Breaking the Silence of Loss  By Elaine Tiller

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
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 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.

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 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.

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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

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.

Ann Mitchell, MPH
President & CEO
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.

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.

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 Zukowski, 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.

Silver Partners

Abranson Family 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.”
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.

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.

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


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community partners

**businesses**
- 8700 Georgia Avenue, LP
- Abacus Technology Corp.
- ADTEK Engineers, Inc.
- Aftia Group, Inc.
- Ames and Gough
- AMR Commercial, LLC
- Armands Pizza
- Associates in Radiation Medicine
- At Home Care, Inc.
- Bacardi, USA
- Baja Fresh Mexican Grill
- Bazzar Victoria
- BD’s Mongolian Barbeque
- The Bean Bag Deli & Catering Company
- Bechtel Corporation
- Beijo Bags
- Belvedere Landscape Design, LLC
- Bethesda Travel Center, LLC
- Big Red Apple
- Blair Construction LLC
- Boulard & Brush, LLC
- The British Players, Inc.
- Calvert Group, Ltd.
- Carderock Capital Management, Inc.
- Central Wholesalers, Inc.
- Chevy Chase Healthcare Management, LLC
- The Chef’s Chaise Land Company
- Cold Stone Creamery
- Francis J. Collins Funeral Home, Inc.
- Colony Management Services
- Comcast Cable Communications, Inc.
- Comcast Spotlight
- CVS Corporation
- District Hardware, The Bike Shop
- Dogfish Head Alehouse
- The Donaldson Group, LLC
- EUR/PIC, Office of Policy and Global Issues
- Family & Nursing Care, Inc.
- Fey, Wagner & Sacks, LLC
- Fishback Management and Research, Inc.
- Fresh Associates
- Furey, Doolan & Abell, LLP
- Joseph Gawler’s Sons, Inc.
- The Gazette Newspapers
- GEICO
- GHT Limited
- Going Home Cremation Service
- Good Earth Capital
- Greater Philadelphia Tourism Marketing Corporation
- Grimm and Parker Architects
- H & R Partnership, LP
- Heffron Company, Inc.
- High Point Farm
- Hines-Rinaldi Funeral Home, Inc.
- Holder Construction
- J. Craig Venter Institute
- Johns Hopkins University
- Applied Physics Laboratory
- Johnson’s Flower and Garden Centers
- KSG, LLC
- La Ferme
- Laytonsville Volunteer Fire Department
- Lerch, Early & Brewer, Chtd.
- Linewes and Blocher, LLP
- Madame Tussauds
- Mamma Lucia
- Manders Decorating Company, Inc.
- Mary Kay Cosmetics
- MedImmune, Inc.
- Mferro Consulting, Inc.
- Minkoff Company, Inc.
- My Therapy
- Mykonos Grill
- Nancy Corporation
- Natelli Communities
- The Bureau of National Affairs, Inc.
- Newsuem
- OB-GYN Associates, P.A.
- Panera bread Chef
- Papa John’s National Capital Region Co-op
- Paragon Rx LLC
- PBGC OCC
- Pettit Management Services, Inc.
- Potomac Pizza
- Prasopchokchai, Inc.
- Robert A. Pumphrey
- Funeral Homes
- Redrock Canyon Grill
- Richter & Associates
- Right at Home
- Rio Grande Cafe
- Safeguard Business Systems
- SAX and Associates, Inc.
- Salon HQ
- Santos, Postal & Company
- Schaeffer Financial
- Seiler Gurvitch Rabin & O&cby
- Shaw Environmental, Inc.
- Spectrum Printing & Graphics
- SRA International, Inc.
- Stone Works, Inc.
- Strategic Wealth Management Group, LLC
- That’s Amore Restaurant
- Trattoria Sorrento Italian Kitchen & Grill
- Visions Restaurant
- Wall Works USA, Inc.
- Wal-Mart
- The Washington Nationals
- Baseball Club
- The Washington Post
- The Washington Redskins
- Web.com Group, Inc.
- Whole Foods
- Wichita Canteen Co., Inc.
- Wolf-Gordon Inc.

**foundations**
- Abramson Family Foundation, Inc.
- Aetna Foundation, Inc.
- Ammerman Family Foundation
- The Androus Foundation
- Meyer Bobrow Family Foundation, Inc.
- The Morris and Gwendolyn Cafritz Foundation
- Capitol Group Companies
- Charitable Foundation
- E. Rhodes and Leona B.
- Carpenter Foundation
- Clark-Winchcomb Foundation
- The Columbia Foundation
- The George E. Crouch Foundation of Georgia Glassman Foundation
- Sidney & Eleanor Glassman Foundation, Inc.
- Monica and Hermen Greenberg Foundation
- Healthcare Initiative Foundation
- Katzman Family Foundation
- Lindner Family Foundation, Inc.
- Lions Club of Olney Foundation, Inc.
- George Preston Marshall Foundation
- The Howard P. and Mary Needles McJunkin Foundation
- The Partan Foundation
- Pettit Family Charitable Foundation
- The R. Edwin and Winsome S. Brown Foundation
- United Jewish Endowment Fund
- Wolffcamp Family Foundation

**faith groups**
- AMC Faith Chapter
- Bethesda United Church of Christ
- Cokesville United Methodist Church
- Darnestown Presbyterian Church
- Faith United Methodist Church
- First Baptist Church of Silver Spring
- Geneva Presbyterian Church
- Grace Episcopal Church
- Harwood House Thrift Shop
- Hughes United Methodist Church
- Inter-Faith Chapel
- The Maryknights
- Montgomery Hills Baptist Church
- North Bethesda United Methodist Church
- The Pennyworth Shop
- Potomac United Methodist Women
- Rockville United Church
- St. Bartholomew’s Catholic Church
- St. Francis of Assisi Church
- St. Jane Frances de Chantal
- St. John’s Evangelical Lutheran Church
- St. Rose of Lima Parish
- Trinity Lutheran Church
- Woodside United Methodist Church

**organizations**
- All Cat Rescue
- Alpha Kappa Alpha Sorority
- American Farm Bureau Federation
- American Health Lawyers Association
- American Legion Damascas Post 171
- Association of the United States Army
- Avalon Consulting Group
- Bay Breeze Estates Homeowners Association
- Beall Elementary School
- Carver Class of 66
- Crestwood Village HOA at Frederick
- Daughters of the American Revolution
- Frederick Chapter
- Dudely Hill Golf Course
- Elsevier/International Medical News Group
- Emory Fellowship
- Fraternal Order of Eagles
- Frederick County Corvette Club
- Friends at the Black Friday Stamp Club
- Friendsville Volunteer Fire and Rescue Department
- Green Ridge Residents Association
- Harmony Intermediate School Hospice Cup, Inc.
- HPBA
- I.O.O.F.
- Kicks Karate
- Ladies Auxiliary, VFW Post 7916
- Mass Mutual Agents Association, Inc.
- Montgomery County Citizen Academy Alumni Association, Inc.
- Montgomery County School Psychologists’ Association
- MPA Office of Procurement Staff
- NAIFA—Greater Washington
- National Oilsseed Processors Association
- Northwood Women’s Club
- Old Coach Hill Women’s Club
- Olney Women’s Republican Club
- Poor Roberts’ Charities, Inc.
- Professional Nurses Club of suburban Maryland
- Rosemary Hills Primary School PTA
- Rossmoor Ceramic Crafters
- Rotary Club of Bethesda
- Chevy Chase
- Rowlesburg Lions Club
- Sargent Shriver Elementary School
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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.

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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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Gloria J. Phillips
Edith J. “Patsy” Picken
Edward G. Picken
Ann T. Piety
Samuele Pistacchio
Benjamin Pittsenger
Sidney Plocekelmman
Cynthia A. Poinnow
Steve Pressman
Jane Pritchard
Catherine Constance Purdy
Dr. Janet B. Quinn
Deceased members of Raabe, Sandberg Family
A. J. Rabbeck
Anna M. Rabbeck
Elizabeth V. Rankin
Buck Ranney
Magal H. Rao
Bernard Ravick
T. Kent Redcay
Billy Redduck
Ruth Redduck
Lois Reed
Upton D. Red
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. Reinholm
Raymond F. Remler
Isaac Reyes Salaric
William L. Reynolds
Bill Richardson
Jean W. Richards
R. Blair Richards, Jr.
Charles Riddle
Rodolfo Rivas
Alfred Roberts
Lewis Roberts
Mr. and Mrs. Edward Robichaud
Robbie Robinson
Laurie Robinson
Warren Rose
Edgar and Sonia Rosen
Harry Ross
Robert G. Rothwell
Marttha Ruffinson
Harry L. Rundell
Heidi Rusch
O. T. Russell
Thomas James Ryders
William C. Sabin
Bette J. Sabo
Glady S. Safford
Benedict C. Salamandra
Suzanne Weel 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 Schrecengost
Gertrude Schulman
Donald B. Scott
Viola and A. B. Scott
Terese Scullop
Madonna A. Seebach
Florence A. Seebold
Rena Seliger
Robert Seliger
Linda H. Seligman
Richard H. Semske
Joseph L. Sgarlata
Linda Butler Shaw
Richard Shemskar
Todd W. Shenky
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
William E. Skeel
Don Skinker
Dr. Muriel Sloan
Duncan C. Smith
Gerard and Irene Smith
James R, “Bob” Smith
Mark S. Smith
Nancy G. Smith
Kathymayn M. Snyder
Susan A. Snyder
Raymond Soleciki
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 Stortin
Mark Stewart
William J. Steif
Charles G. Stine
John Gilbert Stine
Nellie I. Stine
John A. Stokarski “Uncle Jay
Peter A. Stokoski
Esther Leah Swartz
Kim Kuei Tan
William “Bill” Tate
Bob Teltelman
Nancy Tznelman
Julia Tolbert Templeton
Helen Templin
John S. Templin, Sr.
Vera E. Teislau
The Beall Family
Branden Thompson
Brian Thompson
Mary and Kathleen Thompson
Mary Anne Thompson
Patricia W. Thompson
Bob Titherington
James Todd
Unzerlo Todd
Samuel J. Topley
Joseph Toro
Saadai E. Touval
Margaret Towny
Conrad L. Trahen
Jim Traywick
Albert L. Trent, Sr.
Roy W. Trimmer
James L. and Inez R. Turner
Jane Turner
Oscar B. Turner
Anna C. Urband
Masaru Usuki
Doris Valenti
Jeremiah Vaillant
Louise R. Vaillant
Jay Van Zoeren
Antoinnette "Toni" Varron
Raja Veeramachaneni
Wallace E. Velander
Kesaeria
Laxmi Vira
Carol C. Volchko
Michael Wallace
David Walsh
John J. Walsh
Robert O. Walter
Nate Walter
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 Stohlarman 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 “Sue” Wolfe
Mabel V. Woodburn
James Woods
Marie Woods
Barbara S. Woodward
Kenneth M. Wright
Ting Y. Wu
David H. Wyatt
Andy Yakubik
Theresa E. Youssef
Kam-Shui Yung Gaby
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.
Kearra 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. Hedegus
Hospice Workers
Linda Christie Johnson
Victoria Johnson
Amber Kwiatkowski
John D. LaFerty
Charles D. Lawrence
Frederick W. Lawrence
Walter N. Lewis
Fred McArdle
Montgomery Hospice
Mary-Ellen Moore
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.
calendar of events

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

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

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

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

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.

For information about any event or activity, contact us at 301 921 4400. Visit www.montgomeryhospice.org for updated calendar information.