

The Beacon

A Publication of Calvert Hospice

Winter, 2010

IN THIS ISSUE

- Lynn's Farewell Column. . . 2
- Community Gifts 3
- Winter Programs. 4
- New Shoppe Program . . . 5

DEPARTMENTS

- The View From Here. . . . 2
- Gifts 6-7
- Hospice Calendar 8

DONATE

We gratefully accept donations. Your gift helps us care for anyone in need regardless of their insurance or ability to pay and provides much needed funds to support the operation of the Burnett-Calvert Hospice House.

Donate online at:
www.calverthospice.org
or by mail to:
P.O. Box 838
Prince Frederick, MD 20678



Care, Comfort, Compassion

Hospice House Welcoming Patients



The House has six comfortable patient rooms with family seating, large TV's and a serene view.



Home-cooked meals are provided. Above, Charlene Scali, Hospice Aide checks on a roasting chicken



The Burnett-Calvert Hospice House is open and in full operation. Its first patient was accepted in January. The House is for those living their final days with a terminal illness for whom care at home is not an option. Patients at the House receive the same care and services we've been offering to those in their own homes for over 20 years.

If you have a loved one who could benefit from Hospice House, call us at 410-535-0892. We would be happy to provide you with the information needed to make important decisions regarding Hospice care and Hospice House.

We're Registered at Walmart

You can contribute to Hospice House through our registry at Walmart. Link to the registry from our website or visit Walmart.com and go to the Wish List section under Gift Cards and Registry. Search for us by entering "Hospice" for the first name and "House" for the last name. Be sure to choose Maryland for the state. Items can also be purchased in-store at Walmart.

The Burnett-Calvert Hospice House was built by the generous members of the community. We sincerely appreciate your continued support.



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

After 12 years, this is my last column for The Beacon. As many of you know, I will be retiring from Calvert Hospice as of March 5, 2010. Leading the Calvert Hospice team for the past 12 years has been the greatest job I've ever had. I'm grateful to the Board, staff, and volunteers for their hard work and commitment to the organization.

I wanted to leave you with some thoughts about the future. Recently I read two brief articles that, together, describe the challenges facing not only Calvert Hospice, but the hospice movement today. The first by a Senior Researcher at the Urban Institute was published online last week in the Kaiser Health News. It is entitled "Why Are Fewer Patients Enrolling in Hospice?" The first line in the article – "Suddenly, many hospices are admitting fewer patients." – really jumped out at me. The author outlines the disincentives to hospice referral that are built into the Medicare system, which, conversely is the largest payor of hospice benefits. Then the author observes that these disincentives have been amplified by the current recession. Patients who have lost jobs and, consequently, health insurance, wait longer to see the doctor and are sicker when they do. Doctors who are not seeing these patients for routine care over a longer period face an economic disadvantage if they refer the patient to hospice too soon or at all. The result is fewer referrals, more short stay patients, and higher health care costs.

Our own 2009 data track these observations. Overall, our referrals were down 22%. We admitted 15% fewer patients in the second half of the year than in the first. The average length of stay for patients admitted in the second half of the year was 32% shorter than the average length of stay of patients admitted in the first half of the year. We are seeing the effects of this financial squeeze here at Hospice every day.

The second article appeared in a recent New York Times. Entitled "Murky Path in Deciding on Care at the End," the article discusses the emotional influences on physicians' and families'

...continued on page 5

How to Reach Us

The Calvert Hospice office is located at 238 Merrimac Court and is open from 9:00 a.m. to 5:00 p.m. Monday through Friday.

We can be reached by calling 410-535-0892. For emergencies, someone is on call 24 hours a day, seven days a week and can be reached at the same number.

Our mailing address is PO Box 838, Prince Frederick, MD 20678.

We like to hear from you.

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United Way
of Calvert County



"The Bridge to Peace of Mind"
Hospice & Palliative Care
NETWORK OF MARYLAND

Community Gifts



Winnie Niemi, leader of Girl Scout Cadet Troop 5519 presented Lynn Bonde with several presents wrapped by cadets Alyssa Niemi and Paige Hoffman to be used for "The Perfect Gift" program.



Barb Aunchman, Estelle Arscott, and Gabrielle Vereecke presented Ann Lavezzo, Director of Volunteers with books and blankets collected for the Hospice House as a part of the Ferry Landing Woods Gardening Club's Christmas project.



Jeremy, Jason, David and Jon of the Father and Sons Quartet traveled throughout Calvert County performing singing Valentines and raising money for Calvert Hospice this past February. The quartet is pictured above with Doris Tettimer at the Calvert County Nursing Center. Over \$1,200 was raised.



Ralph Barrett and Dorothy Szymanski were this year's King and Queen at the 7th Annual Asbury~Solomons Island Mardi Gras Celebration held in February. The event raised \$2,800 for Calvert Hospice.

Spring Programs

Time to Heal

The Time to Heal groups have been established to help those with specific losses address the unique challenges faced by that loss.

Death of a Parent: March 9 – April 27

Tuesdays, 6:00pm to 7:30pm, Calvert Hospice office

Death of a Spouse: March 16 – May 4

Tuesdays, 1:00pm to 2:30pm, Trinity UMC

Death of a Young Spouse: May 11 – June 29

Tuesdays, 6:00pm to 7:30pm, Trinity UMC

Pet Loss

For those suffering from the grief of losing a pet.

Saturdays, 3:00pm to 4:30pm

489 Main St. Suite 203, Prince Frederick

April 3 – April 24

June 5 – June 26

Healing After a Loved One's Suicide

Providing group support for those who have lost someone to suicide.

Thursdays, 6:00pm to 7:30pm, Calvert Hospice Office

April 15 – June 3

Drop-In Grief Support Group

For those who want the opportunity to share feelings and obtain support from others who are experiencing a loss in a flexible group format. No Registration required.

Every 3rd Tuesday each month

1:30pm to 2:30pm

Asbury-Solomons

Retirement Community

Every Tuesday

5:30pm to 7:00pm

Calvert Hospice Office

Prince Frederick

Bridges for Children & Teens

Bridges offers grief support for children and teens (3-18), and adult members of their families.

Thursdays, 7:00pm to 8:30pm, Trinity UMC

March 18 – May 6

With the exception of Drop-In, registration is required for the above programs.

Call the Hospice office to register.

Welcome New Staff Members

Social Worker:

Amy Szatanek, LCSW

Hospice Aide:

Michelle Beale, CNA

Hospice House Aides:

Brooke Clow, CNA, MT

Chantell Mackall, CNA, MT

Tammy Anderson, CNA

Caren Norvell, CNA, MT

Wanda Carroll, CNA, MT

Charlene Scali, CNA, MT

Holly Hancock, CNA, MT

Jamie Swift, CNA, MT

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Our thanks to

Harriet Chichester

&

Shirley Elliott

who purchased poinsettias in memory of

William S. Chichester, Jr.

&

Willard Elliott

at the Festival of Trees in November 2009.

The View from Here continued...

choice to use CPR on terminal patients. Very often alleviating the pain of the family's finally "letting go" becomes more compelling a treatment criterion in these cases than the pure medical efficacy of the procedure.

One case involved a grandmother, diagnosed with dementia and "failure to thrive" – essentially the body shutting down at the end of life – who was brought to the hospital. Her husband, a physician, "wanted nothing short of heroics" to save his wife's life. The patient was treated as aggressively as possible. She lives now with dementia and round the clock staff. The woman's granddaughter, also a physician, comments at the end of the article, that intellectually she understands how this kind of costly, aggressive care at the end of life will bankrupt the health care system. But, she says, "If we don't think about the emotional nature of our decision-making, . . . then no amount of data will change things."

The challenge that remains for those of us who are dedicated to hospice is to advocate and educate. If we are lucky, we will have choices about how our lives will be lived at the end. What do we want at the end of life? How do we support our families in making the difficult decisions that will allow us to have the quality of life we want at the end? These issues start with each of us individually -- our own living wills, discussions with family members, modeling behaviors that embody these principles. Then, as supporters of the hospice mission, we have the responsibility to reach out to extended family, friends, neighbors, and community to help them begin to grapple with these most difficult and profound questions.

I leave Calvert Hospice secure in the belief that the people committed to this organization will take up this challenge and meet it with grace and courage.

It has been my privilege to serve.




The Shoppe for Hospice and End Hunger in Calvert County have partnered to provide Personal Shopping Days to support women in need in Calvert County. Alisa Lambert and Wendy Lamonde are posing above in outfits they received from the Shoppe during their Personal Shopping Day on March 1. Both walked away with new outfits and a new energy for life. Special thanks to Mary Laberie, Case Manager with End Hunger and Ann Kaine and her crew of volunteers at the Shoppe for making this program possible.

Shoppe for Hospice In Need of Volunteers

Volunteers are needed to accept donations, sort clothing, stock racks and sell items. This is a great way to help Hospice. Call Ann Lavezzo at 410-535-0892 for more information.

Donation Hours
Monday
Tuesday & Wednesday
10 AM - 4 PM

Shoppe Hours
Thursday
Friday & Saturday
10 AM - 5 PM

Gifts

October, November, December 2010

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

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October, November, December 2010

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March 21
**Chesapeake Community
Chorus Concert**
5:00pm, Olivet UMC, Lusby
Proceeds Benefit Hospice House

April 17
7th Annual Scrapbook Crop
10:00am - 10:00pm
Emmanuel UMC, Huntingtown
Call 410-474-2053 for info
Proceeds benefit Volunteer Program

April 18
**Chesapeake Community
Chorus Concert**
5:00pm, Waters Memorial UMC, St. Leonard
Proceeds Benefit Hospice House

April 24
Volunteer Luncheon
11:30am, Calvert Pines, Prince Frederick

May 1
Robbie Miles 5K Run/Walk
Check-in 7:30am, Hospice Office

May 2
**Chesapeake Community
Chorus Concert**
5:00pm, North Beach Union Church
Proceeds Benefit Hospice House

May 16
**Chesapeake Community
Chorus Concert**
5:00pm, Mt. Harmony UMC, Owings
Proceeds Benefit Hospice House

May 31 - Memorial Day
Office Closed

June 5
Volunteer Training
9:00am - 3:00pm, Hospice Office
Call 410-535-0892 to register

June 12
Poker Run
10:00am, CJ's Backroom Saloon
Call 443-532-8384 for info
Proceeds benefit Hospice

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

--Henri Nouwen

**Volunteer
for Hospice
Training Starts in June**



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