

ReflectionsNewsletter

Spring 2025

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A HEARTFELT JOURNEY

Gilchrist gave Maud the gift of being a wife again—not just a caregiver.

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Pictured: Maud Halliday, her daughter Tracey Halliday and Mary Bova, Gilchrist team member


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Live Every Moment



Navigating Life and Loss: A Family's Heartfelt Journey with Gilchrist

In the quiet solemnity that accompanies the end of a life well-lived, many caregivers find themselves balancing the dual roles of caretaker and loved one. At Gilchrist, we often see families navigating these deep waters, drawing on every ounce of strength and support they can muster. One such story is that of a devoted wife and mother who, in her husband John's final days, found a way to transition from caregiver back to being his wife, thanks to the comprehensive care and support provided by Gilchrist.

John and Maud Halliday shared a rich and adventurous life together since they immigrated from Scotland to New York in 1973, before eventually settling in Florida. Throughout their 59-year union, filled with mutual support and deep affection, John and Maud raised two daughters and warmly embraced their role as grandparents to one granddaughter, cultivating a nurturing and loving family life. As John's health challenges arose, they decided to move closer to their daughters in Baltimore, ensuring they were surrounded by family when it mattered most.



John's journey with Gilchrist began after a long battle with dementia and heart issues. The decision to move to hospice care came when his condition worsened, and he required more care than could be provided at home. He was admitted to Gilchrist Center Towson, where he spent his last five days surrounded by the love and care of his family and the dedicated Gilchrist staff.

During John's time at Gilchrist Center Towson, Maud experienced something profound and touching. Freed from the exhaustive caregiving duties that had consumed her daily life, she was able to be his wife again. "Everything at Gilchrist Center Towson was absolutely wonderful," she reflects. Her experience was made possible by the compassionate support from the Gilchrist team, who managed John's medical care, allowing Maud to focus on sharing love and cherished moments with him. This transition was deeply significant, as she shares, "I was a caregiver for so long that I got to be his wife for the last few days, which was a gift."

Since his passing, John's family has fully embraced the comprehensive grief services offered by Gilchrist. Maud and her daughters have found comfort and connection through Gilchrist support groups and various programs. They have also donated a plaque to be placed on the memorial garden wall at Gilchrist Center Towson, a lasting tribute to John's memory.

Maud and her daughters received beautiful memory bears and pillows handcrafted by Gilchrist volunteers from pieces of John's clothing. Inspired by this gesture, Maud has begun crocheting red, white, and blue blankets for veteran patients at Gilchrist, adding a personal touch of comfort for those who served. "I am hoping to volunteer more as well," Maud shares.

The family's engagement with Gilchrist continues. Last June, they participated in Steps of Hope, a Gilchrist



remembrance walk that celebrates the lives of loved ones. Moved by the experience, Maud is creating 500 butterfly magnets for this June's event and has become a Gilchrist volunteer.

Through Gilchrist's extensive grief support and community programs, Maud and her daughters have transformed their loss into active participation, contributing to the same community that supported them through their darkest times. At Gilchrist, our goal is to support families so they can focus on being loved ones first—a commitment that allows families like John's to find peace and fulfillment, even in farewell.

Explore Gilchrist's grief support options at gilchristcares.org/grief-support.

Hear It in Maud's Own Words! Watch the Video:



Scan the QR Code to
Watch the Video

Honoring a Trailblazer: Clarice Brooks



At 96, Gilchrist hospice patient Clarice Brooks was recently recognized for a lifetime of groundbreaking service in community advocacy and law enforcement. From using fashion to promote women's voting rights to becoming the first liaison between the Baltimore Police Department and the public, her decades of leadership and dedication continue to inspire. Thanks to Social Worker Sarah Marshall, pictured here with other members of the Gilchrist care team, and BPD's Morgan Jones, her remarkable legacy received the honor it deserves.



Read the Full Story
on the Gilchrist Blog at
gilchristcares.org/thegilchristblog



Understanding Geriatric, Palliative, and Hospice Care: Finding the Right Support at Gilchrist

When facing aging, serious illness, or end-of-life decisions, knowing the difference between geriatric, palliative, and hospice care can help families make informed choices. The Center to Advance Palliative Care reports that approximately 90 million Americans live with serious illnesses, a number expected to more than double over the next 25 years due to the aging of the baby boomer generation. Despite the growing demand, many people do not seek care soon enough to receive its full benefits. At Gilchrist, we are dedicated to providing compassionate, expert care for individuals and families navigating these complex healthcare decisions.

What is Geriatric Care?

As we age, managing health often becomes more complex. Our geriatric care team—of geriatricians, nurse practitioners, social workers, and pharmacists—is specially trained to meet the unique needs of older adults. For homebound seniors with advanced chronic illnesses, we offer comprehensive care designed to enhance quality of life, ensuring they can safely manage their health at home. By addressing physical, emotional, social, and spiritual needs, we help aging adults facing serious health challenges live as comfortably as possible.

How Geriatric Care Supports Patients

- Comprehensive Health Assessments
- Chronic Disease Management
- Medication Management
- Fall Prevention and Mobility Support
- Coordination of Care
- Emotional and Mental Health Support
- Nutritional Guidance
- Advance Care Planning
- Caregiver Support and Education
- Home-Based and Senior Living Care Options

What is Palliative Care?

Our palliative care team is focused on the effective management of the uncomfortable symptoms a serious illness can bring, such as pain, anxiety, and uncertainty. Regardless of diagnosis or disease, we empower patients and families with clear, compassionate communication to help them make informed healthcare decisions that align with their goals. Our holistic approach prioritizes wellness and quality of life, ensuring that patients receive the resources and support they need.

How Palliative Care Supports Patients

- Pain and Symptom Management
- Emotional and Psychological Support
- Spiritual Care
- Care Coordination
- Advance Care Planning
- Support for Families and Caregivers
- Improved Quality of Life
- Can Be Provided Alongside Curative Treatments
- Reduces Hospitalizations
- Life Enrichment Programs

Gilchrist Chosen to Pilot National Dementia Care Model

Gilchrist is proud to be one of the select organizations chosen by The Centers for Medicare & Medicaid Services (CMS) to implement and pilot the new Guiding an Improved Dementia Experience (GUIDE) Model. This national initiative aims to transform dementia care across the country—and Gilchrist's involvement ensures that families in our community receive early access to expanded resources and expert support throughout their dementia journey.

The GUIDE Model is designed to address the growing needs of those living with dementia and the loved ones who care for them. It focuses on three key goals: 1) improving quality of life by coordinating care, addressing behavioral and functional needs, and

supporting smoother transitions between care settings; 2) reducing caregiver stress by offering training, 24/7 support, and connections to community-based resources; and 3) helping individuals remain safely at home for as long as possible, delaying or preventing nursing home placement.

By providing families with expert guidance, comprehensive medical care, and emotional support, Gilchrist ensures that no one has to face dementia alone.

If your loved one has been diagnosed with dementia and you're unsure where to begin, call 888.823.8880 to learn how we can help.

What is Hospice Care?

For individuals who are in the final stages of an advanced illness and no longer desire aggressive treatment, hospice care focuses on comfort, dignity, and quality of life. Our comprehensive hospice team provides pain management, symptom relief, and emotional and spiritual support for both adult and pediatric patients and their families. Because no two journeys are the same, we focus on a deeply personal end-of-life experience to ensure that individuals receive care wherever they call home, so that they can live life to the fullest.

How Hospice Care Supports Patients

- Symptom Control and Quality of Life
- Comprehensive Care Plans
- 24/7 Access to Healthcare Experts
- Educational Support
- Inclusive Care
- Family and Emotional Support
- Additional Support Services
- Respite Care
- Life Enrichment Programs



Choosing the Right Care with Gilchrist

Understanding the differences between these types of care allows individuals and families to make informed healthcare choices. At Gilchrist, we are committed to providing expert, compassionate care tailored to each patient's needs. Whether you or a loved one needs geriatric, palliative, or hospice care, we are here to help you navigate the journey with dignity and support.

To learn more about how Gilchrist can care for you, visit gilchristcares.org/services or call 888.823.8880.

Gilchrist Center Howard County Improves Gathering Space for Families

Thanks to the generosity of the Rotary Club of Columbia/Patuxent (which awarded a grant to Gilchrist Center Howard County) and The Vertical Connection Carpet One (which donated new blinds), the family room has been revitalized to create a more comfortable and welcoming space for patients and their loved ones. This transformation includes new furniture, lighting, and décor, as well as a new television featuring the C.A.R.E. Channel (a therapeutic program with peaceful nature scenes and music). As a place where families gather, meet with chaplains and social workers, and find solace, the family room provides much-needed respite and support. **We are grateful to our community partners for helping us create a more nurturing and healing environment** for the thousands of families who visit Gilchrist Center Howard County each year.



Welcome, Patti Santoni!



*Gilchrist welcomes new
Senior Director of Philanthropy,
Patti Santoni.*

With 30+ years in non-profit healthcare, she has led fundraising at Erickson Senior Living - Charlestown, St. Agnes Hospital, MedStar Franklin Square, the American Urological Association, and the American Cancer Society. A Penn State graduate, she also leads its Upper Chesapeake Alumni Chapter and serves on the Alzheimer's Association Maryland Board. Patti looks forward to continuing to help our community live every moment.

To reach Patti, email psantoni@gilchristcares.org or call 443.465.7240.

Celebrating Retirement After 18 Years of Service and Dedication

Please join us in congratulating Jamie Lynch on her retirement after 18 remarkable years with Gilchrist and GBMC. As a valued member of the Philanthropy team, Jamie played a crucial role in raising essential funds that supported numerous programs benefiting patients and families. Through her dedication and skill, she built strong relationships, championed vital initiatives, and advanced the missions of both organizations. Her compassion, collaborative spirit, and tireless commitment have touched countless lives and will have a lasting impact for years to come. Jamie's colleagues and friends will deeply miss her, and we are truly grateful for all she has contributed. We are proud to celebrate this exciting new chapter in her life.



*Thank you, Jamie, for your incredible service, and
best wishes for a joyful and fulfilling retirement!*

Gilchrist Events



On Sunday, April 27, 2025, Gilchrist held its annual "All You Need Is Love... And Music Therapy" event. Gilchrist's music therapists and the Bel Air Community Jazz Band entertained and honored the lives of our patients and their families. This celebration raises important funds for Gilchrist's Music Therapy Program.

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



Save the Date!
OCTOBER 26, 2025

40th Anniversary

*Taste of
Howard County*

gilchrist

Turf Valley Resort | 5 p.m.

Chairs: Charles McCabe & Linda Sorg Ostovitz



Get tickets now – early bird pricing ends on July 1!

To learn about sponsorship opportunities and early bird ticket pricing, visit:

GilchristCares.org/Taste



gilchristcares.org

888.823.8880

11311 McCormick Road, Suite 350
Hunt Valley, Maryland 21031

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Kathleen Fine	Content Manager
Gregg Harrow	Creative Manager

Live Every Moment



Luminis Health Gilchrist
Lifecare Institute



gilchrist Steps of Hope¹⁰

Tribute Walk and Remembrance Event

Sunday, June 1, 2025 at 2:00 p.m.



Cromwell Valley Park, Willow Grove Entrance

2175 Cromwell Bridge Road, Parkville, MD 21234

This event has been generously supported by:



Register Today!



gilchristcares.org/StepsofHope

or by scanning the QR code above

Join us for an afternoon of healing in nature as we remember loved ones and, new this year, honor our cherished pets.

Come together in reflection as we walk in their memory. This event will be held rain or shine.

Questions?

Email cbroderick@gilchristcares.org