Bereavement Luncheon Provides Camaraderie

The men and women took turns introducing themselves around the L-shaped table as they waited for their lunch orders to arrive. Some had been coming to Carroll Hospice’s bereavement luncheons for years, while, for a few, this was the first time they’d attended.

But all who came to share a meal were looking for solace, a place they could share their grief and memories, their troubles and fears, with those who could understand and empathize because they too had experienced the death of someone close.

One by one, they shared who they had lost, how long it had been and what they had come to understand during the grieving process. “We all [grieve] differently,” explained one participant, whose husband died four years ago. “People who think we should be beyond this haven’t walked in our shoes.”

One participant shared how a trip to the beach—a place both he and his wife loved—brought up so many unexpected feelings. “Grief hits you sometimes when you least expect it,” he said.

Another remembered how her husband was able to fix anything around the house. Now, she’s troubled at the thought of someone coming into her house to do those things. “This is a group I never wanted to be a part of,” she admitted.

The luncheon, facilitated by a Carroll Hospice bereavement counselor, takes place the last Tuesday of each month at Baugher’s Restaurant.

Rosalie Faulk came to the luncheon for the first time to talk about the loss of John, her husband of nearly 47 years, in May. “At first, you don’t know what’s normal,” she explained. “You’re in a state of shock. Then reality hits.”

Faulk learned of the luncheon through Carroll Hospice’s widows support group, and attending both the support group and the luncheon has been helpful to her. “The meetings give us some hope and encouragement of what we’re going through,” she said.

For some attendees, volunteering, new hobbies and keeping busy all helped with their grief. But those things never completely fill the void. “The outward mourning goes away,” confided a group participant to the others. “But the grief never does.”

Learn more about Carroll Hospice’s bereavement services on page 5.
A Letter from the President of Carroll Hospital
A LifeBridge Health center

Autumn is a season of change. The leaves are transforming into brilliant hues and peppering our lawns, the air is getting crisper and the holidays are approaching.

At Carroll Hospice, we are experiencing our own season of change as we welcome new leadership and new services, and say a fond farewell to our longtime volunteer coordinator.

I’m pleased to introduce Regina (Reggie) Bodnar as our new executive director. Reggie is a registered nurse with extensive experience in hospice care, palliative care and nursing administration. She is also very active in the Hospice Care Network of Maryland and the National Hospice and Palliative Care Organization. I am excited for Reggie to share her experience and skills with our hospice families and the community at large.

Carroll Hospice will begin to offer new services as well under Reggie’s leadership. We will continue to expand our programs so that more community members may benefit from the compassionate care and services that we offer, like bereavement support (learn more on page 5). We understand the difficulties many individuals and families are facing, and we will be here for you when you need us.

After 25 years of serving our community, volunteer coordinator Debbie Zepp will be retiring in November. Debbie first came to the organization as a volunteer, then joined the staff in 1995, helping the hospice program grow into what it is today.

Carroll Hospice offers on-call service 24 hours a day, 7 days a week. If you experience an urgent concern outside of regular business hours, please call 410-871-8000.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President, Carroll Hospital
Senior Vice President, LifeBridge Health
Taste of Carroll nets $145,000 for Carroll Hospice

The 16th annual Taste of Carroll took place May 4 at Gerstell Academy in Finksburg and raised more than $145,000 in net proceeds for Carroll Hospice. This year’s VIP event featured Neil Meltzer, LifeBridge Health president and CEO, and Theresa Myers, a hospice patient family member, who spoke to guests about their passion for Carroll Hospice.

At the general tasting event, more than 500 guests enjoyed delicious food and drinks from nearly 30 local restaurants and wineries, and the event’s silent auction featured items that included Baltimore Orioles tickets, Baltimore Ravens tickets, vacations and fine jewelry.

Thank you to all of our sponsors, including Presenting Sponsor BB&T, for your continued support of Carroll Hospice!

2015 Hospice Heroes

Our 2015 Hospice Heroes also were celebrated at Taste of Carroll: BB&T Bank, Donor/Advocate; Liz Dolecki, Nursing; Katherine Harlow, Administration; Art Monroe, Chaplain; Casey Starshine, Nursing; and Barb Wehrman, Hospice Aide. Learn more about their accomplishments at CarrollHospice.org/Hospice-Heroes
Named New Executive Director

Carroll Hospice welcomes Regina (Reggie) Shannon Bodnar, R.N., M.S., M.S.N., C.H.P.C.A. as its new executive director. In this role, Bodnar will be responsible for overseeing the overall operations of Carroll Hospital’s affiliate hospice services.

A certified hospice and palliative care administrator, Bodnar comes to Carroll Hospice with more than 30 years of experience working in hospice and palliative care, as well as oncology nursing and nursing administration. Bodnar was the founding clinical director for Gilchrist Hospice Care. She presently serves as the president of the Hospice & Palliative Care Network of Maryland and as the geographic representative (Mid-Atlantic region) for the National Hospice and Palliative Care Organization.

Bodnar, a Sykesville resident, earned her Bachelor of Science degree in nursing from University of Rochester in Rochester, N.Y. She also earned her Masters of Science degree in anatomy from New York Medical College in Valhalla, N.Y., and her Masters of Science degree in nursing from Yale University in New Haven, Conn.

Read a Q&A with Regina Bodnar in the spring issue of DASH.

Debbie Zepp Leaves Legacy of Caring

When Carroll Hospice’s volunteer coordinator Debbie Zepp retires in November, she’ll have logged more than 25 years with the organization: five years as a volunteer and 20 years on staff. Zepp reflects on her time at hospice, on her most proud moments, and what the future holds.

How did you become interested in hospice care?

When I was in college in the 1970s, I took a class on aging that talked about Elisabeth Kübler-Ross, the founder of the hospice movement in this country. It sparked an interest in me.

After college it was always in my heart to do hospice work...it’s kind of a divine calling, and I find that true with our volunteers. They just walk through the doors because they feel called to it, and I believe that’s why I got involved—it was meant to be something that I eventually did with my life.

How has Carroll Hospice changed during your career?

The hospice philosophy has always stayed the same—the bottom line of providing comfort and companionship, expert pain control to our patients and emotional support to families. However, we grew through all that time. When I started we had 20 patients a day; today, we are serving around 80 hospice patients a day.

When the dream of Dove House came true in 2007, I was very proud to be a part of that. It was a whole new way of having volunteers do their job, and it all came together. Many volunteers came to us because they saw Dove House being built, and volunteers also came from hospice families who had experienced the facility. People experience Dove House as a very peaceful, sacred place.

What are some of the highlights of your career?

The most satisfying part of my job was training and supporting the volunteers. I’ve worked with every age, from 18 to 90, and they all come with this desire to give back to the community—and they want to do it well. I wanted to help them find satisfaction in their volunteer work.

Our Pet Therapy program, the Prayer Shawl Ministry and the Care Bear program have been wonderful aspects to the volunteer program through the years. The volunteers recruited for our fundraisers always made a difference in our efforts to provide monies to benefit our patients.

Working with the hospice staff has been another highlight. The hospice nurses are amazing; they work 24/7 to make sure their patients are in a good place. And the rest of the staff as well—we are a team, and we approach families uniquely. We are very sensitive to every family and every patient need. That’s why I stayed as long as I did, because of what we do and the people I work with.

What are your future plans?

I’m taking a break and then I’ll figure it out. I felt called to my career in hospice, and I want to be called to my next adventure. It’s been an amazing run. It’s going to be hard to walk out that door. Very hard. But I know it’s the right time for me.
Bereavement Support Groups

All support groups take place at Carroll Hospice Dove House, 292 Stoner Avenue, Westminster, unless otherwise noted.

Pathways Bereavement Support Group
Open to adults whose loved one died. Third Wednesday of every month 6:30 – 8 p.m. Registration not required.

Bereavement Luncheon
Open to adults grieving from the death of someone close. Last Tuesday of every month, noon Baugher’s Restaurant 289 W. Main St., Westminster Registration not required.

Widows Support Group
First Tuesday of every month. 6:30 – 8 p.m. Registration not required.

Widowers Support Group
First Tuesday of every month. 6:30 – 8 p.m. Registration not required.

Pet Loss
For anyone whose pet has died. Saturday, January 9 10:30 a.m. – noon Registration required.

For more information, call 410-871-7229.

Growing Bereavement Program Made Possible by Kahlert Foundation Grant

A generous donation from the Kahlert Foundation will enable Carroll Hospice to grow its bereavement program in a multitude of ways, including:

• The addition of a new bereavement coordinator to assist in guiding the rapidly expanding community bereavement program, including expanding support groups and individual grief counseling;
• Refreshing materials in the bereavement resource center, including purchasing new books for the lending library and non-denominational books for the chapel; and
• The creation of a special children’s room for children who need grief counseling. This room will feature books, toys and other age-relevant features in a comforting atmosphere.

In addition, the Kahlert Foundation grant will help develop a community-based outpatient palliative care program. This program will assist individuals with chronic diseases or newly diagnosed with life-limiting illnesses. It will provide support and care planning to patients and their families and ensure a seamless transition to home-based or hospice care should they eventually need it. This program will feature a certified palliative care nurse practitioner and palliative care health navigator under the oversight of a physician.

“Carroll Hospice is fortunate to have the support of the Kahlert Foundation so that we are able to help more people in the community during their time of need,” says Stephanie Reid, vice president of patient care services and chief nursing officer at Carroll Hospital. “This donation has allowed us to develop and expand programs that would have not been possible otherwise.”

For more information on bereavement or palliative care services, please call 410-871-8000.

Coping with the Holidays
Learn strategies for getting through the upcoming holidays at this free workshop open to anyone grieving the death of a loved one. Please call Jill Englar at 410-871-7229 to register or for more information. Thursday, November 12 6:30 – 8 p.m. Registration required.
Make this A Season to Remember

Join us in celebrating loved ones at our annual A Season to Remember event, benefiting Carroll Hospice and the Carroll Hospital Auxiliary.

A Season to Remember combines Carroll Hospice’s Holiday Auction and Memorial Tree Ceremony with the lighting of the Carroll Hospital Auxiliary Tree of Lights. Last year’s event raised more than $10,000 to support Carroll Hospice and more than $6,500 for the Auxiliary.

This year’s A Season to Remember events include:

• **Holiday Auction**
  Monday, November 30 – Tuesday, December 8
  8 a.m. – 8 p.m., Daily
  Carroll Hospital Campus and several locations in community
  As part of A Season to Remember and to benefit Carroll Hospice, holiday items are creatively decorated and generously donated to our holiday silent auction. Items will be on display and up for bid all week in the lobby of the hospital, the William E. Kahler Regional Cancer Center and Dove House. Come by to bid on items to take home for the holidays, get into the spirit of the season and enjoy the festivities. Visit [CarrollHospice.org](http://CarrollHospice.org) for other locations.
  Bids close: Tuesday, December 8 at 5 p.m.
  Winners will be notified Wednesday, December 9.
  Trees will be available for pickup after December 9.
  (Delivery of your items can be arranged for a small fee.)

• **Tree of Lights**
  Monday, November 30 at 7 p.m.
  The lighting of the Auxiliary’s 24th annual Tree of Lights will kick off A Season to Remember. A light, star or ornamental angel for the Tree of Lights may be purchased to benefit the Carroll Hospital Auxiliary by calling 410-871-7280 or visiting [CarrollHospitalCenter.org/Tree-of-Lights](http://CarrollHospitalCenter.org/Tree-of-Lights)

• **Memorial Tree Ceremony**
  Monday, December 7 at 7 p.m.
  Honor a loved one by purchasing an ornament, inscribed with his or her name, to be placed on the Carroll Hospice Memorial Tree. Ornaments memorializing pets are also available for our Pet Tree. The public is invited to a special Memorial Tree Ceremony at Carroll Hospice’s Dove House. Purchased memorial ornaments will be available for pick up following the ceremony and until Friday, January 29, 2016.

For more information, please visit [CarrollHospice.org](http://CarrollHospice.org) or call 410-871-7220.
2015 Carroll Hospice Memorial Tree Ornament Order Form
*A special thank you to the Carroll County Carvers for carving and donating this year’s Dove ornament.

Personalized Memorial Tree Ornaments

☐ Ball $10 each  ☐ Hand Carved Wooden Dove $25 each*

I want to purchase an ornament in memory of the following loved one(s):
Please print. If purchasing more ornaments, please attach name(s) on a separate sheet of paper.

Name 1: _____________________________________________________________________________________
First                                 Last

Please notify the following person that an ornament was purchased in memory of a loved one:

Name 1: _____________________________________________________________________________________
First                                Last

Address: _____________________________________________________________________________________
_____________________________________________________________________________________________

Personalized Pet Tree Ornaments

A gold ball ornament inscribed with your pet’s name, $10 each.

☐ I want to purchase an ornament in memory of my pet:

Name of pet: _________________________________________________________________________________
My pet is a: ☐ Dog  ☐ Cat  ☐ Other: ____________________________________________________________

Note: If purchasing more ornaments, please attach name(s) on a separate sheet of paper.

Payment Information

Purchase your ornaments online at CarrollHospice.org/season-to-remember, fax your order to 410-871-6210 or mail this form (along with payment) to:

Carroll Hospice | Development Office
291 Stoner Avenue, Ste. 202 | Westminster, MD 21157

Total $_________________ (Checks made payable to Carroll Hospice)

Name: _____________________________________________________________________________________
Address: ___________________________________________________________________________________

City: __________________________________________    State: _________________  Zip: _________________
Email: __________________________________________   Phone: _________________________________

☐ Visa       ☐ MasterCard       Credit Card Number: ________________________________
CID: ________________________________ Exp. Date: ________________________________
(from the back of your card)

Signature: ___________________________________________________________________________________
Carroll Hospice Wish List

The following items are needed for Carroll Hospice patients and families:

• Dove® chocolate candy
• Lip balm
• K-Cups – coffee and hot chocolate
• Microwavable single-serving main dishes (macaroni and cheese, beef stew, etc.)
• Individually packaged snacks (chips, popcorn, crackers, pudding)
• Single-serving sized cans of fruits and vegetables
• Dove® liquid soap and lotions (small size)

If you wish to donate any of these items, please call 410-871-7528. You may also purchase items from our Wish List on Amazon.com and they will automatically be shipped to hospice. Find the link to the list at CarrollHospice.org/Wish-List

CareSquare is a partnership program between the Carroll Hospital Foundation and the local business community. CareSquare businesses are “hotspots” where you can take advantage of special offers and events to support Carroll Hospice, Carroll Hospital and the health of our community.

Please visit CarrollHospice.org/CareSquare-Directory to see a full list of CareSquare members. By supporting these businesses and organizations, you are also supporting the services and special care Carroll Hospice provides. Call 410-871-6200 for more information.

November is National Home Care and Hospice Month

To show your support, wear a white ribbon on November 24 in honor of National Home Care & Hospice White Ribbon Day to help us raise awareness of the important role these services provide to the community, or make a gift at CarrollHospice.org/make-a-gift. Thank you for your continued support!