Camp T.R.—A Place for Healing

For two decades, Carroll Hospice’s Camp T.R. has been a place for children to find comfort during their time of grief. The free weekend camp combines grief education with traditional camp activities in a supportive setting.

“The grief activities allow them to open up and share their feelings and memories, understand the importance of tears and learn healthy ways to cope with the pain,” says Jessica Roschen, Carroll Hospice bereavement counselor and camp leader. “We intersperse the grief activities with fun activities throughout the weekend. For example, the children participate in a candle-lighting ceremony with special music and share memories of their loved ones, and then after that we roast s’mores and have a dance party.”

During the weekend, campers are paired with an adult buddy, a specially-trained volunteer in whom they can confide. They are encouraged to share their thoughts and memories of their loved ones, learn positive ways to show their grief—and understand that it is OK to grieve. “Children realize they are not alone in their grief,” Roschen says. “They can relate to each other, learn ways to express their feelings and learn coping skills.”

Camp T.R. started in 1994 by the family of 11-year-old Thomas Richard (T.R.) O’Farrell III, who was killed in an accident. The camp was established to honor T.R.’s caring, adventurous spirit and to help others, as T.R. had hoped to do when he was older. Through the help of volunteers donating their time and energy, Camp T.R. is free to participants.

Twenty years later, more than 500 campers ages 7 to 15 have been helped by the camp, held at Hashawha Environmental Center in Westminster each June. At this year’s Taste of Carroll, former campers Grace and Landon Bruce described how their experiences at Camp T.R. helped them cope with the 2011 death of their brother Jon from melanoma.

“Jon was the best big brother ever, and he still is,” Grace told those in attendance. “He was an amazing person, and I’m sure you would like him very much.”

“It really helped me get out the sadness,” Landon said of Camp T.R. “They told me it was OK to be sad...people knew what you were going through because they had experienced it.”
I’d like to take this opportunity to thank you for your gracious welcome as Carroll Hospital Center’s president and CEO after the retirement of our health system’s longtime leader, John Sernulka. John was a visionary leader, and I am honored to follow his tradition of quality care in our community.

Having a compassionate end-of-life experience that meets each patient’s individual needs is the focus of our hospice care. Carroll Hospice’s mission is to improve the quality of life for those needing this care so they may live as fully and comfortably as possible.

Our philosophy, in part, is to help our hospice patients experience peace, comfort and dignity; allow them to make their own decisions regarding care and treatment; support family members and other caregivers’ efforts to care for their loved ones; and offer bereavement support to hospice families and the community.

We are committed to helping patients with a life-limiting illness and their families find the care and support needed during the last days, weeks and months of life.

Thank you for allowing us to be a part of this journey. It is an honor.

Sincerely,

Leslie Simmons, R.N., F.A.C.H.E.
President and CEO, Carroll Hospital Center
More than $125,000 raised at Taste of Carroll

The 15th Annual Taste of Carroll took place May 5 at Gerstell Academy in Finksburg. The event was a great success, raising more than $125,000 in net proceeds for Carroll Hospice. This year’s VIP event featured the Bruce family of Sykesville, who spoke about their experiences at Dove House, where staff cared for their 27-year-old son, Jon, and the bereavement services, including Camp T.R., they utilized after Jon’s death. Carroll Hospice volunteer and Camp T.R. adult buddy Leah Mader also spoke about the importance of Camp T.R. and shared her and her son’s experience with the camp.

At the general tasting event, attendees could sample food and wine tastings from more than 30 local restaurants and wineries and bid on items in the event’s silent auction that included Baltimore Ravens tickets, fine jewelry, sports memorabilia, home décor and more.

Thank you to all of our sponsors, including Presenting Sponsor BB&T, for your continued support of Carroll Hospice.

Save the date for the 2015 Taste of Carroll, taking place May 4, 2015!
New Board Appointments

Carroll Hospice recently announced the appointment of R. Wayne Barnes as the new chair of hospice’s Board of Directors and Delegate Susan Krebs as the new vice chair of the board. Both began their posts on October 1.

Barnes, the incoming chair of the Carroll Hospice board, is a self-employed insurance broker, focusing on life and longterm care insurance, with more than 30 years of industry experience.

Krebs has been a member of the Maryland House of Delegates, serving Maryland District 9B, since January of 2003.

Both have been longtime supporters of Carroll Hospice, serving on the Board of Trustees.

Campaign Enhances Hospice Care

Thanks to the overwhelming support from the community, Carroll Hospital Center Foundation’s Campaign to Cure & Comfort, Always has been a tremendous success, with more than $23 million raised to develop and improve hospital and hospice services.

The three-year campaign has brought about great change for hospice care, exceeding $2 million in restricted funds to the establishment of a Carroll Hospice general endowment fund and five named endowments to help advance bereavement services, charity care, hospitality and volunteer services.

“More than 1,500 donors of all giving levels supported the campaign,” says Lee Primm, campaign chairman. “To all who gave to our effort, I truly thank you for making it a success and elevating the resources and quality care our organization provides to the community.”

Endowment funds include:

**General Endowment Fund**
This fund enables Carroll Hospice to care for terminally ill patients and offer bereavement services to families and the community in perpetuity.

**Ken & Sharon Hornberger Family Bereavement Fund**
Income from this fund will be used to help fund bereavement services to families of patients that have used Carroll Hospice in their final stage of life and to community members requiring bereavement services to cope with a loss.

**Rice-Coley Community Education Fund**
Income from this fund will be used to defray the cost of community education, including bereavement and grief resources, hospice and palliative care services, and the Carroll Hospice/Carroll Home Care Bridge Program.

**Councilwoman Suganne Albert Staff Excellence Fund**
Income from this fund will be used for staff development, including continuing education, certification, conferences and staff recognition.

**Wayne & Bonnie Barnes Volunteer Support Fund**
Income from this fund will be used for training and advancement of hospice’s most valuable resource: our volunteers.

**The Jim & Jeanie Miller Family Hospice Care**
Income from this fund will help minimize the gap between expenses and reimbursements and will help to ensure hospice’s financial independence and sustainability for years to come.

“Our community has responded in an overwhelming way to support Carroll Hospice through the Campaign to Cure and Comfort, Always,” says Mark Blacksten, co-chair of the campaign’s board division. “Proceeds of the Carroll Hospice Endowment Fund will help ensure that our patients and their families continue to receive high quality, supportive and loving care in the years to come.”
Children and Grief

By Jessica Roschen, M.S.
Carroll Hospice bereavement counselor

Open communication is one of the best ways parents can help children face the death of a loved one. Just like adults, children experience grief when someone close to them has died, but they may process it differently than adults. They might not have ways to put their grief into words and could even act out or show signs of regression, whether it’s bedwetting or becoming clingy.

Because their grief might be overwhelming, it is normal for children to process it in bits and pieces—perhaps crying, then running off to play and then crying again. While losing a loved one is difficult for all involved, take time out from your own grief to talk to your children and hear them out.

When speaking to children about death, communicate with them as honestly as possible. Use the words “died” and “death” to help them come to terms with what has happened. Explain as much as you can about the situation without making it frightening for them; this includes what might happen during the funeral, including people crying and laughing while sharing memories, and what they might see, such as an open or closed casket. It’s always good to have a back-up plan in case being there is too much for the child or makes him or her uncomfortable. However, it is important for them to attend the service if possible to understand the rituals involved surrounding death and to help them feel a sense of closure with the passing of their loved one.

Sharing memories of the loved one, helping children create a memory book and even visiting the gravesite are all ways to keep the memory of the person alive.

The McGinnis Bereavement Resource Center at Dove House features books to help children process and deal with their grief. The resource center is open to the community, and books can be borrowed for up to a month’s time. Carroll Hospice also features two summer camps for children grieving the loss of a loved one—Camp T.R. and Healing Hearts Day Camp. Free and confidential individual and family grief counseling is offered as well for children by bereavement counselors and our child life specialist, who works exclusively with kids to help them during their time of grief.

For more information about Carroll Hospice’s bereavement resources for children, please call bereavement counselor Jessica Roschen, M.S., at 410-871-7656 or visit CarrollHospice.org

Bereavement Support Groups

To register or for more information, call 410-871-7656.

Pathways Bereavement Support Group
This group is open to adults whose loved one died.
Third Wednesday of every month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Registration not required.

Bereavement Luncheon
This luncheon is open to adults suffering from the death of someone close.
Last Tuesday of every month, noon
Bauger’s Restaurant
289 W. Main St., Westminster
Registration not required.

Widows Support Group
Open to women whose spouse died.
First Tuesday of every month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Registration not required.

Widowers Support Group
Open to men whose spouse died.
First Tuesday of every month
6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
Registration not required.

Pet Loss
This support group is for anyone whose pet died.
Saturday, January 10, 2015
10:30 a.m. – noon
Carroll Hospice
292 Stoner Ave., Westminster
Registration required.

Coping with the Holidays
At this workshop, learn strategies for getting through the upcoming holidays. The workshop is free and open to anyone who is grieving the death of a loved one. Please call Jessica Roschen at 410-871-7656 or Jill Englar at 410-871-7229 to register or for more information.
Thursday, November 20, 6:30 – 8 p.m.
Carroll Hospice
292 Stoner Ave., Westminster
A Season to Remember
To Benefit Carroll Hospice & Carroll Hospital Center Auxiliary
Tree of Lights  Tree Auction  Memorial Tree

Make this a Season to Remember
Join us in celebrating loved ones at our annual Season to Remember event, benefiting Carroll Hospice and the Carroll Hospital Center Auxiliary.

A Season to Remember combines Carroll Hospice’s Tree Auction and Memorial Tree Ceremony with the lighting of the Carroll Hospital Center Auxiliary Tree of Lights. Last year’s event raised more than $15,000 to support Carroll Hospice and $6,000 for the Auxiliary.

This year’s Season to Remember events include:
• **Tree Auction**
  Monday, December 1 – Tuesday, December 9
  8 a.m. – 8 p.m.
  See our stunning display of holiday trees creatively decorated by community members and organizations. Trees will be displayed and up for bid all week in the hospital’s lobby and in the East Pavilion. Bids close Tuesday, December 9 at 5 p.m., and winners will be notified Wednesday, December 10.

• **Tree of Lights**
  Monday, December 1 at 7 p.m.
  The lighting of the Auxiliary’s 23rd annual Tree of Lights will kick off A Season to Remember. A light or ornamental angel for the Tree of Lights may be purchased to benefit the Carroll Hospital Center Auxiliary by calling 410-871-7280.

• **Memorial Tree Ceremony**
  Monday, December 8 at 7 p.m.
  Honor a loved one by purchasing an ornament, inscribed with his or her name, to be placed on the Carroll Hospice Memorial Tree. Ornaments memorializing pets are also available for our Pet Tree. The public is invited to a special Memorial Tree Ceremony at Carroll Hospice’s Dove House. Purchased memorial ornaments will be available for pick up following the ceremony and until Friday, January 30.

For more information, please visit CarrollHospice.org or call 410-871-7220.
2014 Carroll Hospice Memorial Tree Ornament Order Form

*This year will be the last year to order the red and white ball ornaments. There is a limited quantity available and they will be sold on a first-come first-served basis. Moving forward, we will be offering a collectible brass ornament each year. These ornaments can also be personalized in memory of your loved one.

**Personalized Memorial Tree Ornaments**

- Ball $10 each*
- Collectible Brass Dove $25 each

I want to purchase an ornament in memory of the following loved one(s):

Please print. If purchasing more ornaments, please attach name(s) on a separate sheet of paper.

Name 1: _____________________________________________________________________________________  
First                               Last

Please notify the following person that an ornament was purchased in memory of a loved one:

Name 1: _____________________________________________________________________________________  
First                               Last

Address: ______________________________________________________________________________________  
_____________________________________________________________________________________________

**Personalized Pet Tree Ornaments**

A gold ball ornament inscribed with your pet’s name, $10 each.

- I want to purchase an ornament in memory of my pet:

  Name of pet: __________________________________________________________________________________

  My pet is a:  □ Dog  □ Cat  □ Other: ____________________________________________________________

  Note: If purchasing more ornaments, please attach name(s) on a separate sheet of paper.

**Payment Information**

Purchase your ornaments online at CarrollHospice.org/season-to-remember, fax your order to 410-871-6210 or mail this form (along with payment) to:

Carroll Hospice | Development Office
291 Stoner Avenue, Ste. 202 | Westminster, MD 21157

Total $_________________ (Checks made payable to Carroll Hospice)

Name: ______________________________________________________________________________________

Address: _____________________________________________________________________________________

City: __________________________        State: _________________        Zip: __________________________

Email: ______________________________________________________________________________________

Phone: __________________________

□ Visa  □ MasterCard    Credit Card Number: __________________________

CID: __________________________    Exp. Date: __________________________

(from the back of your card)

Signature: ___________________________________________________________________________________________
Carroll Hospice

Frederick County Volunteers Needed

Carroll Hospice is in need of volunteers to provide companion care to patients and families throughout Frederick County, especially at assisted living facilities in and around Frederick City, for two to four hours a week. A six-week training session is required. While all volunteer training sessions are currently filled through spring, exceptions will be made for those wishing to volunteer in Frederick County because the need is so great.

If you are interested in volunteering with Carroll Hospice, please call volunteer coordinator Debbie Zepp at 410-871-7228 or learn more at CarrollHospice.org/volunteer-opportunities

November is National Home Care and Hospice Month

To show your support, wear a white ribbon on November 24 in honor of National Home Care & Hospice White Ribbon Day to help us raise awareness of the important role these services provide to the community, or make a gift at CarrollHospice.org/make-a-gift. Thank you for your continued support!