

Reflections

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Knowing We'll Be There

Steve and Marion Knipp's three grown children were certain their parents would be upset. Worried that their mom was overburdened by the stress of taking care of their dad, they had reached out to Gilchrist Transitions, a Gilchrist Services program that offers non-medical care for non-hospice patients, without asking their parents permission first.

Much to their surprise, Marion was thrilled.

"It's simply that I knew there would be someone I could call for advice on caring for Steve," she said. "Someone would be there when I needed them."

Launched three years ago, Gilchrist Transitions initially grew out of a need to offer a safety net of sorts for one-time hospice patients who were still seriously ill but no longer qualified for end of life care because their health had stabilized. Used to the comprehensive care of the hospice team – and attention from nurses, aides, social workers, chaplains and volunteers who took care of everything from medication management to personal care – patients and families would find themselves suddenly alone, and unsure where to turn for help.

Marion and Steve Knipp are very grateful for the support they've received from Gilchrist Services' Transitions program.

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During one of their weekly visits, patient Steve Knipp shows Gilchrist Volunteer, Kathe Curran, one of the beautiful pieces of art he has painted over the years.



“There is a great value in the assistance offered by the program. Even patients and families who do not initially enroll will reach out when they need us. They know we’ll be there.”

Anjana Chacko, LCSW-C,
Gilchrist Transitions
program manager

Today, the program offers service coordination and volunteer support to not only former hospice patients but also to “clients” who are either not yet eligible for or not yet ready to accept end of life care. Over the past three years, Gilchrist Transitions has provided services for more than 600 clients and their families.

For families, the program offers an initial face-to-face assessment by a Transitions case manager, who walks them through difficult discussions about their current and future care needs, as well as where to find help for everything from having hospital beds delivered to ensuring that personal care needs are met. After that initial visit, program employees make follow-up calls, once or more a month, to make sure there are no new or lingering needs, and offer volunteer visits, if needed.

For those families who are uncomfortable with the idea of hospice, Transitions also offers an emotionally safe-environment for families to discuss end of life care options with professionals who are not hospice

workers but know about the program and its benefits. Three out of every four Transitions clients ultimately enroll in hospice – both Gilchrist Hospice Care and elsewhere.

“When and if they’re ready for hospice, we can make it happen quickly,” Anjana said. “We’ll even call other hospices for them.”

For the Knipps, who were tired of cycling in and out of the hospital, the program offered the comfort of knowing that they could call Transitions, if needed, to discuss concerns related to Steve’s cancer or heart disease, as well as volunteer support for both Steve and Marion. Their volunteer, Kathe Curran, sits and talks with Steve for a few hours each week while Marion runs errands or has lunch with friends. She has been able to continue as their volunteer even as Steve Knipp, who calls Kathe his “professional friend,” moved from Transitions to one of Gilchrist Services’ other programs.

“Kathe is a perfect match. It’s extraordinary,” said Marion. “My friends call it my playdate when she’s there.”



Bereavement Companion Program

Sue Crouch’s volunteer assignment for Gilchrist Hospice Care didn’t start until after the patient’s husband died. Angry and worried, the patient’s wife needed someone who could sit with her – to sing songs, to reminisce, to learn to live on her own with her “new normal.”

Once a week, Sue visited with the elderly Parkville woman through Gilchrist’s Bereavement Companion program. Before her visits, Sue would find YouTube videos of the songs the woman loved and bring large print versions of the lyrics the woman was unfamiliar with.

“When you lose someone, you not only experience emotional pain, but a new void in your life,” said Sue, a Gilchrist volunteer for nearly four years. “I helped her to remember her husband and the good times they had. But I also made sure she knew her new life without him didn’t mean she couldn’t still keep him in her heart.”

Gilchrist’s Bereavement Companion program is an offering of Gilchrist Grief Services, and designed to offer friendship and support for grieving family members who may not need one-on-one counseling or be interested in support groups – but could benefit from having someone to talk to after their loss. Clients are identified for the extra support by grief counselors.

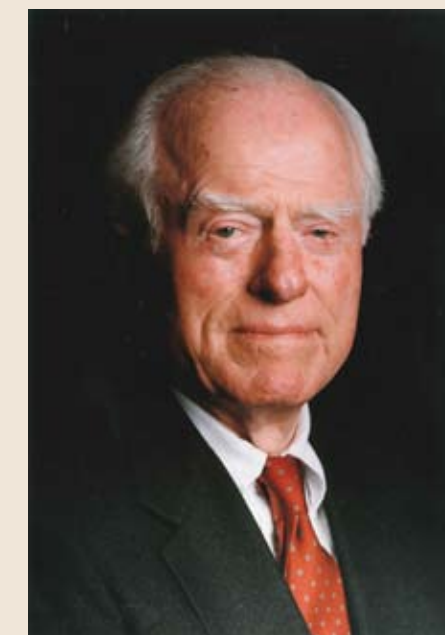
“Most are having a normal, healthy reaction to their loss but they may not have a lot of family in town. They can use a little more support and companionship,” said Deborah Geffen Jones, Gilchrist Grief Services and Volunteer Support Manager. “They just need an extra touch for a short time.”

Saying Goodbye to a Dear Friend of Gilchrist

Joseph S. Keelty, a noted businessman and philanthropist, whose time, treasure and talents helped shape the Gilchrist Hospice Care of today, died in April at Gilchrist Center Towson, one of the beneficiaries of his generosity.

Mr. Keelty, a leader in the homebuilding industry and a friend of Gilchrist’s founding benefactor, Jeanne “Jinny” Gilchrist Vance, was appointed to the Gilchrist Board of Directors in 1995 and served as board chair from April 1999 to June 2000. At the time of his death, he was a Director Emeritus for Gilchrist.

He also gave generously to GBMC HealthCare, of which Gilchrist is an affiliate. To honor his life-long tradition of philanthropy, the health care system established the Joseph S. Keelty Society in his name.



“We are so grateful for Joe’s legacy of exceptional leadership and extraordinary generosity,” said Cathy Hamel, President of Gilchrist Services. “His influence is still felt today. We have lost not only a steadfast supporter, but a true friend.”



New Construction at Gilchrist Center Towson now complete

A newly constructed 2,415 square-foot addition to Gilchrist Center Towson designed to enhance the inpatient experience of our Jewish patients has been completed and is open to patients and families, with a dedication celebration for the space scheduled for this fall.

The addition, which serves as a complement to Gilchrist Hospice Care's new and thriving Jewish Hospice Program, includes a Jewish chapel, a family area and a beautiful courtyard and is located on the terrace level of the inpatient center. But while it was conceived to accompany the Jewish Hospice Program, the new space is open and accessible to all patients at Gilchrist Center Towson and their families, regardless of their spiritual beliefs.

"It's such a tranquil place. When you walk in, you're met by sunlight flooding into the chapel," said Jewish Hospice

Program Manager Chaya Lasson.

The new space is part of Gilchrist's larger effort to enhance the care of its Jewish patients by ensuring that the care and services they receive is sensitive and adherent to the customs, rituals and laws that bring them comfort and around which they have built meaningful lives. While Gilchrist's program has always served patients of all backgrounds, Jewish patients have historically been underrepresented in the hospice population.

Launched in January, Gilchrist's Jewish Hospice Program includes both home and inpatient care, and staff and volunteers have received special training on everything from Jewish observances to religious influences on medical decision-making.

At Gilchrist Center Towson, care is enhanced not only by the additional



Photos page 4, clockwise from top: the Jerusalem Stone wall with water feature and living wall; close-up of the Eternal Light; family gathering area; courtyard adjacent to the chapel; close-up of the water feature. Photos page 5, from top: new kitchenette; the large table in the kitchenette for families to share meals while visiting Gilchrist Center Towson; gathering and prayer areas in the chapel.



A Retirement Celebration

Mark Scarinzi had considered retiring from Towson University for several years, but kept putting it off until a recurrence of his throat cancer forced the issue earlier this year.

Admitted to Gilchrist Center Towson for symptom management in late June, Mark was soon amazed by the dozens of Towson colleagues – both past and present – who streamed in and out of his room each day, bringing everything from compact discs with his favorite music to treasured flowers from his own garden with them.

So when Mark, who worked at Towson for 34 years, most recently as an operations manager, expressed regret to Kristin Metzger, RN, one of his hospice nurses, that he had never gotten to formally retire, she suggested that his family arrange for a retirement party – to be held at Gilchrist Center.

"I said, 'This may be a crazy idea, but how do you think he'd feel about having a true retirement party here to celebrate everything he's done for Towson?'" Kristin said.

"His sister was super excited about the idea."

The festivities, held July 16 in the family dining room at Gilchrist Center, drew a standing-room only crowd of Towson colleagues from the department of Physics, Astronomy and Geosciences, who feted Mark with food and well wishes.

"For people to come in here and share their feelings and love and support – what a celebration of his life!" said Marian Kearney, Mark's oldest sister. "I'm so thankful that he got to see what people think of him. I'm glad that his Gilchrist nurse suggested the party."

Pictured above, (l to r): Dr. Henry Chen, Mark's friend; Marian Kearney, Mark's sister; and Mark Scarinzi, Gilchrist patient. Mark died at Gilchrist Center on July 22nd.

Renovations (con.)

space, but also by doors that can accommodate mezuzahs, or decorative cases that contain important Hebrew prayers within and are placed on door posts, if a patient requests one.

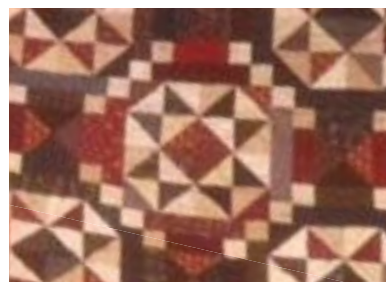
"I am so proud to have played a role in creating this incredibly meaningful and richly-drawn program for Gilchrist's Jewish patients and their families," said Steve Fader, whose father was a Gilchrist patient and whose vision led to the creation of the Jewish Hospice Program.

Mr. Fader has also led the fundraising campaign for the program. "The new space at Gilchrist Center is extraordinary – a perfect complement to the center and a haven, offering peace and comfort for families during their most difficult time."

For more information on how you can help, please call Lori Mulligan at 443-849-8214.



Quilts Donated to Gilchrist Center Howard County



A sample from one of the donated quilts.

The 10 patient beds at Gilchrist Center Howard County are newly adorned by large quilts generously crafted and donated by the Four County Quilters Guild as part of a several year service project.

The group has been working to create quilts for inpatient hospice centers in Howard, Frederick, Carroll and Montgomery counties and chose Gilchrist's acute inpatient center in Columbia as one of the beneficiary of 10 bed-sized quilts and six throws.

"Hospice is there to make the patients' last days as pleasant an experience as it can be, given the situation," said Dawn Cynamon, the community project chair for the Guild. "Having a quilt people poured their hearts into helps families know they're not alone."

The Guild formally presented the quilts to Gilchrist staff in June.

"They're absolutely beautiful and stitched with so much love," said Catherine Frome, Associate Director of Inpatient Operations for Gilchrist. "The Guild really took the hospice situation to heart."

Gilchrist Staff Honored

A Gilchrist nurse and volunteer recently received special recognition for their extraordinary care.

Gilchrist Kids nurse Erin Batton was named a Top Nurse for 2016 by Baltimore Magazine. She was one of only two nurses recognized "for their extraordinary contributions to healthcare" in the hospice/home health/palliative care category.

And Donna Naslund, a Gilchrist Grief Services volunteer was 4th Runner Up for the annual Nancy J. Petrarca Compassionate Caregiver Awards. Three additional Gilchrist employees and volunteers – Joanna Baird, a spiritual care volunteer at Gilchrist Center Towson; Mona Soliman, a nurse liaison; and Blair Wilson, the social worker at Gilchrist Center Howard County – were among this year's 15 nominees for the award. The award recognizes employees and volunteers who display extraordinary compassion in their care for the patients and families of GBMC HealthCare's hospital and affiliate organizations.



Erin Batton (left), one of Baltimore Magazine's Top Nurses is pictured here with a Gilchrist Kids family.



Gilchrist Services Volunteer, Donna Naslund receives her award from GBMC President, Dr. John Chessare

Taste of Howard County



Auction table at the 2015 Taste of Howard County

Gilchrist Hospice Care will host the annual Taste of Howard County at Turf Valley in Ellicott City on Sunday, October 23 from 5 to 8:30 p.m.

With this year's theme of "Go Wild for Gilchrist," the event will feature the sweet and savory creations of more than 20 of Howard County's premier restaurateurs and caterers, as well as a cash raffle and live and silent auction. This year's Taste will also include specialty areas for oyster, coffee and ice cream tastings.

As in previous years, all proceeds from the 2016 Taste event, which is being chaired by Tracy and

Bob Lucido, will be earmarked to support Gilchrist Center Howard County, our 10-bed acute inpatient center in Columbia.

To purchase tickets, visit gilchristservices.org/taste

For sponsor information contact Cliff Hughes at 410.730.1764 or chughes@gilchristservices.org

The Holly Ball

The Holly Ball to benefit Gilchrist Hospice Care, a beautiful and festive evening and a highlight of the joyous holiday season in Baltimore, will be held this year on Friday, December 2 from 7 p.m. to midnight at the Baltimore Marriott Waterfront hotel.

The biennial event, which features fine dining, dancing, and mingling with friends, both old and new, will celebrate Gilchrist and our many accomplishments – and, in particular, the 20th anniversary of the opening of Gilchrist Center Towson, our acute inpatient hospice center

in Baltimore County and the icon of the organization. All proceeds from this year's event will go toward supporting Gilchrist Center Towson.

Honorary chairs of the 2016 Holly Ball are Jana and Richard Burch and Mary and Tim Mullan.

For more information on how to become a sponsor or to purchase event tickets, please contact Jamie Lynch at 443-849-8241 or jlynch@gilchristservices.org.

View of the beautifully decorated ballroom at the 2014 Holly Ball.



Baltimore Running Festival

Gilchrist Hospice Care and GBMC have put together a team of runners and volunteers who will participate in the Baltimore Running Festival on October 15, while also raising money to support Gilchrist Center Baltimore – Joseph Richey House.

Each participant will set a fund-raising goal to benefit Richey House, Gilchrist's residential hospice center on Eutaw Street in Baltimore City.

For more information, please contact Ted Blankenship at 443-849-8263 or tblankenship@gilchristservices.org.



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2016 Advance Care Planning Talks

Discussing end-of-life wishes doesn't have to be difficult.



Dr. W. Anthony Riley, the medical director of Gilchrist Services, is offering a free, informative series of monthly talks that are designed to educate the public about the importance of Advance Care Planning in their health care journeys.

The talks will be held at 5:30 p.m. in the Civiletti Conference Center on the Greater Baltimore Medical Center campus:

Tues., Sept. 20: "Choosing Treatments Wisely: for diseases of the brain and nervous system"

Tues., Oct. 18: "Choosing Treatments Wisely: for diseases of the heart and lung"

Tues., Nov. 15: "Choosing Treatments Wisely: for diseases of the brain and nervous system"

For more information, or to register for one or more of the discussions, please visit the Gilchrist website at gilchristservices.org/advancecareseries or call 443-849-GBMC (4262).