A Letter from the Hospice Director

When you think of Hospice, you probably picture a nurse or home health aide actively handling the clinical needs of their patient. And that is an accurate image. However, behind the scenes there are many people whose involvement is key to our existence and ability to perform this vital care.

Since its inception, Hospice of St. Mary's has had a Board of Directors. These are volunteers from our local community who have made a commitment to share their time and expertise to ensure we have the funding and direction necessary to advance our mission and make it sustainable for the future. As we have changed from a stand-alone entity to joining MedStar St. Mary's Hospital, our board's functions have adapted, and they continue to support our work throughout the community.

Starting with this issue of our newsletter, we’d like to introduce you to our board members and show who they are and why they have chosen to be involved with Hospice. Mary Ann Stamm is our current board president, and has been a wonderful friend to Hospice for some time. In this issue she will share with us her thoughts on why Hospice matters to her.

Free Presentations Highlight Hospice’s Services

Death is an inevitable part of life that will come to us all eventually. Have you ever considered who will care for you as your days grow short, or who will speak for you to make healthcare decisions if you can’t speak for yourself?

Hospice of St. Mary’s helps and supports people living with advanced illnesses by providing high quality, compassionate end-of-life care for our patients and their families. John Scheffler is a Hospice volunteer, board member, and has firsthand experience with hospice care in his own family. He has put together an excellent presentation and can answer your questions about Hospice. If you would like to learn more about the services Hospice provides, we welcome you to attend one of the following information presentations:

- **Tuesday, Oct. 9, 5:30-6:30 p.m.**  
  Lexington Park Library meeting room B
- **Thursday, Oct. 18, 1-2 p.m.**  
  Leonardtown Library meeting room

Presentations are free and open to the public.  
For more information, call Hospice at 301-994-3023.
BOARD OF DIRECTORS SPOTLIGHT:

Mary Ann Stamm

I came to St. Mary’s in 1974 for an elementary teaching position after I graduated from Edinboro University, in Edinboro, Pa. During the next 37 years and until my retirement in 2011, I earned my Master’s in Library Science and my Administration and Supervision Certification from the University of Maryland. I served the school system in a variety of positions, including teacher, media specialist, program supervisor, and I also taught graduate classes for Towson University at the Southern Maryland Higher Education Center.

My husband Mike and I have two grown children: David (daughter-in-law Lillia) and Kevin. Our sons were born and raised here and we all have a vested interest in the wellbeing of the citizens of St. Mary’s County. My personal interests include traveling, skiing, hiking, pickle ball, shopping, cooking, decorating, reading, and repurposing vintage objects and furniture.

I have always had a strong commitment to volunteerism and public service, and learned about Hospice of St. Mary’s through friends who were involved. I joined the board eight years ago, and it has been a natural fit for me. I enjoy being active on several of our working committees where I can put my skills to good use. We have known many friends and family members that have personally benefited from Hospice’s mission to care for and help the terminally ill and their families.

I live by and firmly believe in what my mother has always told me, “Life is what you make it.”

Trading Post Repairs Hospice Entrance Road

This spring after the snow and ice were no longer an issue, it was evident that the entrance to the Hospice House along Montgomery and Hospice Lanes needed some significant repairs. There were several areas of the roadway that had begun to crumble and buckle.

We contacted a few local companies to get preliminary estimates for the repair work, including The Great Mills Trading Post. Before we knew it, Bubby Knott’s crew came through and repaired the damaged areas of asphalt.

Some time went by and we hadn’t received the bill. After inquiring with their billing office, an envelope showed up in the mail with an invoice listing over $6,000 in work – and one big word printed across the page: donation.

Thank you, Bubby, and all your staff for your amazing generosity!
1,000 Cranes Project

Chesapeake Public Charter School is undertaking a 1000 Cranes project, inspired by the book “Sadako and the Thousand Paper Cranes” by Eleanor Coerr. Fourth grade student Kara Lester delivered several mobiles with the origami cranes to Hospice House for display in the patient rooms. She and her classmates read the book while in teacher April Skinner’s class, and chose Hospice as one of the recipients of the mobiles for the patient rooms at the Hospice House. Family members are welcome to take them home and the class has kindly offered to replace them in the rooms when needed.

McKay’s Food & Pharmacy

Hospice of St. Mary’s is fortunate to be able to count many of our local businesses as supporters of our mission – whether through outright monetary support or other means. One of those businesses is McKay’s Food & Pharmacy.

At the Hospice House, our patients reside in a residential atmosphere. There is 24/7 professional care, but we strive to make it as home-like as possible. This includes home-cooked meals made by our cadre of volunteers and staff. To ensure we keep the kitchen fully stocked, our volunteers do our weekly grocery shopping.

Thank you, McKay’s, for allowing us to have a local shopping account with you, and for accommodating our needs for so many years – you make a difference!

The mission of Hospice of St. Mary’s is to provide physical, emotional, and spiritual support to terminally ill patients and their families and bereavement care to those families and the community.

Board of Directors

Mary Ann Stamm
President
Cindy Beakes
Vice President
Jan Barnes

Gabrielle Forte
Nancy Glockner
Emily Jackson
Chris Jeys

Jennifer Overstreet
Karen Raley
John Scheffler
Desiree Axley
Treasurer

Kathy Franzen
Interim Director, Hospice of St. Mary’s
Christine Wray
President, MedStar St. Mary’s Hospital

Volunteer Coordinator Katy Crowell with student Kara Lester, and her teacher April Skinner.
Meet Our Newest Staff Members:

**Jalisa Garrow, CRNP**  
Palliative Care Nurse Practitioner

I was born and raised in St. Mary’s County. I graduated with my associate’s in nursing from the College of Southern Maryland, and then went on to complete my bachelor’s and master’s degrees at George Washington University. I am a board certified adult-gerontology nurse practitioner, and completed many clinical hours working in Hospice and Palliative Care with Hospice of the Chesapeake during my graduate studies. I am so excited to be back in my hometown, and to be working with such a great team. In my spare time, I enjoy spending time outside with my husband and our Labradoodle.

**Jessy May, RN**  
PRN Nurse Case Manager

I graduated from the College of Southern Maryland with my associate’s in nursing in 2012 and completed my bachelor’s from Frostburg State University in 2014. I have worked at MedStar St. Mary’s Hospital since 2011; I started as a CNA and have had several different nursing roles since then. I am excited to work with Hospice because it provides such a unique opportunity to care for the people of my community in their own homes. In my spare time I enjoy kayaking, fishing, and spending time with my family.

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**Spring Fling Car Show Brings More Than $10,000 for Hospice**

St. Mary’s Rod & Classic Club hosted its 33rd Annual Spring Fling Car Show on the Square in Leonardtown on April 29. A fresh spring day encouraged a great crowd turnout and 356 hotrods, classic, and antique cars registered to participate in the event.

Benefitting Hospice of St. Mary’s, the car show was planned and coordinated flawlessly by St. Mary’s Rod & Classic Club and its 40 members. Spectators and car enthusiasts of all ages were able to view a wide array of cars, the oldest of which was built in 1924, and to talk with the owners about their pristine vehicles while strolling downtown Leonardtown.

Several hospice volunteers gave their time to collect donations from attendees, and the community was very generous to our organization. As the event came to an end, St. Mary’s Rod & Classic Club awarded participants with approximately 70 trophies in categories that ranged from Best in Show to Best GM, Best Ford, and Best Car for additional manufacturers.

At its next monthly meeting, St. Mary’s Rod & Classic Club presented Hospice of St. Mary’s with a ceremonial check. The club’s donation for the car show totaled more than $10,000 including spectator contributions at the event.

Hospice of St. Mary’s would like to thank St. Mary’s Rod & Classic Club for its continued support of our mission. We encourage you to attend next year’s Spring Fling Car Show, which is scheduled to take place on Sunday, April 28, 2019.
Mark your calendar for these upcoming 2018-2019 events!

2018

Oct. 18 – HOSPICE INFORMATION PRESENTATIONS
On Oct. 9 at the Lexington Park Library (5:30-6:30 p.m.), and on Oct. 18 at the Leonardtown Library (1-2 p.m.). Presentation on how Hospice of St. Mary’s serves the community. Learn more and get answers to your questions.

Oct. 27 - BLUEGRASS FOR HOSPICE
Noon-8 p.m. Enjoy a variety of local and national bluegrass performers at Flat Iron Farm, Great Mills. Proceeds benefit the Hospice House. Visit www.bluegrassforhospice.com for details.

Nov. 11 - VETERANS DAY PARADE
Downtown Leonardtown. Look for Hospice volunteers floating during the largest Veterans Day parade in the State of Maryland.

Nov. 30/Dec. 1 – FESTIVAL OF TREES at the Southern Maryland Higher Education Center. The Jingle & Mingle cocktail and preview party will be on Friday evening. Come see all the wreaths, trees, and entertainers on Saturday from 10 a.m.-4 p.m.

2019

Feb. 8-10 – TRICODA DART TOURNAMENT
Stay tuned for additional details. Visit the league’s website at tricoda.leaguerepublic.com.

April 13 – 24TH ANNUAL RUN & FUN WALK FOR HOSPICE
Our annual Walk/5K/10K race, featuring free “world famous” post-race brunch. Registration is now open! Visit runforhospice.org for more details.

April 28 – 33rd SPRING FLING CAR SHOW

June 29 – ANNUAL RICHIE DAYE POKER RUN
Fun event by land and sea! Stay tuned for future details.

The 2018 Hospice Ornament

According to folklore, when a cardinal appears in your yard, it’s a deceased loved one visiting you. The 2018 Hospice of St. Mary’s holiday ornament features a cardinal perched atop a snowy tree.

These one-of-a-kind ornaments are hand-painted on natural wood and are available for $20 each, with proceeds benefiting Hospice.

Find the ornaments for sale now through the holiday season at local St. Mary’s County businesses including Cecil’s Country Store, Century 21, St. Inie’s Coffee, The Apple Basket and, The Vintage Source.

Ornaments are also available at the Hospice House in Callaway. The office is open Monday to Friday, 8 a.m. to 4:30 p.m.; please call ahead to ensure availability at 301-994-3023.
The SMECO Charitable Foundation holds two major fundraising events each year. On June 2, the organization conducted their 7th Annual SMECO 75 Bike Ride, with over 360 cyclists participating throughout the three available routes.

With thanks to the SMECO employees who volunteered for this big event, cyclists had the option of riding the 75-mile, 47-mile, or 29-mile routes that extended throughout the Southern Maryland countryside, including sections of the Three Notch Trail.

Each year, SMECO selects different local charities as their fundraising beneficiaries, and for 2018 those funds are supporting the three hospices in Southern Maryland: Calvert Hospice, Charles Hospice, and Hospice of St. Mary’s. This will include proceeds from both the bike ride and the SMECO charity golf outing in October.

Thank you to all the SMECO employees and event sponsors. Your support makes a difference in the lives of your neighbors in our community!
Poker Run 2018

A beautiful, warm spring day was on tap for the annual Richie Daye Memorial Poker Run held on Saturday, June 16th. At last year’s event, boats were introduced for the very first time, and the option to travel by water was once again a draw for some local sailors. There were 10 boats participating, along with 97 motorcyclists.

The morning started off at the Seabreeze Restaurant on Sandgates Road in Mechanicsville. After that the participants headed over to Stoney’s Seafood House on Broomes Island. The third stop was The Lighthouse Restaurant over in Solomons, followed by a trip back into St. Mary’s County and a stop at Stoney’s at Clark’s Landing. The fifth and final stop brought everyone back again to the Seabreeze to determine the winners and enjoy food and music.

Hospice Interim-Director Kathy Franzen and Board Member Cindy Beakes met with the Daye family shortly after the event to receive the proceeds raised by the Poker Run, a total of $3,200.00.

THANK YOU to all the participants, venues, volunteers, and especially to the Daye family. Your good works are a wonderful tribute to Richie Daye, and help us to do our work here in the community.

Mark your calendars: the tentative date for 2019 Poker Run is July 27th. Stay tuned!

The Toy Hauler Express

Calvin Joy of Hollywood came by our office recently with an unexpected surprise: The Toy Hauler Express! With his excellent wood-working skills, Calvin constructed this beautiful toy chest as a donation for our Festival of Trees Event. The toy chest has a lid with a safety hinge, along with two other compartments to keep your train accessories safe and sound.

This toy box will be a featured item for the silent auction at Festival of Trees. It will be available for bidding starting on the evening Friday, November 30th at the Jingle & Mingle event, and continuing until 4pm at the Festival of Trees on Saturday, December 1st.

Thank you, Calvin! Your work is outstanding, and we thank you for sharing your generosity with us!
What can I do with my tree?

- Donate the tree to an organization, institution, family or cause
- Display the tree in your business or a subsidiary branch
- Set up a company raffle to raise money for a charity of your choice or the employee social fund

Jingle Bells
$1,000
- 7.5 foot tree
- Four tickets to the Jingle & Mingle event
- Sponsor’s name listed on Hospice Facebook page
- Sponsor sign at event

Snowflakes
$650
- 7.5 foot tree
- Sponsor’s name listed on Hospice Facebook page
- Sponsor sign at event

Wreath
$250
- 30 inch wreath
- Sponsor sign at event

If you are not able to decorate or provide decorations for your tree, contact us and we will provide you with a decorator.

BECOME A SPONSOR TODAY!

Sign up at HospiceofStMarys.org/FestivalofTrees or call 301-994-3023.