

Children's Services

Through our Tapestries program, we offer:

- 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.

The Perfect Gift

Not sure what to give friends and family this year? Tired of giving gifts they don't really need? Why not give the gift of charity? Forget all that holiday shopping stress and make a donation for everyone on your list!

In Honor of National Hospice & Palliative Care Month



First and second grade students at the Nantucket New School were asked to think about what it means to care for other people and to create something that illustrates this important act. For one it was simply sharing a cookie. For others it was holding a hand.

Be sure to check out all of the students' interpretations of caring in the Nantucket Cottage Hospital lobby during the month of November where their masterpieces will be on display.

As is so often the case, looking through the eyes of a child gives us new perspective and reminds us that we don't need to go to great lengths to care for others. We need just offer a hand...or a cookie.

Experience Acupuncture

Mention this ad when booking your initial consultation with Island Acupuncture & Associates during the month of November and 50% will be donated to PASCON.

If you're looking to naturally enhance your health, promote healing, and take care of your body, give acupuncture a try! A unique combination of Western and Eastern techniques is used to optimize your health and well-being. Call (508) 228-6898 to schedule your consultation.

Treat your feet

Throughout November, Darya Salon & Spa is offering a Spa Pedicure for \$75 with a 15% donation to PASCON.

Start by soaking your feet in a warm soothing tub, then enjoy cuticle treatment with Vapour organic pomegranate seed oil. Your choice of pumpkin or ginger foot exfoliation, followed with your choice of hydrating warm organic green tea paraffin mask or detoxifying clay mask. Relaxing hot towel wrap and finished with a leg and foot massage.

Endless Pasta and 50¢ Wings

Enjoy dinner at Crosswinds Restaurant on Wednesday, November 20th and 10% of net sales will be donated to PASCON.

Order anything off the regular menu or take advantage of the "all you can eat" pasta special and 50¢ jumbo wings!

Catch a Movie

Dreamland will donate 25% of all ticket sale proceeds from a show on Sunday, December 15th to PASCON.

Check our website as the day gets closer to see which movie it will be and enjoy the show!



PALLIATIVE & SUPPORTIVE
CARE OF NANTUCKET
FOUNDATION

A Partnership in Caring



NANTUCKET
COTTAGE HOSPITAL

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 Currents

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Fall 2013

New Volunteers Ready to Serve

For the first time in several years, we offered a new volunteer training this past spring and added 7 new volunteers to serve our patients.

Several people had been asking us over time if we could please put them on the "new training" list. While in the past we'd used a series of 8 weekly meetings to teach the course, this year we tried a new approach and had our trainees log onto an excellent online independent study training program for much of the didactic information, supplemented by written

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Tree of Remembrance Service

Sunday, November 24th - 4 pm
Gazebo Garden of the Jared Coffin House



Please join us and share in this very special event at 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.

Help for Family Caregivers

Caring for a loved one with a long-term illness or disability is a 24-hour job! The physical and emotional stresses can be overwhelming. Through our Caregivers Connections program, we provide family caregivers education, support, and practical assistance.

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 second and fourth Wed. of the month, 1-2 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** – 1½ - 2 hours/week for respite breaks or help with errands, transportation, etc.;

- **Lending Library** – large selection of caregiver-related topics.

All of our services are completely free of charge! Please take advantage of all we have to offer. For more information or to make an appointment, please call our office at (508) 825-8325.

National Hospice and Palliative Care Month

This month we join hospice and palliative care providers across the nation in celebrating the unique system of support and the benefits provided by the loving care of PASCON and organizations like ours. Please take a moment this month to learn more about the services we provide. Visit our website. Give us a call.

We thank and honor all of our volunteers who give so much of themselves to improve the lives of our clients. We also honor the family caregivers who so often go unrecognized.

Upcoming & Ongoing...

Annual Daffodil Planting - Saturday, November 23rd - 9 am - Heller's Way

Tree of Remembrance Service - Sunday, November 24th - 4 pm - Jared Coffin House Garden

Mystery Art Show - Friday, December 6th - 5-7 pm - Quidley & Co., 26 Main Street

Coping with Cancer Support Group - every other Monday - 1-2:30 pm - PASCON, 57 Prospect Street

"Time Out" Caregivers Support Group - every 2nd and 4th Wednesday - 1-2:30 pm - PASCON, 57 Prospect Street



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Reflections on 25 years

by Charlene Thurston, ANP, Program Director

It's hard to believe that I recently passed my twenty-fifth anniversary in my role as director of our program! What started as a way to stay connected professionally during child-rearing years, quickly became my life's passion as I learned more and more about the then new service called "hospice", which was blossoming internationally. Thanks to Louise Wareham, Nancy Minus, Joan Altreuter, and many other fine people from St. Paul's Church who came up with the idea that Nantucket should have a hospice, and to the forward thinking people at Nantucket Cottage Hospital who were willing to give it a start, we grew and developed into the program that we are today.

I've been blessed to have been a part of it, from its first volunteer training, to the first president of its new board of directors in 1983 when it started as an all volunteer program, to its first professional hired as the program director and nurse in 1988. While many things have grown, our core values were developed on such a solid foundation that they have endured and continue to guide all that we do.

As for my personal growth over these years, I have never once regretted taking this path in my career and continue to find it deeply satisfying and enriching in both my personal and professional life. While many ask whether this work is depressing, my answer is that it's the most rewarding work I've ever done. When one accompanies a patient and family on their journey through serious illness, whether it ends in cure, advancing illness, or death and bereavement, it truly is a privilege to be allowed into such an intimate time of their lives. To be able to help make that experience as bearable as possible is what



"When one accompanies a patient and family on their journey through serious illness, ... it truly is a privilege to be allowed into such an intimate time of their lives."

we're called to do. To see the growth that so often occurs for both the patient and the family is the gift we receive. These experiences add so much to our own lives, like repeated lessons we learn in how to live and how to die; how to endure, and how to grow, even in life's most difficult or most final moments. There are times when it's painful for us as clinicians, especially when we're unable to relieve symptoms or angst to the degree desired despite our best efforts. Fortunately, those situations are rare. Overall, this work is incredibly inspiring and enriches us over and over again.

I am sincerely grateful to the people of this community who've welcomed me in, to the hospital which has been my professional home since arriving in Nantucket in 1973, to our compassionate and skillful team who've contributed so much to the care our patients receive, and to the incredible people who've served on the Board of Directors for first Hospice and now Palliative & Supportive Care of Nantucket Foundation, and who've made this program possible by their tireless advocacy, support, and fundraising efforts.

*All of our services are free and are made possible by your donations.
Thank you so much to all those who have contributed this year.*

Year in Review Program Director's Annual Report

It has been an interesting and busy year! In reviewing our patient care statistics, we see that the amount of care we've provided overall has increased significantly. This summer was particularly busy both with increased numbers of patients and in the complexity of cases. We've also seen a greater number of summer residents returning to the island while needing hospice services, and we are receiving more and more requests for services from vacationers who were being served by hospices off-island.

This spring we enjoyed interviewing, training, and adding several new volunteers to our team and look forward to working with them through the coming years. We also began the hard work of making this summer's Swim Across America's Island Swim the resounding success that it was and are so grateful to everyone who participated in any way. Funds raised from the swim will be shared between NCH and PASCON for cancer care on the island, and our portion of the funds will allow us to develop a designated Cancer Care Support Program for patients with any stage of cancer and their families. This will include cancer navigation and survivorship services which are so important for patients living with this disease.

A new state initiative, which will be fully implemented in 2014, is the use of MOLST (Medical Orders for Life Sustaining Treatment) for persons with advanced illness, and we're working with colleagues at the hospital and other key organizations to integrate the process into Nantucket's procedures. The movement for developing medical orders to guide care at the end of life, in concert with the patient's wishes, started several years ago in other states and is now being implemented in Massachusetts. Although the intent and content is similar to some advance directives, these would actually be a set of physician's orders, developed in conversation with

Last year we provided

- End-of-life care for nearly 50% of all those who died on Nantucket.
- Palliative care to 60 people in earlier stages of illness.
- \$75,000 disbursed to nearly 100 cancer patients through the Marla Ceely Lamb Fund.
- Over 250 hours of volunteer patient support.

the patient, for what healthcare providers are to do or omit should the patient be in a life-threatening situation. Funeral service issues for the island are of great importance and we strongly urge community leaders and members of the public to participate in seeking viable options for the future should we lose our local funeral home.

A significant part of our program is providing information, coaching, and support to family caregivers of persons with long-term illness or disabilities and a survey of our caregivers revealed that it's been a very valuable service. Whether they've received individualized information to help them meet their needs, respite breaks while one of our volunteers sits with their loved one, Time Out support group sessions so that they can meet with other caregivers, or relaxation/stress management opportunities,

they've been most appreciative.

This summer, twelve of our patients and their families were treated to sailing afternoons through Nantucket Community Sailing and Sailing Heals. It was a great opportunity to enjoy a day out on the water as well as spend time with other guests, and we thank NCS and Sailing Heals for offering such a fun, stress-free day to our patients.

Over the coming year, in addition to caring for the many patients and families we serve, we'll be developing the Cancer Care Support Program, moving forward with implementation of the MOLST program, and working with the community in helping to address funeral home services needed. With our staff nearing retirement age, we'll be working with the hospital, visiting nurses, and other organizations to plan for the future and explore options to ensure excellent comprehensive care for island residents for years to come.

As always, we're so grateful for our colleagues throughout the health and human service community of Nantucket for the compassionate and skillful work they do, and for our Palliative & Supportive Care of Nantucket Foundation for its commitment, enthusiasm, and hard work to keep this organization afloat.

Michel Magee...In Memoriam

We at Palliative & Supportive Care of Nantucket were saddened by the death of one of our valuable and longtime volunteers, Michel Magee, who died this August after a long illness. Michel had been a dedicated volunteer since 1997 who served our patients with deep compassion and gentleness over many years until becoming ill herself. She was generous in sharing her experiences, insights, and wisdom with other volunteers within our organization and in the national hospice community, as well as with the general public. Michel was interviewed in the Spring 2008 National Hospice Volunteer Association newsletter. Her views were also featured on the Volunteer page of our site for years. Her loss will be deeply felt.

Tremendous Support for Island Swim

Strong winds and rough waters couldn't stop nearly 200 people from "making waves to fight cancer" in Swim Across America's 1st Annual Nantucket Island Open Water Swim at Jetties Beach on Saturday, August 24th. The outpouring of community support was astounding! Proceeds will be split between PASCON and Nantucket Cottage Hospital for cancer care on island. Thank you to all swimmers, donors, and supporters who made the event such a success! Special thanks to Event Co-Directors Jim Pignato and Jill Roethke and Fundraising Chair Jenny Paradis.



All photos courtesy of Claudia Kronenberg Photography



SWIM
ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★



Volunteers continued from page 1

reflections, one-on-one interviews, and live sessions for all volunteers. This allowed participants to work around their own schedules and places of residence for most of the program.

We welcomed a great group with varied backgrounds and experiences and have been excited to add them to our roster of wonderfully seasoned volunteers! One of our new volunteers, Nancy Newhouse, agreed to share her experience with the training program and her first patient care assignment.

Thoughts from a new volunteer by Nancy Newhouse

Last spring I signed up to take the training to become a PASCON volunteer here on the island. I was assured that although my husband and I are away a couple of months during the winter, my services could be used.

This volunteer work is something I have wanted to do for a long time and now the opportunity presented itself, because of the new online training format available.

Years ago, in 1979, when I lived and worked in Washington, DC, I became part of a Blue Cross, Blue Shield pilot project for Hospice at The Washington

Home. I took the training program there and eventually became Volunteer Coordinator.

I loved the work with the patients and families. Now that I am a part of PASCON in Nantucket, I particularly like that the program is structured to be more inclusive in its outreach to those in need.

There are a variety of ways for volunteers to serve fellow members of our community. I have been serving as a scribe for my patient. While initially asked to fill in for his regular volunteer, Jane Duffy, who was unable to visit regularly in the summer months, we've now both been able to visit and help

him with his correspondence, emails, and other writings. Our patient is a published poet whose ability to construct his thoughts by memory amazes me.

Naturally, we have developed a friendship and our time together does include sharing of ideas about daily goings-on in the larger world.

Being a PASCON volunteer enriches my life and I am glad to have the opportunity to serve and be of help to another.

Following is one of our patient's poems, which we're honored to include with his permission in our newsletter.

The Art Class Room

My father's mind is escaping,
From his wheelchair he can see through the art room window,
A bright yellow line of sand,
A blue-green line of open sea,
A powder blue sky,
Though what they mean to him now I do not know.
He sits at the table with a red crayon,
Filling in the spaces of children's coloring book,
He keeps within the lines but it's all red.
Still, he surprises me sometimes,
Looks at me with something of his old smile, and says,
But it's not quite Rembrandt is it son?

-Avery Colt
5-8-13

Volunteers also help in ways not related to patient care

Thank you, Joanne!

Thanks to Joanne Damours, we finally have a computerized method for tabulating the numbers and hours of service we offer. Joanne has spent hours volunteering for us to develop a software program specific to our needs, and we're now able to enter data and print out reports instead of counting everything by hand.

How Volunteers Can Help

You may be wondering how you would find a volunteer useful. Some of the services they provide include:

- Staying with patients to give respite breaks to caregivers
- Driving patients to doctor's appointments
- Assisting patients and families with household chores
- Doing errands
- Taking homebound patients on outings
- Sitting with a patient who does not want to be alone
- Reading to the patient
- Listening to their story
- Helping patients and families record personal history
- Playing music
- Helping with creative projects
- Helping the families in their bereavement
- Being there

Support for the Marla Ceely Lamb Fund



Photo by Jim Powers/The Inquirer and Mirror

Running Man

Jules Embry-Pelrine had run for 24 hours and over 100 miles by 7 pm on Friday, September 20th! Quick to point out the staggering number of miles covered in the same period by world record holders, we're quick to point out that he is our record holder and is an awe-inspiring athlete and humanitarian who raised over \$2,500 for the Marla Ceely Lamb Fund! Thank you, Jules!



Photos by Logan O'Connor

The varsity field hockey team were among nearly 200 NHS athletes "Playing in Pink" last month to raise breast cancer awareness. Below, varsity football captain Dylan O'Connor's pink socks are a blur as he runs for a touchdown.

Playing in Pink

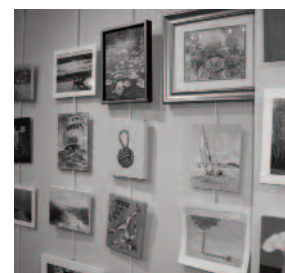
Now in its second year here on Nantucket, "Play in the Pink" raised over \$15,000 for the Marla Ceely Lamb Fund last month. What began as an effort of the varsity football team has grown to involve over 20 corporate sponsors and nearly 200 NHS athletes. Varsity football captain Dylan O'Connor received help from last year's organizer Keegan Bartlett as well as from other team captains and outside supporters in organizing the incredibly successful fundraiser. Thanks to all involved.



Businesses Lend a Hand

Nantucket Island Resorts donated \$1 for every new Like of their White Elephant and White Elephant Village Facebook pages during the month of October. Darya Salon & Spa donated the proceeds of all manicures and polish changes during its recent beauty workshop. Thank you!

Annual Mystery Art Auction



Friday, Dec. 6th, 5-7 pm
Quidley & Co.
26 Main St.

Do not miss your chance to purchase fantastic artwork at an affordable price!

To benefit the Marla Lamb Fund

We're excited to be able to offer Look Good Feel Better, a program of the American Cancer Society to help patients with cancer manage the appearance-related side effects of their treatment. Lynn Tucker, a PASCON volunteer and professional aesthetician, was recently trained by the ACS to offer this service to our patients and will offer sessions on cosmetics and head covering techniques. This is a free service and brand neutral cosmetics donated to the ACS will be provided to participants. Specific dates will be announced soon. Please visit our



look good feel better

HELPING WOMEN WITH CANCER

website or call our offices at (508) 825-8325 with questions or to register.

20th Annual Dreamcatcher Dinner and Auction



All photos by Brian Sager



Annual Daffodil Planting

In 2007 we started asking guests at Dreamcatcher to raise their paddles for "Daffys Along Milestone". Since then, we've expanded our reach to bike paths all over the island. We have planted over 60,000 daffodils along the Milestone and Old South Road bike paths and are excited to make an impact along the new Hummock Pond bike path this year.

We plant in honor of PASCON volunteers and staff, family caregivers who work around-the-clock, and all of the patients who benefit every day from care here on Nantucket. Our hope is that each spring the beauty of the daffodils blooming with new hope reminds passersby of the incredible role

PASCON plays in this community.

Over the years we have received support from a number of local landscapers including Champoux Landscape, Down to Earth, Ernst Land Design, J&M Landscape Services, Gregory Raith Landscaping, Nantucket Landscapes, Ryan Landscaping, and the Sconset Gardener. We have also been very lucky to have the support of the Nantucket Garden Club and the help of students from Nantucket New School.

Please join us on Saturday, November 23rd at 9 am to plant along Hellers Way. All are welcome. It's a wonderful way to give back and a fun time for the whole family!



We were thrilled to once again kick off the summer fundraising season with a fantastic evening at Galley Beach. Two hundred people turned out for our 20th Annual Dreamcatcher Dinner and Auction and were treated to a delicious meal courtesy of Galley Beach's new head chef Neil Ferguson. Auctioneer Rafael Osona led guests in an energetic and exciting auction of some amazing packages including a trip to the Grammy's and a Costa Rican adventure. During the gorgeous sunset, some guests took the opportunity to speak about loved ones and the impact our program has had on them. Despite the full tent, these testimonials were intimate and quite moving.

We thank everyone who helped make this year's Dreamcatcher a huge success! And we hope to see everyone in June at the 21st Annual!

Thank you, Judy!

Judy Waters retired from the PASCON Foundation Board last month after serving for seven years, most recently as Vice President. In addition to Board service, Judy served on the Dreamcatcher Auction Committee for 13 years and was instrumental in its evolution into a highly successful and highly anticipated annual event. Judy also led the charge to revamp our website and brought Boston Logic on board for web design.

Judy has been a champion of our cause throughout her service, educating many on our mission and our services and connecting us with many of our greatest supporters.