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### Palliative & Supportive Care of Nantucket Foundation

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Palliative & Supportive Care of Nantucket Foundation is a not-for-profit tax exempt public charity.

### The Dreamcatcher Dinner & Auction

Thanks to all who helped make the 19th Annual Dreamcatcher Dinner and Auction a huge success! It was a perfect night under the tent at Galley Beach. A great time was enjoyed by all! Plans are already underway for next year's event June 9th so stay tuned.



Photo by Carrie Riden

We sincerely thank those families who have directed that memorial contributions be made to Palliative & Supportive Care of Nantucket Foundation. Because of these donations we are able to continue to provide services free of charge.

### Nantucket Mystery Art Show...Stroll Weekend, Friday, Nov. 30th, 5-7 PM

Come buy a beautiful piece of artwork by a Nantucket artist and benefit the Marla Ceely Lamb Fund! Thanks to the Quidley Gallery and Nantucket artists who donate their work we've raised over \$25,000 over the past 2 years for this very important cause!



Be sure to come out and join in our annual daffodil planting. November 17th at 9:00 am. (Please check our website, [www.pascon.org](http://www.pascon.org) for the planting site.) It's a wonderful community event and part of our effort to spread hope and beauty across the island. Palliative & Supportive Care of Nantucket has planted over 50,000 bulbs in recent years.



### The Holidays are Coming!

Consider contributing to PASCON in lieu of traditional holiday gifts this year. Charitable donations are great gifts for friends, family, employees, and co-workers and are tax-deductible!



### 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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### Program Director's Annual Report

by Charlene Thurston, R.N., A.N.P.

Each fall we take the opportunity to look back on the work we've done over the past year to reflect on how well we've served our community and to identify any areas in which we feel we could be doing better or offering more. It's always interesting to review the needs of our patients and their families as well as to scroll back through our calendar to be reminded of what we've done.

When we reviewed the past year, we found that we've provided end of life "comprehensive care" to 31 patients who have died on Nantucket, which represents 43% of people who have died on Nantucket from any cause. We've provided palliative care consultations to a total of 56 clients with earlier stages of life-threatening illness for a total of 181 private visits, and caregiver support to 34 family caregivers of persons with chronic illness in addition to the family members of patients receiving our comprehensive end of life care services, for a total of 140 sessions. In our bi-weekly Coping with Cancer Support Group, we served 29 clients, and we've provided grief support services to 18 clients in 60 visits, in addition to the family members of patients receiving our comprehensive end of life care services. Lastly, our administrative assistant has disbursed the Marla Ceely Lamb Fund to 95 clients, providing approximately 6 hours/week of assistance and support to persons with cancer who must travel off-island for treatment. These figures represent a significant increase in palliative care visits, grief support visits, and caregiver support visits and a fairly constant number of end of life "comprehensive care" patients served compared to the previous few years. Of particular note is that the number of palliative care visits for persons with early stage disease increased by close to 40% over last year, which had already risen markedly from previous years. Since our goal in changing our name was to reach out to serve this population of patients, we're gratified to see that we're achieving it.

In addition to providing direct care to patients and families, we remain committed to working with our colleagues in other organizations and enhancing and improving end of life care throughout the health and human services community. During the past year, we've hosted a series of 3 webinars on Spiritual Care at the End of Life and invited clergy, health, and

### Tree of Remembrance Service



Sunday, November 18, 2012  
4:00 PM

Gazebo Garden of the Jared Coffin House

Please join us to share in this very special event and share in the beginning of the holiday season. Scallop shells are provided to write names of those we wish to remember and are then placed on the tree. This brief but moving interfaith ceremony is a peaceful and special way to memorialize and honor loved ones who have died. All are welcome. After the service we will gather for refreshments at *Dune*, 20 Broad Street.

human service professionals, as well as the general public, to attend. Developed by Hospice Foundation of America, the webinars featured well known experts in the field and focused on ways that spiritual issues can emerge at end of life and approaches in care that could help alleviate distress and enhance meaning.

We've also joined many other hospices across the nation in focusing on the needs of veterans at the end of life, and, last November we hosted a presentation of "Wounded Warriors: Their Last Battle" by Deborah Grassman of the VA Medical Center in Bay Pines, Fla., to which the same community of providers and the general public were invited.

Each year we also try to provide opportunities for hospital and Our Island Home nursing staff to attend off-island conferences on end of life care. Within the past year we were delighted to sponsor 2 nursing assistants from Our Island Home and 1 from NCH to attend the Hospice & Palliative Care Federation of Massachusetts *Clinical Review* for the Hospice and Palliative Care Nursing Assistant. Such specialized courses for nursing assistants are not offered very often, and, since nursing assistants provide so much care to patients, we were very grateful to have this opportunity. Moreover, they're all planning to take a certification exam to be certified

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*Program Director's Annual Report continued from page 1*

Our own staff must keep abreast of advances in the field as well, and, over the past year, our Palliative Care Counselor, Nan Strelnitski, RN, MS, has achieved certification in Thai Shiatsu Massage, a gentle and nurturing form of bodywork which we offer to any of our clients who are interested, and from which they report benefiting greatly. Nan's work has continued to be profoundly healing to the clients she serves, whether they are coping with illness themselves, caring for a loved one with an illness, or grieving the loss of someone close.

As the Nurse Practitioner and Program Director of our services, attending the Palliative Care Update Seminar by Harvard Medical School, provides the overview needed to keep abreast of the information and skills necessary to provide high quality, palliative care to patients with a variety of life-threatening illnesses.

This summer we were delighted to participate in two events which brought us to the water. In July, we, along with Nantucket Cottage Hospital, were the beneficiaries of a portion of the proceeds raised by Swim Across America, an organization which had its start in Nantucket in 1987 and whose mission is to raise funds to help support cancer research, treatment, and prevention. Many of our patients, volunteers, staff, and board members supported the effort by swimming, donating, or volunteering on the shore and a great time was had by all. We're very hopeful that the event will be repeated next year and that more of the proceeds will stay on Nantucket to help support our work. To see photos and more information, visit their website at [www.swimacrossamerica.org](http://www.swimacrossamerica.org) and search for Nantucket.

This August, Sailing Heals and Panerai came to the island and treated many of our patients and their guests to a beautiful sunset cocktail party on the tall ship, Pride of Baltimore II, and, together with Nantucket Community Sailing and several volunteer host captains, an afternoon of sailing in Nantucket Harbor. Sailing Heals is an organization which strives to provide persons with cancer and their guests a day of healing out on the water, and all who participated were so grateful for the experience. For more information, you may visit their website at [www.sailingheals.org](http://www.sailingheals.org).

As we look toward the coming year, we'll continue, of course, to further enhance the quality of the services we already provide, while also identifying opportunities to add further dimensions to our work. Over the coming year, we'll look more at the needs of distress management and survivorship for persons with cancer and other life-threatening illnesses and strive to increase awareness of those needs among general healthcare practitioners, as well as adding depth to our own services to address those areas. Our goal has always been to help integrate supportive services into the general healthcare system in order to maximize well being of all patients.

As always, we're truly grateful to our Palliative & Supportive Care Foundation for their tireless efforts in supporting all of our work, and to you, the people of Nantucket, who donate to this cause. Since all of our services are offered free of charge and are not reimbursed by insurance, without your support, our services would not exist.

*...a loving poem written by a family member of one of our patients...*

**Casting Off**

Her unseen guests float in and out,  
on a stream of unfinished business, chattering  
shadows, sudden ripples in the veil.

She studies a tumbled river, deciding where to cross.  
What she sees is beyond them, a conundrum  
for the daughters who ring round her,

beloved charms on a chain of light. She drifts  
on ribbons of words that pull her to  
and fro, as her children chant it's alright, *it's time,*

*your work is done.* Her sons would carry her,  
hoist her high, lift her over if they could.  
But this line is her own to draw. When she's finished

she'll unlace the ties and step over, leaving  
those who love her loosened, unanchored  
for a time against the stiffening breeze.

*Rebecca Clark*

**Swim Across America** ..... Start planning your swim for 2013 and help support our cancer services!!!



*Photo by Beverly Hall*

The Roethke family, one of the first to form a team, raised over \$6,000 at Swim Across America's Island Swim. A portion of the proceeds from the event will go to Palliative & Supportive Care of Nantucket and to Nantucket Cottage Hospital.

*In all that we do, our most important and profound intention is to help people heal – to become whole, even in the midst of their life-threatening illness or grief and loss. We commit ourselves to connecting with our patients and their families in a way that makes them feel acknowledged and cared for on a very deep level.*

**The Marla Ceely Lamb Fund**

Thanks once again to the extraordinary dedication and generosity of the people of the Nantucket community, and Marla's friends and family, the Marla Ceely Lamb Fund continues to grow and be an essential resource in the community, serving 95 people this year. The generous gift from the Hospital Thrift Shop, the Nantucket Mystery Art Show at the Quidley Gallery, the Mothers Day Dinner and Auction, the 5th Annual Kelly Culkins West Walk for Travel, a grant from the American Cancer Society, several sports fundraisers, Ashlie's Mad Mia sales, gifts from the Nantucket Yacht Club and Rotary Club, as well as other generous tributes received throughout the year, have all contributed to keep this valuable fund supported. Many thanks to the Quidley Gallery for planning another Nantucket's Mystery Art Show, again scheduled for Stroll weekend. We also continue to express sincere thanks to Cape Air/Nantucket Airlines, Island Airlines, the Hyline, and the Steamship Authority, for all of their assistance with the transportation needs of our patients. Please call our office at 508-825-8325 for more information.

**Coping with Cancer Support Group** meets every other Monday, 1:00 - 2:30 PM, for persons with cancer & those who love them.

**Caregivers Connections:**

Family caregivers of persons with any long term illness or disability can access education, support, and practical assistance from our staff, in their efforts to provide care for their loved one as well as remembering to take care of themselves.

Services include:

- **Coaching for Caregivers** – one on one consultations with our Nurse Practitioner on any aspect of care; individualized assessment of needs and individualized plans for support;
- **Time Out** – every 2nd and 4th Wednesday of the month, 1:00—2:00 PM 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;
- **Volunteers** – can provide 1 ½-2 hour/week for respite breaks for caregivers, or can help with errands, transportation, etc.; Lending Library of caregiver-related topics.

**All our services are free of charge! For more information or an appointment, please call our Office at 508-825-8325**

**Children's Services**

- Through our Tapestries Program, Palliative & Supportive Care of Nantucket offers:
- 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.

**As always, these services are offered free of charge.**

**Memorial Plantings**

Palliative & Supportive Care of Nantucket Foundation offers Memorial Plantings that can serve as a reminder of a special life and will be enjoyed for generations to come. Foundation staff will work with the donor to choose the appropriate tree, shrub, or other plant and to coordinate logistics. Gifts show the family love and support and also help us provide invaluable services to the island community. Visit [www.pascon.org](http://www.pascon.org) for more information or to purchase your Memorial Planting.

**Sailing Heals....**



*...a beautiful day of sailing for many of our patients & their guests*

*Photo by Claudia Kronenberg*