

The Marla Ceely Lamb Fund

Thanks once again to the dedication and work of Marla's family and friends and to the generosity of the people of the community, the Marla Ceely Lamb Fund continues to thrive and served over 70 people this year. The success of the annual Mother's Day Dinner & Auction, and the wonderful success of the First Annual Walk, which brought over \$32,000 to the fund, as well as the many memorial gifts that were given throughout the year, have all kept this valuable fund supported. So many people express their appreciation for how much the fund benefits the community and continue to remember it for special projects and events. We are very grateful to all who've contributed and, of course, to Marla's family and friends! It is a great tribute to Marla.

We would also like to express sincere thanks to Cape Air/Nantucket Airlines, Island Airlines, the Hyline, and Marine Lumber, for all of their assistance with the transportation.



A Partnership in Caring

Funded primarily by the Hospice Care of Nantucket Foundation, the hospice 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. Hospice 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.



Hospice Care of Nantucket Foundation

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Hospice Currents

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*Patient Care Activities for the Past Year
By Charlene Thurston, R.N., A.N.P.
Director of Hospice*

For Hospice Care of Nantucket Foundation's Annual Meeting in September, we reviewed some statistics and successes regarding our Hospice's patient care services, which we'd like to share with you, our readers. One area that is particularly noteworthy is the increasing number of clients served who are in earlier phases of their life-threatening illness. As you may know, hospices in the U.S. traditionally have served only terminally ill patients who are no longer receiving aggressive, curative treatment, and who have a life expectancy of 6 months or less. However, since our program began over 25 years ago, we have been dedicated to offering a full complement of services that meets the needs of the patient, family and community at large. This means not only offering care for terminally ill patients at end of life, but also serving patients with earlier stages of a life-threatening illness, from the time of diagnosis onward, whether or not they are pursuing aggressive, curative treatment. Such services are considered "palliative care services."

Some of the statistics for the past year's patient care services are as follows:

Comprehensive hospice & palliative care: 25 patients - this includes physical, psychosocial, spiritual care to patients in any setting - home, hospital, or nursing home - and support for their families both during the illness and for approximately 1 year after the death of a patient. During the calendar year of 2007, the average length of time for a patient to be on our service was 130 days, with a median of 47 days. Total number of days spent in the hospital for the group of patients was 105, while total number of days spent at home was 2758 days.

Palliative care consults: (These are consultation sessions for persons in earlier stages of illness.)

- Total number of individuals for private sessions - 11
- Total number of private sessions - 63
- Total number of individuals for Cancer Support Group sessions - 12
- Total number of Cancer Support Group visits - approx. 75

Community grief consults: (These are grief support sessions for community members who've experienced the death of a relative who was not a hospice patient.)

- Total number of individuals - 12
- Total number of private sessions - 87
- (61 of which included relaxation/massage)

Caregiver support services: (These figures reflect services for mostly our non-hospice clients.)

- Total number of individuals - 17
- Total number of private sessions - 71
- (49 of which included relaxation/massage)
- Total number of individuals for "Time Out" group sessions: 5
- Total number of "Time Out" group visits: approx. 50

Total number of clients: 82 (hospice patients and their families are counted as 1 client)

Total number of non-hospice clients: 57

Total number of non-hospice client visits: 346

(209 of which included relaxation/massage/yoga)

Evaluating our services is a very important part of our work. Over the



Tree of Remembrance Service



The annual memorial service, will be held this year on Sunday, November 23rd, at 4PM, in the gazebo garden of the Jared Coffin House. As we share music and companionship during a brief ceremony, placing scallop shell ornaments with names of those we wish to memorialize on the tree, we find a place, at the start of the holiday season, in which to honor and remember loved ones who have died. After the service, we will gather for refreshments in the Living Room of the Jared Coffin House.

All members of the community are welcome to participate in this very special event. Scallop shell ornaments will be provided, but other weather-proof ornaments are welcome as well. We hope you'll join us.

years, we've regularly surveyed patients' families who've used our comprehensive care services, and this year we have again received an excellent overall rating in satisfaction. Recently, we conducted a new survey for clients using our caregiver support services, and the results have been universally positive, with several caregivers expressing how much they've been helped in coping with the stress and worries that are so often experienced. Lastly, while we have not yet conducted a formal survey of clients using our palliative care services, we have received very positive informal feedback from those we've served. Our hope is to more formally survey both these clients and those receiving our grief support services in the future.

In addition to our patient care activity, we've continued to work closely with other hospital departments and agencies in meeting the needs of the community. Recently we've worked closely with the NCH Maternity Dept. to offer supportive resources to patients experiencing miscarriage or neonatal death. We've also worked with Our Island Home to make our Bereavement Services available to families of OIH residents who've died. During the NCH Health Fair, and again at the Senior Expo., we provided Advance Directives and information to participants with an invitation to consult with us for a free educational session focused on how to complete them. Finally, during the past school year, we had our first student intern, Molly MacKay, a wonderful high school senior who has now gone on to pursue her degree in nursing.

As always, we salute the colleagues from other hospital departments and agencies with whom we work, and give our sincere thanks to the Hospice Care of Nantucket Foundation for continuing its diligence in supporting this program, and in providing the funding so vital to its existence. Together we have all worked hard to ensure that patients facing life-threatening illness in our community feel well cared for during this most difficult period of their lives.

The Success of the Dreamcatcher Dinner & Auction

Our 15th annual Dreamcatcher Dinner and Auction was held in June at the Nantucket Yacht Club this year. 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, and to our Honorary Chairpersons, Peter and Sarah Monaco, for their generosity and loyal support over the past several years. We wholeheartedly thank the event Underwriters and Sponsors whose loyal support is so important to our financial success.

Each year a table of ten is sponsored and reserved for our dedicated Hospice volunteers, and we thank an angelic anonymous donor for making this year's Angel Table possible.

Once again we are grateful to the several island landscape companies and the students of the Nantucket New School who will be planting hundreds of daffodil bulbs along the Milestone Road again this fall in honor of Hospice. Yellow “daffodil cards”, each with a value of \$250, were available to all who attended the auction and it was heartwarming to watch the sea of yellow cards when Raphael introduced this auction item which raised \$15,780 for Hospice.

Rafael's signature auction item, the memorial sunset, gave donors the opportunity to honor and memorialize loved ones and friends adding an additional \$9000 to Hospice. Then when an attendee initiated another memorial bid for a friend who had recently died, the generosity of 14 more bidders brought another \$ 3,900 to Hospice.

For the 4th year, we set aside one of our live auction offerings and dedicated the income to our South African partnership, which through recent donations has provided renovation of the Cradock Hospice building and medical supplies from Direct Relief.

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 main fundraising event. The evening was superb and the auction was a great success.

Upcoming & Ongoing...

Tree of Remembrance Service: Sunday, November 23rd at 4:00 PM in the Gazebo Garden of the Jared Coffin House

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 Tuesday of the month, 1:00-2:30PM

WE MOVED!

The Hospice and Visiting Nurses offices have moved to the first floor of the building known as the Nurses Dorm, located behind the hospital and to the right of the Small Friends building.

DID YOU KNOW.....that family caregivers find relief from their fatigue, tension, and the stresses of the overwhelming task of caring for a loved one, from the support that is offered through our Caregivers' Connections Program? Through supportive conversation, gentle movement, comforting touch, and attention to the breath, caregivers refresh their sense of stability and perspective and find an oasis from the difficult and complex issues and responsibilities of their situation.

Extending Our Reach

Perinatal support:

This year the Hospice staff collaborated with Jessica Myers, R.N.C., a nurse in the Nantucket Cottage Hospital Maternity Department. Jessica, specially trained in perinatal loss, asked Hospice to help create a set of materials and resources to help patients and families who have experienced a miscarriage or the loss of an unborn or newborn baby, that could be available in both the Maternity and Emergency Departments.

Hospice purchased the materials and with Jessica put together special individual packages containing booklets, such as *When Hello Means Goodbye* and *Too Soon a Memory*, brochures, such as *Father's Grief* and *Creating Memories*, a community resource directory, on-line resources, and a heart shaped memory stone. Packages were created in both English and in Spanish, and are now available throughout the hospital.

Our Island Home:

Hospice also recently collaborated with Our Island Home to provide grief support to families of O.I.H. residents after the death of a loved one. Along with a letter from the nursing home staff, bereaved families will be sent the *Journeys* newsletter and *Working Through Grief Handbook*, a listing of grief and bereavement services available from hospice, as well as a Services Request Card that could be sent back to the hospice office if a family chooses to receive further support.



Hands across the water

For the Annual Report of the Foundation for Hospices in Sub Saharan Africa, partners were asked for their thoughts about what the partnership has meant to them. The Director of our sister hospice, Good Samaritan Cradock Hospice in South Africa, stated it was “A Match Made in Heaven”. She went on to say that her “twin” hospice in Nantucket had assisted in all areas where they needed help: they're now fully certified as an independent hospice, which allows them to qualify for some government funding; the palliative care nurse, whom we helped them hire and train, completed her training, passed her certification exam, and reportedly has made an enormous difference in the level of care they're able to offer their patients; with funds donated from our 2007 Dreamcatcher, they were able to renovate the interior of their building, which was in desperate need of up-grading in order to use it appropriately for staff and patients; and the \$7200 donation from his year's auction will provide food parcels and medications for home visits, as well as food for the orphans on the days they attend day care at the hospice, (which for most of these children is the only proper nutrition in their week). She also stated that one of the most significant things we provided was the connection that we facilitated with Direct Relief International, the U.S. medical relief organization that sends medical supplies to underserved areas throughout the world. They were overwhelmed by the supplies they received from Direct Relief International and the incredible difference they've made in what they've been able to provide for their patients.

All of these efforts were made possible by modest funds that we've donated over the past several years, amounting to an average of about \$6000/year, from a few private donors and from money which has been raised specifically for Cradock Hospice, at our annual Dreamcatcher Auction. (In raising these funds, it is clearly stated up front that they will be directed to benefit the South African initiative, so that only donors interested in that cause participate.)

We're delighted to continue this relationship with our “twin,” and are inspired by the work they do, despite the most difficult circumstances. For those of you who might be interested in donating to Cradock Hospice or Direct Relief, please contact our office for information on how to do so.



As always we sincerely thank those families who have directed that memorial contributions be made to Hospice Care of Nantucket Foundation.

Because of these donations we are able to continue to provide services free of charge.