Stansell House Welcomes First Patients

Stansell House, long a dream of Coastal Hospice and our supporters, came into full operation this summer with the admittance of patients, the first of whom was Alice Taraila of Ocean Pines.

Mrs. Taraila had been in our home hospice care as she battled bone and breast cancer when her family determined that a greater level pain management and around-the-clock supervision was needed.

Her son, Walter Taraila, and daughter, Barbara Dix, were kind enough to share their experiences as the “first family” of Stansell House both on WBOC-TV’s Delmarva Life and in a video shown at the recent Blues on the Bay event.

“The care she got here was fantastic … it felt like we were home,” said Walter. “During such a trying time, being (at Stansell House) gives you the peace you’re looking for.”

Barbara particularly appreciated the bedroom suites, which include a sofa bed for family members who wanted to nap or stay over, saying it was “like a family room; you don’t think of yourself being in a care facility.”

They recalled looking out the windows and seeing a mother doe and fawn nibbling on the plants and seeing birds and other wildlife. While their mother was not able to get up to look out the window, Barbara related how the views gave family members the breaks they needed by reconnecting them to nature.

“We are in total appreciation of the donors and those who made this happen,” Barbara added. “We feel we are the recipients of a very special time in our lives.”

In Alice’s obituary, the family mentioned that the Dover, Del. native’s “greatest joy was spending time with her family.” At Stansell House, she was able to do just that with her children, grand- and great-grand-children.

To see our video and the Delmarva Life segment, please visit our website.

Angel Appeal Lifts Off Nov. 25

We thank you, as always, for your support!

While it’s true that most of the care we provide is covered by Medicare and insurance, there are gaps, especially for low-income and indigent patients. That is where our annual Angel Appeal comes in. This end-of-the-year solicitation helps offset room and board costs at Macky & Pam Stansell House, supports our 13-month Bereavement Program and supports Coastal Hospice in other ways.

At the same time, the campaign allows donors to honor a loved one. When donating, add a special name to the ornament and return it in the envelope. We will hang it on our Angel Tree. Many of these ornaments will be read during WMDT newscasts from November 25 to Christmas Day.
Dear Friends,

This year has been one of achievements for Coastal Hospice. From the opening of our first permanent office in Dorchester County to serving the first patients at the Macky & Pam Stansell House, at times the pace has been frenetic. But that is the nature of life, moving ever-forward.

Our minds are on several initiative this time of year. On Veterans Day we honored military veterans in our care and in the wider community across all four of the counties we serve in a series of We Honor Veterans events.

Now, as we head toward the holidays, we will launch Angel Appeal, our annual year-end solicitation. Please consider supporting this crucial fundraiser in support of our charitable care. Look for our card in your mailbox and tune in to WMDT News as they read some of the messages sent in on our ornaments – maybe one will be yours. (I’ll be on Good Morning, Delmarva to kick the program off on the morning of November 25.) And, our volunteers are preparing for their annual “Santa Run” – a week of visits by Santa and his elves to our patients in their homes and in local nursing homes.

It can be helpful to look back, even as we move forward. Our 2019 Annual Report is in development and we anticipate its release at the end of the year. Simultaneously, we have begun planning a series of exciting 40th Anniversary programs and celebrations that will take place in 2020.

We cannot thank you enough for your support and friendship. May the balance of the year be one of celebration and good health for you and your loved ones.

Sincerely,
Alane

A Message from President Alane Capen

Q: “I am so overwhelmed at the idea of caring for my ill mother at home. I don’t even know where to start. What do you suggest?”

A: Living with and caring for someone who has a serious or terminal illness is a daunting task, and the first thing you should know is that you are not alone. There are many resources available, both through Coastal Hospice and in the community at large.

Coastal Hospice offers a free program called Compass that can help people who are navigating serious illness long before they may need hospice care. This non-medical program aids individuals and families in managing a wide array of challenges such as meals and groceries, wheelchair ramps, volunteer support, spiritual care, transportation, veterans’ benefits and more. A Compass Care Coordinator can help you work through and fulfill your needs and also connect you with other helpful organizations such as MAC, Inc. and Meals on Wheels.

For families entering in-home hospice care for a loved one, our nursing team will work closely with you, teaching you about important signs and symptoms to track and report. You will also learn about symptom management and care guidelines. And you’ll always have someone on our team to talk with at a time when you are sure to have many questions.

While there are many good books on the subjects of illness and dying, we often recommend one written by Barbara Karnes, RN, called Gone From My Sight. It helps caregivers to know that the changes they are seeing their loved one go through are normal and offers ideas about how to provide them comfort.

And remember to take care of yourself, too. Take breaks and walks, eat well and laugh without guilt. You can’t care for another if you are not healthy and rested.

Ask Dr. Waris
Medical Director

Ask Dr. Waris is a regular feature of Coastal Hospice News. Send your questions to Hduma@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.
One out of every four dying Americans is a military veteran, which is what makes We Honor Veterans, an initiative of the National Hospice & Palliative Care Organization and the U.S. Department of Veterans Affairs, so important. The program thanks these men and women for their service and helps them receive the support they have earned.

Program volunteers make bedside visits that include honor salutes and the presentation of personalized certificates as well as patriotic blankets donated by the community. In addition, they can help them enroll in VA benefits and coordinate care with the VA and other organizations.

No one is a greater supporter at Coastal Hospice than Brigadier General USA (Ret.) Robert Harleston of (Cambridge, MD).

To join General Harleston and others in this mission, please reach out to the Volunteer Office at 410-742-8732.

With the coming of the holidays, our Thrift Shop needs donations! As you ready your own home for celebrations, we hope you will consider donating to us. We’re in need of gently used toys, small appliances, small pieces of furniture and home goods; women’s, children’s and men’s clothing and shoes in good condition; books, records, videos, video games and consoles, and similar.

These items can help someone else put gifts under their tree, and proceeds from sales benefit charitable care at the Macky & Pam Stansell House. Our Thrift Shop will take your donation Monday through Saturday from 10:00 a.m. to 4:00 p.m. and some items may be picked up.

Questions?
Call us at 410-641-1132.

Why I Volunteer

One out of every four dying Americans is a military veteran, which is what makes We Honor Veterans, an initiative of the National Hospice & Palliative Care Organization and the U.S. Department of Veterans Affairs, so important. The program thanks these men and women for their service and helps them receive the support they have earned.

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To join General Harleston and others in this mission, please reach out to the Volunteer Office at 410-742-8732.

“The reason I appreciate and am committed to the We Honor Veterans program through Coastal Hospice is because it offers me the opportunity to honor and hopefully comfort fellow veterans.”
SNAPSHOT

Farmers Bank of Willards Donates

We are so appreciative of the representatives from Farmers Bank of Willards (FBOW) who dropped by Coastal Hospice at the Lake to donate snacks and toiletries to the residents! Nancy Ennis of FBOW said Coastal Hospice was chosen as a donation recipient because of the difference they make in the community, providing dignity during end-of-life care. From left to right: Bob Miller and Monique Welch from Coastal Hospice with Nancy Ennis and Alyssa Mitchell from FBOW.

Elks Club Supports Stansell House

Ocean City Elks Lodge 2645 helped to mark a major milestone in fundraising for the Macky & Pam Stansell House with its pledge to become the name sponsor of the twelfth and final bedroom suite. The lodge has long a supporter of Coastal Hospice.

Scher Named VP of Human Resources

Arnold Scher has joined our staff as Vice President of Human Resources, bringing 30 years of experience to the position. Over the course of his career he held several senior HR positions in fields as diverse as healthcare, senior living, manufacturing operations and local government. Scher received his Master of Administrative Science from Johns Hopkins University and completed an Advanced Learning Program focused on Organizational Development through the University of Virginia Darden School of Business. Originally from Richmond, Va., he recently relocated to the Eastern Shore.

A Magical Night

On a warm clear evening on September 25, more than 200 people were treated to a program of fine food and music at the Annual Blues on the Bay. Held at Macky’s Bayside Bar & Grille, the event raised more than $19,000 for charitable care at Stansell House.

First Annual Coastal Walk Raises $9,500

It was a beautiful morning on Assateague Beach when more than 60 people gathered for the inaugural Coastal Walk on October 12. The 5K run and two-mile walk is the brainchild of Board member Robert Purcell, who proposed the event as a personal fundraiser and allowed us to open it up to the public.
Thank you for the gifts we received from July through September 2019

**BLUES ON THE BAY**

Joanna Abercrombie  
Patricia A. Bounds  
Woolsey Brittingham  
Newton Chandler  
Barbara Coughlan  
Annabelle Dix  
Robert M. Elliott  
Parisa Gholamvand  
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Ways To Give

In recent years, Coastal Hospice has provided more than $500,000 in charity care annually. 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/
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UPCOMING GRIEF SUPPORT ACTIVITIES

NOTE: All lunch socials are “Dutch treat.”

Worcester County

Support Group – Ocean Pines Library, 11107 Cathell Rd., Ocean Pines
Every Thursday at 11 am.
(Not meeting Nov. 28)
Information ~ Nicole Long 443-614-6142

Lunch Social Group – 3rd Thursday, 1 p.m.
Nov. 21 – Longboard Cafe, 67th St. Bayside, Ocean City
Dec. 19 – Hemingway’s At the Coral Reef, Holiday Inn, 1701 Atlantic Ave., Ocean City
Jan. 16 – Lighthouse Sound, 12723 St. Martin’s Neck Road, Bishopville
RSVP ~ Molly LeFaive 443-523-4899

Dorchester County

Support Group – Coastal Hospice Office 216 Dorchester Ave., Cambridge
2nd and 4th Mondays, 3 p.m. Information ~ Breanne Carbaugh 717-572-9709

Somerset County

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

Support Group – The MAC Center, 909 Progress Circle., Salisbury
Fridays, 11 a.m. – 12 noon • 6 sessions beginning Nov. 15
Information ~ Nicole Long 443-614-6142

Youth Support Group (Ages 10 - 14) – The YMCA, 715 S. Schumaker Dr., Salisbury
Wednesdays from 5:30-6:30 p.m. • 6 sessions beginning Nov. 6
Information ~ Melissa 410-742-8732 ext 621

Dorchester County

Support Group – Coastal Hospice Office 216 Dorchester Ave., Cambridge
2nd and 4th Mondays, 3 p.m. Information ~ Breanne Carbaugh 717-572-9709

Wicomico County

New to Grief Support Group – The MAC Center, 909 Progress Circle., Salisbury
Fridays, 11 a.m. – 12 noon • 6 sessions beginning Nov. 15
Information ~ Nicole Long 443-614-6142

Support Group – The MAC Center, 909 Progress Circle., Salisbury
Every Friday, 1 p.m. (Not meeting Nov. 29)
Information ~ Nicole Long 443-614-6142

Youth Support Group (Ages 10 - 14) – The YMCA, 715 S. Schumaker Dr., Salisbury
Wednesdays from 5:30-6:30 p.m. • 6 sessions beginning Nov. 6
Information ~ Melissa 410-742-8732 ext 621

Lunch Social Group – 2nd and 4th Wednesdays , 1 p.m.
Nov. 13 – Ruby Tuesday, 413 N Fruitland Blvd, Salisbury
Nov. 27 – Bob Evans, 2601 N Salisbury Blvd, Salisbury
Dec. 11 – Olive Garden, Centre at Salisbury, Salisbury
Jan. 8 – Denny’s, 100 East Cedar Lane, Fruitland
Jan. 22 – Red Lobster, The Centre at Salisbury, Salisbury
RSVP ~ Lynette Chase 410-901-2292

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.