Smith Island
Hospice goes extra mile to visit island patient

It is the commitment of Coastal Hospice to care for a patient wherever they are in the four Lower Shore counties — even if the patient lives on Smith Island. Smith Island sits quietly and beautifully in the Tangier Sound, a 45-minute boat ride from Crisfield. As part of Coastal Hospice’s ongoing patient care, nurse Jocelyn Fiedler boarded the mail boat — amid boxes of crabs and bags of U.S. mail — to visit Edward “Eddie” Evans, Sr. and his family in the Ewell community on the island. Eddie had been admitted to hospice care in July when his health took a downward turn.

The family called in Coastal Hospice to coordinate Eddie’s care and the many medications he takes every day including insulin and use of a nebulizer. The family has seen a vast improvement in their patriarch’s condition under hospice care.

“Our main goal in calling hospice was to straighten out his medications in a way that was beneficial,” wife June said. “Eddie is better now than he’s ever been.”

“Hospice got him straightened out when he was declining,” daughter Janet Evans Taylor said. “Things are going in the right direction.”

Eddie has strong support and caregiving from his devoted family and friends. The sense of community on Smith Island is strong. Neighbors

Hope & Healing With Horses helps grieving children

Children and animals go together like milk and cookies. It is natural fit. In our society, animals have an influence in emotional, cognitive, and social development of children. Animals are represented in children’s clothes, books, fairy tales, and media. Furthermore, animals provide a neutral medium for children to express their worries and fears.

Animal-assisted therapeutic intervention for people with stress, grief, and other emotional difficulties is becoming increasingly widespread and studied. These studies show that playing with, stroking or watching animals lowers levels of cortisol and increases levels of serotonin and oxytocin, and that is part of what makes us feel better. It can decrease isolation and depression, bring a feeling of calm, bridge communication gaps, provide comfort, lower blood pressure, and lower anxiety. That is what Hope & Healing with Horses intends to do.

Coastal Hospice partners with Kindred Spirit Farm to provide Hope & Healing, a day camp for grieving children. Using the horses and other farm animals, we provide activities to help children express feelings of loss, find companionship with children in similar situations, bond with animals, and learn about themselves. Horses have unique characteristics for this work. Although they are large animals, they are vulnerable and hesitant to trust. As prey animals, they are always watchful for danger. Many children who have lost someone close to them can relate to those feelings. But the horses do trust, and they don’t judge.

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“T’ll progress,” Eddie told her. “I sleep well at night now.”

An 11th generation resident of Smith Island, Eddie had been a waterman and volunteer fireman for 60 years. For a man who had been strong and independent for his 78 years, relying on others is hard.

Eddie’s goal is to “do things on my own,” he said. “I want to get up out of bed, go to the bathroom, put on my own clothes. If I forget something in another room, I want to get up out of my chair and get it on my own.”

In addition to his regular nurse, a Coastal Hospice admissions nurse, chaplain, and social worker have also visited Eddie and his family, and the hospice care team will regularly journey out to the island to continue giving him the care he needs.

Eddie loves his life on Smith Island and the sense of peace and history one gets there.

“I don’t know how to define wonderful,” he said of his island home. “It’s the natural kind of beauty that I enjoy. There’s a quietness here on the island equal to no other.”

Members of the tight-knit Smith Island community understand that just getting to the island can be an adventure in itself, and are always supportive and welcoming to the Coastal Hospice staff.

“Everyone is so nice,” Fielder says. “You can tell they appreciate us going the extra mile to visit and care for them.”
UPCOMING FUNDRAISERS TO SUPPORT THE MACKY & PAM STANSELL HOUSE AT COASTAL HOSPICE AT THE OCEAN

**BLUES ON THE BAY**
**WEDNESDAY, SEPT. 27, 6 PM**
**MACKY’S BAYSIDE BAR & GRILL**
**54TH ST. - OCEAN CITY**

Great food, great music and great fun for a great cause. Tickets $75 per person include open bar, delicious hors d’oeuvres and live music by Everett Spells.

**RESERVATIONS AT COASTALHOSPICE.ORG/BLUES**

**BREWS & BITES**
**THURSDAY, NOV. 9, 6 PM**
**BLU CRABHOUSE**
**23RD ST. - OCEAN CITY**

A fun, casual event now in its second year. Tickets $50 per person include raffle, beer by local craft breweries, small plate appetizers, and live music.

**RESERVATIONS (after Sept. 27) AT COASTALHOSPICE.ORG/BREWS**

In recent years, Coastal Hospice has provided more than $500,000 in charity care each year. Patients who have no means to pay for care, as well as those whose insurance does not cover the cost, still need Hospice services. We are still there for them. Patients come first, and we will meet their needs with the support of our donors.

If you would like to support the important mission of Coastal Hospice, you have a variety of ways to give ranging from bequests to monthly gifts.

Please contact Heather Duma at 410-742-8732 to learn more about how you can help our patients and families through charitable giving. Or go to: CoastalHospice.org/opportunities-for-giving/
WELCOME TO OUR NEW LEADERSHIP TEAM MEMBERS

Heather Duma

Heather L. Duma has joined Coastal Hospice as the new Director of Development where she will be responsible for fundraising, developing campaigns for major gifts, annual giving, capital projects, and endowments.

Previously, Duma was Deputy Constituent Services Director for the U.S. House of Representatives, while representing a member of the Maryland Delegation, and acting as liaison between government agencies and the constituents of the First Congressional District. Earlier in her career, she served as a legislative aide with the Maryland General Assembly.

A native of the Eastern Shore, Duma received her B.A., Summa Cum Laude, from the University of Maryland Eastern Shore, and her M.A. from The Johns Hopkins University.

Duma was inspired to apply to Coastal Hospice after the nonprofit cared for her grandmother. “I felt incredibly called to the mission based on the tender care my grandmother received,” she said. “Every member of the team brought my family such comfort, and their care, ultimately, allowed her to pass with the dignity and respect that she deserved.”

David Hanlin

David Hanlin has joined us as the new Vice-President, Operations, where he will be responsible for directing the administrative staff and handling all agency operations, with the exception of clinical services and finance.

“The team of committed professionals at Coastal Hospice has earned the trust and respect of those people facing great personal and familial crisis, be that terminal illness or chronic pain,” Hanlin said. “Personally, I am excited about the opportunity to use my experience to strengthen the organization without losing sight of the values that first attracted me to health care.”

Prior to joining Coastal Hospice, Hanlin was an independent consultant serving nonprofits and small business, helping with governance, management, fundraising, and strategic planning. He is affiliated with BEACON at the Franklin P. Perdue School of Business at Salisbury University. He served as Development Coordinator for the Washington County Free Library, founded and owned Hagerstown Transload Services, and served in executive capacities at G.A. Stewart Enterprises, Inc. in Hagerstown and Arnott-Ogden Memorial Hospital in Elmira, NY.

Monique Welch

Welch is new team leader at Coastal Hospice at the Lake

Coastal Hospice welcomes Monique Welch, RN, CEN, CPHM, as the new team leader at Coastal Hospice at the Lake, the nonprofit’s inpatient facility located in Deer’s Head Hospital in Salisbury.

A native of Crisfield and a current resident of Marion, Welch has a background in emergency nursing, spending 23 years at McCready Hospital, where she was promoted to director of acute care. She was also recently employed at Chesapeake Health and Your Doc’s In.

Welch, who attended Wor-Wic Community College, was inspired to be a nurse by her grandmother, who was an operating room nurse at McCready for 50 years. Welch was called to working for hospice after personally surviving breast cancer.

“Hospice is where I’m supposed to be,” Welch said. “I feel as if I can relate to the patients, since I recently had to face my own mortality. It’s not an easy thing to see people ending their life journey. But at Coastal Hospice at the Lake, our patients are in a home-like setting; it’s not like a hospital at all. It’s quiet; there are no machines beeping or overhead pagers. And we also offer strong support to families and caregivers, who often get overlooked. They are going through a lot, and we understand that.”
Sea shell ceremony gives care team closure

Members of the Coastal Hospice Fair Winds team gathered on the dunes on the Ocean City beach on a gray day in July, the waves crashing behind them. Holding sea shells in their hands, they recited names, one by one. The list was long; the moment, moving and profound.

361 names were read, each belonging to a patient who had passed away in the last year while being cared for by the Fair Winds team. The team holds this service every year to remember their patients and acknowledge the sadness they themselves feel at each loss.

The team of doctors, nurses, certified nursing assistants, social workers, counselors, and volunteers that serves Worcester and Somerset counties meets every week at their headquarters in Berlin to discuss each patient individually. They put their skills together to decide on the best course of care for the patient and their family.

When a patient passes, the team grieves. They share fond stories about the patient, and also write the patient’s name on a sea shell that is placed in a silver tray filled with sand.

Once a year, the team takes the sea shells to the beach in Ocean City, where they honor each patient by returning the shells to the churning waves, completing the full circle of life.

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They react to voices and become good listeners.

The Coastal Hospice professional staff, including our social workers and bereavement counselors, guides the activities of the day. Some activities are light and easy, like going on the hay ride, while others get more to the heart of the matter. There are activities for the children and the adults who come with them, as well. Those who attend have found it helpful and enjoyable.

Our next Hope & Healing with Horses is scheduled for Saturday, Oct. 7 from 9:30 a.m. to 3 p.m. The camp is open to hospice families and any child in the community who has had a loss.

Pre-registration is required, and we ask that reservations be honored once they are made. For more information or to register, please contact Melissa Dasher at 443-944-5846 by Sept. 29.

MAC Inc. in Salisbury is hosting a two-day event promoting senior life after 55. Our trained facilitators will be on hand to help you complete your own personal advance directive, including a living will and naming a healthcare agent.

Our facilitators are knowledgeable about how to complete an advance directive, and will have the official Maryland state forms on hand at no cost.

Reservations are not required. Just walk in, and we’ll be happy to help. MAC is located at 909 Progress Circle off Snow Hill Rd. in Salisbury.

For information, please call 410-742-8732.
Coastal Hospice at the Ocean named to honor generous, long-time donors

In June, Macky and Pam Stansell, who have supported Coastal Hospice generously over many years, made a significant contribution towards the capital campaign to build a new hospice residence and outreach center in Ocean Pines. With their gift, the nonprofit has raised more than $5 million towards the $8 million project.

In honor of the couple’s longstanding and generous support, the Board of Directors voted unanimously to name the building The Macky and Pam Stansell House at Coastal Hospice at the Ocean.

Macky Stansell made the first gift in support of the project as a member of the Coastal Hospice Board. That gift paid for the Bed Needs Assessment used in initial planning. Since then, he and his wife have consistently given in support: making cash donations and hosting and underwriting seven Blues on the Bay events at Macky’s Bayside Bar & Grill.

Together, they are responsible for more than $900,000 in gifts to the campaign. Macky Stansell co-chairs the capital campaign steering committee with attorney and Coastal Hospice Board member Dirk Widdowson.

“Macky and Pam have been tireless in their dedication and more than generous in their support,” Widdowson said. “We are honored to have their names on this building.”

The vision for Coastal Hospice at the Ocean has doubled in scope since it was begun. What began on 5.8 acres in Berlin with rooms for six patients is now a hospice residence and outreach center with 12 patient rooms on an 11-acre waterfront property on the Isle of Wight Bay. Widdowson said that the opportunity to acquire the picturesque property from Farmers Bank of Willards has been a game-changer. Having been designed as a clubhouse at The Point in Ocean Pines, the building sat unfinished and vacant for several years until Coastal Hospice purchased it at the end of 2016.

In making its decision to purchase the property, which was sold at deep discount, the Coastal Hospice Board reexamined its original plan.

“By building in 12 patient rooms, rather than the original six, we’ll achieve an economy of scale that will make operating the residence less expensive,” explained Coastal Hospice President Alane Capen. “We have an agreement with favorable loan terms with the Farmer’s Bank of Willards, and construction is scheduled to move forward as soon as we obtain our permission from the Maryland Health Care Commission.”

Groundbreaking will follow certification.

“There is still work to do,” Widdowson said. “But today we’re celebrating and saying thank you. This is a landmark achievement for Coastal Hospice. We take this opportunity to thank Macky and Pam and also the hundreds of donors who have invested in this campaign.”

“There is a real need for a hospice residence, particularly here in Worcester County,” Macky Stansell told those gathered for the naming. “Pam and I are happy we can help and humbled by this honor.”
Coastal Hospice invites children who have lost a loved one to Hope & Healing with Horses, a free children's bereavement camp, on Saturday, Oct. 7 from 9:30 a.m. to 3 p.m. at Kindred Spirit Farm, 3191 Johnson Rd. in Salisbury.

This free event is designed for children ages 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 who have lost someone dear to them grieve in very different ways than adults. They may find it harder to express what they are really feeling. Hope & Healing with Horses gives them a chance to connect with other children who have experienced a similar loss.

Counselors from Coastal Hospice, who are trained in grief support, conduct Hope & Healing with Horses and guide the children and their families through their feelings, teaching them strategies to express grief and reduce stress and isolation. The day camp uses horses as a tool for emotional growth and learning; the children ride, groom the horses, and talk to them.

A responsible adult must accompany each child, and the counselors also provide the adults with grief support activities. No previous experience with horses is required. Children should wear closed-toe shoes for riding. Lunch is provided. The rain date for the event is Oct. 21.

This event is free, but registration is required by Sept. 29 by calling Melissa Dasher at 443-944-5846. Coastal Hospice asks all persons to honor registrations once they have been made.

**Upcoming Memorial Services honor those who have passed**

**FRIDAY, OCT. 13, 2 P.M.**
Dove Pointe
Mt. Hermon Rd., Salisbury

**WEDNESDAY, NOV. 8, 1 P.M.**
J. Millard Tawes Museum
3 9th St., Crisfield

All welcome! RSVP 443-944-5846
Cindi Strawley had volunteered for Coastal Hospice for six years when she suddenly needed hospice care for her own family.

In September 2016, Cindi and her husband, Michael Strawley, Sr., popular owner of The Bearded Clam bar in Ocean City, were looking forward to a vacation in Wyoming. Two weeks before they were scheduled to leave, Michael, who had already survived lung cancer, was diagnosed with brain cancer and given a prognosis of six months to a year. The couple had an appointment at Johns Hopkins for a consultation upon their return from Wyoming.

Michael was feeling tired but okay, so the pair decided to go ahead with their trip. Michael became ill on the flight, and, when they landed, Cindi took him straight to the ER. Four days later, with his health continuing to decline, he was flown to a larger hospital in Salt Lake City where he spent a week with no improvement.

For Cindi, watching her husband fail so quickly was a shock. “I was stunned that this was going on, and he was going to die,” she said. “No one came out and told me that, because I don’t think they knew what was really going on with him.”

Getting back to the home he loved became Michael’s final wish. “He kept saying, ‘I just want to go home,’” Cindi said. A private jet staffed with two ICU nurses flew the Strawleys to Salisbury, and Michael was admitted to PRMC, where Cindi worked as a nurse. After a few days, the outcome seemed inevitable.

“I had confidence in them; I knew the doctors,” Cindi said. “But he was just going downhill. Finally, I said, we already know he’s going to die. Why are we putting him through all this? He’d already been in the hospital for two weeks and was worse instead of better. That’s when we decided to make him comfortable and take him home.”

Even though Cindi had an intimate knowledge of hospice care and was a nurse, making the call to Coastal Hospice was difficult. “I’m younger than most spouses of hospice patients, 20 years younger than my husband. I was a nurse for 20 years, and a hospice volunteer. You would think, ‘She’s got this wrapped up.’ No, you don’t have it wrapped up,” she said.

“I was in shock. The whole thing is overwhelming. Even with age on my side, medical experience on my side, and knowing hospice, it still was a trying time. It’s difficult when it’s your own person.”

Four days later, Michael died at home, with his family and hospice by his side. Cindi grieved, taking a month off from volunteering.

“I was walking around in circles. What am I going to do now?”

Before Cindi left for Wyoming, she had been volunteering with two hospice patients, and had planned with them for her absence.

“I took a month off after Michael died, and then got back to my patients. I was ready. I needed something to do. I was home alone. I was glad I was volunteering,” she said.

“I don’t know how some people do it, older people taking care of their spouse. It made me realize how really hard it is. I should have been able to do it with two eyes closed and my hand behind my back. But I didn’t know what to do, and I should have.”

Cindi found comfort in family, friends, and her volunteer family. “Everybody knew me at hospice, and knew what was going on. They were sympathetic, empathetic. I just tried to stay busy more than anything. I’ve been trying to keep up some of our traditions.”

One year after Michael’s death, Cindi is once again enjoying life. She works part time at a local garden center, is moving into a new home, and continues to volunteer for Coastal Hospice.

“I love volunteering,” she said. “I like doing a variety of things, and volunteering gives me that variety. I have two patients right now who are so different. One is in the Compass program, not ready for hospice yet. We walk every week. We go to Walmart or to the doctor. “I also volunteer with a 90-year-old who has full-time paid caregivers. Her daughter told me, ‘These people are being paid; it’s their job. You’re doing it as a friend.’ It makes a difference to the families.”

Cindi is eager to pass on her knowledge of volunteering to others, and steps up to mentor new Coastal Hospice recruits.

“I’ll take a new volunteer with me when I go visit a patient,” Cindi said. “I’m also on a panel during volunteer orientation where we go over different scenarios. They’re hearing our own experiences in real life rather than just reading it on a paper. You can see them relax with us. They feel like they have a friend in me.

“I hope to keep volunteering for many years to come.”
Thank you for the gifts we received from May, June and July 2017

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UPCOMING GRIEF SUPPORT ACTIVITIES

Dorchester County
Support Group – Dorchester Co. Library, Cambridge
Tuesdays at 6 p.m.: Sept. 5 & 12; Oct. 10 & 24
Information ~ Elmer Davis 410-726-2583

Worcester County
Lunch Social Group ~ all at 1 p.m.
Sept. 21 - Crab N Crush, 525 S. Main St., Berlin
Oct. 19 - Harborside Bar & Grill, 12841 Harbor Road, West Ocean City
RSVP ~ Diana Pikulsky 410-641-6566

Support Group – Ocean Pines Library
Every Thursday at 11 am.
Information ~ Nicole Long 443-614-6142

Somerset County
Support Group – Somerset Co. Library, Crisfield
Every 1st and 3rd Tuesday at 11 a.m.
Information ~ Nicole Long 443-614-6142

Memorial Service – J. Millard Tawes Museum
Wednesday, Nov. 8 at 1 p.m.
RSVP ~ Melissa Dasher 443-944-5846

These groups provide a time of respite and a safe place to express feelings in the grieving process. Support groups are free to any adult who has experienced the death of a loved one, even if they were not a patient of Coastal Hospice. Lunch socials are Dutch treat. For information, call 410-742-8732.

Wicomico County
Lunch Social Group ~ all at 1 p.m.
Sept. 13 - Adam’s Taphouse, 219 N. Fruitland Blvd., Fruitland
Sept. 27 - Denny’s, 100 East Cedar Lane, Fruitland
Oct. 11 - Red Lobster, The Center at Salisbury
Oct. 25 - Outback, 8245 Dickerson Lane, Salisbury
RSVP ~ Lynette Chase 410-901-2292

Support Group ~ MAC Center, 909 Progress Circle., Salisbury
Every Friday at 1 p.m.
Information ~ Nicole Long 443-614-6142

Memorial Service ~ Dove Pointe, Mt. Hermon Rd., Salisbury
Friday, Oct. 13 at 2 p.m.
RSVP ~ Melissa Dasher 443-944-5846

Hope & Healing with Horses ~ Kindred Spirit Farm, 31191 Johnson Rd., Salisbury
Saturday, Oct. 7 at 9:30 a.m.
Registration required ~ Melissa Dasher 443-944-5846

NOTE: All lunch socials are “Dutch treat.”