A Heart of Gold
Young Hospice Patient Lived Life with Strength & Spirit

Last October, MacKenzie Stuck died from brain cancer, which she had been fighting since December 2005. She received home hospice care from Carroll Hospice for three months prior to her passing. Though only 13 years old, she left a legacy of courage and caring worthy of the admiration of those of us who will survive to many times her age.

Known to her family and friends as “Kenzie,” this young lady never complained or let her cancer get her down. Just prior to being diagnosed, she began competing as gymnast. But her brain tumor and subsequent surgeries at times left her unable to walk, talk and even feed herself. Still, she maintained a positive attitude and generous nature. “She had a gentle heart and always thought of others,” recalls her mother, Sue. “After her first surgery, she collected garbage bags full of unopened Happy Meal toys to give to other children at the Johns Hopkins Children’s Center. We knew after her second brain tumor that she had less than a five percent chance of survival. She recognized that life was fragile. Our motto was, ‘Faith, trust and Pixie dust—believe in God, trust in doctors and throw in a little bit of magic.’ She was just so giving through it all. Kenzie even bought presents for her father, sisters and I in the months before she left us so we would have them to open Christmas morning. She taught us that life is fragile, but love is not.”

(continued on page 3)
A Letter from the Executive Director: Palliative Care Now Offered for Pediatric Patients

Since its inception, Carroll Hospice has taken pride in offering hospice services to patients of all ages. We also recognize that, when coping with a life-limiting illness, children often have different needs than adults. To focus on these issues, we are pleased to introduce pediatric palliative care services in conjunction with Carroll Home Care.

While adult patients and their families usually consider traditional hospice when no further treatment is available, parents rarely consider hospice as an option for their children. But these patients still have palliative care and symptom management needs. Our program is designed to serve children and their families from the point of diagnosis and the need for palliative care intervention up to the time of death.

To assist us with this population of patients, we have hired Cynthia Rolden, M.D., as pediatric associate medical director. Our interdisciplinary team also includes a pediatric navigator, child life specialist, bereavement counselors and volunteers. Every member of this team has received specialized training on the many issues—physical, social, emotional, psychological and spiritual—that affect not only the young patient, but the family unit as well.

Our pediatric navigator helps coordinate communication among all care providers to ensure that patient and family goals are in alignment with treatment plans. The child life specialist provides education and communication with the patient at a developmental level ensuring that they understand all concepts and can express their feelings. They also help families cope with the challenges this type of diagnosis can bring.

As with many aspects of health care, there are financial challenges to providing pediatric palliative services. Most insurance plans, including medical assistance, provide coverage for some (but not all) of the cost of care. Important services, such as bereavement support, typically are not covered.

We are so grateful for the financial support we receive from our many professional colleagues and other members of our community. With your continuing generosity, we will be able to provide our special kind of caring to all pediatric patients who have the need for palliative care.

Sincerely,

Diane Link, R.N.
Executive Director, Carroll Home Care & Carroll Hospice
A Heart of Gold
(continued from page 1)

Jill Englar, a Carroll Hospice social worker, fondly remembers Kenzie as a “great, amazing kid who inspired us all.” Englar adds, “She even donated her brain for research so it would be examined to help others. She dealt so well with all the family dynamics, and I also got a lot of satisfaction from working with her mother, who is a devoted caregiver.”

You might say that Kenzie ignited another passion in her mom, who now is attending Hood College and working toward a master’s degree in thanatology, the science of death and dying. “I was inspired to go back to school by Kenzie’s experience and also the experience with palliative care and hospice,” she explains. “I’m so glad Carroll Hospice was there to help us through this time. Our nurse, Robin Elza, was spectacular. She would hold Kenzie’s hand, rub her cheek and kiss her forehead to see if she was warm. You could tell her priority was the patient. Jill also came to the house once a week to provide emotional support and help relieve our stresses. She still checks in on us through the bereavement services. I’ve learned that hospice care is about much more than medical treatments. It’s about compassion. I hope that one day I’ll be working at Carroll Hospice myself so I can help others the way they helped my family.”

Camps Offer Fun, Friendship & Support for Grieving Children

“You’re not alone.” This realization means the world to kids as they navigate the social relationships of childhood. But often when children experience the death of a parent, grandparent, sibling or friend, they feel isolated—like they are the only ones who have ever dealt with such a loss.

To give youngsters a safe place to share, understand and cope with their grief, Carroll Hospice sponsors two special camps. Camp T.R.—for children ages 7 to 15—is held at Camp Hashawha in Westminster. An overnight weekend retreat in early June, Camp T.R. begins on a Friday evening and concludes on Sunday afternoon. Healing Hearts Day Camp—for children ages 7 to 13—takes place at Landon C. Burns Park in Westminster on the last Friday in August before the start of the Carroll County school year.

Led by Carroll Hospice bereavement counselors Kathy Bare and Jessica Roschen, both camps allow participants to engage in creative exercises, honest discussion and recreational activities like swimming, scrapbooking, crafts, cookouts and music. Through these exercises, campers learn positive ways to share their feelings, connect with others and honor their loved ones. Each child also is paired with an adult “buddy,” a volunteer who ensures their safety and offers one-on-one support and companionship.

“Every year, real breakthroughs are achieved at these camps,” Bare says. “One of the main accomplishments is that not only do the children see that there are other kid like them who are hurting, but that their buddies also have suffered the death of someone they love. The connections they make are heartwarming, powerful and help them express emotions that they may have not had an opportunity to express before.”

Each camp is offered free of charge and limited to 25 participants. Early registration is recommended to ensure a spot. To enroll a child for camp or for more information, call 410-871-8000 or visit www.carrollhospice.org.

MacKenzie (bottom center) with (clockwise) sister Nikki, mom Sue, and sisters Katie and Lauren.
Carroll Hospice Receives Grant from New York Life

Out of more than 500 applications, Carroll Hospice was one of approximately 30 organizations to receive a grant this year from the New York Life Foundation. The $10,000 grant will support the new pediatric palliative care program, specifically the addition of a child life specialist to help young patients and their families navigate the emotionally and physically demanding process of coping with hospitalization and serious illness. Child life professionals use their knowledge of child development to educate, prepare and support children through tests, treatment and the sometimes drastic changes that occur within their families during this difficult time.

The program is a good fit for the goals of the New York Life Foundation, which has long been focused on serving children in need. In 2008, the Foundation expanded its philanthropic focus to include an initiative to help children deal with the loss of a parent, caregiver or sibling, and to help parents cope with the emotional turmoil that results from the death of a close family member.

“I feel comfort knowing that the pediatric palliative care program is available if something were to happen to one of my three children. It would mean a lot to me to have that support system.”

“This ties right in to what New York Life was trying to accomplish with childhood bereavement,” says Rob Zimmer, president of Zimmer Financial Group and chair of this year’s Taste of Carroll event, who spearheaded the application process for the grant. “I was so excited when I found out Carroll Hospice had received $10,000. It is very satisfying from a personal standpoint to have helped make this happen. I feel comfort knowing that the pediatric palliative care program is available if something were to happen to one of my three children. It would mean a lot to me to have that support system.”

Lighting Up the Holidays for Hospice

This past year’s celebration of “A Season to Remember” was the best ever—raising more than $18,000 to support Carroll Hospice. The event combines Carroll Hospice’s Festival of Trees and Memorial Tree with the lighting of the annual Auxiliary Tree of Lights.

During the Festival of Trees, hundreds stopped by to view and bid on 34 beautifully decorated, pre-lit evergreens donated by community members and local businesses—double the amount of trees from last year. Purchases of these evergreens raised an all-time high of $6,200. Many others honored loved ones or cherished pets by purchasing ornaments and attending the Memorial Tree ceremony.

Thanks go to our generous sponsors, who contributed a record $7,000. We also offer kudos to our dedicated volunteers who helped out during the events, as well as the many community members who turned out in support of our mission.

Save the Date

Annual Hospice Remembrance & Sharing Memorial Service
Monday, October 3, at 7 p.m.
Location to be announced

Reflect, remember and celebrate the lives of those who have passed. This service is open to any community member who has been touched by hospice in the past year. Watch for more details.
Hospice Makes a Personal Impact

A few years ago, when Mark Darrell formed the giving group, DASH (Dedicated to Awareness and Support of Hospice), he felt he had a good understanding of the importance of hospice. But when his father passed away at Dove House just before Christmas this past year, the mission of hospice became personal.

“It was very powerful to me. It took living through the experience and feeling the relief that hospice provided, to take the pressure off of my shoulders during the very toughest of times," he recalls. “To me, it is more important than ever to get the word out about hospice to make this transition better for everybody—the person who is dying, as well as the family.”

One way to spread the word and support the cause is by joining Darrell and others in DASH. This group of dynamic, interesting and community-minded people gather for a variety of social opportunities—including happy hours, wine tasting and other special events—to unwind, relax and have fun, all for the benefit of Carroll Hospice.

Whether you have been personally affected by the power of hospice, or are enticed by the opportunity be involved in social activities that serve a greater purpose, when you join DASH, you become a valuable part of the foundation that allows Carroll Hospice to continue to provide care to terminally ill patients in Carroll County. Two membership levels are available: a $250 annual family donation or a $100 annual family donation. To learn more about the DASH giving group or receive a membership application, call 410-871-7337.

Words of Gratitude

Two days before Christmas 2010 my father, Dr. John Darrell, passed away comfortably and with dignity, with Mary Lou, his wife of 55 years, at his bedside. Earlier in the evening he was surrounded by his children and grandchildren as well. We all had a chance to see his smile one last time.

While his death was certainly a great loss to our family, and saddened us enormously, there was a certain beauty about it that helped comfort us. We were all able to be with him during his final days. He had a chance to say everything he wanted to say to us, and we had the same blessing. This “quality of time” would not have been possible without the care and support of Carroll Hospice.

Dad initially received the care he needed to stay comfortable within the familiar surroundings of his own home. This experience would have been completely different if he would have been anywhere else. Eventually, when medications and hands-on care became more involved, we moved him into Dove House.

Carroll Hospice was guiding us all the way. They provided the care and comfort solutions for us. What a burden they lifted from our shoulders! I could have never imagined the difference their support provided until I experienced it for myself.

My dedication to Carroll Hospice is now renewed and stronger than ever. People in our community need to know more about this organization, and the services it provides. The difference it can make, and the beauty they can enable during this very difficult time, is truly unimaginable.

Mark Darrell
The Gentle Art of Caring
The nurse’s role in pediatric palliative and hospice care

For patients in Carroll, Baltimore and Frederick Counties, the new pediatric palliative care program—launched in January—provides home-based and comprehensive medical, emotional and spiritual support to families of children with cancer, congenital abnormalities and other serious, life-limiting illnesses. When necessary, the palliative care program teams up with Carroll Hospice to offer specialized care, including symptom management and support services. This is important because, although fewer kids are dying of cancer and other diseases, many still have to manage them.

Although many caring professionals offer expertise and support during this difficult time, the nurse often is the person that patients and families come to know best. “Our role requires that we are knowledgeable and experienced in pain and symptom management, but also the social, spiritual and cultural aspects of palliative care,” explains Donna Kenerson, R.N., C.P.N., a pediatric home care case manager. “It is rewarding work because we are able to touch many lives and become close to patients and their families, constantly educating them and helping them cope.”

Palliative care and hospice nurses offer a variety of care, tailored to the specific needs of the patient and family. At every visit, nurses perform a full patient assessment. They also may administer medication to manage pain or symptoms, provide education or offer emotional support and counseling. Each patient is assigned a specific team who sees the patient at every visit to promote comfort and familiarity.

“Emotionally there are a lot of ups and downs. Anger, denial, anxiety and depression are common, especially as the child nears the end of life,” says Debbie Farnsworth, R.N., B.S.N., hospice case manager. “Patients and their families need stability during this rollercoaster ride. My experience provides me with the patience and guidance I need to allow them to focus on what’s important to them as they go through this journey. I personally feel it’s my calling to do this work.”

What Kind of a Legacy Will You Leave?

We all have a desire for significance. For many of us, significance comes through creating a legacy during our lives—something for which we will be remembered in the future. A bequest is perhaps the easiest and most tangible way to leave a lasting legacy to the people and charitable organizations that mean the most to us.

A bequest is a gift made through your will or trust. There are several ways to make a bequest:

• Specific dollar amount
• Percentage of your estate
• Specific asset
• Residue of your estate

For more information on how to create a lasting legacy through a bequest, please contact Jenny Gambino, director of philanthropic planning, at 410-871-6200 or visit www.CarrollHospitalFnd.org. We look forward to assisting you!
Indulge Your Senses at the 12th Annual Taste of Carroll—
This Year at a New Location

Monday, May 9, 6 – 9 p.m.
Gerstell Academy

Mark your calendars and get your taste buds ready to indulge in delicious food and wine at the 2011 Taste of Carroll, the signature fundraiser for Carroll Hospice. To accommodate a growing number of guests, this year’s event will be hosted on the beautiful 250-acre campus of Gerstell Academy. The location is easily accessible off Rt. 140 and offers plenty of convenient parking.

The school, opened in 1996, currently serves 288 students from pre-K to 12th grade and will graduate its first class in 2012. Gerstell holds a special regard for Carroll Hospice, which last year provided bereavement services to faculty, staff and students following the death of a beloved teacher.

“Our main goal is not only for people to have a good time, but also to raise awareness of the important services that hospice provides,” says Rob Zimmer, a planning committee member for the past three years and this year’s event chair. “The greatest testament to our success is that we sell out every year. The support we receive from our sponsors, guests and participating restaurants and wineries is a tribute to this great cause. We are fortunate to have found a locale like Gerstell that also values what we do and allows us to invite an even larger audience to support our cause.”

Last year’s event netted $110,000 to support hospice programs and services. Join us to help make this year our best yet! To purchase tickets, donate an auction item or sign on as a participating restaurant or winery, visit www.CarrollHospice.org or call 410-871-7220.

“Supporting Carroll Hospice through the Taste of Carroll is one way to show our appreciation, gain top-of-mind awareness in our community and demonstrate the value of outreach to our students,” says Frederick Smith, president and founder of Gerstell Academy.

Thanks to other generous organizations—like BB&T, which is the presenting sponsor for this year’s event—participants can expect a memorable evening, including a wonderful array of food and wine, as well as one-of-a-kind silent auction items. Two VIP guests also will be in attendance—Brady Quinn, a quarterback for the Denver Broncos who played college football at Notre Dame, and Alicia Sacramone, an Olympic silver medalist in gymnastics.
**Staff**
Diane Link, R.N.
Executive Director
410-871-7650

Jill Englart, LCSW-C
Manager of Support Services
410-871-7229

Kathy Bare & Jessica Roschen
Bereavement Counselors
410-871-7231
410-871-7656

Dave Bare & Mindy Coates
Spiritual Coordinators
410-871-7234

Debbie Zepp
Volunteer Coordinator
410-871-7228

Leslie Gee, R.N.
Director Hospice Services
410-871-7676

Candace Rutter, R.N.
Clinical Manager, Hospice Services
410-871-7557

Jennifer Gambino
Director of Major and Planned Gifts
410-871-6200

Amanda Steers
Annual Giving Specialist, Carroll Hospice
410-871-7220

**Board of Trustees**
Mr. Mark E. Blacksten, Chair
Rev. David Highfield, Vice Chair
Mr. Wayne Barnes
Mr. Richard Coyne
Ms. Erin Danz
Mr. Thomas “Dale” Fletcher, Jr.
Del. Susan Krebs
Dr. Flavio Kruter
Mr. Scott McKelvie
Mr. Frank Potepan
Ms. Denise Whitecotton
Ms. Phyllis Zumbrun

**Ex-Officio**
Ms. Diane Link
Mrs. Leslie Simmons

---

**Carroll Hospice Wish List**

The following items are needed to enhance the services Carroll Hospice provides to patients.

- Individually packaged snacks
- Boxes of cake, cookie and brownie mix
- Dove® liquid soap and lotions (small size)
- Dove® chocolate candy
- New, soft and cuddly teddy bears (10-12 inches tall)
- Yarn for Prayer Shawl Ministry (red, white, blue and yellow especially needed)
- Fleece blankets (any color, especially yellow)
- Coloring books
- Crayons (8-count boxes)

If you wish to donate any of these items, please call 410-871-7528.