

Compass Points

A publication for friends and neighbors of Compass Regional Hospice

FALL 2017

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Beauty and Peace Bloom from Darkness

Jackie Jutchess fought death for 15 years as an intensive care nurse. Yet she and her husband, Tony, never talked about death and dying.

“We never worried about wills and advance health directives,” Jackie says. “We felt that we were invincible and would live together for many years.”

In 2005, Tony was diagnosed with lung cancer. He recovered well with surgery and chemotherapy. Three years later, he received a second, even more serious lung cancer diagnosis. That same year, Jackie learned that she had breast cancer.

Jackie says, “Even though I had left nursing years before, I was still an ICU nurse at heart. I knew I had to keep it together for both of us.”

Jackie retired from her job as a pharmaceutical sales representative in 2012 to be Tony’s full-time caregiver.

In November 2015, after eight years of multiple complications and aggressive treatment, Tony decided he had had enough. “Tony’s doctor talked frankly with us and referred us to hospice,” Jackie remembers.

“We got a call from Compass Regional Hospice the next day. Our first meeting was not what I expected,” Jackie says. “I thought they would talk to us about dying. Instead, the hospice nurse asked Tony what he wanted to talk about.”

The hospice staff who visited Jackie and Tony at home for four months helped him live pain-free. “We both felt so isolated that the camaraderie of the Compass care providers was such a comfort to me and my husband,” Jackie explains. “With the help of hospice we

were able to stay home together, continuing to laugh and reminisce, and grow even closer.”

Tony Jutchess passed away in February 2016. “The greatest gift hospice gave us was having him comfortable, at home and in my arms,” Jackie says. “I will never forget the day he died. He looked off into the distance, got a beautiful, peaceful smile, then leaned back in his recliner. I thanked him and gave him permission to let go.”

Grief snuck up on Jackie. Every day she wondered what she would do now that she no longer had to care for her best friend.

Soon after Tony’s death, Jackie received a call from Ann OConnor, a grief counselor from Compass Regional Hospice. “I didn’t think I needed help,” Jackie says. “But I agreed to meet with Ann when she offered to come visit me.”



As a thank you to grief counselor Ann OConnor (pictured), Jackie Jutchess gifted her with a painting of a white rose blooming from darkness, symbolizing that she can still grow and blossom following her loss.

After several private counseling sessions, Ann invited Jackie to attend a grief support group. Talking to other men and women who were dealing with a loved one’s death helped Jackie understand that she was not alone. “I realized

that I am not crazy,” Jackie says. “What I feel is OK. I have to feel it or it will destroy me.”

Jackie says, “Grief counseling has been as important as hospice care. Once Tony began receiving hospice care, I accepted that he was dying. But, after he died, I hit a whole new wall of emotions and difficulties I could not anticipate.”

With the help of Ann OConnor and other “angels,” Jackie has been taking steps to reinvent herself. A friend suggested that Jackie volunteer at Estate Treasures, a resale shop that benefits Compass Regional Hospice.

“I became an Estate Treasures volunteer to thank Compass for the care and support they gave to me and Tony,” Jackie explains. “In my work at Estate Treasures I meet lots of people who donate clothing and housewares when they are cleaning out estates after a family member’s death. We share hugs and I offer words of encouragement.”

Oil painting is another activity that has helped Jackie calm her mind and find meaning in her grief. Her first painting depicted a white rose blooming from a dark background. She made a second version of this scene and gave it to her grief counselor, Ann OConnor. Jackie says, “I wanted to thank Ann for helping me survive and for showing me that I can still grow and blossom.”

Jackie adds, “When people ask about Tony’s passing, I tell them about the beauty and peace I experienced. I want them to know that death is not the enemy; there is no reason to be afraid.”

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Members of the Compass Regional Hospice Board of Directors include (left to right) front row, Diane Pappas, Marsha Wilder, Teresa Baumann, Treasurer; and Myra Butler; back row, Julie Gillespie, Joyce Davis, Ed Allen, Vice Chair; Martha Baker, Tom Helfenbein, Board Chair; Kathy Deoudes, Emeritus Board Member; C. Irving Pinder, Jr., Janice Feeley, Secretary; and Zeke Warner.



Like the world in which we live, Compass Regional Hospice needs to grow and change.

We have become well-established as the region's premier provider of hospice and grief support services. People of all ages in Queen Anne's, Kent and Caroline Counties invite us to be their trusted partners when they live with a life-limiting illness and experience the grief of loss.

In conversations with long-time supporters and newcomers to our cause we have learned that people want and need our services close to home. We also know that our grief services are in need now more

than ever. This is especially true as the epidemics of drug-related deaths and suicide take young lives and unsettle families.

We have quietly begun a capital campaign designed to address the growing need for hospice care and grief support. This fundraising initiative, *Charting Our Course Together*, builds on our history of working with those who need us, wherever life is taking them.

Our capital campaign goal is \$4 million. This money will be used to fund new facilities and services around the region. To date, we have raised \$1.6 million and momentum builds every day as more people hear about our plans.

Every county we serve will benefit from the capital campaign. In Queen Anne's County, we plan to add four private patient rooms for a total of 10 rooms at the Hospice Center in Centreville. In Kent County, we plan to add residential hospice beds at an existing facility to offer more convenient access to hospice care for people unable to receive care at home. In Caroline County, where we collaborate with Caroline Hospice Foundation to cover the costs of hospice services, we plan to use capital campaign funds to expand grief support services.

The Hope & Healing Center headquarters in Centreville will become a true center of well-being for children, teens and adults who rely on our expert counselors for grief support following the death of a loved one. Renovations will allow for us to expand our services to include more kid-friendly programs and alternative healing activities such as Yoga, Reiki, massage and art therapy. Grief counselors will also have a more comfortable home base from which to travel to the three counties we serve, bringing programs into private homes, community centers and schools.

Growth and change generates excitement. I also know that as we grow and change we must stay true to our humble roots. I reassure you that our mission of "Care on your terms" guides us every day and through every phase of planning for the future. As we grow, as we change, everyone who needs our services will receive quality, personalized care, now and in the months and years to come.

Heather Guerieri, RN, MSN, CHPN
Executive Director

Our Mission
 The Compass Regional Hospice team offers individuals, families and the community "Care on your terms" through comprehensive, professional and compassionate end-of-life care and grief support.



Lend a Hand: Ways to Volunteer

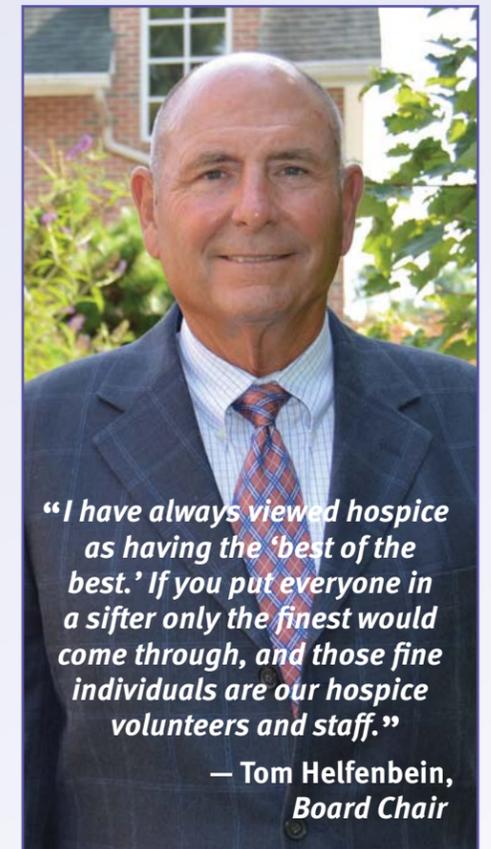
Hospice volunteers are motivated for many reasons. Whatever your motivation, there is a place for you.

- **Patient Care:** Specially trained volunteers provide companionship and support to patients and their families in their homes, at nursing homes, assisted living facilities and at our residential hospice centers in Centreville and Denton.
- **Veteran-to-Veteran:** Patient care volunteers with military experience, have the unique ability to connect with patients who served in the military and with their families by providing support and companionship.
- **Grief Support:** Specially trained volunteers offer compassion, support, friendship and education to grieving family members.
- **Patient Support:** Skillful volunteers create gifts and sponsor special projects for patients and families, such as quilts and memory bears.
- **General Services:** Versatile volunteers help to answer phones, file, greet visitors, assist with mailings and other general office work. They also help with routine building and garden maintenance.
- **Camp New Dawn:** Volunteers assist in many capacities with the annual grief retreat for children, teens and families by mentoring campers, facilitating activities, and assisting with planning, outreach and fundraising.
- **Estate Treasures:** Volunteers work at our upscale resale shop located in Chester where sales of clothing, accessories, household items and other treasures donated by the community benefit Compass Regional Hospice.
- **Licensed Professionals:** Massage therapists, Reiki practitioners, cosmetologists and pet therapy volunteers are just a few of the opportunities for trained professionals to join the Compass family.

If you are interested in becoming a volunteer, contact Courtney Williams, Manager of Volunteer and Professional Services, 443-262-4112, cwilliams@compassregionalhospice.org and visit compassregionalhospice.org/volunteers.

Volunteers are a crucial part of our hospice team and remain the heart of our organization. In 1985 a group of volunteers were determined to bring the much-needed hospice care services to our community and formed Hospice of Queen Anne's. Volunteers were the foundation of our organization. Fast forward thirty-two years, through our regional expansion, and this continues to be true.

Compass Regional Hospice staff are able to continue to provide the same high quality, personal hospice care and grief support services because of the solid foundation built by those dedicated volunteers and the continued dedication of hundreds of community members in Queen Anne's, Kent and Caroline Counties who feel passionate about our program and give their talents and countless hours to our organization.



"I have always viewed hospice as having the 'best of the best.' If you put everyone in a sifter only the finest would come through, and those fine individuals are our hospice volunteers and staff."

— Tom Helfenbein,
 Board Chair

Did you know? In 2016, 23,905 hours were donated by 345 volunteers of all ages to help support Compass Regional Hospice patients, families, community and staff valued at over a \$577,042 salary equivalent.

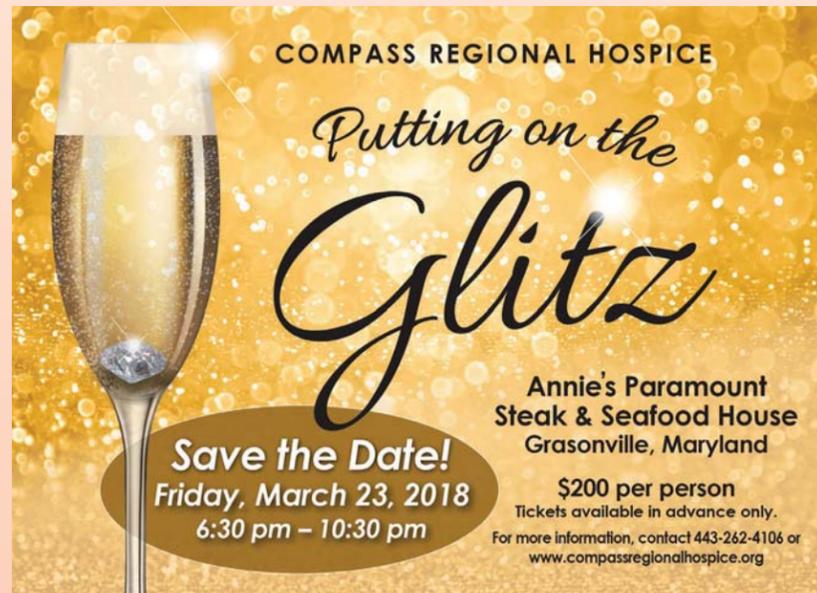
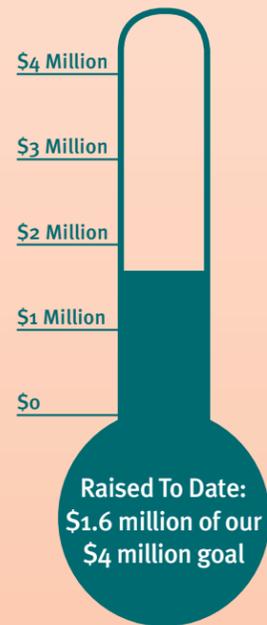
Medicare, Medicaid and most private health insurance plans provide reimbursement for only some of the expenses associated with hospice care. This does not include room and board at our two hospice centers, grief support services offered through the Hope & Healing Center and other patient care services such as the Bridges program. Yet no one is ever turned away if they are unable to pay. This means we rely on fundraising to cover \$30 of every \$100 it costs us to operate.

There are many ways to give:

- ⊕ Make a gift in memory or honor of someone
- ⊕ Sponsor and attend an event
- ⊕ Host a community event
- ⊕ Name Compass Regional Hospice as you complete your estate planning
- ⊕ Donate in-kind items
- ⊕ Use your employer's matching gifts program to double your donations
- ⊕ Shop at Estate Treasures, an upscale resale shop in Chester, MD
- ⊕ Use Amazon Smile every time you shop at Amazon

Your gift will help us help others write their own endings and chart their new beginnings. Donate online at compassregionalhospice.org/donate. For more information, contact Kenda Leager, Development Officer, 443-262-4106, kleager@compassregionalhospice.org.

Thank you for your support of the **Charting Our Course Together** capital campaign thus far.



Support hospice services in Caroline County by contacting our fundraising partners at Caroline Hospice Foundation, 410-479-3500, carolinehospicefoundation.org



Pictured are members of the Chester River Yacht & Country Club Ladies 18-Hole Golf Association with staff from Compass Regional Hospice. Front row (left to right), Genie Wootton, Mary Anne Shea, Nancy Conner, Phyllis Brown, Amy Ennis, Debbie Williams and Eileen Campbell; (left to right) back row, Sue Davis, Martha Rasin, Sheila Austrian, Kristen Majchrzak; Development Assistant, Compass Regional Hospice, Deb Ballentine, Pat Hunter, Sabina Baker, Marion Pepper and Kenda Leager; Development Officer, Compass Regional Hospice.

Phyllis Brown of Chestertown hosted a hole-in-one event in memory of her mother, Mary Jean Hudson at the Chester River Yacht & Country Club in Chestertown. Brown wanted to carry on the hole-in-one event her mother hosted to benefit hospice ten years prior. The community event raised over \$800.



Pictured are the planning committee (left to right) Kenda Leager, Development Officer; John Evans; Paige Evans; Rhonda Knotts, Camp New Dawn Director and Grief Support Coordinator; Zeke Warner, Compass Board Member; and Kristen Majchrzak, Development Assistant.

Paige and John Evans and Zeke Warner hosted the Bay to Table dinner that raised more than \$32,000 for the Hope & Healing Center and Camp New Dawn. Guests enjoyed an elegant dinner featuring the Chesapeake Bay's finest tastes.



Wayne Smith (far left) John Soos, Bob Brown, and John Nizer make up team "Sharon's Boys" who played in memory of Nizer's wife Sharon, who was a hospice patient.

Compass Regional Hospice hosted its first sporting clay tournament on September 23 at Schrader's Outdoors in Henderson. The 70 shooters who participated in the tournament helped raise \$11,650 to be used towards the capital campaign.



J.R. Thomas (left) and Ryan Severs (right) were ready to hit the greens for the 20th annual Compass Regional Hospice Golf Tournament.

Compass Regional Hospice hosted its annual golf tournament for 55 golfers on May 16 at Prospect Bay Country Club in Grasonville. The event raised more than \$15,000 that will be used to provide hospice care and grief support for people of all ages in Queen Anne's, Kent and Caroline Counties.



The Hope & Healing Center is a collection of programs and services available for the family of patients who died under hospice care and members of the community who are grieving the death of a loved one. These programs are offered by social workers, grief counselors, chaplains and volunteers specially trained in the many facets and phases of grief.

The Hope & Healing Center team members help hospice patients and their families celebrate life and prepare to say farewell. Following the death of a hospice patient, the Hope & Healing Center staff and volunteers follow up with the family through visits, phone calls and periodic mailings for 13 months. There is no charge for these services.

Other Hope & Healing Center services available to members of the community in Queen Anne's, Kent and Caroline Counties include:

- ⊕ Specialized adult grief support groups
- ⊕ Individual and family grief counseling
- ⊕ Counseling for the special needs of military veterans
- ⊕ School-based grief counseling and support groups (grades K-12)
- ⊕ Camp New Dawn, summer retreat for children, teens and families
- ⊕ Non-denominational spiritual counseling
- ⊕ Remembrance events and therapeutic workshops
- ⊕ Lending library of books, videos and CDs

For more information about the programs and services available through the Hope & Healing Center, call 443-262-4100 and visit compassregionalhospice.org/hopeandhealing.

Did you know? Most grief support programs are offered free of charge. No one is ever turned away due to inability to pay. We rely on your financial support to cover the cost of operating the Hope & Healing Center.

Monthly Grief Support Groups



It's a Guy Thing

1st and 3rd Wednesday of every month, 8:30 a.m. to 9:30 a.m., Commerce Street Creamery, 110 N. Commerce St., Centreville. For men who have experienced any type of loss.

Bereaved Parents

1st Monday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For parents who have experienced the loss of a child.

HALOS - Healing After A Loved One's Suicide

2nd Wednesday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For individuals dealing with the loss of a loved one from suicide.

RASP - Reconciling After a Substance Passing

3rd Thursday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For individuals dealing with the loss of a loved one from drug overdose.

All Losses

4th Tuesday of every month, 11:30 a.m. to 12:30 p.m., Caroline County Public Library, 123 Morris Ave., Federalsburg. For individuals who have experienced any type of loss.

There is no cost to attend. Anyone 18 and older is welcome to drop-in as needed.

These familiar faces make up our team of grief counselors who facilitate our support groups. Back row (left to right) Rhonda Knotts, MCC and Linda Turner, MS. Front row (left to right) Wayne Larrimore, M.Ed and Ann OConnor, LCSW-C.

WORD SEARCH

H D I G N I T Y C Q U Q E M L
 C H O I C E S M O O N U C Q L
 F D B H V V I V M S I A G V N
 W B R X A K S C P Z V L R O B
 I V J K S L M O A K Y I I L E
 S R B N U E O U S L G T E U Z
 H E T B P T M N S S X Y F N R
 E C R T P A E S I P Y O A T V
 S J O D O N N E O I H N X E J
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 B D O Z F R F R T T U Z U F R
 R V C H B N O B E U M U R C D
 M F T F B W Q L U A X A S I P
 T I F O R P N O N L G I E B K

- CHOICES
- CNA
- COMFORT
- COMPASSIONATE
- CONTROL
- COUNSELOR
- DIGNITY
- DONATE
- GRIEF
- HOPE
- MOMENTS
- NONPROFIT
- NURSE
- QUALITY
- SPIRITUAL
- SUPPORT
- VOLUNTEER
- WISHES

Thank you to all of our donors, sponsors, event guests and volunteers who have helped us fulfill our mission of "Care on your terms" to the people we serve in Queen Anne's, Kent and Caroline Counties.



UPCOMING EVENTS

For information about these events and to register, call 443-262-4100 or visit compassregionalhospice.org/calendar

November...

National Survivor Day Workshop

Saturday, November 18, 10:00 a.m. to 2:00 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. This workshop is free and open to anyone in the community affected by suicide loss. Sponsored by the American Foundation for Suicide Prevention. Contact Rhonda Knotts.

Queen Anne's County Candlelight Remembrance Service

Sunday, November 19, 4:00 p.m., Centreville United Methodist Church, 608 Church Hill Road, Centreville. Help us honor and remember your loved ones. This event is free and open to hospice families, as well as anyone in the community. Contact Rhonda Knotts.

December...

The Hope & Healing Holiday Workshop

Saturday, December 2, 9:00 a.m. to 12:00 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. Workshop includes breakfast, holiday seminar and a remembrance keepsake activity. This workshop is open to anyone in the community dealing with the loss of a loved one. \$10 registration fee. Contact Rhonda Knotts.

Kent County Candlelight Remembrance Service

Sunday, December 3, 4:00 p.m., Emmanuel Episcopal Church, 101 N. Cross Street, Chestertown. We invite you, your family and friends to help us honor and remember your loved ones. This event is free and open to hospice families, as well as anyone in the community. Contact Ann O'Connor.

March...

Annual Compass Regional Hospice Gala

Friday, March 23, 6:30 p.m. to 10:30 p.m., Annie's Paramount Steak & Seafood House, 500 Kent Narrow Way N., Grasonville. Contact Kenda Leager.

May...

Estate Treasures Art Auction

Saturday, May 5, 6:00 p.m. to 8:00 p.m., Casia Vineyards and Winery, 1200 Thompson Creek Rd., Stevensville. Proceeds benefit Compass Regional Hospice. Contact Kenda Leager.

Annual Compass Regional Hospice Golf Tournament

Monday, May 21, 9:00 a.m., Prospect Bay Country Club, 311 Prospect Bay Dr. W., Grasonville. Contact Kenda Leager.

In accordance with Federal and State mandates, Compass Regional Hospice prohibits discrimination in delivery of services on the basis of race, sex, age, color, national origin, religion, marital status, sexual orientation, gender identity and expression, genetic information, political opinion or affiliation, and mental and/or physical disability.