

Reflections Newsletter

Fall 2017 | 888.823.8880 | gilchristcares.org



In This Issue...

From elder medical and palliative care to grief counseling and volunteer assistance, today's Gilchrist provides so much more than hospice care. In this issue, you'll read stories of just a few of the ways we have expanded our programs and services to better meet the needs of those we serve—offering more guidance, more innovation, more joy, more hope and more compassion.





Even before hospice,
there's Gilchrist.

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gilchrist
INFORMED CHOICES. BETTER CARE.

The New Gilchrist

Though many people associate Gilchrist with end-of-life care, we also provide elder medical care, counseling and support to anyone with a serious illness, long before hospice is needed.

To better communicate the broad range of services that Gilchrist offers, we are launching a new branding and advertising campaign. In addition to new TV, radio, digital and print ads, Gilchrist has redesigned its logo, website, newsletters and marketing materials.

Our new campaign aims to educate people that Gilchrist is “so much more than hospice.” We provide clear information and loving care at every stage of

serious illness, so people can live life to the fullest, on their own terms.

Gilchrist’s expansion of services is in response to a nationwide trend to help meet the health care needs of an aging population. According to the National Council on Aging, 77 percent of adults 65 and older have two or more chronic conditions.

In the following pages, you’ll read stories of just a few of the ways today’s Gilchrist is more than hospice.

To learn more about the new Gilchrist, visit gilchristcares.org.



Gilchrist nurse practitioner Tracie Morgan visits Jean Spice at her long-term care facility.

More Guidance

For more than 20 years, Jean has been battling multiple sclerosis. The disease took away her vitality, her strength and her ability to walk. But she can still choose how she wants to live.

We help people make informed choices, so they can live life on their own terms.

Her Gilchrist nurse practitioner facilitated frank conversations with Jean and her family to help them understand the likely progression of Jean’s illness and her wishes for care. Jean’s mother and son realized the importance of respecting her wishes, even when those wishes differed from their own.

When it’s time, Jean’s family can ensure her end-of-life wishes are honored. But for now, there’s more living to do. Jean is writing a book about her life and making the most of each new day.

To learn more about Gilchrist’s Palliative Care services, visit gilchristcares.org/palliative-care.

No one wants to talk about death. But understanding a loved one’s wishes may be one of the most important things you can do. When it’s time for those difficult decisions, Gilchrist is there to offer guidance and support.

“It’s a gift to the family that these decisions have been made and discussed while there’s still time.”

*—Tracie Morgan,
Nurse Practitioner*

Your Gift Changes Lives

This holiday season, you can make a difference in the lives of those we serve by donating to Gilchrist. Your tax-deductible gift ensures we can continue providing compassionate care and support to people with serious illness, regardless of their ability to pay.

To donate, visit gilchristcares.org/donate or call 443-849-8213.



We bring Elder Medical Care to people at home, offering innovations like telehealth and ensuring coordinated health services and 24/7 monitoring for those who have difficulty getting to doctors' appointments.

"Gilchrist has allowed me to live much more happily, healthily and successfully."
-Peter Schon

Gilchrist nurse practitioner Bev Ruiz visits Peter Schon at his home.



More Innovation

As the years went by, numerous health conditions left Peter Schon more and more disabled. Though the retired marine needed care from multiple specialists, his wife, Julie, could no longer safely get him to medical appointments. Still, he was not yet ready for hospice.

Gilchrist helps ensure that those with serious illness receive coordinated care and guidance when and where they need it.

Gilchrist's Elder Medical Care has been a life-changer for Peter and his wife. A nurse practitioner regularly visits him at home, providing treatment for pain and other symptoms, managing his medications

and overseeing his care. In between visits, his blood pressure and other vitals are monitored virtually through a wireless cuff. If a reading is outside of his normal range, a nurse immediately calls to check up on him.

With coordination from his Gilchrist team, all of his medical care needs can be met without leaving home. Peter now takes fewer medications, has had fewer hospitalizations, and has improved mobility, strength and balance.

To learn more about Gilchrist's Elder Medical Care services, visit gilchristcares.org/elder-medical-care.

More Joy

Bo Willse has been volunteering with Gilchrist Kids for the past two years, offering kindness, understanding and friendship to children and families receiving pediatric hospice care. Having lost a child himself, Bo can empathize like few can.

Volunteers are an integral part of the care provided by Gilchrist, bringing joy and a helping hand.

Over the past year, Bo has often visited 18-year-old James, and the two have formed a special bond. James has a type of muscular dystrophy, which has slowly weakened his muscles, heart and lungs.

"Although their time on this earth may be short, their gifts will live on in this world."
-Bo Willse, Volunteer

Sometimes Bo brings his dog to visit James. Other times they laugh and share stories. Bo asks James about his happiest memories, like his birthday and the time he met Ray Lewis, a former Baltimore Raven. Though neither knows how long their visits will continue, they don't dwell on time. They are just living for now, making the most of each moment together.

James Harvey died October 2, 2017, at home, surrounded by his family.

If you are interested in volunteering for Gilchrist, visit gilchristcares.org/volunteer.

Our volunteers provide an extra layer of support to families at home, at residential care communities and at our inpatient centers. They provide companionship, run errands, give respite to caregivers, and much more.



Bo Willse, Gilchrist Kids volunteer, offers companionship for James Harvey, while also providing a break for James' caregivers.

More Hope

His wife’s last days were spent surrounded by family and the compassionate care of her Gilchrist team. Still, losing his wife and best friend was the hardest thing Brian had ever been through. He knew he needed extra support in the months ahead.

At Gilchrist, care doesn’t end after a loved one dies. Families have access to extensive bereavement services to help them heal.

Group and individual counseling helped Brian cope with his grief. He learned to hold on to the memories he and his wife, Suzanne, shared together, and the joy she brought to all who knew her.

Nearly a year later, Brian has turned his heartbreak into an opportunity to help others. He is now a Gilchrist volunteer offering support to others experiencing loss. Having someone to talk to who has been through the same experience can make all the difference for someone struggling with grief. For Brian, volunteering for Gilchrist is a beautiful way to honor Suzanne’s life.

To learn more about Gilchrist’s Counseling & Support services, visit gilchristcares.org/counseling-support.

Gilchrist offers extensive emotional support, both before and after a death, through one-on-one grief counseling, support groups, remembrance events and much more.

“You never get over it, but you learn to see that life is not over.”
~Brian Thompson



Brian Thompson talks about life with Gilchrist grief counselor Hilary Harrington.

Gilchrist Opens Pediatric Inpatient Hospice

In late fall, we will be opening four pediatric beds at Gilchrist Center Baltimore, creating the only pediatric inpatient hospice in the state and one of only a few in the country. We will use the beds to care for children and young adults at the end of life, and to offer respite care so that families are able to take a needed break from daily caregiving.

Renovations Underway at Gilchrist Center Baltimore

Over the summer, renovations began at Gilchrist Center Baltimore—the only residential hospice center in the city—to increase the comfort and safety of those needing round-the-clock care, and to update the interior décor to evoke the warmth and comfort of home. These renovations are now complete and are appreciated by the staff, the people who are receiving care, and their families.



More Compassion

There are few things Christopher can enjoy without limitations. Born with multiple disabilities, he is unable to see, speak or fully hear. But when our music therapist guides his hand to strum a ukulele, his eyes grow still and he becomes transfixed with the rhythm.

Without the support of our donors, Gilchrist would not be able to offer services like music therapy to Christopher and so many others to help them live life to the fullest.

Music therapy can be used to help individuals like Christopher explore sound and feeling. After many months of sessions with our music therapist,

Christopher is now working toward strumming independently.

For his mother, Margie, the happiness and joy music therapy brings her son is a memory she will treasure always.

To learn more about Gilchrist’s Music Therapy services, visit gilchristcares.org/music-therapy.

“Music fills Christopher in such a wonderful, meaningful way. For once, he can be just like anyone else.”
~Margie Ellis, Christopher’s Mom



Christopher Ellis, enjoying the feel of a ukulele, with music therapist Lacy Kidwell and his mom, Margie.

Our board-certified music therapists use music to help improve quality of life by relieving symptoms, reducing anxiety and providing emotional support. Music therapy also gives individuals a way to express themselves, even if they can no longer communicate.

A Sad Goodbye to a Founding Board Member

On August 8, 2017, Gilchrist lost a founding Board member and a devoted advocate, with the death of W. Lee Thomas, Esq. Lee had served on Gilchrist’s Executive Committee as Treasurer since 1994.

Lee—a tax, estates and trusts attorney in Towson—befriended philanthropist Jeanne “Jinny” Gilchrist Vance in the late 1970s and together, they created one of the finest hospice programs in the country. “Lee helped lead Gilchrist through many transitions,” said Cathy Hamel, president of Gilchrist. “He could always be counted on to provide leadership and support.”

Lee was a highly valued advisor, benefactor and treasured friend, and will always be remembered for the legacy he left to families served by Gilchrist. He will be greatly missed.





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TTY Maryland Relay Service: 1.800.735.2258

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Stacy Bellmore	Associate Director, Marketing Communications
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Gregg Harrow	Graphic Design Specialist

Join Gilchrist at The Nutcracker

Please join us for two special performances of The Nutcracker on Saturday, December 23, at 1:00 p.m. and 5:00 p.m. at the Modell Performing Arts Center at the Lyric. Visit our special giving tree in the lobby and make a donation in support of our Gilchrist Kids program.

For tickets, visit modell-lyric.com/event/the-nutcracker-3.

Welcome Home Vietnam Veterans Day Celebration



Honoring Vietnam Veterans in
our community

Friday, March 30, 2018,
10:00 a.m. – 12:00 p.m.

For details, please email
mantonucci@gilchristcares.org

Spring Jazz Brunch

to benefit Gilchrist Center Baltimore

Sunday, April 8, 2018, 11:00 a.m. – 1:00 p.m.
Frederick Douglass-Isaac Myers Maritime Museum

For details, visit gilchristcares.org/events/jazz-brunch.

