

Palliative & Supportive Care of Nantucket

For Patients, Families, and Caregivers Touched by Life-Threatening Illness and Grief

Currents

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Spring/Summer 2021

Program Director Bids Fond Farewell

Toward the end of this summer, I will be retiring and stepping down from my position as the Program Director of PASCON and the Manager of the Palliative Department at Nantucket Cottage Hospital. As I prepare to welcome my successor, I am filled with a sense of relief and gratitude that Nantucket has seemingly weathered a once-in-a-lifetime pandemic; that strong and collaborative hospital and town leadership has somehow managed to keep most of us safe and well.

At the beginning of last year, we here at PASCON had just moved into our new home in the Anderson Building on the NCH campus, a space we had been excitedly planning and awaiting for many months. None of us suspected that by mid-March, we would literally be locking the doors that we had just eagerly opened to the community. Not long after that, our staff members were donning protective equipment, practicing social distancing, and praying for the vaccines that have now materialized. Like so much of the world, we managed our ongoing palliative work from home offices with Zoom meetings, and all of us became much more proficient with technology. For patient, family, and staff safety we cut our in-home visits to only those that could not be handled by phone or FaceTime.

Over the following weeks and months, the virus quickly became more personal and more threatening. As hospitals across the nation were warned of shortages of PPE and life-saving ventilators, we trained for a deluge of very sick COVID patients overrunning our capacity and capabilities. We held ethics-related meetings along with Mass General to look at how those horrendous decisions might

be made in that worst-case scenario. Healthcare became a very different place to work as hundreds of deaths became thousands, and eventually well over half a million in the US. We were also touched very directly, when several of our patients became infected.

Thankfully we were never overrun, and our very ill patients still had options for Med-Flight to Boston. Once vaccines arrived, we wondered how they might be distributed, and later we dealt with the limitations and frustrations of an ever-evolving, chaotic national system of delivery. As we helped our at-risk patients get on waiting lists, we saw four surges come and go, and we collectively held our breath.

That time has thankfully passed. Some say “normalcy” will surround us by the end of this year. None of us really know with any certainty, but various models seem to indicate things will continue to improve if people continue to be cautious and get vaccinated. As I write this letter the news in the US and from the CDC is positive and optimistic. We must still be careful, but it appears we are finally nearing the other side.

At PASCON we are eagerly awaiting NCH guidelines as to when and how we can reopen our doors and re-inhabit our space. Our wonderful volunteers, now vaccinated, are eager to get back to work in supporting those with life-threatening illnesses in a myriad of ways. Our Board is busy planning our annual Dreamcatcher Fundraiser, with plans for an exciting virtual evening as well as an incredible online auction. We hope this will be the last time we host a virtual event. We long to surround ourselves with old friends, longtime supporters, and others who want to be

a part of our mission. This fundraiser has for many years gone a long way to help cover our services annually, so that those we serve on Nantucket do not ever have to pay for palliative care.

With hopeful possibilities now in sight, I want to thank the community for its ongoing support of PASCON and our work. I will be caring for my own family in other places, after three years in the best role I could have possibly had as a Palliative Nurse Practitioner.

I am passing on the leadership of this worthy organization to someone I am confident you will come to know and love. She brings with her a familiarity and love of the Cape and Islands where she grew up, returning home to this area after living in places as diverse as Alaska and Pennsylvania. She will continue my work in helping to care for patients and families whose lives have been interrupted by a life-changing, life-threatening illness. Her goal will be as mine has been: to alleviate suffering and improve the quality of life for the whole person. It will be a bittersweet change for me as someone who has lived among you and shared your ups and downs for more than eight years on the island. Although I am a “wash-a-shore,” this Southerner felt more than welcome and taken in. It has been a place I was truly able to call home.

My greatest hope now is that, with the loving support of this community and caring leaders, the important work of this one-of-a-kind organization can continue another 40 years, providing vital palliative services free of charge to the people of this island.

With deep gratitude and appreciation,

*Dianne Bein, Palliative NP
PASCON Program Director*

Our Services at a Glance

Individualized Comprehensive Care

Through consultations and follow-up care, we offer a broad range of physical, psychological, social, and spiritual care for persons with life-threatening illness and their families. Services are provided by our interdisciplinary team of professionals and volunteers and are aimed at providing education, support, and symptom control from the time of diagnosis through cure or, if cure is not possible, through advancing illness and end-of-life. All of our services are provided in the most appropriate setting for our patients' needs – in our office, at home, in the hospital, in the nursing home, or virtually via ZOOM.

Caregiver Support*

- Coaching for Caregivers – one-on-one consultations with our Nurse Practitioner and Palliative Care Counselor on any aspect of care; individualized assessment of needs and individualized plans for support
- Time Out – a professionally led group providing education, support, and socialization with other caregivers – held on the 1st and 3rd Friday of each month from 1-2 pm on ZOOM. Call for details
- De-Stressing to Cope – a group or private educational session focusing on caregiver issues and stressors, positive self-care, and techniques for coping
- Lending Library of caregiver-related topics

Children's Services

- Direct care to children with life-threatening illness and family support
- Guidance for parents of children coping with the illness of a loved one
- Education and support for families of children grieving
- An extensive library of resource materials available for loan

Cancer Survivorship Program

Working collaboratively with a person's physician(s) and other health care practitioners, we provide an extra layer of support to help deal with the cancer and its impact on body, mind, and spirit through:

- Education, counseling, and support
- Patient navigator services
- Pain and symptom control
- Stress/distress management
- Mind/Body education and care
- Advance care planning
- Comprehensive care as needed
- Cancer Support Group every Monday from 4:30-5:30 pm on ZOOM
- Yoga Tues. + Thurs. at 1 pm on ZOOM
- Marla Ceely Lamb Cancer Fund
- Survivorship Services
- Referrals as needed
- End-of-life care as needed

Grief and Bereavement

Education, basic counseling, and referral for persons coping with the death of a loved one

- Private individual sessions
- Grief Support Group - led by Palliative Care Counselor Bonnie Fitz-Gibbon, Ph.D. - held every Wednesday from 1-2 pm via ZOOM. Call for details.
- Focus is on:
 - Understanding the grief process
 - Actively doing one's grief work
 - Optimizing wellness through diet, exercise, stress reduction, mind/body modalities, coping strategies
 - Coping healthily and effectively

Volunteer Aid/Companionship

Trained volunteers are available to help patients and families. Volunteer services are currently limited due to COVID-19. Please check with our office for updates.



Foundation

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Social Worker

Libby Tracey, RN, MSN, AOCN

Palliative Staff Nurse

Bonnie Fitz-Gibbon, Ph.D., LMHC

Palliative Care Counselor

Rev. Linda Simmons, MDiv

Chaplain

Heidi Holdgate

Volunteer Coordinator

Contact Information

Mailing: PO Box 3541, 02584

Physical: Anderson Bldg, NCH

(508) 825-8325

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www.pascon.org

**The Caregivers' Connections Program of PASCON is funded in part by the MA Executive Office of Elder Affairs and the Federal Administration for Community Living by a contract from Elder Services of Cape Cod and the Islands.*

Dreamcatcher Online Auction Opens May 27th



and Runs Through Saturday, June 5th at 10 pm

Floral Design Party



Stroll Cottage Rental and SWAG!



Featuring Items and Prizes From:*

- Affordable Rentals
- Matt Barker
- Bartlett's Farm
- Becalmed
- The Beet
- Big Hug Dumplings
- Bill Fisher Tackle
- Bistro at Home
- Rick Blair
- Born and Bread
- Boston Park Plaza
- Susan Brooks
- Diane Carl
- Linda A. Casey
- Cisco Brewers
- Barbara Clarke
- Cook's Cafe
- CORE
- The Corner Table
- Zofia and Mark Crosby, Seaworthy Nantucket
- Cru
- Current Vintage
- Darya Salon & Spa
- Dune
- M. Dunphy and A. Colella
- Eleish Van Breems Home
- Épernay Wine & Spirits
- The Gaslight
- Gift and Box Nantucket
- Ted and Andrea Giletti
- Kate and Richard Glidden
- Grill Guys
- Gordon Gund
- Hafsa & Co.
- The Haul Over
- Hepburn
- G.S. Hill
- Hillside Foods
- Sharon Woods Hussey
- Hy-Line Cruises
- Island Acupuncture
- Island Energy Services
- Island Kitchen
- Isolana Nantucket
- J. McLaughlin
- J&M Landscape Services
- JL Ceramic Studio
- Languedoc Bistro
- Paul La Paglia
- Lauren Marttila Photography
- LegaSea Raw Bar Co.
- Lemon Press
- Lola 41
- The Lovely
- Scott Marks
- Lindsley Matthews
- Jim Meehan + Pat White
- Millie's
- Murray's Beverage Store Inc.
- Murray's Toggery Shop
- Nantucket Aesthetics
- Nant. Chamber of Commerce
- Nantucket Creature Care
- Nantucket Disc Golf
- The Nantucket Hotel
- Nantucket Island Surf School
- Nantucket Looms
- Nant. Racquet Sports Assn.
- Nantucket Wine & Spirits
- The Nautilus
- Nancy Newhouse
- Parties and Petals
- Judy Paterson
- Neil Paterson
- Patina
- Pinwheels
- Pi Pizzeria
- Powers Landscaping Inc.
- Ralph Lauren
- Carrie and Kirk Riden
- RJ Miller Salon and Spa
- R. Walder Window Cleaning
- The Rose & Crown
- Sankaty Head Golf Club
- Sea Grille
- Ships Inn - Nantucket
- Something Natural
- Sophie T's Pizza
- Sunken Ship
- Surfing Hydrangea Nursery
- Teal Parker Photography
- Unicorn/Tom David, Inc.
- Nell Van Vorst
- Vineyard Vines
- The Westmoor Club
- White Elephant Resorts
- Yotel Boston
- Lucinda Young



**As of Press Date*



CANCER CARE ON NANTUCKET

WE'RE STILL HERE

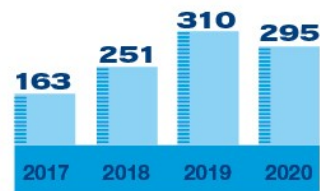
During the COVID-19 pandemic, cancer care and palliative care services on Nantucket have continued uninterrupted at Nantucket Cottage Hospital and Palliative and Supportive Care of Nantucket, and in fact, capacity has increased to allow more patients to receive treatment in the safety of our community hospital rather than traveling off-island to mainland hospitals.



Number of Cancer Treatments and Visits Provided by NCH:



Number of Cancer Patients Served by Palliative and Supportive Care of Nantucket:



JOIN US THIS SUMMER AND REGISTER OR DONATE TODAY
WWW.SWIMACROSSAMERICA.ORG/NANTUCKET
July 24, 2021 - Jetties Beach



DREAM CATCHER

**AUCTION
PREVIEW
INSIDE**

Saturday, June 5th from 7-8 pm



An old-fashioned telethon featuring

TALENT ★ TESTIMONIALS ★ GIVEAWAYS ★ AUCTION

Tune in to NCTV Channel 18 or their YouTube Channel

MAKE IT FUN!

Gather With a Small Group
(of vaccinated friends)

And Enjoy the Event **TOGETHER**

BE YOUR OWN MIXOLOGIST

PURCHASE YOUR DREAMCATCHER

DAIQUIRI COCKTAIL KIT

at Épernay Wine & Spirits

100% of Proceeds Donated to PASCON

DONATE \$100 or more for a
chance to **WIN** great prizes.*

Dedicate a **SUNSET** by
May 30th to have it shown on air.

BID on amazing auction items
starting today. **BUY IT NOW**
if you can't live without it!

*Must receive by May 30th
and must call to claim prize



**PALLIATIVE & SUPPORTIVE
CARE OF NANTUCKET
FOUNDATION**

A Partnership in Caring



**NANTUCKET
COTTAGE HOSPITAL**

Funded by the Palliative & Supportive Care of Nantucket Foundation, the palliative & supportive care program is operated as a department of the Nantucket Cottage Hospital, which is an affiliate of Massachusetts General Hospital, and a member of Partners HealthCare, Inc. Palliative and Supportive Care 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.