



# The Beacon

A Publication of Calvert Hospice

Summer, 2008

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## PLAYING, COPING, & HEALING



*Evelyn, 7 year old camper poses with her eggs before throwing them into the woods.*

Twenty-five campers, ranging in age from 6 to 13 years, along with 35 adult volunteers, came to Camp Phoenix this July. Stacey Newman, bereavement coordinator and Camp director, was pleased with the large turn-out and success of the camp. "The kids were very open with each other and were able to gain from being around others who have faced similar losses," said Newman.

While campers enjoyed many traditional camp activities, they also shared in group discussions and creative activities aimed at teaching skills to help cope with grief. One of the Camp favorites is egg throwing. Each camper receives four eggs to throw at a tree or into the woods. Campers are encouraged to release their feelings of anger or hurt as they throw the egg. The egg throwing activity is one of several ways Campers learn to express and experience feelings rather than keep them inside or take them out on people.

In addition to coping skills, Camp supplies children and teens with sources of comfort. Each camper is matched with an adult buddy, who provides one-on-one attention throughout Camp. On the first day, each camper receives a blanket, provided by Southern Maryland's Project Linus, that offers warmth, comfort and a sense of security. On the last day of Camp, each buddy presents his or her camper with a teddy-bear, provided by the Share-A-Bear program, that has been specially decorated to appeal to their camper. In discussion groups, campers share ways to find comfort in objects like a teddy bear, activities they enjoy, and people they can trust.

New to Camp this year was The Waterbug Story. Campers gathered under the shade of a tree as Dixie Miller, a Camp buddy, told the tale of a waterbug who becomes a dragonfly. This story of transformation is meaningful to children and adults alike and can be found on page 5 of this issue of The Beacon. As the story was told, campers took notice of the dragonflies that seemed to suddenly appear around them. "This is a miracle that tends to happen when The Waterbug Story is told," said Miller. "You're likely to see a dragonfly or two."



Another session of Camp Phoenix will be held in August at St. Johns Youth Center in Lusby.

Making your donation to Calvert Hospice is just a few clicks away! Visit [calverthospice.org](http://calverthospice.org) and click the PayPal button to make a secure and easy donation online.



The **VIEW** from  
by Lynn Bonde **HERE**  
Executive Director

I've been thinking a long time about writing a column about hope. But when I read the poem the children at Camp Phoenix wrote by completing the statement "Hope is...." I realized that I couldn't do a better job than they had done.

Thanks to Bereavement Coordinator Stacey Newman for putting the kids' words together in this wonderful way.

### HOPE IS...

Hope is like a wish,  
It's fun or love,  
Hope is something you want or  
something you desire,  
It's wishing my brother didn't die,  
Hope is believing there is faith,  
believing there is light at the end  
of the tunnel, always believing in yourself,  
and believing in hope,  
Hope is that you really don't want  
anybody to get hurt,  
It is the sun coming up the next morning,  
Hope is a dream,  
a thought that you want to come true,  
Hope is something you believe in  
and never stop.  
It is what you believe in night and day,  
Hope is play,  
It's to wish for something,  
Hope is believing in someone or something.  
To have faith in someone or something  
what they do or say,  
It's hoping that someone will be okay,  
Hope is that we can play all day long.  
It is believing and wishing.  
Hope is after something bad happens  
something good happens,  
Hope is faithful,  
Hope is being able to swim,  
Hope is laughter,  
It is life,  
Hope is something you don't give up on,  
Hope is my family and Jesus,  
It is the thing that you do,  
Hope is never giving up on the monkey bars.

CAMP PHOENIX CAMPERS 2008

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## COMMUNITY GIFTS



Robert Mattia, assistant store manager; Lynn Bonde, Calvert Hospice director; and John Bahr, community involvement coordinator pose in front of the Dunkirk Wal-Mart, which awarded Calvert Hospice a community grant to support bereavement programs.



Chris Bowen organized the 3rd Annual Hospice Bike Ride/ Poker Run, which raised over \$3,100 for Hospice House in June.



Mazzy Dick, Madison Mulligan, and Lauren Cutlip of Girl Scout Troop 5672, which donated bears to the Share-A-Bear program.

Calvert Hospice is going

# GREEN

Receive Hospice information via email!  
Simply email [jmuir@calverthospice.org](mailto:jmuir@calverthospice.org) and include your name, mailing address and email address. We appreciate your support as we work to save our resources.

Help Cut Waste Not Trees!



Saturday, August 23, 2008

7:00 p.m. - 10:00 p.m.

Southern MD Sailing Association  
Solomons, MD

\$40 fee includes Buffet, Live Music,  
Casino Games, and Cash Bar.

Win Prizes!

Tickets available at Calvert Hospice,  
Hospice of St. Mary's and  
Educate & Celebrate

Casino Games  
Sponsored by: 

Visit [calverthospice.org](http://calverthospice.org) for more info



Claude and Kathy Dickinson (right) of Dickinson Jewelers raised \$1,500 for Hospice House with a raffle of Dickinson treasures and Friday's Creek wines. Raffle winners, Gloria and Ernest Lee (left) also donated funds to Hospice House.

## FALL PROGRAMS FOR THE COMMUNITY

### **New Time to Heal Group: Death of a Young Spouse**

August 26 through October 14  
4:00 p.m. to 5:15 p.m.

Calvert Hospice Office in Prince Frederick

*Death of a Young Spouse* is a support group for adults up to age 50 and/or those facing the realities of single parenting while grieving the death of their partner.

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### **Time to Heal: Death of a Parent**

August 26 through October 14  
6:00 p.m. to 7:30 p.m.

Calvert Hospice Office in Prince Frederick

This group brings adult children together to learn strategies to address the unique challenge of losing one, or both parents.

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### **Healing for Survivors of Suicide**

August 28 through November 13  
Tuesdays 5:30 p.m. to 7:00 p.m.

St. Paul's Episcopal Church, Prince Frederick

Suicide survivors are those who have lost a loved one by suicide. This 12-week holistic approach to healing addresses the cognitive, emotional, physical, and spiritual aspects of grieving using expressive activities and coping strategies.

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### **We Need You Become a Hospice Volunteer**

Begins Saturday, September 20  
9:00 a.m. to 3:00 p.m.

Continues September 25 through November 20  
Thursdays 6:00 p.m. to 9:00 p.m.

Calvert Hospice Office in Prince Frederick

Volunteers are the heart of Hospice in Calvert County. They help care for patients, support families, comfort the bereaved, staff the office and assist with special Hospice events.

### **Bridges for Children & Teens**

October 2 through November 20  
Thursdays 7:00 p.m. to 8:30 p.m.  
Trinity UMC, Prince Frederick

*Bridges* offers grief support for children and teens (3-18), and adult members of their families. While the youth meet in age-appropriate groups, the adults meet to learn how grief affects children, how they may support their children, and to gain support for themselves.

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### **Healing Aspects of Grief & Loss**

October 3, 8:00 a.m. to 4:30 p.m.  
St. John Vianney, Prince Frederick

The day-long workshop will cover the depth and dynamics of adult grief, children and adolescent grief, complicated grief and communicating effectively with the bereaved.

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### **Time to Heal: Death of a Spouse**

October 21 through December 9  
Tuesdays 6:00 p.m. to 7:30 p.m.

St. Paul's Episcopal Church, Prince Frederick

This group brings together adults who have lost their partners due to sudden death or long term illness.

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### **Holiday Blues: Coping with Grief through the Holidays**

November 19, 5:30 p.m. to 7:00 p.m.  
St. Paul's Episcopal Church, Prince Frederick

This program is designed to help those grieving a loss deal with their feelings during the holiday season. Attendees will have the opportunity to share feelings, ask questions and gain coping skills.

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**All programs require registration.  
Please call the Hospice Office  
410-535-0893 / 301-855-1226  
for more information.**

## THE WATER BUG STORY ~ Author Unknown

Down below the surface of a quiet pond lived a little colony of water bugs. They were a happy colony, living far away from the sun. For many months they were very busy, scurrying over the soft mud on the bottom of the pond. They did notice that every once in a while one of their colony seemed to lose interest in going about with its friends. Clinging to the stem of a pond lily, it gradually moved out of sight and was seen no more.

"Look!" said one of the water bugs to another, "one of our colony is climbing up the lily stalk. Where do you think she's going?" Up, up, up it slowly went. Even as they watched, the water bug disappeared from sight. Its friends waited and waited but it didn't return.

"That's funny!" said one water bug to another.

"Wasn't she happy here?" asked a second.

"Where do you suppose she went?" wondered a third. No one had an answer. They were greatly puzzled.

Finally one of the water bugs gathered its friends together. "I have an idea. The next one of us who climbs up the lily stalk must

promise to come back and tell us where he or she went and why." "We promise," they said solemnly.

One spring day the very water bug who had suggested the plan found himself climbing up the lily stalk. Up, up, up he went. Before he knew what was happening, he had broken through the surface of the water and fallen onto the broad and free lily pad above.

When he awoke, he looked about with surprise. He couldn't believe what he saw. A startling change had come over his old body. His movement revealed four silver wings and a long tail. Even as he struggled, he felt an impulse to move his wings. The warmth of the sun soon dried the moisture from his new body. He moved his wings again and suddenly found himself above the water.

He had become a dragonfly! Swooping and dipping in great curves, he flew through the air. He felt exhilarated in the new atmosphere.

By and by the new dragonfly landed happily on a lily pad to rest. Then it was that he chanced to look below to the bottom of the pond. Why, he was right above his old friends, the water bugs!

There they were scurrying around, just as he had been doing some time before.

Then the dragonfly remembered the promise.

Without thinking, the dragonfly darted down. Suddenly he hit the surface of the water and bounced away. Now that he was a dragonfly, he could no longer go into the water.

"I can't return!" he said in dismay. "At least I tried. But I can't keep my promise.

Even if I could go back, not one of the water bugs would know me in my new body.

I guess I'll just have to wait until they become dragonflies too. Then they'll understand what has happened to me, and where I went."

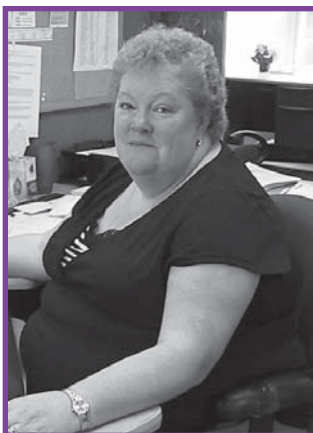
And the dragonfly winged off happily into its wonderful new world of sun and air...

**Congratulations to Hospice Nurse, Dave Stone, proud father of Jr. Miss Maryland, Hannah Stone.**

## WELCOME TO OUR NEW STAFF MEMBER

**Susan Lloyd**  
Administrative Assistant

Susan joins us from the Arc of Southern Maryland. She has been living in Calvert County for 14 years.



## "CELEBRATING 20 YEARS & GROWING"

The Friends of Calvert Hospice is working hard to prepare for the 20th Annual Festival of Trees, to be held November 28, 29 and 30 at Huntingtown High School on Route 4 in Huntingtown.

The Festival Committee encourages families to decorate a tree in memory of their loved one. If you are interested in decorating a tree, attending the special events, becoming a Festival vendor, or finding out how you can help, call the Hospice Office. Visit [www.calverthospice.org](http://www.calverthospice.org) for event details.

## *Gifts*

*April, May, June 2008*

### *The following have made donations in memory of loved ones and friends*

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 Ed Contracting, Inc.  
 Ms. Angelina Edwards  
 Evergreen Acres  
 Exterior Image and  
 Woodscapes, Inc.  
 Mr. and Mrs. Edward Fraczkowski  
 Franklin's Lawn and Garden  
 Friends of Calvert Hospice  
 Gessner Logging  
 Gibson's Shell

Goad Lumber Company  
 Gradient Construction, LLC  
 Mr. Larry Guinn  
 Hatcher Supply, Inc.  
 Mr. and Mrs. Dean Holland  
 Homestead Gardens  
 Hopkins & Wayson, Inc.  
 J. Calvin Wood Jr., Inc.  
 J.R.'S Fire Protection, Inc.  
 Ms. Linda Jenkins  
 Ms. Nadine Klein  
 L & L Enterprises, Inc.  
 F.E. Lindsay  
 M & S Mechanical, Inc.  
 Maryland National Capital  
 Park and Planning  
 Mr. and Mrs. Ronald Mattera  
 Matthew Weller Farm Outlet  
 Ms. Sheryl Lee McAllister  
 Meadow View Farm  
 Ms. Katina Moore  
 Neu-Valley Nurseries, Inc.  
 Oasis Landscaping  
 Pat's Paving & Trucking  
 Patuxent Materials, Inc.  
 Peninsula Farms  
 Ms. June Peterson  
 Potter Plumbing & Mechanical  
 Contractors, Inc.  
 R. L. Beckley Sawmill, Inc.  
 Reids School Bus Service  
 Richardson Nursery and  
 Garden Center  
 Rockwell Lumber Company  
 Smurfit Stone Corporation  
 Spigelmyer Lumber Company  
 T. E.. Wood Farms  
 The Great Outdoors  
 Thomas L. Hance, Inc.  
 Tilden Lawn Nursery, Inc.  
 Wayson Land Holdings, L.P.  
 Whiteleather Farm  
 WLHSPE, LLC  
 Mr. and Mrs. Elmer Robinson  
 Mr. and Mrs. Bill Rummel  
 Mr. Ralph Sanford  
 Mr. and Mrs. Michael Shea  
 Mr. and Mrs. James Shearer  
 Ms. Faye Shields  
 Ms. Laura Sisk  
 Ms. Evelyn Turner  
 Mr. and Mrs. Donato Williams

**Drop In Support Group for Adults**

Every Tuesday, 5:30p.m.-7:00p.m., Hospice Office

Aug. 23 & 24

**Hospice Challenge**

Dinghy Race, Solomons Island Boardwalk  
Saturday evening Casino Night

Aug. 26 thru Oct. 14, Tuesdays

**Time to Heal: Death of a Young Spouse**

4:00p.m.-5:15p.m., Hospice Office

Aug. 26 thru Oct. 14, Tuesdays

**Time to Heal: Death of a Parent**

6:00p.m.-7:30p.m., Hospice Office

Aug. 28 thru Nov. 13, Thursdays

**Healing for Survivors of Suicide**

5:30p.m.-8:00p.m., St. Paul's Episcopal Church

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Sept. 1, Labor Day, The office will be closed.

Sept. 20 thru Nov. 20, Thursdays

**Volunteer Training**

Sat. Sept. 20, 9:00a.m.-3:00p.m., Hospice Office  
Thursdays, 6:00p.m.-9:00p.m., Hospice Office

Oct. 2 thru Nov. 20, Thursdays

**Bridges**

7:00p.m.-8:30p.m, Trinity UMC, Prince Frederick

Oct. 3

**Grief & Loss Workshop**

8:00a.m.-4:30p.m., St. John Vianney

Oct. 21 thru Dec. 9, Tuesdays

**Time to Heal: Death of a Spouse**

6:00p.m.-8:30p.m., Hospice Office

Volunteering

Hospice House

NEED A SPEAKER?

Hospice Care

We have a multitude of program ideas and wonderful speakers to educate and enliven your group's meeting. Contact Janel Muir by emailing [jmuir@calverthospice.org](mailto:jmuir@calverthospice.org) or calling 410-535-0892 or 310-855-1226 to schedule a presentation.

Grief

Bereavement Support

Working for Hospice

Medicare Benefit



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