

Tree of Remembrance



Service



This year's annual memorial service, will be held on Sunday, November 20th, 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've passed on. Following the service, we will gather for refreshments in the Living Room of the Jared Coffin House.

All members of the community are invited 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.

Marla Ceely Lamb Cancer Transportation Fund

Thanks to the hard work of Marla's family & friends at the Mothers' Day weekend dinner & auction, the Tennessee HoDown event, and to the generosity of the people of the community for memorial gifts, the fund has had another successful year.

All monies raised go directly to patients, since the hospital's Social Services Dept. and Hospice Foundation have provided administrative services without charge.

Hands Across the Waters



Reaching out to help the hospices in Sub-saharan Africa has been important to us over the past year, and, in April, we were encouraged by our National Hospice Organization to formalize a relationship to "twin" with an emerging hospice in Cradock, South Africa. Abigail Fowlkes, the guest speaker for our Foundation's Annual Meeting, spoke movingly about the plight of the African hospices, and shared her insight on how U.S. hospices can be most helpful.

It's been so inspiring for us to be connected with the staff of Cradock, and to see how much they do with so few resources! In addition to their extreme demands for patient care, their staff and patients also make crafts for their fundraising, and we were thrilled to have raised \$1000 for them by selling their crafts at our Dreamcatcher Auction and at the hospital. That nicely added to the \$2000 raised through two auction items which were specifically designated for their support.

In September, Charlene was also specially invited to attend the Board Meeting of the Foundation for Hospices in Sub-saharan Africa, and met with leaders from our National Hospice & Palliative Care Organization and with two key members of the African Hospice Association - Dr. Faith Mawengi-Powell, Exec. Dir., and Dr. Jague, expert hospice physician from Uganda. The meeting, along with the opportunities for less formal discussions, provided a wonderful exchange of ideas for how we might be helpful.

Readers who are interested in participating in this effort are invited to call or e-mail us at our hospice office, and those who might be interested in donating to this cause, may do so by making checks payable to FHSSA, with a memo "for Cradock Hospice", and sending them either through our Hospice or directly to the FHSSA, National Hospice & Palliative Care Org., 1700 Diagonal Rd., Suite 625, Alexandria, VA 22314.

Upcoming & Ongoing...

November is National Hospice Month & Caregivers' Month

Tree of Remembrance Service

November 20th at 4PM in the Jared Coffin House Garden

"Time Out" Caregivers' Group

2nd & 4th Tuesday of the month, 1:00 - 2:30PM

Coping with Cancer Support Group

every other Monday, 1-2:30PM, for persons with cancer and those who love them.

Teleconference: "Pain Management at the End-of-Life"

April 2006



Hospice Currents

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Hospice Director's Annual Report

by

Charlene Thurston, RN, ANP

This has been an exciting year of adding several new initiatives, which have nicely complemented our ongoing services of hospice and palliative care.

Thanks to Elder Services of the Cape and Islands, we received a \$5000 grant which partially funded a year-long Alzheimer's Disease Educational Project that served 20 caregivers. (see article on page 3)

Also, we're pleased to report that we have been again awarded an Elder Services grant this year, which will be used to develop a Mind/Body Stress Reduction Program for Caregivers. (see "Time Out" page 3)

As you may remember, last year's annual meeting speaker was Judith Oliver, Executive Director of The Children's Room, in Arlington, Mass. Her presentation about their model of support for grieving children was so well received, by hospice and community staff, that we hired Judith to provide a 16-hour training program, and developed our own new program, named Tapestries, for grieving children in Nantucket. We very much appreciate the volunteers who give so much time to the program, the Congregational Church, for providing space, the initial funding, donated by Lucile Hays, and the supplies provided by Alan Bell. This year we're grateful to the Nantucket Children's Classic for so generously donating to this cause. What great support for this program!

Our spring newsletter articles about Terry Schiavo and Advanced Directives generated consideration and interest in the importance of end-of-life values and wishes, and we were pleased to have received several calls for information and consultations about Advance Care Planning. This year, we are happy to be joining other U.S. hospices in promoting

Letter from the President - 2005



On September 8th the twenty-first year of the Hospice Care of Nantucket Foundation came to an end at our Annual Meeting.

Along with our regular business, we elected a new Trustee and I am very pleased to welcome Peggy Gifford to our Board. Peggy played a leadership role with the boards of directors and in fundraising for over 10 years for the hospices in the Toledo, Ohio area near her former home. We all look forward to her participation in the years to come and know that Peggy will be a great asset to the Board. This year the Board said farewell to Rev. Mark Bruce. On behalf of the Board of Trustees I would like to thank him for his dedication and contribution to the Foundation and, specifically, for his role in securing the space for our Tapestries program.

On the financial side, we have had a very successful year - despite the rather uncertain financial climate. Our Treasurer, Gene Collatz, reported that fiscal year 2004 was an excellent year for Hospice thanks to the funds donated through memorial gifts, our annual appeal and our Dreamcatcher Dinner and Auction. He pointed out that 84% of the donations to Hospice accrue to the patients, reflecting a very efficient organization.

After the business part of our meeting, we all enjoyed hearing from our guest speaker, Abigail Fowlkes, former Coordinator of International Initiatives for the Foundation for Hospices in Sub-Saharan Africa.

In June, our 12th annual Dreamcatcher Dinner and Auction was held at Galley Beach and again it was a great evening. Thanks to all of the volunteers from the community as well as our Trustees who helped to make this a tremendous evening for all. I would also like to thank the community, full-time and seasonal, for its continued support of our main fundraising event - not only those who attend but also all of our local businesses who year after year donate many of our wonderful auction items.

One of the traditional highlights of the evening is our auctioneer's own idea for a Memorial Sunset. Rafael asks for donations of \$1000 for the sunset in memory of a loved one and this year 9 bidders donated a total of \$18,000. The generosity and emotion that was expressed by each bidder as they dedicated their donation was wonderful to see and hear.

Again this year we set aside one of our live auction offerings and dedicated the income to the Foundations for Hospices in Sub-Saharan Africa. In addition, one of the "memorial sunsets" was donated to FHSSA as well and I am pleased to say that we were able to donate \$2000 from our auction to this important initiative of our National Hospice.

The past year has been a very productive time for the Hospice Foundation - focusing on new initiatives as well as our traditional services and events. And now I am looking forward to the year coming up: to the implementation of new Hospice Program services; to our Dreamcatcher Dinner and Auction fundraiser; to working with the Board to develop new initiatives to serve our community. I expect that it will be an exciting year for us all.

Gussie Beaugrand

the national hospice campaign, "It's about how you LIVE," an outreach effort which encourages people to think about their wishes for end-of-life care and to take action, *before a crisis*, to ensure that their wishes will be honored.

Last fall's Health & Spirituality Conference presented a very meaningful experience for the approximately 60 community members who attended. We

were delighted to have helped this community-wide committee arrange for Frank Ostaseski, Founder of the Zen Hospice Project in San Francisco, to present a 2-day workshop which focused on end-of-life issues, which each of us will have to face. Those who participated gave very high ratings for the personal and professional value received through this intensive workshop.

(continued on page two)

Hospice Care of Nantucket Foundation

57 Prospect Street Nantucket, MA 02554 508-825-8325 hospice@ackhosp.org www.hospiceofnantucket.org

Board of Trustees: Augusta Beaugrand, President...Jo Zschau, 1st Vice President...David Boyce, 2nd Vice President...Eugene Collatz, Treasurer. Gloria Grimshaw, Secretary...Nancy Chase...Peggy Gifford... Beatrice Knox-Johnston...Wendy McCrae...Geoffrey Silva...Michael Varbalow

Hospice Care of Nantucket Foundation is a not-for-profit tax exempt public charity.



A Partnership in Caring

Funded by the Hospice Care of Nantucket Foundation, the hospice program is operated as a department of the Nantucket Cottage Hospital. 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.

A Great Addition!

In February of this year, we had the good fortune of hiring Nan Strelnitski, R.N., M.S., as a Hospice Counselor. It has long been our goal to expand our capacity for counseling and for adding complementary therapies to our services. Finding the right person, with the right credentials, to fill such a position was crucial, and we found her in Nan.

Thanks to a special gift from a former caregiver who had benefited from Nan's restorative yoga sessions privately in the past, we added a complementary therapy component to Nan's role, and made these services available to both caregivers and patients. The response has been outstanding, with both patients and caregivers reporting a very deep level of support and healing, in a way that many had not ever experienced in the past.

Our goal is to continue to offer this dimension of care to any clients we serve, as we recognize the necessity of attending to the whole person - mind-body-spirit - in promoting healing and well-being.

If you're a client of any of our programs, or would like to be, you may access Nan's services through our office, free of charge.

Remember, Hospice Care of Nantucket not only offers traditional hospice care, but also offers palliative care.

Palliative care is care aimed at relieving suffering and improving the quality of life for persons with any serious illness.

(Director, continued from page 1)

While last year's annual report ended with comments on the death of Dr. Elisabeth Kubler-Ross, a pioneer in the movement to understand the needs of the dying, this year's sadly closes by paying tribute to Dame Cicely Saunders, founder of the present day hospice movement, who died earlier this summer. Dame Cicely had been a social worker, then a nurse, and ultimately became a physician after realizing that the only way to change medical practices to relieve pain and other symptoms was to become a physician. After working with the terminally ill at St. Joseph's Hospital in London and caring for her dying husband, she founded St. Christopher's Hospice as a place where the dying could receive the kind of care she felt was needed, and where families could feel supported. Her legacy is to have taught us what appropriate care of the dying entails - relief of pain and other physical symptoms, care of the emotional, social, and spiritual needs of patients, and care of the family, so that they can live on well during and after the death of a loved one. She also saw that spiritual strength often grew, even as the physical body became weaker, and saw the opportunity which existed for people to die well and with dignity. Her famous quote continues to be a guiding principle for all hospices: "You matter because you are you. You matter until the last moment of your life, and we will do all we can, not only to help you die peacefully, but also to live until you die."

As always, we close by acknowledging the work of our colleagues, with whom we work side by side in providing care to all our patients. The staffs of the hospital's Home Health Department, Social Services, Chemotherapy, Inpatient & Outpatient services, and the staffs of Our Island Home, and Elder Services all provide such excellent end-of-life care to the people of this community. Thank you to Dr. Tim Lepore and Rev. Joel Ives, for volunteering to serve on our team, and to our patient care volunteers, who continue to make such a difference in the lives of people they visit by providing a dimension of care for which their patients are truly grateful. And finally, we express our appreciation for the members of Hospice Care of Nantucket Foundation for their tireless efforts in caring so much about this program, and for raising the funds to support it.

As always we sincerely thank those families who have directed that memorial contributions be made to the Hospice Care of Nantucket Foundation, or to the Marla Ceely Lamb Fund. Because of these donations we are able to continue to provide services free of charge.

Tapestries

a supportive program for grieving children, teens, and their families

Has your child experienced the death of someone close – parent, grandparent, other relative or close friend? If so, he or she might greatly benefit from attending our Tapestries Program.

Tapestries, is a program where children come together with other children and specially trained professionals and volunteers on a biweekly basis, and have an opportunity to gently process their grief. Through artwork, play, quiet time, and high energy activities, children have a chance to remember their loved one, and realize that they're not the only ones who've lost someone close.

Parents or other caregivers meet separately to discuss their own experiences, as well as to learn how to help their children.

The Tapestries Program is offered through Hospice Care of Nantucket and is free of charge.

For more information or to borrow a video of a similar program, please call our Hospice office at: 508-825-8325 or email us at hospice@ackhosp.org

"Time Out"

Hospice Care of Nantucket announces a new service: **"Time Out"** - a stress reduction program for family caregivers. This new program is being offered with the assistance of a grant from Elder Services of Cape Cod & the Islands, and will expand the Caregivers' Connections Program, begun two years ago.

The goal of **"Time Out"** is to provide specific education and care aimed at reducing stress, and to provide such services in a time and place conducive to family caregivers. The program will focus specifically on helping caregivers identify their own stress factors, learn about the impact of stress on their lives, and learn and experience specific strategies that will help alleviate their stress.

Individual and group sessions will be offered by qualified staff, and will include general information about the effects of stress and strategies to decrease stress, as well as training and experience in specific stress reduction techniques that might be chosen by the caregiver. Strategies offered will include: exercise; cognitive restructuring; meditation; prayer; labyrinth walk; journaling, music, art; yoga, tai chi, qigong; reiki, jin shin jyutsu; massage, reflexology; emotional freedom technique.

Group sessions will be held on a bi-weekly basis. Individualized sessions will be available as well. Trained volunteers will be available to sit with loved ones while caregivers attend.

If interested, please call the Hospice Office at: 508-825-8325.

All of these services are free of charge.

For the on-line course: *Letting Go: Manage & Banish Stress in Your Body & Life*, go to www.webmd.com

CAREGIVERS' CONNECTIONS

Our wellness and resource program for family caregivers of persons with any chronic illness or disability

- Individual and/or family sessions with professional staff are available and provided in any setting - home, office, hospital, nursing home, etc.
- Qualified volunteers are available for practical assistance, companionship, support, errands, transportation, brief respite breaks.
- Regular gatherings, facilitated by professionals, provide opportunities for education, support, and socialization with other caregivers.
- Our goal is to empower and enhance the well being of family caregivers by serving as a resource for education, support, advocacy, respite breaks, and referrals.

Continued Support for Alzheimer's Caregivers

Thanks to Elder Services of the Cape and Islands, we received a grant last year, which partially funded a year-long Alzheimer's Disease Educational Project. Through this project, a nurse consultant who specializes in Alzheimer's Disease provided two-hour private educational consultations to 20 family caregivers of person with Alzheimer's Disease, mentored the Hospice staff, and provided a six-hour workshop for 22 island health care professionals. Her services were extremely well-received by both families and staff.

Now that the grant period has ended, Hospice will continue to offer such consultations through its own staff, and will continue to collaborate with Alzheimer's Services of the Cape and Islands and with other island agencies to further enhance services for patients/families with dementia on the island.

If interested in an additional consultation, please call our Hospice Office. All services provided by Hospice Care of Nantucket are free of charge.

National Hospice & Palliative Care Organization's Initiative:

It's about how you LIVE"

encourages people to take action and to:

Learn about options for end-of-life services and care.

Implement plans to ensure wishes are honored.

Voice decisions to family, friends, and health care providers.

Engage in personal or community efforts to improve end-of-life care.

Hospice Care of Nantucket is available for consultations, family discussions, group education, etc., all free of charge. Remember, having conversations **before a crisis occurs**, is most helpful for both patients and families.

For free resources on a variety of topics, visit www.caringinfo.org. And for an in-person course:

Planning Ahead: Understanding Your Health Choices Before a Crisis, go to www.webmd.com