I recently read a wonderful article in The New Yorker written by a general surgeon by the name of Atul Gawande. The article, Letting Go- what should medicine do when it can’t save your life is a touching account of the life and death of a young woman by the name of Sara Monopoli. Woven through Sara’s story is the articles deeper thrust, ‘knowing when to say when’ to continued aggressive medical treatment. Dr. Gawande skillfully speaks to “the failure of our system of medical care for those people who are facing the end of their lives.” I have to admit it is a tough article to read- on many levels. It is very sad—Sara does not win her battle with cancer. (Sara also does not choose hospice care at the end of her life, but I can understand the choices she made.) Dr Gawande brings up issues surrounding medical care and dying that may make you uncomfortable; one of which is the extraordinary high cost of dying in our country. Should the issue of money even figure into the discussion of medical treatment? Dr Gawande believes, ‘the soaring cost of health care is the greatest threat to the country’s long-term solvency, and the terminally ill account for a lot of it.”

In 2010 60 Minutes did a segment called The Cost of Dying and found out that in 2008 Medicare paid $50 billion for doctor and hospital bills during the last two months of patients’ lives. The segment goes on to quote Dr. Ira Byock, a physician who specializes in palliative care, “modern medicine has become so good at keeping the terminally ill alive by treating the complications of underlying disease that the inevitable process of dying has become much harder and is often prolonged unnecessarily.” In talking about dying Dr. Byock goes on to say, “this is a hard time in human life—but it is a part of life. Collectively, as a culture, we really have to acknowledge that we’re mortal. Get over it. And start looking at what a healthy, morally robust way for people to die looks like. “

Most of us try and make the best decisions we can as we struggle with the impending loss of a loved one. It is difficult to have discussions about dying- but it is so necessary. It is also difficult to know ‘when to say when’ to continued treatment. This is why advanced directives are so vitally important. You also need to have these difficult conversations with the physicians involved in your, or your loved one’s care.

After reading these two articles I realize how glad I am that I do not have to figure out how to fix the very complicated issue of health care spending in our country. I am also very glad to be able to work with a wonderful hospice that will always try to ensure dignity and comfort to those who seek it at end of their life.
Heartfelt Notes from Hospice Families

“Once again I have nothing but high praise for the help and support Hospice workers gave to my mother in her final days—not only to Mother, but me and my siblings as well. We were in uncharted territory and Hospice was our GPS…”

“Everyone with Hospice was extremely professional, but they were also very friendly and made us feel very comfortable. Thanks to all involved during our families time of need.”

“The care we received, both physical and emotional were excellent. Nothing but high regards for all involved. Thank you very much for such help, care and support at a time much needed.”

“Thank you again for the wonderful care he received under Hospice. I just wished he could have had more time to enjoy being pain free. “

“Our family is grateful for the expertise, professionalism, courteous and loving care provided by the Hospice team over many months. They were instrumental in providing the utmost comfort possible for our loved one.”

“A note to say how much we appreciated your help in getting our loved one home, where he wanted to be. You have an amazing organization, full of amazing people. Thank you so much!”

“Thank you— not only for your kindness, but for the wonderful way you have of making people seem like they know what they are doing. It was my pleasure and honor to have worked along side of you with my loved one. “

“Words truly cannot express how grateful we are for the support and guidance. I’m not sure how we would have made it through without you. You made my dad’s passing as comfortable and peaceful as possible and for that I am eternally thankful. God bless you all for the work you do and the difference you make.”

Family names have been omitted for privacy

Hospice of St. Mary’s Tree of Light

Looking for a special way to remember those you love at this holiday season? Hospice of St. Mary’s will have a “Tree of Light” on display at the Hospice Festival of Trees (James Forrest Tech Center, December 3rd). Ornaments, displaying the name of your loved one, are available for purchase for $25.00 and will be used to decorate the tree. The names of all those honored will also be displayed in a book next to the tree. The ornament will be available for pickup at the conclusion of the Festival of Trees or at the Hospice Office the following week. Look for a separate mailing coming soon. You can also contact the Hospice office at 301-994-3023.
Hospice of St. Mary’s

Festival of Trees

You Are Invited to Start the Magical Time of the Year with Hospice of St. Mary’s Festival of Trees! In addition to lavishly decorated trees, there will be vendors to start your gift giving, holiday music and activities for children.

Ways to Participate:

Be a SPONSOR
Sponsorship of a 6.5 ft. tree for $500 ~ We provide a decorator or you can decorate! You pick delivery location or donate as an auction!

Be a DECORATOR
You or a group donate your time and tree decorations to create a magical tree for the sponsor.

Be a VENDOR
Sell Your Product! Table rent is $50—all profits are yours!

Saturday, 3 December 2011
Doors Open at 9AM
Dr. J A Forrest Career & Tech Center
24005 Point Lookout Rd Leonardtown, MD 20650
Cost: $5 Adult, $3 Seniors, $1 Ages 4-12 and Free for 3 and under

Event Details:
9-11 Donuts with Santa and 1-3 Afternoon with Santa (Parents, Please Bring Your Camera)
9-5 Vendor Shops Open for Shopping & Live Entertainment to get you in the Holiday spirit!

All proceeds from the Festival of Trees go to support and maintain the St. Mary’s Hospice House.

For More Information, Please Contact the Hospice Office at 301.994.3023 or visit www.hospiceofstmarys.org
Many thanks to Mechanicsville Moms Club for their generous donation of supplies to the childrens’ bereavement groups. The large goodie bag is filled with art supplies and a $100 gift card to Michaels! Pictured above (l-r) is Julia Raley with her children Jake, Lillian and Nathan, Liz Holdsworth, LCSW-C, and Lela Stephens with her son Noah.

Many thanks to the following who have made in kind gifts to Hospice of St. Mary’s or Hospice House of St. Mary’s:

- Ms. Bobbi Brown – 6 homemade aprons
- Mr. and Mrs. Harry Geraty – ice cream and turkey
- Ms. Betty A. Guss – Magic Bullet
- Mrs. Mary Jane Hall – 3 sets of extra long single sheets
- Mr. George Henderson – video and DVD collection
- Patuxent River Quilters Guild – 9 quilts
- Lexington Park LDS Relief Society – numerous homemade pillowcases
- Ms. Mary L. Schebell – quilts, blankets, cups, muffins and cinnamon rolls
- Mr. and Mrs. James Sperbeck – towels, digital scale, batteries, lanterns
- Ms. Augusta Vaughan – angel collection
- Mr. and Mrs. Paul E. Wible - Depends, patient care supplies
- Mr. and Mrs. Donnie Poe - disposable razors
- Ms. Cindy Parlin – patient care supplies

In Memory of Erin Payne-Mattingly

Hospice would like to thank the Payne-Mattingly families for their generous donations to the Hospice House. Donations include:

- Dyson Vacuum
- Shark Steamer and handheld steamer
- 6 sets of twin sheets
- 4 sets of queen sheets
- 6 pillows and covers
- 2 sets of freezer containers
- Magic Bullet blender
- Temporal thermometer
Meet Our Volunteers

Recent graduates from the September 8, 2011 Boot Camp Volunteer Training Class
From left: Amy Cricchi, Stephanie Peppler, Sylvia Whitfield, Emily Spore, Kevin Ford, Bonnie Fairfax, Moneta Strickland (Hospice Aide), Peg Rideout and Mary Trevino.

Recent graduates from the August 20, 2011 Boot Camp Volunteer Training class
From left: Jewel Certain, Maurine Wilkins, Marian Barnes, Sharon Wilkerson (Hospice Med Tech), and Frank Fears.

Would you like to become a part of our Volunteer Team at Hospice of St. Mary’s?
Call 301-994-3075 for more information or email mary_crowell@smhwecare.com

Volunteer from SMCM
Rachel Greenberg, a Junior at St. Mary’s College of Maryland, and a May 2011 Boot Camp graduate, volunteers at the Hospice two days a week. She assists with administrative tasks as well as visits patients at our Hospice House.
Your Gifts Make a Difference

We all want to ensure our loved ones have choices when faced with end-of-life challenges. Your contributions enable Hospice of St. Mary’s to provide state-of-the-art palliative care and support for your loved ones, regardless of the ability to pay. Memorial Gifts may be given in memory of a loved one.

When sending in a memorial contribution, please let us know whom to notify. We’ll need their full name and address so we can send a special note telling them of your gift.

The following people have had Commitment to Caring Circle donations made in their memory/honor to Hospice from June 1, 2011 through September 15, 2011:

Floyd and Stephanie Abell
Rita Abell
Emery Bud Aliff, Jr.
Richard D. Arnold
George and Mary Aud
Clifton ‘Pete’ Austin
Sonja Bailey
J.W. Baker
Notley Bateman
Diane Battaglia
Redman and Polly Bean
Honora Beasley
Sandy Bennett
Mr. and Mrs. Burnell Bennings
Bertha Bero
Mary Brien
Kevin Broderick
William Bryan Buchler
Leroy Buckler
John Glen Burch
Larry Bush
John Roger Butterfield
Janice L. Cain
Donna Cameron
Ken Carter
Mr. Harry Chum
Millie K. Cipolloni
Linda Colegrove
Marie Colleary
Agnes Connelly
Jeanette Cooksey
Rose Crowley
Sam D’Ambrosia
Robert G. Dean, Jr.
Bernard Y. Delahay
Dale Dement
Jody and Shirley Dement
Chief W.J. Dent
Virginia Denton
Patricia Vansise Dillow
June Dobis
Mary Catherine Dorsey
Walter B. Dorsey
Jane C. Downer
Leroy and Marie Dyson
Michael Eastwood
Peggy Edwards
William H. Eppard, Sr.
Susan Evans
Grace Fairfax
Rose Figliola
Mary Fradelos
Craig S. Furtado
Bonnie Gallant
Pauline Gasparovic
Lois Gaulke
Charles F. Gibson
John Grant
Norwood Graves
Dallas Sonny Hall
Martha Hall
Mary Agnes Hammett
Nellie Hayden
Thomas Edward Hayden
Jeanette Hemming
William G. Herbert, Sr.
June Sawyer Hewitt
Mr. and Mrs. Edward Highwart
Harry Horn
Harry B. Huseman
James Lee Johnson
Carolyn Anne Johnston
Jimie Jorden
Julia, and Karen
Susan Kaufman
Evelyn Kelley
Beatrice Kregloh
Joseph C. and Joann Lacey
Judith Lacey
Harry Spearman Lancaster
Bernard Leon Lankford
William Lauderbaugh
John R. Lester, Sr.
Frank A. Lewis
Rebecca Lindberg
Agnes G. Long
Charles and Margaret Long
James J. Long, Jr.
Richard Love
Alvin Macek
Pauline Mack
Gerald E. Manley
Eleanor Marshall
Catherine Ann Mattingly
Erin L. Mattingly
Helen Spalding Mattingly
Mary Agnes Mattingly
Jerome M. McCabe
George B. McDonald
Gilda Medlin
Robert Merritts
J. Rudolph Middleton
Robert and Mary Lillian Miedzinski
John F. Milcertich
Elisabeth Miles
Joseph Miles
Howard Jack Moore
Jean Bevils Morris
Mrs. Mozick
Thomas Murray
Shirley Norris
Elizabeth Jean Palmer
Lucien R. Pare
Jean Marie Payne
Carrie Virginia Rice Pearson
Robert C. Perry
Harold Pevey
James C. Raley, Jr.
LaRue Redmond
Edith I. Richards
Dorothy Richardson
Elizabeth I. Ricketts
George F. Ridgell
Herman Riffe
Larry Robertson
Robert Rohwer
Alvin Roussell
Winifred Rudman
James Russell, Jr.
Shirley Schmachtenberg
Joseph H. Simmons, Jr.
Marian Slade
Bernice Smith
Ethel Irene Smythers
William L. Sorrells
Norma Strickland
Alice C. Taylor
Lois Taylor
Robert ‘Butch’ Thompson
George and Rosaline Thorne
James E. Tilton
Florence Townsend
Alfred and Theresa Trossbach
Juanita Trossbach
Lillian Trout
Roger Lee Vallandingham
Tom Walkert
Ann Waring
Miriad White
Richard P. ‘Dickie’ Wood
Dr. Arthur O. Woody
Thomas Brent Yates
Martha Carolyn Meredith Young
Silas Young

The following people have made In-Kind Donations to Hospice from June 1, 2011 through September 15, 2011:

Ms. Bobbie Brown
Mr. and Mrs. Harry J. Geraty
Ms. Betty A. Guss
Mrs. Mary Jane Hall
Mr. George Henderson
Ms. Cindy Parlin
Patuxent River Quilters Guild
Mr. and Mrs. Donnie Poe, Sr.
Relief Society Ladies from the ______________
Ms. Mary L. Schebell
Mr. and Mrs. James Sperbeck
Ms. Augusta Vaughan
Mr. and Mrs. Paul E. Wible
The following people have had Memorial Contributions made in their memory/honor to Hospice from June 1, 2011 thru September 15, 2011:

<table>
<thead>
<tr>
<th>Christine Russell Alessi</th>
<th>Dale Dement</th>
<th>Robert Bruce Knott</th>
<th>Edward Schauf</th>
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<td>Jean Ashley</td>
<td>Jeanette Deputty</td>
<td>Jack Koegel</td>
<td>Thelma Schrader</td>
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<td>Clifton ‘Pete’ Austin</td>
<td>Kathleen Driscoll</td>
<td>Marvin ‘Moe’ Kraft</td>
<td>William E. Shannon, Jr.</td>
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<td>Jan Barnes</td>
<td>Shirley W. Dugan</td>
<td>Cynthia Ayers Layton</td>
<td>Fred Simeon</td>
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<td>Jessica Barry</td>
<td>Jewel Marie Gramling</td>
<td>Rebecca Lindberg</td>
<td>Eva Smith</td>
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<td>Claude Beahm</td>
<td>Duggan</td>
<td>Joseph C. Long</td>
<td>Frank Vincent Smith</td>
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<td>Margaret Bean</td>
<td>Carole V. Fastmaught</td>
<td>Abell Longmore</td>
<td>Jonathon Snyder</td>
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<td>Eugene Bergin</td>
<td>Lena Alice Foltz</td>
<td>Hilda Mahoney</td>
<td>Lank Spence</td>
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<td>Alvin Boswell</td>
<td>Lawrence Melvin Foster</td>
<td>Doris Mason</td>
<td>Jean Coogan Sperbeck</td>
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<td>Martin A. Boswell</td>
<td>Mary E. Fox</td>
<td>Bessie McCluskey</td>
<td>Cleo William Stack</td>
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<td>Richard Bowen</td>
<td>Lila Frederickson</td>
<td>Michael McGonigle</td>
<td>Ruth Stout</td>
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<td>Jack Bravo</td>
<td>Lois Gaulke</td>
<td>Arlene Meachum</td>
<td>John Leon Trossbach</td>
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<td>Thomas A. Brooks</td>
<td>Paul Good</td>
<td>Mary Dean Mercure</td>
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<td>Valerie Bubnack</td>
<td>Phyllis E.C. Griffith</td>
<td>Martha Carolynn Meredith</td>
<td>Jane Tylosky</td>
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<td>Edith ‘Dee’ Burandt</td>
<td>Mary Catherine Guy</td>
<td>James Wilson Miedzinski</td>
<td>Eleanor Uglow</td>
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<td>Basil L. Cafeo</td>
<td>Frances Guyer</td>
<td>John B. Morris, Sr.</td>
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<td>Marie Colleary</td>
<td>Byron Ken Haskin</td>
<td>Melvin Myers</td>
<td>Anne Volpe</td>
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<td>Robert H. Crawford</td>
<td>Kenneth Wayne Haskin</td>
<td>Evelyn Frances Norris</td>
<td>Anne Volte</td>
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<td>Theo Crowe</td>
<td>Havenner, Jr.</td>
<td>Ted Osborne</td>
<td>Ray Werneke</td>
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<td>Rose Crowley</td>
<td>Jane Henderson</td>
<td>Alan Paskow</td>
<td>Evelyn Williams</td>
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<td>James ‘Billy’ Cullison</td>
<td>Perry A. Hickey</td>
<td>Donnie Poe, Jr.</td>
<td>Megan Wolfe</td>
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<td>John Curtis</td>
<td>Gene A. Hopkins</td>
<td>Beverly Anne Pryor</td>
<td>Clara L. Young</td>
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<td>Wayne and Ann Davis</td>
<td>Mary Kate Johnson</td>
<td>Romayne Raum</td>
<td>Doris Young</td>
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<td>Mary Catherine Dean</td>
<td>Richard Kappus</td>
<td>Anna Mae ‘Hopy’ Ridgell</td>
<td>Martha Carolyn Meredith</td>
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<td>Roger Decker</td>
<td>Charles Albert Kerr, Jr.</td>
<td>Winifred Rudman</td>
<td>Young</td>
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The following people have made Unsolicited Donations to Hospice from June 1, 2011 thru September 15, 2011:

<table>
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<tr>
<th>Allstate Giving Campaign</th>
<th>First Saints Community Church</th>
<th>Optimist Club of Tall Timbers 2nd District</th>
<th>St. George’s Episcopal Church</th>
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<td>America’s Charities</td>
<td>Mr. and Mrs. Harry J. Geraty</td>
<td>Ms. Cindy Parlin</td>
<td>Ms. Sherry Stanley and Mr. John Giusti</td>
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<tr>
<td>Anglican Mission of Southern Maryland</td>
<td>Mrs. Mary Jane Hall</td>
<td>Patuxent River Quilters Guild</td>
<td>The Pepsi Bottling Group, Inc.</td>
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<td>ARINC, INC.</td>
<td>Mr. and Mrs. William B. Hancock, Jr.</td>
<td>Mr. and Mrs. Christopher F. Perlick</td>
<td>Tricoda Dart Association</td>
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<td>Ms. Janelle Baliko</td>
<td>Mr. George Henderson</td>
<td>Mr. and Mrs. Donnie Poe, Sr.</td>
<td>Trust Altruism Connected</td>
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<tr>
<td>BECFI</td>
<td>Holy Face Church</td>
<td>Relief Society Ladies from the</td>
<td>United Way of Central Maryland</td>
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<tr>
<td>Mr. and Mrs. Ray Bednarcik</td>
<td>Mr. and Mrs. Robert R. Jackson, Jr.</td>
<td>the Rotary Club of St. Mary’s County (Leonardtown), MD Inc.</td>
<td>United Way of St. Mary’s County</td>
</tr>
<tr>
<td>Best Buy Co., Inc.</td>
<td>Ms. Mary Anne A. Lancaster</td>
<td>Ms. Mary L. Schebell</td>
<td>Ms. Augusta Vaughan</td>
</tr>
<tr>
<td>Mr. Terry D. Blackburn</td>
<td>Maryland Charity Campaign</td>
<td>Mr. and Mrs. James Sperbeck</td>
<td>Vertical Views Photography</td>
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<tr>
<td>Ms. Barbara Brown</td>
<td>McKays Community Rewards</td>
<td>St. Cecilia Church</td>
<td>Mr. and Mrs. Jeremy White</td>
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<tr>
<td>Ms. Bobbie Brown</td>
<td>My Cause Water</td>
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<td>Mr. and Mrs. Patrick I. Wilkinson</td>
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<td>Mr. Richard A. Chadwick</td>
<td>Naval Air Station Chaplin’s Office</td>
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<td>Chopticon Choral Boosters</td>
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<td>Christ Episcopal Church Committee For Thomas A. Mattingly Sr.</td>
<td>Ms. Dorothy T. Nelson</td>
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<td>DRN Environmental Solutions, LLC</td>
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</tbody>
</table>
The following people have made Memorial Donations to Hospice from June 1, 2011 through September 15, 2011:

Mr. and Mrs. W. Gordon Aldridge
All American Harley-Davidson
Mr. Robert Altiere
Ms. Lois Ann Alvey
Ms. Michele Amerman
Ms. Helga M. Ammann
Ms. Edith Arbogast
Ms. Carol Fore Asbill
Mr. and Mrs. Joseph P. Askey
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Mr. and Mrs. Robert ‘Bob’ Bailey
Mr. and Mrs. Bernard A. Bailey
Ms. Edith Barber
Ms. Margaret Peggy Barickman
Mr. and Mrs. Bruce L. Barnes
Ms. Kathleen A. Barney
Mr. and Mrs. James L. Bartz
Mr. Bernard L. Baxter
Mrs. Dorothy G. Bell
Mr. and Mrs. Edward A. Bellafiore, Jr.
Ms. Kathy Bennett, D.V.M.
Mr. and Mrs. Gregory H. Boggs
Dr. and Mrs. Joseph F. Bowes
Mr. and Mrs. Tommy Bowles
Mr. and Mrs. Robert F. Brady
Mr. and Mrs. George Woodrow Brady, Jr.
Ms. Darlene J. Bremer
Brill & Associates, P.L.
Ms. Francie L. Bryson
Mr. Thomas Bubnack
Mr. and Mrs. Thomas R. Burgess
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Burroughs, Moreland & Mudd, CPA, P.A.
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Mr. and Mrs. Anthony F. Cifone
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Ms. Jean L. Cole
County First Bank
Mr. and Mrs. Tommy Crittenden
Col. and Mrs. Paul Croisietiere
Ms. Corlista M. Crowe
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Ms. Kelly Davis
Mrs. Mary Catherine Dean
Mr. and Mrs. Frank Dean
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Mr. and Mrs. Ken Dixon
Mr. and Mrs. William ‘Bill’ R. Dixon
Mr. and Mrs. James D. Dixon
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Mr. James Driscoll
Mrs. Deborah L. Dudley
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Mrs. Nellie E. Henken
Mr. and Mrs. James Robert Hickey
Ms. Marie Higgs
Mr. and Mrs. William ‘Bill’ H. Higgs
Ms. Florence Hill
Ms. June G. Bothwell Hinson
Capt. and Mrs. James B. Hoke
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Ms. Laura Johnson
Ms. Patricia M. Karr
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Ms. Barbara Keefe
Mr. and Mrs. Barry L. Kercher
Ms. Karen B. Kesting
Ms. Corinne Kirk
Mr. and Mrs. W. Todd Kirn, O.D.
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Ms. Jacqueline G. Knoetgen
Mr. and Mrs. David L. Knott, Jr.
Ms. Janice F. Knott
Ms. Eunice Knott
Ms. Jo Ann Keller Koegel
Mr. and Mrs. John Kovich, Jr.
Ms. Anne S. Krech
L.3 Communications
Mr. and Mrs. Gary D. La Patra
Mr. and Mrs. Robert W. Lancaster
Mr. Francis D. Langley
Mr. and Mrs. Robert W. Langley
Mr. Francis D. Langley
Ms. Jennifer Karen Clarke
Mr. and Mrs. Robert W. Langley
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Mr. and Mrs. Robert W. Lancaster
Mr. Francis D. Langley
Mr. Jake Langley
Ms. Gloria J. Larman
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Ms. Kathleen A. Linnen
Mrs. Edna Long
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Honorable Jenks Mattingly
Ms. Patricia A. Mattingly
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Mr. and Mrs. Duncan ‘Duke’
May, IV
Ms. Eleanor P. May
Ms. Nancy P. McCarrick
Ms. Clara J. McCartney
Mr. and Mrs. Joseph E.
‘Lindy’ McKay
Ms. Martha Ann McLean
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Ms. Denise M. Merican
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Ms. Mary P. Mosher
Mr. David M. Myers
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Nicholson
Ms. Evelyn B. Norris
The following people have made Donations to Hospice’s Commitment to Caring Circle from June 1, 2011 through September 15, 2011:

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Hospice of St. Mary's would like to thank the Driscoll family for their Legacy gift of $10,000 in memory of their sister Kathleen. Kathleen lived at the Hospice House for six months and will be remembered for her quick smile and infectious laugh! Kathleen’s inscription on the Legacy Tree is a reminder of her love of life:

Kathleen Driscoll
1957 - 2011
Play it Forward.
2011 Hospice Ornaments
Available for Purchase

$25 per ornament

An homage to the Maryland State Flower, the black-eyed susan, this ornament will stand out on any tree! Yellow petals, like rays of sunshine, are surrounded by a patch of deep green and topped off with a dark brown center.

All proceeds benefit Hospice of St. Mary’s.

Ornaments will be available for purchase at the Festival of Trees on Dec. 3 at the Forrest Career and Tech Center, at the Hospice House in Callaway, as well as through various members of the Hospice Board of Directors.

If you are interested in purchasing this year’s ornament, please call 301-994-3023.

About the Stained-Glass Artist

Nancy Wathen is a registered nurse and volunteers her time to handcraft each ornament for Hospice of St. Mary’s. For years, she wanted to work with stained glass because of the vibrant colors. “When it catches your eye, it blends so perfectly,” she said. She began studying the art of stained glass about eight years ago and has since created too many stained-glass items to count. This is Nancy’s third year making the Hospice ornament. By the time she is done, there will be 600 hand-made ornaments for Hospice to sell!