

A close-up photograph of several vibrant orange marigold flowers in full bloom. The flowers have many layers of petals and are set against a dark green background of leaves and stems. The lighting highlights the texture of the petals and the overall warmth of the scene.

CARING FOR  
*Life*

The text 'CARING FOR' is in a bold, uppercase serif font. The word 'Life' is in a large, flowing, italicized script font. A thin, white, curved line starts from the bottom left of the 'L' in 'Life' and sweeps upwards and to the right, ending near the top of the 'i' in 'Life'. This line also serves as a decorative element that connects the text to the dandelion in the logo.

[hospicechesapeake.org](http://hospicechesapeake.org)

# *Letter from our President*



Dear Friends:

Over the last year as we approached our 40th anniversary, we have spent time looking back to see all that we have achieved in hospice, palliative and bereavement care. It's been uplifting to compare the year we started with four volunteers serving four patients to four decades later with hundreds of volunteers and professionals having served more than 42,000 patients.

Now it's time to look forward. We must continue to augment our programs with everything that we have learned from leading the region in caring for life throughout the journey with illness and loss. We continue to build our palliative care team in response to an aging community that lives longer even while coping with complex illness. We grow our bereavement programs in preparation for loss from an epidemic of substance misuse and an increase in suicide. Because of all we have learned, our pediatric hospice program can reach out to more families with children living with life-limiting illness.

With a hospice team that is renowned for its compassionate care, we are better equipped than ever to anticipate the needs of our community. Your generosity has informed us that you support our cause. We hope you'll join us by reaching out and having that courageous conversation with the people you know. Tell them you are looking forward: "Be prepared. Make plans for every day of your life. Let Hospice of the Chesapeake show you how to honor the sacred time of end of life."

Thank you for giving,

A handwritten signature in black ink.

Ben Marcantonio

## *Save the Date*

### **Caring for the Continuum of Life 2019: A Healthcare Symposium**

Saturday, October 19, 2019 – 8 a.m. to 4 p.m., at First Baptist Church of Highland Park, Landover.

A free, informative day to increase your understanding of the many facets of caregiving, planning and faith at end of life. For details, visit [caringforlifemd.org](http://caringforlifemd.org).

### **First Annual Ride for a Cause**

Saturday, October 26, 2019 – 8 a.m. to 5 p.m., with kick off at Rommel Harley-Davidson Annapolis.

Motorcycles. Music. Food. All to benefit Hospice of the Chesapeake and Chesapeake Kids. For tickets and sponsorship, contact Meg Lawton at 443-837-1531 or [mlawton@hospicechesapeake.org](mailto:mlawton@hospicechesapeake.org).

### **Annual Gala -- An Evening under the Tuscan Sky**

Saturday, April 4, 2020 – 5:30 to 11:30 p.m., at The Hotel at the University of Maryland, College Park

Our signature black tie event comes to Prince George's County for an elegant, fun-filled evening of dinner, drinks, auctions and dancing. For sponsorship opportunities, contact Meg Lawton at 443-837-1531 or [mlawton@hospicechesapeake.org](mailto:mlawton@hospicechesapeake.org).

# *Navigating Grief*

## in an Everchanging Community



The philosopher Heraclitus said, "No man ever steps in the same river twice, for it's not the same river and he's not the same man." Chesapeake Life Center is not the same program it was when it first stepped into the community, nor is the community the same.

Susan Coale also is a different woman from when she started volunteering as a co-facilitator of grief groups in 1989 with the Spiritual and Bereavement Care Center at Arundel Hospice. In 1991, when Betty Asplund started the first grief camp, Coale volunteered, even eventually donning the fabled butterfly costume. After 16 years of volunteering, she joined as a member of the staff. Two years ago, and two name changes later (from The Life Center to Chesapeake Life Center), she became the center's director.

The name changes illustrate our capacity to adapt to an everchanging community. "Out of suffering and sadness comes growth and life," Coale said. "That's why I love that we're Chesapeake Life Center: We're about growth and life."



Chesapeake Life Center  
Director Susan Coale

The many turns in our journey are in response to trends of loss in our community. As the needs grew we offered groups targeted to specific types of loss and developed expanded children's grief programs.

We started internship programs with Johns Hopkins, the University of Maryland School and Loyola, providing educational support to many who are now grief experts. But Coale points to a cluster of deaths by suicide of Anne Arundel County youth in 2010 as a major turning point in the growth of the center.

The center was getting calls from schools and county officials reaching out for assistance. There wasn't really a program in the community designed to respond to this crisis of loss, so the Chesapeake Life Center said, "If not us, then who?" We welcomed a grieving community to a 10-week suicide loss support group, offered continuing education on the topic for professionals and empowered Coale and fellow social worker, Sarah Montgomery, to use their experience and research to author a book, *Supporting Children After a Suicide Loss: A Guide for Parents and Caregivers*.

President and CEO Ben Marcantonio said we continue to lead the way in responding to trends in loss, resulting in groups, resources and educational programs addressing loss to substance abuse, trauma and more. "We want to be there for the community when they have a loss, whether they are expecting it or not," he said. "When others are saying they can't, we want to be the people who say, 'Yes. We can. We can help'."

Help us be there for those grieving in the community. Please give to Chesapeake Life Center.  
Contact us at [foundation@hospicechesapeake.org](mailto:foundation@hospicechesapeake.org) or 443-837-3385

# The Amazing GIFT from a Grateful *Chesapeake Kids Family*

Nick and Steph Kaywork were married in Las Vegas by Elvis. Not because the couple loves Elvis, but because Steph's grandmother does. Plus, the ceremony was livestreamed, so their family could all be there. The Kayworks are problem solvers in this online era. They network to find solutions.

For this reason, their youngest son Donovan was born to the perfect family. The 20-month old has a rare birth defect, Lissencephaly, which literally means "smooth brain," lacking the characteristic peaks and valleys key in a brain's development. "He will always be non-verbal," Nick said. "It has a lot of secondary conditions because the brain is not wired right. He sees a specialist for just about every system."



The face that launched more than 40 donations: The photo of Donovan that the Kayworks used for the #AllinforDonovan Facebook fundraiser.

Each of Donovan's siblings shows their love in different ways. Older brothers Bon, 9, and Tiber, 11, love playing with him. Bon makes him laugh and Tiber is an excellent caregiver and is a second set of hands. June, 6, likes to tell people, "This is my brother Donovan and he is disabled." "She says it bragging. "This is my awesome brother."

There is no cure, but there is plenty to learn about living with the genetic condition. "Our role is to give him as much love, comfort, quality of life and potential as he can give us." Nick said. And what he gives is a lot. He coos and smiles, his bright blue eyes dashing about the room. "He is definitely more than his genes."

Steph attributes his bright spirit to the overflow of love that washes over him. "He wakes up with people smiling in his face. He goes to sleep with people smiling in his face. Every minute in between people are smiling in his face," she said.

The Kayworks knew early on that they would need more than their kids helping them. With their family in New Jersey and Florida, they are essentially on their own in White Plains, Maryland, a two-hour drive from Donovan's team of physicians at Johns Hopkins. As they scoured the internet for wisdom, they learned about pediatric hospice care and reached out to Hospice of the Chesapeake's Chesapeake Kids program. "Hospice has given us that family," Steph said.



The Kaywork family at their White Plains home. Clockwise from left are June, Tiber, Nick, Steph, Bon and Donovan.

Just a phone call away is a team that includes a pediatric nurse, a social worker, a child-life specialist, a pediatric nurse practitioner, a chaplain and one amazing volunteer in Alice Weaver. "She comes in once a week. She holds him, she sings to him, she loves on him and she feeds him. I have free hands for 2.5 hours," Steph said. "She has definitely changed our lives for the better."

Towards the end of our peer-to-peer #Fortyfor40 fundraising campaign for the Chesapeake Kids program, Nick noticed on social media that we were \$800 away from meeting a goal. They decided they could reach that goal with their followers, including the Lissencephaly Network, a support group on Facebook. "We have been talking about Chesapeake Kids for months," Nick said. "Hospice was helping us. We wanted to help hospice."

They started the hashtag #AllinforDonovan and asked for people to give via a Facebook fundraiser, raising \$800 in less than 24 hours. They upped the goal to \$1,000, which was met within a few hours. Then they decided to go for 40 donors. By the third day more than 40 donors had raised \$2,306. Donovan was an important part of raising that money. "His face helps a lot. He's got a great smile," Nick said.

So much of how the Kaywork family lives is from a distance, but right there. Their family, friends and Lissencephaly families may be hundreds or even thousands of miles away, but they find a way to connect. Which brings them hope, Steph said. "We know every day is a gift and every day brings us one day closer to maybe not having him anymore, but we are super thankful."

You can help families like the Kayworks.

To volunteer, email [joinus@hospicechesapeake.org](mailto:joinus@hospicechesapeake.org).  
To donate to the Chesapeake Kids program, contact us at [foundation@hospicechesapeake.org](mailto:foundation@hospicechesapeake.org) or 443-837-3385 or  
donate online at [hospicechesapeake.org/giving](http://hospicechesapeake.org/giving).

# Volunteer Spotlight: *Tony Toskov*

Tony Toskov believes: "Everybody loves Hospice of the Chesapeake." If everyone knew the work that we do, everyone would love the organization as he does. "If someone does not know about Hospice of the Chesapeake before they talk to Tony, I am confident that by the end of their conversation, they, too, will be saying 'everybody loves Hospice,'" Director of Advancement and Volunteer Services, Chris Wilson said.

Toskov sees himself as a Hospice of the Chesapeake ambassador and his enthusiasm is contagious. His "Hospice Story" starts when his father died about 15 years ago. The Hospice of the Chesapeake team was there, caring for him in the Toskov home. "My family would have struggled very hard without them," he said. "That experience was amazing."

Not too long after, he met John Warner and Tom Howell, two men who have a long history of volunteerism and philanthropy with our organization. As he is prone to do, he started talking about his hospice experience and they suggested he get involved with the non-profit organization. Since then, he has been a key player in the planning and orchestration of our popular golf tournaments. Meg Lawton, events coordinator, said Toskov is an ideal volunteer who doesn't look to the philanthropy team to take on tasks that he knows he can accomplish on his own. "Sometimes in the middle of a committee meeting, he'll suddenly pick up his phone and call people to ask them for their support for a particular need," she said.

Toskov has added more roles as a volunteer in our organization, including serving on the Foundation Board of Directors and on the Chesapeake Kids Committee. As a man who runs Green Point Wellness, Two Rivers Steakhouse and Twain's Tavern, he said planning a successful fundraiser comes naturally to him. "I have always been in the business of retail, and it is very similar to putting events together," he said. "I have a lot of creative ideas."

One such idea he is very excited about is the Ride for a Cause on Oct. 26, a day of motorcycles, music, and food kicking off at Rommel Harley-Davidson in Annapolis. A bonus for the team is his experience hosting the wildly successful Burn Rides which raised hundreds of thousands of dollars for the Anne Arundel County Burn Foundation.

Besides knowing that he's making a difference in people's lives, he also genuinely enjoys the company of the people he's working with. "The golf committee is a fun group of people. Outside of our work with the committee, we also are good friends," he said. That camaraderie extends to the other groups for which he volunteers. "We are like-minded, wanting to make a difference."



# A day of learning to find hope, cope with loss and live with serious illness

Anyone who reads our newsletters knows that educating the community about planning for advanced illness and end of life is a priority. We try to seize every opportunity available to talk with caregivers, faith leaders, professionals and the community in general about how to best live the journey of illness and loss. Last year, we took an incredible leap of faith, and offered "Caring for the Continuum of Life: A Healthcare Symposium." Presented by the John & Cathy Belcher Institute, it was important that experts were there to talk about the many facets of caregiving at end of life and through advanced illness and how to navigate the grief process. We knew that whatever we did, it had to be completely free.

Last year's event was such a success, we immediately began to plan for the next symposium, which is just days away. It will take place Oct. 19 at First Baptist Church of Highland Park in Landover. Again, it is entirely free for anyone, thanks to our leadership, benefactors and sponsors, including John and Cathy Belcher and Jim and Linda Humphrey. There also are five free continuing education units available. We listened and learned: This year, there is a deeper look into how faith plays a role in hospice, palliative and bereavement care. And in addition to community and healthcare organizations offering information and resources, there will be a special wellness section where people can learn about and experience therapeutic music, Comfort Touch, aromatherapy and other healing arts.

Join us in making 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](http://caringforlifemd.org) or call 667-219-2891.



## More ways to *Give* in 2019

Are we one of the charities you give to one or more times each year? If so, consider setting up a recurring gift paid automatically via credit or debit on a schedule that suits you. Call 443-837-3385 to make arrangements or select "make this gift recurring" the next time you make an online donation. You can stop or pause payment at any time. We always welcome cash gifts, but you may want to consider the potential tax benefits of other types of gifts.

- You can transfer appreciated gifts of securities to us now, before their value falls. Even if you can't take a charitable deduction on your taxes for 2019 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 from your IRA. Tax laws allow you to roll up to \$100,000 per year of your required minimum distribution to charity, which will not be included in your 2019 taxable income.
- If you're still a couple years from retirement, establish a donor-advised fund, which allows you to make a tax-deductible gift to the fund in 2019 and then take your time recommending gifts from it to us and other charities.
- Consider a "blended gift." This combines a gift in the current year with making us the beneficiary of a future or "planned" gift. The most tax-efficient way to do this may well be from your retirement plan, since these accounts can be heavily taxed when transferred after death to a loved one.

To explore what works best for you, consult your financial adviser or contact us at  
[foundation@hospicechesapeake.org](mailto:foundation@hospicechesapeake.org) or 443-837-1528.

# THE GIFT OF COMFORT



*"Learning to trust that by using the 'magic' phone number, highly professional help was either on the way or on the phone to carefully explain was an enormous comfort to both of us. I am truly grateful."*

– A patient's wife

[hospicechesapeake.org](http://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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