

### Upcoming & Ongoing...

**4th Annual Walk** to benefit the Marla Ceely Lamb Cancer Travel Fund: Saturday, June 18, 2011  
**Dreamcatcher Dinner & Auction:** June 12, 2011, 6:00 PM at Galley Beach  
**Coping with Cancer Support Group:** every other Monday, 1:00-2:30PM, for persons with cancer and those who love them  
**“Time Out” for Caregivers:** every 2nd and 4th Wednesday of the month, 1:00-2:30PM

### The Marla Ceely Lamb Fund

Once again, we honor Marla’s family and friends and other members of the community for their hard work in raising monies to keep this fund available. Last year, the 3rd Annual Walk for Transportation, the Quidley & Company Gallery’s Mystery Art Show, (a new event) and the NHS Girls Basketball Team’s benefit game, all raised funds to keep the program going. As we go to press, Marla’s family and friends are planning several fundraising activities and are working with the Community Foundation for Nantucket on a challenge grant to further enhance the fund. All of the proceeds from these events, in addition to generous individual donations throughout the year, go entirely to the fund. This year the funds (which are now disbursed by the PASCON office), supported 88 patients with cancer who needed to travel off island for treatment. Thank you to all who make donations and support this valuable program.

**The 4th Annual Walk for Travel to benefit The Marla Ceely Lamb Cancer Travel Fund**  
Saturday, June 18, 2011

Faregrounds Restaurant to Surfside Beach & return

10:00—11:00 AM Registration

(Cook-out to follow at Faregrounds)

Walk begins at 11:00 AM



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 Foundation

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

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## Palliative & Supportive Care of Nantucket

(formerly Hospice Care of Nantucket)

# Currents

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### A Refresher About Our Services

By Charlene Thurston, RN, ANP  
Program Director

From time to time, it seems important to remind our readers about the services provided through our program and how to access them, since, so often, people get confused about what various agencies offer, or regret that they weren't referred to us earlier. Three key points to remember are these:

- \*Palliative and Supportive Care of Nantucket specializes in the care of patients and families faced with life-threatening illness.
- \*All of our services are provided free of charge.
- \*You may access our services directly by calling our office; there is no need to wait for another healthcare provider to refer you, and the earlier we're involved, the more we can help.

Formerly called Hospice Care of Nantucket, we have been caring for the people of Nantucket for 29 years, and throughout all these years, all services provided directly by our program have been provided free of charge, without insurance reimbursement, thanks to the generosity of the Nantucket Community and the dedicated work of the Palliative & Supportive Care of Nantucket Foundation which raises the funds to support this program.

Our broad range of physical, psychological, social, and spiritual care services are provided by our interdisciplinary team of professionals and volunteers, and are aimed at providing education, support and pain & symptom control from the time of diagnosis through cure or, if cure is not possible, through advancing illness, end of life, and bereavement.



### Dreamcatcher Dinner & Auction

The 18th annual event will be held at Galley Beach on Sunday, June 12, 2011.

This year's event will feature a "wellness" theme with many wonderful offerings from the island's amazing Health & Fitness consultants. The fabulous evening will again begin with a welcome cocktail and Spanky's ever-popular raw bar. An exciting choice of Silent Auction items will be on display during the cocktail hour when you will have a chance to stop by and place your bids. The cocktail hour will be followed by a gourmet dinner prepared by the Galley's Chef de Cuisine and served al fresco in a gala tent on Cliffside Beach. Our Live Auction will feature Rafael Osona, who will once again lend his wit and powers of persuasion to the task of raising funds for our Program. The unique items being auctioned this year include: trips, sailing, distinctive Nantucket experiences and a special focus dedicated to our efforts for South Africa. The popular band of nine talented artists, Kahootz, will provide music during the cocktail hour and again after dinner for dancing. Be sure to make your reservations as this will be an evening not to be missed. We look forward to seeing you in June at Galley Beach!

**Geoffrey Silva**, President of the Foundation

**When cure of the disease is possible**, the emphasis of our care is on helping patients and families deal with the impact of serious illness, assisting them in understanding the disease and making decisions about treatment and care, relieving symptoms related to the illness or treatments, and coping with the emotional, social, and spiritual distress that may occur.

**When cure seems unlikely**, our goal is to help patients remain as comfortable as possible so that they may live their lives fully. The focus of our care is on providing patients with expert control of pain and other symptoms, and on providing patient and family education and emotional, social, and spiritual support.

**When an illness is terminal**, our care is focused on maintaining peacefulness, comfort, and dignity, and on helping patients and families bring meaningful closure to their lives, complete their unfinished business and prepare for death in the best manner possible. Our staff remains supportive to both patients and families through death, and is available to support families throughout the first year of bereavement.

### Settings of Care

All of our services are provided in the most appropriate setting for our patients' needs – at home, in the hospital, or in the nursing home. When patients are well enough to be out and about, consultative visits for education, counseling, support, assistance with decisions, advance care planning, strategies for pain & symptom control, etc. are provided at our office, either on a short term basis or on an on-going basis. Relaxation and stress management sessions, and our Coping with Cancer Support Group, are also available for patients and families.

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*...A Refresher About Our Services ...continued from page one*

**Home care:** Caring for patients in their own home is a hallmark of palliative end-of-life care, and is also available during earlier phases of illness, if required. Care from our interdisciplinary team is available in the patient's home, and nurses may be called day or night when questions arise or help is needed. Medical equipment can be brought into the home as necessary.

When patients require a broader range of home care services, they may be referred for admission to an outside visiting nurse agency, in addition to our program. The staff of our program and the staff of the visiting nurse agency will then work together to provide the level of services necessary in a well-coordinated manner.

**Hospital care:** If hospitalization is needed at some point during an illness, our program staff and the hospital in-patient staff work closely together to make the hospitalization as comfortable as possible for both patients and their families. The Nantucket Cottage Hospital has very pleasant rooms, many large enough to accommodate a couch or an extra bed, and family is allowed to visit our patients 24 hours a day, including overnight if so desired.

**Nursing home care:** If a patient resides in Our Island Home, our program staff and the nursing home staff will work closely together to maintain our patients' comfort and well-being and to support their families.

**Other Offerings**

**Our Coping with Cancer Support Group** meets bi-weekly and provides an opportunity for persons with any stage of cancer, as well as family members or friends of someone with cancer, to come together to discuss concerns and share ideas in a safe and welcoming environment. Information, support, and stress management strategies are provided to help improve coping with this serious illness.

**Our Caregivers Connections Support Program** is a wellness and resource program for family caregivers of persons with chronic illness or disability. Individual and/or family sessions with professional staff are available and provided in any setting. Qualified volunteers are available for practical assistance, companionship, support, errands, transportation, brief respite breaks. **"Time Out"** is our bi-weekly group support program, facilitated by our Palliative Care Counselor.

**Grief Support Services** are available to the families of patients we've served for approximately a year after a patient's death. We also open these services to other community members who have experienced the death of someone close. Our staff provides education, basic counseling, and support for individuals or groups who are affected by grief.

**Tapestries** is our program which supports children who have suffered the death of a loved relative or friend. Education is provided to families about how children at various ages understand death and how they might process their grief. When enough families are interested to form a group, we can offer support sessions in which children may come together to gently process their experiences, while their parents or guardians meet separately to discuss their own reactions or concerns about their children.

**How to access our services**

**Simply call us directly** at 508-825-8325 to request services or ask any questions. The earlier we're involved, the more helpful we can be! There's no need to wait to be referred by other health care providers, and patients may use our services along with those of other organizations or agencies and in any setting – home, hospital, or nursing home.

**Thousands & Thousands of Daffodils**

Palliative & Supportive Care of Nantucket (PASCON) extends sincere thanks to the children and parent volunteers from the Nantucket New School and the crews of G&M and Champoux Landscape. Further thanks to those who donated bulbs: Nantucket Landscape, Ernst Land Design, Inc., and Ryan Landscaping; and to the Dreamcatcher Auction guests whose generous bids have raised \$55,000 since the inception of Daffys for PASCON. These funds are essential for the continued care and service of PASCON to the Nantucket community free of charge. The auction committee hopes the annual blooms each spring will renew awareness of PASCON's role in the community and continue to foster hope and gratitude for the compassionate quality care available here on Nantucket.



***A Tribute to Nantucket Cottage Hospital Visiting Nurses***

As most of you know by now, due to financial constraints, the Visiting Nurses Department of Nantucket Cottage Hospital closed this winter. While we're looking forward to welcoming a new agency, "Nantucket Visiting Nurses Association," which will begin services on May 2nd, we, at Palliative & Supportive Care of Nantucket, wish to pay tribute to the outstanding staff of the NCH program, with whom we've worked so closely over the past 29 years: Dept. Manager, Brenda Johnson, RN; Nurses: Shelly Foulkes, RN, Allison MacKay, RN, Debbie McNulty, RN; Therapists: Pedro Amaral, OT, Suzanne Girardi, PT, Arniel Nevins, ST; Home Health Aides: Paula Cahoon, Jo Costakes, Beth Peterson; Clerical Staff: Diana Beatty, Janice Plourde, Neeltje Westerlund.

It was a very sad day for us to see our colleagues and officemates depart and we'll truly miss their friendship, humor, and camaraderie, which made every day enjoyable. Most of all, we'll miss the excellent patient care they provided when both of our departments worked together to care for patients who were terminally ill and dying at home.

While it can sometimes be difficult for two departments or agencies to combine their services, we were truly able to create a seamless team of caregivers and keep the patients' and families' best interests forefront in our hearts and minds. By our close teamwork our patients received much more than they would have received from either program alone. We hope that we'll develop the same excellent relationship with our colleagues from the new agency. For today, we salute the staff of Nantucket Cottage Hospital's Visiting Nurses, thank them for their camaraderie, and wish them well in their new endeavors!

***People Helping People***

Palliative & Supportive Care of Nantucket (formerly known as Hospice Care of Nantucket) has been caring for the people of Nantucket for 29 years.

Unlike almost any other healthcare provider, **all** of our services have been provided free of charge and without reimbursement by insurers, thanks to the generosity and support of the people of our community.

You are vital to helping us continue this care!

While there are many worthwhile public charities, ours is one that may be needed by every family on the island at one time or another.

Please consider making a gift and continue the tradition of people helping people in Nantucket. Your gift will help to ensure that our care remains available to those who need it. No amount is too big or too small; they're all deeply appreciated.

***Your gift will make a difference!***

To make a tax-deductible donation, you may write a check payable to PASCONF and mail it to our office at 57 Prospect St., Nantucket, Ma. 02554, or you may phone our office at 508-825-8325 to use a credit card. Please let us know if you'd like the gift to be made "in memory of" or "in honor of" someone, and to whom you would like an acknowledgment sent.

**A very special thank you to all who have donated and to families who've directed memorial contributions to Palliative & Supportive Care of Nantucket Foundation.**

***DID YOU KNOW....how much time we spend with our patients and families?***

In contrast to visits with most other healthcare professionals, **we are able to take time with our patients and families** to help ensure that they thoroughly understand their disease process, plan of care, treatment options, etc., and that they truly feel cared for and supported. Our visits can often be an hour in length if needed, and patients may call upon us whenever questions or concerns arise and feel confident that they will receive a timely and detailed response.