

A close-up photograph of several purple crocus flowers with bright yellow centers, growing through a layer of white snow. The background is softly blurred, showing more flowers and snow.

hospice
of the Chesapeake
Foundation

CARING FOR

Life

hospicechesapeake.org

Letter from our President

Dear Friends,

So many remarkable achievements took place in 2017 thanks to continuous support from the community and specifically from you, our donors. We cared for more than 3,000 patients, 138 of whom were cared for in the Mandrin Inpatient Care Center, which began accepting patients again on Aug. 1, 2017. The Chesapeake Life Center provided nearly 1,900 individual counseling sessions. Chesapeake Palliative Medicine cared for 342 unique palliative care patients, an increase of 32 percent from 2016.

We ended 2017 by welcoming two new executive leaders to the team. First, our new Chief Financial Officer, Michael Brady. Mike comes to us with a heart for service, after working with the American Heart Association and the National Lutheran Home. He said that his time with these organizations changed his focus

from one that is chiefly financial to one of giving back. "Having now worked in the nonprofit arena for over 20 years, I cannot imagine working for an organization that isn't trying to make a difference in the community. I look forward to a new type of service and the opportunity to see Hospice of the Chesapeake grow," he said.

Regina Moody joined us in February 2017 as a Clinical Director and was then promoted to Chief Operations Officer in December 2017. Like many who choose hospice as a career, Regina's journey began after her mother entered hospice care in 2002. "Knowing the field and looking back, it was not a good experience," Regina said. "Since that time, I felt an internal nagging of something unfilled. Then I looked into hospice and found what I had been looking for: The opportunity to assure that my family's experience does not happen to another family."

We continue to grow and evolve as we prepare for an historic increase in the number of deaths every year, due to the aging of our nation's largest population group, the Baby Boomers. As Regina said, "Everyone faced with an end-of-life journey deserves the best experience and it's our job to give them that."

We thank you for helping us to carry out our mission, to be our best and still know that we can be better.



Ben Marcantonio



The Ripple Effect: Honoring *Veterans* from Coast to Coast

In 2011, second year Naval Academy Midshipman Kimberly Colby (nee Bernardy) participated in her first Honor Salute. Then, it was called a Final Salute, and it was part of a fledgling partnership with the academy, its Midshipman Action Group and Hospice of the Chesapeake to honor veterans.

“I was very moved – there’s nothing quite so raw and real about honoring somebody at the end of their life and offering closure,” Colby said. She knew immediately she needed to be more than involved with the program: “I needed to be the project leader.”

She would lead the project throughout her time at the Naval Academy, performing 30 to 40 visits while also coordinating other salutes. She also knew this was something that wouldn’t end when she graduated. “As soon as I commissioned, I was set on starting it or building upon an existing program where ever I was.”

That is how the Honor Salute program that started in Annapolis went bi-coastal. Now a First Lieutenant stationed at Camp Pendleton near San Diego with the Marine Corps, Colby went about contacting local hospices to establish programs.

She performed her first salute with Hospice of the North Coast in the summer of 2015. That was followed by her first salute at Elizabeth Hospice in 2016.

She started to bring fellow Marines into the program and now has a dedicated group of 10 to 15 helping her. “It was easy to get others involved when I became Platoon Commander,” she said. “I would basically just ask. After, they would say, ‘Ma’am, we want to do it again.’”

Colby will leave active duty in May 2019. And though she still plans on working with the volunteer program, she hopes it can continue at Camp Pendleton and has someone in mind to run it after she is gone. “One of my Marines, a lance corporal, he’s been a very dedicated volunteer.”

One is reminded of the ripple effect when we hear of Colby’s passion for the Honor Salute. What started as a pebble dropped by an eager Mid in the Chesapeake Bay has caught a wave and traveled 2,679 miles to the Pacific. That pebble has started another round of waves: Colby’s story was published in the San Diego Union Tribune, picked up by Stars & Stripes, and broadcast on Los Angeles TV news. The national attention is exciting, but not because she enjoys the fame. “The purpose is to honor veterans. I know that I made a difference.”



PHOTOS: ABOVE - Colby, back when she was MIDN Kimberly Bernardy, presents a certificate of appreciation to a patient who was one of the famous World War II Tuskegee Airman in 2014

LEFT - Marine Corps 1st Lt. Kimberly Colby meets retired U.S. Navy Capt. John Cammall in his San Diego home.

Photo by Marine Corps Lance Cpl. Adam Dublinske



Phyllis Windle flipped through the pages of magazines, intent on finding a particular image.

“I need a peach,” she said.

Ida Thompson opened a clear plastic portfolio labeled “Food” filled with magazine clippings. “I have a tomato,” she said.

“It needs to be a peach,” Windle said.

Other participants around the table in the library of Bowie’s Church of the Redeemer pick through magazines, particularly the gardening periodicals. Berries. Pumpkins. Pomegranates.

No peaches.

Windle looked only slightly defeated as she finished the collage she had spent the last hour piecing together without the peach. It still told a story. And she was in a safe place to share it.

She was one of a handful of people attending a SoulCollage workshop, a creative expression support group that seeks to provide insight and healing for those experiencing loss and transition. Its facilitator, Chesapeake Life Center’s Bereavement Program Coordinator Roberta Rook, MA, LCPC, has been leading the sessions since the nonprofit began offering the monthly group in 2006.

The two-and-a-half-hour session begins with participants scouring through magazines and other printed images that they will use to create collages on 5-by-8-inch cards. It ends with the each person discussing their creation with the group, carefully and compassionately guided by Rook.

How each of the members gets from the beginning to the end is a very personal journey that can vary not only from person to person, but from month to month. Some come in with a very clear image in their mind that they set about to recreate. Others use the process of browsing through the images to inspire them. Some of the

cards may have literal clues to a specific meaning. Others are simply evocative of the moment of their creation.

As scissors snip and glue sticks glide, there is friendly chatter that creates a warm and easy atmosphere, which helps to make the room and moment safe. Someone dropping in on the gathering might think it was an evening of scrapbooking. But hints of darkness with gothic imagery from one participant and ethereal peeks into the Firmament from another remind us that there is difficult work going on here. These creations are helping each of their creators process the anguish of the jarring life changes that come from loss.

“It’s a very intuitive process,” Rook said, which is why clippings of words are not usually employed. “It keeps the collage fluid. Words set a perimeter.”

After about 90 minutes has passed, Rook gently asks the group to wrap things up. Some leave the room to brew some tea while others clean up the scraps and box up the magazines. Then, each participant inserts their cards into a display stand and discusses what it means to them.

The others listen intently, and are careful to not apply their own meaning to the work when the floor is opened for people to comment. Rook guides the discussion, asking the creator of the card what roles certain elements of the collage play in their thoughts. Each of the cards joins others that have been created in a wooden box participants have personalized. Each card becomes a page in what is essentially a visual journal of the creator’s grief process.

Pat Wickersty pointed out that there is purpose in the name SoulCollage, as she views each card as a snippet of its creator’s spirit. It also explains why she keeps coming over the last eight years. She cares deeply for the people who participate – many who have come and gone still have an impact on her. “You share each other’s spirits and grow to love each other.”

Creating a window into your spirit

with *SoulCollage*



PHOTOS:

TOP- Ida Thompson uses stickers and clippings she is always accumulating to create a card.

ABOVE - Phyllis Windle, left, and Pat Wickersty talk as they work on a collage card.

LEFT - Phyllis Windle holds up the mission statement of the American Craft Council, something with which she and others in the group strongly connect.

Above Board with Jim Humphrey and Jimmy Wilburn

With an eye to 2018, we sat down and talked with Jim Humphrey, Chairman of the Board of Directors, and Jimmy Wilburn, Chairman of the Foundation Board, and asked them three questions.

What is your Hospice story: How and when did you get involved?

For both men, the connection started with cancer. Wilburn's father was diagnosed with pancreatic cancer 12 years ago and went from diagnosis to death in seven months. He said our team came in and took care of his family. "I don't think that we as a family would have made it through without the volunteers and the angels that are nurses."

At first, he and his family were involved through donations. Four years later, the COO at the time engaged him "and voluntold me to be more proactive. It's been quite rewarding."

Humphrey first had a 17-year-old brother who had cancer and he and his family suffered greatly before he passed. When his mother was diagnosed with lung cancer 20 years ago, she was recommended to hospice. "They came in and were frankly a Godsend. The nurses and the volunteers were there for everything we needed. We didn't even know what we needed, and they came in and told us and got it. I don't think my wife and I will ever forget it."

Like Wilburn, he didn't jump right into volunteering. But when he and his wife decided it was time, they met with then CEO Erwin Abrams, who put Humphrey's construction expertise to work. Through many years, he helped to complete such projects as Tate House, finish the Mandrin Inpatient Care Center's basement and rebuild the administrative building on 90 Ritchie Highway.

Both men agree that if you have it, giving money is easy, but what nonprofits really need is what each of these executives bring from their own professional life. "Nonprofits need your expertise, they need your experience," Humphrey said. "They need you to commit and to really put your time and effort into it. And it's worked out very well for me."



Pictured from left are Jimmy Wilburn and Jim Humphrey.

What positive changes have you seen since first volunteering?

Wilburn is impressed with the expansion of different programs, specifically the Volunteers and We Honor Veterans programs. "I have brought so many people to the Veterans events and watched them cry because they are just so touching," he said. "Coming from a Veteran family, it's been awesome watching that program expand."

Humphrey is proud of how the organization has become more focused on its operations in the face of tremendous growth. The increased professionalism of an organization that is still grounded by its purpose and mission is what makes him love serving.

What do you see as your chief goals for the organization in 2018?

Humphrey feels we've reached a plateau of stable performance and financial acumen: It's time to chart the course for the future, especially in Prince George's County. "We have a great young team there and I feel that's one of the places where our growth is going to come from." In that same vein, he believes recruiting and educating the right people is critical. "Rules and requirements are changing every day. It's an ongoing process keeping people informed and up to speed."

Wilburn sees a need for increased recognition of the over 400 volunteers who serve the organization. "We have become a real business. A big business. But the reality is, without our volunteers, we would collapse." He also wants to get the community more involved by helping to increase awareness of what hospice is through programs like Courageous Conversations. "I would like to go to schools and let kids know what hospice is," he said. "The earlier we can educate people on what hospice does, the better the world would be."

We want to thank both gentlemen for their leadership and dedication to our mission of caring for life throughout the journey with illness and loss. Though Wilburn's term as Foundation Chairman ends this spring, he continues to serve as a member of the Finance & Investment, Golf Tournament and We Honor Veterans committees.

BE A *Hero* by Supporting Hospice of the Chesapeake

Your gift will help a patient or family member in need, provide comfort to someone grieving a loss and ensure quality care for our community.

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Make a gift online at www.hospicechesapeake.org (click on "Support Hospice").
Call 443-837-3385 for more information or to make a credit card gift over the phone.
Mail a check made out to Hospice of the Chesapeake Foundation.

Thank you for your support!





“Whether you were caring for my brother, comforting us, sharing a laugh or cry, or just being available, your wonderful presence was truly appreciated. I am so thankful for the care and love each of you shared with each of us.”

– A family member

hospicechesapeake.org

Save the Date

4TH ANNUAL WELCOME HOME VIETNAM VETERANS DAY CELEBRATION

Thursday, March 29, 2018 – 4 p.m. to 6:30 p.m.

Hilton Baltimore BWI Hotel, Linthicum

A NIGHT ON THE ISLE OF MOOREA: GALA 2018

Saturday, April 7, 2018 – 5:30 p.m. to 11 p.m.

Hilton Baltimore BWI Hotel, Linthicum

13TH ANNUAL EMILY SCHINDLER MEMORIAL LECTURE

Wednesday, May 2, 2018 – 7:30 a.m. to 12:30 p.m.

Johns Hopkins University, Baltimore

10TH ANNUAL FASHION FOR A CAUSE

Benefiting Chesapeake Kids

Thursday, June 7, 2018 – 6:30 p.m. to 9:30 p.m.

Porsche of Annapolis

For tickets or sponsorship opportunities, please contact Chris Wilson, Director of Advancement, at 443-837-1530 or cwilson@hospicechesapeake.org.