

Hands Across the Water

Since our last newsletter, we've continued to enjoy our ongoing relationship with Cradock Hospice in South Africa, our part of a U.S. Hospice effort to provide mentoring and moral support to our colleagues in this beleaguered region of the world.

Last year, at our Dreamcatcher Auction, one item was specifically earmarked for Cradock and an additional donation was offered, enabling us to send them a gift of \$2,000. We were also delighted to sell artwork and crafts made by the staff and patients of Cradock, earning an additional \$1,000. This year we hope to do the same. The money was very much appreciated and was used to fund the day care center they developed for the children they care for, who've been orphaned by the AIDS epidemic.

More than providing funding, we've worked hard to try to link Cradock to other sources of information and support that might be available through other organizations.

If anyone is interested in participating in these efforts or in making a donation for Cradock Hospice, please let us know.

Joyful Living Despite Chronic Illness

Sponsored by the Nantucket Institute of Spirituality & Health

Throughout the weekend of March 10th & 11th, several presentations were provided free of charge to the community by Dr. Jeffrey Boyd, MD, author of *Being Sick Well*. Dr. Boyd is a practicing psychiatrist, chair of Behavioral Health at Waterbury Hospital Health Center, and chair of the spirituality committee for the American Academy of Psychoanalysis and Dynamic Psychiatry.

Providing a choice of four different sessions, Dr. Boyd shared his expertise and experience about how to maintain wellness and develop strategies for joyful living on a daily basis while coping with chronic illness or conditions. Patients, caregivers, and health professionals greatly benefited from his insights. His book, which outlines 20 strategies for maintaining wellbeing while living with chronic illness, is available for loan from our Hospice library.

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Hospice Currents

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Are You Prepared?

The following is an interesting report on caregiving, reprinted for our readers with permission of the Hospice News Network (vol.10, no. 10, 3/7/06)

Johnson & Johnson Consumer Products Company has launched The Caregiver Initiative, a national campaign "designed to call attention to the vital role that family caregivers now play, to help them maintain their own health and well-being while they care for others, and to prepare all Americans to better recognize and accept the responsibilities of caregiving that may well affect them personally as our society ages." More than 20% of the US population will be 65 or older by 2030 and will be cared for by family caregivers who will provide more services for free than the federal government will in all other settings combined.

The campaign stems from a national survey that found Americans "unprepared to care" for others. The survey also found that "this lack of preparedness could have serious social implications as our baby boomer generation continues to age." Other results include:

- * Twenty-two percent of Americans are now caring, unpaid, for a relative or friend.
- * Forty-four percent of those caregivers are men.
- * The majority of these caregivers are over age 45.
- * This caregiving may go on for decades, with 63% of caregivers now providing care for more than a year, 37% for up to four years and 26% for more than four years.
- * Fifty-eight percent of caregivers say they are not well prepared to handle insurance matters.
- * Fifty-six percent of caregivers think they are not prepared to help with medications.

Compounding the problem is the fact that Americans are not prepared to be cared for either.

As President of the Foundation...



It is my great pleasure to announce that Peter and Sarah Monaco are the Honorary Chair-Persons of the thirteenth Annual Dreamcatcher Dinner and Auction to be held at Galley Beach on Sunday, June 11, 2006.

This fabulous evening will begin with aperitifs and Spanky's ever-popular raw bar. The cocktail hour will be followed by dinner served al fresco in a gala tent on Cliffside Beach. The gourmet dinner, prepared by the Galley's Chef de Cuisine, will be served with wines that have been selected by hosts David and Geoffrey Silva to complement each course.

This year we are once again including a Silent Auction which will start at the beginning of the cocktail hour. The many exciting items will be on display in the main tent with something for everyone - don't forget to stop by and place your bids. The main event will be the Live Auction and once again Rafael Osona will lend his wit and powers of persuasion to the task of raising funds for our Nantucket Hospice. Offerings include many unique Nantucket experiences, dinners at local restaurants, a special item dedicated to our sister hospice in South Africa as well as trips to many exciting destinations including a BACKROADS cooking trip to Italy, a week in Maui and one in England, skiing in Telluride and one week each in France (at Denis and Susan Toner's house in Beaune) and Santa Barbara, CA. Be sure to make your reservations as this will be an evening not to be missed. We look forward to seeing you in June at Galley Beach!

Gussie Beaugrand

- * Only 40% have living wills or healthcare powers of attorney.
- * Thirty-five percent have purchased disability insurance or investigated assisted living situations.
- * Only 27% have long-term care insurance.
- * Slightly more than one-third have talked to a relative or friend about caring for them in the future.

US Surgeon General, Vice Admiral Dr. Richard H. Carmona, has issued a "prescription" for the family caregivers, aimed at managing the stress they experience. The Caregiver Initiative will work with Carmona, the Administration on Aging and national aging and caregiving organizations to educate people who are actually doing the caring.

(See the sidebar to the right for Dr. Carmona's advisory for caregivers >>)

Several excellent websites, which offer both educational information about caregiving and support for caregivers, include: www.strengthforcaring.com; www.caringinfo.org; www.caregiver.org.

(continued on page two)

Prescription for Caregivers: It is Important to Care for Yourself

Being a caregiver for someone you love is one of the greatest gifts you can give, but it can also be very stressful. As you care for your loved one, there are resources that can help and things you can do to ease the strain on your own health and well-being. Here are some ways to care for yourself while caring for your loved one:

- Talk to your doctor if you feel depressed or anxious. Signs that you may need help include crying more, sleeping more or less than usual, changes in appetite, and lack of interest in your regular activities.
- Find out about sources of support and help in your community. Reach out to family members, friends, neighbors, your place of worship, your Area Agency on Aging or your workplace for help with caregiver tasks.
- Realize that your health matters - it benefits everyone if you stay healthy and less stressed. Visit your doctor every year for a check up and be sure to get a flu shot.
- Be aware of the toll stress takes on your health. Try to find time for exercise, eating well and sleeping enough.
- Learn about the condition your loved one is facing and how it may affect his/her physical and emotional state.

(...Are You Prepared...continued from page one)

For Our Nantucket Caregivers:

Hospice Care of Nantucket has developed a wide range of educational and supportive services through our Caregivers' Connections Program, which are available not only to caregivers of terminally ill patients, but to caregivers of persons with any chronic illness or disability. Through this program, we offer private educational/counseling sessions with professional staff, available in any setting - home, office, hospital, nursing home, etc; qualified volunteers for practical assistance, companionship, support, errands, transportation, brief respite breaks; groups, facilitated by professionals, for education, support, and socialization with other caregivers. Please visit our own website at www.hospiceofnantucket.org.

"Time Out" a new program, which we added this year, is focused on teaching specific stress reduction strategies for caregivers. (see "Time Out" below)

Our Alzheimer's Disease Educational Consultations, which we added last year, are now available through our own professional staff.

As always, all of these services are offered free of charge. Our goal is to empower caregivers and to help them care for themselves, as well as those they love.

Time Out: A stress reduction program for Family Caregivers

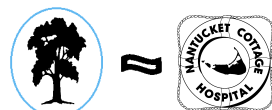
Time Out, a new stress reduction program for family caregivers, is being offered with the assistance of a grant from Elder Services of Cape Cod & the Islands, and complements the Caregivers' Connections program, begun by Hospice two years ago, in an effort to provide education and support for caregivers of persons with any chronic illness or disability.

The goal of **Time Out** is to provide specific, individualized education and care aimed at reducing stress, and to provide these services in a time and place convenient for the caregivers. Individual and group sessions are offered by qualified staff, and focus on helping caregivers identify stress factors in their lives, learn about the impact of stress, and experience specific techniques that will help relieve their stress. Caregivers are able to choose from a variety of techniques, including, meditation, journaling, music, art, yoga, reiki, jin shin jyutsu, massage, emotional freedom technique, and others.

If interested please call the Hospice Office at 508-825-8325. This program is free of charge.

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

*The family and friends of Marla Ceely Lamb invite you to their annual **Mothers' Day Dinner and Auction, on Saturday, May 13th.** This event, in addition to this year's Winter Hoe-Down fundraiser, and donations to the MCL Transportation Fund throughout the year, helps maintain the support for patients with cancer who must travel off island for treatment.*



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.

Visit our website @ www.hospiceofnantucket.org

Tapestries - Children's Grief Support

The second session of *Tapestries*, our supportive program for grieving children, teens, and their families, began on March 14th. Group sessions, for both the children and the adults, facilitated by bereavement professionals and specially trained volunteers, continue every other Tuesday evening through June 6th, to be resumed in the fall.

Tapestries, like all of our Hospice programs, is free of charge, and funded through donations to Hospice Care of Nantucket Foundation. We extend our sincere thanks to the First Congregational Church for generously providing a space, especially since the program is not affiliated with the church, and to Nantucket Golf Club's Children's Charity Classic for the generous grant.

For further information or to register, please call 508-825-8325 or email: hospice@ackhosp.org.

Live Teleconference: Pain Management at the End of Life

Each year Hospice Care of Nantucket hosts the Living with Grief teleconference produced by Hospice Foundation of America. This year's program, Pain Management at the End of Life, which was presented live via satellite, focused on: assessing pain at the end-of-life; strategies for the management and relief of pain; the roles of physicians, nurses, social workers, chaplains and clergy, hospice volunteers, pharmacists, families and patients in managing pain. The program also focused on the barriers to effective pain control at the end-of-life and ways to eliminate or minimize these barriers, as well as some of the misconceptions surrounding pain medications at the end of life.

Many new insights into the treatment and assessment of pain as well as policy and legal issues at the end-of-life were gleaned by health care providers and the general public alike. **"Pain relief is the right of all patients, and it is the responsibility of all health care professionals to work diligently to provide it", said Charlene Thurston, Director of Hospice. "This is never more important than for patients nearing end of life."**

Once again we thank the Nantucket Public Schools for generously providing the space and the satellite link. The local discussion following the broadcast was facilitated by Charlene. This 13th annual teleconference was open to the public and free of charge. For further information or access to the resource materials or the videotape from this teleconference, please feel free to contact the Hospice office.

Upcoming & Ongoing...

Dreamcatcher Dinner & Auction:

June 11, 2006, 6:00 PM at Galley Beach

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 second and 4th Thursday of the month

A Lion in the House: On PBS, June 21 & 22 - a national broadcast to highlight the issue of childhood cancer

Did You Know?

Hospice is available to help with Advance Care Planning, including Health Care Proxies and Living Wills. Please don't hesitate to call our office for assistance - free of charge.

Hospice Care of Nantucket Foundation

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