

Like Its Patients, Hospice Celebrates the Fabric of Life

Rita Lawless was a dedicated quilter. She started quilting after she retired from the federal government in 1974 and sewed a virtual mountain of quilts in myriad styles, themes, fabrics and colors. In fact, Rita was still sewing after she became a patient of Hospice of the Chesapeake, and she continued to do so until two weeks before her death this past summer at age 83.

Rita came from simple beginnings in rural northeastern Pennsylvania. She was one of ten children raised during a time when money was tight, and nothing was allowed to go to waste. She began sewing clothes for a doll she received for Christmas at age ten.

Amazingly, during the last several years, she continued quilting although she was nearly blind from macular degeneration. Whenever she had a visitor, one thing she would ask is to have a few needles threaded for her so she wouldn't find herself in a situation where she couldn't keep stitching.

"The arms of her upholstered chair were stuck full of the needles she had visitors thread for her," remembers Hospice of the Chesapeake **Social Worker Donna Wharton**. "She wanted to teach me to quilt so I could do some sewing with her during my visits."

Rita Lawless was someone who believed in giving – both of her time and her talent.

There were two things that



Rita was a woman of great faith. As her physical strength was ebbing, she continued to thank God every day that she woke up and still had the strength to lift her needle to sew. She prayed to Saint Anthony that he would help her find a home for her quilts; in her later days, she also prayed to Saint Jude, the patron saint of desperate causes. Her daughters call Rita's quilting "a manifestation of her spirituality."

"She was sewing with a vengeance" in the months preceding her death, according to daughter **Kathy Keller of Annapolis**. In tribute to her mom, Kathy states, "She did so much with so little. She never complained and always tried to cheer others around her."

Last September, part of her prayer came true when her daughters, **Kathy and Mary Ann Hamilton**, also of

Annapolis, brought in more than 100 lap-sized quilts and donated them to Hospice of the Chesapeake. Some of the quilts were given to patients, who were comforted by their warmth and beauty. Other quilts are being stored and will be auctioned later to raise funds to help other patients in need of

Hospice of the Chesapeake services.

There was a small pile of fabric left when Rita died last summer. Daughter Kathy has taken up the quilter's mantle and plans to create a quilt from those remaining pieces to honor the memory of her mother. ■



concerned Rita during her later years: Would she have time and energy to use all the fabric and remnants she had collected to turn into quilts; and what would become of her quilts when she was gone? Rita gave away countless quilts for years, but now the quilts were beginning to accumulate until there were hundreds of them in the house where she lived with her daughter.

From the Helm

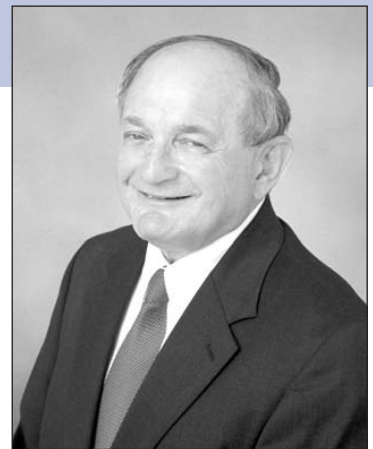
News & Notes

The beginning of a New Year is the perfect time to reflect on past accomplishments and survey a bright future. In 2003, Hospice of the Chesapeake served 6 percent more patients (a total of 1,315) and families than in the previous year, maintaining a record of steady growth and increased confidence from the communities we serve. Your generosity and confidence were also reflected in the tremendous progress we made toward the completion of our \$5,000,000 capital campaign. More than \$2,800,000 — 56 percent of our goal has been committed to us in one short year! Thanks to you, we are well on our way to achieving our dream of a

second hospice residence and securing the funds needed to further support our vital work on behalf of patients facing life-limiting illness and the heroic loved ones who help to care for them.

Indeed, we reflect back on 2003 with pride and gratitude. Now we look forward to 2004 with renewed zeal, as we are nurtured and sustained by the countless everyday miracles of love that we witness and foster. It is these extraordinary expressions of compassion that help to make Hospice of the Chesapeake a very real beacon of hope for thousands in our community.

And so are you. I wish you each a very happy, healthy productive year! ■



Erwin Abrams
President and CEO

Hospice Hires Clinical Director for Prince George's County



Hospice of the Chesapeake has hired **Debra Walker, RN, MS**, as director of Clinical Operations for its Prince George's office. In her new position, Ms. Walker will be responsible for planning and directing patient and family care services in Prince George's County.

Ms. Walker comes to Hospice of the Chesapeake from Prince George's Community College, where she is a facilitator/clinical instructor

(Community Health) for the school's nursing program. With more than 23 years of nursing to her credit, Ms. Walker's clinical experience includes ICU, geriatric/end-of-life, pediatric and OB/GYN nursing with such institutions as George Washington University Hospital and Children's Home Health Care of Washington, D.C. Ms. Walker was also the founder and CEO of Comforts of home Elderly Care in Glenn Dale (Prince George's County).

"We are pleased and honored to have a seasoned veteran like Debra Walker on our team," explains Hospice of the Chesapeake **Vice President of Clinical Services Joyce Gooldy**. "We have and continue to make a strong commitment to bringing the best in hospice and palliative care services to Prince George's County."

When asked about why she would choose to be involved with hospice care, Ms. Walker replied "Hospice is not something to be afraid of; people need to be educated about being able

to keep their loved ones at home with the assistance of hospice."

Ms. Walker holds a Bachelor of Science degree in nursing from the University of Maryland and a Masters of Science degree in nursing from The Catholic University of America. Her master's studies focused on community health and home health care. She has lived in Prince George's County since 1984. ■

New Office Space in Prince George's County

Hospice of the Chesapeake's "new" office in Prince George's County is complete. We have expanded our office space to accommodate our growing operation. Now our topnotch Prince George's staff has an office space that truly reflects the quality of the care and service they provide. We have a new address, **8724 Jericho City Drive** in Landover, but our telephone numbers there remain **301.499.4500 or 866.301.4994**.

Perpetual Trophy Named in Honor of Hospice Cup Volunteer Hank Lawton

Henry D. Lawton, affectionately known as “Hank” to family, friends and colleagues, was recognized in September by the Hospice of the Chesapeake Foundation for his outstanding voluntary contributions to Hospice Cup since 1988.

Bob Maloney, chairman of the Hospice of the Chesapeake Foundation, made the presentation at a Hospice Cup XXII pre-race reception for major sponsors held at the home of **Bob and Mary Roggio**. Hank was awarded a perpetual trophy, sculptured in glass in the shape of a sail and named the “Hank D.

Lawton Trophy.” A similar representative trophy will be presented annually to the Hospice Cup yacht that raises the most money.

Noting the nearly \$1.4 million that Hank has helped to raise for Hospice of the Chesapeake through Hospice Cup, Mr. Maloney said, “I can think of no other person who deserves this honor more.”

Hank is a retired engineer with the Westinghouse Fighter Radar Program, whose work regularly took him around the world. Today he keeps up a similar pace driving Hospice Cup’s long-term success. Over the years, he has capably served in every possible role, beginning as a committee member and leading up to Hospice Cup board president a few years ago. This year, even after suffering serious injuries in a car accident, Hank maintained his schedule of full days in the office cheerfully ushering sponsors, volunteers, and vendors through the logistics and deadlines leading

up to the event.

Recalling his long-time involvement with Hospice, Hank said, “I retired in March of 1985, and a few months later, watching the Severna Park 4th of July parade, I ran into

Walter Hampe, a friend who was on the Hospice board. Accepting his invitation to become involved, Hospice soon asked me to join its board and its development committee. It turns out, I get to the first meeting, and I find out I am the development committee!”

Hank has stepped into many leadership positions at Hospice

of the Chesapeake since then. As Chairman of the Board of Hospice of the Chesapeake in the 1990s, Hank was at the helm when **Erwin Abrams** was recruited to serve as president and chief executive officer. Today, Hank is a board member of both Hospice of the Chesapeake, Inc., and the Hospice of the Chesapeake Foundation.

Hank was “shocked and in disbelief” at the presentation and, true to his nature, gave credit to others for his success. “I am very happy to be of help. The work keeps me busy, and it couldn’t be for a better cause,” he said.

The nation’s largest charity sailing event, Hospice Cup celebrated its 22nd year this fall, raising a record \$500,000 for six area hospices. Proceeds of the event are divided among the hospices in a ratio reflecting the amount they have raised. This year, Hospice of the Chesapeake raised more than \$204,000, also a new record. ■



Hospice Cup board member and long-time Hospice of the Chesapeake supporter Bill Lovelace congratulates Hank Lawton on his award.

YOUR GIFTS CAN MAKE A DIFFERENCE

Most of us want to ensure that our loved ones have choices when faced with end-of-life challenges. Your contributions enable Hospice of the Chesapeake to provide state-of-the-art medical and support services to thousands of your neighbors and help us to address future needs.

MEMORIAL GIFT can be given in memory of a loved one. When sending a memorial contribution, please let us know whom to notify. We’ll need their full name and address so we can send a special note telling them of your gift.

BEQUEST — naming Hospice of the Chesapeake in your will — is a simple form of planned giving. Cash, specific property or a percentage of the estate are all different forms of bequests. The estate receives the benefit of a tax savings as a result of your charitable gift, and your legacy will support continuing hospice care for your community.

STOCK GIFT can be a great tax benefit and also help Hospice of the Chesapeake. We can work with your broker on the transfer paperwork.

If you want more information about **ESTATE PLANNING** or would like to include Hospice of the Chesapeake in your will, contact **Marlene Prendergast** in the Development Office at 410-987.2003 or e-mail mprendergast@hospicechesapeake.org.

To learn more about volunteering in Prince George’s county, call Julie Medlin at 301.499.4500. In Anne Arundel county, call Kathy Bourgard, 410.987.2003.

Celebrating the Past – Planning for the Future

In the second half of 2003, Hospice of the Chesapeake executed a strategic planning process that included all levels and all aspects of our organization. The first phase of this multifaceted process involved months of both group work and individual effort, as we carefully analyzed trends in our industry, our marketplace and our organization. Armed with this information, staff, management and boards worked cooperatively to develop a comprehensive and purposeful plan to strategically grow our organization over the next five years.

This plan, approved by the Board of Directors, includes updated mission and vision statements:

MISSION

Hospice of the Chesapeake improves the quality of life for those in our communities experiencing advanced illness or bereavement through hospice and other palliative care, compassionate support and education.

VISION

Hospice of the Chesapeake strives to be the premier organization in our communities for hospice and other palliative care, and for bereavement support.

This plan is designed to guide our hospice forward in the next five years. ■

Hospice Reaches Out to Violent Crime Survivors

The Governor's Office of Crime Control and Prevention has awarded a grant titled the "Maryland Victims of Crime Initiative" to Hospice of the Chesapeake's Spiritual and Bereavement Care Center (SBCC). According to **Santa Molina**, a licensed social worker who is managing this program for Hospice of the Chesapeake, the purpose and vision of the Maryland Victims of Crime Initiative is to provide professional, compassionate and supportive services to individuals, families and communities in Anne Arundel County who are survivors of victims of crime and/or violent deaths.

Through this program, Ms. Molina is working closely with the Anne Arundel County Police Department, Mental Health Authority and Crisis Response Team to provide survivors with an opportunity to mourn the loss of a loved one through a nurturing, gentle and loving process of grieving and healing. Survivors of victims of crime experience a unique sense of violation, helplessness, isolation, anxiety, fear and anger, and they may even be overcome by an extraordinary sense of guilt. At a time when they need support and are faced with tremendous pain, they are often forced to deal with the complexities of the legal system and frequently end up feeling retraumatized.

"I am enthusiastic about the prospect of serving survivors, who

are often the 'other victim' of violent crimes and violent deaths," says Ms. Molina. "The nature of a violent death compounds the already difficult process of grieving. Hospice of the Chesapeake's intrinsic philosophy of interdisciplinary

care makes us the ideal service provider for survivors who are facing myriad complex spiritual, emotional and practical issues."

As a part of this initiative, Hospice of the Chesapeake has also developed an adult retreat called "Wabanaki: Living at Sunrise." Like Camp Nabe and Phoenix Rising, this will be a weekend-

long program designed to provide an opportunity for grief work, group support and healing for the survivors of violent crime or violent death.

As with all of our programs, these services are provided to all those who meet the program criteria, regardless of age, race, color, religion, creed, sex, marital status, national origin, ancestry or sexual orientation.

Although this grant targets Anne Arundel County, **SBCC Director Rev. Christine Kennedy** hopes the success of this program will spur a similar grant in Prince George's County.

"We would welcome the opportunity to take this effort to Prince George's County, where the crime rate is one of the highest in the state," explains Rev. Kennedy. "We have the expertise and the presence in that county, and I am confident we can make a real difference there as well." ■

THE MARYLAND VICTIMS OF CRIME INITIATIVE OFFERS SERVICES FREE OF CHARGE TO:

- Any resident of Anne Arundel County who has lost a loved one to death as a result of a violent crime or a vehicular tragedy.
- A family member, friend, colleague, place of employment and/or community affected by a sudden death.
- Service providers and law enforcement personnel.

Partners in Care to Help Those in Need

In November 2003, Hospice of the Chesapeake brought local attention to a worldwide crisis – the AIDS pandemic. Our hospice entered into a partnership with Brits Hospice of South Africa to increase awareness by bringing local attention to an international health crisis. Hospice of the Chesapeake is the first and only hospice organization in the mid-Atlantic region to participate in this internationally renowned program. As part of the joint commitment, Hospice of the Chesapeake and Brits Hospice will participate in a people-to-people and program-to-program professional exchange.

Hospice of the Chesapeake's new "partnership" was fostered by the Foundation for Hospices in Sub-Saharan Africa (FHSSA). Founded in 1999, FHSSA partners U.S. hospices with African hospices, matching organizations based on complementary skills, programs, resources and goals.

"We are thrilled to have Hospice of the Chesapeake participate in this program because of their high level of commitment to FHSSA and our goals," comments FHSSA Coordinator **Abigail Fowlkes Gutierrez**. "In addition, Hospice of the Chesapeake's success in forging dynamic relationships and collaborative efforts within its own community is something that the agency can teach the Brits Hospice team so that they can achieve similar success with their program."

Hospice of the Chesapeake will provide technical, clinical and administrative advice, as well as development assistance, to the three-year-old Brits Hospice. As part of this program, a member of the Hospice of the Chesapeake clinical team may visit Brits Hospice in the coming

year, and Hospice of the Chesapeake will host visitors from Brits Hospice this summer.



"This is a unique and exciting opportunity for us to help others by sharing all that we have seen and learned in our 25 years at Hospice of the Chesapeake," explains **President Erwin Abrams**.

"Frankly, it's the right thing to do in the face of the worldwide AIDS epidemic that will claim more than 5 million lives in the coming year.

"It's also an excellent opportunity for us, as a successful and progressive hospice program, to learn about other approaches to caregiving," adds Mr. Abrams. "As we adapt to changes in funding sources and medical reimbursements here in the United States, it will be most interesting to share information and clinical strategies with a hospice that is facing its own unique challenges."

Brits Hospice is located approximately 45 miles NNE of Johannesburg, in the Northwest Province of South Africa. In 2002, this hospice program served 102 patients, 62 of whom had an HIV/AIDS diagnosis. HIV/AIDS has afflicted more than 25 percent of the more than 250,000 people living in the region surrounding Brits Hospice. Located in a part of the world where poverty, poor medical resources, poor education and orphan families have reached epidemic proportions, Brits Hospice relies completely on government support and private contributions for its funding.

We hope to welcome Brits Hospice **Administrator Joan Williams** to our facility this summer. This will give us all an excellent opportunity to further this meaningful and exciting partnership. ■

Hospice Welcomes New Directors

Hospice of the Chesapeake, Inc., and Hospice of the Chesapeake Foundation are pleased to introduce the newest members of their boards of directors, bringing both boards to full capacity. Each individual brings considerable experience and expertise working with and for nonprofit organizations.

Joining the board of directors of Hospice of the Chesapeake, Inc., are **Stanley J. Klos, Jr. and Gloria N. Scott**. New members of the Hospice of the Chesapeake Foundation board are **Frederick Graul, Rebecca Greco, M. Selma Nettles and Maryanne W. Spencer**.

Mr. Klos is an Annapolis attorney and a principal in the law firm of O'Malley, Miles, Nylen, & Gilmore, PA. His areas of legal specialty are business law, commercial litigation and eminent domain. Mr. Klos is a board member of Bank Annapolis, Leadership Anne Arundel, Anne Arundel County Branch of the YMCA of Central Maryland and the 21st Century Foundation. He is a native of Boston.

Ms. Scott is a special educator at Kenmoor Middle School in the Prince George's County Public School System. A founding member of Hospice of the Chesapeake's Prince George's County Advisory Committee, she will continue to serve in that role

New Directors, continued on page 6

while joining the Inc. board. Ms. Scott is a resident of District Heights.

A life-long resident of Annapolis, **Mr. Graul** is owner of Graul's Market in Cape St. Claire. He is a member of the boards of Anne Arundel Medical Center Foundation, Chesapeake Academy and Friends of St. John's College. He is also president of the SPCA of Anne Arundel County.

Ms. Greco is a principal in Magnum Properties, a real estate development firm. An Annapolis resident, she is active in several area nonprofits, including UNICEF, St. Jude's Hospital and Anne Arundel Medical Center. She currently serves on the board of the Anne Arundel Medical Center Foundation.

Ms. Nettles, also of Annapolis, is a former marketing and operations executive in the high-tech and investment industries, respectively. She is a member of the boards of Historic Annapolis Foundation and Maryland Hall Center for the Creative Arts.

Mrs. Spencer is a long-time resident of Annapolis and a life-long volunteer. Currently, she is chairman of the Board of Advisors to Mitchell Gallery of St. John's College, and a member of the boards of Anne Arundel Medical Center Foundation, SPCA of Anne Arundel County, Caritas Society of St. John's College, Board of Friends of St. John's College and the 21st Century Club. ■

Making a Name for Ourselves



Governor Robert Ehrlich, Reverend Christine Kennedy, Lt. Col. Laurel Burnett and President Erwin Abrams at the ESGR award presentation.

In November, Hospice of the Chesapeake was recognized as one of a select number of employers that provide outstanding support for the National Guard and Reserve and those that serve. Lt. Col. **Laurel Burnett**, a bereavement counselor at Hospice of the Chesapeake, is a member of the U.S. Air Force Reserve with 23 years of service (12 years active duty, 11 years as a reservist.) After 9/11, Lt. Col. Burnett was called to active duty as staff officer in a senior leadership position, providing logistical support to Operation Enduring Freedom and Operation Noble Eagle. She also was part of Operation Iraqi Freedom. During her 18 months on active duty, Lt. Col. Burnett received strong moral support and encouragement from **Rev. Christine Kennedy**, the director of Spiritual & Bereavement Care Center at Hospice of the Chesapeake.

Laurel Burnett nominated Hospice of the Chesapeake as a supportive, civilian employer. Hospice of

the Chesapeake made the difference for Burnett since she was able to give the "total force" necessary for the military national defense and "wear two hats."

Hospice of the Chesapeake was one of four Maryland employers recognized for their military support. **Governor Robert Ehrlich** presented the Employer Support of the Guard and Reserve (ESGR) award to **President Erwin Abrams** and **Rev. Christine Kennedy** during the November 2003 Proclamation ceremony at the State House in Annapolis. During the presentation, Gov. Ehrlich complimented Hospice of the Chesapeake for our multi-faceted commitment to our community and our country.

ESGR is based in Arlington, Virginia, and was founded in 1972. ESGR promotes support and understanding between reserve members and their civilian employers, and also assists in resolving conflicts that may arise from an employee's military commitment.. ■

What Is Palliative Care?

“Palliative care” is a term you have heard us use more and more in the last few years in connection with our efforts at Hospice of the Chesapeake. Palliate means “to relieve,” and palliative care is an umbrella term for care that is provided to relieve a patient’s physical, emotional and spiritual suffering. In fact, hospice itself is palliative care. However, palliative care can reach beyond hospice services



and be used to provide comfort to those patients who are still pursuing curative treatment. Because of our intrinsic expertise in palliation, we continue to expand our services to the community, working increasingly with hospitals, nursing homes and assisted living facilities to provide palliative care in support of their efforts. This is an important part of the future of Hospice of the Chesapeake. ■

SPIRITUAL & BEREAVEMENT CARE CENTER PROGRAMS

ANNE ARUNDEL LOCATION

Call 410.987.2129 to register

Bereavement Support Group

Tuesday evenings, January 20 – February 24 and March 16 – April 20, from 6:30 – 8:00 pm. For those 18 years and over who are grieving the death of a loved one.

KidSCENE

Wednesday evenings, January 21 – February 25, from 7:00 – 8:15 pm. A six-week support group for grieving children ages 6-18. This is a companion program in which children and adults attend separate sessions at the same time. The concurrent parent/guardian group is held to assist the adults in addressing the child’s grief. Both parent and child attend all sessions.

Widow/Widower Bereavement Group

Wednesday afternoons, January 21 – February 25, from 3:30 – 5:00 pm. For those who are grieving the loss of a spouse.

Movie Night

Wednesday, March 3, at 7:30 pm.

Under 50 Widow/Widower Bereavement Group

Thursday evenings, March 4 – April 8, from 6:30 – 8:00 pm. For those under the age of 50 who are grieving the loss of a spouse.

Survivors of Suicide

Monday evenings, March 8 – April 12, from 6:30 – 8:00 pm. For those grieving the death of a loved one due to suicide.

Wabanaki Retreat – “Living at Sunrise”

Friday, March 12 – Sunday, March 14. A weekend retreat for grieving adults.

Parent Loss Support Group

Tuesdays evenings, April 27 – June 1, from 6:30 – 8:00 pm. For adults grieving the death of one or both parents.

PRINCE GEORGE’S LOCATION

Call 301.499.4500 to register

Widow/Widower Bereavement Group

Tuesday, January 27 – March 2, from 3:00 – 4:30 pm. For those who are grieving the loss of a spouse.

Parent Loss Support Group

Tuesdays, March 23 – April 27, from 6:00 pm – 7:30 pm. For adults grieving the death of one or both parents.

KidSCENE

Saturdays, April 3 – April 24, from 10:00 am – 12:00 pm. A six-week support group for grieving children, ages 6-18. This is a companion program in which children and adults attend separate sessions at the same time. The concurrent parent/guardian group is held to assist the adults in addressing the child’s grief. Both parent and child attend all sessions.



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Mission Statement and Commitment

Hospice of the Chesapeake improves the quality of life for those in our communities experiencing advanced illness or bereavement through hospice and other palliative care, compassionate support and education.

Member of:



Hospice of the Chesapeake Calendar of Events

SILVER ANNIVERSARY BEACON OF HOPE GALA

**Saturday,
March 13, 2004**

Celebrating 25 years of compassionate care, Hospice of the Chesapeake will host a very special Beacon of Hope Gala honoring **First Lady Kendel Ehrlich** on Saturday, March 13, 2004, at the Sheraton Barceló Hotel in Annapolis. Ensure the future of hospice care for your family and friends by enjoying an evening of dinner, dancing and bidding with our fabulous live and silent auction fundraiser. For tickets, please contact **Heather Buck** at 410.987.2003 or e-mail hbuck@hospicechesapeake.org.

STRIDE 'N RIDE

**Saturday,
May 1, 2004**

We're gearing up for Stride 'n Ride, our pledge-based fundraiser on Saturday, May 1, 2004. Choose a 5K fun run/walk, a 1-mile walk, a 25-mile bike ride or a 15-mile bike ride in and around Watkins Regional Park in Upper Marlboro. For more information, please contact **Joan Williams** at 410.987.2003 or e-mail jwilliams@hospicechesapeake.org.



