

Caring for Individuals with Memory Disorders: State of the Art 2017



featuring Constantine Lyketsos, MD, MHS
World Expert in Alzheimer's and Dementia

Wednesday, March 8, 2017
6 p.m.

Easton High School Auditorium

If you are caring for someone with a memory disorder, you won't want to miss this informative talk.

Dr. Lyketsos is the founder of the Johns Hopkins Memory and Alzheimer's Center and is Interim Director of the Department of Psychiatry and Behavioral Sciences. He has carried out pioneering work in the treatment of Alzheimer's and related dementias, authored five books and numerous articles and leads efforts to ensure state-of-the-art dementia care.

6–6:30 p.m. PROVIDER INFORMATION

The following providers will be available in the lobby before and after the presentation to distribute materials and respond to inquiries regarding local resources and care:

*Alzheimer's Association of Greater Maryland
Integrace Bayleigh Chase and the Integrace Institute
Candle Light Cove
Genesis—The Pines
Heartfields*

6:30–7:15 p.m. CONSTANTINE LYKETSOS

7:15–8 p.m. PANEL Q&A

The following panelists will be available to field questions from the audience:

*Dr. Allan Anderson, Medical Director,
Samuel and Alexia Bratton Memory Clinic
Yolanda Wright, Alzheimer's Association of
Greater Maryland
Krista Adams, Integrace Executive Chef
Mrs. Patricia Lewers*

Free of charge and open to the public. For both caregivers and providers.
Register at TalbotHospice.org/events or call 410-822-6681.

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NONDISCRIMINATION POLICY

Talbot Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

MISSION

Talbot Hospice offers hope, compassionate support and services to all members of our community facing end-of-life issues. We provide patient and family care, community education and advocacy while respecting both curative and palliative treatment choices.

From the Executive Director



Dear Friends,

The past 12 months have delivered great successes and support for Talbot Hospice's mission to provide benevolent, comprehensive care and services. I must start by saying that none of this would be possible without our talented team of clinical staff, physicians, leadership staff and volunteers, who defy the status quo on a daily basis. They embrace our culture, which challenges each to maintain premier quality and safety standards, and most importantly to deliver hospice care in a truly authentic, compassionate and thoughtful way. We are fortunate to be supported by our

generous donors and board, whose investments in Talbot Hospice make an incalculable impact on our organization and the community at large.

I am looking forward to 2017. Collaboration with other leading health care providers is central to expanding the breadth and depth of services we are able to offer to the community. We have deepened our affiliation with Johns Hopkins Medical Center, thus allowing patients to return to Talbot County to receive hospice care. We are strengthening our ties with our local physician practices and nursing facilities. Our Bereavement Program is well received and well supported. Our care and advanced treatment strategies ensure we meet and exceed the needs of our patients and families. Talbot Hospice is helping the community to understand hospice care is incredibly more beneficial to both the patient and the family when they can take full advantage of the range of hospice services sooner. We care for patients with many conditions and diagnoses, wherever they reside. We care for families as it is their journey, too. Are you aware Talbot Hospice can care for children as well?

One of the tenets of our mission is community outreach. Talbot Hospice will again sponsor a special community lecture by guest speaker, Dr. Constantine Lyketsos, renowned authority on memory disorders, in March 2017. Many of us are touched by the impact of 'aging transitions' whether it be due to dementia, Alzheimer's, aging parents. I cordially invite you to attend this thought provoking and timely lecture.

Hospice care is an approach to the quality of life. It is a human centered model of care which meets patients, families and friends where they are for physical, emotional, spiritual components, especially here at Talbot Hospice. Your lives matter. During difficult times, Talbot Hospice brings comfort and compassion and provides care that honors dignity and humanity.

As I have stated, providing world-class hospice care is a team effort and this is evidenced by our excellent clinical outcomes and the numerous letters of gratitude we receive from families. Our most recent Family Satisfaction Surveys indicate our families rated our services for 'Providing Patient Care' and 'Recommending Talbot Hospice' higher than both the national and state averages.

Thank you for supporting Talbot Hospice, *your community hospice*, and being part of our hospice team. It will be a year of greater positive movement forward and new initiatives.

Vivian Dodge, MBA, BSN, RN
Executive Director

A Memoir Workshop: Looking Back With Gentle Eyes



Looking Back With Gentle Eyes is a new eight-week memoir workshop facilitated by ANNE MCCORMICK, M.ED. at Talbot Hospice, Tuesday mornings 10:30 a.m.–12 p.m., March 7–April 25.

Anne McCormick is the retired Associate Director of the Learning

and Counseling Center and adjunct professor of English at American University, Washington, D.C. She is the co-author of two books and numerous journal articles about accommodating college students with disabilities. Since retiring to the Eastern Shore, McCormick has co-offered many workshops in memoir writing and served on several advocacy boards for individuals with disabilities.

The workshop is free of charge and open to the public. Class size is limited to ten participants. Advance registration is required and can be made by calling 410-822-6681.

Michele Williams Attends White House Health Care Summit

Talbot Hospice Associate Medical Director Michele Williams, DNP, visited the White House on January 11th on behalf of the National Institutes of Health Cancer Moonshot Initiative to collaborate with the President's Health Policy Team. This community oncology event was part of the "Making Health Care Better Series," which highlighted the progress made in improving the health system over the past eight years.

"I was proud and honored to have been invited to the White House to collaborate with the President's Health Policy Team and to advocate for the needs of oncology patients from the Eastern Shore of Maryland," said Williams.

Michele Williams (below, far right)



What Hospice provides:

- Expert care by a dedicated clinical team
- 24/7 access to care
- Expert pain and symptom management
- Emotional and spiritual support
- Regular visits in the patient's home or wherever they may call home
- Companionship and assistance from trained volunteers
- Therapies: speech, physical, occupational, and dietary counseling for palliative assistance
- Medications related to the hospice diagnosis
- Medical equipment and supplies
- Trained volunteers and end-of-life Doulas
- Bereavement support
- Respite care for the family

**cel·ē·brāte—to rejoice,
commemorate, observe,
honor and remember**

The many meanings of the word "celebrate" are practiced every day at Talbot Hospice. As our patients and families learn, we endeavor to "Celebrate Life Every Day." We **REJOICE** in our volunteers who, with their never-ending talents, are able to offer support in many different ways. Your gift to Talbot Hospice can help us train our volunteers and staff, as well as provide a warm and homelike atmosphere at Hospice House, offer bereavement support to anyone in the community who needs it and so much more. Visit talbothospice.org/donate to make a celebratory gift now, or use the remittance envelope in the centerfold of this newsletter.

Thanks so much for your support, and we
hope you, too, will

CELEBRATE LIFE EVERY DAY!

Former volunteers Pat and Grif Bates with Lori Miller, Director of Volunteer Services





Tony Principi & Brenda Stone

Making a difference in the lives of Veterans

In recognition of Veterans Day, Dave Wheelen of the Talbot Spy interviewed Talbot Hospice board member Anthony Principi, former Secretary of Veterans Affairs, 2001–2005, and volunteer and Veteran Brenda Stone about their experiences as Veterans and their relationship with and service to hospice. The following summarizes the conversation. To view the video interview Veterans Helping Veterans at Talbot Hospice, visit talbotspy.org.

According to Principi, his connection with hospice began when his father, a WWII veteran, was dying. His eldest sister was a nurse and suggested they have hospice come help the family and help his father. "It was a blessing," said Principi. "It was the first time I believed in angels on earth. They helped us through a very difficult time."

It was during that time that Principi served as deputy secretary of the Department of Veterans Affairs where the focus was more on acute and long-term care rather than end of life. "The VA is the largest health care system, and there wasn't much in the way of hospice," said Principi. "I thought to myself 'how could that be?' I felt it needed to be corrected," said Principi. "I saw how helpful it could be for my personal family, and I felt Veterans who are dying deserve the same kind of compassion."

According to Principi, leadership of the V.A. came to understand the importance of hospice care. The nurses and social workers embraced it and there began to be a change in the culture. "I am grateful for the dedicated staff at the Veterans Administration and here in Talbot County, right here at Hospice House," said Principi.

Brenda Stone was a nurse in the Navy during the Vietnam War. She was stationed at the Philadelphia Naval Hospital which served as the east coast center for amputees. She, too, became aware of hospice when her father was dying of cancer. "I was trying to be a daughter and the nurse and the

go-between with the doctor," said Stone. "Then I learned about hospice, and it lifted the weight of the world off me. I could be the daughter again."

Stone has served as a patient care volunteer for Talbot Hospice for the past 20 years. She is an end-of-life Doula and plays an integral role in the We Honor Veterans program. Each Veteran served by Talbot Hospice is recognized and honored with a special ceremony performed by Veteran volunteers. They are given a special pin and a hand-made patriotic quilt and pillow from the Bayside Quilters. A banner for the branch of service they served in is hung on their door, and a special poem is read to them.

According to Stone, Veterans have particularly unique needs. "They box up memories and put them on a shelf," she says. "We have to be careful about whether they want to talk, especially about Vietnam. Veterans have come close to death before, we've seen death. That gives us a different perspective."

Principi ends with this thought... "We have to be mindful of those who served. I hope our community understands and appreciates what our staff and volunteers do. It's extraordinary, really."

DEAR VETERANS:

Those of us who have not served will never fully understand the sacrifices you have made both in times of peace and of war.

We will never fully understand what you were required to do or how you were able to do it.

We will never fully understand the depths of your scars.

But what we can offer you is this:

We see you.

We recognize your humanity.

And we send you love that is gentle, patient and healing.

With blessings and gratitude, we ask that you remember you are loved.

Thank you.



American Legion Blake-Blackston Post 77

Longtime Partner

For more than 23 years, Blake-Blackston Post 77 of the American Legion has been a major supporter of Talbot Hospice. Along with the Friends of Hospice, they hold the distinction of being one of our longest consecutive donors.

Over the course of the past two decades Blake-Blackston has contributed more than \$33,000 to support Talbot Hospice services and programs. As required by the state of Maryland, each year they distribute 50 percent of the proceeds from their slot machines through individual scholarships and grants to a number of worthy community organizations.

As important as the financial support is, the relationship doesn't stop there. Members of Post 77 recently participated in a flag raising ceremony when Talbot Hospice retired two weathered flags and raised new ones. Those who assisted were First Vice Commander Royce Sampson, Adjutant James Camper, Service Officer Michael Waller and past Sergeant-at-Arms Francis Allen.



"It was an honor to have Post 77 here to lead the flag ceremony and help us celebrate the meaning of the flag and the Veterans who joined us that day," said executive director Vivian Dodge. "We value the partnership we have with the members of Blake-Blackston and appreciate the fact that they are willing to actively participate in such important and memorable occasions."



Talbot Hospice Welcome Spring Bouquet 2017

**PICK-UP
March 23**

Order by
March 21

Order a gorgeous fresh floral bouquet for yourself and a friend, co-worker, neighbor or teacher! This colorful fundraiser—now in its fourth year—helps Talbot Hospice offer hope, compassionate support and services to all members of our community facing end-of-life issues.
Order yours today!

number of bouquets _____ x \$20 = _____

name _____

address _____

email daytime _____

phone _____

Make your check payable to Talbot Hospice.
For credit card, use form below. You may also purchase via phone 410-822-6681 or online at talbothospice.org/events.

credit card: ☐ Visa ☐ MasterCard

exp date _____ CVC _____

signature _____



31 Tote Bag RAFFLE

Weekender bag and Picnic bag to be raffled, each valued at \$60

Tickets \$1 each or \$5 for a book of 6. Tickets can be purchased at Talbot Hospice reception desk. Drawing on February 28 (need not be present to win)

Volunteer Training

The spring session of volunteer training will take place March 20 and 22 from 8 a.m.–5 p.m. in the Clark Guthrie Center at Talbot Hospice.

Topics covered include:

- Hospice purpose & philosophy
- Admission criteria
- Volunteer roles
- HIPAA & confidentiality
- Attitudes and fears
- Death & dying
- Spirituality
- Listening skills and boundaries
- Family dynamics
- Cultural diversity
- Grief
- Hands on training, standard precautions



Volunteer training is offered two times per year, once in the spring and again in the fall. We currently have a specific need for cooks, musicians, receptionists, and greeters. For more information, please visit our website at talbothospice.org or contact Lori Miller, Director of Volunteer Services at 410-822-6681 or lmiller@talbothospice.org.

Meintzer Obtains Hospice and Palliative Nurse Certification



Mary Jane Meintzer, RN, CHPN, receives a certificate of achievement from Talbot Hospice executive director Vivian Dodge for obtaining certification as a hospice and palliative care nurse.

MARY JANE MEINTZER, Registered Nurse for Talbot Hospice, recently obtained her certification as a Hospice & Palliative Care Nurse (CHPN). The certification program is administered by the Hospice & Palliative Nurses Association, and applicants must have 500 hours of hospice and palliative nursing practice in the most recent 12 months or 1,000 hours in the most recent 24 months in order to sit for the exam.

According to executive director Vivian Dodge, "Achieving this certification is a hallmark of excellence and demonstrates achievement of advanced clinical knowledge and makes a strong statement to the community about our efforts to provide the highest quality services. We are very proud of Mary Jane."

Meintzer has been an RN for more than 34 years and is a graduate of Macqueen Gibbs Willis School of Nursing. "My first experience with hospice was as a volunteer caregiver in Hospice House," said Meintzer. "It was a wonderfully rewarding experience and ultimately led to my decision to choose a career in hospice nursing. I have been working toward this goal for two years and am happy to have finally obtained my certification."

WISH LIST:

- iPad, tablet or small laptop for Hospice House greeters
- Set of chef's knives in stand for Hospice House kitchen
- 4 baby wipe warmers
- Funds to purchase bed linens and bath towels

cel'ē•brāte — to rejoice, commemorate, observe, honor and remember

The many meanings of the word "celebrate" are practiced every day at Talbot Hospice. As our patients and families learn, we endeavor to "Celebrate Life Every Day." Veterans in our care are held in high regard whether at home or in Hospice House, and we **HONOR** each one with a special recognition and pinning ceremony. Your gift to Talbot Hospice can help us continue the tradition of honoring our veterans. Your support also helps us train our volunteers and staff, provide a warm and homelike atmosphere at Hospice House, offer bereavement support to anyone in the community who needs it and so much more. Visit talbothospice.org/donate to make a celebratory gift now, or use the remittance envelope in the centerfold of this newsletter.

Thanks so much for your support, and we hope you, too, will

CELEBRATE LIFE EVERY DAY!



Veteran Lynn Morris with Volunteers and Veterans Alex Collins and Brenda Stone.





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TALBOT HOSPICE MEMORIAL

Walk

on Oxford Day
Saturday, April 22, 2017, 8 a.m.

Walk in memory or in honor of a loved one from Oxford Community Center to the Strand.
Proceeds benefit Talbot Hospice patients and their families.

Adults \$25 | Students \$10 | Children 12 & under free. Fee includes adult t-shirt and light breakfast. Register at TalbotHospice.org/events/memorial-walk

Questions? Contact Katie Schroeder 410-822-6681, kschroeder@talbothospice.org