Hospice helps Margaret fulfill a life long dream

For Margaret, 73, of Princess Anne, Coastal Hospice has meant new friendships and the opportunity to pursue her dream – to be a published poet.

But it wasn't easy for Margaret to accept her referral to Coastal Hospice at first. “I said, ‘wait, isn't that for people about to kick the bucket,’” she said. “But my doctor said, ‘no, they do so much more,' so I went along with it and I’ve been very pleased.”

Margaret said she wasn't doing well physically, mentally or emotionally before receiving hospice services. Now she enjoys her visits with the staff and volunteers, especially the chaplain and social worker. She enjoys talking with them for hours as she reviews her life and comes to terms with her hardships.

“Ever since I can remember, I have felt less than,” said Margaret, who had a difficult childhood. “Every person I’ve met through hospice is real. They don’t look down on people because they are not as well-to-do or whatever. The people themselves make me feel cheerful – from the first person I met. They’ve all been so caring.”

Recognitions, Renovations and Record Setting Events

There is no greater honor than to be recognized for quality of service by the families and caregivers of the patients who passed away while in our care. This year we received an award recognizing our organization for providing excellent care during the National Hospice and Palliative Care Organization Conference. This award came on the heels of a well-received site visit from our accrediting body – The Joint Commission.

Coastal Hospice is making great strides in our goals for the Macky and Pam Stansell House of Coastal Hospice at the Ocean. Construction is progressing, and the project is expected to be completed this fall. We intend to open the Stansell House to patients in early 2019 thanks to the ongoing and generous support of the community members who are contributing to make the vision of the first hospice home on the Lower Shore a reality.

Coastal Hospice at the Lake has also undergone a remediation and renovation to improve the facility and its aesthetics for our patients and their families.

Our spring events have broken records for funds raised. Coastal Hospice staff held a quarter auction in March to raise funds to support the Stansell House. I’m proud to be part of an organization where the employees give so much of themselves to the work and then exceed all expectations to raise money to support the mission and vision of the organization as well. Both a Taste of Finer Things and Hats for Hospice have also had record setting success this year with participation and funds raised. Hats for Hospice is our signature fundraiser for charity care each year. Coastal Hospice provided approximately $675,000 in charity care last year. Charity care is available for patients who have no resources or who have needs that extend beyond their insurance coverage. I continue to be in awe of the generosity and contributions of our volunteers, board members and the community as a whole, and I look forward to a successful summer.

Continued on Page 2
Q: What are the unintended consequences of addressing the opioid crisis and the impact on hospice patients?

A: There is a national push to lower the dosage and length of time patients are prescribed painkillers, or opioids. While this is an effective strategy for curbing the opioid epidemic, it has had some unintended consequences particularly for patients suffering from pain at the end of life.

Health care providers feel pressured to significantly decrease opioid prescriptions and limit opioid treatment for chronic pain patients. When patients transition to hospice services, Coastal Hospice doctors work with the primary care providers and healthcare team to manage pain for dying patients. Opioids are essential for many patients receiving hospice care for life limiting conditions and terminal illness. The prescribing guidelines of the Centers for Disease Control and state laws do not restrict opioids for these patients as they do for the general population.

Nonetheless, hospice doctors and patients can sometimes run into challenges if insurance or pharmacies red flag prescriptions for drugs like morphine. Coastal Hospice works with patients and their families to overcome any such challenges to ensure that each individual receives the care and support they need.

On a mission to change minds about the end of life

Alvin Harmon is on a mission to educate the community about what to expect at life’s end — and about what hospice care is and what it isn’t.

Harmon is an associate with Compass, a free, non-medical support program for people and families in the four Lower Shore counties who cope with a serious illness. Cancer, heart disease, lung disease, liver disease, stroke, Alzheimer’s, Parkinson’s and kidney failure can rob a person of their ability to live on their own terms. Compass provides guidance and resources to make life a little easier.

Compass is a United Way supported program of Coastal Hospice — but is not the same thing as hospice, Harmon points out. Clients in the Compass program are not facing imminent death. They just need some extra support at home because of their illness.

As a Compass associate, Harmon visits clients and families in their homes to see where they need help. Compass can provide assistance with meals and groceries, wheelchair ramps, volunteer support, safety measures, spiritual care, caregiving, veteran’s benefits, socialization, transportation and family counseling.

One family Harmon visited was resistant to even talking about hospice at first.

“I remember walking in the door, and as soon as I started asking about the types of things they may need, the first thing they said was, ‘Everything but hospice.’ Those were the exact words. I kind of let it settle. After continual visits, I was trying to figure out why they didn’t want hospice. I understood the culture. They said the same things I had heard earlier. I was able to allow them to speak about it, but also give them a re-education about the hospice process, which allows your loved one to have dignity, to die with peace.”

Coastal Hospice honors Salisbury veteran, Samuel Jenkins

Samuel Jenkins served as peacekeeper in Cambridge in an era of racial tension and riots during the Civil Rights Movement.

Jenkins was awarded a certificate and an embroidered cap to honor his service in the Medical Services Corps of the National Guard during the Vietnam War. He recently shared stories about his days of service with Coastal Hospice staff. Recent political demonstrations bring back memories of service for Jenkins.

“I kept things settled,” Jenkins said. “I was very lucky.”

The recognition is part of Coastal Hospice’s We Honor Veterans Program. The organization provides specialized care for veterans who face life limiting illness. The program is supported by dedicated volunteers who honor each veteran in hospice care with a special visit providing the personalized certificate with his or her name and branch of service.

Today, Jenkins stays close to home and enjoys time with his wife, Carolyn, and their two dogs — Connor, a 10-year-old pug, and Rex, a 13-year-old pug.

The Jenkins’ decided to transition to hospice care this winter after the stress of four hospital admissions between December and January had resulted in his health deteriorating to the point he could not walk.

“I was really not doing good,” Jenkins said. “I spent two weeks in a nursing home and had to be carried out. I was feeling dizzy whenever I stood up.”

After the fourth hospital admission, the doctor recommended Coastal Hospice services. The couple was familiar with hospice care since Carolyn had been a volunteer for almost 10 years; they were relieved to be referred.

“It’s so important for people to know hospice is not strictly for cancer patients,” Carolyn said. “Hospice can help people with Alzheimer’s, heart disease, liver disease and so many other illnesses.”

The hospice care team brought much relief to Carolyn and her husband, they said. The nurse assists with medication needs, the social worker provides support and a pastor from the spiritual care unit regularly visits and sings with him.

“Don’t wait to call in hospice if your loved one is starting to fail,” said Carolyn Jenkins.

Coastal Hospice News

Margaret: Life long dream pursued

Continued from Page 1

Most recently her social worker brought her beautiful yellow pansies, which remind her of her mother. She enjoys sitting outside in the sun smelling the flowers in her garden with her sweet Shih Tzu named Puppy playing at her feet.

Planting flowers with her social worker and writing are therapeutic for her as she increasingly spends more time processing the pain she has experienced. She is trying to reach a point of forgiveness; but while she isn’t quite there yet, she is coming to new understanding of why her family was the way it was so that she is able to move forward and heal.

One of the greatest things that has come from her time with hospice, is the fact that her team is making her dream of publishing her poems a reality.

Margaret has been writing since she was a girl – before she knew what poetry was. Today, her poems have a sing song rhythm to them and are both light and dark with themes of faith and mortality.

“As a girl, writing was an escape,” Margaret said. “I could be who I wanted to be – a writer. I started writing at the age of 12 or 13 and would occasionally write little poems on napkins and everything else I could find.”

Margaret and Puppy enjoy the sunshine as they plant pansies in her garden on a warm April day in Princess Anne.

“Writing is a part of my life. I enjoy doing it. It gives me something to do,” Margaret said.

Coastal Hospice Social Work Manager Courtney Gum, Margaret and Puppy enjoy the sunshine as they plant pansies in her garden on a warm April day in Princess Anne.

Hospice has given her back her life, she said. As she was planning for a dinner for her daughter and three great grandchildren, she talked about wanting to leave something tangible behind for her family.

“I want to have done something,” Margaret said.

Through grant funds, Coastal Hospice is working with a local volunteer and Saltwater Publishing in Berlin to print several copies of Margaret’s book of poetry to leave behind her beautiful, timeless writing for her family for generations to come.
**Coastal Walk for Hospice raises more than $12,000**

Bob Purcell, president of Showell-based Beachwood Inc.: Custom Builders, decided this spring that he wanted to do even more to support the Macky and Pam Stansell House of Coastal Hospice at the Ocean. Purcell is a Coastal Hospice board member and member of the building committee. He has pledged financial support for the Stansell House and is actually helping to build part of the hospice residence. This spring he initiated a new fundraiser - the first Coastal Walk for Coastal Hospice - which has raised more than $12,000.

A group of family and friends joined him for the walk on May 5 at Assateague Island State Park.

“I believe wholeheartedly in the incredible, compassionate work of Coastal Hospice as a board member and a member of this community,” Purcell said. “I want to do anything I can to help build the Stansell House.”

The Stansell House will be a hospice home and outreach center for patients in the region who lack adequate support at home. The residence will provide the dignity of hospice care with the comforts of home. Twelve patient rooms will provide safety and privacy, yet accommodate family members who wish to stay overnight. Outreach programs will include volunteer training, grief counseling and support groups open to the community.

“It is through the generosity of individuals like Bob Purcell who are making this vision of hospice home a reality,” said Coastal Hospice President Alane Capen. “I am touched by Bob's overwhelming commitment to this important project to meet the health care needs of our community.”

**Coastal Hospice team plants flowers in memory of patients**

Each Coastal Hospice care team commemorates the loss of their patients in different, meaningful ways. The Lighthouse team, which serves residents in Wicomico and Somerset counties, paints flower pots and plants leaves made from wildflower-infused paper containing seeds to grow flowers in memory of patients. The flowers are planted at team members’ homes and on the grounds of the Coastal Hospice offices.

**Coastal Hospice receives top national honor for service**

Coastal Hospice was named a 2018 Hospice Honors recipient – an award that recognizes the organization as among those providing the best patient and caregiver experiences during end-of-life care.

The official list of recipients was unveiled at the National Hospice and Palliative Care Organization’s Management and Leadership Conference in Washington, D.C.

“We are honored to be recognized nationally as among the best in hospice and palliative care,” said Coastal Hospice President Alane Capen. “This recognition acknowledges the level of excellence our staff provides as we continuously strive to promote the dignity and quality of life for patients and families facing life-limiting conditions.”

Award criteria were based on hospice survey results for an evaluation period of October 2016 through September 2017. Award recipients were identified by evaluating performance on a set of 24 quality indicator measures.

**Taste of Finer Things 2018 raised more than $33,000**

More than 240 supporters attended the Taste of Finer Things at Harrison’s Harbor Watch Restaurant in Ocean City in April. The event raised more than $33,000 to support the Macky and Pam Stansell House of Coastal Hospice at the Ocean. The planning committee included: Macky Stansell, Stephanie Meehan, Pam Buckley, Karen Cramer, Cathy Donovan, Madalaine Hesz, Marsha Hovarch, Elaine Jacobs, Donna Linner and Gayle Widdowson.

**Save the date: Kicks 4 Kids - August 4**

The Kicks 4 Kids event is back on this year as a family friendly field day at Winter Place Park in Salisbury. The outdoor event will be from 11 a.m. - 3 p.m. and will feature a watermelon eating contest, silly sneaker contest, live music, prizes, games, races, food and fun for the entire family. Tickets will be available online at coastalhospice.org/kicks4kids and on site the day of the event. Kicks 4 Kids benefits Coastal Kids Supportive Care Pediatric Program of Coastal Hospice.

**Coastal Hospice President Alane Capen presented the Charter Society Anchor Award to Gayle and Dirk Widdowson at the Hats for Hospice Preakness Party on May 19. The Widdowsons were honored for their outstanding volunteerism and commitment to the mission of Coastal Hospice, especially the development of the Macky and Pam Stansell House of Coastal Hospice at the Ocean. The planning committee included: Macky Stansell, Stephanie Meehan, Pam Buckley, Karen Cramer, Cathy Donovan, Madalaine Hesz, Marsha Hovarch, Elaine Jacobs, Donna Linner and Gayle Widdowson.”
Coastal Hospice receives donation from local Pocomoke farmer

Worcester County farmer, Everett Glenn Holland, directed a $2,500 donation to Coastal Hospice as part of the America’s Farmers Grow Communities program, sponsored by the Monsanto Fund.

Coastal Hospice will use the funds to support the Macky and Pam Stansell House of Coastal Hospice at the Ocean.

“We are grateful for Mr. Holland’s generous donation for charity care,” said Coastal Hospice President Alan Capen. “Our organization is able to continue to serve our communities with compassion, end-of-life care to all regardless of income or insurance coverage thanks to support we get from our donors. Every dollar makes a difference.”

Holland applied for the Grow Communities program soon after his mother, Dorothy Holland, died last year. He said he chose to support Coastal Hospice because of the care his mother, sister, and sister-in-law all received through Coastal Hospice at the Lake in Salisbury.

Deeley Insurance donates thousands from snack bar proceeds

Deeley Insurance Group (formerly known as Atlantic/Smith, Cooper & Deeley) donated more than $2,400 from their snack bar proceeds to support the Macky and Pam Stansell House of Coastal Hospice at the Ocean. In addition, the agency pledged $15,000 to name a room in the new facility.

Deeley Insurance Group is a locally owned, independently operated insurance agency in Willards. Through their charitable arm, Deeley Serves, employees nominate charitable organizations to consider sponsoring, and then vote for their top three choices. The agency selected Coastal Hospice as one of their charitable organizations this year.

The charitable snack bar is organized by Mary Jane Wharton, Deeley Insurance Group claims specialist.

“We originally chose Coastal Hospice as our charity to support because we wanted to honor Elaine Young who retired from the agency after 20 years of service and is a volunteer,” Wharton said.

The snack bar originally started as part of a wellness challenge and featured strictly healthy food options, but gradually the selection grew to accommodate requests and tastes of all employees. Wharton started the in-house snack bar with her own money and has enjoyed watching the office move away from vending machines to using their own snack bar as a way to support local nonprofit charities such as Coastal Hospice.

“I love that this eliminated the vending machines,” Wharton said.

In addition to the snack bar, the staff organizes hot dog days, bake sales and raffles to raise money to support area organizations in need of assistance.

Thank you for the gifts we received from February, March and April 2017

GIFTS TO THE CAMPAIGN TO BUILD COASTAL HOSPICE AT THE OCEAN

Coastal Hospice Director of Advancement Heather Duma accepts a check for $2,500 from Glenon Everett of Pocomoke. Everett selected Coastal Hospice as an award recipient through the America’s Farmers Grow Communities program.

Deeley Insurance Group is a locally owned, independently operated insurance agency in Willards. Through their charitable arm, Deeley Serves, employees nominate charitable organizations to consider sponsoring, and then vote for their top three choices. The agency selected Coastal Hospice as one of their charitable organizations this year.

Deeley Serves, employees nominate charitable organizations to consider sponsoring, and then vote for their top three choices. The agency selected Coastal Hospice as one of their charitable organizations this year.

The charitable snack bar is organized by Mary Jane Wharton, Deeley Insurance Group claims specialist.

“We originally chose Coastal Hospice as our charity to support because we wanted to honor Elaine Young who retired from the agency after 20 years of service and is a volunteer,” Wharton said. In addition to the snack bar, the staff organizes hot dog days, bake sales and raffles to raise money to support area organizations in need of assistance.

“I love that this eliminated the vending machines,” Wharton said. In addition to the snack bar, the staff organizes hot dog days, bake sales and raffles to raise money to support area organizations in need of assistance.

“I love that this eliminated the vending machines,” Wharton said. In addition to the snack bar, the staff organizes hot dog days, bake sales and raffles to raise money to support area organizations in need of assistance.

“I love that this eliminated the vending machines,” Wharton said.

In addition to the snack bar, the staff organizes hot dog days, bake sales and raffles to raise money to support area organizations in need of assistance.
Thank you for the gifts we received from February, March and April 2017

Mrs. Doretha P. Jones
Mr. & Mrs. Lewis W. Bush
Drs. David and Susanna Buchanan
Ms. Valerie R. Beckwith
HATS FOR HOSPICE
Mrs. Madeline England
Mr. David Duitscher
Ms. Ruth Brandenhy
Quilters of St. Peter’s Lutheran Corporation
#2151 Bi State Ruritan Club Chapter
The John B. Parsons Foundation
The GE Foundation
Benevity Community Impact Fund
Amazon Smile Foundation
Speddens United Methodist Church
YourCause, LLC
Coastal Hospice News

Thank you for the gifts we received from February, March and April 2017

Mr. & Mrs. Ross W. Ritter, III
Mr. & Mrs. J. C. Parker
Ms. Ann R. Hancock
Mr. & Mrs. Palmer Gillis
Joseph W. Andrews
Mr. & Mrs. William A. Hooper,
George R. Alexander
Mr. & Mrs. Roland A. Milligan
Mrs. Margaret V. Lankford
Rebecca A. Adshead
Mary Jane Bryant
William & Brenda Littleton
Faith A. Bunting
Mr. & Mrs. Lawrence K. Long
Debbie Buser
Mr. & Mrs. Lawrence J. Hagemeier
Silvia L. Cerrias
Mr. & Mrs. John Burroughs
Carla Canakis
Mr. & Mrs. Philip Era
Mr. & Mrs. Melvin G. Hickman Jr.
Frank & Carolyn Bradford
Mr. & Mrs. Philip Era
Mr. & Mrs. Merle H. Dennis
Miss Doris B. Andrews
George A. Alexander
Mr. & Mrs. William A. Hooper,
III
Mr. & Mrs. Carroll E. Twilley
Dr. & Mrs. Thomas N. Berry, Sr.
Peninsula Dermatology
Class of 1963
Robert W. Collins
Crisfield High School
Class of 1963
Pamela Doak
Mr. & Mrs. Robert N. Calloway
Mrs. Patricia C. Leader
Mr. & Mrs. Thomas N. Berry, Sr.
Mr. & Mrs. Donald R. Cooper,
Jr.
Mr. & Mrs. Ron H. Hancock
Mr. & Mrs. J. C. Parker
Mr. & Mrs. Ross W. Ritter, III

Doris Archibald
Mr. & Mrs. A. G. Allen, II
Dr. & Mrs. Dave E. Cowell
Eva E. Baker
Ms. Linda K. Mitchell
Donald A. Benson
Farmers & Planters Ag, LLC
Mr. & Mrs. Alfred C. Ball
Mrs. Ruth Marie Braunitz
Mr. & Mrs. Frances F. Bridgell
Mr. & Mrs. Brian E. Chew
Mr. & Mrs. Marion C. Dryden
Mr. & Mrs. Alexander R. Dykes
Mr. & Mrs. Robert E. Greer
Ms. Mary Belle Hager
De & Mrs. Robert W. Harper
Mrs. & Mr. Joel P. Hopkins
Mr. & Mrs. Joseph A. Hoorman
Don & Leslie Hughes
Mr. & Mrs. Chris Perrin
Mr. & Mrs. Vaughn H. Pope
Ms. Suzanne J. Stevenson
Barbara & Roland Whitman
Charles D. Barnes
Mr. & Mrs. Wayne Holland
Mary Jane Barnes
The J. M. Clayton Company
Mrs. Beverly N. Craghton
Mr. Jeffery Larrick
Mr. & Mrs. Robert K. Lloyd
Mrs. Joyce C. McWilliams
Mr. & Mrs. Family &
Mr. & Mrs. John Wallen
Myrtle K. Bebee
De Richard F. Beber
Robert W. Benson
Bank of Delmarva
Commissioners of Mandale
Springs
Salisbury Wicomico Wicomico
Lions Club
Town of Delmar, DL-MD
Mr. & Mrs. David Duitscher
Mr. & Mrs. Alexander A. Guindon,
Mrs. Waye M. Hancock
Mr. Ann R. Hancock
Mr. & Mrs. J. C. Parker
Mr. & Mrs. Ross W. Ritter, III

Mrs. Sara N. Lewis
Mr. & Mrs. Larry R. Lynch
Mr. & Mrs. Anthony S. Saltanas
Mrs. Patricia A. Stevens
Ms. Linda M. Wilks
Mrs. Elizabeth C. Wootten

INDIVIDUAL
Ms. Maxine W. Brisbane
Mr. & Mrs. Robert A. Eaton
Mr. & Mrs. Anthony S. Gilliam
Mrs. Catherine Kreuzer
Jason Matthews
Mr. & Mrs. William G. Ochoe
Mr. Wesley Paulson
Ms. & Mrs. George A. Pumell
Mrs. Sylvia Ruano
Mr. & Mrs. Elizabeth A. Smith
Mr. & Mrs. Richard E. Waters
Ms. Susan Whitmore

TRIBUTE
Margie Ann Gecen
Mr. James R. Acton
Charles R. Adams
Snow Hill High School-
Class of 1949
Ronald & Lynn Adkins
Ms. & Mrs. Norman L. Adkins
Rebecca A. Adshead
Margaret E. Landford
Mr. & Mrs. Roland A. Milligan
Stephen Albert
Mr. & Mrs. Hugh L. Dishman
George R. Alexander
Mr. & Mrs. William A. Hooper,
III
Mr. & Mrs. Carroll E. Mill
Mr. Helen R. Sandle
Joseph W. Andrews
Miss Vicki L. Bozman
Mr. & Mrs. Robert G. Bancroft
Mr. & Mrs. Daniel D. Connors
Mr. & Mrs. David F. Cross
Mr. & Mrs. Alex R. Gage
Mr. & Mrs. J. C. Parker
Mr. & Mrs. Ross W. Ritter, III

Mrs. Janet A. Smith
Mr. & Mrs. John M. Taylor
Mr. & Mrs. Edward B. Toilik
Dr. & Mrs. Paul V. Twinning, Jr.
Isabella K. Berry
Ms. Douglas F. Berry
Helen Bloodworth
Mr. & Mrs. Raymond F. Andrews
Mr. & Mrs. John E. Bloodworth
Mr. & Mrs. Louis M. Bradley
Mr. & Mrs. Jack D. Burkiert
Mrs. Beverly G. Guady
Mr. & Mrs. Leroy A. Hall, Jr.
Mr. & Mrs. Wayne O. Holloway
Ms. Norma D. Phillips
Mr. & Mrs. Sandy Veach
Mr. & Mrs. Bruce E. Smith
Mrs. Teri L. Woesthoff
Mary Jane Barnes
The J. M. Clayton Company
Mrs. Beverly N. Craghton
Mr. Jeffery Larrick
Mr. & Mrs. Robert K. Lloyd
Mrs. Joyce C. McWilliams
Mr. & Mrs. Family &
Mr. & Mrs. John Wallen
Mary Jane Barnes
The J. M. Clayton Company
Mrs. Beverly N. Craghton
Mr. Jeffery Larrick
Mr. & Mrs. Robert K. Lloyd
Mrs. Joyce C. McWilliams
Mr. & Mrs. Family &
Mr. & Mrs. John Wallen

Did you know?
Amazon donates .5% of the price of your eligible AmazonSmile purchase to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Support Coastal Hospice by starting your shopping at amazon-smile.amazon.com.
UPCOMING GRIEF SUPPORT ACTIVITIES

Dorchester County
Evening Support Group – Dorchester County Library, 303 Gay St., Cambridge
All meetings on Monday at 3 p.m.
May 14, June 4, June 18
Information ~ Marceline Brooks 443-859-1312

Worcester County
Lunch Social Group – all at 1 p.m.
May 17 - BJ’s on the Water, 115 75th St., Ocean City
June 21 - Sunset Grille, 12933 Sunset Ave., 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 ~ 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.
May 1, May 15, June 5, June 19
Information ~ Nicole Long 443-614-6142

Wicomico County
Lunch Social Group – all at 1 p.m.
May 9 - Adam’s Taphouse Grille, 219 N. Fruitland Blvd., Fruitland
May 23 - Denny’s, 100 East Cedar Lane, Fruitland
June 13 - Dayton’s, 909 Snow Hill Rd., Salisbury
June 27 - Delmar Pizza, 38660 Sussex Highway, Delmar, DE
RSVP ~ Melissa Dasher 443-944-5846

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

NOTE: All lunch socials are “Dutch treat.”