



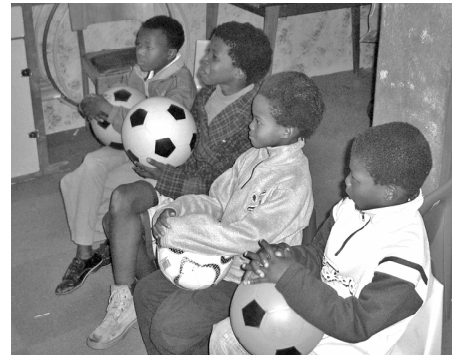
Hospice Currents

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Hands Across the Water

As many of our readers know, we've joined the effort of our National Hospice & Palliative Care Organization in helping the hospices in Africa, and have developed a relationship with a sister hospice in Cradock, South Africa. Over the past year, thanks to the outstanding work of our Board member, Sandy Knox-Johnston, who also sits on the Board of Direct Relief International, a pilot project has been developed to link our national organization with the highly successful Direct Relief International. In this pilot project, six African hospices, including our sister hospice, will begin receiving shipments of various medications and supplies through D.R.I., in hopes that these provisions will ease the burden of caring for so many with so little.



Children from Cradock Hospice's new Children's Day Program partially funded by the specially designated Dreamcatcher Auction donations

In addition to this project, through specially designated donations at our Annual Dreamcatcher Auction in June, \$14,000 was raised to help our sister hospice hire and train a palliative care nurse and enhance their efforts to become an independent hospice, which would qualify for government funding assistance in South Africa. We're very grateful that several donors were so interested in helping in this endeavor. This gift was received by Cradock Hospice with their deepest gratitude. In their words, "We're speechless!...We would like you to know what a big difference your involvement makes in our service..."

We're so pleased to be able to help! If any of our readers are interested in helping in this effort, please let us know.

Visit our website @ www.hospiceofnantucket.org

Marla Ceely Lamb Cancer Transportation Fund

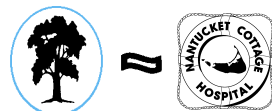
Thanks to the hard work of Marla's family and friends and to the generosity of the people of the community, the Marla Ceely Lamb Fund has helped more than 60 people over the past year, through a very successful Mother's Day Dinner & Auction, Wanted: Dale T. Sharp event during the winter, and the many memorial gifts that were given. So many people express their appreciation for how much the fund benefits the community: "what your fund does for the island is wonderful", and "the people of Nantucket have helped so many of their fellow community members with getting back and forth to the mainland for treatments", and, "...Marla's legacy has touched so many lives over the past 14 years."

Some people make donations in appreciation of the work of Marla's family and friends, some give in memory of Marla herself, and many give in gratitude for how much the fund helped someone they care about. One summer resident, who knew of the fund, but hadn't used it, designated that memorial donations be made to the fund because of how much it had helped others in the community.

We are very grateful to all who've contributed and, of course, to Marla's family and friends!

Hospice Care of Nantucket Foundation

57 Prospect Street Nantucket, MA 02554 508-825-8325 hospice@ackhosp.org www.hospiceofnantucket.org
 Board of Trustees: Michael Varbalow, President...David Boyce, 1st Vice President...Geoffrey Silva,
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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.

Annual Report of Hospice Director

Charlene Thurston, RN, ANP

The past year has been one of continuing evolution for our Hospice Program, as we continually move to identify unmet needs of residents and visitors of the community. Our intention, since we began our program, has been to remain flexible and creative in accommodating to the changing needs of the island, while remaining firmly rooted in our central mission of providing high quality care to people with life-threatening illness. Rather than remaining static in the box of a predefined program, we've always stretched our shape to offer services beyond what most traditional hospices have offered.

Over the past year, we've provided comprehensive hospice services to 29 terminally ill patients, palliative care consultation services to 8 clients, grief support services to 54 clients, and caregiver support program services to 63 clients. Adding the position of a Hospice Counselor, who could combine talk therapy with complementary therapies, such as yoga, mind-body therapies, and massage, has provided an invaluable service to our clients. The combination of skills, compassion, and wisdom that Nan has been able to offer has truly enhanced the lives of the clients she's served, whether they've been ill patients, caregivers, or the bereaved.

Focusing on the needs of family caregivers has been a major part of our mission over the past few years, since this is a group at great risk for

Board Transitions... Michael Varbalow begins his 2nd three-year term of membership on our Board, as the new president of the Board of Trustees. Michael has been a life-long volunteer, from his teen years to his present day activities as a tutor for Literary Volunteers of America, as a big brother for Big Brothers Big Sisters (his student is now in college), and for HCON. Michael's experience with other Nantucket Boards include The Council on Elder Affairs, and the Nantucket Community Music Center (where he also sings in the chorus!) as well as his work on the Saltzman Foundation in New Jersey, where he served as Vice President and continues to serve as Treasurer.

We also welcome new board members: Betsy Brown, Michael Getter, Louise Hourihan, Pat Rottmeier, Judy Waters, and Richard Wolfe, all with long histories of service to our community and a sincere commitment to hospice.

Abundant Thanks go to Gene Collatz who will step down from the board but will continue to serve as treasurer, and to Gussie Beaugrand, who, in addition to serving as president for the past 4 years, was chair extraordinaire of the Dreamcatcher Auction for even longer. Though we will miss her dearly, we wish her well in her new life of semi-leisure.

emotional and physical burnout, and for whom little attention had been given nationally until recently. Last year, we offered an Alzheimer's Education Program, which we're continuing, and this year, we developed "Time Out," a stress reduction program for family caregivers, both programs supported by one year competitive grants, which we were awarded by Elder Services of the Cape and Islands. We're now happy to report that we have again been chosen for a one year Elder Services grant for a new service we've developed called "Coaching for Caregivers." Through this program, caregivers and those they care for may be evaluated by a Nurse Practitioner and have an individualized plan of care developed for them to follow, as they desire. They would then be able to use our other caregivers' services (e.g., stress reduction program, counseling, volunteers for respite, etc.) for

ongoing support.

Tapestries, a program for grieving children, teens, and their families, was again offered this year, and helped several children in groups and/or through individual support to themselves or their parents. Our thanks go to the **Nantucket Children's Charity Foundation** for a generous gift to help support this program.

Providing for professional continuing education for our colleagues in other departments and agencies has continued to be an important goal, and, over the past year, in addition to sending several of our Hospice staff and volunteers to workshops, we've been able to send several staff members from the Inpatient Dept., Home Health Dept., and Our Island Home to off-island seminars, and funded the tuition for one Maternity Dept. nurse to attend a conference on grief after pregnancy or newborn loss.

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The Success of the Dreamcatcher Dinner & Auction

Our 13th Annual Dreamcatcher Dinner and Auction was held at Galley Beach on Sunday, June 11th – a beautiful evening after a very windy and stormy day!

Many, many thanks go to all of the volunteers from the community as well as our Trustees who helped to make this a tremendous evening for all, and to our first Honorary Chairpersons, Peter and Sarah Monaco, for their generosity and loyal support over the past several years. This year we were fully underwritten for the first time, so we wholeheartedly thank the event Underwriters. Thank you also to Great Point Properties for this year's Angel Table. Begun last year by an anonymous community member to show her appreciation, a table of 10 is sponsored and reserved for our dedicated volunteers.

A traditional highlight 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 the generosity and emotion that was expressed by each bidder as they dedicated their donation was wonderful to see and hear. There were 14 bidders who donated a total of \$19,000. And then, Rafael auctioned himself! After teasing about retirement, he asked for donations of \$500 so that he would return again next year – this was great fun...28 bidders raised \$15,500. And for the 3rd year, we set aside one of our live auction offerings and dedicated the income to our sister hospice in Cradock, South Africa. Thanks to an anonymous donor, we were able to match the winning bid and raised a total of \$14,000 – which will be used to help the Cradock Hospice – primarily to become a fully independent hospice.

Again we 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.

(Director's Report continued)

As always, we are very appreciative of our volunteers, who have provided more than two hundred hours of direct service to our hospice patients, of our team members, Ginnie Faria, Program Assistant, Nan Stelnitski, Hospice Counselor, Peter MacKay, MSW, Tim Lepore, M.D., and Rev. Joel Ives, Spiritual Counselor, of our colleagues from the hospital's Home Health, Emergency, Inpatient, Oncology, maternity, and Social Services Departments, with whom we work so closely, and of the staffs of Our Island Home and Elder Services.

We are particularly indebted to the Board of HCONF for the tremendous amount of work done to support this Hospice Program. Without the work of the Foundation, most of what we offer would not be possible.

Upcoming & Ongoing...

November is National Hospice Month & Caregivers' Month

Tree of Remembrance Service - November 19 at 4PM in the Jared Coffin House Gazebo Garden

Coping with Cancer Support Group - every other Monday, 1-2:30 PM, for persons with cancer and those who love them

Teleconference - Thursday, March 22, 1:30PM
"Living with Grief Before and After Death"

Tree of Remembrance Service



This year's annual memorial service, will be held on Sunday, November 19th, 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. Once again, we've been invited to 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.

As always we sincerely thank those families who have directed that memorial contributions be made to 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.

Announcing a new service **COACHING FOR CAREGIVERS**

Private consultations are available, in the home or our office, with a nurse practitioner, for family members who help care for a family member or friend who needs some assistance due to illness, disability, or frailty.

Caregivers can request an overall evaluation of their situation, including an assessment of the person they help care for, and can receive information, support, and education about various topics, e.g., the disease process (including Alzheimer's Disease); managing medications; giving personal care; maintaining safety; planning for future health care needs; caring for themselves while caring for someone else; etc. Referrals for other services may also be made.

In addition to this new program, other services of our Caregivers' Connections Program are also available and include:

- * **Volunteers** – can provide 1 1/2-2 hour/week for respite breaks for caregivers, or can help with errands, transportation, etc.
- * **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.
- * **Caregivers Support** groups or private sessions
- * **Alzheimer's Disease Educational Consultations** for caregivers of persons with the disease
- * **Lending Library** of caregiver-related topics

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

Coaching for Caregivers is being partially supported by a grant to Hospice from Elder Services of the Cape & Islands, to whom we are sincerely grateful for both their funding and continued confidence!

Tapestries

A supportive program for grieving children & their families

Tapestries, now in its third year, is a program where young people come together with other young people and specially trained professionals and volunteers on a biweekly basis, and have an opportunity to gently process their grief. Through talking, artwork, play, quiet time, and high energy activities, they have a chance to remember their loved one, and to be with others 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.

As with all of our Hospice programs, *Tapestries* is offered free of charge.

For further 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.

DID YOU KNOW.....

that our hospice, unlike other hospices, is available not only for persons with terminal illness, but also for people who are expecting to recover from cancer or other serious illness? Our services include mentoring people to heal as much as possible, regardless of their prognosis.