or her life story, I find myself being drawn into an interesting autobiography – one of those that I can't put down after "hearing" the first page. Following a visit to a patient, I often leave thinking, "Wow, what an interesting life this person has had."

Second, my work involves INTIMACY – a close, personal connection with another human being. As a hospice chaplain, I am invited into someone's home to be part of a personal journey through one of the most important times of life – the final days or weeks or months. During this time, people often bare their souls, sometimes sharing thoughts and feelings previously held

in secret. I listen to their fears and beliefs, joys and sorrows, cares and concerns. It can be a time of reconciliation, putting things in order, saying goodbye. I leave these visits feeling, "What a privilege it has been to be part of this intimate time in the life of this patient and family."

The third "I" is INSPIRATION. While listening to and witnessing how patients and families go through their journey of dying, some moments I can only describe as "awesome." One woman lost her young daughter in a car accident and believed she would be reunited with her daughter after death; her last words were, "I never would have believed that death would be so joyful." An elderly man spent his time surrounded by his family, all sharing with him and each other how he had made a positive difference in their lives. The tears shed were of incredible joy and gratitude. Another woman set aside years of bitterness towards her sister by forgiving and finding peace. I leave these visits reflecting, "How inspirational these people are."

Some ask me if hospice work is physically, emotionally or spiritually draining. These questions are based on the assumption that being a hospice chaplain is only about giving up my time and resources to the needs of patients and families. If that were the case, my work would be exhausting. However, having so many interesting, intimate and inspirational moments offers opportunities to feed my own inner needs and provide personal meaning, including coming to a greater awareness of how I might deal with my own dying process. These moments nourish my body, mind and soul, providing a kind of food that enhances rather than exhausts.

I also gain a great deal through our team approach to patient care at Montgomery Hospice. I am not doing this work alone. I am fortunate to be part

of a caring team of people who work together to meet the physical, psychosocial and spiritual needs of our patients and families. Not only does our team work well together, but we also offer each other mutual support that encourages our own personal growth.

So, to those who think hospice work might be depressing or draining, I invite you to see it in a different light. How amazing that dying and death can be an interesting, intimate and inspirational experience that actually enhances my own life. It is why it is a joy to be a chaplain and member of a wonderful team of professionals at Montgomery Hospice.

### **What is a chaplain? What does a Montgomery Hospice chaplain do?**

Montgomery Hospice spiritual counselors (chaplains) are members of the team of professionals and volunteers who visit hospice patients. All Montgomery Hospice chaplains have Master's degrees (or higher) in Ministry and have specialized clinical pastoral education training. Chaplains are available to talk about various issues, including spiritual concerns. Our chaplains help people find comfort and answers that fit their own beliefs. Chaplains offer support to people of any faith, no faith and to those who are questioning.



## Remembering Sylvia Shapiro



Sylvia Shapiro with her daughter Lyn Chiet

It was just three years ago in March when my world came to a screeching halt when I learned that one of my most favorite people was going to be taken away from our family. In just three short weeks, a rare and undetected case of gall bladder cancer took my mother-in-law Sylvia Shapiro's life. To this day, it still hurts to think about losing her.

It took a lot of effort to convince me that there was nothing I could do to save her. However,

I quickly learned that there was one thing we could try to do, and that was to give this classy woman the dignity that she deserved by spending her last few days in a place of comfort.

A good friend of mine, Bill Schlossberg from The Gazette, had recommended Montgomery Hospice to me. I remembered hearing about Montgomery Hospice and seeing their ads in The Gazette but never really understood what they were all about. After I called them and they moved mountains to help Sylvia relocate to the beautiful Casey House, then I began to understand.

I clearly remember the day she was moved... it was the first time I saw her beautiful smile in days, with her knowing that she was going to be leaving the hospital to go to a peaceful and warm home-like environment. She was especially pleased to be reunited with her best buddy, her golden Hemingway cat.

The staff at the Casey House welcomed us with open arms, like a family would be welcomed into their home. All of Sylvia's family and grandchildren were present and we were treated with such warmth.

Sylvia passed away the next morning, but there was peace in knowing that we did right by her in coming to the Casey House.

Sylvia's daughter, my wife Lyn Chiet, and I both appreciate Montgomery Hospice and Casey House and the gift they brought in honoring a special person's life.

Cliff Chiet

Vice President of Sales, and Publisher of The Gazette Montgomery, Prince George's and The Gazette of Politics & Business

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## Why You, An African American, Should Choose Hospice Care (continued from page 1)

denied, causing premature death if hospice is chosen. At Montgomery Hospice we regard your suspicions as healthy; it ensures that you are well informed and vigilant. We know that trust is a sacred gift that must be earned, so we invite your questions and concerns as we work to gain your confidence.

### ***The desires of your heart are sacred***

Working with your physician we address the ailments of your body so you are as free as possible from pain and physical distress; then you can focus on the concerns of your heart. We fervently pray for healing with and for you if that is your heart's desire, and if your body progressively fails we support you as you grieve the losses. We understand fear and

anger however they are expressed and can help you to a more peaceful place if that's what you really want. We hear your concerns about loved ones, can help find them when estranged, and provide ongoing care for them well beyond your death. Most importantly, we understand that what many African Americans desire most is to know God, the "author and finisher" of one's fate, for when all else fails, God remains trustworthy and will get you through. At Montgomery Hospice we walk the final journey with you and support you as you stand on the tenets of your faith.

### ***Your experience is sacred***

Montgomery Hospice staff is well aware of these cultural underpinnings, historical

facts and research findings; we keep them uppermost in our minds as we strive to ensure that your expectations for quality care are exceeded. Those who have utilized our services frequently wish that hospice had been engaged sooner. Our teams of nurses, chaplains, home health aides, social workers, bereavement counselors and volunteers are continually upgrading their skills and knowledge to ensure that the care you receive is state-of-the-art. Montgomery Hospice has almost thirty years of experience that have taught us that we must honor your last days, your choices and the desires of your heart to gain your trust and afford you an experience worthy of your sacred humanity.

## Ellen Britt

Ellen Britt wrote her first (and only) poem in her mid-nineties.

### From Ellen Britt's daughter...

Thank you for your interest in mother's poem. She was a person who loved people and was the epitome of a homemaker in the best sense of the word. Everyone who came in contact with her said that she made them feel loved and accepted. She was intelligent, kind, encouraging and truthful; you always knew just what she was thinking and where you stood with her.

Even as a high school student, her character was evident and never changed. Beside her picture in her high school year book was the statement: "Pleasant to walk with, witty to talk with and pleasant to think on." Beneath her interests in track and the German Club (she loved languages) is this poetic effort that others wrote in the 1920's: "Eyes of brown, red lips, too; always smiling, always true. If we'd one time see her frown, we'd think the school would tumble down. So we all hope we'll always see Ellen happy as can be."

The outstanding people and services of Montgomery Hospice (for which we will be forever grateful) allowed her to continue doing what she loved best, with the people she loved, in the home she loved. My sister, Nancy, and I thank you all for giving her that precious opportunity and making it possible for her to have the best and most loving care possible.

Sincerely,  
Ann Bushnell

### Ode to my Bath Tub by Ellen Britt

Into the soft and balmy fluid,  
Let my body slowly enter,  
The world lost and the tub my center.  
The phone may ring, the doorbell peel,  
But I am here to slowly heal.

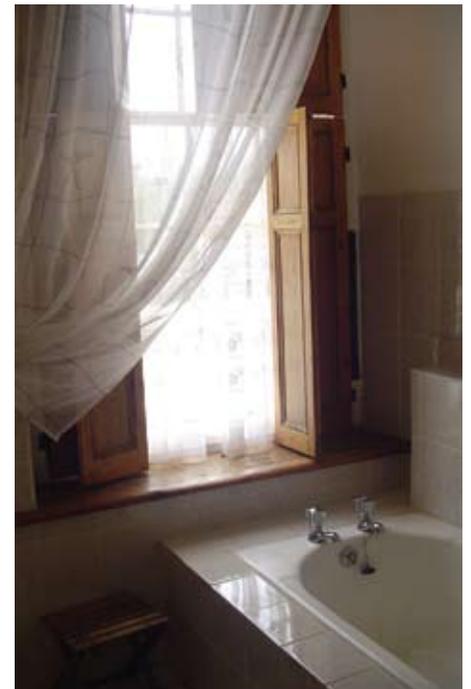
Those who like to stand & splash  
And feel the whip of the water lash,  
Beating their bodies and pelting their skin,  
Are welcome to this spartan whim.

Give me balm & healing peace,  
Oh tub, please dispense your ease.  
Don't shorten the span,  
Don't lower the temp.  
Just let me soak  
To my heart's content.

### From a volunteer...

During the last six months of her very long life, Ellen Britt was mentally alert and as charmingly feisty as ever. She was a great story teller -- I loved hearing about the family quilt made by Josephine Bonaparte, and about the marriage proposal Mrs. B spurned until her beau pulled out a gorgeous diamond ring. She was still an avid reader, particularly interested in biographies of her hero, Robert E. Lee, the "handsomest man in the Army." Towards the end, Mrs. Britt spent hours leafing through a notebook of articles, cartoons, and greeting cards she'd collected; on one of the first pages was the "only poem I ever wrote," composed just a few years ago after suffering a heart attack. Ellen Britt died July 30, at the age of 102.

Maggie Hayes  
Montgomery Hospice Volunteer



## Corporate Partners

Montgomery Hospice is grateful to our 2010 Corporate Partners for their generous support of our programs and events. Among the many benefits afforded to our Corporate Partners are: recognition in our publications, including our Annual Report and newsletter; logo and website linkage from our homepage; banner recognition in our *Gazette* supplement, which is distributed to nearly 300,000 Montgomery County households and at other venues throughout the area; and complimentary registrations and guest passes to sponsored events. Businesses that are interested in becoming a Montgomery Hospice Corporate Partner for 2011 should contact Marlene Bradford at 301 921 4400 or mbradford@montgomeryhospice.org.

## Diamond Partners



## DAIMLER

**Daimler** is a leading producer of premium passenger cars and the largest manufacturer of commercial vehicles in the world with operations in nearly every country. Our brands include Mercedes-Benz, smart, Freightliner, ThomasBuilt and Orion. In 2009, global revenues exceeded \$130 billion. In the U.S., Daimler has nearly 18,000 employees and 11 manufacturing facilities in seven states. For more information, please visit us on-line at [www.daimler.com](http://www.daimler.com).

Daimler has always encouraged and supported the community involvement of its employees, and since 2003 has been increasingly generous in its sponsorship of events to benefit Montgomery Hospice.

## Gold Partners



**Family & Nursing Care**, family owned and operated since 1968, has long been recognized as the area's

leading and most highly regarded resource for private duty home care. Our goal remains simple: refer the highest quality caregivers who will enhance the quality of life for our clients and families.

Family & Nursing Care supports Montgomery Hospice because we feel so connected to its mission. We applaud Montgomery Hospice's commitment to ease the burdens of patients and their families and provide them with dignity and comfort throughout their difficult time.

## Silver Partners

### Abramson Family Foundation



**Calvert**, headquartered in Bethesda, MD, has been setting industry standards for investment management excellence since its founding in 1976. Calvert offers expertise across a wide range of asset classes and strives for client service excellence and integrity. Calvert serves individual and institutional investors as well as professional financial advisors nationwide. Today, more than 400,000 investors entrust over \$14 billion in assets to Calvert.

Montgomery Hospice's mission and purpose supports Calvert's approach to striving to create a safe and healthy working environment. We sponsor initiatives such as a Wellness Committee to promote healthy lifestyles and lunchtime seminars by medical professionals on health issues. The end-of-life care that Montgomery Hospice provides to patients complements our programs.



**Joseph Gawler's Sons**, a Dignity Memorial® network member, has provided funeral and cremation services to families in the Washington DC metro area for 160 years. In addition to compassionately serving families during their time of need, our professionals demonstrate an ongoing commitment to our communities. We

believe in caring for and serving others, and our dedication naturally includes supporting the communities where we live and work. We proudly sponsor a number of community programs designed to keep families safe, honor those who serve and comfort those who grieve.

We believe strongly in the service that Montgomery Hospice provides not only to terminally ill persons, but also to the families of those who are ill. Montgomery Hospice provides compassion, comfort and support.

# Community Partners

## businesses

Adelman, Sheff & Smith, LLC  
Advanced Equipment  
Adventist HealthCare  
Affiliated Pet Systems, LLC  
Air Tran Airways  
Akin, Gump, Strauss, Hauer & Feld, L.L.P.  
All Pet Crematory Inc.  
American Film Institute  
American Gas Association  
Andritz Separation Inc.  
Applied Signal Technology, Inc.  
Associates in Oncology and Hematology  
Association & Society Insurance Corp.  
Atlantic Recycling Group, LLC  
Bank of America Matching Gifts Bank of Georgetown  
Bank of Texas, N.A.  
Barwood Taxi  
The Bean Bag Deli & Catering Company  
Bethesda Travel Center, LLC  
Catch Can  
CC Pace Systems, Inc.  
Chariots for Hire  
Chatsworth School  
Cheerio Printing Company, Inc.  
Chevy Chase Bank  
Clark Construction Group, LLC  
Francis J. Collins Funeral Home, Inc.  
CompuGain Corporation  
Daimler  
DCG Systems, Inc.  
Delta Community Credit Union  
Designing Image Hair Studio  
Ralph J. Duffie, Inc.  
Ehrenreich & Associates, LLC  
Elias, Matz, Tiernan & Herrick L.L.P.  
Energy Systems Engineering, Inc.  
Equinox  
Family & Nursing Care, Inc.  
Joseph Gawler's Sons, Inc.  
GE Capital Solutions  
Georgian House Bed and Breakfast  
Gingery Development Group  
Going Home Cremation Service  
Golden Girls, LLC  
Google Matching Gift Program  
Graham-Naylor Agency, Inc.  
Grapeseed American Bistro & Wine Bar  
Guardian Realty Management Inc.  
GX Technology  
Hard Times Cafe

Hines-Rinaldi Funeral Home, Inc.  
Holland & Knight LLP  
Hyatt Regency Bethesda  
Hyatt Regency Century Plaza  
IBM Accounts Payable Center  
IBM Corporation Matching Grants Program  
ICE Office of Training and Development  
INTEGRITYOne Partners  
Jackson Sleep Disorders Center  
John J. Kirlin, LLC  
John T. Baker Middle School  
Johns Hopkins University  
Applied Physics Laboratory  
Johnson & Johnson Matching Gifts Program  
Johnson's Flower and Garden Centers  
Kaiser Permanente  
Keller Benefit Services, Inc.  
Kitchen Match Temporaries  
Kwartler Associates, Inc.  
La Ferme  
Lakewood Country Club  
Lancaster Country Club  
Manelli, Denison & Selter, PLLC  
MedImmune, Inc.  
Metropolitan Real Estate Co.  
Mia's Pizza  
Middleton Tavern  
Miller & Chevalier Chartered  
Mon Ami Gabi  
Moose, Green & Korom, PA  
Morgan Stanley Smith Barney GIFT, Inc.  
Morton's  
Muriel H. Barber Funeral Home  
Murry's Family of Fine Foods  
Nalls & Nalls, P.C.  
Natelli Communities  
National Institute of Transition Planning, Inc.  
NDH Group, Ltd.  
NEA's Member Benefits Corporation  
Normandie Farm  
Oppenheimer & Co.  
Park Medical Associates, LLC  
The Restaurant at Patowmack Farm  
Perry J. Brown Funeral Home LLC  
Pines of Rome  
Potomac Party Cruises, Inc.  
Price Modern  
Professional Products, Inc.  
Promark Technology, Inc.  
Robert A. Pumphrey Funeral Homes

Rapp Funeral and Cremation Services, P.A.  
Raytheon  
The Red Fox Inn  
Regardie, Brooks & Lewis, Chartered  
Relish Private Chefs  
Resthaven Funeral Services  
Right at Home  
Philip D. Rinaldi Funeral Service  
River Falls Market  
River Riders  
Roberts Home Medical  
RPA Inc.  
Edward Sagel Funeral Direction, Inc.  
Sandy Spring Bank  
Sarfino & Rhoades, LLP  
Savannah Area Chamber of Commerce, Inc.  
Shoemaker and Mattare, LTD  
Snowden Funeral Home, PA  
Specialty Care Services  
Susan Gage Caterers  
Tara Thai  
The Greatest Sacrifice, Inc.  
Tiffany & Co.  
Trattoria Sorrento Italian Kitchen & Grill  
Village Settlements, Inc.  
Vista Management Co., Inc.  
The Washington Nationals Baseball Club  
The Washington Redskins  
Washington Sports & Entertainment  
Wasser, Cooperman and Carter  
Waukesha County Office of Corporation Counsel  
WESTAT  
Wilmot/Sanz, Inc.

## foundations

Abramson Family Foundation, Inc.  
Baltimore Community Foundation  
The Morris and Gwendolyn Cafritz Foundation  
Eugene B. Casey Foundation  
Clark-Winchcole Foundation  
Marshall B. Coyne Foundation, Inc.  
GEICO Philanthropic Foundation  
Healthcare Initiative Foundation  
Lions Club of Olney  
Foundation, Inc.  
McCarthy-Bush Foundation  
The Meil Family Foundation

Merrill Lynch & Company Foundation, Inc. Matching Gifts Program  
National Environmental Education & Training Foundation  
Posner-Wallace Foundation

## faith groups

Asbury Methodist Village Catholic Community  
Carmel Fellowship Chinese Christian Church  
Chevy Chase United Methodist Church  
Darnestown Presbyterian Church  
Good Shepherd Lutheran Church  
Greater Mt. Zion Baptist Church Guild Memorial Chapel Congregation  
Harwood House Thrift Shop  
Inter-Faith Chapel  
Kehilat Shalom  
Knights of Columbus Father Rosensteel Council  
The Maryknights  
Mt. Lebanon Fellowship Church  
Saint Martin's Church  
St. Francis Episcopal Church  
St. Martin's Catholic Church  
St. Paul's United Methodist Church  
St. Rose of Lima Parish  
The Bargain Box c/o Christ Episcopal Church  
The People's Community Baptist Church  
Travilah Baptist Church  
Trinity Presbyterian Church of Bethesda  
Women of All Saints  
Women of St. Francis  
Episcopal Church  
Zion Baptist Church, Deacons Ministry  
Zion Baptist Church, Noon Day Bible Study ZBC

## organizations

American Legion Auxiliary, Wheaton Unit 268  
Argyle Women's Nine Hole Golf Association  
The Association of Former Agents of the US Secret Service

The British Players, Inc.  
C&O Canal Headquarters Fund  
Capital Area Council of Federal Employees No 26 AFSCME  
Chevy Chase Fire Board Fund  
Congressional Flying Club, Inc.  
Damascus American Legion Post 171  
Daughters of Penelope Arion Chapter 298  
Embassy of Switzerland  
Federation of American Societies for Experimental Biology  
Fox Hills Bridge Club  
Frazier Memorial Church  
Refuge Class  
HHS BIG Chapter  
International Banking Reconciliation GFS Department of State  
Ladies Auxiliary FOE #3509  
Leadership Montgomery  
Montgomery County Chapter of IAAP  
Montgomery County Firefighters Pipes & Drums, Inc.  
Montgomery Prince Georges Women's Golf Assoc.  
Municipal & Cty Gov't Employees Organization United  
National Family Resiliency Center  
Next 10 Organization  
NSA Civilian Welfare Fund  
Online/Print Media Unit, Office of Public Affairs, FBI  
Potomac Squash Club  
Ritchie Park Elementary School Staff  
Rock Creek Women's Republican Club  
Rossmoor Woman's Club of Leisure World  
Surf Rescue Supervisors  
The Watkins Mill Friends and Social Committee  
Wheaton Lodge No 1775  
Woman's Club of Chevy Chase  
Woman's Club of Potomac  
Woman's Community Club of Kensington, MD  
Women of the Moose, Wheaton Chapter 1435



**Right at Home** is an in-home care and assistance agency, providing quality home care since 1995. Whether a family member needs a little extra help around the house, assistance recovering from a hospital stay,

or even hospice support, Right at Home can help. Our home care services are built around your specific needs.

Montgomery Hospice's philosophy and core values are consistent with Right at Home's responsiveness, integrity and flexibility of care to our clients, their families and our professional partners. Montgomery Hospice gives to our community compassion, peace of mind and quality end-of-life care.

## 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. We are especially grateful to these members who have the foresight and generosity to help us prepare for our future.*



- Estate of Richard Altemus
- Dr. and Mrs. Thomas H. Goodridge
- Estate of Dorothy Hardesty
- Mr. Barry Karlin
- Ms. Debrah Miller
- Mrs. Karen Schaeffer
- Estate of Virginia B. Wagner

# Gentle the Journey

the campaign for

# Montgomery HOSPICE

The Montgomery Hospice Foundation has begun a three-year, comprehensive campaign to raise \$8 million, which will include the creation of an endowment to support Casey House nursing services. It will also provide critical financial support for Montgomery Hospice operations for programs such as assistance with end-of-life planning, community education programs, and professional bereavement care including grief and loss support groups for all county residents.

## Your donation will

- ... allow us to continue to provide comprehensive, compassionate, end-of-life **care for our neighbors** in Montgomery County, even those without insurance or any other way to pay.
- ... **support Casey House**, the only health care facility in the county exclusively designed for hospice patients.
- ... help our **professional grief counselors assist family members** for 13 months after the death of their loved one.
- ... allow us to continue to provide **free grief support groups** and workshops to any member of the community.
- ... support the **complementary therapies** program, including comfort touch massage, aromatherapy and music by the bedside.
- ... allow us to support and educate diverse and **underserved communities**.

We are extremely grateful to our many friends for their generous support of Montgomery Hospice over the years. We now invite you to join us as we prepare to meet the growing needs of our community, and to consider making a commitment to this important campaign.

## Meet Our Campaign Chair



Montgomery Hospice is honored to have Lora Drezner lead this important campaign to raise \$8 million to help meet the growing end-of-life and grief support needs of our community.

Lora E. Drezner has been a patient care volunteer for Montgomery Hospice for the past six years. A nurse by training, Lora worked in a large, acute care hospital

as an oncology nurse. Lora's first-hand experience with Montgomery Hospice was when her father began to fail at the end of a long struggle with cancer. "His oncologist referred us to the safe hands of the Montgomery Hospice professionals and volunteers. My father was able to remain in my home, and with the support of the Montgomery Hospice team, I could return to being his daughter and not his nurse."

She continues, "Working as a home hospice volunteer has placed me in different lives and new places all around the county. It has been an incredible privilege to be allowed into someone else's world at such an intimate and important time. Sharing with individuals, really strangers, even in a limited way, has given me an increased awareness of the astounding depths and beauty of human capabilities.

"My husband Jeffrey and I are so pleased to make a leadership gift to the Campaign for Montgomery Hospice. The Campaign provides us with a wonderful opportunity to honor the fine professionals and volunteers who cared for my father with such great compassion at the end of his life. Our gift will help to ensure that this care will be here for our family, friends, neighbors and even us when the time comes. This gift speaks to our commitment in supporting the continued growth of Montgomery Hospice to reach all those in need of this crucial service within our county."

### Campaign Leadership

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

**Annual Gifts Co-Chairs**  
Melissa Greenhut and Sharon Whitt

**Employee Sub-Committee Co-Chairs**  
Carolyn Knight, RN and Connie Pearsall

**Volunteer Sub-Committee Chair**  
John Zeglin

**Planned Gifts Chair**  
Karen Schaeffer, CFP

**Special Gifts Chair**  
Sheila "Muffet" Boland

**Signature Gifts Chair**  
Lora Drezner

## Eugene B. Casey Foundation Offers \$1M Challenge

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

Named in memory of Eugene B. Casey, Casey House is the only dedicated, inpatient hospice in the county. Every gift that is given to support the Nursing Services Endowment for Casey House will be matched, dollar-for-dollar, up to \$1 million. Montgomery Hospice has already received \$250,000 in cash contributions and the first matching payment of \$250,000 from the Foundation. To make a gift to support the Nursing Services Endowment for Casey House, visit our website at [www.montgomeryhospice.org/donate](http://www.montgomeryhospice.org/donate), use the enclosed remittance envelope or call the Montgomery Hospice Foundation at 301 921 4400. Gifts of any size will be matched by the Eugene B. Casey Foundation.

## Healthcare Initiative Foundation Makes \$1M+ Grant

The Board of Trustees of the Healthcare Initiative Foundation recently approved a \$1,062,000 grant to *"Gentle the Journey: the Campaign for Montgomery Hospice."* The largest portion of the grant - \$1M - will be used over the next five years for nursing support for the Hospice at Home program. Approximately \$61,000 of the grant has been designated to improve technology infrastructure including computer software, additional laptop computers and network connections and an upgraded phone system. All of these changes will help support the increasing number of patients and families we are serving. Two reverie harps will be purchased for the complementary therapies program to reduce pain and anxiety and increase comfort for end-of-life patients, particularly those suffering from dementia.

"It is an honor to receive this wonderful grant from the Healthcare Initiative Foundation Board," reports Ann Mitchell. "They have been a strong and generous supporter of Montgomery Hospice for many years, and we are truly grateful for their continuing interest in our mission."

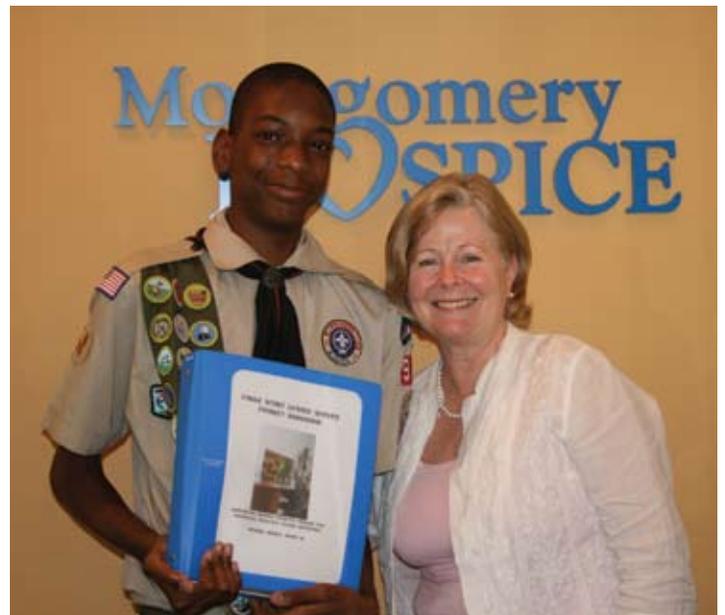
The Healthcare Initiative Foundation is a nonprofit, grant making trust governed by an independent, volunteer board of trustees. Its mission is to improve healthcare for residents of Montgomery County. HIF President Karen Green adds, "We are pleased to provide this grant to Montgomery Hospice to help them continue to provide compassionate, high-quality, end-of-life care and bereavement support to our community."



## Montgomery Hospice Joins America's Charities for Workplace Giving

Montgomery Hospice has joined *America's Charities – Community 1st* for our workplace giving campaigns. Many Montgomery Hospice donors choose to make a gift through payroll deduction. Through our affiliation with *America's Charities – Community 1st*, we will continue to participate in the Combined Federal Campaign (#85936) and Maryland Charity Campaign (#6242). As workplace charity campaigns begin this fall, we encourage you to make a gift to Montgomery Hospice. Thank you for your continued and generous support.

## Michael Brown



Michael Brown presents donations to Ann Mitchell, Montgomery Hospice President & CEO

Montgomery Hospice was honored to work with Mr. Michael Brown, a local Boy Scout from Troop 96, who chose to support our patients as part of his Eagle Scout Project. Along with helping educate the community about Montgomery Hospice, Michael collected gift cards to be distributed to hospice patients and their families. With the support of friends and other community members, Michael donated \$3,000 in gift cards (and donations), all of which will go to helping patients and families. Montgomery Hospice sincerely thanks Michael and his family and friends, and congratulates Michael on his Eagle Scout project.

# Memorial and Honorary Gifts

## In memory of:

Dr. Richard L. Abbott  
Ruth Abbey  
Clifford Adams  
John Jeffrey 'Jeff' Allen  
Caroline Altemus  
Patricia Amrine  
Robert W. Amrine  
Ruth E. Anderson  
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Alberta Gross  
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Umeko S. Nichols  
Ray W. Nightingale  
Arma Northup  
Robert W. Nye  
Jeannie Lawrence Obelensky  
Jay A. O'Brien

*Between February 1, 2010 and August 31, 2010, Montgomery Hospice received contributions in memory or in honor of the following individuals. We are grateful for these gifts.*

James T. O'Brien Jr.  
Bettie Olejar  
Lilly C. Olson  
Larry Packel  
Oscar Palini  
William W. Palmer  
Anna Paniczko  
Michael A. Papillo  
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Hansel Pate  
Pradipta Patnaik  
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Ruth A. Ratti  
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Hattie M. Reed  
Dorothy Reid  
Thomas E. Reid  
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Kathy Rettinger  
Jean Drager Reynolds  
Andrew E. Rice  
James Broschart Richards  
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Donald Richardson  
Cornelius A. Rigney  
Mike Rigney  
Thomas R. Riley  
Victoria P. Rinaldi  
Roberta Rindler

Selma and Irving Robbins  
Alfred Roberts  
Elizabeth R. Roberts  
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Clyde Leroy Roller  
Ann Marie Gaffigan Romano  
John E. Rose  
Enid Rosen  
Bernard Rosenberg  
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Bernard Ross  
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Maxine Saur  
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Lynne K. Schwindt  
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Booker Woods  
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Marc A. Zimmerman  
Mary Louise Zimmerman  
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Roberta Zwilsky

### *In honor of:*

Woodrow M. Allen  
George Altman  
Frances W. Ball  
Rose Berman  
Alex Bloom  
Fernando Cabezas  
Erika Cruz  
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Lora E. Drezner

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Susan Wilensky  
Ralph Will  
Anne Wills  
Zack and Marnie

*"In Honor Of" and "In Memory Of" gifts may recognize any person, including a Montgomery Hospice patient. Gifts from individual donors and gifts in kind will be acknowledged in Montgomery Hospice's annual report. Please accept our apologies if we have omitted any names from these lists.*

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.

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## calendar of events

### Memorial

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Nov 23 **Tree of Lights Ceremony** Honor a loved one who has died by sponsoring a light in his or her name on the Montgomery Hospice Tree of Lights. Enjoy the annual "Garden of Lights" display at Brookside Gardens. 7:00–8:30 pm. Wheaton Regional Park, 1800 Glenallan Avenue, Wheaton. Call the Montgomery Hospice Foundation at 301 921 4400.

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### Bereavement Care- Open to all Montgomery County Residents. Free. Pre-registration required. 301 921 4400

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Dec 7 **Winter Blues: Balancing Sorrow and Celebration While Grieving** A workshop for adults who are grieving. 6:30-8:00 pm. Montgomery Hospice, 1355 Piccard Drive, Rockville.

Dec 15 **Drop-In Discussion about Grief and Healing** If you are mourning the death of a loved one, come to this small group discussion about grief and healing. 1:00-2:30 pm. Montgomery Hospice, 1355 Piccard Drive, Rockville.

Jan 5 **Drop-In Discussion about Grief and Healing** If you are mourning the death of a loved one, come to this small group discussion about grief and healing. 6:30-8:00 pm. Montgomery Hospice, 1355 Piccard Drive, Rockville.

Jan 5 & 12 **Journaling and Grief Workshop** 2-session workshop. 6:30-8:00 pm. Montgomery Hospice, 1355 Piccard Drive, Rockville.

Jan 12 **Parent Loss Support Group.** For adults who have experienced the death of one or both parents. Group meets each Wednesday from 6:30-8:00 pm for six weeks at Montgomery Hills Baptist Church, 9727 Georgia Ave., Wheaton.

Jan 13 **Evening Grief Support Group** For anyone grieving the death of a loved one. Group meets each Thursday from 6:30-8:00 pm for six weeks at Montgomery Hospice, 1355 Piccard Drive, Rockville.

Jan 18 **Afternoon Grief Support Group** For anyone grieving the death of a loved one. Group meets each Tuesday from 1:00-2:30 pm for six weeks at Trinity Lutheran Church, 11200 Old Georgetown Road, North Bethesda.

Jan 18 **Loss of a Child Support Group** For parents grieving the death of a child of any age. Group meets each Tuesday from 6:30-8:00 pm for six weeks at North Bethesda United Methodist Church 10100 Old Georgetown Road, Bethesda.

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### Volunteer Training

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Mar 4, 11, 18 **Volunteer Training** Prepares volunteers for their work supporting patients with life-limiting illnesses and the families who support them. 8:30 am–3:30 pm each day. Montgomery Hospice, 1355 Piccard Dr., Rockville. Pre-registration required: 301 921 4400.

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For information about any event or activity, contact us at 301 921 4400. **Visit [www.montgomeryhospice.org](http://www.montgomeryhospice.org) for updated calendar information.**