

## Montgomery HOSPICE

### Breaking the Silence of Loss *By Elaine Tiller*



photo by Tessa Port

From the day we are born until the day we die, we humans deal with change, transition and loss. Grief and loss are central to all of our lives. It is inevitable that we will have losses throughout our lives, and we will need to do the healing work of grieving to be able to go on living with our losses.

Often when we think of loss, we only think of death. But there are many other losses throughout life. The breakup of a first true love, losing our virginity, learning that our beloved sports hero has clay feet, leaving the home of our parents to live on our own, finding that our marriage or long-term relationship has difficulties, losing our hearing or sight, developing a chronic disease, being fired from a job or let go from a job due to the economy, having the bank foreclose on our home, learning that our child is on drugs or abusing alcohol, retiring and all of the changes it brings, growing older, finding that our partner has cheated on us, losing our own personal sense of safety and security through public or personal disasters. These are only a few examples of the many losses in life.

Even though loss is so pervasive, there is not much public talk or acknowledgement of loss. It remains a fairly hush-hush topic. Anna Quindlen wrote in a 1994 article in the *New York Times*, "Grief remains one of the few things that has the power to silence us. It is a whisper in the world and a clamor within." Grief is a topic that we deal with alone, behind closed doors, while in public we pretend everything is fine. At an early age our society teaches us that grief is to be silenced, unspoken and unshared. This silence leaves us with the "clamor within" having a hard time getting out, to be expressed and worked through.

Grieving is hard work and requires much time and energy because in our grief work we find a new me, develop a new self-image, a new me without whatever or whomever we lost. **Redefining who we are after a loss is a major part of our grief work and this doesn't happen overnight.** Our relationships, our work, our family—all define us and give us a sense of worth and meaning. When these change, we change, and we have to find new meaning and worth separate from what we have lost. The question we ask ourselves is, "Who am I now without my work, my love, my family, my health, my youth?" Some losses are so devastating because our self-image, who we are, was so intertwined with the lost job, the lost relationship. The redefinition will take time, exploration, and much energy.

To complicate things even more, each loss carries layers of loss that need to be explored and understood. For instance, if we lose our job, the layers of loss (sometimes called secondary losses) might include loss of financial

security, loss of self-image, loss of self-worth, loss of ability to provide financial security for our family and the sense of worthlessness this brings, loss of standing in the community. This is a huge load to carry alone. Finding a new self-image after a major loss is made easier when we share and explore with others all of the parts and consequences of the loss. Breaking the silence of loss is crucial and healing. Breaking the silence allows us to absorb the loss, learn to live well in spite of the loss, and find new meaning in life after loss.

Education on grief and loss helps us to get to the redefinition of ourselves, the finding of a new reality for ourselves after the loss. The more we share, read and learn about grief and

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## From Ann's Office

### Reaching out to Support Dementia Patients

Since 2007, Montgomery Hospice has cared for more than a thousand patients who lived in nursing homes, group homes and assisted living facilities in Montgomery County. We are proud to have built strong partnerships with 120 facilities of all sizes in Montgomery County.

These partnerships have repeatedly proven that the lives of seriously ill patients can be enhanced by the involvement of our professionals who provide expertise in pain assessment, additional hands-on care, as well as support and information for caregivers. Families appreciate that Montgomery Hospice's

participation means that their loved one is far less likely to suffer the ordeal of unnecessary hospitalizations.

While we've come far with our partnerships, we are working on other challenges. Dementia is a leading cause of death in the United States but has only recently been viewed as a terminal illness. Patients with dementia use hospice services at a lower rate than those with other life limiting illnesses.

In September 2009, the Health Care Initiative Foundation awarded Montgomery Hospice a generous grant providing funding for dementia staff training, community education, caregiver support and to start a comprehensive complementary therapies program (including massage, music by the bedside and aromatherapy) to support patients with dementia. Our clinical staff will be trained on the latest pain assessment techniques and on advanced dementia

communication skills. We will work to share this information (and our end-of-life expertise) with other professionals in the community, as well as with families who have a loved one suffering from dementia. Moreover, this grant will allow us to start using massage, music and aromatherapy to promote deep relaxation, nurturing and relief from pain. We are grateful to the Health Care Initiative Foundation for helping us serve families and patients dealing with the difficulties of dementia.

We are thankful for all Montgomery Hospice supporters who provide us with financial gifts and who help us spread the word about the value that Montgomery Hospice brings to our local residents in nursing homes, especially those with advanced dementia.

Ann Mitchell, MPH  
President & CEO

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## Montgomery Hospice Partners with Nursing Homes and Assisted Living Facilities

Recent studies have shown that hospice offers a number of benefits to patients living in nursing homes, and to their families. Researchers with the Department of Health Policy at the Harvard Medical School detailed these benefits in a September 2009 professional journal, describing "reduced hospitalizations and better assessment and management of pain." Unfortunately hospice is underutilized in nursing homes, with only six percent of residents taking advantage of hospice services even though almost one fourth of deaths in the country occur in a nursing home.

Montgomery Hospice is committed to sharing our end-of-life expertise with staff and patients in Montgomery County facilities:

Montgomery Hospice has partnered with 120 facilities since 2007.

In 2009, Montgomery Hospice provided care to 420 patients in nursing homes and assisted living facilities.

In 2009, Montgomery Hospice offered 35 professional workshops in nursing homes and assisted living facilities.

## Polly's Plants

I visited Polly every Friday of last year, starting in January. When I first went to see her, she lived in an independent living apartment. My role initially was to help her with chores around the apartment so she could save her breath and energy for things that she herself needed to do. One of my tasks was to water her plants every week. Ironically, I have a hard time keeping plants alive at my own home but Polly's plants thrived. I learned a lot of lessons from Polly, and many of them centered on her plants.

When the weather got warmer, we moved several of her plants outside onto her small patio. One of the plants was a tomato plant. When this plant was small, it could easily stand alone. As the tomato plant grew, the main stem had difficulty keeping upright. I put a stake in the soil close to the tomato plant and used string to tie the main stem to the stake. As Polly's illness advanced she too required more help, needing a hand getting around and with her everyday tasks. She became comfortable asking me for what she needed. The lesson I learned was that it is okay to ask for help. Others are willing to give assistance.



Another of the plants on the patio was a Shamrock plant. One day as I was watering, I noticed the leaves of the Shamrock plant were brown and withered. After I finished watering all the other plants, Polly told me not to forget to water the Shamrock. She knew that, despite its appearance, all it needed was a little water. Indeed when I returned the next week, it was

much improved, much greener. The lesson I learned was not to give up so easily. Just as the Shamrock needed a little help, a little water, so too might a person struggling with a certain task.

One day in the spring, I asked Polly for help planning my next Sunday school class. I wanted to plant some seeds for the preschoolers so they could watch them grow. I asked Polly for advice. Without hesitation, she said to get bean seeds and plant them in clear plastic cups, putting the seeds near the edge so they could watch the roots grow down into the soil. I followed her advice. The plants sprouted in our classroom; later I sent them home with the children to care for. At a summer gathering at church, one of my 4 year old boys came running up to me with his hand in his shirt. He was hiding something, and he was very excited. His mother told me he had something to show me. It was seven of the beans from his plant. They were the longest beans I had ever seen. He gave them to me. I brought the beans to show Polly during our weekly Friday visit now taking place at her new home in an assisted living apartment. Together, we enjoyed the results of our brainstorming project. The lesson I learned is that two heads together come up with a better result than one.

During a visit in October, as I was watering her plants, I noticed one of Polly's African Violets had almost no roots. Yet, there were several green leaves. I asked her if I could take it home and try to root the leaves. She was very glad for me to do that. I did, and the leaves did take root. The Friday before Thanksgiving when I visited, I told her that the leaves had rooted. I asked her if she wanted the original plant back and the rooted leaves. She was having great difficulty getting her breath, and wondered if she would be able to have Thanksgiving dinner with her children. I was wondering if



this would be my last time to see Polly. She told me that she didn't want the plant back, that it had been given to her. She told me to keep whatever I wanted and to pass the rest to others. She considered the plants to be a gift of life, and she wanted that gift passed on. I consider it a privilege to have received a gift of life, as well as many lessons, from my friend Polly. I will certainly do my best to pass these gifts to others. She would want it this way.

Heidi Chaney  
Montgomery Hospice Volunteer

*Dear Heidi,*

*Thank you so much for your loving thoughts and for the care you gave my mother. She was initially very reluctant to have any volunteers come. She worried: would she have to entertain them, how could she ask them to help her? Then you entered the picture and she came to enjoy your visits, not only for the help you gave, but for your companionship. We will cherish what you wrote about "Polly's Plants" and the thought that she may have helped in turning your thumb green! Most of us are plant challenged but we are trying to live up to her ability to make things thrive.*

*Warmly,  
Lexie and the Browns*

## Free Yoga

For one week every December, classes at Four Corners Yoga studio in Bethesda are free. Instead of paying the usual class fees, students are given the option of making a contribution to a local nonprofit. In 2009, instructor and studio director Gillian Shinkman, after consulting with class members, selected Montgomery



Hospice as the recipient of the donations. A close friend of another instructor had recently received care from Montgomery Hospice. Ms. Shinkman was touched by her story, knowing the importance of professional and compassionate

medical care, having been the recipient of similar care when her husband died the year before. Ms. Shinkman describes her studio as being not just a business but as a community. Montgomery Hospice would like to thank both Gillian Shinkman and her community of yoga students for their support.

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## Breaking the Silence of Loss (continued from page 1)

how to manage it, the less afraid we are of our grief feelings and reactions. When we can manage our own grief, we are also able to allow others to have their own feelings and reactions of grief even when they differ from ours. By breaking the silence surrounding grief, we can begin our own healing and enable other grievers to find the path to healing for themselves, even when their path differs from ours.

So how can we begin to break this silence of loss? First of all, **don't assume you are the only person struggling with the pain of loss.** Risk saying to others in your social circles—congregation, social club, friends—that you lost your job and are struggling with how to get up in the morning, organize your day, keep from allowing depression and sadness to take over, and find ways of accomplishing some good things each day for yourself or others. Ask if they have ever been through this kind of experience and how they handled it. I guarantee that when you risk this you will find others who are willing to share important times in their lives and how they got through them. Oh, yes, some people will be uncomfortable and will try to get away from you quickly, but there will be others who will be willing to talk and share and will gain from your risking and their risking back.

If you are a very private person and can't risk talking to anyone else, **you still need to externalize your grief in some way.** We all need to get the grief outside of ourselves. Crying is a good way to do this—it releases some of the pain and hurt and loneliness we feel. So when you want, put on sad music and allow yourself to feel the pain and to cry. If you can't cry but want to, try watching a really sad movie to help bring the tears. Crying you can do alone. Some people say they can't cry even though they want to. Don't be too hard on yourself. We all grieve in our own way. If you can't cry, then it is okay.

**Another tool is to write about your grief.** If you find that you are waking up in the middle of the night and are unable to go back to sleep, pull out some paper and write down your thoughts and feelings—what you were thinking when you woke up. Don't feel you have to use correct English or punctuation. Just write down words, phrases or sentences. You are the only one who will read this; it is for you alone. But writing down our thoughts and feelings is another way to externalize our grief and to see it differently. Besides, most of us can't talk to anyone at 3:00 a.m., but we can write. If writing is helpful, carry a small notebook with you and jot down thoughts whenever you want; don't restrict writing to the middle of the night.

**Take good care of yourself physically when you are grieving.** Grief can cause our immune systems to be weakened. Thus we need to make sure we eat properly, drink lots of water and get some physical exercise. If you aren't feeling well physically, then have a medical check-up to make sure it is your grief causing this and not some other physical problems. A check-up is always good. Try not to drink lots of caffeine and alcohol but do drink lots of water.

If you feel that you need the help of a professional counselor while you are grieving, call your local hospice and they can give you referrals to counselors who specialize in bereavement care. **It never hurts to consult a specialist.**

Ask your local hospice if they offer grief support groups and grief workshops that might be helpful, or if they can refer you to organizations that do. Many people find that sharing their grief and hearing about grief of others in a supportive atmosphere is very healing.

In short do what you need to do to feel and express and live through your pain of grief so that you can heal and build a new you without whomever or whatever you have lost. Above all, be kind to yourself when you are grieving. There is a quote from George McDonald that says it all: **Be gentle with the one who walks with grief. If it is you, be gentle with yourself.**

## Corporate Partners

The Corporate Partners of Montgomery Hospice are crucial to the continuation of our work, allowing us to provide quality hospice and bereavement services to members of our community, including those who do not have access to health care coverage. We are very grateful to the following organizations for their support.

### Diamond Partners



The **Hines-Rinaldi Funeral Home** has been serving area families since 1873. Their facility on New Hampshire Avenue in Silver Spring has a 250-seat chapel as well as more intimate family rooms. The professionals at Hines-Rinaldi work to provide special, personalized tributes, and to honor family traditions and preferences. They are also available to help individuals and families with funeral preplanning, providing information which allows discussions of options and preferences during a less stressful time. Mr. Keith Phippin, manager of Hines-Rinaldi Funeral Home, has supported Montgomery Hospice for many years and has recently been appointed to serve on the Board of Directors. He is pleased that his company has chosen to become a Corporate Partner of Montgomery Hospice, calling it a *“top-notch organization, one that provides much-needed support and comfort to our local families.”*



**MedImmune** is the worldwide biologics business for the AstraZeneca Group.

The company has approximately 3,300 employees worldwide and is headquartered in Gaithersburg, Maryland with facilities in Pennsylvania, California, Kentucky, the United Kingdom, and the Netherlands.

MedImmune is committed to making a difference in medicine and science, in the lives of patients, and in local communities. “We believe that community outreach must include more than financial assistance. To truly make an impact we must be actively engaged in the scientific community, both at a local grassroots level and internationally.

As part of this commitment we are very happy to contribute to Montgomery Hospice, which supports residents of our county in a critical time of need. We are also proud to have one of our senior executives, Dr. Alexander Zukiwski, be part of their board, contributing the point of view of a practiced physician who is focused on the future of medicine.”

### Gold Partners



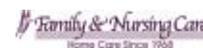
The **Pettit Family Charitable Foundation** was started in 1989. This Foundation works mainly in the areas of housing, food and shelter but has also been actively involved in helping Montgomery Hospice. Mr. Dick Pettit was a Montgomery Hospice board member for many years, also serving as Chairman of the Montgomery Hospice Foundation Board. Mr. Pettit describes Montgomery Hospice as a fine community service, providing for people in need. He states that he feels “lucky” to be able to support Montgomery Hospice. Montgomery Hospice is extremely fortunate to have the ongoing backing of Mr. Pettit and the Pettit Family Charitable Foundation.



**Adventist HealthCare** is a non-profit network of healthcare providers that includes hospitals, home health agencies, nursing centers, and other healthcare services. Based in Rockville, Maryland, Adventist HealthCare employs more than 7,200 people and cares for more than 450,000 men, women and children in the communities it serves each year. Adventist HealthCare is also the largest provider of charity care in Montgomery County. Paul Nicholson, Vice President and Chief Financial Officer for Washington Adventist Hospital, one of the hospitals within Adventist HealthCare, is a strong supporter of hospice. Paul is currently serving as Chairman of the Board of Directors for Montgomery Hospice. He says, *“Adventist HealthCare is proud to be a corporate partner because Montgomery Hospice is a vital organization that provides skilled and compassionate end-of-life care and grief support to our community.”*

### Silver Partners

#### Abramson Family Foundation



# Montgomery Hospice's 22nd Gala: "A Celebration of Life"

On March 12th, nearly 300 supporters of Montgomery Hospice enjoyed an evening of fine food, conversation and entertainment provided by dancers from the Embassy of Switzerland.



Susan Burket (MH Communications Manager) thanks Cliff Chiet, Vice President of Sales, and Publisher of The Gazette Montgomery, Prince George's and The Gazette of Politics & Business

At the gala, Ann Mitchell, President & CEO of Montgomery Hospice expressed her gratitude to an important organization in our community, presenting The Gazette with the Montgomery Hospice "Friends for Life" award. This award is designed to recognize those whose support and commitment to the mission of Montgomery Hospice goes "above and beyond."

The Gazette is a community newspaper that has been serving Montgomery County for 50 years. Today, 265,000 households in the county receive the newspaper. The Gazette has half a million readers in Montgomery County alone.

The Gazette leadership has demonstrated the utmost commitment to the mission of Montgomery Hospice, providing support unlike any other media organization. The Montgomery Hospice "Friends for Life" award was presented to The Gazette Vice President Cliff Chiet.

Montgomery Hospice is grateful to the leadership of The Gazette for their support.

## Walter A. Kirsch Remembered and Honored at the Gala December 6, 1941 – September 4, 2009

A true and loyal friend. A practical joker. Community-minded. A family man. He'd give you the shirt off of his back. Fun-loving. Humble. Generous and kind. Unpretentious. Always had time for people. Believed in helping others. A big teddy bear. Helped people make connections. A mensch.

If you were fortunate enough to have known Walter A. Kirsch, your life was incredibly richer. Owner and president of the Chevy Chase Supermarket for more than 46 years, he created a community fixture focused on customer- and community-service. He maintained store founder Bernard Freedman's vision of a store that is an integral part of the neighborhood.

The professionals and volunteers at Casey House were privileged to share sacred time with the family at the end of Mr. Kirsch's life. Montgomery Hospice was also honored to be the recipient of many memorial gifts given by countless friends and community members whose lives he touched.

Walter A. Kirsch leaves behind a code of honor, a legacy of respect and support. This legacy lives on through his sons, Kevin and Jason; his loving and devoted wife of 45 years, Andrea; and his six grandchildren, Sabrina, Sam, Alex, Griffin, Ryan and Whitney. Montgomery Hospice is honored to join with so many to celebrate the life of Walter A. Kirsch.



Jason Kirsch, Walter Kirsch, Kevin Kirsch  
photo by Hilary Schwab

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 American Health Lawyers Association  
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 Emory Fellowship  
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 Frederick County Corvette Club

Friends at the Black Friday Stamp Club  
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 Green Ridge Residents Association  
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 Talk of the Town  
 The Greater Washington Foundation of Insurance & Financial Advisors  
 Thurgood Marshall Elementary School Social Committee  
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## circle of lights

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.



Devora R. Alexander Estate  
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Thank you to all who supported and attended the annual Tree of Lights ceremony in November. We appreciate Brookside Gardens in Wheaton for once again hosting this event.

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Richard C. Harris  
Valerie B. Harris  
Valerie and S. Henry Harris  
S. Henry Harris, Jr.  
Laura Hartle  
James L. Hartzell  
Makota Mike Hatanaka  
Margaret Hawley  
Andrea Hay, MSW  
Daniel L. Hayes  
Victor and Fortunee Hazan  
Francis Heinbuch  
Goldie T. Heinbuch  
Delaware Helms  
Dorothy R. Hennessy  
Carroll and Martha Hickman  
Jeanne R. Hill  
Fritz Daniel Hirschfeld  
Lawrence Hite

Emma Hixenbaugh  
Todd J. Hixson  
Elaine Weeks Hoffman  
Ruth Holland  
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Michael Howes, Jr.  
Michael D. Howes, Sr.  
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Edward J. Hudec  
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William E. Hudson  
Margaret Huesman  
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Jerry H. Hyatt  
David J. Hyndman  
Martha S. Hyndman  
Dr. Charles D. Hyson  
Ida  
Cheryl Illigasch  
Nancy Jackson  
M. M. James  
Dorothy Janicki  
Marian K. Jenkins  
Marianne Jenkins  
Bill Johnson  
Emery A. Johnson  
Linda Johnson  
Linda K. Johnson  
Nebraska Johnson  
Deceased of Johnston Family  
Robert D. Jones  
Donald F. Jordan  
Russell C. Jordan  
Dan Joseph  
Ethyl Joseph  
Vladimir M. Kabes  
Jerry and Ruth Kadenbach  
Janna Lee J. Kalina  
Liang Chant Kan  
Lynn Kanaskie  
Thomas F. Kane, Sr.  
Muriel and Leonard Kaplan  
Eleanor P. Karpe  
Sol F. Karpe  
Richard B. Kassan  
E. Kevin Kasunic  
Jeffrey P. Kavolius, M.D.  
Marion J. Kawata  
Thomas Keefe  
Elizabeth and Joseph Keegin  
Francis Keenan  
Chuck Keith  
Blanche Hyatt Keller  
Jean E. Kemmerer  
Anthony S. Kerlavage  
Julius J. Kessler  
Howard E. Kettl  
Ruth S. Kettl  
Charlie Kilczewski  
Jane G. King  
W. Lawson King  
Ruth Kirschstein  
Constance Kissal  
George Kissal  
Kistner/Hamilton Family  
Mary F. Klarman  
Sarah Knowlton  
Albin B. Kocalski  
James S. Koiner  
Ruth Hineman Kopas  
Frances Koso  
Adeline Kramlick  
Emil S. Kramlick  
William Grant Kreuzburg  
Jerry E. Kroutil, III  
Chen Mei Ku  
Ya Fei Wang Ku  
Solomon P. Kurtzman  
Stephan B. Kurylas  
Mary Kushner  
Eugenie M. Lafranchise  
Jaques Lafranchise  
Karen F. Lagnese  
Harry Lamasters  
Wilma Lamasters  
Elenore Lambidakis

William A. Langbehn  
Diane Larke  
Jonney Lawrence  
Paul E. Layton  
Glendale Leach  
Louise Lee  
Myong D. Lee  
Ruth I. Lees  
Francis T. Lenahan  
Helen F. Lewis  
Liz Lewis  
Salvatore Liberatore  
Diana C. Lin  
Steve Lin  
Virg Linderorth  
Clifford "Lee" Little  
Maryann and Al Locktosh  
Phil C. Longenecker  
Ellen O. Longworth  
Bill Lopez  
Teresa Lou  
Roman Lucyk  
Nguyen T. Luu  
Elizabeth Lynch  
William M. MacDonald  
Eda Hansen Mack  
Lorene T. MacMillan  
Alphonse Madello  
Edna Malchow  
John Mancini  
Mary R. Mancini  
Gina Mary Manning  
Vera and Everett Manning  
Annette Bono Maple  
Magdalene Emineth Marceau  
William C. Marceau  
Michael Markovich  
Bill Marsh  
Ruth Marsico  
Harold T. Martin  
Heather Martin  
Agueda Martinez  
Helen Martinez  
Elinor Maruyama  
Masao Maruyama  
Marilyn Maruyama-Craw  
Bob Marx  
John F. McCarren  
Mary T. McCarthy  
Soren Allen James McCoy  
Willie C. McCrae  
Stephen "Boojay" McDaniel  
Robert McDevitt  
Allyn S. McGinley  
Mary McKee  
Maxine M. McKenney  
Doris W. McLellan  
Stanley McMahon  
William O. McWorkman  
Raymond Mechak  
James Messenger  
Michael C. Metrione  
Richard I. Meyer  
Irene Michaud  
Frank M. Mikus  
Dr. Ira Miller  
Eugenia W. Miller  
Mary Madilyn Miller  
William C. Miller  
Arthur J. Mitchell  
William E. Mitchell  
W. Robert Moccia  
Evelyn "Evy" Modance  
Karen and Frank Moore  
Robert J. Moore  
Sarah A. Moore  
Virginia Moore  
Thomas P. Moran  
Victor and Florence Moretti  
Victor N. Moretti, Jr.  
Carroll "Bud" Morgan  
Frederick Moring  
Sarah P. Mosby  
Fred Moser  
James A. Mourning  
Stanley G. Mouser  
Sophia A. Mullen  
Leafie "Leatha" Mullins  
Georgie Mundell

Charles L. Murphy  
 Dorothy S. Murphy  
 James Murphy  
 Kathleen Murray  
 Pat Murray  
 John E. Muty, Jr.  
 William C. Myers  
 Bill Myott  
 Steve Nachman  
 Al Napoli  
 DeeDee Napoli  
 Donna Napoli  
 Joseph Napoli  
 Andrew "Drew" Nealley  
 Janet Nelson  
 Robert E. Nelson  
 Patricia C. Nessul  
 Richard J. Nessul  
 Chu Trong Ngu  
 Ray W. Nightingale  
 Robert F. Nine  
 Brittany R. Nolan  
 Gary L. Nordan  
 Robert A. O'Brien  
 Loretta O'Brimski  
 Thomas Aquinas O'Connell  
 Eugene O'Connor  
 Ann Marie O'Donnell  
 Laurie Brown Oliver  
 John C. Olson  
 Robert N. O'Neal  
 George R. "Bob" Orndorff  
 David F. Osborne  
 Helen Pappas  
 Thomas Pappas  
 Virginia Pappas  
 Parents - Brother - Grandparents  
 Donna Parker  
 Robert Parkin  
 William Parkinson  
 Mary Lynne Parsons  
 Cephas T. Patch  
 Donald Payne  
 Helen S. Pearson  
 Augusta Pearson and Joan  
 Barreau  
 Teri Walter Peel  
 Marie Pellegrino  
 Bobbye Peltier  
 Mary L. Peter  
 Jacquelyn Runkle Pettit  
 Edwin H. Pewett  
 Caroline Phelan  
 Gloria J. Phillips  
 Edith J. "Patsy" Picken  
 Edward G. Picken  
 Ann T. Piety  
 Samuele Pistacchio  
 Benjamin Pitsenbarger

Sidney Ploeckelmann  
 Cynthia A. Pollnow  
 Steve Pressman  
 Jane Prichard  
 Catherine Constance Purdy  
 Dr. Janet B. Quinn  
 Deceased members of Raabe,  
 Sandberg Family  
 A. J. Rabeck  
 Anna M. Rabeck  
 Elizabeth V. Rankin  
 Buck Ranney  
 Magal H. Rao  
 Bernard Ravick  
 T. Kent Redcay  
 Billy Reddick  
 Ruth Reddick  
 Lois Reed  
 Upton D. Reed  
 Paige P. Reeser  
 Delma G. Reid  
 James R. Reid  
 Arthur J. Reid, Jr.  
 Guenter H. Reif  
 Homer L. Reighard, M.D.  
 Frank M. Reilly  
 Curtis H. Reinhold  
 Raymond F. Remler  
 Isaac Reyes Salanic  
 William L. Reynolds  
 Bill Richards  
 Jean W. Richards  
 R. Blair Richards, Jr.  
 Charles Riddle  
 Rodolfo Rivas  
 Alfredo Roberts  
 Lewis Roberts  
 Mr. and Mrs. Edward Robichaud  
 Bobbie Robinson  
 Laurie Robinson  
 Warren Rose  
 Edgar and Sonia Rosen  
 Harry Ross  
 Robert G. Rothwell  
 Martha Ruliffson  
 Harry L. Rundell  
 Heidi Rusch  
 O. T. Russell  
 Thomas James Rynders  
 William C. Sabin  
 Bettie J. Sabo  
 Gladys Safford  
 Benedict C. Salamandra  
 Suzanne Weil Samuel  
 Charles Samuel, Jr.  
 Crescencia Sanchez  
 Helen Santucci  
 Joseph E. Santucci  
 Robert Karl Schaefer, Sr.

Leon Scharff  
 George and Eva Scheeler  
 Irvin H. Schick  
 Truman G. Schnabel  
 Hubert G. "Hugh" Schneider  
 Harold Schoolman  
 Sara Schrengost  
 Gertrude Schulman  
 Donald B. Scott  
 Viola and A. B. Scott  
 Teresa Scullen  
 Madonna A. Seebach  
 Florence A. Seebold  
 Rena Seliger  
 Robert Seliger  
 Linda H. Seligman  
 Richard H. Semsker  
 Joseph L. Sgarlata  
 Linda Butler Shaw  
 Richard Shemsker  
 Todd W. Shenkyr  
 Jean L. Shickel  
 Willy Shifflett  
 Martha R. Shubin  
 Steven F. Shubin  
 Lawrence E. Shulman  
 Opal Singletary  
 Constance F. Sinozich  
 John D. Sinozich  
 Ann P. Skeel  
 Willard E. Skeel  
 Don Skinker  
 Dr. Muriel Sloan  
 Duncan C. Smith  
 Gerard and Irene Smith  
 James R. "Bob" Smith  
 Mark S. Smith  
 Nancy G. Smith  
 Katharyn M. Snyder  
 Susan A. Snyder  
 Raymond Solecki  
 Larry B. Solomon  
 Susan Sorrells  
 Dolly Spalding  
 Christopher Spooner  
 Mr. and Mrs. St. Alban  
 Phyllis Stahr  
 Pat Stedman  
 Bob Steinberger  
 Gertrude Steinberger  
 Paul H. Sterling, Sr.  
 Grace S. Stern  
 Mark Stewart  
 William J. Stief  
 Charles G. Stine  
 John Gilbert Stine  
 Nellie I. Stine  
 John J. Stokarski "Uncle Jay"  
 Peter A. Sutherland

Esther Leah Swartz  
 Kim Kuei Tan  
 William "Bill" Tate  
 Bob Tebelman  
 Nancy Tebelman  
 Julia Tolbert Templeton  
 Helen Templin  
 John S. Templin, Sr.  
 Vera E. Terlau  
 The Beall Family  
 Branden Thompson  
 Brian Thompson  
 Mary and Kathleen Thompson  
 Mary Ann Thompson  
 Patricia W. Thompson  
 Bob Titherington  
 James Todd  
 Unzerlo Todd  
 Samuel J. Topley  
 Joseph Toro  
 Saadia E. Touval  
 Margaret Townly  
 Conrad L. Trahern  
 Jim Trawick  
 Albert L. Trent, Sr.  
 Roy W. Trimmer  
 James L. and Inez R. Turner  
 Jane Turner  
 Oscar B. Turner  
 Anna C. Urband  
 Masaru Ushiro  
 Doris Valenti  
 Jeremiah Valliant  
 Louise R. Valliant  
 Jay Van Zoeren  
 Antoninette "Toni" Varron  
 Raja Veeramachaneni  
 Wallace E. Velander  
 Kesar Vira  
 Laxmi Vira  
 Carroll C. Volchko  
 Michael Wallace  
 David Walsh  
 John J. Walsh  
 Robert O. Walter  
 Nate Warren  
 M. Jacqueline Watts  
 Kan Wei  
 Hamilton "Ham" Wells  
 Dorothy Whalen  
 Dr. Richard L. Whelton  
 Alfred L. White  
 Carolyn White  
 Marjorie Whitten  
 Agnes Whybrew  
 Carrie "Kay" Wickre  
 Margaret Stohlman Wiegand  
 Charles F. Wilding-White  
 Harry Wilensky

Myrna Wilensky  
 Nellie Wilensky  
 Bernie Williams  
 Deceased members of Williams,  
 Luczak and Palmeri Families  
 Nina Wise  
 Hilda M. Wolfe  
 Mindel and Earl Wolfe  
 Mindel "Sis" Wolfe  
 Mabel V. Woodburn  
 James Woods  
 Marie Woods  
 Barbara S. Woodward  
 Kenneth M. Wright  
 Ting Y. Wu  
 David H. Wyatt  
 Andy Yakubik  
 Therese E. Youssef  
 Kam-Shui Yung Gabey  
 Peter Zmitrovich  
 Helen X. Zuppas

**in honor of**

All Souls Come and Gone  
 George Altman  
 Elaine Billian  
 Martha Hightower Campbell  
 Dr. James A. Cosgriff, Jr.  
 Father Kevin Daly  
 Donohoe Family  
 The James Duffy Family  
 Jeanne C. Edwards  
 Madame Donald S.  
 Frederickson  
 Mary C. Gall  
 Bob and Joyce Graf  
 Lucius C. Harper, III  
 Ronald T. Hegedus  
 Hospice Workers  
 Linda Christie Johnson  
 Victoria Johnson  
 Amber Kwiatkowski  
 John D. Laferty  
 Christine C. Lawrence  
 Frederick W. Lawrence  
 Walter N. Lewis  
 Fred McArdle  
 Montgomery Hospice  
 Mary-Ellen Moore  
 Andy and Stacey Phelan  
 Chris Phelan  
 Pat and Bruce Rider  
 Max Sartoph  
 Mary H. Shepard  
 The McArdle Family  
 Carol Westbrook  
 The Donald White Family



Montgomery  
 HOSPICE

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



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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.

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## calendar of events

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

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- May 12 **Evening Grief Support Group** meets each Wednesday from 6:30-8:00 pm for six weeks at Montgomery Hospice, 1355 Piccard Drive, Rockville.
- May 18 **Afternoon Grief Support Group** meets each Tuesday from 1:00-2:30 pm for six weeks at Faith United Methodist Church, 6810 Montrose Road, Rockville.
- May 20 **Parent Loss Support Group.** For adults who have experienced the death of one or both parents. Each Thursday from 6:30-8:00 pm for six weeks at Woodside United Methodist Church, 8900 Georgia Avenue, Wheaton.

#### Small group discussions about grief and healing; come to any one of these:

- July 6, Aug 3, Aug 31 6:30-8:00 pm. Montgomery Hospice, 1355 Piccard Drive, Rockville.  
July 21, Aug 18, Sep 8 1:30-3:00 pm. Hughes United Methodist Church, 10700 Georgia Avenue, Wheaton.

## Professional Education

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- Sep 20 **Annual Montgomery Hospice Bereavement Conference with Dr. Therese Rando.** Full day conference at The Universities at Shady Grove, Rockville. Professional CEUs awarded.

## Volunteer Training

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- May 21, May 27, June 4 **Volunteer Training.** Prepares volunteers for their work supporting patients and families. 8:30am-3:30 pm each day. Montgomery Hospice, 1355 Piccard Dr., Rockville. Pre-registration required.

## Fundraising

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- Sep 25 **Hospice Cup XXIX.** America's largest charity regatta held on the Chesapeake Bay, followed by a fun, family-friendly shore party. Raises money for hospices in the Washington, DC area.
- Oct 3 **Montgomery Hospice Derby Duck Festival.** Come to the annual Derby Duck Race and Festival. Enjoy a free afternoon of crafts, food, family entertainment and a water race of 10,000 rubber ducks! Noon – 3:00 pm. Seneca Creek State Park, Gaithersburg.

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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.**