

## Palliative & Supportive Care of Nantucket Foundation

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Palliative & Supportive Care of Nantucket Foundation is a not-for-profit tax exempt public charity.

## The Dreamcatcher Dinner & Auction

Dreams came true for our program as well as for many successful bidders at the 18th annual Dreamcatcher Dinner and Auction. Once again the annual gala was enjoyed under the tent at Galley Beach in June. The live music of the band Kahootz created a lively atmosphere, and many danced the night away.

Many, many thanks go to all of the "Dreamcatcher" volunteers from the community as well as our Trustees who helped to make this a tremendous evening for all. We wholeheartedly thank the event Underwriters and Sponsors whose loyal support is so important to our financial success.

Again this year a table was sponsored and reserved for our dedicated patient care volunteers, and we thank Trustee, Mary Smith and her husband, Jeff, for making this year's Angel Table possible.

Our dedicated and enthusiastic auctioneer, Rafael Osona, did an amazing job, and helped the Dreamcatcher Auction to raise over \$220,000!!

For the 7<sup>th</sup> year, we dedicated some auction income to assist our "twin" hospice in Cradock, South Africa.

Again we thank the Nantucket community, not only those who attend but also all of the individuals and local businesses who year after year generously donate many of our wonderful auction items and in-kind services in support of our major fundraising event. The evening was fabulous and the auction was a great success.

## Board Transitions

This year, we express our sincere gratitude to our outgoing board members, Peggy Gifford, Gene Collatz, Rob Barmen, and Mary Smith. Peggy's past experience and expertise with other Foundations as well as her contacts within the Nantucket community have been a great asset to the efforts of the

Foundation. Gene has served for numerous terms, and as Treasurer, has steadfastly and earnestly watched over our budget and accounts with great responsibility. Rob has agreed to stay involved and continue to assist the Investment Committee. His expertise and financial knowledge have been invaluable. Mary has been a great leader as Vice President, as well as a

generous and hard working member of the Auction Committee.

We would also like to welcome two new board members Julie Gammill and Jeanne Hicks, whose love for the island, commitment to the community, and past experience with palliative care will surely enrich the Foundation.



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. Palliative & Supportive Care of Nantucket 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.*



*Palliative & Supportive Care of Nantucket*

*(formerly Hospice Care of Nantucket)*

# Currents

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## Program Director's Annual Report

*by Charlene Thurston, R.N., A.N.P.*

Once again it's been an active and interesting year for our program as we see more patients and families accessing the variety of services which we offer. We continue to be gratified that the change in our name from "hospice" to "palliative and supportive care" has removed some major obstacles for patients who could benefit from our care but were reluctant to access it due to the connotation of "giving up" and "dying" associated with the word "hospice." As is evident from our patient care statistics for this period (attached), not only has the number of earlier illness "palliative care consult" patients increased, but so has the number of terminally ill patients for whom we've provided "comprehensive care." We also see that we've continued to surpass the national average of hospices as we've cared for 45% of persons in Nantucket who've died, while the national average of hospices is 41%.

This year, as in others, we've been called upon at times to provide support to several families of patients who've died in the Emergency Department of the hospital, in order to help them absorb the impact of the crisis of losing their loved one. Since two of these patients have been children, and since we've also had children who've lost parents and close grandparents over the past year, we've written an educational piece for our newsletter about how to help children in grief.

Due to changes in hospital staffing, our program's administrative assistant has assumed the responsibilities for disbursing The Marla Ceely Lamb Fund to clients who must travel off-island for cancer treatment. While this has added considerably to the work of our office, it also affords us the opportunity to connect with patients at early stages of illness and to make ourselves available as a resource for them.

Further developing spiritual care availability for patients throughout the hospital system continues to be one of our goals. Over the past year, we were able to facilitate a process through which the clergy of Nantucket's churches could more easily attend to hospitalized patients. We also hosted an excellent 3 hour seminar on Spiritual Care at the End of Life, and invited faith communities, health and human service professionals, and the public to attend. We hope to follow up with 3 more webinars over the next several months.

## Tree of Remembrance Service



We would like to invite the community to join us for this annual memorial service, which will be held on Sunday, November 20th, at 4PM, in the gazebo garden of the Jared Coffin House. This brief but moving ceremony, is a special and peaceful way to remember and honor loved ones who have died. Scallop shell ornaments are made available to write names of those we wish to memorialize and then placed on the tree. (Other weather-proof personalized ornaments are welcome as well.) Participants are also invited to share in the readings if they wish. All are welcome to participate in this very special event and share in the beginning of the holiday season. After the service we will gather for refreshments at *Dune*, 20 Broad Street.

In the spring, we helped the hospital transition out of its Visiting Nurse Service by covering homecare services when they were required by patients until the new agency arrived in early May. Since then, we've been developing relationships with our colleagues in the new Nantucket Visiting Nurses Association, and hope to continue to foster positive working relationships in the future.

For the past 2 years we've been participating in the hospital's Cardiac Rehabilitation Program by providing one of the classes in the series and offering our services to participants who might benefit from more in-depth sessions. The class has focused on helping cardiac patients acknowledge and absorb the emotional and spiritual impact of their illness and treatment, understand the effects of stress on their health, and learn some stress reduction strategies. The classes have been well received, and the follow-up private sessions have been very valuable to those who've accessed them.

Over the next year, we look forward to continuing to develop all that we presently offer. Unfortunately, due to budgetary constraints, we've had to decrease professional hours by 8/week since February, so we continue to do this work in less time. However, we are committed to offering the services that are needed for the people of our community, and look for-

*Patient Care Statistics - 9/1/10-8/31/11*

**Comprehensive Care Patients:** This category includes patients who are followed closely on a day to day basis, usually for end of life care, for whom physical, emotional, and spiritual care are provided for the patient, and education & support are provided to the family. Following a death, bereavement services are provided for families of these patients for approximately one year.

	'10-'11	'09-'10	'08-'09	'07-08
Total number of patients/families:	35	32	25	25
Total number of patient care days (excluding bereavement period):	2518	2056	1828	
Average length of time on our service (excluding bereavement period):	72	64.25 days	75 days	
Median length of time on our service (excluding bereavement period):	41	26 days	28 days	
<b>Total number of deaths in Nantucket</b> from any cause during this period:	71	58	59	75
Total number of these individuals cared for by our service:	32 (45%)	30 (52%)	25 (42%)	25 (33%)
<b>Palliative Care Consult Clients:</b>				
Number of clients:	49	40	37	11
Total number of private sessions:	148	151	150	63
Number with massage:	60	95	84	63
<b>Cancer Support Group Clients:</b>				
Number of clients:	23	20	23	12
Number of support group visits:	145	141	131	75
<b>Grief Consult Clients (excluding our "comprehensive care" families):</b>				
Number of clients:	12	13	15	12
Number of private sessions:	42	20	86	87
Number with massage:	13	5	57	61
<b>Caregiver Support Clients:</b>				
Number of clients:	23 (+group)	22	23	17
Number of private sessions:	81	73	46	71
Number with massage:	50	42	8	49
<b>Caregivers' "Time Out" Support Group:</b>				
Number of clients:	11	5	7	5
Number of support group visits:	80	71	53	50
<b>Volunteers' Hours:</b> 343(228 visits)	492 (285 visits)	400		
<b>TOTALS</b>				
Number of "compr. care" patients/families:	35	32	25	25
Number of clients in other categories:	118	100	105	57
Number of "non-compr. care" client visits:	496	456	466	346
Number with massage:	123	142	149	209
Total number of clients/families served:	153	132	130	82

**Director's Report** *continued from page 1*

ward to continuing to develop initiatives which we feel would help integrate high quality palliative care into the overall healthcare system of the island.

The goal of palliative care is to decrease suffering for patients and families who are coping with serious illness. As we've discussed in our last newsletter, research is showing that patients who access palliative care services early in the course of life-threatening illness, while they are also receiving aggressive disease modifying treatment, not only cope better but may live

longer than those who do not. Moreover, research is also showing that families of patients who've had palliative care involvement for longer periods of time during a terminally-ill patient's illness cope better in grief after a death than those who do not have extended involvement. Patients are, therefore, encouraged to think about the importance of the extra layer of support which palliative care offers not only for themselves, but also for their families.

*The Marla Ceely Lamb Fund*

Thanks once again to the dedication and generosity of the people of the Nantucket community, and Marla's friends and family, the Marla Ceely Lamb Fund continues to be of vital importance to the community, serving over 80 people this year. The Community Foundation for Nantucket Challenge Grant, (thanks to the collaboration between CFNan's executive director and Steve Lamb), the Nantucket Mystery Art Show at the Quidley Gallery, the 4th Annual Kelly Culkins West Walk for Travel, donors to Laura Raimo's run in Nantucket's first ½ Marathon(matched by HyLine Cruises), and numerous

sports fundraisers; gifts from the Rotary Club, Nantucket Island Resorts, and the Hospital Thrift Shop, as well as other generous memorial gifts received throughout the year, have all contributed to keep this valuable fund supported. Many thanks to the Quidley Gallery for planning another Nantucket Mystery Art Show, again scheduled for Stroll weekend. We also continue to express sincere thanks to Cape Air/Nantucket Airlines, Island Airlines, the Hyline, and the Steamship Authority, for all of their assistance with the transportation needs of our patients. Please call our office at 508-825-8325 for more information.

*We honor Veterans*

We Honor Veterans, a program of the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs, is an initiative that was formed to encourage health care providers to focus on recognizing the unique needs of America's veterans and their families when faced with life-threatening illness. We, at Palliative & Supportive Care of Nantucket, join with hospices and palliative care programs across the country in honoring our nation's veterans, thanking them for their service, and committing ourselves to learning how to serve them best.

In order to further develop our understanding of veterans' needs and potential services, we will be hosting a DVD presentation of "Wounded Warriors: Their Last Battle" – an educational DVD by Deborah Grassman, RN, MS, NP of VA Medical Center Bay Pines, Bay Pines, Fla., on Tuesday, November 15, 2011 at 4:00PM. All health care professionals, counselors, spiritual care providers, and members of the public are invited to attend, free of charge.

*VA Mission: "To care for him who shall have borne the battle and for his widow and his orphan." Abraham Lincoln*

*Upcoming & Ongoing...*

**Wounded Warriors: The Last Battle:** DVD Presentation • Open to all • NCH Founders Building  
November 15, 2011 • 4:00PM

**Tree of Remembrance Service:** Sunday, November 20th • 4:00PM in the Gazebo Garden of the Jared Coffin House  
**Nantucket Mystery Art Show:** Stroll Weekend • Friday, December 2nd • 6:00 to 8:00PM Quidley Gallery to benefit the Marla Ceely Lamb Transportation Fund

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

**"Time Out" for Caregivers:** every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 1:00 to 2:30PM