

Reflections

443.849.8200

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As the end of life approaches, the kindness and care of the Gilchrist hospice team is invaluable for patients and families, leaving an indelible impression even after the loss of a loved one. In the months that follow, memories of the soothing caress of the hospice aide, the unwavering attention of the nurse, the extra supportive efforts of the social worker, chaplain and volunteer, offer solace amid the grief.

So it should come as no surprise that those memories remain front and center as talk turns to creating a lasting legacy for or to honor a cherished loved one.

During the past 21 years, families who have experienced our care have hosted celebrations and competitions with a goal of raising money for Gilchrist. They have earmarked wedding and birthday and anniversary gifts. And they're not the only ones: Gilchrist staff members, moved by the enormity of our mission, are finding ways to honor the service of their peers; and community groups are collecting and donating – and finding ways to make Gilchrist's care even better.

Many ways to say

THANK YOU

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SHEL KELLEY & THE PAUL J. KELLEY, JR. CHARITABLE FOUNDATION

Paul Kelley's last days were spent in a warmly decorated room at Gilchrist Center Towson that always seemed to be packed with family and friends.

"I was grateful for the quality of life Paul had at the center," said his wife, Shel. "At home, he was either awake and uncomfortable, or on medication and often groggy and unable to communicate. Gilchrist was able to manage his pain and care for him so professionally."

And so, after his death in 2009, when anyone asked where they could donate in his memory, she suggested Gilchrist Center. And when, months later, his community and friends wanted to do more, a foundation was created in his name, with all proceeds dedicated to Gilchrist.



Six years later, the Paul J. Kelley, Jr. Foundation continues to give and give to Gilchrist – with all fundraising activities now earmarked to support Gilchrist Center Howard County, our acute inpatient hospice center in Columbia, which had not been built at the time of Paul's death.

"We'll continue hosting events to benefit Gilchrist and do our part to help other patients and families."

- Shel Kelly

"Gilchrist Center Howard County is right down the street and it's a necessity," said Shel, who lives in western Howard County. "I can't imagine Gilchrist now without it."

Paul's favorite holiday was St. Patrick's Day, so it felt right to start the Foundation's official fundraising with a party in his honor during St. Patrick's Day 2010. Over the years, the Foundation has added annual events, including one at El Azteca, Paul's favorite restaurant in Clarksville, and "Have a Heart for Hospice" on Valentine's Day. To date, the Foundation has raised more than \$100,000 for Gilchrist.

"It was very important to us to give back to Gilchrist and it's just grown over the years," Shel said. "And now, of course, people ask all the time, when's the next event?"

EMILY SOCOLINSKY & FIVEX3 TRAINING



By the time Charlotte Bohn was admitted to Gilchrist for care, she had been fighting colon cancer off and on for more than three years. At first, Charlotte, an accomplished singer, wanted to stay at home with her two children, but when her pain became more than her family could handle, she was transferred to Gilchrist Center Towson.

"Gilchrist took care of Charlotte, and gave us a chance to let go," said her sister, Emily Socolinsky.

After Charlotte's death last February, Emily decided that she would hold an annual weightlifting competition at the strength and conditioning gym she and her husband own, FiveX3 Training, in Baltimore. The proceeds benefit the Towson inpatient center, where Charlotte spent her last days so peacefully.

"It's my time to say thank you for taking care of Charlotte and acknowledging what she was going through."

- Emily Socolinsky



DR. MONICA SANDOVAL & THE LOWER SCHOOL AT BOYS LATIN



“The children’s room is for young visitors who need a reprieve. The Lower School students really delivered.”

- Dr. Monica Sandoval

The boxes just kept coming: board games, books, a television, a gaming system... The third, fourth and fifth grade Student Council representatives at Boys’ Latin School of Maryland unloaded the new and gently used items from the school’s bus and deposited them on the floor of the Children’s Room at Gilchrist Center Towson.

The virtual treasure trove was the result of a community service project that sparked an astonishing wave of generosity from Boys Latin Lower School families.

“I was definitely surprised by how much we collected,” said fifth-grader Jimmy Hillwig, president of the Lower School Student Council. “I hope the children here will be interested in these things. Sometimes when I’m sad, I play video games to help me forget about why I’m sad.”

The project was initially suggested by Gilchrist Center physician Dr. Monica Sandoval, whose son is a second grader at the school and who remembers bringing

the young child of a patient to the small room in an attempt to distract him while he was visiting his mother. When he saw the dark room and outdated toys and games – including a VHS player – he returned to his mother’s room.

By the time the boys were finished, the floor of the room was covered. Gilchrist Child Life Specialist Beth Kreyling said staff also planned to brighten the room by hanging up drawings made by Lower School students: “You’re helping turn this room into a great place so that when kids are visiting, they have a place to take a break from the tough stuff,” she told the boys. “This is our kids’ escape area.”



Lower School student, De'Andre Jones making a delivery.

THE PARENTS ADVISORY COUNCIL

With just weeks to go before the holiday season, Gilchrist Kids Nurse Manager Mary Tiso made what is quickly becoming an annual appeal to the GBMC Parents Advisory Council. Armed with photos and a list of holiday needs, Mary gave the council, a group of about 30 parents who had a happy childbirth experience at GBMC, an update on the program and the terminally-ill children it serves.

The resulting donation – their third in three years – plus a substantial donation from the Department of Health Policy and Management at the Johns Hopkins Bloomberg School of

Public Health, helped fulfill the wish lists and ensure a happy holiday for 17 Gilchrist Kids families this year.

“Each year, the response has just grown,” said Lydia Travelstead, co-chair of the GBMC Parents Advisory Council. “It’s a great group of parents who really want to help and give back.”

In addition to the Council and Hopkins donations, holiday giving to the pediatric hospice program included dozens of Build-A-Bear stuffed animals from a church youth group and gift bags from the Gilchrist volunteer office.



“We realize how lucky and fortunate we are to have healthy children. We were committed to doing anything and everything we could to help the families of Gilchrist Kids, who are already dealing with so much, have a happy holiday season.”

- Lydia Travelstead, co-chair of the Parents Advisory Council

TYLER & SARA MEREDITH

Sara Martinez Meredith remembers being worried as she began her community nursing rotation toward her Bachelor's degree in 2013. While many of her classmates had received assignments in the public schools, she would be working in the most emotional setting possible: hospice.

But the staff at what is now Gilchrist Center Baltimore – Joseph Richey House put her at ease: "I remember following one nurse. She had a big personality and kept telling me how important it was to care for people during their last months," said Sara, who now works in cardiac care at University of Maryland Medical Center. "She showed me that it was OK to bond with patients. It was very personalized care."

She was working there in the days before Joseph Richey joined forces with Gilchrist, and she remembers hearing about the struggle to stay open. So when she and her husband, Tyler, were preparing for their nuptials two years later, they decided to ask family friends to donate to Joseph Richey House – in lieu of wedding gifts.

After their October wedding, Tyler and Sara personally delivered a check for gifts that had been sent directly to them. Other family and friends mailed donations to the hospice.

"The staff was so dedicated. It wasn't a job to them. It was something they loved doing," she said. "The whole staff had a lot of heart."



"We both felt like we were in a good place and that we could give back to others."

- Sara Meredith

Gilchrist Gives Back



Gilchrist's Central Team purchased gifts to give out to patients and families under their care this holiday season.

During December, Gilchrist staff and volunteers brought holiday cheer through deliveries of care packages and gifts and gift cards, to hospice and community families. Many of the organization's care teams – and some of its administrative departments – collected donations, raised funds and organized giving campaigns to benefit those who would have otherwise gone without during the holidays.

In the weeks leading up to the holidays, Gilchrist's teams identified patients and families in need, and clinicians and volunteers donated money and purchased gifts – even providing decorated tabletop Christmas trees, gifts for patients to give their young grandchildren and gift cards for everyday purchases like gas and groceries.

The largest of the efforts was for the Gilchrist Kids pediatric hospice program.

A True Team Approach to Care

When Brenda Brubaker first enrolled in Gilchrist Hospice Care, she had two immediate needs – and one bucket list wish – that needed to be addressed.

She and her husband, Kevin, needed help with her personal care. They needed a ramp to help Brenda, who had battled a brain tumor for more than a dozen years and was getting progressively weaker, safely navigate outside their home to their beloved church. And, if possible, Brenda hoped to meet her idol, retired Baltimore Ravens linebacker Ray Lewis.

Check. Check. And double check.

The first was the easiest; Gilchrist Hospice Aide Kim Butler was at the home within days of Brenda's admission. The second was a bit harder, but Gilchrist Social Worker Amanda Krisher was able to quickly work with the Brubakers' church and Habitat for Humanity to have a ramp installed. As for the third... with a bit of coordination and an appeal by Gilchrist Nurse Kim Schonfeld, Brenda was able to meet Ray Lewis, in person – and in her own home.



Brenda Brubaker sits with her nurse, Kim Schonfeld, during Ray Lewis' visit.

"I almost had a heart attack," Brenda said, of the surprise visit from the Ravens star. "It was my last dream, and it would not have happened without my Gilchrist team looking out for me."

For the Brubakers, each and every member of the hospice team has offered care above and beyond their greatest expectations. Brenda, a devout Christian, said she takes particular solace in her visits with Gilchrist Chaplain Tyra Curley and their discussions about faith. Her experience with Gilchrist – and the entire team – has been amazing, she said.

"They're awesome. I feel hope," Brenda said. "They boost my spirits and make me feel like I'm living."

Gilchrist Nurse Kim Schonfeld said it's important to the team to make sure Brenda can still get around and experience those things that still bring her joy: "She always says she knows she wouldn't have gotten this far without us."



The Brubaker's Gilchrist Team (sitting l to r) Frances Fredrick, Kim Schonfeld, Tyra Curly (standing l to r) Amanda Krisher and Kim Butler.

Breaking Ground at Gilchrist Center Towson

Gilchrist Hospice Care's new Jewish Hospice Program began accepting patients for home hospice in January, as workers broke ground on a 2,415-foot addition to Gilchrist Center Towson that will house a Jewish chapel, family area and kosher-friendly kitchen.

While Gilchrist's program serves patients of all backgrounds, Jewish patients have been historically underrepresented in the hospice population.

In anticipation of the new program's start, more than 200 Gilchrist staff and volunteers have already received specialized training through a partnership with Jewish Community Services, a program of The Associated: Jewish Community Federation of Baltimore.

"The training really reinforced the value and importance of the sanctity of life for our Jewish families. We understand that every moment is precious and priceless," said Chaya Lasson, program manager of the Gilchrist Jewish Hospice Program.

The Jewish Hospice Program includes all of the components of Gilchrist's traditional hospice program, with added enhancements – including the leadership of Chaya, who has deep roots in the Jewish community; the newly constructed space at Gilchrist Center Towson; and oversight by a specially-selected advisory committee – to ensure that the care is compatible with patients' religious and cultural beliefs.

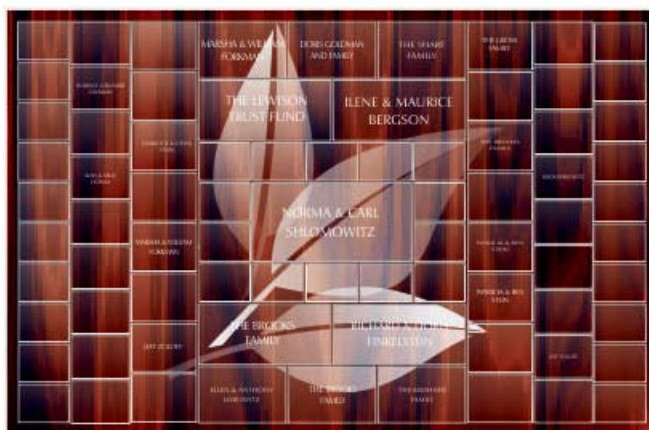
Gilchrist has partnered with The Associated on a \$6.8 million fundraising campaign for the Jewish Hospice Program and facility.

For more information on the program or gift opportunities, please contact Lori Mulligan, Senior Director of Development, Marketing and Community Programs at 443.849.8214 or lmulligan@gilchristservices.org.



"The Jewish Hospice Program offers our Jewish families extra comfort that we understand not only their medical and emotional needs, but also the religious laws, traditions and customs that are so important to them."

Chaya Lasson, Jewish Hospice Program Manager



A rendering of the donor wall that will be located outside the chapel.

Upcoming Milestones

Be part of the celebrations in 2016 as Gilchrist Hospice Care marks two important milestones – the 20th anniversary of our flagship inpatient hospice center, Gilchrist Center Towson, and the 5th anniversary of our Columbia inpatient center, Gilchrist Center Howard County.

Each year, the two centers, with a combined 44 inpatient rooms – 34 in Towson, 10 in Columbia – provide the finest in acute inpatient care through the end of life for more than 1,500 patients, and care and support for the loved ones they will leave behind. Both centers are designed to offer the highest quality of care for patients whose pain and other symptoms cannot be controlled at home and who need round-the-clock care.

Both centers rely on community support to help underwrite the difference between what insurance pays and the actual cost of care. Each year, Gilchrist provides approximately \$1 million in care to patients and their families in the two centers that is not reimbursed by insurance.

To celebrate the two anniversaries, Gilchrist Hospice Care will hold special events to honor the lives of patients and families who received care at the two centers. We also will be seeking

additional community support from donors who value the care their loved ones have received at each of the centers. For 2016, we are seeking to raise \$300,000 in new support for the two centers.

To make a gift to support either center, please call 443-849-8245.

Join us on
Wednesday, May 25
from 4-6:30 p.m. at
Gilchrist Center Howard County
for a special celebration to honor the
5th anniversary of the opening.

Everyone who had a loved one who received care at the center is invited to attend.

A celebration for the Towson center will be held in the fall.



Gilchrist Center Towson celebrates its 20th year.

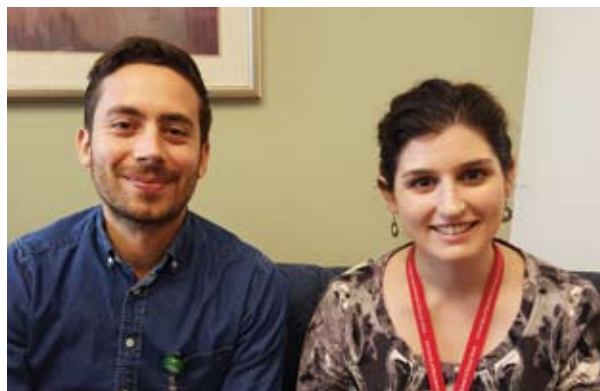


Gilchrist Center Howard County celebrates its 5th year.

A Message from Grief Services

by Fabio Lomelino & Sara Henson, Grief Interns

Let Gilchrist Grief Services show you there is **HOPE ON THE HORIZON**



In the depth of winter, when the days are at their shortest and the landscape has been stripped of its leaves and flowers, the promise of spring can sometimes feel like an illusion. As we dig our car out from under a pile of snow, it may feel strange to think that, in due time, we will again walk by blossoming flowers. For many, the hope of healing from grief over time may seem equally impossible. Grief may feel like a thick blanket of snow that covers the landscape of our lives. Friends may try to reassure us that our grief will slowly melt away, that it will give way to a rebirth of hope and joy. Yet, for the newly bereaved, it seems impossible to imagine a time when the overwhelming pain of loss will lessen, even a bit. How can the world, once vibrant and lush, now feel so barren? How will the delicate sprouts of new possibilities break through the layers of ice that have formed around everything?

Somehow, we find a way to heal and a path towards renewal. It is important to hold on to the dual truths that there is the hope of healing on the horizon and that we must take all the time we need to journey through the seasons of our grief. In a world increasingly focused on quick fixes, nature reminds us that some things in life cannot be rushed and that certain cycles in life require patience and presence.

No matter how much we wish to skip the winds of a chilly February day, we must still move through the depths of winter to reach the warmth of a flowering spring. So too, the wounds of loss must be tended to and given their own time; after all, the pain we experience reflects the importance of the relationship we grieve. We cannot wish away our grief. To ignore the overwhelming sense of loss we feel would do an injustice to the love, joy and comfort that came before – just as fall leads into winter, and winter to spring.

At Gilchrist we believe grief is a natural response to loss, and all of our support services reflect this philosophy. Our counselors accompany those who are grieving on a collaborative journey that moves at the pace of the natural healing process. Our support groups connect individuals to others who can understand and share the disorienting experiences of loss. Our workshops help share the wisdom gathered by those who have traveled through the seasons of their grief with those who are just beginning their journeys. Our Celebration of Life services create space for families to purposefully mark the passing of time together. As you enter into this challenging season of grieving, know that Gilchrist is here to help you.

GRIEF SERVICES CALENDAR

February - May 2016

Gilchrist's Grief Services program offers support during times of loss to families and the community. Through individual counseling, support groups, workshops and special events, we promote healing as individuals cope with life after the loss of a loved one.

WORKSHOPS

THE JOURNEY CONTINUES: GRIEF & SUPPORT IN THE SECOND YEAR

On the following Tuesdays from 6:30 - 8pm:
Mar. 1, Apr. 5, May 3
Gilchrist Howard County Office

FINDING LIFE AFTER LOSS

For those who are nine months or more past the loss of their loved one.

Wednesday, March 9 from 6:30 - 8pm
Gilchrist Corporate Office

HEALING THE HEART THROUGH MEDITATION

On the following Saturdays from 10am - Noon:
Mar. 19, Apr. 16, May 21, June 18
Gilchrist Corporate Office

SIBLING LOSS: SUPPER AND CONVERSATION

Sunday, Apr. 17 from 5 - 7pm
Gilchrist Center Towson

FATHERING & SUPPORT AFTER THE LOSS OF A SPOUSE/LIFE PARTNER

Tuesday, April 19 from 6:30 - 8pm
Gilchrist Corporate Office

REMEMBERING OUR PARENTS

Wednesday, April 20 from 6:30 - 8pm
Hooper House

GRIEF PATHWAYS - BEGINNING THE JOURNEY

Thursday, Apr. 28 from 6:30 - 8pm
Gilchrist Corporate Office
Wednesday, May 18 from 6:30 - 8pm
Hooper House

HEALING AFTER THE LOSS OF A MOTHER

Wednesday, May 4 from 6:30 - 8pm
Gilchrist Corporate Office
Gilchrist Howard County Office

SUPPORT GROUPS

REMEMBERING OUR PARENTS

Tuesdays, Mar. 8 - Apr. 12 from 6:30 - 8pm
Gilchrist Corporate Office
Tuesdays, Mar. 14 - Apr. 18 from 6:30 - 8pm
Gilchrist Howard County Office

LOSS OF SPOUSE OR LIFE PARTNER

Wednesdays, Mar. 9 - Apr. 13 from 6:30 - 8pm
Gilchrist Howard County Office

Mondays, Mar. 21 - Apr. 25 from 6:30 - 8pm
Gilchrist Corporate Office

Wednesdays, Mar. 30 - May 4 from 1:30 - 3pm
Gilchrist Corporate Office

Wednesdays, Apr. 6 - May 11 from 6:30 - 8pm
Hooper House

Tuesdays, May 24 - June 28 from 6:30 - 8pm
Gilchrist Corporate Office

YOUNG SPOUSE OR LIFE PARTNER

Wednesdays, Mar. 16 - Apr. 20 from 6:30 - 8pm
Gilchrist Corporate Office

YOGA & GRIEF*

*\$20 fee for entire program
Saturdays, Apr. 2 - May 7 from 10am - Noon
Gilchrist Corporate Office

MOTHER'S GRIEF GROUP

For mother's who have lost adult children.
On the following Wednesdays from 3 - 4:30pm:
Feb. 17, Mar. 16, Apr. 20, May 18, June 15
Gilchrist Center Towson

MEN'S SUPPORT GROUP

For men who have lost a spouse/significant other.
On the following Saturdays from 10am - Noon:
Feb. 6, Mar. 5, Apr. 2, May 7, June 4
Gilchrist Howard County Office

TLC: TOGETHER AFTER THE LOSS OF A CHILD

On the following Mondays from 6 - 7:30pm:
Feb. 15, Mar. 21, Apr. 18, May 16, June 20
Gilchrist Center Towson

REGISTRATION IS REQUIRED FOR ALL SUPPORT GROUPS AND WORKSHOPS.

Register online:

gilchristshospice.org/grief_registration or
email gs_grief@gilchristservices.org

Or for Gilchrist Corporate Office, Gilchrist Center Towson, Gilchrist Center Baltimore and Hooper House offerings call **443.849.8251** for Gilchrist Center Howard County, call **443.539.4086**.

ADDRESSES:

Gilchrist Corporate Office
11311 McCormick Rd., Ste. 350, Hunt Valley, MD 21031

Gilchrist Howard County Office:
5537 Twin Knolls Rd. Ste. 434, Columbia, MD 21045

Gilchrist Center Towson:
555 W. Towsontown, Blvd, Towson, MD 21204

Gilchrist Center Baltimore – Joseph Richey:
828 N. Eutaw St., Baltimore, MD 21201

Hooper House:
2007 Klein Plaza Dr., Forest Hill, MD 21050

SPECIAL EVENTS

HONORING WOMEN IN OUR LIFE: SUNDAY AFTERNOON TEA

Sunday, March 13 from 2 - 5pm
Gramercey Mansion: 1400 Greenspring Valley Road, Stevenson, Maryland 21153
\$40 fee includes tea and refreshments, keepsake and presentation. Call Lois Fitzgerald at 443.539.4086 for more information.

SPRING RETREAT

Tuesday, May 10 from 9:30am - 5pm **\$65 fee**
Gramercey Mansion: 1400 Greenspring Valley Road, Stevenson, Maryland 21153
Join us for a day of self-care at the lovely Gramercey Mansion. The retreat will include workshops on how to take care of ourselves as we move through grief. Call Lois Fitzgerald at 443.539.4086 for more information.

STEPS OF HOPE: TRIBUTE WALK & BUTTERFLY RELEASE

Sunday, May 22 from 2 - 5pm
Cromwell Valley Park. Call Nicole Corkran at 443.849.8251 for more information.



Guiding the way.

443.849.8200

gilchristservices.org

11311 McCormick Road, Suite 350
Hunt Valley, Maryland 21031

For referrals call: 1.800.HOSPICE
(1.800.467.7423)

HOWARD COUNTY
5537 Twin Knolls Road, Suite 434
Columbia, Maryland 21045
phone 410.730.5072

TTY Maryland Relay Service: 1.800.735.2258

Gilchrist Hospice Care provides services without regard to race, color, creed, sex, sexual orientation, disability, religion, ability to pay or national origin.

A NON-PROFIT HOSPICE Follow Us:     

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Lori D. Mulligan Sr. Director of Development, Marketing & Community Services
Megan Dempsey Design & Production
Lisa Burgunder Writer

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 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 monthly throughout 2016, except in August and December, at 5:30 p.m. in the Civiletti Conference Center on the Greater Baltimore Medical Center campus:

Tues., Feb. 16: "Advance Care Planning – Focus on Diseases of the Brain"

Tues., Mar. 15: "Advance Care Planning – General Decision-Making"

Tues., Apr. 26: "Advance Care Planning – Focus on Diseases of the Heart and Lung"

Tues., May 17: "Advance Care Planning – Focus on Diseases of the Brain"

Tues., June 21: "Advance Care Planning – General Decision-Making"

Tues., July 19: "Advance Care Planning – Focus on Diseases of the Heart and Lung"

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).