SUMMER 2017

Coastal Hospice News
A NONPROFIT SERVING DORCHESTER, SOMERSET, WICOMICO & WORCESTER COUNTIES

Hebron

Patient paints rocks for others to discover

There is a small rock on Elizabeth Smith's kitchen table that she has painted with a message she holds dear. "In search of my mother's garden," it says, "I found my own." To Elizabeth, the rock symbolizes not only her connection to her mother, but also to her daughter. It even symbolizes her connection to the world.

The rock is one of several she has painted as a member-by-invitation of Painted Rock Maryland. Like those created by other members, each one will be "dropped" in a place where someone else is likely to find and enjoy it. Because Elizabeth can no longer get out and about, her daughter Debbie will send these miniature artworks into the community for strangers to find and keep.

Rather than describe that event, Elizabeth is on her feet in her modest Wicomico County kitchen, acting out the moment one of her rocks is found. "I've given that person a smile," she says, "a moment of happiness. They've received a hug from me."

What's more, having been confined to her home by her health, "I've rejoined the human race," she says. "I'm out in the world again!"

For much of her life, Elizabeth has found a way to make art at nearly every turn. She is one of those creative people who cannot sit still, who sees possibility in everything she lays eyes on. Long ago, she etched jewelry by hand for her father's business, Schilling's Goldsmith. She has been a seamstress, creating among other things an ornate, beaded wedding gown. She has painted and sold her own artwork.

With each opportunity, she has lived by the same maxim: "Bloom where you are planted." Today she says this mantra has been validated by her experience as a patient of Coastal Hospice. "You have to do the best you can where you are with what you have," she explains.

"When you can no longer drive, you have to learn what to do with that," she says. "When you can no longer fix your own meals, you have to learn what to do with..."

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Would your family know what to do if you became ill?

If you do not have your wishes for your future healthcare in writing in the form of an advance directive, you are leaving the difficult decisions up to your loved ones at a very emotional time, especially if an emergency occurs. Disagreements have been known to fracture families.

Advance directives are critical for people of all ages, because a healthcare crisis can occur at any time: during a serious illness, after an automobile accident or head injury, or during a heart attack or stroke. It is also critical for healthcare professionals who might be equally hesitant to introduce this topic, even though it is recommended that all medical records include advance directives.

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**Q:** Does having an advance directive change my medical care?

**A:** Yes, having an advance directive in place can significantly affect the medical care you receive during any emergency or when you can’t speak for yourself. An advance directive lets the medical community know what you want your treatment to be.

More care isn’t necessarily better care, especially at the end of life. Many Americans still receive futile aggressive treatment with harmful side effects in their final days. But does this make your final days any better?

According to an article published in the New York Times, even though 80 percent of patients say they hope to avoid hospitalization and intensive care at the end of life, half of Medicare patients go to an emergency department, one-third are admitted to an I.C.U., and one-fifth will have surgery in their last month of life. Medicare spending for patients in the last year of life is six times what it is for other patients, and accounts for a quarter of the total Medicare budget.

Does all that care improve how long or how well you will live? Studies have shown that aggressive medical care at the end of life doesn’t seem to help patients live any longer. In fact, alternatives like palliative care and hospice care have shown to help some patients live longer than treatments intended to prolong life, because the patient is comfortable and living life as fully as possible.

If you go to the emergency room and do not have an advance directive in place and cannot speak for yourself, doctors are required to take intensive measures that can cause even more distress. Without your direction, family members may strongly disagree on your treatment, causing everyone stress and bringing out painful emotions during a difficult time.

Patients who have advance care planning in place are more likely to have their personal values and wishes for care carried out. Family members have fewer concerns and experience less emotional trauma if they have the opportunity to talk about their loved one’s wishes ahead of time.

It’s up to you to make your own wishes for your future healthcare known.

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**Update: Coastal Hospice at the Ocean expands, receives support**

What began as a 6-bed hospice residence in Berlin will be, about a year from now, a 12-bed hospice residence and outreach center on a waterfront property in Ocean Pines.

Expanding the project has slowed things down a bit. But the investment of time and effort before construction will yield benefits to Coastal Hospice and the community for many years to come. Some enhancements to the project have come along as unforeseen opportunities, some as the result of deliberation.

When the Coastal Hospice Board of Directors began this project, no one imagined it would be built on the banks of the beautiful Isle of Wight Bay.

When The Point property was offered to us at a deep discount, however, the Board embraced the opportunity to offer this lovely setting to our patients and those closest to them.

As the Board and its committees explored the implications of transforming an unfinished building to create Coastal Hospice at the Ocean, they further determined that a 12-bed hospice residence would not only meet a growing need sooner, it would also offer certain economies of scale. A 12-bed residence provides financial sustainability that a smaller residence would not.

This larger project requires that we obtain permission from Maryland’s Health Care Commission. That, in turn, requires an investment of time, probably 6-8 months.

Given the many positive changes expansion will bring to the project, the Board and Coastal Hospice President Alane Capen felt it a small price to pay.

We hope you agree and will help us celebrate when we break ground this winter on our 12-bed hospice residence and outreach center, Coastal Hospice at the Ocean.

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**Update: Coastal Hospice at the Ocean expands, receives support**

We are proud to announce The Franklin P. and Arthur W. Perdue Foundation has invested $100,000 in Coastal Hospice at the Ocean.

The Perdue gift will be commemorated in the naming of the foyer at the new facility, a welcoming area for visiting family.

“The services provided by Coastal Hospice are invaluable to the families who need them,” Jim Perdue, Perdue Chairman, said. “When hospice is needed, there is no greater blessing than these folks and their efforts. We’ve seen these benefits first hand in my own family and with the families of many of our associates. Perdue is honored to be a part of making sure Coastal Hospice is here when others need them, too.”
Thrift Shop volunteer of 5 years thinks it’s a great place to work

Anna Jarvis, volunteer at the Coastal Hospice Thrift Shop in Berlin, feels like it’s Christmas morning every time she works. “My favorite thing is housewares,” she said. “Housewares is like Christmas. You’re unpacking something every single day.”

Anna began volunteering not long after the Thrift Shop opened its doors five years ago. “Everybody said it’s such a beautiful shop, which it is,” she said. “I stopped by to check it out and asked the manager about volunteering. She was very welcoming. And I wanted to help a local cause.”

Knowing the money the Thrift Shop raises is going to a local non-profit — Coastal Hospice at the Ocean, a new hospice residence — makes the volunteer work important to her. Since it opened, the Thrift Shop has contributed more than $500,000 toward the project.

Anna volunteers four to five hours a week at the Thrift Shop, but also takes sewing home, sometimes working 16-20 hours a week. She repairs donated clothing so everything is in good condition when it hits the racks for the customers.

Debbie Huntzberry, assistant manager at the Thrift Shop, believes the work Anna does contributes significantly to the success of the shop and especially to the much-anticipated boutique sales. “Anna has been instrumental in repairing boutique pieces that need it,” Debbie said. “She has taken home four to five bags of clothing at a time, and returned them the very next day all done. Then she handles the housewares, too. Anna is amazing.”

Anna makes all her repairs by hand, a skill she learned growing up in her native Germany. Anna, 81, was born in Munich and came to the Shore in 1953 after marrying an American soldier. Her husband of 63 years, Wardie J. Jarvis, Jr., 85, is infamous for being the last living male born at home in downtown Ocean City. The couple still calls the resort home.

Ocean City was very different in 1953 when Anna arrived. “I came from a big city, and I came into a little town,” she said. “At that time, I think Ocean City only went to 14th St. It looked okay coming over the bridge, but when you got here, it was a five-minute walk from the bay to the ocean. That was the end of town. It took a little getting used to, but I love it now. I’m totally an Eastern Shore person.”

Anna worked in retail most of her life, including 20 years on the Boardwalk in a Trimper gift shop. But today, she loves working at the Coastal Hospice Thrift Shop and is proud of its fine reputation. “It’s really nice here, and things are arranged nicely, from children to women’s sizes,” she said. “The clothing isn’t sorted by colors, like at other thrift stores, so you don’t have to go through this whole thing trying to find your size.”

“We get people saying how nice this store is. We get lots of compliments.”

The camaraderie among the Thrift Shop volunteers and staff is also inspiring to Anna. “I can’t say enough about all the ladies and men who work here,” she said. “Everybody says hello. I don’t always know all their names, but that’s why we wear our little aprons with our name tags.”

“I love the little get-togethers we have, like the picnics, because you get to meet everybody. It’s such a great place to work. Everybody is really super friendly. It’s like a family; you have another family. Everybody gets along. And we’re appreciated. The managers, Dave and Kevin, always have something nice to say about us.”

The flexibility at the Thrift Shop makes volunteering there very convenient, Anna thinks. “They ask you if you want to work the register or in clothing,” she said. “They let us do whatever interests us the most for as many hours as you want. It’s very flexible. You can come when you feel well enough to do it. Everybody does a little bit of everything.”

“The Thrift Shop recently expanded. Now we have a nice break room, plus a workshop area and a separate warehouse. Everyone has room to do their work.”

Anna encourages others in the community to join her in doing volunteer work. “It’s such a nice thing to do to volunteer, very satisfying,” she said. “I have a good feeling when I leave here that I’ve done a job that is good for people, that helps people on the Eastern Shore. You get a really great feeling out of volunteering. And it’s fun.”

“Everybody who is capable of doing something should. It would make them feel really, really good.”

Interested in volunteering? We have many opportunities to fit your interests and schedule, including patient care and veteran visits! Please call Sally Rankin at 410-742-8732 or e-mail srankin@coastalhospice.org
FUNDRAISING UPDATE

Taste of Finer Things raises $24,000 for Coastal Hospice at the Ocean


Above: Jim and Jan Perdue and Austin Widdowson

Smith is rock artist  
Continued from Page 1

that. And when you can’t breathe well enough to walk from one room to another in your home without being so dizzy you’re in peril of falling down, you learn how to live with smaller expectations.

“You rejoice in smaller victories.”

And, she says, the hospice team has helped her.

“Hospice has helped me stay calm when I lose patience with myself,” she says. “Everything has a happiness hooked on it somewhere.”

If Coastal Hospice has validated Elizabeth’s philosophy, helping her to celebrate each moment, it is her faith that has sustained her. She considers herself “blessed in countless ways, beginning with her ability to make art. She celebrates this even as she has endured near-constant back and neck pain, and COPD has made it difficult for her to breathe.

“When I paint, I think of nothing but the tip end of my paintbrush,” she says. “I’m concentrating on each brush stroke, on the paint on the bristles and the color. I don’t feel any pain. My mind is totally on the creation.”

Until she stops, that is. Then she feels her hand so cramped that she is unable to let go of the brush. Nevertheless, she is impatient to pick up the brush and paint again. Or try her hand at playing the small harp Coastal Hospice music therapist Doris Ludicke brings on her visits. The impulse to create and share joy overwhelms every other sensation.

So, if you look down one day to see a rock painted with a tiny, artistic message of love and happiness, pick it up. Enjoy the hand-painted flower or words. Place it in your pocket and feel its shape.

And know that you might be carrying Elizabeth Smith’s love with you.

Capen  
Continued from Page 1

As part of our mission to assist the community, Coastal Hospice now offers Advance Care Planning workshops to area organizations, businesses, and even small groups. Those attending the presentations will learn about the importance of advance directives and can receive assistance in completing their own documents.

Nationally, only about 26 percent of adults have advance directives. That means nearly three-quarters of Americans run the risk of having no way to express their wishes for treatment if they are injured and unable to speak.

Coastal Hospice is here to help on the Lower Eastern Shore.

With a grant from the Community Foundation of the Eastern Shore, Coastal Hospice staff members were trained during the Respecting Choices™ conference at the Gundersen Health System in LaCrosse, Wisconsin, which has become a model for the nation. Right now in LaCrosse, 99% of patients who come into the health system have an advance directive, meaning every patient’s care is the care they have chosen for themselves. That’s a remarkable success story, and one we hope to duplicate here on the Shore.

For more information or to arrange a speaker for your group, please contact Community Relations Manager Elaine Bean at 410-742-8732 or ebean@coastalhospice.org.
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“...a certain team effort. My family can’t thank you enough for the care, concern, respect and love shown my family member.”
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Noland Company

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UPCOMING GRIEF SUPPORT ACTIVITIES

**Dorchester County**
**Evening Support Group** – Dorchester County Library, 303 Gay St., Cambridge
Mondays: July 10, July 17 at 6 p.m.
*Information ~ Elmer Davis 410-726-2583*

**Worcester County**
**Lunch Social Group** – all at 1 p.m.
July 20 - Ocean City Fish Company, 12817 Harbour Rd, West Ocean City
August 17 - Crab Alley, 9703 Golf Course Rd, West Ocean City
*RSVP ~ Diana Pikulsky 410-641-6566*

**Support Group** – Ocean Pines Library, 11107 Cathell Rd, Ocean Pines,
Every Thursday at 11 am.
*Information ~ Bob Miller 410-251-8163*

**Somerset County**
**Support Group** – Somerset County Library, 100 Collins St., Crisfield
Every 1st and 3rd Tuesday at 11 a.m.
*Information ~ Bob Miller 410-251-8163*

**Wicomico County**
**Lunch Social Group** – all at 1 p.m.
June 28 - Outback Steakhouse, 8245 Dickerson Lane, Salisbury
July 12 - Fratelli’s, 925 Snow Hill Rd., Salisbury
July 26 - Brew River, 502 W. Main St., Salisbury
August 9 - Ruby Tuesday, 413 N. Fruitland Blvd., Salisbury
August 23 - Bob Evans, 2601 N. Salisbury Blvd., Salisbury
*RSVP ~ Lynette Chase 410-901-2292*

**Support Group** – MAC Center, 909 Progress Circle, Salisbury
Every 2nd and 4th Friday at 1 p.m.
*(Evening group cancelled for summer. Returning in September.)*
*Information ~ Bob Miller 410-251-8163*

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.