

Montgomery HOSPICE

www.montgomeryhospice.org
301-921-4400

ANNIVERSARIES:

When a Day is More Than a Calendar Space

Tips for honoring
and remembering

PAGE 2

Ways to Help a Grieving Friend

Understand that
each person grieves
differently.

PAGE 4

Hospice Facts

Hospice care is not just
for a person's last few
days or weeks. Patients
can benefit for six
months, or even longer.

PAGE 8

*Montgomery Hospice is
a nonprofit that provides
professional medical care
for people living with a
life-limiting illness.*



ART BY ERINN HIRRLINGER

Anniversaries:

When a Day is More Than a Calendar Space



STOCKBYTE/THINKSTOCK

No one thinks of 9/11 as a mere date on the calendar anymore. The memory of that tragic loss in 2001 and the meanings surrounding it are forever tied to that date. We still remember, after all these years, the way we felt on that September morning. We recall the initial shock and confusion, the terrible images of loss and sadness, the frantic calls to loved ones and friends, the sudden sense of vulnerability. It has been a national loss with huge consequences across our country and the world. Still, it touches all of us uniquely as well. We call to mind where we were and who we were with and how we felt when the news first broke. In our own way, each year we observe and remember the sense of loss connected with this particular calendar date.

Our lives are made of meaningful moments and days, and this is especially true of our losses. We can join others as a nation remembering, yet we are also individuals whose personal losses have changed our lives forever. When we lose a loved one, remembering such a special person can be a sensitive, bittersweet concern. Memories do not come to us as bare images. They are always connected with emotions of one kind or another. So when we think of a loved one who has died, we can experience a lot of different and sometimes difficult feelings. Remembered days can touch us in tender ways.

We often recall our loved ones in special moments we shared with them—holidays

gatherings, birthday surprises, anniversary highlights. We may remember family gatherings and how a parent always sat at a certain place at the table. We may remember the favorite dish or restaurant of our spouse. We may fondly call to mind a story about a brother or sister, or proudly cherish a special birthday memory with our child. Big days like these loom large in our memories, especially when we are grieving.

Think about all the significant days we might have shared with a loved one through a single year. This may include the particular religious holidays embraced by a family, national holidays like Thanksgiving and Independence Day and Memorial Day, cultural holidays like Mother's Day and Father's Day and Valentine's Day, significant family days like wedding anniversaries and birthdays and graduations and annual vacations. All of these big days, and possibly others, can stand out in our memories because they offered special opportunities and brought out distinctive moments shared with our loved ones.

When a beloved family member dies, holidays and anniversaries and other special days will be different and sometimes difficult for us. We will not only miss their physical presence and unique personalities, we will also miss all the particular activities and routines we held in common with them. We lose the sense of planning together, of dividing up the preparations, of sharing laughter and funny stories, of experiencing the delight of unexpected moments, of affirming our relationship in

small and profound ways. It's as if the delicate fabric we have knit together with a loved one over many years of special days has now been torn apart. We are left with the loose threads, and we wonder how we will ever put them together again.

We may even wonder why we should go through with celebrating a particular day since our loved one is no longer around to appreciate and share it with us. The first year after the death, we could be reluctant to participate with others because it feels emotionally heavy. We want to avoid an awkward moment in front of family or friends. We may even dread the approach of a big day because we just don't have the energy or motivation to embrace it fully. Grief can be fatiguing and makes it hard to get up emotionally for special occasions. On the other hand, a part of us may feel like we don't deserve to have a happy day if our loved one cannot be here to enjoy it. All of these are normal kinds of feelings when we are grieving, although they can be intense and challenging as we try to manage them.

As Bereavement Counselors at Montgomery Hospice, we are sensitive to these kinds of special days for our grieving families. In conversation with individuals, we often ask about such days and how someone may be coping with them in their grief. We understand that just getting through them in the first year following a loss can be a pretty big achievement. We also understand that many grieving family members want to acknowledge their loved one in some way. They want to recognize the loss and find some meaning and appreciation for the life of the one they miss. So we also explore with grieving individuals various ways in which they can remember the one who is gone.



FOUR SUGGESTIONS FOR GRIEVING FAMILY MEMBERS FOR BIG DAYS:

Give the special occasion some thought ahead of time.

You don't need to have every moment and activity planned out in exact detail ahead of time, but it will be helpful to have some idea of what feels appropriate and manageable to you. You may feel like changing the day from past years and being low-key this time around. You may feel comforted by keeping most routines the same. Either way, think about it and be sure to communicate what you need to family members and friends.

Watch your expectations.

The day may not go like you think it should since feelings or moods can surprise you and arise at unexpected times. Also, don't feel like you must meet the expectations of other people, no matter how well intended. You have the right to express or hold your grief in ways that are best for you.

Find the time you may need both for yourself alone and for being with supportive others.

At one point you will want to have some supportive people around you. There is

strength and comfort in this. At other times, you may want to take a break from people and give yourself some time alone, whether to remember in your own way or simply to get some rest.

Be accepting and gentle with yourself no matter what happens.

If the day goes badly, remember that you are a grieving person dealing with major loss the best you can. If the day goes better than expected, you don't have to feel guilty, as if you've betrayed your loved one somehow.

If you stop to think about it, being happy is often what he or she would want most for you. You will not forget them if you have a good time. They will always be with you.

At Montgomery Hospice, we offer a number of workshops and support groups to help grieving individuals as they face the challenges of special days. These include groups like *Winter Blues: Balancing Sorrow and Celebration While Grieving* in the December holiday season, *Forever Yours: Remembering Your Loved One on Valentine's Day* in February, and *Remembering Mom and Dad* around Mother's and Father's Day in the spring. We also spend time talking about the challenges of special days in all of our other support groups as well.

Our days shared with beloved family members are often filled with cherished moments, especially around anniversaries and other big holidays. Such moments make up treasured memories that can never be captured in the blank space of a calendar square. Memories keep us connected with our loved ones, and they reflect the richness and value of our lives.

— Kip Ingram
Montgomery Hospice Bereavement Counselor

Ideas for Celebrating a Loved One on Special Days

- With thoughts of gratitude, light a candle as a reminder of your loved one's life.
- Donate some time toward a cause that was meaningful to your loved one.
- Go through pictures, papers, or other cherished mementos.
- Go to dinner with family or friends to share stories of your loved one.
- Buy a card for your loved one and write in it what you appreciate and miss.
- Visit the cemetery or another place you go to remember.
- Take the day or afternoon off and do something which brings you comfort.
- Plant a tree or bush or flower in memory of your loved one.
- Visit a favorite place or restaurant which you shared with your loved one.
- Donate flowers to your religious community in memory of a loved one.
- Have a self-comfort day and get a massage, go on a picnic or engage in retail therapy.
- Listen to music and allow yourself some time to remember your loved one.
- Call an old friend and share some of your loved one's favorite stories or jokes.
- Participate in the Montgomery Hospice "Tree of Lights" (at Brookside Gardens on Tuesday, November 26, 2013).

Cover calendar art by Erinn Hirtlinger
Montgomery Hospice Bereavement Counselor

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Ways to Help a Grieving Friend



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Grief can be a difficult and stressful experience, and supporting a grieving friend can be challenging. Feeling awkward and unsure are normal feelings when faced with someone who has had a difficult loss. It is important to reach past your own discomfort because your support is vital as your friend learns to live with loss and find a way towards the future. Here are some ideas that will help you as you help others.

Learn about the experience of grief. Grief is as individual as each person is, but there are common elements that are helpful to remember. In the beginning, shock, numbness and disbelief are to be expected. Periods of depression and longing to be with the deceased are part of the grieving process. Intense feelings such as sadness, anger, guilt, regret and loneliness can be difficult to witness and overwhelming to experience. Usually the intensity of these feelings and experiences will change over time with the love and support of others, as a person learns to live with loss.

THINGS TO REMEMBER:

There is more than one way to journey through grief, and not one correct way.

Many paths exist, and each person will find his or her own. Some people need to talk, others need to be silent. Some people need to do things, others need to be still. Let the griever lead you.

Be patient.

Grief takes time. How much time depends on many things, but it is usually more time than most people expect. The bereaved often get messages that “they should be over it by now” and should be “moving on.” They may even hear this just a couple of weeks after a death. Let them know that the entire year after a death can be challenging as there are many firsts to be experienced. First birthdays, anniversaries and holidays without a loved one can be very difficult. Your presence and support will be especially appreciated during these times.

Avoid platitudes, such as “This is part of God’s plan” and “She is in a better place.”

These can be very hard words to hear and can cause pain and anger. Let the griever tell you about his or her beliefs regarding the death. Struggling with doubts and faith are a normal experience for many. Anger needs to be expressed and worked through.

Listen.

Your experiences may be similar, but no two journeys of grief are exactly the same because our relationships are unique and special. If asked, be willing to share your own experience with grief, but remember that what grievers need most of all is to be heard. Let them tell their story and listen, really listen to what they need to say. Be willing to sit in silence. Some-

times your quiet presence and reassuring hug may be all that is needed.

Share stories and memories of the deceased.

Be willing to say the person’s name. Talk about what you will always remember and hold in your heart. The bereaved need to know that their loved ones’ lives had meaning and that their presence in your life will not be forgotten.

Pay special attention to children and teens.

They are deeply affected by loss and may not know how to express their feelings. Younger children do not have a clear understanding about the permanence of death. Often children show their grief through their behaviors, not through talking. They do not grieve in the same manner as adults. Children will re-experience the loss at later developmental stages as their understanding of death deepens and milestones are reached. Teens need the support of peers as they struggle with complicated feelings. All children need to know that they have the support of caring adults as they learn to live with loss.

Call and offer concrete support.

Expecting grieving people to reach out is generally unrealistic. They may be too con-



fused and preoccupied to ask for help. Calling and offering specific ideas can be a great gift. You can do the grocery shopping, make meals, drive the kids to sports or play practice, offer to babysit, etc. Take the initiative, but let the bereaved tell you what will be most helpful. They may already have more lasagna in the freezer then they can possibly eat, but help with the lawn or with laundry might be most appreciated. Show up and ask “How can I help today?”

Be there for the long haul.

Know that your love and support are needed at the time of death, but also in six months, two years and beyond. People do not “get over” the death of loved ones, but can and do learn to live with loss and to carry their grief more easily. Your love and caring will be needed all along the way.

Take care of yourself.

You may also be grieving. Know your limits and enlist the support of others.

Sometimes grief can become complicated. Ups and downs are to be expected but generally, powerful feelings and emotions tend to lessen over the first year. Special days and the anniversary of the death may bring a resurgence of these feelings, but overall, the bereaved may experience some lifting of the heavy burden of grief. If you are concerned that the griever’s experiences are intensifying, talking with a Montgomery Hospice Bereavement Counselor can be helpful. We can offer suggestions for other support such as reading materials, counseling resources, groups and workshops. Montgomery Hospice Bereavement Counselors are available to help you support loved ones on the path of grief.

– Linda Tebelman
Montgomery Hospice Director of Bereavement Services



Intense feelings such as **sadness, anger, guilt, regret and loneliness** can be difficult to witness and overwhelming to experience.

TIPS FOR HELPING A GRIEVING FRIEND



- Acknowledge your own discomfort.
- Understand that each person grieves differently.
- Be patient. Grief takes time.
- Listen. Be willing to sit in silence.
- Remember that first birthdays, anniversaries and holidays without a loved one can be very difficult.
- Avoid platitudes, such as “This is part of God’s plan” or “She is in a better place.”
- Call and offer specific ways that you can help.
- Be there for the long haul.
- Expect ups and downs.

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Gentle the Journey: the Campaign for Montgomery Hospice



I have seen firsthand how Montgomery Hospice staff shines in caring both for patients and for families. I am not sure how our family would have fared without their help. They allowed my parents' last weeks to be times full of love, dignity and respect.

After having experienced such compassion firsthand, it was an easy decision for me to volunteer to lead the Gentle the Journey Campaign. When we started in 2010, we set a high goal – 8 million dollars. Reaching this amount would allow us to create a \$4 million endowment to support Casey House nursing and clinical services, and would provide \$4 million to support Montgomery Hospice's operational and program needs.

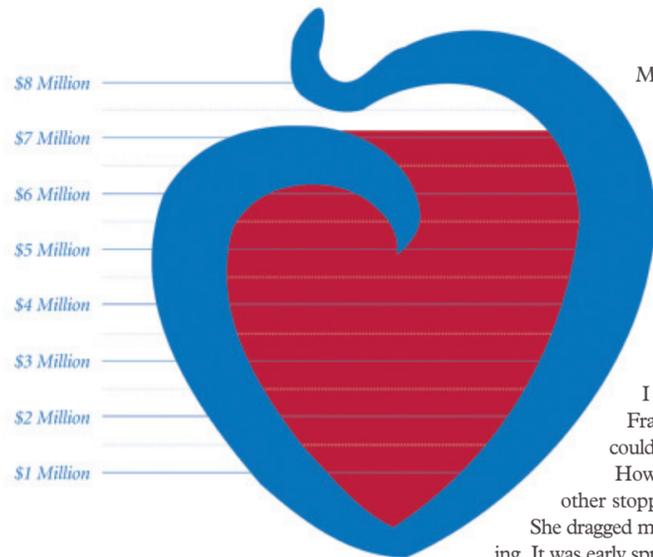
I am pleased to report that, thanks to the generosity of grateful families and friends, foundations, businesses and other donors, we have raised more than \$7.1 million.

With these donations, Montgomery Hospice has:

- Hired and retained new nurses at Casey House.
- Provided \$2.83 million in charity care.
- Funded services for 33 children in the Montgomery Kids program.
- Provided grief and loss support and education to more than 18,000 individuals, including children and teens.
- Supported Complementary Therapies, including the purchase of reverie harps.
- Provided educational programs to the community about end-of-life care and planning.

Together, we are making a difference in the lives of Montgomery Hospice patients and their families.

–Barry Meil
Campaign and Foundation Board Chair
Member, Montgomery Hospice Board of Directors



YOUR DONATIONS SUPPORT:

■ Casey House



Every time I enter room 7 at Montgomery Hospice Casey House, I think of Uncle Frank. He wasn't my real uncle but he should have been. He was my father's best friend, the person that introduced my mom and dad to each other. He taught me about photography. He had terrible emphysema. No matter how bad his breathing was, he was always happy to see me, and would then call all his children in the area to tell them I was there to visit him. And this is where he died.

–Dr. Geoff Coleman
Montgomery Hospice Medical Director

Most people believe that Casey House is a place that you come to die. They are afraid of it, as was I, even though I was a hospice professional, a person "in the know." I drove by Casey House almost every day on my way to my other hospice job, not wanting to go in, even though I knew they were looking for a physician. I did not blame them for Uncle Frank's death. I just wasn't sure I could work there yet.

However, one day my significant other stopped there to look for herself. She dragged me with her since she was driving. It was early spring and the birds were in the feeders outside the rooms. There were people out on the patio in their beds sunning themselves. This place was full of life and vitality.

What surprised me is that most people actually leave Casey House quite alive. They are there to have their symptoms, such as pain, nausea or vomiting, treated and then sent home where they want to be. And many come to Casey House and don't want to leave. Patients and families find it a safe and comfortable place to stay where they are loved and cared for near the end of life.

For me each patient reminds me of family in some way. I remember how staff talked with my 'cousins,' cared for them and Uncle Frank. This isn't just about business or about patient care. To me this is about family. It's about taking care of Uncle Frank.



■ Montgomery Kids

Your donations support our pediatric hospice program. "We help families make the most of the rest of the time they have together; we help them concentrate on being a family."

"It is a privilege to be able to meet these children, to get to know them as a whole person, and to walk beside them."

–Montgomery Hospice volunteer

"Every parent has hopes and dreams for their children, and also wants to ensure that they are not in pain or suffering. Montgomery Hospice supports both those things."

"It is so important, so meaningful that the child can be home during this time. We teach them, we give them the tools to accomplish that."

"The parents are the experts. They have been advocating for their children for a long time. It is a privilege to have them entrust me to help their child."

–Montgomery Kids staff members

■ Grief and Loss Support and Education

Your donations allow us to provide support and education, at no charge, to patients' families and any community member who has suffered a loss.

"After losing both my parents last year, I was unsure of how to deal with my grief. I first attended a drop-in session and it made a huge difference. The mailings and opportunities for workshops were just what I needed to keep me moving forward. Thank You!"

"You have helped me through this profound loss. You helped me to know that I am not alone in my feelings of grief and despair. I have drawn strength from knowing that I have your support. Thank you."

–Grieving community members

■ Complementary Therapies

Your donations allow us to offer patients therapies such as Comfort Touch® massage, aromatherapy and music-by-the-bedside to increase comfort and reduce anxiety for Montgomery Hospice patients.

"The massages help with pain and discomfort and breathing. I am amazed by how much they help me. This is absolutely what I want as part of my hospice care."

–Montgomery Hospice patient

YOUR DONATIONS SUPPORT:

■ Charity Care

Your donations allow us to help our neighbors who may be uninsured or under-insured. The cost of hospice care is paid for by Medicare or by Medicaid or by the patient's health insurance. If the patient is not covered by any of these programs and has no other way to pay, Montgomery Hospice will pick up the cost of the care.

"Mr. Thompson's* brother stopped by my desk this morning to express gratitude to Montgomery Hospice for caring for Mr. Thompson (who had no health insurance). He told me that his brother felt at peace being at Casey House, and that the nurses who cared for him were very nice and gentle. He said he can never repay Montgomery Hospice for taking care of his brother but he and his entire family will forever be thankful."

–Betty, Montgomery Hospice admissions staff member

*not his real name

"The moment I set the Reverie Harp on her lap I knew this would be one of those memories I would never forget. As I strummed it, she became more alert and locked eyes with me and became very still. Her face relaxed. Her whole body relaxed. I had been visiting this patient for weeks and had never seen her make such a strong connection with anything else."

■ Massage Therapists needed ...

to share the gift of touch with terminally ill patients.

- Seeking volunteers for complementary therapy program
- Opportunity to work with hospice interdisciplinary team
- End-of-life training and ongoing support provided

Visit www.montgomeryhospice.org/volunteer

■ Center for Learning - Community Education

Your donations support community education, where Montgomery Hospices shares our end-of-life expertise within the professional and general community.

"Before your talk, I did not know much about advance directives. It was helpful to learn how to be an advocate for my patients and to make sure they make plans and communicate their wishes."

"After your presentation, I will be able to educate my co-workers about hospice services and when they would be advantageous to our clients."

"Your talks will allow me to be better able to explain hospice to patients, families, other professionals and the community at large."

"It was helpful to learn how hospice is paid for. I had not realized the full extent of the Medicare Hospice benefit."

"I will share information with my colleagues about how to handle difficult conversations helping our clients to make the appropriate decision for them."

–Educational event attendees

Donate to Montgomery Hospice

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about Montgomery HOSPICE

- Montgomery Hospice is the largest and oldest hospice serving Montgomery County.
- Montgomery Hospice has been helping people in Montgomery County for more than 30 years.
- Montgomery Hospice professionals are available for questions 24 hours a day, 7 days a week, and will visit patients at night or on weekends if necessary.
- Montgomery Hospice helped more than 2,000 hospice patients (and their families) in 2012.
- Casey House is Montgomery Hospice's inpatient facility. Casey House is the only facility in Montgomery County dedicated to hospice patients. Hospice patients stay in private rooms. Family members are welcome 24 hours a day. Patients are cared for by a team of skilled professionals with end-of-life care expertise.
- Montgomery Hospice's professional grief counselors follow up with patient families for 13 months after the death of their loved one.
- Montgomery Hospice is a nonprofit organization.
- Montgomery Hospice is **not** a part of the Montgomery County government.

CASEY HOUSE



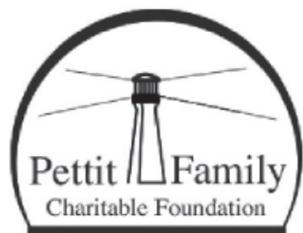
Learn about Hospice Care

- Hospice is health care for a person with an advanced illness. Just as people take their children to a pediatrician, seek out a cardiologist if they have a heart problem or visit a surgeon if they need surgery, people should call hospice when a loved one is approaching the end of his or her life.
- Hospice helps patients. Hospice also helps patients' families.
- Hospice patients receive care in their own homes. Members of the hospice team come to visit them wherever they live, whether it is a single-family home or apartment, a nursing home or group home.
- Hospice care is not just for a person's last few days or weeks. Patients can benefit from hospice services for six months, or even longer.
- Hospice patients can keep their own physicians. Their doctor can remain their doctor. Their doctor will consult with the hospice doctor.
- When patients sign up for hospice, they often continue with the same medications that they have been using to control symptoms.
- When people enroll in a hospice program, a team is assigned to help them and their family. This team includes:
Physicians
Nurses
Social Workers
Chaplains
Hospice Aides
Volunteers



ISTOCKPHOTO/ PAUL KLINE

- The *hospice physician* specializes in managing pain and other symptoms. The *hospice nurse* works with the physician to make patients comfortable. The nurse teaches patients and their caregivers, and is available to answer questions that arise. The *hospice social worker* provides education and information that helps families make important decisions. The social worker also works to solve practical problems, such as finding additional help for a caregiver or mediating conflicts between family members. The *hospice chaplain* talks with interested patients about spiritual topics. These may - or may not - be religious discussions. Chaplains help people



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find comfort and answers that fit their own beliefs. The *hospice aide* assists with bathing and other personal needs. *Hospice volunteers* are available to provide respite to caregivers, companionship to patients, and to help with light chores and errands.

- Hospice care is paid for by Medicare or by Medicaid or by the patient's health insurance. If the patient is not covered by any of these programs and has no other way to pay, Montgomery Hospice will pick up the cost of the care.
- Some hospices (like Montgomery Hospice) have inpatient facilities. If a hospice patient has difficult symptoms that need specialized attention, the patient may need to go to an inpatient hospice center (such as Montgomery Hospice's Casey House) for a short period of time. After the symptoms are managed, the patient can return home.
- People who sign up for hospice services can change their minds about being in hospice. Patients can leave hospice at any time. In fact, some patients leave because they improve under hospice care. If they later need hospice services again, those people can return to hospice care.
- Hospice helps people no matter what illness they have (including heart disease, lung disease and others) and no matter what age they are. Hospice is not just for cancer patients and is not just for older people.
- Hospice care often eliminates the need for repeated hospitalizations.
- The Medicare Hospice Benefit offers 100% coverage for hospice services, including expert pain and symptom management, care from a team of professionals, medicines, medical equipment and medical supplies. (The Hospice Benefit does not pay for round-the-clock care for patients. Hospice social workers help families figure out how to get additional care for patients who need more help.)

Patients can leave hospice at any time. In fact, some patients leave because they improve under hospice care.



ANISSAT'S/STOCK.XCHNG

- Unlike the Medicare Home Health benefit, the Hospice Benefit does not require patients to be homebound. Hospice patients are free to go out to visit friends and family, or participate in other activities as they are able.
- A "referral" is "the process of directing a patient to an appropriate specialist or agency for treatment." (Merriam-Webster's Medical Dictionary) A "hospice referral" (directing a potential patient to a hospice) can be done by anyone. A doctor can make a referral to hospice but so can a friend, neighbor, family member or faith community leader. Or the patient can call.
- Montgomery Hospice encourages anyone to call to learn more about hospice services and when a patient is eligible for these services.

PLEASE CALL US AT 301-921-4400 FOR INFORMATION. Montgomery Hospice staff members are available to explore specific individual circumstances. Montgomery Hospice nurses provide free informational visits and will come to patients' homes to give detailed information about hospice.

Ask your doctor about hospice.

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the difficult questions

When patients decide to use hospice, do they die sooner?

NO. Studies have shown that some patients live longer when they use hospice services.

When people sign up for hospice, they get expert medical care that helps alleviate pain and other symptoms. They also get expert care that helps them deal with issues such as spiritual questions or family problems or logistics.

The purpose of hospice care is to support people so they can use the time that they have in the best possible way.

Does choosing hospice care mean that “there is nothing else that can be done”?

NO. Hospice is the “something else” that can be done. Hospice care is specialized medical care for patients near the end of their lives. Hospice care helps patients be comfortable. Hospice helps families find some peace. The members of the hospice team have many ways to help.

Does signing up for hospice mean giving up hope?

NO. Being in hospice means a shift in focus, with a team of caring professionals who work to understand and to help patients achieve their other goals and to work towards comfort, peace and reconciliation. Hospice allows people to live fully in the time that they have left.

How does hospice help patients with pain?

Hospice professionals have many ways to alleviate pain. Medications are typically used, starting out with small doses and milder medications. Stronger medications (such as narcotics) can be prescribed, depending on the needs of the individual patient.

Do hospice patients become addicted to painkillers?

NO. Use of narcotic drugs to control pain is medically appropriate. Patients using medications for pain relief (with the close support of the hospice team) do not become addicted.

Do patients using painkillers sleep all the time?

NO. Although pain medication can have the short-term side effect of sleepiness, that usually lessens after a few days, with the appropriate medication and the appropriate dosage.

How does a family know when their loved one is nearing death and could benefit from hospice services?

Montgomery Hospice doctors and nurses are familiar with symptoms that indicate that a person may qualify for hospice benefits. The symptoms are different depending on the disease, but often include things such as significant weight loss, a decrease



in ability to participate in normal daily activities or multiple trips to the hospital in a short period of time.

Feel free to call Montgomery Hospice to discuss a particular patient and what services might be available for that person,

now or in the future. Gathering information for the future can ease stress and help with decision-making.

Call Montgomery Hospice (301-921-4400) any time, any day.

take the time for a Serious Conversation

DO THIS FOR THE PEOPLE YOU LOVE

Making decisions about medical treatments that you would want or not want is called **advance care planning**. You can document your wishes using **advance directives**.

There are two basic kinds of advance directives: **Power of Attorney for Health Care** and **Living Will**.

The **Power of Attorney for Health Care** allows you to appoint a person to speak for you if you are unable to speak for yourself, in order to make decisions about your health. This person is called your **Health Care Agent**. This should be someone you trust, someone who understands you, someone who will be able to make these decisions when the time comes. (Other terms for this person include “health care proxy” and “surrogate.”)

The **Living Will** is a statement of instruction describing your wishes about medical treatments if there comes a time when you are extremely sick or if you have a disease that is not curable.

Creating these advance directives: The State of Maryland has an optional form that can be used. Maryland also recognizes a form called “The Five

Wishes Directive” and most forms from other states.

The state of Maryland has a new form, the **MOLST** (Maryland Order for Life Sustaining Treatment), that is completed by a physician after a discussion with you about your wishes concerning procedures such as CPR (cardiopulmonary resuscitation). This form is now required for anyone living in a nursing home or admitted into a hospital or a hospice, but also can be used by anyone doing advance care planning.

No matter what form you use, it is important to have discussions with your loved ones about your wishes. Talk about your values and the things that are important to you. Discuss the term “quality of life” and what that means to you. Make the time to have these important conversations.

More information can be found on the Montgomery Hospice website: www.montgomeryhospice.org/AdvanceDirective



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