



## Summer 2025 Newsletter



### Letter from our Executive Director

Thank you for being part of our very first Coastal Family Hospice Volunteers (CFHV) newsletter! It is hard to believe we are nearing the end of a very busy summer for us here at the office and I think for all our volunteers as well!

I am constantly inspired by our volunteers; how they ease isolation, offer caregiver respite, and provide solace through bereavement support groups. I'm honored to be part of a team that walks alongside individuals on their most difficult days, a mission that resonates deeply with my own family's hospice experience.

Our vital services, while free to clients, rely on private donations to cover operational costs like staffing, training, and administrative support. Your participation is crucial! Thank you for being part of that team, either as a volunteer, Board member or through your financial contributions. To find out more about our work or to donate please go to [coastalfamilyhospice.com](https://coastalfamilyhospice.com).

Sincerely,  
Rebecca JangDhari Brandes

## Newsletter Summer 2025

### Our Board Members

Kathy Derene- President

Chris Tofani-Secretary

Ingrid Van Steenberg-  
Treasurer

Jeanne Short

Necole Janczura

Louise McLellan

### New Board Members:

Steve Reulke-Vice President

Beth Chamberlin

### UPCOMING EVENTS

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#### MERRY SPRING

Gathering of Remembrance  
& Gratitude

September 14<sup>th</sup> @4pm

#### CFHV NEW WEBSITE LAUNCH

Coming soon!

#### Pet Peace of Mind Partnership

New program will train  
volunteers to support  
hospice patient's pet care  
needs

# Our Volunteer Appreciation Luncheon

Our annual Volunteer Luncheon was held at The Landings restaurant in Rockland, Maine overlooking Penobscot Bay on May 29th, which honored our dedicated team of over sixty volunteers.

The event featured music by Solace, a local community volunteer chorus, and a special address from our guest speaker, James Wearthsby, Chaplain at Maine Health Home Health and Hospice.



## Support Groups

### **Drop-in Support Group**

Open to all; meets on the first Monday of the month at Quarry Hill, 30 Community Drive in Camden from 4:00pm-5:00pm

### **Parent Bereavement Support Group**

For those seeking support after the loss of a child, meets twice a month at the Nativity Lutheran Church in Rockport. Interested individuals can call 207-466-9444 to register.

### **8 Week Bereavement Support Group** (Registration Required)

For anyone coping with the loss of a loved one; meets every Wednesday, starting September 10th through October 29th 4:00pm-5:30pm at Quarry Hill, 30 Community Drive in Camden To register call/email 207-466-9444/

[coastalfamilyhospicevolunteers@gmail.com](mailto:coastalfamilyhospicevolunteers@gmail.com)

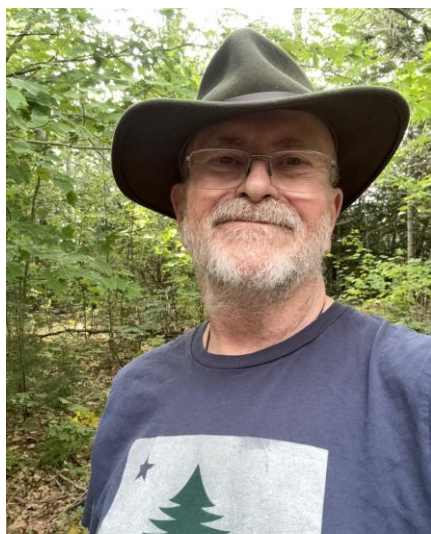
**Caregiver Support Group** For those who have taken on the challenging role of caring for loved ones; meets on the last Monday of every month from 4:00pm-5:00pm at our CFHV office, 91 Camden Street, Suite 408 at Breakwater Marketplace in Rockland.



## ***Meet Our New Board Members!***

*"When I think of it, all I can say is that a long and winding road has brought me to the board of CFHV... I could list all the stuff I have done, the careers I've had, the places I've lived, and all the losses I've experienced, including the loss of my wife, Ruth, three-plus years ago... But what has really brought me to CFHV is an intense call to use my training and skill sets in service to our sisters and brothers who are at the end of their lives and the people who love them. A former UCC pastor with advanced training in spiritual direction, I'm also certified as a forest therapy guide, an end-of-life doula, and a grief educator/coach. This year, I've come out of retirement to work as a chaplain for Constellation Health Services based in Augusta. Committed to living a life of gratitude, I now make my home in a small one-room off-grid house in the woods in the Town of Union."*

*-Steve Reulke*



*"I have been a hospice volunteer for seven years, and I appreciate the wonderful foundation I received when I participated in my hospice training. Currently, I visit two hospice patients, who are now friends, each week at Breakwater Commons. I also help facilitate a grief group. I feel honored to serve on the CFHV Board, as this is a meaningful and important organization. I am very active as a retiree. In addition to hospice, I am an involved member of Knox County Retired Educators and Nu Chapter of DKG. I attend St. Bernard's Catholic Church in Rockland, where I serve as a Eucharistic Minister. I also am a substitute teacher for local schools. I live in Thomaston with my husband Paul, where we raised our two sons. We celebrated 45 years of marriage in 2024 with a cruise to Alaska. We enjoy traveling, outdoor activities, and spending time with family and friends"* -Beth Chamberlin



For more information about what we do, to become a volunteer, or if you are interested in becoming a CFHV board member please call 207-466-9444 or email: [coastalfamilyhospicevolunteers@gmail.com](mailto:coastalfamilyhospicevolunteers@gmail.com)

To donate click below:

[Donations – Coastal Family Hospice Volunteers](#)



Find us on Facebook and Instagram

*Thank you to Amy Froehlich, our amazing Administrative Coordinator, for creating and publishing this newsletter! Without her, it wouldn't have happened!*

