

Hospice care brings couple peace of mind

Before they called Coastal Hospice, Ed and Barbara Weitzel of Glen Riddle felt they were out of options.

“We were despondent. We’d hit bottom,” Edward Weitzel said.

“I was praying that both of us would die,” Barbara Weitzel, Ed’s wife, said.

The day before, Ed had been released from a rehabilitation center. Prior surgery at Johns Hopkins had revealed a malignant sarcoma, and he had endured two other stays in the hospital.

Being in the hospital and rehab “was hell,” Ed said. “I was so miserable in the hospital. I didn’t like the food. I didn’t like the place. I couldn’t sleep. I kept telling Barbara to get me out of here.”

In the midst of their grief about the future, Barbara picked up a brochure from her coffee table about Coastal Hospice care. While Ed was a patient at Atlantic General Hospital, Bett Weaver, the hospital’s Emergency Department Case Manager, had asked them if they had considered hospice care and suggested they take some information home with them — just in case.

“We said no, we’re not interested in hospice,” Barbara said.

“We thought it meant you’re doomed,” Ed added.

But with her sister’s urging, Barbara made the call to hospice. Soon, Bonnie Willey, Community and Patient Liaison for Coastal Hospice, was at their door.

“Bonnie was here for two hours explaining the whole program to us. When she left here, we both cried in relief,” Barbara said. “That afternoon, the hospice nurse came to do an evaluation on Ed. Since then, I cannot express the gratitude we have.”



Coastal Hospice has been caring for Edward Weitzel, 89, his wife, Barbara, and their Yorkie, Lizzy, since May in their Glen Riddle home.

“Things have turned around 180 degrees,” Ed said. “We’re feeling enormously better emotionally. I was so despondent prior to that. Now I’m somewhat upbeat.”

“The thing I loved is Bonnie said he would be home,” Barbara said. “No more hospitals. No more needles. No more doctors and tests. They’re just going to keep Ed comfortable here at home.”

“It is an honor and privilege to meet wonderful people like the Weitzels everyday,” Bonnie Willey said. “It is a wonderful feeling to

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A MESSAGE
FROM
PRESIDENT
ALANE CAPEN

We only want the very best for our patients

Speaking from my 30 years of experience in hospice work, I know that it can be most rewarding. Caring for someone, and being allowed into the home and life of that family during such a sensitive time, is a privilege that we do not take for granted. Our staff wants the best for our patients and families. They are guided and motivated to help people facing unhappy situations find peace and comfort and sometimes joy during the time we are serving that family.

Sometimes we need guidance beyond what our expert physicians, team members and counseling staff can provide. Sometimes we need to discuss situations with our Ethics Committee. Our Ethics Committee is made up of experienced staff members, board members, and community leaders with an expertise in medical ethics, law and medicine.

Many times, when families themselves are at odds with one another on treatment decisions and we schedule an ethics meeting, a second or third family meeting with staff occurs and resolves the dilemma before the Committee meets. At other times, we need to enlist the support of the Committee to help us create a plan that respects patient rights and wishes and recognizes the struggles families are going through.

Our Ethics Committee has assisted with the development of a number of tools, such as a safety contract that we sign with patients who are considering harming themselves, and an oxygen safety contract that outlines when and where smoking can take place if oxygen is in the home, and under what circumstances staff will not stay in the home to provide care (smoking in bed while wearing nasal oxygen, for example). The Ethics Committee has dealt with issues of dangerous dogs, bed bugs when there is refusal to accept eradication assistance, violent patient visitors, fire risks and other

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ASK
DR. WARIS
MEDICAL DIRECTOR



Ask Dr. Waris is a regular feature of Coastal Hospice News. Send your questions to ebear@coastalhospice.org or write to Coastal Hospice, Ask Dr. Waris, PO Box 1733, Salisbury, MD 21802-1733. All questions become the property of Coastal Hospice and may be used in future publications.

Q: As a senior, what do I need to know about hospice care?

A: Hospice is not a place but a type of care. While some hospices operate facilities — we do locally at Coastal Hospice at the Lake — hospice most often refers to a type of comfort care that can be provided in any setting: a private home, a nursing home, an assisted living facility, even a hospital.

Medicare pays for almost everything. Seniors who receive Medicare will find their hospice care is covered almost completely. That coverage includes everything from doctors and nurses to social workers.

You need to have a life expectancy of six months or less. Under Medicare, six months or less is the life expectancy required to enter into hospice, but estimating a person’s lifespan is an imperfect process. If you live longer, that’s okay. Hospice won’t cut you off if you meet the criteria.

Hospice isn’t only for those with certain illnesses. Some people might mistakenly believe hospice is only for those with certain diseases, such as cancer. However, this type of care can be used by people of all ages with terminal illnesses of any kind.

Hospice is about more than medical care. Coastal Hospice offers critical support services to the family members of our patients. We are available 24/7 with on-call nurses and doctors who can make home visits whatever time they are needed. Hospice staff coordinates prescriptions, arranges for respite care and meets other unique needs families might have. Volunteers help extensively, too.

Services continue after someone dies. Coastal Hospice offers grief counseling and other bereavement services to family members and anyone in the community at regular support meetings. Private meetings with Coastal Hospice counselors are also offered to anyone who needs it.

Hospice is focused on life, not death. Entering hospice might feel like quitting on life, but the focus of hospice care is helping people live fully and comfortably in the time they have left. Hospice is focused on quality of life while facing the reality of what’s going on with an illness. Rather than feeling like they are at the mercy of a medical process that entails countless appointments and tests, people in hospice care may finally feel like they are back in control of how they live.

The Weitzels *Continued from Page 1*

watch the relief, shock and pleasant surprise of our patients and their family members when they hear the true meaning of hospice and what Coastal Hospice provides.”

Bonnie’s visit changed the Weitzels outlook on Ed’s life.

“State of mind is a big thing,” Ed added. “You have a good state of mind in hospice. You have the comforts of home. You’re around people you love, not strangers, people who love you.”

“It’s peace of mind,” Barbara said. “That you can call them anytime is amazing. Anything we needed, hospice provides.”

Ed’s hospice nurse, Holly Murray, visits the Weitzel home twice a week. “Holly is a wonderful nurse,” Ed said. “She’s very attentive and very helpful, very good at what she does.”

“Holly helped me go to sleep at night. I couldn’t sleep, so she ordered me one little pill. Now I sleep like a baby all night. I’m very grateful for that. When you can’t sleep, you’re laying there looking at the clock, watching each minute. It’s a long night.”

The Weitzels, who are originally from the Baltimore area, have been on the Eastern Shore for 22 years. Before he retired, Ed was the real estate manager for McDonald’s. The couple’s four daughters visit often, and they recently celebrated Ed’s 89th birthday at Ruth’s Chris Steak House in Glen Riddle.

Ed’s lifelong hobby is recording music — specifically the Big Bands and Frank Sinatra — and he had over 40,000 recordings on reel-to-reel tape that he recently donated.

“Ed told me that when his time comes, he wants to pass looking at me and listening to Frank Sinatra,” Barbara said.

The couple held hands as Ed brushed away a tear.

“I know you must hear this all the time,” he said, “but hospice is the most humane, compassionate group of people I’ve ever witnessed. They all care very much for you. You’re the star. That’s very important.”

WELCOME, PROVIDER RELATIONS ASSOCIATES



The duties of Provider Relations Associates are to provide physicians and facilities with the proper tools to give them a full understanding of Coastal Hospice and our services.

Frankie Knight grew up in Ocean City and attended Wor-Wic Community College and Towson University. She has volunteered for the National Alliance of Mental Illness, Susan G. Komen and CASA. After a cancer diagnosis, she even started a women’s peer support group at TU. Frankie is dedicated to working in the non-profit world.



Caroline Hutchison grew up in Salisbury and attended Bridgewater College in Virginia. Previously, she interned at Coastal Hospice in Provider Relations during the fall and spring of 2014/2015. Caroline’s goal is to extend a helping hand to her neighbors and have a positive impact on her community.

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risks to patients and/or staff. Always, the goal is to find the path that supports patient-centered goals, as well as family caregivers and staff members, and protects everyone’s rights and safety.

I am proud of our Coastal Hospice staff who works with equal dedication in the best and worst of situations, and I am thankful for the members of the Ethics Committee for their talent, knowledge and time that they volunteer — sometimes at a moment’s notice — to assure that we can provide the best care possible for those we serve.



Grieving children are invited to free Hope & Healing with Horses

Coastal Hospice invites children who have lost a loved one to a free, one-day children's bereavement program. Hope & Healing with Horses will be held on Saturday, October 1 from 9:30 a.m. to 3 p.m. at Kindred Spirit Farm, 3191 Johnson Rd. in Salisbury.

The event is designed for children 6-14 who have experienced the death of a parent, grandparent, sibling or other close loved one in the past two years. It is open to both hospice and non-hospice families. Children must be accompanied by a responsible adult.

The day camp teaches children and their families strategies to express grief and connect with others who have experienced a similar loss. Horses offer the children a simple but profound relationship. Counselors from Coastal Hospice trained in bereavement support conduct the camp and guide the children and their families. No previous experience with horses is required.

Lunch is provided. The event will take place rain or shine.

This event is free, but registration is required by Sept. 27 by calling Melissa Dasher at 443-944-5846. Coastal Hospice asks all persons to honor registrations once they have been made.

Camp Safe Harbor widens community outreach



There is always a child at camp who quietly holds back. When that camp is Camp Safe Harbor, a three-day program in June designed to help children grieve after the death of a loved one, that child can be a source of concern. After hearing from the child's mother, however, the camp's leaders knew they were helping.

In a note to camp staff, she wrote, "My daughter's personality and demeanor changed drastically with the loss, and I was concerned I was losing her. After one day at your camp you were able to give my daughter back to me! You saved her from the darkness she was in and brought the sunshine back into her life!"

Camp Safe Harbor, hosted by Salisbury University, is a partnership between the Social Work Department of SU and the bereavement program at Coastal Hospice. Students enrolled in Children's Grief and Bereavement course at SU had the opportunity to more deeply understand what they've learned by serving as counselors for the camp, joining a team of Coastal Hospice staff and volunteers. Twenty-one children, ages 6-12, attended camp, each day filled with activities, some inviting children to share their thoughts and memories.

"These children have taken quite a hit emotionally," Chaplain Sharon Hutchison said. "We want to help them regain confidence."

Hutchison reached out to school guidance counselors and nurses, inviting them to share camp materials with the parents and guardians of children they thought would benefit. The program was launched with a grant from the Community Foundation of the Eastern Shore and this year received support from the Gannett Foundation and the Tim Kennard River Run.



From left: Steve Farrow, retiring CEO of Piedmont Airlines; Alane Capen, President of Coastal Hospice; Kenji Hashimoto of American Airlines; Lyle Hogg of Piedmont Airlines; and Robert Isom of American Airlines.

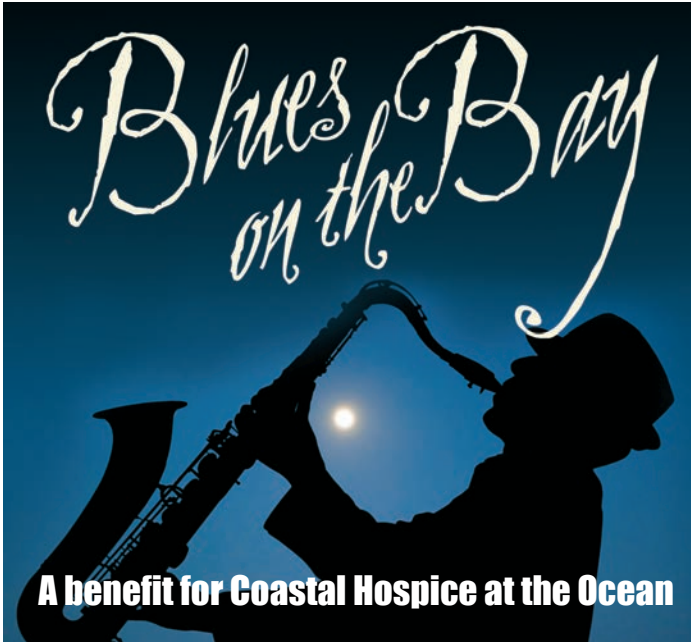
American Airlines honors Farrow with \$100,000 donation for Ocean campaign

American Airlines has donated \$100,000 to Coastal Hospice at the Ocean in tribute to Stephen R. Farrow, retiring Chief Executive Officer of Piedmont Airlines. American Airlines is the parent company of Piedmont, which is headquartered in Salisbury.

Farrow retired from Piedmont on May 31 after 30 years and selected Coastal Hospice to receive the donation in his honor. He is in his second year of service on the Coastal Hospice Board of Directors and also serves on the Finance Committee.

President Alane Capen received the donation on May 24 during Farrow's retirement event at the Salisbury/Ocean City/Wicomico Regional Airport.

UPCOMING FUNDRAISING EVENTS — SAVE THE DATES!



A benefit for Coastal Hospice at the Ocean

WEDNESDAY, SEPT. 21, 6:30 PM
MACKY'S BAYSIDE BAR & GRILL
OCEAN CITY

Tickets include open bar, delicious hors d'oeuvres
and live music by Everett Spells

Reserve your tickets now at
CoastalHospice.org/Blues



BREWS & BITES

A BENEFIT FOR COASTAL HOSPICE AT THE OCEAN

THURSDAY, NOV. 17, 5:30 PM
BLU CRABHOUSE & RAW BAR
OCEAN CITY

Brewery tastings, raffles, food from the best eateries!

Reserve your tickets after Sept. 16 at
CoastalHospice.org/Brews



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CoastalHospice.org/Kicks4Kids

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UPCOMING BEREAVEMENT SUPPORT ACTIVITIES

These groups provide a time of respite and a safe place to express feelings in the grieving process. We offer these activities at no cost to any adult who has experienced the death of a loved one, even if they were not a patient of Coastal Hospice. For information, call **410-742-8732**.

Dorchester County

Dinner Social Group –

Every 1st Monday at 5 p.m. but no meetings in September.
Meetings resume October 3.
Kay's at the Airport, Cambridge
RSVP ~ Emanuel Johnson 410-829-0051

Support Group – Dorchester County Library, 303 Gay St., Cambridge

Every 2nd & 4th Tuesday at 6 p.m.
Information ~ Emanuel Johnson 410-829-0051

Worcester County

Lunch Social Group – All at 1 p.m.

Sept. 15: Blacksmith, 104 Pitts St., Berlin
Oct. 20: Touch of Italy, 104 N. Main St., Berlin
RSVP ~ Bob Carson 410-957-1133

Support Group – Ocean Pines Library, Ocean Pines Every Thursday at 11 a.m.

Information ~ Bob Miller 410-251-8163

Somerset County

Support Group – Princess Anne Library,

11767 Beechwood St., Princess Anne
Every 1st Thursday at 12 noon.
Information ~ Howard Travers 443-783-1730

Wicomico County

Lunch Social Group – All at 1 p.m.

Sept. 14 ~ Adam's Rib, 201 N. Fruitland Blvd., Fruitland
Sept. 28 ~ Denny's, 100 E. Cedar Lane, Fruitland
Oct. 12 ~ Red Lobster, The Centre at Salisbury
Oct. 26 ~ Outback Steak House, 8245 Dickerson Ln., Salisbury
RSVP ~ Lynette Chase 410-901-2292

Support Group – New location beginning Sept. 2016:

Wicomico Public Library, 122 S. Division St., Salisbury
Every 2nd & 4th Tuesday at 1 p.m.
Information ~ Sharon Hutchison 443-614-3742

Support Group – Deer's Head Hospital, Salisbury

Every 1st & 3rd Monday at 5:30 p.m. (no meeting Labor Day)
Information ~ Arnold Bienstock 410-572-6166

Hope and Healing with Horses

Saturday, October 1 ~ 9:30 a.m. – 3 p.m.
Kindred Spirit Farm, 3191 Johnson Road, Salisbury
RSVP required ~ Melissa Dasher 443-944-5846

Wicomico County Memorial Service

Wednesday, September 21, 2 p.m.
Dove Pointe, 1225 Mt. Herman Road, Salisbury
RSVP ~ Melissa Dasher 443-944-5846