

A New Offering - Memorial Plantings

Palliative & Supportive Care of Nantucket Foundation is now offering Memorial Plantings for those who wish to honor the memory of a loved one. Plantings serve as a reminder of a special life and will be enjoyed for generations to come. Choose from a shrub, daffodils, or a tree with a customized plaque. Foundation staff will work with the donor to choose the appropriate plant and to coordinate logistics. Gifts show the family love and support and also help us provide invaluable services to the island community. Visit www.pascon.org for more information or to purchase your Memorial Planting.

Check out our recently updated website, www.pascon.org. It's filled with information about our programs and services as well as useful resources and links. Please visit often and Join our Mailing List.

We also have a Blog and a page on Facebook.

Be sure to "Like Us" and access our most current links and news.

National Healthcare Decisions Day was on April 16th

—Did you complete or review your Advance Directives? It's never too late! Be sure you keep yourself protected by appointing a health care proxy and making your healthcare wishes known to your proxy, your family, and your physicians. For more information or assistance, please feel free to contact us or to check the following websites: www.caringinfo.org; www.healthcareproxy.org



**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

Carrie Glidden Riden, Executive Director for the Foundation

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

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NANTUCKET, MA



Palliative & Supportive Care of Nantucket

(formerly Hospice Care of Nantucket)

Currents

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It's our Anniversary- 30 Years of Caring!

This year marks the 30th Anniversary of Palliative & Supportive Care of Nantucket (Hospice Care of Nantucket). Started as a grassroots effort by a small group of parishioners of St. Paul's Episcopal Church who approached Nantucket Cottage Hospital about the idea in 1980, and formalized with the organization of a board and the development of an all-volunteer patient care program in 1982, our organization has grown and changed in so many ways over the years. So, too, has the composition of the Nantucket community, the nature of disease and treatment, and the healthcare landscape as a whole.

By its second full year of existence, Hospice Care of Nantucket was serving 17 terminally ill patients and about 20 patients with chronic illness, all of whom received compassionate support and practical assistance through its staff of patient care volunteers. Terminally ill patients typically utilized the service during their final month of life, and the majority of patients died from cancer.

Thirty years later, our program serves over 150 patients/families annually, through its staff of professionals, in addition to its volunteers, providing the same compassionate support and practical assistance, but now also providing expert holistic management of pain and other distressing symptoms, as well as coaching for persons facing early stages of life-threatening illness, education and support for parents of grieving children, a Coping with Cancer Support Group, a Caregivers Support Program, and bereavement services for persons in grief. Patients now tend to utilize services earlier in diagnosis and to stay

with the program for longer. While cancer is still the major diagnosis of patients we serve, we now also care for many patients suffering from other serious conditions, i.e., heart failure, respiratory disease, and neurological disease. And as more and more people choose to spend their final days at home, more and more adult children are called upon to provide care.

Since we've always been mindful of our role as leaders in the community regarding high quality end of life care, we've consistently tried to help fill gaps in community services by either developing new services ourselves or by working with other key community agencies to fill those needs. As a result, we led the effort to develop and implement the Adult Community Day Center, which was initially operated under the hospital's umbrella and later under the town, and we've developed several signifi-



Dreamcatcher Dinner & Auction

Our 19th annual major fundraiser will be held on Sunday, June 10th, 2012 at Galley Beach. We are grateful to the local merchants for their generous donations to the Live and Silent Auctions, and this year we have some great items! The incredible evening will begin with a cocktail hour and the always-popular Spanky's Raw Bar. An exciting selection of Silent Auction items will be on display during the cocktail hour for you to peruse and place your bids. As the sun begins to set, a gourmet dinner prepared by the Galley's Chef de Cuisine will be served in the gala tent on Cliffside Beach. Rafael Osona will once again be the star of the evening, as he encourages and tempts guests to bid on the fabulous Live Auction items. Special auction options for this year include a trip to an English Cottage in the Cotswolds, Sailing in the Opera House Cup on Glean, traveling to Santa Fe for a BACKROADS trip, and unique Nantucket packages. The popular band of 9 talented artists, Kahootz, will entertain during the cocktail hour and again after the auction. Dreamcatcher is the Foundation's only fundraiser and is counted on to raise most of the year's funds. All proceeds from the event go directly to funding invaluable programs and services for the community. It is sure to be a fantastic evening – make your reservations soon at www.pascon.org. We look forward to seeing you at the Dreamcatcher Dinner and Auction.

Geoffrey Silva, President of the Foundation

cant initiatives under our own program.

In 2003, we started our Caregivers' Connections Program in an effort to offer education, counseling, stress reduction, and support to family caregivers of persons with any chronic illness, and have served over 250 family caregivers since that time. We've also endeavored to highlight and address many needs of caregivers of patients with Alzheimer's Disease. In 2008 Hospice Care of Nantucket changed its name to Palliative & Supportive Care of Nantucket. The intent was to expand services to care for patients who were coping with very early phases of life-threatening illness, including patients who had curable disease, and to remove some of the foreboding associated with the word "hospice".

Continued on page three-

The Marla Ceely Lamb Fund

Once again, we thank Marla’s family and friends and other members of the community for their hard work in raising monies to keep this fund available. As the demands have increased due to the higher numbers of people requesting funds for cancer treatment, more efforts need to be made to keep pace with those needs. This past year, The Community Foundation for Nantucket, the 4th Annual Kelly Culkins West Walk for Travel, the Quidley & Company Gallery’s Mystery Art Show, the Hospital Thrift Shop, Laura Raimo’s run in Nantucket (matched by Hyline Cruises), gifts from the Rotary Club, Nantucket Island Resorts, The Nantucket Yacht Club, Barbara Ceely’s Birthday Party, and MAD MIA bag sales all raised funds to keep the fund going. As we go to press, Marla’s family and friends are planning a Mothers Day event, and several community members are organizing a summer event 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. We also continue to express sincere thanks to Cape Air/Nantucket Airlines, Island Airlines, Hyline Cruises, and the Steamship Authority, for all of their assistance with the transportation needs of our patients. This year the funds (which are now disbursed through our office), have been available to 110 people with cancer who may need to travel off island for treatment.

Thank you to all who make donations and support this valuable fund.

The 5th Annual Walk for Travel to benefit The Marla Ceely Lamb Cancer Travel Fund

Saturday, June 23, 2012

Faregrounds Restaurant to Surfside Beach & return

10:00—11:00 AM Registration

Walk begins at 11:00 AM (Cook-out to follow at Faregrounds)

Tapestries – our program for children and their families

Through our Tapestries Program, Palliative & Supportive Care of Nantucket offers:

- Direct care to children with life-threatening illness and support for their families;
- Parental guidance for parents of children coping with the serious illness of a loved one;
- Education and support for families of children grieving the death of someone close;
- Group support sessions for grieving children and their parents/guardians when enough families are interested in forming a group;
- An extensive library of resource materials which are available for loan.

As always, these services are offered free of charge.

We’d also like to make our readers aware of several Bereavement Camps that are available for the summer season:

Stepping Stones: A weekend retreat open to any children and families who have experienced the death of someone close to them; free of charge (except for a nominal registration fee); July 9th & 10th, Beverly Farms, MA, www.griefandhealing.org

Circle of Tapawingo: for girls ages 8-16 who have experienced the death of a parent; free of charge; August 19-24; Sweden, ME. Contact: www.circleoftapawingo.org; Cathy Spear, 781-820-3388

Camp Manitou (Manitou Experience): for boys entering grades 5-10; August 20-25; free; info@manitouexperience.org

Camp Angel Wings: for children & teens grieving the loss of a loved one; July 28 & 29th; Lindsay Coe, 508-973-3219 East Freetown, MA www.southcoast.org/vna/camp.html; no cost.

Upcoming & Ongoing...

Dreamcatcher Dinner & Auction: June 10, 2012, 6:00 PM at Galley Beach to benefit Palliative & Supportive Care

5th Annual Walk to benefit the Marla Ceely Lamb Cancer Travel Fund: Saturday, June 16, 2012

Coping with Cancer Support Group: every other Monday, 1-2:30 PM, 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

DID YOU KNOW.....that the new guidelines issued by the American Society of Clinical Oncology recommend that palliative care be provided early in the illness of patients with metastatic cancer? The guidelines recommend combining palliative care together with standard cancer treatment, so that patients receive both treatment to fight their disease and supportive services available through palliative care at the same time.

30 Years of Caring continued from page one...

Our program now serves patients and families throughout the entire continuum of life-threatening illness, from the time of diagnosis through cure, or, if cure is not possible, through advancing illness, death, and bereavement.

Today, we’re not only helping patients with terminal illness achieve a comfortable and peaceful death, but we’re also helping patients newly diagnosed with a life-threatening illness get well again! We truly have become a program that provides an extra layer of support to any patient and family facing such a trying period of their lives and have been blessed to have the community’s support in providing all of this care free of charge! With continued support from both year round and summer residents of Nantucket, we hope that we can continue this very valuable service for another 30 years.



Our Interdisciplinary Team in the Early Days of Hospice: from left to right: Charlene Thurston, RN, ANP, Nancy Adam, Rev. Ted Anderson, Peter MacKay, MSW, Timothy Lepore, M.D., Nancy Minus

Support for Family Caregivers

Through our Caregivers’ Connections Program, family caregivers of persons with any long term illness or disability can access education, support, and practical assistance from our staff, in their efforts to provide care for their loved one as well as remembering to take care of themselves. Services include:

- **Coaching for Caregivers** – one on one consultations with our Nurse Practitioner on any aspect of care;
- **Time Out** – stress reduction education and/or counseling, in the home or office, which may include talking, learning relaxation techniques, yoga, etc. Thai Shiatsu massage is also available;
- **Volunteers** – can provide 1½-2 hour/week for respite breaks for caregivers, or can help with errands, transportation, etc.;
- **Lending Library** of caregiver-related topics, available in our office

All our services are free of charge! For more information or an appointment, please call our Office at 508-825-8325

Please Remember

Whenever you see us providing care, please remember that that care is being paid for by donations. Whether we’re at a patient’s bedside in the hospital, visiting a patient at home, or counseling patients and families in our office, your donation dollars are getting directly to the patient in the form of this care, since all of our services are provided free of charge and are not reimbursed by insurance. We sincerely thank all those who’ve contributed to our program!