



Living Every Moment

with Care, Comfort and Hope



20

years

Kline House Anniversary

2002-2022

The Vision

Carl Miller's mother had lived her last days in a hospice house in Harrisburg, Pa. Carl and his wife, Norma, wanted to bring a similar facility to their own community. Construction on the six-bedroom home began in July 2001. Complete with a large living room with a soaring fireplace, a roomy eat-in kitchen, formal dining room and lower-level family room with a TV and games, the Kline House is meant to be a home-away-from-home for patients and their families.

In 2000, Carl and Norma Miller donated 15 acres of rolling farmland in Mount Airy that would serve as the site of a new hospice house for residents of Frederick County. In addition to donating the land for the new facility, the Millers were actively involved in additional fundraising efforts to support its construction and maintenance. Just two years after their generous donation, the Millers were on hand for the grand opening of the Kline Hospice House (named after Carl's mother) in June 2002.

"I like to see that it's on my farm, but the community built this, not me. Now we all have to invest in it and keep supporting it."

-Carl Miller

Check out page 4 to watch a special video



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The Early Days

After the Millers generously donated land to serve as the site of the new Hospice House, word quickly spread among Frederick County's construction companies, subcontractors and suppliers who stepped in to help make the actual house a reality. Nearly all of the labor and materials were donated. Morgan Keller Construction led the construction efforts, serving as the general contractor. Gladhill Furniture stepped up to provide furnishings for the house, while scores of other subcontractors and volunteers contributed their time and talents to handle everything from electrical, plumbing and HVAC services as well as decorating and landscaping.

Hospice staff supported enthusiastic fundraising by Debbie Williams and the Patty Pollatos Fund, as well as by the Millers, local churches and other community groups, which helped cover the nearly \$130,000 required to cover out-of-pocket costs. When the Kline House officially opened after 14 months of construction, it was valued at \$2.2 million.

Two decades later, many of the original donors continue to support Hospice, fulfilling Carl Miller's wish that the hospice house belong to—and be supported by—the entire community.

“At the beginning, we hoped Kline House would meet the needs of our community and that the community would embrace it. We have more than met those goals—and then some. If we have a need, it is met. Everyone continues to be there for Hospice.”

-Laurel Cucchi,
Past Executive Director

Carlos Graveran
Frederick Health Hospice
Executive Director

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Patients, Volunteers and Staff:

“When Mom went into the Kline House, I didn't think the holidays could be joyous for her...but I was wrong. The staff cooked her favorite foods and even decorated a tree for her room. The compassionate care and the special things they did for her brought me comfort.”

-Khris Keepers



A Special Place for Families

Over the course of its 20 years of service to the Frederick County community, Kline Hospice House has served 2,405 patients. For those patients—and their families—the Kline House was a place of comfort and care that allowed them to spend end-of-life moments together.

“The three weeks at the Kline House were the most memorable and impactful of my life. My husband was happy, well loved and well cared for, and so was I. I will continue to give to Hospice of Frederick County to ensure that a place as special as Kline House will always be available for other families.”

-Linda Rubenstein



An Oasis of Peace

Each of the six private bedrooms at the Kline Hospice House features french doors that enable bed-ridden patients to enjoy a private patio/deck where they can enjoy the peace and quiet of the pastoral setting, while soaking up fresh air and sunshine.





Director's Corner

Carlos Graveran,
Executive Director

Scan the QR code using your cell phone camera to watch the Frederick Health Hospice 40th Anniversary Video



This past weekend, I re-watched the '80's classic, "Back to the Future", starring Michael J. Fox. Like opening a time capsule, I couldn't help but think about of how much the world has changed since Frederick Health Hospice opened its doors in 1980. Back then, we didn't have cell phones, Google or digital cameras. Cars didn't come equipped with cameras and GPS was just a map I kept in the glove compartment. While so much has changed, one important thing has remained the same: the heart of hospice.

From the very start, Frederick Health Hospice has walked beside members of our community during their most difficult days. Our mission to positively impact the wellbeing of every member of our community suffering from serious illness, grief and loss reflects the values of our community. Our dedicated team has been privileged to care for thousands of neighbors over the years, and thanks to your help and generous support, no one in need has ever been turned away, regardless of their ability to pay.

Short of inventing and installing an actual working "flux capacitor" in a Delorean, I don't know that I'll be here to see all the changes that lie ahead in the next 40 years. What I do know, is that the caring heart of hospice will remain the same, and Frederick Health Hospice will still be here to provide care, comfort and hope to those who need it most.

"Roads? Where we're going, we don't need roads."

– Dr. Emmett Brown, aka Doc

In Memoriam

We are grateful to the individuals and families who designated contributions to Frederick Health Hospice in memory of their loved ones who are listed below:

Carroll L. Albaugh
Harold E. Beall
Linda L. Bollinger
Karen S. Brown
Joseph E. Bussard, Jr.
Elaine M. Castine
Jesse Clary, Jr.
Betty J. Conaway
Sylvia J. Creamer
Amy L. Ellis
Carolyn J. Emerick
Joseph E. Fraley
William N. Gladhill
Evelyn L. Granger

Roger E. Hege
William F. Hinkston
William A. Hipkins
Dorothy G. Joy
John C. Kegley, Jr.
Mary A. Kinkaid
Barbara A. Kolb
Beverly A. Kolb
Hilda M. Langley
Raphael C. Lavall
Michael L. Lowe
Robert Lowery, Jr.
Janice I. Mayne
Richard H. McKnight

Eugene A. Miller
James E. Moser
Elias Munoz
Anthony Osretkar
George C. Pearl, Sr.
Howard C. Poole, Sr.
Annabelle V. Powell
Frank Progecene, Jr.
Albert D. Riffle
John W. Riggs
Thomas A. Rihn, Sr.
Nellie E. Rippeon
James P. Robinson
Allan K. Routzahn

Helen W. Schley
Fred A. Shipley
Mary J. Shrader
Sheridan L. Smith
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Betty L. Stup
Robert L. Taylor
Celeste M. Thomas
Beatrice J. Viger
Jeannette L. Wetzel
Victor E. Wolfe



Boy Scout Troop 470

New Birdhouses Bring Joy to Kline House

Patients, family members and staff at the Kline Hospice House can now enjoy watching songbirds come and go from eight new custom-made birdhouses, thanks to an Eagle Scout project by Sidharth (Sid) Parandapalli.

The project was a perfect fit for Sid, who as a member of Boy Scout Troop 470 in Frederick, has learned about bird propagation from his Scout Master Jim Vlassopoulos. "Our troop has birdhouses in Clover Hill park and we check on them before our meetings," said Sid, who is a sophomore at Walkersville High School.

Eagle Scout projects are meant to be lessons in leadership and service, so in order to bring his idea to fruition, Jim said Sid had to develop a detailed implementation plan and meet with stakeholders at Frederick Health Hospice. He had to outline the construction, assembly and installation details that his fellow scouts would need to follow in making the eight birdhouses.

But for Jim, who is an avid birder, it was important that Sid also develop a plan for monitoring and maintaining the houses once they were in place, especially since aggressive species can invade the birdhouses and kill smaller, vulnerable birds. "The birdhouses at the Kline house have small entry holes (about an inch-and-a-half) so it will be important to go out and check on these boxes in the spring and make sure they are clean and ready for a new season."

Sid is pleased that his Eagle Scout project allows patients and their families facing the loss of life to get lost in the joy of watching small birds such as bluebirds, chickadees, tree swallows and wrens swoop in and out of the birdhouses.

"The birdhouses give patients and families the opportunity to enjoy the antics of an incessant supply of birds fluttering and feeding right outside their windows," said Dianne Elizabeth, Hospice's volunteer services coordinator. "The birds provide a welcome distraction from the heaviness of their hearts and minds."

Ornithotherapy

There is a growing body of evidence that shows that birdwatching is more than just a hobby—it can actually be good for the mind. A study published in *BioScience* magazine reported that watching birds can be "good for people's psychological well-being, whereas listening to bird song has been shown to contribute toward perceived attention restoration and stress recovery."





Please join us for this new event!

The Bucket List Book Club

Jan. 29, 2023 at 2:00 PM
Held monthly on the last Sunday
Frederick Health Village Campus

As you can tell by the title, this is not your usual book club! Each month, we will explore issues surrounding death AND life through a variety of books and other media. And no, you don't have to read the titles to attend! Just come with an open mind and an interest in exploring how to live your best life, and how discussing death can help us live life more fully. **Our first book will be *The Unwinding of the Miracle* by Julie Yip-Williams.**

This program is in partnership with:



RSVPs requested but not required.
Call 240-566-3030

Books on the Bucket List will include:

- *Before the Coffee Gets Cold*
- *The Good Life*
- *Miss Benson's Beetle*
- *The Anthropocene Reviewed*
- *The Big Book of the Dead*

Grief during the Holidays

As the leaves change colors and the temperature drops, we are quickly reminded of the upcoming holiday season, a time of year that can be stressful and overwhelming even when we're not grieving. When we are grieving, however, thoughts of the upcoming holidays can feel more than just stressful – they can be agonizing. It is only natural then that when we are grieving the death of a loved one, we sometimes think that the holidays would be better avoided altogether. Unfortunately, store windows will still be decorated; holiday lights and music will still be seen and heard; and the holidays will still come, and be noticed, no matter how hard we might try to ignore them.

Throughout the holiday season, acknowledging our pain – the empty chair at the Thanksgiving table or the missing family member as we open gifts or light the menorah – is essential.

It is also important to give ourselves permission to do things differently, and to have some pleasure as well. It's okay to laugh or smile, even through our sadness. Those things don't weaken our connection to our loved one; neither do they mean that we don't care, or that we're not grieving. Lastly, have a plan. It is far better to prepare for the holidays than to pretend they don't exist. By recognizing our needs, creating new rituals and traditions, and talking about our feelings with our loved ones, we can survive, and perhaps even enjoy, the holidays.

For more ideas and tips for getting through the holidays or for information about our Coping with the Holidays workshops, visit our website frederickhealthospice.org.





A VERY SPECIAL THANK YOU TO OUR SPONSORS!

Annual Frederick Health Hospice Golf Classic Raises Over \$230,000

We had a great day on and off the greens a few weeks ago, all to support patient care and the Kline Hospice House, including our Bereavement, Music Therapy and Veterans programs. From the bottom of our hearts, thank you to the sponsors, golfers and many volunteers who helped us raise funds to support the end-of-life needs of our community!

We continue to be touched by the compassion of so many who support Hospice.

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After her death, Fred bought roses to commemorate Ellen's birthday, as he had done for her every year of their 57-year marriage. But instead of giving them to his beloved bride, he brought them to the Kline House. "Today is the first year I was not able to bring Ellen roses," he wrote. "Instead, I'm bringing these roses in Ellen's name, to brighten your day."

Spousal/Partner Loss Social Gathering

Frederick Health Hospice is now hosting monthly get-togethers for individuals who have experienced the death of a spouse/partner and are looking to connect with others who have gone through a similar situation. There will be no agenda or educational aspect to these socials. These gatherings serve as a way for individuals to meet and find peer support. Light refreshments will be provided.

These socials are held at the Frederick Health Village located at 1 Frederick Health Way.

First Tuesday
1:00 PM – 2:00 PM

Third Wednesday
5:30 PM – 6:30 PM

A Circle of Support

When Fred Berney lost his wife, Ellen, after 57 years of marriage, he admits he was "a mess." He was suffering from his own health problems when Ellen passed away at the Kline Hospice House after a seven-year battle with Alzheimer's disease.

After Ellen's brief stay at the Kline House, Fred spent time processing his grief with Hospice Counselor Jessica Thornton. "She gave me the time I needed to answer my questions and share my feelings," Fred recalled. But then a friend who had also experienced Hospice encouraged Fred to attend Hospice's Spousal/Partner Loss Support Group. "She'd gone to the support group herself and thought I'd find it very beneficial," Fred said.

He took her advice and still attends Hospice support groups with others who have all experienced loss. Although members may be at different points in their grief journey, usually anywhere from two months to several years after the death of their loved one, the commonality of their experiences is comforting and reassuring.

"The group helped me discover that everything I was going through, everything I was thinking and feeling, was what everyone else was feeling, too," Fred said.

This has helped him better cope with his loss and grief. "I feel lonely and lonesome," he acknowledged. "I am lonesome for Ellen, but also lonely because I am living alone. I look forward to the conversations and getting out and meeting with people who I have something in common with."

As Fred continues to work through his grief, he knows that Hospice bereavement support groups are always there for him. "I asked once when I should stop coming, and they told me I should keep coming as long as it is helpful," he said.



Do you follow Frederick Health Hospice on Facebook?

When you do, you'll see regular updates on the ways in which our staff are always ready to go above and beyond, whether it's helping a co-worker get back on the road or bringing fresh flowers to patients at the Kline House.

There's no better way to get a daily dose of uplifting news.



Our social worker Aimee picked out a special fidget blanket today for a hospice patient who loves cats. The sensory blanket, made by a volunteer, is a quick and comforting way to help patients relax.



Meghan Jackson is one of our home health aides. She requested that we provide a wand shower head for one of her patients so that she could give them a shower which the patient desperately wanted to do because they could no longer take a bath. The Sunshine Fund provided the shower head wand and Meghan installed it herself. Hospice staff are amazing and there isn't much they won't do for our patients.



IT TAKES A VILLAGE! When one of our nurses needed a jump start last week, Hospice Executive Director Carlos Graveran and several office staff did not hesitate to help. Our nurse was up and running and able to see patients in no time!



CNA Martha rearranging donated flowers to put in patients' rooms.



Your Gift Matters

Does your employer have a matching gift program? During this current economic climate, many people are taking greater care in selecting the best way to support organizations whose missions they believe in. As we know, every dollar is precious and getting the most for our donated gifts means a great deal.

Did you know there is a way to make your gift to Frederick Health Hospice go further? Here is how...

Many companies sponsor matching gift programs that will match charitable contributions made by their employees—a great way to double your gift! Check with your human resources department to see if you or your spouse's employer has such a program.

Frederick Health Hospice depends on the support we receive from individuals, businesses and organizations in our community. Whether your donation is a living tribute in honor of a special person or occasion, or a memorial honoring the memory of a friend, relative, or colleague, your generous support makes a difference.

Yes, I want to make a tax-deductible gift to Frederick Health Hospice.

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

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My gift is in memory of _____

My gift is in honor of _____

Please acknowledge my gift to:

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Hospice will send a card to the family you designate, acknowledging your gift made in their name or in the memory of their loved one. No reference will be made to the amount of your gift.

Check enclosed (Please make your check payable to Frederick Health Hospice)

Visa MasterCard American Express Discover Card # _____

Expiration Date _____ Security Code _____ Signature _____

To make a gift online, go to [FrederickHealthHospice.org/donate](https://www.FrederickHealthHospice.org/donate).



Your gift to Frederick Health Hospice is deeply appreciated.
1 Frederick Health Way | Frederick, MD 21701



Calendar of Events

Grief Support Groups and Workshops

Spousal/Partner Loss Support Group

An eight-week support group designed for those whose spouse/life partner has died. We will explore and share the issues specific to the death of a spouse/life partner and provide understanding and validation of feelings. Once this eight-week group begins, it is closed to new members.

Registration required.

**Tuesdays starting Jan. 3
10:00 AM – 11:30 AM**

**Thursdays starting Feb. 2
5:30 PM – 7:00 PM**

Men's Support Group

An eight-week group for men to have open and non-judgmental grief discussions while also giving consideration and validation to the unique challenges faced by men in mourning.

Registration required.

**Thursdays starting Jan. 12
5:30 PM – 7:00 PM**

Loss of a Parent Support Group

An eight-week grief support group designed for adults who have experienced the death of a parent. We will provide grief education as well as a time to share thoughts and feelings as

you process your grief in a safe space. Once this eight-week group begins, it is closed to new members.

Registration required.

**Thursdays starting Jan. 26
5:30 PM – 7:00 PM**

"Walking Together" Group at Centro Hispano

Un grupo de acompañamiento que proporciona un espacio seguro, libre de juicios, para que tú puedas hablar y procesar tu duelo y dolor emocional con otros en la comunidad que han pasado por lo mismo.

No registration required.

**Tuesdays
10:00 AM – 11:30 AM**

The Bucket List Book Club

Each month, we will explore issues surrounding death AND life through a variety of books and other media. See page 6 for details.

Registration requested.

**Starting Jan. 29
Last Sunday of each month
2:00 PM**

General Grief Support Groups

Designed to support individuals grieving a loved one. See website for additional details.

**Drop-in group.
No registration requested.**

Project Christine

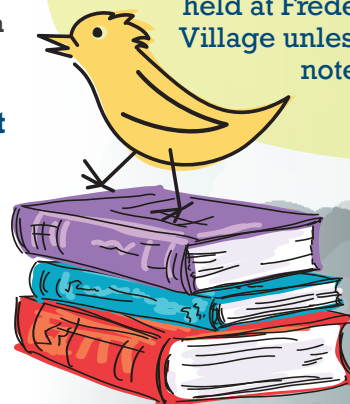
Grief counseling for families who have lost a child. Open to parents and children in grades K-12.

This free program includes:

- Weekly dinner groups and social events
- Peer based support
- Art-based activities
- Professional grief support
- Mindfulness interventions

To learn more, call Jan Hummer at 240-457-7185, email JHummer@Frederick.Health, or visit FrederickHealthHospice.org/ProjectChristine.

Additional details and registration information are available at FrederickHealthHospice.org. All groups and events are held at Frederick Health Village unless otherwise noted.



FrederickHealthHospice.org

1 Frederick Health Way | Frederick, MD 21701 | ph 240-566-3030

Has your address changed? Or would you prefer to get the online version of this newsletter? Email PJSmith@Frederick.Health



Hospice Wish List on Amazon!

You may continue to bring donated items to our office or you can purchase them directly from Amazon.com. They'll be automatically shipped to our Kline Hospice House.

Find our Amazon Wish list at
**FrederickHealthHospice.org/
Kline-Hospice-House/Wish-List.**

Kline Hospice House

- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Ziploc freezer bags (quart/gallon)
- Trash bags (4/8/13/30 gallon)
- Canned fruit and soup
- Gift cards/ Walmart/Food Lion/ Amazon)

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Use smile.amazon.com for extra giving to Hospice!



Support Hospice

Personalized Angel Ornaments

These beautiful hand-blown glass ornaments tipped with 22K gold on the wings and halo can be personalized with a name and/or date. Give this lovely ornament as a gift in memory or in honor of a loved one, or place one on your own tree. Packaged in a satin-pillowed gift box, the ornaments are available for \$25 each. Beautiful gold stands are also available for \$5 each.

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