



hospice
of the chesapeake
foundation

CARING FOR
Life

hospicechesapeake.org

Letter from our President



Dear Friends:

One night in 1978, two women decided to take in a lecture at Johns Hopkins University. And the rest is history.

The lecturer was psychiatrist Elisabeth Kubler-Ross, the author of "On Death and Dying." The two women were Severna Park nurses, Martha O'Herlihy and Fran Grauch. They were so inspired by Kubler-Ross's message about how the medical field needed to focus on comfort when caring for dying patients, that terminal patients deserved a path focused on comfort and peace, they couldn't stop talking about it. They talked to their friends about it. They talked with nurses and physicians about it. Then, they put it all into action. With the help of others, they worked out of their homes, volunteering their time and growing expertise to found Arundel Hospice in 1979. This act of creating one of the state's first hospice organizations was a declaration of their commitment to easing the physical and emotional pain of dying. And the beginning of a never-ending story.

I know that many of you have heard this story. And throughout the next year, as we celebrate our 40th anniversary, you will hear it again. But it never gets old to me. What started with four volunteers and four patients four decades ago now serves close to 500 hospice patients a day in two counties. We are the experts people turn to for not only caring and compassionate end-of-life care, but for palliative care and grief counseling.

And though Fran passed away and Martha recently stepped down from serving as a volunteer on the Board of Directors, they have left a legacy that is not finite. There will always be new ways to fight pain, new interventions to ease grief, new ways to practice pain-free treatment of advanced illnesses. We will be there at every step.

The next time you're making plans for a nice evening with friends, just give a minute to think about the two amazing nurses who drove home from Baltimore one night filled with excitement and a new hope. That night was life-changing for them – and for the thousands of families their realized dream has touched.

Thank you for giving,

A handwritten signature in black ink that reads "Ben Marcantonio". The signature is fluid and cursive.

Ben Marcantonio

Save the Date

Caring for the Continuum of Life 2018: A Healthcare Symposium

Saturday, November 3, 2018 – 9 am to 4 pm, at Prince George's Community College in Largo

A free, informative day to increase your understand of the many facets of aging, caregiving and planning. For details, visit caringforlifemd.org.

40th Anniversary Gala

Saturday, March 16, 2019 – 5:30 pm to 11 pm, at Live! Hotel, Hanover

Celebrate four decades of caring for life at an exciting new venue. This elegant, fun-filled evening of dinner, drinks, auctions and dancing is our largest fundraising event of the year. For sponsorship opportunities, contact Chris Wilson, Director of Advancement, at 443-837-1530 or cwilson@hospicechesapeake.org.

The Role PTSD Can Play in Grief

By Amy Stapleton, MS, LCPC, NBCC

Manager of Bereavement Services and Family-Centered Grief Support
Chesapeake Life Center



Post-Traumatic Stress Disorder is no longer an uncommon term, but it is often misused or a gimmick in Hollywood movies. It is a disorder affecting 7.7 million Americans each year, many of whom struggle in silence. When a traumatic situation happens, our bodies naturally engage and react, to defend against danger. After an unexpected, scary or shocking event, nearly everyone will experience a range of reactions. Most people recover naturally with time. People with PTSD, however, continue to feel stressed and fearful, living in a constant state of arousal and anxiety, even when they are out of danger.

Symptoms of PTSD include reliving the trauma, negative thoughts that worsen and sleeplessness. These all create distress and disrupt daily lives. If the PTSD is a result of experiencing a sudden or traumatic loss, it can further complicate the grief process.

Because terms like traumatic grief, complicated grief and PTSD can be confusing, many hesitate to seek help. Grief and trauma in high profile incidents where the media is involved often leads to more awareness but not necessarily to people getting the help they need. And what about those whose loss isn't as public or who dismiss their grief because it doesn't seem "bad enough?" Often, I meet these folks in the counseling room months later because their trauma hasn't been acknowledged.

Trauma overwhelms our capacity to cope and function, unsettles a sense of safety and challenges our beliefs about the world. When the intensity of trauma does not change over time, addressing it is necessary before grief can be navigated. Seek licensed professionals who are trained in trauma, including social workers, professional counselors and psychologists who state that they engage in "trauma-informed practice."



The Chesapeake Life Center team can help grieving individuals experiencing a sudden or traumatic loss. Our counselors are all trauma-informed and we incorporate this practice in one-to-one counseling sessions and as facilitators in our suicide, sudden loss and substance abuse grief support groups. We also work with Anne Arundel and Prince George's counties' crisis response personnel and share our knowledge with other professionals and members in the community in workshops and seminars, including the Caring for the Continuum of Life symposium detailed later in this newsletter.

Chesapeake Life Center relies on the generosity of our community to provide services to any who need our expertise. If you would like to help by making a donation, please contact us at foundation@hospicechesapeake.org or 443-837-3385.



A GARDEN CREATED BY

Every square inch of the new Children’s Memorial Garden is an inspiration and a gift made possible by dozens of landscape professionals, generous donors and the passionate leadership of one man in particular, Kevin Campion, the founder and co-principal of Campion Hruby Landscape Architects.

Anyone who has walked through the gardens surrounding the Rebecca Fortney Inpatient Care Center knows his company’s work. “You can see it was lovingly created by people who understand how important beauty, peace and tranquility are to our patients,” said Chief Advancement Officer Shauna Chabot. When the call went out in the summer of 2017 to create a garden on the John & Cathy Belcher Campus to honor our pediatric patients and help our grieving children and families, we knew exactly who to contact. “I took the idea back to my staff and treated it like a design competition,” Campion said. “I told them to put themselves in the shoes of a family that has lost a child. I was blown away by some of the interesting ideas.”

Campion said he and his staff had philosophical discussions about rituals and their symbols as they worked to create a composite of all these great ideas. This brought about a circuitous pathway to represent that it, like life, is not linear. Primary colors represented in garden swings and unique art sculptures reflect the



PHOTOS

TOP: Matthew Leavell stands by one of two art installations he was commissioned to create for the garden.

ABOVE: Kevin Campion stands in the garden before it is dedicated during the Pediatric Memorial Service on June 23.

OPPOSITE: The Woodland Terrace was donated in memory of Landon Patrick Hively by his parents, Amber Newcomb and Jonathan Hively, who attended the Children’s Memorial Garden dedication with their family. Pictured from left are Michael, Melissa and Mia Zador, Amber and Jonathan, and Sean, Theresa and Glenn Sterling.



Love

brighter side of nature and the joy of a child. The wind chimes are like the sound of a child laughing in the wind. There is a grounding sense of home by choosing plants that they would see in their own yards. Campion was most inspired by the idea of families being able to cast red poppy seeds – the color of remembrance -- that will grow and bloom after they're gone.

The Board loved the plan they presented. But, it was well above budget. "So, I said, well, let's work on that."

That's when this garden became a community garden. Campion reached out to dozens of clients who opened their hearts and wallets to fund half of what was needed. Then, he went to his trusted contractors. "We were worried that we were asking people to work during their busiest season. But they jumped at it," he said. "We had to purchase some things, but everywhere we looked, people were willing and happy to help."

He put project landscape architect Matthew Johnson in charge, who, like Campion and so many others involved, did all of his work pro bono. "Matthew did

all the heavy lifting, kept the project moving. He is vocal, animated and passionate about it."

Work started in March and completed in time for the garden's dedication on June 23. "We were so honored to work on the project," Campion said. "It brought out the best in us."

The dedication was held as part of the annual Pediatric Memorial Service that memorializes those children who have passed. One family also was there to see the Woodland Terrace portion of the garden, which was donated in the memory of Landon Patrick Hively by his parents, Amber Newcomb and Jonathan Hively.

Donations are being accepted for upkeep and maintenance of the Children's Memorial Garden.

To make a gift, please contact us at foundation@hospicechesapeake.org or 443-837-3385.

"Being at the ceremony and actually getting to hear the families' stories and see their reactions just took it to a whole new level and really made us appreciate what this garden could potentially mean to these families," Hively said. They look forward to visits when they can sit for a little while to remember Landon. "Sometimes, I pass it on my way home from work and it always brings a smile to my face, just knowing it is there."

Tax-efficient Ways to Give:

You save while patients and families benefit

We always welcome direct, cash contributions in support of our important mission, but you may also wish to consider the potential tax benefits of other types of gifts.

- Consider transferring gifts of appreciated securities to us now, before their value falls. Even if you can't take a charitable deduction on your 2018 taxes when using the standard deduction, you can still save money on would-be capital gains for these appreciated securities.
- If you are 70 ½ or older, consider giving directly from your IRA. Tax laws allow you to roll up to \$100,000 per year of your required minimum distribution to charity, which is exempt from your 2018 taxable income.
- If you're still a couple years from retirement, establish a donor-advised fund, which allows you to immediately make a tax-deductible gift to the fund in 2018 and then take your time recommending gifts from it to us and other charities.
- Consider a "blended gift" that combines a gift in the current year with making Hospice of the Chesapeake the beneficiary of a future or "planned" gift. The most tax-efficient way to do this may be from your retirement plan, since these accounts can be heavily taxed when transferred after death to a loved one.

**To see which works best for you,
consult your financial adviser or
please contact us at
foundation@hospicechesapeake.org
or 443-837-1529.**



One Inspired Day

We believe that education for our community prior to a health crisis can empower and change the way families experience advanced illness and end of life, as well as recover from the loss of a loved one whether that loss be from illness or trauma.

That is why we are asking more than 28 skilled presenters to share their expertise on 14 different topics in a comprehensive learning experience. "Caring for the Continuum of Life 2018: A Healthcare Symposium" is just weeks away from taking place Nov. 3 at Prince George's Community College and has been very well received by the community and professionals, especially our healthcare partners. And why not? It is entirely free for anyone, thanks to our sponsors, including University of Maryland Capital Region Health, Liquefied Creative and PGCC.

There will be community and healthcare organizations on site offering information and resources. Join us in getting the end-of-life conversation to be something people discuss in their doctor's office, at family gatherings or over coffee with a friend. Find out more at caringforlifemd.org.

Caring for the
Continuum of
L I F E

**20
18**

A Healthcare Symposium

A Circle of Caring, A Circle of Giving

We are careful stewards of every dollar we receive to serve people who are living with and affected by advanced illness and loss. Here are just a few examples of the powerful impact of gifts of \$100 to \$500.

Care for those suffering from complex illness.

Your gift of \$250 will support charity care for a critically ill patient who may be without family or health insurance, including at home or in-office palliative care, acute care in our inpatient care centers and end-of-life care wherever a patient calls home.



Care for children and families.

Your gift of \$500 will provide a special final wish or holiday cheer as part of our Adopt-A-Family Program, which is one of many quality of life endeavors through our Chesapeake Kids family-centered care program.



**Comfort
Care Where
and
When You
Need It.**

Care for people going through loss of all types.

Your gift of \$350 will provide the Chesapeake Life Center materials for a traumatic loss support group, refreshments for our kids' support group for a year or a field trip for our teens.



Care that offers comfort and peace.

Your gift of \$100 will help buy supplies for our Healing Arts Program, which taps a wide range of therapies to ease pain, create comfort and provide peace of mind for our patients, including reiki, Comfort Touch, aromatherapy, music and pet therapy.



THE GIFT OF GIVING



"You know you've done something good. When you volunteer for hospice, you are there for the higher good. There is not a place for ego."

-Russ Stewart

hospicechesapeake.org

Boards of Directors

We want to take this opportunity to thank these dedicated members of our community who give so generously of their time and talents to serve on our Boards of Directors. Their experience and expertise are critical in fulfilling our mission and achieving our vision.

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