Thank you for being our angels

This is the time of year when we look back at what we have accomplished and how far we have come. With your generous support, we have come quite a long way.

In our last fiscal year, July 1, 2016 to June 30, 2017, Coastal Hospice & Palliative Care served more than 1,200 patients and their families and provided more than $600,000 in charity care – either care for those with no means to pay or services not covered by the patient’s insurance.

When you donate to our annual “Be an Angel” fundraiser, you are being an angel by helping us care for those who need it most.

We are aware and most grateful that we can continue to put our patients’ goals and needs first because of your generous support that allows us to go the extra mile in caring for our patients and their families.

Continued on Page 2

OCEAN CITY
Patient loves his “great” life

“I don’t have the words to describe how nice everyone is at Coastal Hospice,” said Herbert King.

Herbert talked about his stay in February at Atlantic General Hospital and how the doctor had been honest with him about his condition. The doctor recommended Herbert go to the comfort of his home and family and call hospice.

Today, King and his wife Beatrice praise Herbert and Beatrice King of Ocean City

You can help us serve those in our community who need charity care.

Please Remember Us In Your Holiday Giving This Year.

Mail your donation to PO Box 1733, Salisbury, MD 21802 or give on-line with a credit card at CoastalHospice.org/angel
Coastal Hospice News

Ask Dr. Waris

Q: What exactly is palliative care and how does it help?

A: Palliative care is medical service designed to prevent and relieve suffering for patients and families facing life-threatening illnesses. Palliative care is not the same thing as hospice care. Rather, it helps those facing a chronic condition live better, regardless of life expectancy. Palliative care can improve quality of life and prevent unnecessary hospital admissions and the use of health services, plus improve the mood and well being of patients and their loved ones.

Palliative care is an important part of the treatment of chronic conditions and should be initiated by the patient’s physicians. The time to start palliative care is as soon as a patient’s diagnosis becomes advanced. For example, inpatients and outpatients diagnosed with advanced cancer need dedicated palliative care services early in the progress of the disease along with active curative treatment. Palliative care can also be effective for those with end stage cardiac disease and dementia, among other diagnoses.

Coastal Hospice’s palliative care clinics within Peninsula Regional Medical Center and Genesis and Anchorage nursing homes offer comfort and relief to any patient needing relief from symptoms. Visits to the clinics have increased from 91 patients in fiscal year 2012 to 1,070 in fiscal year 2017. This increase shows how more and more doctors and patients are recognizing the importance of palliative care.

Essential components of palliative care include building rapport and relationships with patients and their caregivers to determine their personal goals; managing symptoms such as pain, fatigue, sleep disturbance, mood, nausea, and constipation; educating the patient and family about their illness and what to expect down the road; helping with important medical decisions; coordinating with other care providers; and, if needed, referring to specialists.

Caregivers who are giving care and support to patients with life-limiting illnesses may need help themselves figuring out what to do on a daily basis and preparing for what to do next. Our palliative care team of physicians, nurses, and social workers offers caregivers support, including telephone coaching, education, referrals, and face-to-face meetings.

Coastal Hospice’s palliative care providers are here to help anyone on the Lower Shore. We invite you to discuss options with your doctor, or we welcome you to call us directly at 410-742-8732.

Capen Continued from Page 1

In addition, your generous contributions have led us close to breaking ground for our new hospice residence in Ocean Pines — The Macky & Pam Stansell House at Coastal Hospice at the Ocean. We hope to open this new facility by the end of 2018 and extend our services to those who need a safe and caring place to call home.

We work to earn your support every day. We strive to provide the very best care to our patients and those who love them, knowing that we have entered their lives at a sacred time. We strive to be careful stewards of our resources. Your investment in Coastal Hospice is well placed.

Thank you for supporting the mission, vision, and values of Coastal Hospice & Palliative Care. It is our privilege to serve.

King Continued from Page 1

the care they’ve received from hospice. They are especially fond of nurses aid, Helen, whom they consider “part of the family,” and spiritual counselor, Christina.

Herbert’s health has improved under hospice care. A nurse visits him once a week; an aid, three times a week; and a spiritual counselor once a month.

Herbert had a rough start growing up Catholic in a tough area of Baltimore City, and praises the School Sisters of Notre Dame for guiding him to a good life path. He was forced to drop out of school and work on a coal and ice truck, yet rose above everything to become a police officer in Baltimore County. While there, he initiated several important measures still on the books, such as requiring a female officer to be present during interviews with female rape victims.

After retiring from the police force after 21 years, King joined a bank that, after several mergers, became the Bank of America, where he retired as vice-president. Beatrice adds that Herbert was always full of energy all his life, just like “the Energizer bunny,” she said.

These days, Herbert is comfortable in his recliner looking out the front window over the Caine Woods neighborhood, where he and his wife have had a home for 38 years. His sons, one of whom is a Franciscan priest, visit often.

“I’ve had a great life,” he said. “It’s been wonderful.”

Deer’s Head veteran patients Anna McFadden, Francis Ward, and Roland Smith receive personalized Certificates of Honor and handmade blankets on Veteran’s Day.

Veterans’ Day ceremonies across Shore honor our local veterans

Coastal Hospice continued our annual Veterans’ Day tradition with ceremonies at Chesapeake Woods, Mallard Bay, and Alice B. Tawes nursing homes, and Deer’s Head Hospital in Salisbury.

Speakers at the Deer’s Head service included State Senator Jim Mathias, Delegate Mary Beth Carozza, and Salisbury Sheriff Mike Lewis.

James Upton and the choir from Christ UMC provided patriotic music, and the General Levin Winder Chapter of the Daughters of the American Revolution brought handmade poppies and blankets.

The Hogs and Heroes Foundation Maryland Chapter 8 provided a much needed supply of American flag blankets for the veterans in our care.

Thank you to all!
Duitscher receives Governor’s Award

We are proud of our long-time volunteer, David Duitscher, who received the award for volunteerism in the veteran category during the 34th Governor’s Service Awards ceremony on Nov. 2 at the Children’s Theater in Annapolis.

Duitscher, who has been volunteering with Coastal Hospice for 17 years, is a veteran himself and an active volunteer in Coastal Hospice’s “We Honor Veterans” program that honors veterans in hospice care. As a veteran, Duitscher understands the special needs of former military personnel who are in hospice care. He personally makes visits to homes where he presents the veterans in hospice with a personalized certificate of honor and an American flag blanket. He also offers the final salute and finds the veterans often salute back.

Since becoming a Coastal Hospice volunteer in 2001, Duitscher has provided 2,822 hours of his time to the nonprofit organization. In 2016 alone, he volunteered 273 hours and made 215 patient visits.

Duitscher said he chose to volunteer for Coastal Hospice because, “I like to volunteer for a group I can be proud of. Coastal Hospice is a top quality organization, and I get support from the staff.”

He feels he is helping someone “at a very special time in their life” and prefers to visit patients and families in their own homes.

“You see the reward in the caregiver’s face when they’re able to get out of the house,” he said. “You’re making a difference right then and there in someone’s life.”

During the holidays, Duitscher plays Santa during Coastal Hospice’s annual Santa Run, where he dresses as Santa and delivers fruit baskets and blankets to patients. Congratulations, Dave.

Coastal Hospice receives Ocean Pines Nonprofit of the Year Award

From the Letter to the Editors from Coastal Hospice Vice-President, David Hanlin:

On Nov. 16 at the Ocean Pines Yacht Club, Coastal Hospice was proud to receive the Nonprofit of the Year Award from the Ocean Pines Chamber of Commerce. Thank you to the members of the Chamber for bestowing this prestigious honor on us. Thank you, as well, to the Worcester County Commissioners, State Senator Jim Mathias, and Delegate Mary Beth Carozza for their official citations/commendations.

This honor really belongs to the staff from Coastal Hospice who do the work. Without their outstanding efforts, Coastal Hospice would not have made the impact on the communities, patients, and families who the Chamber recognized. On a daily basis, our staff cares for more than 200 patients.

Our mission is simple, yet challenging: “Coastal Hospice promotes dignity and quality of life for patients and families who face life-limiting conditions.” We celebrate life and do all we can to make our patients comfortable and at peace.

Our staff likes to say, “We meet our patients where they are.” That could be physically, medically, socially, or spiritually. We try to help patients stay at in their own homes; that is where most people want to be.

Soon, there will be another option located in Ocean Pines. The Macky and Pam Stansell House at Coastal Hospice at the Ocean will be a 12-bed hospice residence for those without an able caregiver at home. With the help and vision of many people — including our fundraiser leaders Macky Stansell and Dirk Widdowson — we acquired an abandoned clubhouse at The Point at the end of Ocean Parkway. It is a spectacular location overlooking the bay and the Ocean City skyline and will be a calming place for our patients to live out their lives.

We look forward to our expanded presence in the Ocean Pines community. The work of Coastal Hospice goes on and will leave only a bigger footprint on Ocean Pines and the entire Lower Shore in the years ahead.
Drive brings in wealth of warm and cozy blankets for our patients

When we put out a call for blankets to give to our patients, you all responded! Thanks to everyone in our community who donated. We received beautiful handmade quilts and knitted or crocheted blankets plus a supply of soft fleece blankets. And we could still use more!

Many hospice patients become chilled in the cold of winter, and we have traditionally provided blankets to give them comfort and warmth. We deliver blankets all year, especially during the second week of December, when volunteers dress like Santa and elves and go to patients’ homes to bring holiday cheer.

“Our patients — many of whom are bed ridden or in wheelchairs — truly appreciate the extra comfort and warmth these blankets provide,” said Sally Rankin, volunteer coordinator for Coastal Hospice. “It also makes them feel a little bit better knowing someone out there cares about them.”

Most appropriate are quilted, knitted, crocheted, or soft fleece blankets in throw, twin, or full sizes. The blankets must be new, and can be either handmade or purchased.

We are accepting donations during regular business hours at the Coastal Hospice main office at 2604 Old Ocean City Road in Salisbury, or Coastal Hospice at the Ocean at 10441 Racetrack Road, Taylorville Center, in Berlin.

We welcome Dr. Jo Ann Fields

Jo Ann Fields, MD, has joined us as Hospice and Palliative Care physician. She will serve as the physician at Coastal Hospice at the Lake, our inpatient facility at Deer’s Head Hospital, as well as supporting the home care and palliative care clinical teams.

Dr. Fields grew up in Delaware where she practiced primary care medicine for 20 years. Trained at the Medical University of South Carolina in Charleston, Wake Forest University in Winston-Salem, and Lehigh Valley Health Network in Allentown, she recently completed a fellowship in Hospice and Palliative Medicine at Lehigh Valley in June 2017.

Dr. Fields joined Coastal Hospice for the opportunity to help people focus on their quality of life and to assist with the difficult conversations that happen with end-of-life care.
**FUNDRAISERS FOR THE MACKY & PAM STANSELL HOUSE AT COASTAL HOSPICE AT THE OCEAN**

**Brews & Bites at Embers/Blu in November raises $15,000**

Left: Coastal Hospice nurse practitioner, Megan Dingus, won a Jack Daniels electric guitar in the live auction at Brews & Bites.

Bottom left: Event co-chair Kellie Meehan with her father, Ocean City mayor Rick Meehan. Kellie represents the next generation of entrepreneurs to support hospice.

Bottom right: Event co-chair Cole Taustin with his mother, Cheryl Taustin, owners of Embers/Blu. Cheryl celebrates passing the torch to her son, a young philanthropic leader in the community.

**Blues on the Bay at Macky’s in September raises $33,000**

Dawn Ehman of OC SUP & Fitness held an event in memory of Sheryl Mitroci that raised more than $4,000. Left to right: Joe Mitroci, Ehman, Macky Stansell and Dirk Widdowson.

**GIFTS TO THE MACKY & PAM STANSELL HOUSE AT COASTAL HOSPICE AT THE OCEAN**

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- Ocean City Lioness Club

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Mr. & Mr. Bill R. Hendershot
Mr. & Mrs. Woody Malone
Ms. Alice L. Smith
Ms. Diane J. Smith

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Mr. & Mrs. Riley Abbott
Mrs. Nancy W. Barrett
Ms. Sally Dennis
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Mr. & Mrs. Roger C. Waters

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Ms. Taryn Mazza & Mr. Travis Orbin
Mr. Margaret A. Warfield

Rosemary M. Smith
Mr. & Mrs. Laurence C. Rossi

Judith Sterling
Mrs. Kaye W. Heath
Mr. & Mrs. Steven R. Williams, Sr.

Paul Stodgel
Mr. Christopher Stodgel

Ethel Strauss
Apple Infusion, Inc.
Ms. & Mrs. Douglas K. Hopkins
Ms. Eleanore A. O’Brien
Mr. Wayne Purse
Mr. & Mrs. Phil Taylor, Jr

Louis Craig Sutka
Mr. & Mrs. Pete Shepherd

Wallace S. Tawes
Mrs. Margaret B. Brown
Erick & Bobbi Hupke
R.C. Holloway Company

Marian Thrasher
Mr. & Mrs. Daniel Docusen
Ms. Donna Headlee
Mr. & Mrs. Whitey C. Quillen, Jr.

Leroy Travis
Rev. & Mrs. Thomas B. Bosley
Russell Hall Seafood, Inc.

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Mr. & Mrs. Ronald D. Merritt
Mr. & Mrs. Lawrence G. Mocknial
Mr. & Mrs. Jason F. Parrott
Mr. & Mrs. James A. Perdue

Point Arundel Condominium Assoc.
Mr. & Mrs. Michael Quillen
Mr. & Mrs. Raymond C. Shockey
Mr. & Mrs. Donald W. Usewick

Wilde Charitable Foundation, Inc.

Cheryl Troskey
Mr. & Mrs. William J. Troskey

Floyd B. Turner
Rev. & Mrs. John Brenner

Ms. & Mr. Peggi M. Horner
Mr. Alfred C. Huffier
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W. Melvin Turner
The Harrington/Gamburani Family

Mr. & Mrs. Joseph R. Kincade
Mr. & Mrs. Loy Reul-Pridgen
Mr. & Mrs. P. Gregg Rhodes

C. Albert Wagner

Mrs. Barry Wagner

David Waller
Wednesday Night Ladies Bowling

Edward T. Weitzel
Mrs. Barbara Weitzel

Walter Wells
Mrs. Vicki Benton

Mrs. Ann B. Suthowski

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Harold L. Willey
T. Parker Host, Inc.

Mr. Roger P. Adams, Sr.
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Dr. MeCeCe Baker & Mr. Jim Garofalo
Mr. & Mrs. Kenneth M. Rounds
Mr. & Mrs. Robert J. Boyd
Ms. Sharon G. Clark
Mr. & Mrs. Roger C. Covey

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Mr. & Mrs. Randall M. Day
Mr. & Mrs. Stanley C. Howeth

William & Michael Johnson
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Mr. & Mrs. Greg and Diane Karp
Mr. Joseph Koch
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Ms. Susan M. Lee

Mr. & Mrs. Charles Lewis
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Nagel Farm Service, Inc.
Mr. Scott A. Raubenstine

Ship High in Transit, Inc.
Mr. & Mrs. Russell E. Stevens, Jr.
Mr. Frank Williams

Carol Williamson
Drs. David & Susanna Buchanan

Mr. Jane Burt
Dr. & Mrs. C. Rodney Layton, Jr.
Dr. Amy Meikins & Mr. Richard Meikins
Mr. & Mrs. Richard A. Pusey
Mr. & Mrs. Laurence C. Rossi
Mr. & Mrs. Matthew T. Ulman

Ms. Julia E. Urrasio

Norma M. Wilson

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Mr. Neal Lookner
Mrs. Janet B. Messick

Mr. Tom Moreo
Ms. Sharlyn O’Hare
Mr. & Mrs. David P. Richards
Mr. & Mrs. Laurence C. Rossi

Ms. Lois M. West

Richard Yinger
Mr. & Mrs. Danny Davis

Mr. & Mrs. Michael Roddick
Mrs. Christine Yinger & Family

BUSINESSES

Atlantic/Smith, Coppers & Deelely

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Perring

Wells Fargo Community Support

Campaign

CHURCH

Bates Methodist Church Commission on Missions

The Hindu Temple of the Eastern Shore

Sodbend United Methodist Church

Unarian Universalist Fellowship at Salisbury

United Methodist Women of Beckwith

Church

Be an Angel and reap the benefits
Thank you for investing in the mission of Coastal Hospice. Your generosity helps us deliver care and comfort to individuals when they are most vulnerable.

As you look at your end-of-year giving, please consider your options. For example, you might reap a greater tax benefit from a gift of stock than from a cash gift. If you’ve held the stock for more than a year and it has appreciated in value, by donating the stock you can avoid capital gains tax and claim a deduction.

For more information, contact your tax adviser or call Coastal Hospice Development Director Heather Duma at 410-742-8732.
UPCOMING BEREAVEMENT SUPPORT ACTIVITIES

Dorchester County

Support Group – Dorchester County Library, 303 Gay St., Cambridge
Mondays at 3 p.m.
Jan. 22, Jan. 29, Feb. 12, Feb. 26, Mar. 12, Mar. 26
Information ~ Elmer Davis 410-726-2583

Wicomico County

Lunch Social Group – All at 1 p.m.
Jan. 10 – Adam's Taphouse Grille, 219 N Fruitland Blvd., Fruitland
Jan. 24 – Denny’s, 100 East Cedar Lane, Fruitland
Feb. 14 – Red Lobster, The Centre at Salisbury, Salisbury
Feb. 28 – Outback, 8245 Dickerson Lane, Salisbury
March 14 – Fratelli’s, 925 Snow Hill Road, Salisbury
March 28 – Brew River, 503 W. Main Street, Salisbury
RSVP ~ Lynette Chase 410-901-2292

Support Group – The MAC Center, 900 Progress Circle, Salisbury
Every Friday at 1 p.m.
Information ~ Nicole Long 443-614-6142

Somerset County

Support Group – Somerset County Library, 100 Collins St., Crisfield
Every 1st and 3rd Tuesday at 11 a.m.
Information ~ Nicole Long 443-614-6142

Worcester County

Lunch Social Group – All at 1 p.m.
Jan. 18 – Fager’s Island, 201 60th St., Ocean City
Feb. 15 – Dunes Victorian Room, 2800 Baltimore Ave., Ocean City
March 15 – Location TBD
RSVP ~ Diana Pikulsky 410-641-6566

Support Group – Ocean Pines Library, 11107 Cathell Rd., Ocean Pines,
Every Thursday at 11 am.
Information ~ Nicole Long 443-614-6142

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.