

Annual Daffodil Planting



Before



After

What a Difference a Few Months Makes!

Thanks to all the landscapers, community members, and New School students who helped make this change possible on Old South Road this fall. With their help, we planted over 6,000 daffodil bulbs and will now be able to enjoy these beautiful blooms for years to come.

PASCON has planted over 60,000 bulbs since 2007 in an effort to honor and celebrate our program volunteers and to continue the annual daffodil planting tradition started by Jean MacAusland back in 1974. Our hope is that blooms each spring serve as a reminder of hope and renewal to all passersby.



Memorial Plantings

Palliative & Supportive Care of Nantucket Foundation offers 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 service to the island community. Visit www.pascon.org for more information or to purchase your Memorial Planting.

Children's Services

Through our Tapestries Program, we offer:

- 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.



Was April 16th

Did you complete or review your Advance Directives?
(It's never too late. We can help.)

Do your loved ones know your healthcare wishes?

Who would decide on your medical treatment if you were not able to speak for yourself?

Be sure to choose a Health Care Proxy and make your wishes known!

Visit our website or give us a call for more information.

It Sold Out in Under 5 Minutes. But We Got Your Tickets!



WWW.PASCON.ORG for a chance to win tickets to Paul McCartney's Sold-Out July 9th Show at Fenway. \$100/chance. Only 300 will be sold.

20th Annual Dreamcatcher Dinner and Auction

Sunday, June 9th
Galley Beach

Exciting Silent and Live Auctions Featuring:

- Race an America's Cup class twelve metre in the 2013 Opera House Cup Regatta
- One week for four in a cottage in the Cotswolds
- Two nights in New York with dinner and box seats for three at a Giants game
- A private catered cocktail party aboard a wooden yacht

Preview these and more, purchase raffle tickets, and reserve your seat at www.pascon.org today

Seats are limited. Advance purchase required.

100% of the proceeds goes directly to patient care and program services.



Saturday August 24th at Jetties Beach

Come out & swim in honor or in memory of those you love. Be a part of a community-wide effort to fund cancer services on-island. Sign up as a swimmer or donate in support of someone else. Proceeds will benefit Palliative & Supportive Care of Nantucket & Nantucket Cottage Hospital.

Palliative & Supportive Care of Nantucket Foundation

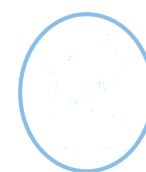
Carrie Glidden Riden, Executive Director for the Foundation
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Palliative & Supportive Care of Nantucket Foundation is a not-for-profit tax exempt public charity.



A Partnership in Caring



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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Living Life Fully

By now, most people in the community are familiar with the role which our program can play in helping patients and their families deal with terminal illness, but many are not aware of the services we provide for persons facing early stages of life-threatening illness and how we can help them regain well-being. When we changed our name from Hospice to Palliative & Supportive Care of Nantucket, we did so to expand our services to persons facing any stage of a life threatening illness, from the time of diagnosis onward, and to help them live as fully as possible.

With that in mind, we thought it might be helpful to hear about the experience of one of our clients, Claudia Kronenberg, who'd expressed a willingness to share her story and how our program has served her. We're extremely grateful to Claudia for sharing her story with the public.

Claudia's Story

My name is Claudia and I have cancer. I don't "fight" or "battle" cancer, but rather I "live" with cancer. I was diagnosed with metastatic breast cancer almost 2 and a half years ago, which means that my breast cancer had spread beyond the breast and it was "too late" to do surgery. It means that my disease is chronic, and that I will be treated for symptoms without expecting a cure, something that was difficult for me to hear.

I have learned so much in the last 2 years and I feel as though I am a completely different person than I was "pre-disease". First you should know that I don't like the word "cancer". I have to face it, but I don't have to use it to identify myself. I am many things in life: woman, mother, wife, friend, photographer, and one of them happens to be that I also have a chronic illness. Secondly, my relationships with my family members, my friends, and even with strangers have altered, become richer and deeper, with more focus on the "now", the moment, and the essence of the heart. I have learned that each moment in life is precious and too unique and beautiful to waste. I feel a deep compassion for us humans and life, and I've done things that I wouldn't have dreamed of doing previously, like helping people in their daily travails, listening to my children and teaching them more,



traveling with the kids to foreign lands, and much more.

Staying well while living with a disease requires diligence and balance. Rather suddenly you are faced with a new "reality" and it can take a toll on your psyche, not simply your body. It takes time to sort through the thoughts, emotions, fears, and pre-conceived ideas of what it all means, and it is frightening. But there are many levels of support, care, and opportunities to heal that are available if you are open to receiving them.

I think of them like pieces of a pie. You have your whole pie and you slice it into many pieces that represent the different healing factors of your "team" or your basic health and well-being. For

Continued on page 2

Claudia's Story continued from page 1

me, it began with chemotherapy as a large piece of my pie. Then, over time, I began to carve out new pieces that included diet, exercise, various therapies, acupuncture, and very importantly, Palliative & Supportive Care of Nantucket. The one I want to talk about is the last.

My relationship with Palliative & Supportive Care of Nantucket (PASCON) began 25 years ago when I was a volunteer for the "hospice." When I was diagnosed I heard about their support group for cancer patients and I basically ran the other way, thinking, "I don't need that, I don't want to hear about other people's problems (I've got enough of my own), I'm not like them," and so on.

I was reacquainted with PASCON when my mother fell ill with cancer almost two years after my diagnosis. My mother, unlike me, had really no medication that would help her so she decided to live her life out in peace and not pursue treatment. That is when we were first visited by Charlene, PASCON's nurse practitioner and Nan, its palliative care counselor. They were so helpful to us by arranging anything from getting a commode, to visiting and evaluating mom's condition regularly, talking to us about anything and even providing body work to relax my mother. It was really a symbiotic relationship and began to deepen my understanding of the end-of-life experience. On my mother's dying day I had called Charlene about my worries of mom's inability to catch her breath and she came right over. She knew immediately that mom was transitioning and told me to say my goodbyes and that my mom could still hear me.

With Charlene's guidance I was able to let my mother know how much she means to me, how absolutely honored I was at being by her side during her passing, and I even told her to "go, go to the light, go to God and we'll see each other again, I know we will." It was so beautiful and such a heart-lifting experience, a true gift to be there, and the honest fact is that Charlene's arrival and guidance gave me that opportunity and knowledge without fear.

A month later I entered my first PASCON cancer

support meeting. I was a few minutes late and when I entered the room it was to applause and exclamations: "Claudia!!!! Finally!!! Yay!!!!" and I've never looked back...smile. Now, for the past year, I've looked forward to our bi-weekly meetings with all my heart. I've met so many people dealing with cancer and often their relatives. We have a good laugh, get to voice our ups and downs to others that have similar stories, and with Charlene's steady awareness and profound experience, we are able to walk through life living with cancer. The atmosphere is casual and friendly, not depressing as I had imagined it. It is a place where we can voice our own fears, victories, and fallbacks and ask questions and receive ideas and inspiration. In addition to participating in the group, I have regular sessions with Nan, an integral part of PASCON, who is available as a listening ear and an incredibly gifted communicator. She also provides such serene and healing bodywork that, when I'm on her "table," I feel transported to a place of safety, wellness, and comfort.

Feeling well while living with cancer can be a challenge, and it may require a lot of changes in our physical and mental habits and in our approach to the situation we are facing. I believe we all choose the way we see things in the world, and while I would have never wished this on myself or anyone else, I continue to see the "gifts" it has given me. My world has expanded, I am a more caring person, and I am a better mother, wife, and friend. I enjoy my life and live it fully in a completely new and better way.

Caregivers' Support Services

For family caregivers of persons with any long term illness or disability

- **Coaching for Caregivers** – education & support to provide care and to take care of oneself
- **Time Out Support Group** – 2nd & 4th Wednesday at 1:00pm
- **Volunteers** – for respite breaks & practical help

Based on my own experience, here are some of

my suggestions for people living with serious illness:

1. **Get enough rest.** This is a big change in life and resting contributes greatly to healing.
2. **Eat for nourishment and healing.** If you can, stay away from "fillers" like sweets, chips, soda and anything processed.
3. **Unload your stress.** Begin to stay away from stressful people, situations and complications in your life. Nothing is as important as keeping cool and calm.
4. **You can talk to your oncologist or specialist!** You are the patient and you are in charge of yourself and your body. If something doesn't feel right certainly bring it up and discuss it.
5. **Many people just don't know what to say to you and may say things that leave you feeling uncomfortable.** I think it's best to answer with a very straight forward answer like, "I'm great, how are you?" and then move on.
6. **Get support!** Talk to the people who you feel support you in a positive way. Come to support group where we discuss all of the above.
7. **Find some outlets.** Walk. Exercise and movement are important even if you just walk around the yard. Help a friend. And allow friends to help you.

Claudia Kronenberg

HOW OUR SUPPORTIVE CARE PROGRAM CAN HELP

Most people need more than physical treatments to regain their well-being when faced with a life-threatening illness, even when it is curable. We can help by providing the extra support needed to help patients and families cope with the physical, emotional, and spiritual effects of illness and promote healing. Our services are available from the time of diagnosis onward and are all free of charge!

Understanding the disease process and treatments
 Navigating the healthcare system
 Care Planning
 Extensive lending library

Maintaining overall wellness - Nurturing mind, body, spirit
 Nutrition, exercise, rest
 Stress management, resiliency coaching, and coping enhancement
 Pain control and symptom management
 Integrating complementary therapies

Connecting with others
 Relating to family and friends
 Helping one's children
 Coping with Cancer Support Group for persons with cancer and families
 Time Out Group for Caregivers
 Referrals/collaboration with other healthcare providers

Marla Ceely Lamb Cancer Fund for transportation assistance

The Marla Ceely Lamb Fund

Tackling Cancer

A new project this year, "Let's Tackle Cancer" a special event football game and auction, was spearheaded by Nantucket High School senior, Keegan Bartlett. Keegan asked local businesses for support and over 90% came through with cash donations and silent auction items. "My grandfather died of cancer when I was 6 years old, so it's always been on my mind. I wanted to do something that would help local people.", said Keegan, when asked what made him decide to take on this project. All the players wore pink socks and wrist bands donated by the booster club. (Pink items purchased through the NFL Play for Pink website) Keegan said he was surprised at how much they raised – and he guessed that all the work paid off. We're impressed that a student took the initiative and put in all the work towards such a successful event at the high school level. Keegan said he couldn't have done it without Coach Manchester, the Field Hockey Team and coach (who also raised a lot of the proceeds), and his parents, Seanda and Daniel Bartlett.



Other wonderful initiatives that have helped sustain the fund include donors, events, and grants that have enabled us to serve over 100 patients who have needed to travel off-island for treatment:

- Nantucket Yacht Club
- Hospital Thrift Shop
(who doubled their donation this year)
- Mother's Day Dinner and Auction by Marla's family and friends and The American Legion
- Boyd Foundation
- First Congregational Church
- Community Foundation for Nantucket
- Kelly Culkins West Walk for Travel
- Quidley & Company's Mystery Art Show
- William Froelich Foundation through Beverly Hall
- Nantucket Island Resorts
- Ashlie's Mad Mia Bag Sales

We whole-heartedly thank Marla's family and friends and other members of the community for their extraordinary 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 have been needed to keep pace with those needs.

All of the proceeds from these donations 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.

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



6TH ANNUAL WALK FOR TRAVEL

to benefit the

MARLA CEELY LAMB CANCER TRAVEL FUND

Sunday, June 16th

Faregrounds Restaurant to Surfside Beach & Back

Contact our office for more information.

508-825-8325

