This year’s annual memorial service, will be held on Sunday, November 20th, at 4PM, in the gazebo garden of the Jared Coffin House. As we share music and companionship during a brief ceremony, placing scallop shell ornaments with names of those we wish to memorialize on the tree, we find a place, at the start of the holiday season, in which to honor and remember loved ones who’ve passed on. Following the service, we will gather for refreshments in the Living Room of the Jared Coffin House.

All members of the community are invited to participate in this very special event. Scallop shell ornaments will be provided, but other weather-proof ornaments are welcome as well. We hope you’ll join us.

Carly Lamb Cancer Transportation Fund

Thanks to the hard work of Carly’s family & friends at the Mothers’ Day weekend dinner & auction, the Tennessee HoDown event, and to the generosity of the people of the community for memorial gifts, the fund has had another successful year.

All monies raised go directly to patients, since the hospital’s Social Services Dept. and Hospice Foundation have provided administrative services without charge.

Hospice Care of Nantucket Foundation

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Hospice Care of Nantucket Foundation is a not-for-profit tax exempt public charity.

A Partnership in Caring

Funded by the Hospice Care of Nantucket Foundation, the hospice program is operated as a department of the Nantucket Cottage Hospital. Hospice is a specialized health care program, dedicated to providing excellent physical, psychological, social, and spiritual care to persons with life-threatening illness and their families.
HOSPICE CARE OF NANTUCKET FOUNDATION

A Great Addition!

In February of this year, we had the good fortune of hiring Nan Strenlinski, R.N., M.S., as a Hospice Counselor. It has long been our goal to expand our capacity for counseling and for adding complementary therapies to our services. Finding the right person, with the right credentials, to fill such a position was crucial, and we are glad to have Nan.

Thanks to a special gift from a former caregiver who had benefited from Nan’s restorative yoga sessions privately in the past, we added a complementary therapy component to Nan’s role, and made these services available to both caregivers and patients. The response has been outstanding, with both patients and caregivers reporting a very deep level of support and healing, in a way that many had not ever experienced in the past.

Our goal is to continue to offer this dimension of care to any clients we serve, as we recognize the necessity of attending to the whole person - mind-body-spirit - in promoting healing and well-being.

If you’re a client of any of our programs, or would like to be, you may access Nan’s services through our office, free of charge.

(Teased from page 1)

As we always sincerely thank those families who have directed that memorial contributions be made to the Hospice Care of Nantucket Foundation, or to the Cape Cod Hospital Foundation. Because of these donations we are able to continue to provide services free of charge.

HOSPICE CARE OF NANTUCKET FOUNDATION

CAREGIVERS’ CONNECTIONS

Our wellness and resource program for family caregivers of persons with any chronic illness or disability

- Individual and/or family sessions with professional staff are available and provided in any setting - home, office, hospital, nursing home, etc.
- Qualified volunteers are available for practical assistance, companionship, support, errands, transportation, brief respite breaks.
- Regular gatherings, facilitated by professionals, provide opportunities for education, support, and socialization with other caregivers.
- Our goal is to empower and enhance the well being of family caregivers by serving as a resource for education, support, advocacy, respite breaks, and referrals.

“Time Out”

Hospice Care of Nantucket announces a new service: “Time Out” - a stress reduction program for family caregivers. This new program is being offered with the assistance of a grant from Elder Services of Cape Cod & the Islands, and will expand the Caregivers’ Connections Program, begun two years ago.

The goal of “Time Out” is to provide specific education and care aimed at reducing stress, and to provide such services in a time and place conducive to family caregivers. The program will focus specifically on helping caregivers identify their own stress factors, learn about the impact of stress on their lives, and learn and experience specific strategies that will help alleviate their stress.

Individual and group sessions will be offered by qualified staff, and will include general information about the effects of stress and strategies to de-stress, as well as training and experience in specific stress reduction techniques that might be chosen by the caregiver. Strategies offered will include: exercise; cognitive restructuring; meditation; prayer; labyrinth walk; journaling, music; art; yoga; tai chi; qigong; reiki; jin shin jyutsu; massage; reflexology; emotional freedom technique.

Group sessions will be held on a bi-weekly basis. Individualized sessions will be available as well. Trained volunteers will be available to sit with loved ones while caregivers attend.

If interested, please call the Hospice Office at: 508-825-8325.

All of these services are free of charge.

For the on-line course: “Time Out” 3 Hour Online Course.

Continued Support for Alzheimer’s Caregivers

Thanks to Elder Services of the Cape and Islands, we received a grant last year, which partially funded a year-long Alzheimer’s Disease Educational Project. Through this project, a nurse consultant who specializes in Alzheimer’s Disease provided two-hour private educational consultations to 20 family caregivers of person with Alzheimer’s Disease, mentored the Hospice staff, and provided a six-hour workshop for 22 island health care professionals. Her services were extremely well received by both clients and staff.

Now that the grant period has ended, Hospice will continue to offer such consultations through its own staff, as well as to cooperate with Alzheimer’s Services of the Cape and Islands and with other island agencies to further enhance services for patients/families with dementia.

If interested in an additional consultation, please call our Hospice Office. All services provided by Hospice Care of Nantucket are free of charge.

National Hospice & Palliative Care Organization’s Initiative: “It’s about how you LIVE”

encourages people to take action and to:

Learn about options for end-of-life services and care.

Implement plans to ensure wishes are honored.

Voice decisions to family, friends, and health care providers.

Engage in personal or community efforts to improve end-of-life care.

Hospice Care of Nantucket is available for consultations, family discussions, group education, etc., all free of charge. Remember, having conversations before a crisis occurs, is most helpful for both patients and families. For free resources on a wide variety of topics, visit www.caringinfo.org. And for an online course:

Planning Ahead: Understanding Your Health Choices Before a Crisis, go to www.webmd.com

While last year’s annual report ended with comments on the death of Dr. Elisabeth Kubler Ross, a pioneer in the movement to understand the needs of the dying, this year's sadly closes by paying tribute to Dame Cicely Saunders, founder of the present day hospice movement, who died earlier this summer. Dame Cicely had been a social worker, then a nurse, and ultimately became a physician after realizing that the only way to change medical practices to relieve pain and other symptoms was to become a physician. After working with the terminally ill at St. Joseph's Hospital in London and caring for her dying husband, she founded St. Christopher's Hospice as a place where the dying could receive the kind of care she felt was needed, and where families could feel supported. Her legacy is to have taught us what appropriate care of the dying entails - relief of pain and other physical symptoms, care of the emotional, social, and spiritual needs of patients, and care of the family, so that they can live on well during and after the death of a loved one. She also saw that spiritual strength often grew, even as the physical body became weaker, and saw the opportunity which existed for people to die well and with dignity. Her famous quote continues to be a guiding principle for all hospices: "You must be knowledgeable about the dying process, but you must also be knowledgeable about the dying person." As always, we owe a debt of gratitude to those who work side by side in providing care to all our patients. The staff of the hospital's Home Health Department, Social Services, Chaplaincy, Inpatient & Outpatient services, and the staff of Our Island Home, and Elder Services all provide such excellent end-of-life care to the people of this community. Thank you to Dr. Tim Lepare and Rev. Joel Ives, for volunteering to serve on our team, and to our patient care volunteers, who continue to make such a difference in the lives of people they visit by providing a dimension of care for which their patients are truly grateful. And finally, we express our appreciation for the members of Hospice Care of Nantucket Foundation for their tireless efforts in caring so much about this program, and for raising the funds to support it.

Tapestries

A supportive program for grieving children, teens, and their families

Has your child experienced the death of someone close – parent, grandparent, other relative or close friend? If so, he or she might greatly benefit from attending our Tapestries Program.

Tapestries, is a program where children come together with other children and specially trained professionals and volunteers on a bi-weekly basis, and have an opportunity to gently process their grief through artwork, play, quiet time, and high energy activities, children have a chance to remember their loved one, and realize that they’re not the only ones who’ve lost someone close. Parents or other caregivers meet separately to discuss their own experiences, as well as to learn how to help their children.

The Tapestries Program is offered throughout Hospice Care of Nantucket and is free of charge.

For more information or to borrow a video of a similar program, please call our Hospice office at: 508-825-8325 or email us at: hospice@ackhosp.org