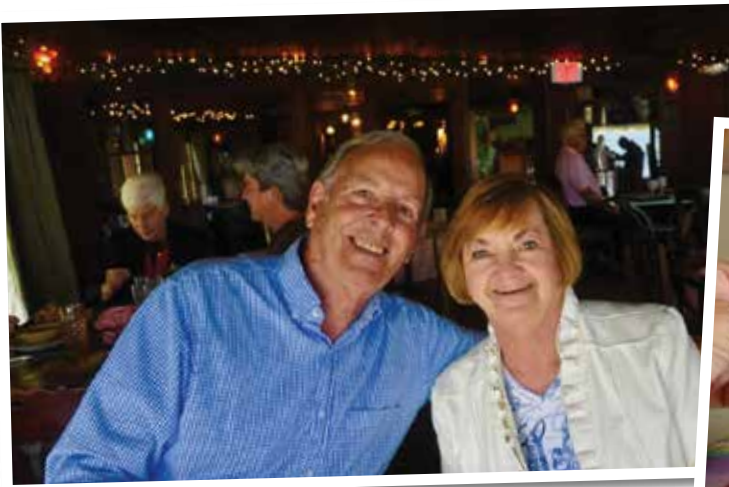




# Living Every Moment

with Care, Comfort and Hope



## Finding Comfort and Community in Hospice

Otto and Dorothy "Dottie" Howell were an adventurous duo whose love for travel took them across the globe and to all 50 U.S. states. Dottie, a passionate observer of birds and nature, captured their experiences through her camera lens, while Otto brought the scenes to life with oil paint on canvas. When Dottie became sick, the couple decided to move to Maryland. It was extremely difficult to leave behind their Florida home surrounded by beaches and wildlife, but Otto made sure Dottie could still enjoy nature at their new home. With more than 20 birdfeeders and a fountain, the yard became a lively bird sanctuary Dottie enjoyed from the comfort of her bed.

When Dottie's condition worsened, their daughter brought up Hospice in a conversation with Otto. He wasn't very familiar with Hospice's services before this conversation, but quickly realized it was the right decision.

(Left) Otto and Dottie Howell sit together during one of their many travel adventures. (Right) One of Dottie's bird photographs with Otto's painting of the photograph.

**A Hospice nurse began coming to their house to help care for Dottie, ensuring her comfort and the family's peace of mind. Dottie died at home on October 25, 2021. Otto recalls his gratitude for the nurse who arrived promptly to make sure he had everything he needed to keep Dottie comfortable in her final hours.**

In the face of profound grief after losing his partner of nearly 60 years, Otto sought solace within Hospice's supportive community, starting with individual counseling from grief counselor Allyson. Later, he attended various spousal loss groups. As months passed, Otto embraced the chance to connect with others who understood his pain. Through Hospice-sponsored grief groups, social gatherings, and special events, he found conversation, shared laughter and moments of respite.



### STAY CONNECTED

Follow, Like and Share  
Frederick Health Hospice on Facebook



(Left) A shrine with memorable keepsakes honors Dottie in Otto's home. Based on Dottie's many nature and wildlife photographs, Otto's paintings hang beside her portrait. (Right) The couple takes a break to enjoy the beautiful scenery around their campsite. Adventure strengthened Otto and Dottie's remarkable bond.

**Carlos Graveran**  
Frederick Health Hospice  
Executive Director

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**“I went to just about anything and everything there was,” said Otto. “I loved it. It was good for me. Hospice did a great job no matter where or what it was. They make sure you feel comfortable.”**

Within these circles, friendships grew. Otto even met a fellow oil painter who had experienced a similar loss. Together, they connected over shared creativity and the therapeutic power of art. “Painting helps your mind,” said Otto. “It helps you get away from other thoughts.”

Though Otto now lives in Kentucky, he remains connected to friends he made during his time with Hospice. He still paints beautiful birds and nature scenes using Dottie's photographs as a reference.

**Looking toward the future, Otto plans to give back as a hospice volunteer in his new community: “The people at Hospice were so kind and good to me. I feel I owe it to people, not just to Hospice, to become a volunteer.”**



## Director's Corner

Carlos Graveran, Executive Director

I just returned from a five-day hiking and camping trip through Dolly Sods Wilderness in West Virginia. There is something special about being outdoors in nature. I think it's therapeutic in many ways and find myself craving experiences in nature during particularly challenging periods in my life. It was my first trip of this kind since my father's death, and the first trip ever with my son as well. Though I have taken many trips like it in the past in places like the Smoky Mountains and Alaska, as we hiked, I found myself thinking about how very different this trip was and how closely it paralleled my own experience with grief.

Hiking and tent camping along the way requires you to bring a heavy load with you. Each of us started with 40 pounds of equipment and supplies in our packs. Hiking for 5 to 10 miles a day up and down steep inclines, over rocky or muddy terrain was physically challenging, but mentally challenging as well. Most of the time you are struggling to push beyond your physical limitations; and mentally focused on where to put your next step. Not looking too far ahead to avoid being discouraged by the steepness of the hill in front of you, or thinking too much of the miles still ahead before you can next make camp and rest.

**Grief too is a heavy burden on our journey through life. We carry it with us like a heavy pack every day, and only set it down for brief periods. Its straps dig deep into our shoulders and weigh us down. It makes the obstacles in our path more difficult to overcome and leads us to question if or when the path ahead will ever get any easier. The good news is that it does!** Over time, the burden gets lighter as you consume the supplies you brought with you, and you get stronger. Not only physically, but emotionally. You grow in confidence too with each hill you climb, or river you cross.

There is beauty too, and joy. From a spectacular view from a mountain top to the simple pleasure of picking wild blueberries or the sweet scent of blooming flowers along the trail. It is important for us to live in the moment and remain open to the beauty all around us. Most importantly, to remember that we are not doing this alone. We all have people in our lives with whom to share our burdens, and like my son, in whom we see the promise of a brighter future still to come.

A handwritten signature in blue ink, appearing to read 'Carlos Graveran'. The signature is fluid and cursive, written over a light blue horizontal line.



## Bilingual Bereavement Counselor Offers a Bridge of Support

Language shouldn't be a barrier to grief support. Our Bilingual Bereavement Counselor fills this critical need in Frederick County by offering free counseling services to adults and children ages 6 and older in local Hispanic communities.

Various forms of support are available, ranging from one-on-one counseling and support groups to family outreach and education – all thanks to funding from the Maryland Department of Health's Office of Minority Health and Health Disparities.

**“(My clients) have opened their hearts and let me walk with them.”**

Laura Fernandez,  
LCPC, NCC, CGP

### In its first year, the initiative:

- Enrolled 193 participants
- Conducted 37 grief support groups and 424 one-on-one sessions
- Hosted 17 public awareness events
- Hosted 10 professional training events. These trainings are offered to medical professionals, school staff and faith leaders who often interact with people who would benefit from grief counseling.

One of the talented local counselors who fills this critical need is Laura Fernandez. In the mornings, she's on the move, sometimes visiting multiple schools in one day. She brings a large tote bag brimming with art supplies and books, always ready to offer support to students during their sessions. Laura also enjoys bringing her counseling services to Camp Jamie and Teen Grief Retreats. She firmly believes that providing a safe space to explore emotions promotes healing and restoration.

## 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:

Robert J. Ailes  
 Fredric L. Baker  
 Susan S. Bantz  
 Mary M. Brandenburg  
 Donald W. Cahill  
 Carlos Mercado Carmoega  
 Brian K. Cooper  
 Carol M. Cornell  
 Jeffrey W. Corun  
 Mac G. Currin  
 Joseph W. Dobson  
 Suzanne E. Dormer

Marshall S. Farro  
 JoAnn K. Fero  
 Frederick W. Goundry Jr.  
 Jane M. Grossnickle  
 Robert D. Guyton  
 Paula L. Hall  
 Edna R. Harrison  
 Richard A. Horman  
 Mahendra J. Jani  
 Katherine P. Kelly  
 Barbara K. Klipp  
 Jeannetta A. Kline  
 Shirley A. Lawson

Barbara A. Leatherman-Morrison  
 Anna G. Neal  
 James E. Nelson  
 Harry A. Newlin Jr.  
 Leonard G. Nicodemus  
 Robert V. O'Neel  
 Aura M. Orellana  
 Evelyn M. Owens  
 Norma J. Ramsburg  
 Joan J. Schuler  
 Carole K. Schulman  
 Mary H. Shields

Doris E. Shriner  
 Mary M. Smith  
 Michael T. Smith  
 Donald L. Spalding  
 Beverly A. Stang  
 Franklin E. Stockman Jr.  
 Geraldine L. Walsh  
 Olga Warren  
 Mary B. Wintermyer  
 Charles Y. Wrigley  
 Katherine E. Young



## Enhancing Quality of Life through Palliative and Hospice Care

By Mary McDonald, M.D., Medical Director

**“Hospice works very closely with palliative care.”**

- Mary McDonald, M.D.

### **Palliative care:**

- No life expectancy time restrictions
- Given alongside curative treatments

### **Hospice:**

- Individual expected to live six months or less
- Curative treatment ends; primary goal becomes quality of life and symptom management

When it comes to facing a life-limiting illness, it's crucial that patients have access to compassionate and dignified care options. Two valuable approaches, palliative care and hospice care, offer personalized support while making patient comfort a top priority.

Both approaches focus on managing symptoms, improving quality of life and providing emotional support. It's not just about helping the patients, but also giving peace of mind to their caregivers and family members.

One distinction between the two approaches is that palliative care is not time restricted. Also, palliative care is often provided alongside curative treatments, meaning that patients can still receive treatment aimed at curing their illness while benefiting from palliative care.

On the other hand, hospice care is for patients expected to live for six months or less who decide to no longer pursue life-extending treatments. “I don't want hospice, I want to stay home,” is common to hear, but Hospice care can be delivered in various settings, including a patient's own home or inpatient facility. While Hospice does not offer in-home palliative care, we collaborate with patients' home providers and reassess patients for hospice as needed.

**Palliative care doesn't necessarily lead to hospice care, but if needed, our patients can seamlessly transition.**

Our bereavement volunteers are an integral part of our continuum of care and our ability to offer grief support to anyone in our community.



## Bereavement Volunteers Bring Comfort in Times of Grief

An ear to listen, a hand to hold, a shoulder to lean on. During life's most difficult moments, Bereavement Volunteers play a vital role in Hospice's compassionate care by selflessly offering comfort and understanding. Thanks to their support, the Hospice bereavement program has grown tremendously over the past five years.

You may have had the privilege of interacting with a bereavement volunteer. These individuals help in many ways, such as sending mailings to grieving family members, making follow-up phone calls to loved ones of patients and facilitating grief support groups.

Some volunteers assist with our Camp Jamie programs. Camp Jamie Support Staff help with activities and handle all of the behind-the-scenes needs. Big Buddies are paired with grieving children attending camp and offer individualized support. Often, these meaningful "buddy" relationships continue long after camp ends. Other volunteers help provide support for Project Christine, a weekly support group for families who have experienced the death of a child.



Volunteers like Becky help assemble grief packets.

### Did you know?

Every condolence card sent from Hospice is hand-signed by a bereavement volunteer.

### Bereavement Care for All at Frederick Health Hospice

We offer a wide variety of grief support services, at no charge, to anyone in the community, regardless whether or not they were served by Hospice.

### Want to support our Bereavement Program? We need supplies!

Visit the back page of this newsletter for the Wish List.

## The Power of Music

When Patricia "Patti" Druliner hears classical music, it takes her back to her piano-playing days. Even in the late stages of dementia, when verbal communication becomes difficult, the power of music endures.

Music has always been a significant part of Patti's life. She started playing piano at a young age, eventually becoming a skilled piano teacher. This role accompanied her for most of her life until dementia symptoms kept her from continuing.

When Patti moved to Citizens Care and Rehabilitation Center of Frederick, her sister Vicki Davies brought a Bluetooth speaker to play music from some of Patti's favorite composers. On the first day, Patti perked up, making hand movements and sounds along with the music.

"Every time she listens to music, she transcends," said Vicki. "She goes back into her experience of playing it."

When Hospice staff learned about Patti's musical background, they arranged for a volunteer to come and play the piano at Citizens. Positioned directly next to the piano, Patti soaks in every beautiful note.

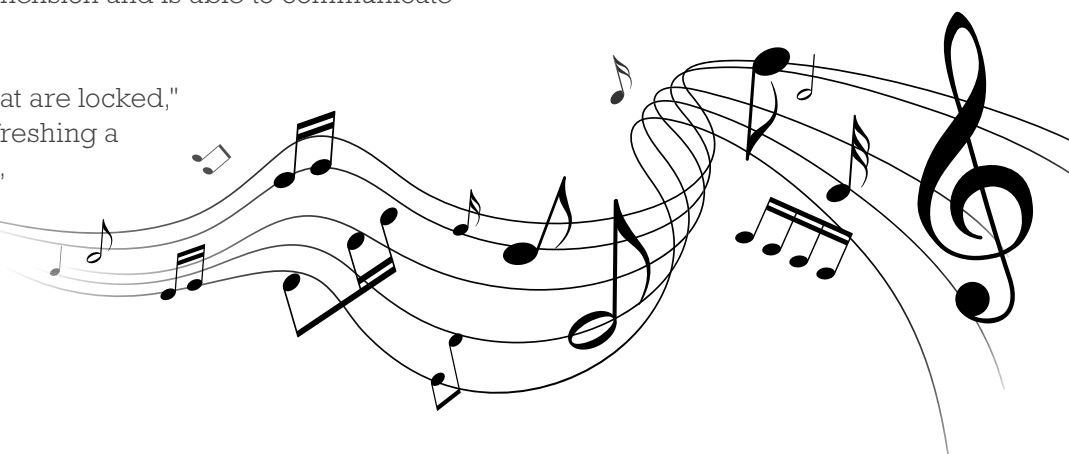
**For Patti and many others, the language of music surpasses the boundaries of dementia, fostering moments of joy. Studies have shown that music can reduce stress, improve behavior and unlock treasured memories. It is a wonderful way for individuals to connect and express themselves.**

Since Patti's sisters began playing music for her, Vicki says that Patti is more lucid, has improved comprehension and is able to communicate more clearly.

"Music is a doorway into places that are locked," said Vicki. "It's the best tool for refreshing a person who's losing their faculties, and for reviving that sense of memory."



(Top) Patti and one of the many piano students she taught over the years. (Bottom) Patti's piano.





Chaplain Wes Parks (left) and Chaplain Nicodemus Konza (right).

## A Partnership in Chaplaincy

Chaplain Nicodemus Konza and Chaplain Wes Parks are making a remarkable impact on the Hospice community. Not only do they provide spiritual and emotional guidance to Hospice patients and their families, but they're also supporting each other along the way. By sharing their own experiences and learning together, Chaplains Parks and Konza carry out their roles with renewed inspiration.

**Ever since joining the Hospice team in 2022, Chaplains Parks and Konza have developed a range of programs, including Patient Connect, a support group for hospice patients. They have also established weekly Assisted Living Facility fellowship gatherings, quarterly Remembrance Services and a Latina Community Religious Leaders Outreach.**

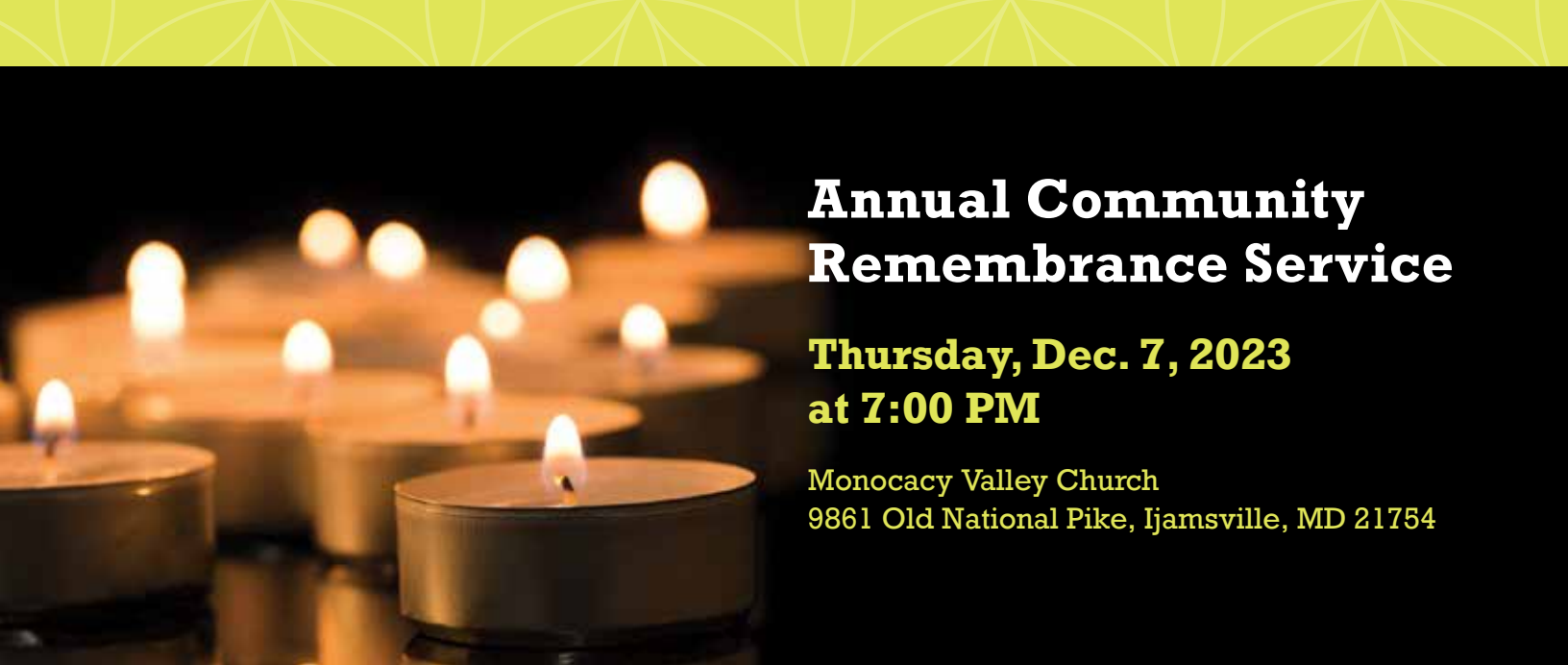
### Did You Know?

The Chaplain Residency Program is a postgraduate program for future chaplains that includes one year in a healthcare setting. Residents receive supervised training and experience in supporting patients and families spiritually and emotionally.

Chaplain Parks expresses his gratitude for the opportunity to work alongside Chaplain Konza, recognizing how their close partnership allows them to process their emotions and concerns related to their work. This, he says, allows them to provide even better care to patients and their families. Meanwhile, Chaplain Konza notes the importance of being fully present for patients and their loved ones during one of life's most challenging journeys. They both truly embrace the value of empathy and compassion in their work.







# Annual Community Remembrance Service

**Thursday, Dec. 7, 2023  
at 7:00 PM**

**Monocacy Valley Church  
9861 Old National Pike, Ijamsville, MD 21754**

Anyone who has experienced the death of a loved one and wishes to commemorate their life with music, candlelight and personal reflection is warmly invited to attend this special evening. We welcome the families of those we have served, as well as those in the community who have lost a loved one.

**At the Remembrance Service, join us in commemorating your loved one's life by participating in our photo montage.**

Please either email your photo to [GriefSupport@Frederick.Health](mailto:GriefSupport@Frederick.Health) or mail a photo to 1 Frederick Health Way, Frederick, MD 21701, no later than Thursday, Nov. 6. Please include a self-addressed, stamped envelope if you would like to have your photo returned.

Your Name \_\_\_\_\_ Phone \_\_\_\_\_

Name of Person in Your Photograph \_\_\_\_\_

Relationship to You \_\_\_\_\_

Date of Birth (Month, Day, Year) \_\_\_\_\_

Date of Death (Month, Day, Year) \_\_\_\_\_

List up to 5 Things Your Loved One Enjoyed (For Example: Fishing, Baking, Dogs, Traveling)

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Fred Schrotz with Veteran Liaison Bob Lebron during his Veteran Honor Ceremony. Your donations support these important programs that recognize and honor our local veterans.

# Your Gift Matters

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 \_\_\_\_\_

Email \_\_\_\_\_

Donation Gift Amount  \$500  \$250  \$100  \$50  \$25  Other \_\_\_\_\_

My gift is in memory of \_\_\_\_\_

My gift is in honor of \_\_\_\_\_

## Please acknowledge my gift to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

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://FrederickHealthHospice.org/donate).**



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

Scan here  
to make a  
gift today





# Calendar of Events

## Grief Support Groups

### Men's Grief Support Group

An eight-week group for men to have open and nonjudgmental grief discussions while also giving consideration and validation to the unique challenges faced by men in mourning. **Registration required by August 29.**

**Tuesday Evenings**  
September 5 – October 24  
6:00 PM – 7:30 PM

### Dementia/Alzheimer's Loss Support Group for the Caregiver

This group will explore and share the issues specific to the grief of Dementia/Alzheimer's caregivers and provide understanding and validation of feelings. We will also explore what life looks like, or can look like, after caregiving. **Registration required by August 30.**

**Wednesday Evenings**  
September 6 – October 11  
5:30 PM – 7:00 PM

### Overdose Grief Support Group

Specifically for those grieving someone who has died from overdose or complications from substance use. **Registration required by August 30.**

**Wednesday Evenings**  
September 6 – October 25  
5:30 PM – 7:00 PM

### Project Christine Support Group

A weekly support group for families who have experienced the death of a child. Email [JHummer@Frederick.Health](mailto:JHummer@Frederick.Health) for more information.

### One Day Coping with the Holidays Workshop

This workshop will explore practical ideas to help cope and commemorate your loved ones throughout the holidays. **Registration required by October 31.**

**November 6**  
1:00 PM – 3:00 PM

**November 9**  
5:30 PM – 7:30 PM



GRADES 1-8

## One-Day Grief Camp

**September 30, 2023**  
Thorpewood Retreat Center  
Thurmont, MD

This day camp provides special opportunities for grieving youth to come together to talk about their feelings related to a death of someone special, and learn coping skills for dealing with those feelings.

**There is no charge for these events. For more information or to register contact us at 240-566-3030 or [FrederickHealthHospice.org/CampJamie](http://FrederickHealthHospice.org/CampJamie)**

**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](mailto:PJSmith@Frederick.Health)



## Wish Lists on Amazon!

Find our Amazon Wish List at  
**FrederickHealthHospice.org**  
**/WishList**

### Kline Hospice House Wish List

- Coffee K cups
- Single serve creamers
- Bleach
- Laundry detergent (HE)
- Zep floor cleaner
- Furniture polish
- Paper towels
- General cleaner (Fabuloso/Spic 'n Span)
- Trash bags (4/8/13/30 gallon)
- Toilet Bowl Cleaner
- Gift cards (Walmart, Food Lion, Amazon)

### Bereavement Wish List

- Lezioa 5 Pack Hanging cup holders
- DTK 3 Tier Metal Utility Rolling cart BLACK
- Wukoku 2 pc fake plants 16"
- Gift cards (Panera, Dunkin' Donuts, Wegmans, Giant, Walmart, Amazon)

## The Bucket List Book Club



**Sunday, August 27**

*Tell Me More*

by Kelly Corrigan

**Sunday, September 24**

*When All is Said*

by Anne Griffin

**Sunday, October 29**

*How to Host a Viking Funeral*

by Kyle Scheele

**Sunday, December 3**

*The Beginners Guide to the End*

by BJ Miller, MD and Shoshana Berger

in partnership with

