



Vol.10,

No. 2

Hospice *Currents*

Fall 2002

HOSPICE DIRECTOR'S ANNUAL REPORT

by Charlene Thurston, RN, ANP

The past year has been a year of extending Hospice's support into broader areas of the health care arena, while, at the same time, continuing to improve our care to the terminally ill. Since a fundamental part of our mission at Hospice Care of Nantucket has always been to improve general health care services available for all patients/families, we have undertaken several initiatives over the past year, in addition to offering our traditional range of hospice services. As we move towards broadening our role in palliative care services, we've provided direct care and counseling to several patients/families with long term, chronic (not terminal) illnesses. We've facilitated several discussions with other island organizations so that together we might consider the needs of persons and family caregivers of persons with Alzheimer's Disease. Following that same path, we have also begun an effort to consider the needs of persons and family caregivers of persons with other chronic illnesses. Lastly, while not a new initiative, we have continued to focus on improving pain management throughout the community, along with staff of the hospital and Our Island Home.

In order to increase public awareness and education about end of life matters, we've offered a variety of opportunities. Last fall, we joined with other community groups in planning and sponsoring the very successful Health & Spirituality Conference with Thomas Moore on "Care of the Soul," and will do so again this fall when the topic will be, "Raising Children to Feel Valued, and to Develop Values." In October, the Foundation hosted a community performance of the Pulitzer Prize winning play, "W;t," performed by local actors of the Theatre Workshop. At the Nantucket Cottage Hospital's Community Health Fair, we provided education and consul-

New Hospice Care of Nantucket Foundation President

Welcome to Gussie Beaugrand, new President of the Board of Directors. Gussie has been a tireless and dedicated community servant since her move to Nantucket seven years ago. She began her commitment to Hospice as chair of the Dreamcatcher Auction in 2000 and soon joined the board.

Heartfelt thanks go to outgoing President Charron (Corky) Ranney, and Treasurer John Sweeney, both steadfast and true supporters and advocates of Hospice for over six years.



tations on Advance Directives, and followed that up by writing an article on advance directives for our Hospice Newsletter, *Currents*. And, through the Nancy Adam Hospice Education Fund, we've donated a collection of over 35 books to the Saltmarsh Senior Center, so that materials might be available for loan there, as well as at the Nantucket Atheneum.

An exciting project, to which Andrea and I have dedicated a significant amount of time, has been the development of a website, hospiceofnantucket.org, which is now online. Our purpose in creating this site has been to broaden our efforts in education and support for Nantucket residents. In order to accomplish that, we've developed a fairly extensive website, with reprints of articles which we've written for our newsletters over the years, as well as links to other websites covering a wide range of topics related to hospice, supportive, and palliative care.

Over the past year, we've also continued our commitment to providing educational opportunities for professional staff of the island, and will continue to do so over the coming year, beginning with a presentation by Dr. Patrick Clary for hospital and Island Home health care professionals on the management of intractable pain.

The tragedy of September 11 has, of course, cast its shadow on everything and everyone over the past year. Since dealing with loss, death and grief is at

the center of our mission, hospices were in the overlapping roles of being victimized by the tragedy, along with all other citizens of our nation, while also being observers of how the people of our communities were coping, and participants, with other organizations, in safeguarding our communities from the emotional trauma of this event. As churches arranged prayer services, schools mobilized to help students, and counseling services offered support, we, at HCON, tried to monitor how grief was unfolding in the community, provided education to help people understand the process of grief as well as when and how to seek help, offered support to our staff and the general public, and invited the community to commemorate further in our Tree of Remembrance Service during the holiday period.

All in all, our community seems to have done quite well through the year, though we'll all be affected forever by this event. One result of this tragedy was that it made most of us aware of how devastating loss could be for those who've lost a loved one - how vulnerable and ungrounded one could feel - and how much people need one another for support.

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While this was a horrific tragedy on a large scale, many of these feelings are experienced by clients we care for in hospice every day.

Dreamcatcher Dinner & Auction

By Nina Hallowell Liddle

On June 9, 2002 Hospice care of Nantucket Foundation held its ninth annual Dreamcatcher Auction and Dinner at the Galley on Cliffside Beach. The net proceeds from the event exceeded \$185,000.

The evening began with a cocktail hour during which guests enjoyed "Spanky's" raw bar and previewed auction items. The cocktail hour was followed by a fabulous five course wine dinner and live auction during which 200 guests were presented with food, wine and auction items from many of the great wine regions of the world. Our Underwriters this year included Nantucket Bank, Mr. and Mrs. Peter Monaco and Mr. and Mrs. Ed Zschau. Our three event sponsors, Friday Harbor House, Country Village Rentals and Backroads were the donors of many of the fabulous trips that were offered at the auction. We thank them all for their generous contributions and their continued support and interest in our Nantucket Hospice.

Once again Rafael Osona lent his wit and powers of persuasion to entice the bidders to top \$160,000 for the auction. This evening would not have been possible without the enthusiastic support and generosity of the The Galley Restaurant, David and Geoffrey Silva, and the Galley staff. A special thank you to our steering committee, our supporters, volunteers and many donors whose generosity helped to make this a most successful event, thanks to you all.

Perhaps one positive outcome that could come from this tragic event would be for all of us to remember those feelings and to reach out to our friends, neighbors, and co-workers, when they suffer a loss, in a caring, loving, and attentive manner, recognizing their need for our support.

Over the coming year, we will be moving forward to further develop the initiatives, which have been mentioned, with special attention to the needs of family caregivers. As a strong starting point in that effort, we encouraged members of the community to view the PBS broadcast, "...and Thou Shalt Honor," on October 9th, and hosted a Community Forum on October 16th, to identify caregivers' needs in Nantucket. Joining with other island organizations to develop a comprehensive resource service for family caregivers is our goal. All family caregivers, helping professionals, and members of the public were invited to help us explore this very important topic., caregivers is our goal. All family caregivers, helping professionals, and members of the public were invited to help us explore this very important topic.

Tree of Remembrance Service



This annual memorial service, always a touching one, will be held on Sunday, November 24th, 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.

Another Successful Year for the Marla Lamb Fund

The Mother's Day Fundraiser for the Marla Lamb Fund had another successful year! Thanks to the hard work of Marla's family & friends, and to the Miacomet Golf Club, and to the generosity of the people of the community, \$25,000 was raised through the weekend's golf tournament and dinner/auction.

This fund continues to be of such great benefit to patients who need to travel off-island for cancer treatment. Over the past year, 53 patients have used the fund, for a total of \$23,000 dispersed. All monies raised go directly to patients, since the hospital and Hospice Foundation have provided administrative services without charge.

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

Hospice Staff Changes

When Andrea announced that she'd be retiring from her position as Program Assistant, we felt a real sense of loss and wondered who'd be able to replace her warmth and support for our patients and families, as well as for our volunteers whom she so ably led. Fortunately, we were blessed and were able to recruit Ginnie Faria, a longtime Hospice volunteer, who'd recently retired as Director of the Nantucket Learning and Resource Center of the schools. And, since Andrea has agreed to continue to work with us on various projects and to volunteer with our patients, we feel we really haven't lost her at all.

"This job has been challenging, interesting, and I have enjoyed getting to know my co-workers, as well as the patients and their families," said Andrea. "However, I feel very good about leaving the job in the hands of such a well qualified person as Ginnie Faria. She has been a longtime valued volunteer and knows the program intimately." We feel lucky to be able to find such knowledgeable and committed people to help us serve the Nantucket community.



Pictured from left to right are Charlene Thurston, Director; Andrea Dougan, retiring Program Assistant and Ginnie Faria, new Program Assistant

Help for Caregivers

One of our goals in Hospice is to collaborate with other community organizations to meet the needs of caregivers. Our first project emerged from the PBS special "...and Thou Shalt Honor", which aired on October 9, with a forum for families the following week on October 16.

Members of the community and health and human service organizations attended the forum hosted by Hospice. The group was able to identify many of the needs of families and some of the gaps in services, as well as to begin to plan the improvement of the delivery of services to caregivers. Hospice and other agencies plan to formalize these discussions and to continue the dialogue with caregivers concerning their issues, needs, and concerns. Some of the needs that came out of the forum included:

- supplemental assistance for personal care at home
- an expanded schedule for adult day care
- outreach to caregivers about existing services
- decreasing the isolation of caregivers
- a telephone support network & support groups
- centralized resources for caregivers
- more respite breaks through volunteers & paid caregivers

The PBS special grew out of personal experiences of the program's producers, with an intention to raise awareness and give support and concrete information to

those faced with the overwhelming role of caregiver to a loved one. The producers' goals were to portray the true life experiences of caregivers, tell about the services and resources that are out there, convince caregivers that they are not alone, and to create audience awareness of their potential role.

The real-life stories portrayed the details and struggles of the daily lives of caregivers and their families; the importance of asking for help and cooperation from siblings; of planning and scheduling respite; and utilizing the resources within the community. The broadcast highlighted programs that work such as: Adult Day Care centers; Arizona's Altec program, where a family member may be trained as a paid professional; the Eden Alternative, a nursing home alternative that focuses on adding a lively atmosphere of plants, animals, and children; and OnLok, a program of all-inclusive care for the elderly in San Francisco.

This is a big issue and one that few of us can avoid, for almost all of us will be caregivers someday. Perhaps two of the messages taken from the broadcast should guide us: "You can't go wrong if you honor somebody" and, "How a community cares for its elders is a reflection of how it thinks of itself."

Videotapes of the broadcast as well as the book, And Thou Shalt Honor: The Caregivers Companion are available for loan from the Hospice office. For more information or to order videos and books go to www.pbs.org/thoushalthonor.

Hospice Interdisciplinary Team

Charlene Thurston, RN, ANP — Rev. Ted Anderson — Tim Lepore, MD — Peter MacKay, MSW — Ginnie Faria, Coord. Of Volunteers

Visit our new website @ www.hospiceofnantucket.org

4th Annual Nantucket Health & Spirituality Conference

On Saturday, November 2, over 150 parents, grandparents, human service & health care professionals, clergy, child care providers, and educators, attended the 4th annual Health & Spirituality Conference on Nantucket—"Mindful Parenting: Raising Children to Feel Valued and to Develop Values".

This year's conference, which was cosponsored by the Nantucket Community School, was again a collaborative effort of many individuals and organizations of the island.

Hospice Director, Charlene Thurston, was a member of the steering committee for the conference, and also led one of the workshop sessions, *Helping Children Cope with Loss*. Hospice Care of Nantucket Foundation was proud to be one of the sponsoring organizations.

Helping children become caring, ethical adults and creating an atmosphere of love and security for the young, benefits the entire community. Once again the conference provided the community with the unique opportunity to explore the complex relationship between health and spirit.

Upcoming & Ongoing...

Tree of Remembrance Service - November 24
at 4 PM in the Jared Coffin House Garden

Coping with Cancer Support Group - every other Monday, 1-2:30 PM, for persons with cancer and those who love them.

Marla Lamb fundraiser - Mothers' Day Weekend 2003
Hospice Dreamcatcher Dinner & Auction - June 2003

Educational Opportunities for Health Care Professionals

Offering education in end-of-life care for island health & human service professionals has always been an important goal for Hospice, and, over the past year, several types of opportunities were offered and well received. All told, over 30 health care providers from the hospital, home health program, and Our Island Home, in addition to Hospice staff and volunteers, participated in a variety of programs, both on and off the island, with several attending more than one.

In September, we began our new fiscal year by inviting Dr. Patrick Clary, Medical Director of Seacoast Hospice in Exeter, N.H., to be both our Annual Meeting Guest Speaker, and a guest educator for medical & nursing staffs on the following day. His presentation on the "Management of Intractable Pain," was attended by over 25 staff members. Dr. Clary is certified as an educator for physicians in end-of-life care, and his presentation was very helpful in addressing the needs of patients in pain.

Free on-line course, for the general public as well as health care professionals: *Finding Our Way: Living with Dying in America*; materials available on web site; inspired by a nationally distributed 15-part newspaper series on the following topics: *Caregiving, Spirituality & Faith, Last Rites, Hospice, Culture & Diversity, Advance Directives, Palliative Care, Widowhood, Conversations*; funded by the Robert Wood Johnson and other foundations.

For assistance with logging on, or for more information about continuing education assistance available for end-of-life care, please call the Hospice office at 508-825-8325.

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.