

Compassionate Connections

through Talbot Hospice

March 2019



Talbot Palliative Care LAUNCHED!

Talbot Hospice is now offering our newest program, **Talbot Palliative Care**, a community home-based palliative care program. Palliative care is specialized medical care for individuals with serious illnesses and those who care for them. This active, holistic care focuses on providing patients with relief from the symptoms, pain, and stress associated with a serious illness. Palliative Care is dedicated to improving the quality of life for both the patient and the family, whether the disease is curable, chronic, or life limiting. Talbot Palliative Care provides consultative services and clinical oversight of an individual's care and works with community physicians to manage symptoms.

One of the important objectives of palliative care is to lessen repeat hospital visits by improving symptom management.

Palliative Care's patient-family centered care optimizes quality of life by anticipating, preventing, and treating symptoms. Palliative care is appropriate throughout the continuum of illness and involves addressing physical, intellectual, emotional, social, and spiritual needs, while facilitating patient autonomy, access to information, and choice.

Talbot Palliative Care is appropriate at any age and at any stage in a serious illness, and can be provided together with curative treatment. Our palliative care team *will visit the patient in their own residence or home*, wherever that may be including long-term care and assisted living facilities. Our interdisciplinary team works with a patient's community physicians to provide an extra layer of support through consultative services. Our team consists of a nurse practitioner, RN program coordinator, social worker, chaplain and pharmacist.

"Talbot Hospice realizes that seriously ill patients often do better when they can receive coordinated and personalized treatment," said Executive Director Vivian Dodge. "Studies show that patients who receive palliative care have an improved quality of life. Our goal is to collaborate with our

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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.

From the Executive Director



DEAR FRIENDS,

Talbot Hospice is dedicated to being a community resource when it comes to hospice care and other important services for patients and families. Hospice care is “the appropriate care at the right time,” and that aligns with the philosophy of Talbot Hospice.

Our purpose is to care for individuals, to take time to care for those in need—physically, emotionally, and spiritually. We connect individuals and families to important moments in their lives; reminisce with loved ones about the past and

have clarity of what is important now or in this chapter of someone’s journey. Our staff works tirelessly each day to help patients and families navigate this very tender time in a positive and meaningful way.

But Hospice is more than you think...it is our outreach and education, our bereavement services free of charge to anyone in our community, it is our collaboration with the schools to provide grief counseling to children, it is our pre-hospice volunteer Pathways program.

We have many exciting initiatives on the horizon for 2019! Our new community home-based palliative care program will serve individuals with chronic, serious illnesses and health issues. Our Palliative Care Program will provide support for you, your health issues and work with your physician to alleviate symptoms or stress related to these serious illnesses. Please read all about our new Palliative Care Program on the cover.

Our second exciting initiative is our Children’s Bereavement Camp. This two-day camp offers a venue and mechanism for children to work through their own grief and form friendships. See our news update on page 6.

Hospice is more than the last few days. The earlier individuals obtain hospice care, the sooner our team can help them achieve their goals and provide comfort care and support. Our mission leads us to examine how we can better our community.

Our interdisciplinary team, consisting of our Medical Director, Dr. Mary S. De Shields, hospice nurses, aides, social workers, chaplains, bereavement counselors and volunteers, are always ready to assist families throughout this intimate journey.

We are your source of solace in difficult times. Helping our community... that is Talbot Hospice.

Talbot Hospice is here for you.

Serving Hospice,

Vivian Dodge MBA, BSN, RN
Executive Director

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.

community physicians for improved symptom management, reduce repeated visits to the hospital and emergency room. We are extremely excited to offer this service to our community.” Talbot Palliative Care provides support for you and your caregiver and will work with your physicians to alleviate symptoms or stress. Program goals include relieving symptoms, maintaining independence, and helping reduce repeated ER visits and hospitalizations.

Palliative care is all about treating the patient as well as the disease. When you are living with a serious illness, quality of life counts.



SHANTEL MATTHEWS, RN PALLIATIVE CARE COORDINATOR, will oversee the Palliative Care program. In this new role, Matthews will coordinate the team of palliative care providers, nurses, and specialists who work with the patient’s community providers. Shantel has more than 25 years’ experience in the health care profession including

case and disease management, plan performance and analytics, staff development and training, and personnel supervision and management. She has a bachelor’s and master’s degree in nursing with a concentration in health services administration from the University of Delaware. In addition to a RN license, Shantel holds a certification in case management and is a board-certified nurse coach. “I am so excited to join the team at Talbot Hospice to help bring the invaluable service of palliative care to our community. I look forward to utilizing my experience and skills in nursing, care coordination, and leadership to this new endeavor with Talbot Palliative Care.”



MICHELE POTTER-WILLIAMS, DNP, will see the palliative care patients in their homes and in the assisted living facilities. Michele is an Associate Medical Director with Talbot Hospice and is also an oncology and palliative care nurse practitioner at University of Maryland Shore Regional Health. Her expertise in

hospice and palliative care, oncology and symptom management will greatly benefit patients, their families and our community physicians. Williams received the Martin D. Abeloff Award for Excellence in Public Health and Cancer Control from the Maryland Department of Health Center for Cancer Prevention and Control in November 2017. “Providing top quality patient care is my passion,” said Michele. “I am looking forward to delivering home-based, patient-centered palliative care that aligns with patients’ personal wishes and allows them to remain at home where most prefer to be. Delivering palliative care services to a person in their own home eliminates the barrier of getting to an office appointment. We will be able to discuss and facilitate patients’ goals for their medical care in the privacy and comfort of their home.”

Talbot Palliative Care will offer support, education, and guidance to help you make informed decisions about your care. We will provide assistance with advanced care planning, emotional and spiritual support, coordination of care, and access to community services.

For more information about Talbot Palliative Care services, call us at 410-822-2040 or 410-822-6681.



Talbot Hospice received a \$15,000 grant from the **Ferree Fund of the Mid-Shore Community Foundation** to fund our new home-based Palliative Care Program. We thank our generous donors for supporting our hospice programs and services, and hope you will also consider supporting Talbot Palliative Care. We will depend on charitable gifts to ensure the success of this new initiative. Any and all donations are welcome!

In the photo are, left to right, **Shantel Matthews, RN, Palliative Care Coordinator; Vivian Dodge, Executive Director; Charles Capute, Esquire**, who oversees the Ferree Fund; and **Buck Duncan, President, Mid-Shore Community Foundation**



A Unique Gift

TO HOSPICE IN HONOR OF HIS MOTHER

By Jack Batty



Jeremy Vogel had a reason for producing a 3-D virtual tour of Talbot Hospice — for free.

“This place (Hospice House) offers caring, selfless service that gave my mom both dignity and comfort,” Jeremy said. “Since I wasn’t able to donate money, I was able to give people a 3-D glimpse of this place.”

Ten years after his mother, Elizabeth Ann Vogel, spent the last five months of her life at Talbot Hospice, a grateful Jeremy is doing what he does best. With nine different cameras including a 3-D lens, he used computer software to blend 118 photo scans into a virtual tour of Hospice House.

“The virtual tour will be available this spring to introduce prospective patients and their families to our facility,” according to Caron James, Hospice communication and marketing manager. She said it would also be available to view on the website and for showing community groups.

As owner and manager of Eastern Shore Dronography, Jeremy is in the business of aerial video and photography for real estate, construction projects, outdoors events and more.

Ten years ago, when his mother was suffering from lung cancer (she was not a smoker), the family heard some devastating news. His mother had just two months to live. After bouts with chemo and radiation, Elizabeth and her family made a tough decision to stop treatment. It was time to go to hospice.

While they waited for a bed at Hospice House, Elizabeth’s health deteriorated. When a bed became available and she moved into Hospice House the change was miraculous. “Thanks to the love and care of the staff, my mom rallied

after just two days. The way they did it gave mom her dignity,” he said.

About this time, Jeremy and his fiancé, Shelby, decided to move up by seven months their planned wedding so his mother could attend. The Talbot Hospice staff, led by Donna Stone, bought Elizabeth a dress and got her to the wedding. “I was able to kiss my mom at the wedding and that meant a lot,” Jeremy said.

He went on to praise “Miss Donna as a living angel.” “My mom was selfless. How perfect that she spent her last days in a place like this with so many people who care more about other people.”

With a renewed vigor, Elizabeth spent nearly five months at Hospice House. “She didn’t just live here, she thrived here,” Jeremy recalls. He and the family visited Elizabeth every day and often watched mom’s favorite TV shows, “I Love Lucy,” “Hogan’s Heroes,” and “Mash.”

Elizabeth died, at the age of 54, in December, 2008, a month before the birth of her second grandson, Jay, the first born of Jeremy and Shelby. The couple has since had two other children, Jackson and Elizabeth, named after her grandmother.

Jeremy is relieved that his mom and the family decided to come to Hospice when they did. “Before hospice, Jeremy said, “we were all losing our positive thinking. Home care giving is difficult and there seemed to be no hope. That all changed when we came to Hospice and mom lived another five months in a positive setting.”

Before hospice, Jeremy said his mom was concerned about the family. “She didn’t want us to have to watch her slow deterioration.” Jeremy said. “After mom went to Hospice

House, we visited her every day. She enjoyed the caring environment and being able to talk with Miss Donna and other staff."

Of course, end of life is difficult no matter where it takes place. Jeremy feels the hospice path was the right one for the family and especially for his mom.

Jeremy grew up in the area, where he played soccer for St. Michaels High School and later at Chesapeake College and was good enough to briefly play for a semi-professional team. "Mom was my biggest fan," he said.

About the Author

*Jack Batty joined the Board of Directors in 2016 and is chair of the Communications and Marketing Committee. He is a retired media and communication executive who spent 35 years at General Electric Company. Jack helped the late Frank Cashen with his book, *Winning in Both Leagues: Reflections from Baseball's Front Office*, a look back at Cashen's 25 years in baseball.*

Leaving a Legacy



SHEILA MONAHAN has served as a hospice volunteer for 15 years, spending many years as a patient caregiver in the Guest Wing at Hospice House and more recently as a member of the board of directors. She has co-chaired three beautiful and successful hospice galas, which raised significant funds for programs and services to support patients and families.

As a dedicated hospice volunteer and supporter, Sheila has thoughtfully remembered Talbot Hospice in her Will.

"When I became a volunteer in 2004, I began a journey with an organization that would deeply affect my understanding of the end-of-life and how our mission can transform that experience for a patient and their family. Talbot Hospice touches everybody in our community sooner or later—our loved ones, our friends, and our co-workers. It's been very gratifying to be a part of this profound work, and I'm better for it. From this personal experience, I know that my legacy can have a lasting impact on my community for years to come.

We invite you to remember Talbot Hospice in your Will, a gift that will help us provide extraordinary care to patients and families for generations to come.

Questions? Call Kate Cox, Director of Development, 410-822-6681 x15

THE *Margaret B. Ferree*
Legacy Society ✨
OF Talbot Hospice

Join The Margaret B. Ferree Legacy Society, the giving society which recognizes donors who have committed to making a planned gift to Talbot Hospice. The purpose of the society is to encourage, support and celebrate these gifts which ensure that the gift of Hospice care will be available for generations to come.

Welcome Home Vietnam Veterans

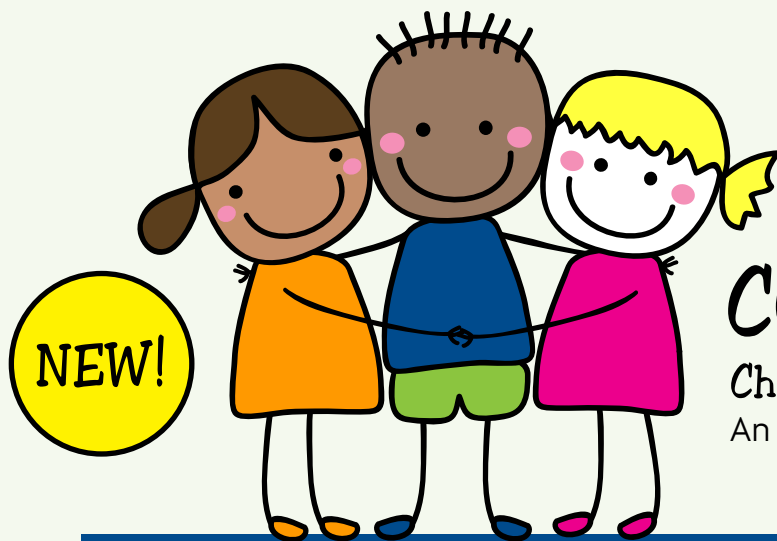
**Saturday, March 30, 1–3 p.m.
Easton High School Cafeteria**

Talbot Hospice will co-host a regional "WELCOME HOME VIETNAM VETERANS DAY" together with Coastal Hospice and Compass Regional Hospice for Vietnam Veterans on the Mid and Lower Shore. Vietnam Veterans Day commemorates the sacrifices of Vietnam Veterans and their families and is part of a national effort to recognize the men and women who were denied a proper welcome upon returning home more than 40 years ago.

The special guest speaker will be Maj. Gen. James A. Adkins, who was born in Cambridge and grew up on the Eastern Shore. Adkins has nearly 40 years of military service with the U.S. Army. He is a retired senior military officer and former cabinet-level official in state government and served as Maryland's Adjutant General and Secretary of Veterans Affairs. This free public event will also include special music; local, state, and national resources for veterans; a pinning ceremony; and light refreshments.

For more information or to register call 443-262-4100 or visit www.bit.ly/WHVV2019





CAMP COURAGEOUS

Children's Bereavement Camp
An Opportunity to Grieve and Heal

Talbot Hospice is pleased to announce Camp Courageous, our new children's bereavement camp.

This two-day camp will be held May 18-19, 2019, for children ages 6-12 and is a wonderful resource to meet the special needs of grieving children. The goal of camp is to provide an opportunity for children to process their losses in a healthy, peer supported environment via structured activities and groups. Together they will learn ways to help themselves cope and learn from each other. The camp will also provide grief education, support, and resources to parents and families and help strengthen the family unit as they process the loss together.

Bereavement Coordinator, Becky DeMattia will lead the camp along with other specially trained staff and volunteers. "We have planned a number of activities that will help children work through some of the feelings they experience surrounding the loss of someone significant in their lives", said DeMattia.

"We want children to feel safe expressing their feelings, to have some fun while together, and hopefully walk away feeling lighter and understanding how to use newly found coping skills."

"Children have special needs, and I am delighted Talbot Hospice can offer this children's camp," said Executive Director Vivian Dodge. "Children grieve differently than adults, and it is important to address these differences in appropriate ways and settings. Giving children the opportunity to learn, grow, and connect with their peers forms a special bond for healing."

At Camp Courageous, children will laugh, cry, talk together about their losses, share emotions, and learn healthy ways to deal with the feelings that accompany grief. Camp Courageous is offered FREE OF CHARGE. There is space for 35 participants. Camp Courageous relies on donations and the generosity of a giving community. Your support will ensure children will always have a safe place to grieve.

For more information, call Talbot Hospice at 410-822-6681 or email bdemattia@talbothospice.org. Thank you for supporting this new endeavor.

SEND A KID TO CAMP!

Would you like to send a kid to camp and contribute to the Camp Courageous Fund?

It will cost approximately \$430 per child for the two-day camp, and we have room for 35 campers.

All donations are welcome, no matter the size, but you may consider the following sponsorship levels:

| | |
|---------------------------|---------|
| Healing Hearts..... | \$2,500 |
| Helping Hands..... | 1,000 |
| Changing Minds..... | 500 |
| Building Bridges..... | 250 |
| Boosting Confidence | 100 |
| Making Friends | 50 |

Questions? Contact Kate Cox, Director of Development, at kcox@talbothospice.org or 410-822-6681 X15

Volunteer Training

The spring session of volunteer training will take place March 18 and 20 from 8:30 a.m.–5 p.m, in the Clark Guthrie Center at Talbot Hospice.

Volunteer training is offered two times per year, once in the spring and again in the fall. We currently have a specific need for caregivers in Hospice House, in-home companions, breakfast cooks, sewers, greeters, shoppers, and transportation volunteers. 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.



TOPICS COVERED INCLUDE:

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

Talbot Hospice

Welcome Spring Bouquet 2019

ORDER BY
Thursday, March 14,
PICKUP
Thursday, March 21
9 am–5 pm

ONLY
\$20

ORDER A GORGEOUS FRESH FLORAL BOUQUET for yourself and a friend, co-worker, neighbor or teacher! This colorful fundraiser—now in its sixth year—helps Talbot Hospice offer hope, compassion, and support to all members of our community facing end-of-life issues.

ORDER YOURS TODAY!

number of bouquets _____ x \$20 = _____

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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.

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exp date _____ CVC _____

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NEW THIS YEAR!
"Support a Walker" available through TalbotHospice.org/events



Talbot Hospice **MEMORIAL** *Walk*

on Oxford Day, Saturday, April 27, 2019, 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

Questions? Contact Laura Richeson 410-822-6681, lrcheson@talbothospice.org