



**Living Every Moment**  
with Care, Comfort and Hope



## Nurse Jen Sachar Finds Fresh Purpose After Kline House Experience

Jen Sachar lived through challenges that are not uncommon when it comes to caring for elderly parents.

“In 2019,” she says, “we had to move my mother from New Jersey to Maryland, because she had no other family around her and had just suffered a stroke.” The stroke led to seizures and other complications, and soon caring for her mother became a major part of Jen’s life.

With COVID-19 arising around the same time, circumstances were made even more difficult, including the ability to visit and monitor her mother regularly. “She was in and out of hospitals and rehab,” Jen says. Visiting hours were curtailed or nonexistent, and once her mother herself contracted COVID-19, her health took a turn for the worse.

When it seemed clear that her mother wasn’t benefiting from treatment, Jen made the decision to have her admitted to Kline Hospice House, where she passed in January of 2021: “It was a decision, in hindsight, that I wish I’d made earlier.”

**What’s different and interesting about Jen’s story is that she herself is a nurse, who chose to dedicate herself to Frederick Health Hospice after the positivity of her mother’s experience.**

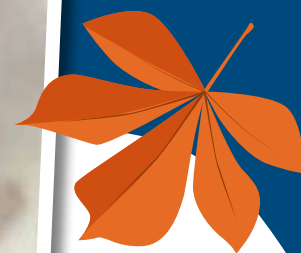
“The Kline Hospice House allowed me to engage with my mother as a family member at the end of her

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Jen and her mother at home.

life,” she says. “Many times people suffering with sick loved ones are also responsible for their care, and can’t focus on spending time, just being there.”

She was really heartened by the Kline House environment, which feels more like a family home than a clinical space. The staff is small, there’s an atmosphere of peace, and visiting family and friends feel welcome. It’s a place for both the dying and their family members to find rest. It allowed Jen to spend that last time with her mother in a way that served both of them.

Shortly after her mother’s passing, she saw that Hospice had a nurse opening and she applied. “The staff was worried that it might be too soon, but I felt called to the position,” she says. Now she loves what she does and feels gratified to be able to bring others the same peace and attention that her mother received.

As a hospice nurse, Jen says that she hopes to correct some of the misunderstanding people have about hospice as a choice and a service: “I might have been able to spend more time with my mother in that space of peace if I had elected to admit her earlier.” When aggressive treatment starts to cause more harm than healing, hospice can actually lengthen a patient’s time experiencing positive quality of life. The focus becomes peace, comfort, and loving connection.

**“It’s not about ‘giving up’ treatment,” Jen says, “but an informed choice to make these moments count.”**

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Frederick Health Hospice  
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## Director's Corner

Carlos Graveran, Executive Director

Those of you who have experienced hospice firsthand know that by embracing hospice care early on, individuals and their families can find comfort, dignity, and peace during the end-of-life journey. Unfortunately, that message has not reached all those who could benefit from hospice support.

While there are many contributing factors at play, lack of information and misperceptions play a major role. The most recent data available shows that less than 48% of Medicare patients received hospice care before their death. According to the National Institutes of Health, roughly 36% of patients who did elect hospice care died within a week. The short time between admission and death has led many to incorrectly assume that hospice somehow accelerates the dying process when the very opposite is true.

**The case of the 39th President of the United States is a prime example of how false this notion is. Jimmy Carter entered hospice care on February 18, 2023. As I write this column, he has been under hospice care for more than 17 months! At the ripe old age of 99, by his example, he continues to live a life of service to his fellow man. His choices in the final chapter of his life should serve as a lesson to us all that hospice is not something to fear, and that with the right care and support we too can end our lives with dignity and in service to others. It is my sincere hope that his decision to seek hospice care early has a positive impact on the discourse surrounding end-of-life care.**

A handwritten signature in blue ink, appearing to read "Carlos Graveran". The signature is fluid and cursive, written in a professional style.



## Touching Lives Award Recipient Breaks Barriers for Grieving Individuals

The Frederick County Chamber of Commerce's Touching Lives Award recognizes non-management staff who provide either front-line services to a Frederick County nonprofit's clientele or administrative support that sustains the operations of the organization. As the first Bilingual Bereavement Counselor with the Hospice Equal Access Bereavement Program, Laura Fernandez demonstrates outstanding involvement and commitment to touching the lives of others during her two years at Hospice.

**“Every day, I feel accomplished because I am able to reach community members who wouldn’t be able to have access to our services without this program... also, connecting with children and adolescents who are grieving, and allowing me to be part of their journey.”**

Laura Fernandez, Bilingual Bereavement Counselor

**“I have worked in healthcare for 15 years and Laura is one of the most dedicated, hard-working, and compassionate people I have ever been honored to call part of my team. In an industry that can be emotionally heavy and draining, Laura inspires others to find joy, connection, and fulfillment in their work.”**

Chloe Bishop, Bereavement Services Supervisor

Laura is a leader in supporting grieving children through her collaborative efforts with Frederick County Public Schools and Hospice’s grief camps for school-aged kids. She partners with school staff, including counselors and teachers, as well as other community resources, to ensure continuity of care for students.



# Coping with the Holidays Workshops

Monday, November 18, 1:30-3:30 PM  
or Tuesday, November 19, 5:30-7:30 PM

This two-hour workshop will explore some practical ideas to help cope with the upcoming holidays, as well as some ways to commemorate your loved ones, especially throughout the holidays. This time of year can be very stressful under the best of circumstances, and more so if you are facing the holidays after the death of a loved one.

If interested, please register for ONE of the workshops by  
November 12, 2024: online at [frederickhealthospice.org](https://frederickhealthospice.org) or call 240-566-3030.  
You can also email us at [griefsupport@frederick.health](mailto:griefsupport@frederick.health).

## In Memoriam

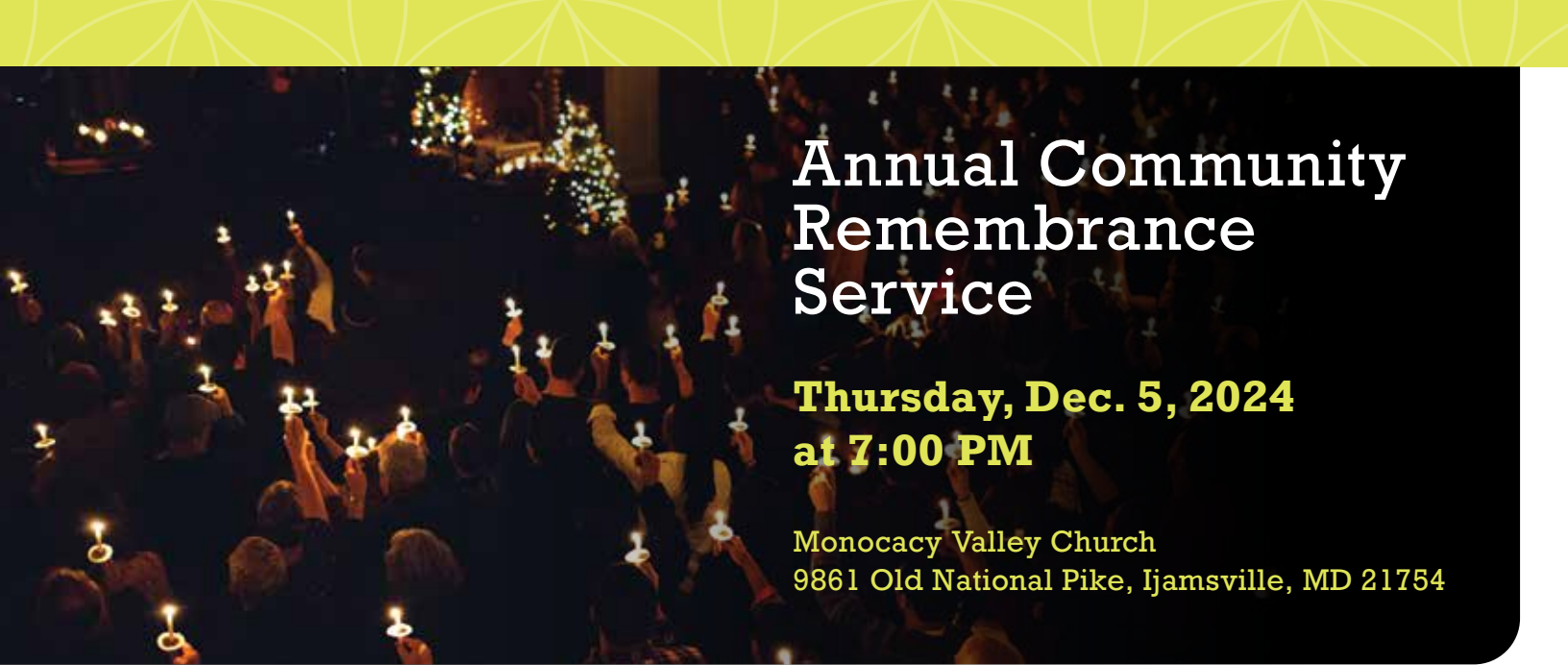
We are grateful to the individuals and families who designated contributions to Frederick Health Hospice in memory of their loved ones who are listed below:

Larry S. Abrecht  
Shirley A. Ayers  
Margaret J. Boumel  
Gloria D. Breeden  
Leon R. Brice  
Paula Camuti  
Violet M. Connelly  
Linda Lou Duffy  
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Charles H. Slingluff  
Jerry Smith  
William F. Stetson III  
Hayward R. Thompson  
James A. Walsh Jr.  
Gladys V. Wastler  
Michael C. White



# Annual Community Remembrance Service

**Thursday, Dec. 5, 2024  
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.

**Part of the Remembrance Service includes a photomontage to commemorate our loved ones we have lost.**

If you wish to submit a photo for the photomontage, please 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 November 22, 2024**. 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 Five Things Your Loved One Enjoyed (For Example: Fishing, Baking, Dogs, Traveling)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Helping a Patient's Dream Come True

Emotional support is an important part of the care hospice provides...but what exactly does that mean?

"Sometimes, emotional care means encouraging a patient to have a conversation they've been putting off," says nurse Tina Lerch. "Other times, it's about helping them travel safely and comfortably to a favorite spot so they can relive special memories."

For one of Tina's patients, emotional support meant helping her become an American citizen. After living in the U.S. for many years, Annalise, a Danish national, wanted to make her long-held respect for the United States official. Determined to vote in the 2024 presidential election, Annalise—now on hospice care in her daughter, Iben's, home in Braddock Heights—began the process of becoming an American citizen.

Sadly, what should have been a straightforward process hit barrier after barrier. As Iben explains, "The typical process required things that my mother just could not do at this stage of her life. Travel to Baltimore was out of the question, and her deteriorating vision made it impossible for her to take the written tests. I tried to find ways to move forward, but we were at an impasse."

When Tina learned of these issues, she stepped in. She arranged for a representative from the U.S. Citizenship and Immigration Services (USCIS) to visit

Annalise in Iben's home, and submitted requests for other waivers based on Annalise's visual limitations.

"Without these efforts, I'm certain my mother's application for citizenship would not have made it through," says Iben. "I am so grateful that Hospice was able to make this happen for my mother. She is really looking forward to casting her vote for the first time in an American election this fall."

"Hospice is about working together as a team to honor each patient and family's journey through illness and grief with dignified care, compassionate support, and gentle guidance," said Tina.

**"And every now and then, as in the case of Annalise, we are privileged to help a long-held dream come true."**



(from left to right) Nurse Tina Lerch, Annalise and representatives from USCIS during her citizenship ceremony.



## Goals of Care: Empowering Patients with Clear Communication

Patients benefit from clear discussions about their care preferences in every healthcare setting. Hospice Goals of Care are in-depth, no-cost consultations between the patient, their family, and healthcare providers.

When a person enters hospice care, our care team immediately begins crafting a plan centering on the patient's comfort. An initial conversation assesses the patient's medical condition and current quality of life while creating a practical plan for a potential decline in health. It includes exploring options such as continuing curative treatments, transitioning to palliative care, or focusing solely on providing comfort to the patient.

"The primary focus is customizing the treatment plan to reflect the patient's values, preferences and overall well-being," says Hospice Community Service Liaison Dawn Bolton. "A Goals of Care conversation is an exploration of the broader goals in a patient's medical treatment."

### How to have a Goals of Care conversation:

- Patients or family members can request these discussions to clarify care plans if the patient's health suddenly worsens.
- Healthcare providers may initiate these conversations beyond the scope of a typical office visit to ensure that all aspects of the patient's care are thoroughly addressed.
- In a hospital setting, Goals of Care conversations may be prompted when a patient wishes to limit or stop treatment, or when treatment is no longer viable.

**By making these thoughtful and detailed discussions a priority, we help patients navigate their care with dignity and respect.**





## Helping Patients Create a Lasting Legacy

Dignity Therapy offers patients a specific way to express their concerns or relay important information to their loved ones through the creation of a “legacy document.”

Hospice Chaplain Wes Park uses Dignity Therapy to guide patients who wish to do so to tell the stories of their lives. He uses a set of carefully designed questions to start meaningful conversations in which patients share their most vivid memories, the things they are proudest of, their hopes and dreams—even their regrets and disappointments. The patient’s answers are transcribed and turned into a legacy document, which—when finalized—they can give to anyone they choose whenever they wish.

“Many patients find the process of reviewing and editing their legacy document therapeutic,” says Chaplain Wes. “Sometimes it reminds them of the support and encouragement they have received from others throughout their lives or gives them a sense of pride in their own or their family’s success. I’ve also observed patients demonstrating



Chaplain Wes Park with Patient Maureen Young and her Lasting Legacy document.

a remarkable ability to offer forgiveness to others while working through deep-seated emotional wounds during the editing process.”

“Implementing Dignity Therapy for our patients has been a rewarding experience for them, their families, and for me,” adds Chaplain Wes. “It has helped them find peace and healing by reflecting on their life experience and creating a legacy document. **Creating a legacy document that outlasts their physical being allows patients to leave behind their truth in a safe and secure way.**”



# Your Gift Matters

Frederick Health Hospice provides care, comfort and hope for those at the end of life, their families, and the staff and volunteers who support them.

This life-like stuffed cat, purchased through the Sunshine Fund, purrs, meows, and breathes deeply, just like a real cat. The cat brings our hospice patients comfort. We are grateful that the Sunshine Fund, and other donation opportunities, continue to brighten our hospice patients' lives.

**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





## Community Grief Support Resources

The bereavement team hosts several support groups, workshops, and events throughout the year. These are for adults only and are held in-person. If you are looking for a support group for a specific type of loss, please don't hesitate to contact us about your needs. Call 240-566-3030 or email [griefsupport@frederick.health](mailto:griefsupport@frederick.health). Please note all groups are held in Frederick unless otherwise noted.

### Frederick County General Grief Support Groups

1st and 3rd Thursdays from 2:00 - 3:30 PM  
2nd and 4th Thursdays from 5:00 - 6:30 PM  
Registration is not required. This is an ongoing, drop-in group.  
*Note: Group will not meet on November 28*

### Overdose Loss Support Group

Wednesdays, October 2 - November 20 from 5:30 - 7:00 PM  
Register by September 25, 2024

### Loss of Adult Child Support Group

Tuesdays, October 1 - November 26 from 5:30 - 7:00 PM  
Register by September 24, 2024  
*Note: Group will not meet on November 5*

### Spousal/Partner Loss Support Group

Wednesday, October 2 - November 20 from 1:30 - 3:00 PM  
Register by September 25, 2024

**NEW!**

**Grief Support Services now being offered in Montgomery County at our Rockville location:  
9601 Blackwell Road, Suite 360**

Services include individual grief counseling and grief support groups. Please call 240-566-3030 or email [griefsupport@frederick.health](mailto:griefsupport@frederick.health) for more information or to register.



## Grief Camps for Children, Teens, and Families

**Day Camp  
for Students in Grades 1-8  
September 28, 2024**

Thorpewood Retreat Center,  
Thurmont, MD

**Teen Grief Retreat - Fall  
for Students in Grades 9-12  
November 9, 2024**

Thorpewood Retreat Center,  
Thurmont, MD

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](http://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 List

### Kline Hospice House

- 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)

Additional items are available on our Amazon Wish List. You can donate by having items shipped directly to our Kline House through Amazon or you can drop them off to our office Monday - Friday, between 8:00 AM - 4:30 PM.

Find our Amazon Wish List at [frederickhealthhospice.org/wishlist](http://frederickhealthhospice.org/wishlist)

## The Bucket List Book Club



Each month, we explore issues surrounding death and life through a variety of books. Open to everyone in the community! Registration is not required but we encourage you to contact us to get on our email list for monthly updates: 240-566-3030 or [griefsupport@frederick.health](mailto:griefsupport@frederick.health)

Reading the book is not required to attend!

### Sunday, September 29

*A Good Life*

by Virginie Grimaldi

### Sunday, October 27

*Dear Life*

by Rachel Clarke

### Sunday, December 8

*The Collected Regrets of Clover*

by Mikki Brammer

in partnership with

