

# CARING FOR LIFE

NEWSLETTER FOR THE HOSPICE OF THE CHESAPEAKE FOUNDATION

*Learn how this group of innovators with the support of donors like you are reshaping care for patients with dementia.*



## WHAT'S INSIDE

- Better together ... again!  
Calvert Hospice joins Hospice of the Chesapeake. 4
- Silver Tsunami:  
Getting ahead in memory care 6
- Don't forget they love Elvis:  
Meet our new integrative arts manager. 9



# LEADERSHIP LETTER

Dear friends,

We recognize that hospice and supportive care are vastly misunderstood care options. One of the greatest myths about this care is that it is primarily for cancer patients in their last few days of life. Not only do we recognize it, but we are living it every day.

While many of our patients do face cancer, we have a growing population of patients with other diagnoses. For example, dementia-related diagnoses are the largest growing group of patients we see today. They need and deserve care designed for them as individuals.

I often reflect on the first patient I cared for with dementia. I was struck by the uniqueness of this diagnosis. I had to step back and reconsider different ways to care for this disease and this patient as an individual. Fast forward to today. The silver tsunami – our aging population – is upon us (see more details on this later in this newsletter). Our team has stepped back, or maybe stepped forward is a better description, to ask our care teams, "How can we do this differently?"

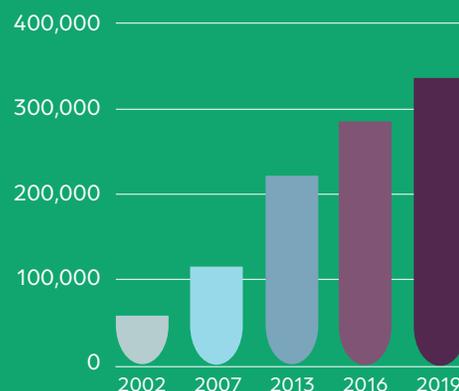
From that conversation was born our new Dementia Advisory Group (see cover photo), comprised of frontline experts and innovators from our care teams. They are reshaping, rethinking, and redefining how care might evolve for patients with a diagnosis of dementia, or related neurological diseases, and their families. They ask, "How can we do better?"

I'm excited about this new innovative process and I'm honored donors like you are supporting this process. Thanks to the John & Cathy Belcher Institute, our advisory group has the support they need to focus on quality of care in a new and exceptional way. Read more about our evolving dementia care programs in this issue.

We are grateful for your support and the space to be innovative.

Eric Bush, MD, RPh, MBA  
Chief Medical Officer

## Did you know?



Medicare reports that patients who received hospice care with Alzheimer's, dementia, or Parkinson's steadily increased in the last two decades. In 2019, it was the leading diagnosis.



Music therapy hits all the right notes, including these benefits:

- Enhanced memory
- Lowered stress levels
- Reduced symptoms of depression
- Improved sleep
- Reduced agitation and anxiety
- Improved cognition

*Read the story on page 9.*

On the cover: Members of the Dementia Advisory Group stand in the Michael Stanley Children's Garden. The interdisciplinary group of our hospice team members are reshaping, redefining and rethinking care for those living with dementia-related diagnoses.



## What do 200 patriotic quilts mean to veterans?

Eight years ago, Millie Gentile of Pasadena learned from a good friend about Hospice of the Chesapeake's Honor Salute program. Part of the heartwarming ceremony included the gift of handmade patriotic lap blankets. The skilled quilter donated a quilt she stitched. She was so moved by the idea; she told her friends. Luckily for us, those friends happened to be the Downs Park Quilters. They all agreed with Gentile. Donating handcrafted quilts fits well with the club's mission of turning their love of quilting into love for the community.

That was more than 200 patriotic quilts ago. The group invited us to its June 3 meeting to receive and celebrate the most recent quilts that brought them to their impressive 200 mark. Longtime We Honor Veterans volunteer Bill Lovelace, who has led more than 200 honor salutes, accepted the quilts and shared with the group about the impact of their gifts. One story he shared was about a veteran who immediately took to his new blanket. He quickly handed his old one to his family and said, "Get rid of this ratty old thing – this is the blanket I will be using from now on!"

## The grief whisperers

Chesapeake Life Center has enlisted the help of new summer grief camp counselors. Chrissy, Emma, Fritz – oh, and Splash. Meet the therapeutic horses who call Maryland Therapeutic Riding in Crownsville home. Specially trained as gentle listeners, they are innately gifted to calm young colts and fillies.



"To promote social harmony and keep the herd together, horses possess a number of evolutionary hardwired qualities," wrote Tim Hayes, author of "Riding Home: The Healing Power of Horses." "These include being accepting, tolerant, kind, respectful, honest, fair, nonjudgmental, compassionate, and forgiving."

These are the kind of characteristics that can help a preteen or teenager cope with their grief. That's why we are excited about our "Grieving with Horses" August workshops for teens and preteens to spend a day at MTR. Visit the calendar of events on our website to register your teen or preteen.

## Making memories happen

We were honored to help the Hartman family celebrate Trinity Hartman's graduation from South River High School a few weeks early so her mother Jennifer could see her earn her diploma and they could celebrate together as a family. In the week before Mother's Day, social worker Ashley Nokes recruited volunteer help from a caterer, a baker, and a photographer and made all the arrangements with the school's administration.



With "Pomp and Circumstance" playing over a set of speakers, Trinity walked up the steps of the deck of her family's Edgewater home where school officials, dressed in cap and gown, officiated the ceremony. It was a day of joy that this family will cherish forever. We are grateful the Hartman family allowed us to join them in this celebration and to share their memorable Mother's Day story.

# Better Together . . . AGAIN!

## Calvert Hospice Joins Hospice of the Chesapeake

In the fall of 2020, we shared exciting news that we were, despite the pandemic, acquiring Hospice of Charles County to expand the care provided to residents of Charles County.

We are honored once again to share we have finalized another acquisition agreement, this time with Calvert Hospice, signed on June 14, to expand care to Calvert County residents.

Like Hospice of Charles County, Calvert Hospice has strong community roots, as well as a legacy of quality care provided by a local not-for-profit hospice organization. Today, the evolving hospice industry and rapidly changing reimbursement environment makes it difficult for small hospices, such as Calvert Hospice, to continue to operate and plan for future expansion.

Like minded not-for-profit hospices joining together provides the greatest opportunity for the expansion of care to our communities.

With the addition of Calvert County, our combined regional care organization will be providing needed resources to more than 1.7 million Maryland residents in Anne Arundel, Calvert, Charles, and Prince George's counties.

Expansion plans are underway in Calvert County for increased admissions capacity, expansion of the current palliative/supportive care program, and increased outreach and education for our care partners and the larger community.

We are honored to be coming together at this new beginning and looking forward to progress and success.

We are grateful for the commitment of the Calvert Hospice Board of Directors led by Board Chair Greg Kernan and Executive Director Sarah Simmons, who provided vision and patience during the lengthy legal process. They each have shown great leadership with a true focus on expanding care for the residents of Calvert County.

---

OPPOSITE: From left, Brian Gibbons, Chairman, Hospice of the Chesapeake Board of Directors; Mike Brady, CEO, Hospice of the Chesapeake; Sarah Simmons, Executive Director, Calvert Hospice; and Greg Kernan, Chairman, Calvert Hospice Board of Directors gather to celebrate at the June 14th Agreement Signing event.



From the left, Rebecca Miller, Chief Clinical Officer, Hospice of the Chesapeake and Barbara Burnett, Calvert Hospice donor.



Burnett Calvert Hospice House

Have you heard of the

# silver tsunami?

How a group of dedicated team members are redesigning care for patients facing a dementia diagnosis



The day Joe stood in a parking lot and forgot where he parked was a hint. But so what? Even teenagers forget where they parked their car.

Then he called the kitchen sink the tub. He called his wife Veronica by his daughter's name. When he told his friend about how he sunk an amazing putt three times in one conversation, Veronica grew concerned. His doctor confirmed what every aging person fears: He had early onset Alzheimer's disease.

By the year 2025, it is projected that Maryland will experience an 18-percent increase in the number of people ages 65 and older with Alzheimer's disease and related dementias. Preparing our organization for this "silver tsunami" propelled The John & Cathy Belcher Institute's Dementia Care Initiative.

"Dementia touches all of us," said Karen Frank, the institute's director. "With 10,000 people a day turning 65, it's a disease that is going to be around for a long time."

Established in 2014 through the generosity of John and Cathy Belcher, the institute's purpose is to help our organization become a national thought leader in the fields of advanced illness and end-of-life care. That requires changing the hearts and minds of medical professionals, government officials, and the community as to what role early supportive and coordinated care can mean to a family with a loved one who has this diagnosis.

"For us to make that happen, there are a lot of people who need to be involved," Frank said. "We need partnerships with our fellow health care community. We need community engagement on many levels. And we need to continue our efforts to educate the community about supportive care, hospice care and grief support."

To start, a dementia advisory committee with team members from several disciplines is developing an innovative multi-phase plan around the question: What can we do differently to support those with dementia?



ABOVE: Members of the Dementia Advisory Group are, from left, Perry Limes; Tammy Turner; Jessica Whittemore, LCSW-C, APHSW-C; Jasmine Crew, RN, BSN; Avis Queen; Faith Fitzgerald, DMin; Ashley Kinnally, MSN, NP-C; and Allyson Butler.



## THE STORY OF THE DASH

“There are two dates on your tombstone ... the date of your birth and the date of your death. The dash in between those two dates represents your life. What you do with that dash is what matters most.”

These are the words listeners hear as Director of Strategic Partnerships Perry Limes introduces our new podcast, “Life, Death and What Matters In Between.” It tells the story of “the dash.”

In this first season, Limes and his guests discuss the continuum of care for those living with dementia – from supportive care to hospice care to grief care. Six episodes feature professionals, family members and clinicians talking about the journey with dementia. At the center of each discussion is a hypothetical patient, Joe, a 66-year-old Black retired schoolteacher. They discuss how he and his wife and caregiver, Veronica, can have a better quality of life, address unique family dynamics and follow Joe and Veronica as they make difficult decisions along the way.

Use the QR code to listen.



The first phase seeks to educate the public and professionals about how palliative, or supportive, and hospice care can give dementia patients and their families the best quality of life possible. It includes a three-month pilot education program for seven residential memory care centers in our community, a partnership with Encore Creativity for Older Adults to explore ways to bring music to our programs, and a six-episode podcast, “Life, Death and What Matters In Between.”

Your support also allows us to partner with the Anne Arundel County Department of Aging. With their help, we are certifying team members as Dementia Live trainers with AGE-u-cate, a national training program for dementia. With virtual reality technology, the program’s equipment helps caregivers experience the world as if they had dementia.

Your continued support ensures more Dementia Live team training and equipment so team members can expand their expertise to patients and families. “Every day we say, ‘How can we do this better?’” Frank said. “Donor dollars help us be creative, curious and innovative.”

People like Joe and Veronica have a long, scary journey with dementia. Having a team who understands what is ahead makes their path less difficult. Thanks to donors like you, patients and families living with dementia or Alzheimer’s disease are not alone as they face the ongoing obstacles of this difficult diagnosis. We are thinking differently about how to help Joe and Veronica thanks to donors who support innovative strategies.



Karen Frank, director of the John & Cathy Belcher Institute: Donor dollars help us to be creative, curious and innovative.



# Understanding dementia helps volunteers better care for our patients

Imagine trying to communicate but you can't seem to get those around you to understand your needs.

It was the mood swings that startled Cathleen Rawlings the most. As her mother's dementia progressed, her mother would become very angry and lash out. "I think that was surprising to me," Rawlings said. "She's not going to just be this cute little old lady who says funny things."

As many families know, caring for someone with dementia means preparing for the unexpected. This year, our Volunteer Team added dementia care training to its educational programming to better equip all volunteers for what can be a difficult visit.

In May, volunteers participated in Dementia Live training through the Anne Arundel County Department of Aging. The program uses confusing sounds and other sensory deprivation to offer a deeper understanding of what it is like to live with dementia.

Joan Blum has volunteered with us for 28 years. She participated in the training and found it very enlightening. Participants wore headphones blasting a cacophony of sounds like sirens and crowds of people. Wearing garden gloves to deaden their sense of touch, each participant had a different task to complete.

"All I heard the instructor say was 'cat,' so I looked for a cat. After I found this toy cat, I didn't know what I was supposed to do next. I stood there." Blum said. "It felt like 15 minutes. It was just four minutes. It was so frustrating."

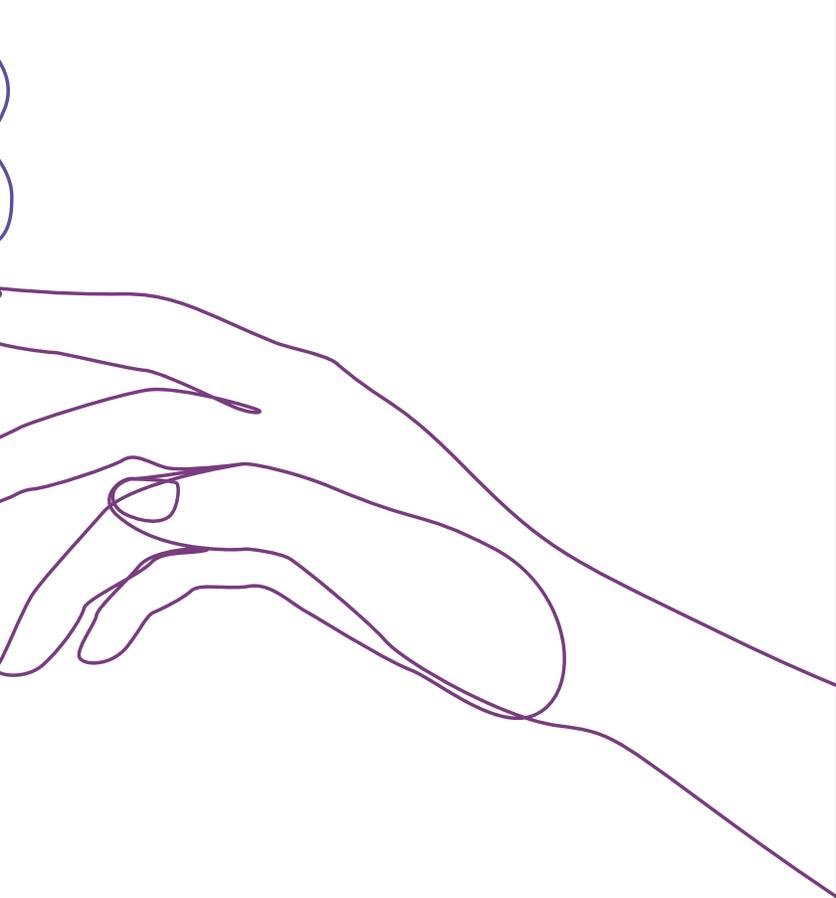
Earlier this year, the Alzheimer's Association provided our volunteers with virtual education to further enhance their understanding of this difficult diagnosis. The classes explored how to decode behavioral messages, identify common behavior triggers, and learn how to intervene during common behavioral challenges like the mood swings the Rawlings family experienced.

As a volunteer who has cared for many hospice patients with dementia, including his mother, Ed Allen said the program offered fundamental information that served as a useful reminder. One important takeaway for him was learning to not correct the patient.

"When your mother keeps calling you by your uncle's name, don't say, 'I'm not your brother, I'm your son.'" Instead, he said, "Just go with the person to try to understand where they are in that moment. Then you can usually keep the energy positive. You may even find out something about the relationship between your mother and your uncle."

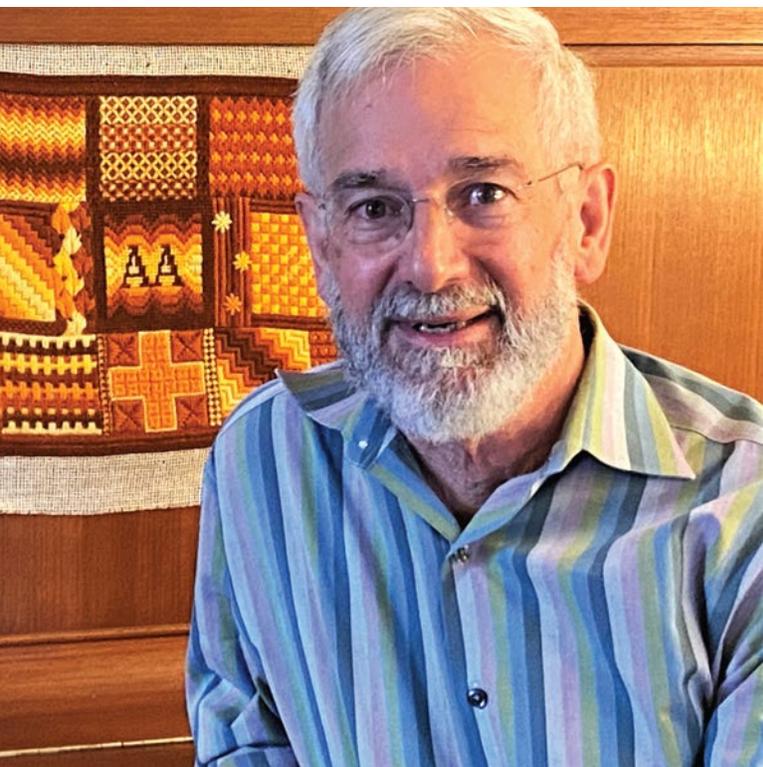


Volunteer Ed Allen participated in online training in dementia care from the Alzheimer's Association.



The training has been so well received, we will offer more in the fall. We also will offer education for volunteers that could lead to becoming a certified dementia volunteer.

Families of dementia patients turn to and trust volunteers who come into their homes. Thanks to the support of donors like you, we can continue to offer training and resources to help our volunteers feel even more confident in caring for our patients and families.



Alena Dailey, Integrative Arts Manager for Volunteer Services, holds a special place in her heart for hospice after her grandmother received personal, individualized care.

---

## DON'T FORGET THEY LOVE ELVIS

---

The Beach Boys and a retired schoolteacher serve as good introduction to Alena Dailey.

Before joining us our new Integrative Arts Manager for Volunteer Services in June, she was director of wellness and engagement at a local senior living community. One day, a resident with dementia came into her office. The resident was in a "back in time" moment, talking about her students, agitated by colleagues who were not listening to her. Dailey invited the resident to stay in the office and turned on 1960s music. When the Beach Boys came on, the resident started singing. She became calm and at peace. "Therapy can be when you just let something happen," Dailey said.

Dailey has connected hundreds of memory care, independent and assisted-living residents with touch, music, art and pet therapies. But one of her most impactful integrative arts experiences comes from caring for her grandmother who received home hospice care. She noticed how she would light up when the chaplain sang with her. She beamed with pride after a volunteer did her hair and make-up. Dailey carries those moments into her work.

A Towson University graduate, she has degrees in psychology and gerontology and is a dementia-certified practitioner. She is excited to reinvigorate our integrative arts and therapeutic music programs and looks forward to teaching volunteers and helping patients.

"A lot of people forget patients still need human touch," Dailey said. "Caring for patients is critical but don't forget that they love Elvis."



# HEALING HEARTS AND COMMUNITIES

The experience of grief and the need to heal doesn't have borders. Millions of families and care-givers are grieving the death of family and friends while experiencing social isolation and in some places, the loss of their home or hometowns. This has been caused by the effects wrought by the COVID-19 pandemic and conflicts around the world.

It's not every day that we are asked to support a global mission that also impacts those in our communities – our family, friends, and neighbors. Hospice and palliative care make the difference for patients and their families when they are at their most vulnerable. Every person on the planet should have access to this important care.

We are honored to partner with Saks Fifth Avenue in Chevy Chase, Maryland, to host "Glow," on Saturday, Oct. 8, which is World Hospice and Palliative Care Day. This global fashion show brings together leaders from the communities of fashion, health care, business and philanthropy to raise needed funds for the compassionate care we provide in the

communities we serve. This highly curated evening will consist of a dinner and fashion show showcasing the latest in couture and ready-to-wear trends from international designers at Saks Chevy Chase.

This wonderful evening enables us to honor the start of the modern-day hospice movement, begun in 1967 by Dame Cicely Saunders in London, England. Today, more than 19 countries have active hospice and palliative care programs providing much-needed medical, psychosocial and spiritual support to patients and families facing life-limiting illnesses. Additionally, we look forward to highlighting the important work of our sister hospice in South Africa, Brits-Hartbeespoort.

*glow*

SATURDAY, OCTOBER 8, 2022

Join us in making a difference and touching hearts throughout the beltway and around the world. For more information about sponsorship opportunities, please email [events@hospicechesapeake.org](mailto:events@hospicechesapeake.org) or call 443-837-1531.

ABOVE: From left, Chief Advancement Officer Shauna Chabot and Jason Cherry, Hospice of the Chesapeake Foundation Board Vice Chair, chat with Glow committee members, Shelia J-McClaney and Jovita Gross-Rogers at the May committee kick-off event held at Saks Chevy Chase.

# UNEXPECTED JOURNEY:

Compassionate care inspires continued commitment to help others

As a longtime donor to Chesapeake Kids, Crownsville resident Sara Starry never imagined needing Hospice of the Chesapeake. But in late 2020, when her mother's health began deteriorating, Starry discovered another side of hospice care, separate from services focused on children and their families.

Sally Zoller, Starry's mother, was living alone in Edgewater and wanted to remain in her home. With multiple complicated illnesses, Zoller, 93, needed more medical and psychosocial support than her family could provide. "I didn't know where to go or who to ask for help," Starry said.

Enter Hospice of the Chesapeake. For six months, Starry, her siblings and their adult children and families were able to spend meaningful time with her mother. Hospice team members managed the evolving intricacies of a life-limiting illness while allowing her mother to remain in her home as she wished.

"We remain grateful to the entire team for giving us the gift of time and making sure my mother received the best care possible, even with COVID protocols," Starry said.

Her recent experience only affirmed her decision years earlier to make annual grant recommendations from her donor-advised fund. "You never know what the future holds," she said.

"Through my own experience, I learned how important compassionate hospice care is for adults and children," Starry said. "The level of care and commitment shown by the clinical team at Hospice of the Chesapeake continues to impress me."

As a technology entrepreneur, Starry is no stranger to finding solutions amid chaos. Founder and president of Annapolis-based Starry Associates, Inc., she leads a company that resolves IT infrastructure, financial and administrative systems, and management issues for federal and corporate clients across the country. Turning to Hospice of the Chesapeake was the right answer for Starry, her mother and her family at a difficult time.

"Hospice of the Chesapeake's team ensures people receive the care they need, wherever they live, in a respectful, compassionate manner," she said. "My mother had the care she needed. And I want everyone to know that resource exists for every patient and every family."



Sara Starry with her mother, Sally Zoller

## SPOTLIGHT

What Will Your Donor-Advised Fund Do?

Sara's personal experience with her mother inspires her giving from her donor-advised fund to benefit Hospice of the Chesapeake. Join Sara and other generous donors and help create meaningful memories when time matters most.

### Recommend a grant today

1. Request a grant distribution through your DAF sponsor.
2. Use Hospice of the Chesapeake's EIN #52-1457419.
3. Indicate whether your gift is unrestricted or designated to a specific program.

### Don't have a donor-advised fund yet?

A donor-advised fund (DAF) is becoming an increasingly popular way to make a charitable gift. DAFs provide you with immediate tax benefits while making your charitable giving easier. Learn about advantages a donor-advised fund offers.

Visit: [hospicechesapeake.org/giving/ways-to-give/planned-gifts/](https://hospicechesapeake.org/giving/ways-to-give/planned-gifts/) or call 443-837-1530.

## UPCOMING EVENTS

### Golf Tournament

Thursday, September 29, 2022  
Queenstown Harbor Golf

### Glow

A Celebration of Fashion Com-  
memorating World Hospice &  
Palliative Care Day  
Saturday, October 8, 2022  
Saks Fifth Avenue, Chevy Chase

*there*  
*when you need us*

PHOTO: Veteran William Sutton talks with We Honor Veterans Volunteer Jim Welday before his Honor Salute with his daughters and granddaughters in his Annapolis home.



You are part of the work that happens at Hospice of the Chesapeake.  
To learn more about the impact of your philanthropy, please visit [hospicechesapeake.org](https://hospicechesapeake.org)