

# Hospice of St. Mary's

Caring for Our Community

SPRING 2019



**Kathy Franzen, Interim Hospice Director**

Please take the time to watch Dr. Gawande in this Frontline piece - it should not be missed.

[pbs.org/wgbh/frontline/film/being-mortal/](https://pbs.org/wgbh/frontline/film/being-mortal/)

## A Letter from the Hospice Director

### Do we know when to say when?

Anyone who comes to work in hospice or is interested in the topic is asked to read a wonderful book, "Being Mortal," by Atul Gawande, MD, MPH. Dr. Gawande is a general and endocrine surgeon, a researcher in public health, a writer, a professor, and most recently CEO of the Amazon-Berkshire-JPMorgan Chase healthcare partnership. He has been a staff writer at The New Yorker since the late 1990s.

I read "Being Mortal" years ago. Recently one of our board members encouraged me to watch a PBS Frontline episode based on this book featuring Dr. Gawande and his research into end-of-life care in the United States. The 50-minute video follows Dr. Gawande as he speaks with oncologists, palliative care physicians, neurosurgeons, and patients/families that are facing end-of-life. The piece is beautifully written and filmed. It touched me on so many levels - I took notes like crazy when I could see through tears.

There are so many truths, truths that I want to say to patients and their families when I see them grappling with the desperately hard decision of when to say no to further medical treatment. He talks a lot about how hard it is for physicians to deliver bad news and that it takes practice to do it well. He explains that the palliative care team is well trained in end-of-life talks, and the first question they ask is, "What is your understanding of your disease?" The episode illustrates that there is often no natural moment to have these conversations, and that so many of them don't happen until there is a crisis - often in the Intensive Care Unit, that most of what physicians say is not what the patient and family hears; and that the patient can't always count on the doctor to lead the way - the patient and family must lead the way.

After being in this line of work for so long, I still never underestimate how hard it is to know "when to say when" to further treatment. We all hope for miracles and all of us think, "Why not us? We might be the ones that get the miracle cure." This is a fine balancing act. Often families will say, "I thought we had more time together, to do the things that are the most important to us."

We are very lucky to have a wonderful palliative care team at MedStar St Mary's Hospital/Hospice. The team is here to make sure patients and families understand their disease and the ramifications of their treatment options. Armed with this knowledge, patients and families can be - as they should - active participants in their care and avoid facing complex decisions in a crisis.



MedStar St. Mary's  
Hospital  
Hospice

[HospiceofStMarys.org](https://HospiceofStMarys.org)

# A Letter from our Medical Director



Dr. Jennifer Schmidt  
Medical Director

## Alzheimer's Disease Help is Available

Dementia is a nonspecific term that encompasses a number of different diseases that affect the brain. Symptoms can include a decline in memory, decreased ability

to reason and process new information, changes in personality and decreased ability to function at home or work. Mild cognitive impairment is a term used to describe the very early stages of dementia and patients themselves are often the ones to recognize that they are having difficulty with memory and processing skills.

Alzheimer's disease is the most common form of dementia accounting for about 60 to 80 percent of cases. Non-Alzheimer's dementia includes Lewy-body disease, Fronto-temporal or Lobar disease, Parkinson's, Wernicke-Korsakoff syndrome, normal-pressure hydrocephalus, chronic traumatic encephalopathy (CTE), multiple system atrophy, Huntington's, Creutzfeldt-Jacob, and Cerebral Vascular Disease. Each of these disorders has unique characteristics, but it is not uncommon for patients to have more than one of these disorders at a time. I will focus most of this article on Alzheimer's disease.

Alzheimer's disease is the number one cause of death in the United Kingdom, it's the sixth leading cause of death in the United States. One in three seniors dies with Alzheimer's or another dementia and it causes more deaths than breast and prostate cancers combined. Currently, 5.7 million Americans are living with this disease. At the current rate, 45 million

Americans will be diagnosed with Alzheimer's during their lifetime, which is about 15 percent of the population. Sixty-five percent of Alzheimer's patients are women, and 60 percent of caregivers are women.

We have more than one quadrillion synapses in our brains. A synapse is the space in between nerve cells where electrical impulses and neurotransmitters pass from one neuron to another. Research suggests that Alzheimer's is a signaling disease where there is an imbalance between the maintenance or creation of new synapses (synaptoblastic) vs the breakdown of synapses (synaptoclastic) activity. This same type of process occurs in osteoporosis, where bone is being broken down faster than is being created.

There are a large number of factors that can contribute to the development of Alzheimer's, including but not limited to: genetic susceptibility (the ApoE4 gene and family history), race (African-Americans and Hispanics have 1.5-2 times higher risk than whites), the presence of inflammatory conditions such as diabetes and heart disease, stress, lack of sleep, sedentary lifestyle, chronic depression, head trauma (sports or work concussions), nutrition (vitamin deficiencies), hormonal imbalances (estrogen, thyroid), infections (bacterial and viral), exposure to toxins (heavy metals, pollution), and even a lack of social support can

raise a person's risk of developing the disease. The typical Amyloid plaques that are found in the brains of patients with this disease may be a protective response to one or more of the many environmental assaults we experience during our lifetime. Many researchers

now believe that there will not be one single cure/drug to treat Alzheimer's disease; it will take a multi-pronged approach to address the many contributing factors.

The average life expectancy of a person diagnosed with Alzheimer's can vary greatly from four to 24 years. Patients that qualify for hospice care are in the very late stages of the disease. Most patients can no longer walk, talk, or take care of themselves in any way. This disease can progress very slowly, but a more dramatic decline over a few months can signal that a person is nearing the end of his/her life. It is a normal symptom of the disease for patients to have increasing difficulty swallowing or refuse to eat altogether. Most of the time our patients are confined to the bed, they cannot control bodily functions and they are taking in very little food or fluids. Patients in this frail condition can get frequent infections such as pneumonia and urinary tract infections. Alzheimer's patients will often exhibit changes in behavior and personality that can be very distressing to family and friends. The hospice team can recommend several medications and behavioral techniques to help manage these symptoms effectively.

It is important to also remember that taking care of a person with Alzheimer's disease can be extremely exhausting and stressful. A vital part of care is finding out what support resources are available in the community. The Alzheimer's Association website (alz.org) has several valuable planning tools and information.

Local agencies such as the Office on Aging, Social Services, and the Senior Center can help find what resources are available. The book "The 36 Hour Day" by Nancy Mace is a wonderful guide for families about what to expect and how to plan for the future.

Please give Hospice of St. Mary's a call if you have questions about a loved one suffering with Alzheimer's disease who may qualify for our care.

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**Do you have a loved one suffering from Alzheimer's?  
Join MedStar St. Mary's Hospital's Alzheimer's Support  
Group which meets the fourth Tuesday of each month  
at 6:30 p.m. at Discovery Commons at Wildewood,  
California, MD.**

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## BOARD OF DIRECTORS SPOTLIGHT:



**Cindy Lou Beakes**

### *Working with Mental Health, AIDS Patients Led Volunteer to Hospice*

I was born in Prince George's County, growing up there with my parents and sister. I spent almost every weekend and summer in St. Mary's County with my grandparents on their farm in Medley's Neck where my true roots were formed by the people and culture here.

My mother worked for the Prince George's County Health Department in Cheverly, Maryland, and I was able to work there in several departments: Speech & Hearing, Chest X-ray, among several others. This is where my understanding of "Community Based" services came to be.

After high school, I worked for the Mental Health Unit at the Health Department and became involved as a volunteer for a Community Crisis Center. I also married and had my son during this time, while continuing my interest in caring for people with chronic mental illness and substance abuse.

Several years later my first marriage ended. In 1977, I began working as a police dispatcher which lasted for seven years. This formative experience led me to meld my law enforcement and mental health experiences. A program

was designed and implemented by the Prince George's County Police Department using our volunteer crisis workers to provide police officers with skills to recognize mental illness in people they encountered during their police work. We also provided them with information about services in the community they could access to assist them in this area.

Ten years later I began working in Arlington, Virginia, in a program developed by the Department of Human Services and their community based Mental Health Center. We worked with the Police Department, riding with officers during their shifts to assess people in need of emergency psychiatric hospitalization. We also provided on-scene support for victims of violent crimes and violent incidents during which extreme injury and death had resulted. We also provided mental health assessments for inmates in the Arlington County Detention Center.

Around this time the AIDS epidemic had created a huge need for services in our community and nationwide. We had an opportunity to work with Hospice of Northern Virginia in Arlington. This was a huge teaching moment in my life: I knew

I would become involved in hospice.

I remarried and relocated to the West Coast to help care for my father-in-law in Olympia, Washington. I began a seven-year association with Providence Hospital and Hospice in Olympia where I was trained as a patient care volunteer and learned about the philosophy of hospice care.

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*"It has been an amazing journey for me and a true honor to be a hospice volunteer..."*

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After my husband's father died, we returned to the East Coast where our family lived. We settled in St. Mary's County and in 2006 I began my association with Hospice of St. Mary's. I worked as a patient care volunteer and joined the Board in 2012, assisting with fundraising efforts to benefit hospice.

During my adult life I had developed a strong sense of community service, both in volunteerism and paid public service. Working with AIDS patients in the 1980s who needed hospice care was the beginning of my long association with hospice. End-of-life care is a powerful, emotional time for all. It has been an amazing journey for me and a true honor to be a hospice volunteer and serve our St. Mary's County community.

**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.

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## Meet Our Newest Staff Members:



**Annie Hall**  
**Bereavement Coordinator**

Annie was born in Anaheim, California. She has migrated from place to place (living in the metro DC area more often than not) and occupation to occupation (too many to list) and enjoys seeing new wonders and learning new things. She is a divorced mother of two young men who continue to astound her, and she recently earned a Master of Science degree in Environmental Science at University of Maryland (2008), and a Master's of Divinity degree at Virginia Theological Seminary (2016). Looking back, she sees that the thread tying all things together has been her quest for deepening her awareness and love of God, self, and others. She comes to us from Wilmington, North Carolina, where she completed her second Clinical Pastoral Education (CPE) Chaplaincy Residency at New Hanover Regional Medical Center. She is deeply glad to now be working as both a Bereavement Coordinator and Chaplain for Hospice of St. Mary's because it gives her a chance to give back in gratitude for all the things that have come her way and shaped her life.



**Roxanne Clark,**  
**RN**

Roxanne was born in Boise, Idaho and graduated nursing school in 2002. Following her husband's retirement from the military, they moved back to his home state of Maryland. After the move she worked as an ER nurse before taking time off to raise her three young children. She is recently back to work and enjoying working with the staff in Hospice and Palliative Care.

## Online Resources Can Help Make Difficult Conversations Easier

Have you heard of **CaringInfo** or **Go Wish**?

We have gotten pretty good at preparing for challenges and crisis in our lives: we make sure the car is checked out and gassed up before a long road trip, we prepare our property for hurricanes, we stock up on supplies before a snowstorm (Milk! Bread! Toilet paper!). And yet, most don't prepare for an end-of-life crisis and may not know even how to begin.

Here's a great place to start:

### **CaringInfo.org**

This is free website provided by the National Hospice & Palliative Care Organization (NHPCO) and is designed to help people make those advance care plans. It can be very hard to have the conversations with family members about what they would want if faced with the end of their life, and this offers a great place to start.

Do you have elderly parents in another state? You can find an Advance

Directive form specific for every state in the United States. There's information on making your home safer if you're caring for a loved one, how to stay organized, even practical advice on the day-to-day physical care you may be called on to give.

Another resource is the "Go Wish" game - **GoWish.org**

Played either with cards or as an online game, the "Go Wish" cards are designed to help you identify and prioritize what is Very Important, Somewhat Important, or Not Important in your plans, and make those choices known. You might find that while you consider maintaining your dignity to be very important, your spouse might consider having financial affairs in order of most importance. Identifying what your priorities are will make your planning much easier and less stressful.

We encourage everyone to look at these resources and see if you're prepared. Our staff is available to answer any questions you may have, and our social workers can help you navigate the Advance Directive forms. Give us a call at 301-994-3023 - we can help.



## Donation from the Mechanicsville Lions Club

For more than 55 years, the Mechanicsville Lions Club has been hosting a Father's Day Chicken BBQ. Instead of spending the day relaxing with their families, the Lions are up early cooking and serving chicken and sides on this special day for dads. Clark Guy of the Lions met with Kathy Franzen in October 2018 and presented Hospice of St. Mary's with a check for \$2,000 from the proceeds of the BBQ. Thank you to Clark and all the Mechanicsville Lions for your wonderful support of Hospice!



## *Holiday Cheer was Abundant at Annual Festival of Trees*

At the start of each December Hospice of St. Mary's kicks off the holiday season in grand fashion. On Friday, Nov. 30, 2018, the festivities got underway with the Jingle & Mingle preview, followed the next day on Dec. 1, 2018, with the main event - the Festival of Trees.

The Southern Maryland Higher Education center was transformed into a land of trees, wreaths, reindeer, and abundant festive décor. Catered by Smokey Joe's Barbeque, and with stuffed ham from WJ Dent & Son's - Chief's Bar, the Jingle & Mingle was held in the evening to show off the lighted trees and wreaths in their best form.

A silent auction took place over both days, with the winning bidders taking home beautifully decorated trees and wreaths. Before the bidding was over, all attendees got to share their voice and vote for their favorite tree and wreath. The overall winning tree was "For Those Who Fought and Won; For Those Who Fought and Lost" decorated by Jan Barnes and sponsored jointly by the St. Mary's County Breast Cancer Support Group and Leonardtown Grants, LLC. The favorite wreath was "Candy Christmas" decorated and sponsored by Colony Builders, Inc.

Along with getting to admire all the decorations, Saturday provided a chance to shop at the Festival Marketplace, where

a herd of wooden reindeer, candle holders and ornaments by the Fletcher family, artwork, and many other beautiful items from donors such as Garnished Wood Working were available to help fill gift shopping lists. Expertly handcrafted wooden toys by local woodworkers Mike Krier and Calvin Joy made for highly-sought raffle prizes. There were musical performances throughout the day from many talented local musicians. And among the biggest highlights was the chance for children to pay a visit with Santa Claus, whisper their wishes into his ear, and have their photo professionally taken by Reid Silverman.

A tremendous amount of planning and organization was put in by the members of the Festival of Trees committee and we thank them all for their time and talents. Please join us in thanking: Stacey Bahr, Dawn Carroll, Michelle Connolly, Gabrielle Forte, Kathryn Franzen, Nancy Glockner, Emily Jackson, Veronica Jordan, and Mary Ann Stamm.

We also wish to thank the numerous sponsors, decorators, entertainers, photographers, delivery crew, donors, and all the attendees who continue to support hospice through this event each year. ***Through these contributions the event brought in more than \$55,000 that will help Hospice of St. Mary's care for the terminally ill and their families here in our community.***

### **JINGLE BELLS SPONSORS:**

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***Thank You to our Sponsors, Supporters and Committee Members***

# Sign Up and Lace Up for Annual Run & Fun Walk April 13

Mark your calendars for Saturday, April 13, for the 24th Annual Run & Fun Walk for Hospice. This event starts at 8:30 a.m. in front of the Governmental Center in Leonardtown and will go on rain or shine. All participants will enjoy the **World Famous FREE Buffet Brunch** after the event! If you have any questions, contact Katy Crowell at the Hospice office, by calling 301-994-3075.

## 24th Annual Run and Fun Walk for Hospice Saturday, April 13, 2019 • 8:30 a.m. • Rain or Shine

### REGISTRATION

Register online by visiting [RunForHospice.org](http://RunForHospice.org) or by completing and mailing in the form below.

#### PLEASE PRINT

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

Sex:    M            F

**T-Shirt\*** No Shirt    Mens: S    M    L    XL    XXL    Youth: Y-M    Y-L    Y-XL  
Women's: S    M    L    XL    XXL (*pre-registration only*)

*\*Guaranteed shirt size for registrations received before 4/1/2019*

DOB: \_\_\_/\_\_\_/\_\_\_\_                      Age on Race Day: \_\_\_\_\_

**EVENT :**        5K Walk        5K Run        10K Run        Volunteer

I will be participating as part of a team.

Team Name: \_\_\_\_\_

Defender's Cup                      Fretwell Trophy

I will be participating in the memory of a loved one.

Name: (optional) \_\_\_\_\_

*Please note: This name may be used as part of our virtual memory wall on the [RunForHospice.org](http://RunForHospice.org) website.*

\*\*\*I understand that participating in a road race or fun walk is a potentially hazardous activity. I assume all risk with participating in this event. I, for myself and anyone entitled to act on my behalf, waive and release Hospice of St. Mary's, The Town of Leonardtown, all event organizers and sponsors, and all other organizations or agencies involved, their representatives and successors from each and all claims or liabilities of any kind arising out of my participation in this event.

#### Signature – Required

(If under 18 form must be signed by a parent or guardian)



### Event Fees

(Children 6 & Under Free)

#### PRE-REGISTRATION

@runforhospice.org	\$30
Pre-registration by mail	\$30
Military (and Dependents)	\$25

#### RACE DAY

Race Day Registration	\$40
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Fee: \_\_\_\_\_

Additional Donation: \_\_\_\_\_

**TOTAL ENCLOSED:** \_\_\_\_\_

### PAYMENT CHOICE

Check (Payable to *Hospice of St. Mary's*)

Credit Card (*Circle One*)

MasterCard    Visa    AMEX

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

VCODE: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Billing Zip Code: \_\_\_\_\_

Signature \_\_\_\_\_

Please make your check payable to:  
**Hospice of St. Mary's**

Mail Check and Registration to:  
**Run & Fun Walk for Hospice**  
P.O. Box 625  
Leonardtown, MD 20650

Visit [RunForHospice.org](http://RunForHospice.org) for more information or to register online.



## Annual Bluegrass Concert Raises \$28,000 for Hospice House

The 2018 Bluegrass for Hospice music festival was held on Saturday, Oct. 27, 2018, at Flat Iron Farm, and attracted a crowd of nearly 400 music fans. Organized by Jay Armsworthy, a bluegrass musician in his own right, the event this year raised nearly \$28,000 for the Hospice of St. Mary's Hospice House!

The headline acts for 2018 were the award-winning Danny Paisley & The Southern Grass, along with the Highland Travelers. Sharing the stage throughout the day were several local acts of note, including Bubby Abell & Spoon Creek, Jay Armsworthy & Eastern Tradition, The California Ramblers, David Norris & The Dixie Ramblers, Recycled Bluegrass, and 15 Strings.

Along with the variety of wonderful musical acts, the event included silent auctions and raffles, with a wide selection of items generously donated by businesses and individuals from throughout the county.

We sincerely thank Jay, his wife, Michelle, and all their volunteers, for the many long hours they devote each year to bring this wonderful event to our community, along with all the generous sponsors and donors who continue to make this possible, including:

- Karen & John Garner
- Century 21 New Millennium - Jan Barnes
- McGrew Equipment Company
- John Felicitas & Christine Wray
- The Printing Press
- Associated Insurance Centers
- Bob Taylor Engineering
- Eagle Systems, Inc.
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- St. Mary's County Arts Council
- ABC Liquors & Lounge
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- Patuxent Dental
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- Metro Restaurant & Janitorial Supplies
- Stephen D. Mattingly Insurance
- Cedar Point Federal Credit Union
- Clarke Consulting
- Kieyos, LLC
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- Vidsec Systems
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# 2019 *Save the Dates!* Upcoming Hospice and Community Events

## MARCH

National Social Workers Month

## APRIL

**April 7-13** - National Volunteer Week

**April 13** - The 24th Annual Run & Fun Walk for Hospice

**RunForHospice.org**

**April 16** - National Healthcare Decisions Day **NHDD.org**

**April 28** - St. Mary's Rod & Classic Car Club Spring Fling Car Show (rain date May 5)

## MAY

**May 6-12** - National Nurses Week

## JUNE

**June 7, 8, 9** - Camp Sunrise: Children's Bereavement Camp held at Camp Maria in Leonardtown

## JULY

**July 29** - The Richie Daye Memorial Poker Run

## OCTOBER

**Oct. 26** - Bluegrass for Hospice at Flat Iron Farm

## NOVEMBER

National Hospice & Palliative Care Month

**Nov. 11** - Annual Veteran's Day Parade in downtown Leonardtown

**Nov. 14-20** - National Home Care Aide Week

## DECEMBER

**Dec. 6** - Jingle & Mingle Cocktail Party at the Higher Education Center

**Dec. 7** - Festival of Trees at the Higher Education Center

## Infant Loss Support Group

A new Infant Loss Support Group will meet for six weeks beginning Thursday, March 21, from 6-7:30 p.m. at East Run Center in Lexington Park. Hosted by Hospice of St. Mary's and Footprints for Faith, the group aims to help those who have experienced miscarriage, stillbirth, or infant loss. There is no fee to attend, but space is limited, and pre-registration is required.

Call hospice to sign up at 301-994-3565.

