Year in Review

Last year we provided:
- End-of-life care for 50% of all those who died on Nantucket
- Palliative care to 75 patients in earlier stages of illness
- Over 275 hours of volunteer patient support

Your Support Keeps Us Strong

We are so lucky to have a community that values what we think is important...or that we don’t need to go to great lengths to care for people coping with cancer. For others it was simply sharing a cookie. For others it was an excellent online independent study course, while in the past we’d teach the course, this year we tried a new “new training” list. While in the past we’d have to do so, which means foregoing curative treatment, and their physician must sign an attestation that the patient’s prognosis is six months or less if the disease is non-terminal. Therefore, some patients may elect to forgo treatment. Through our Caregivers Connections program, we provide family caregivers education, support, and practical assistance. For patient families interested in forming a group; these services will continue to remain available as a resource for families.

Your Support Keeps Us Going

We are so grateful to all of our donors and want to share a few of those who are helping.

Nantucket Bank: Mike Hills-Flack awarded a grant of $5,000 to help pay for our ship’s crew for 2014. Ms. McLaughlin hosted a ship’s crew on the 12th and 13th of April during the event. The 12th offered an opportunity for the event. The 13th offered an opportunity for the event.

Annual Dreamcatcher at Galley Beach, A Great Success!

End-of-Life Care Services

As we go to press, the Cape Cod VNA, which has been the provider of visiting nurse services for Nantucket for the past several years, has begun offering hospice services on the island. Since they already provide a needs-based certification, we are able to add these to their offerings on the island. This will allow patients to access their hospice benefit immediately if they choose to do so, as an option when they are ready to add services.

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How We Can Help You

Individualized Care

Through consultations and follow-up calls, we offer a broad range of psychosocial, spiritual, and social, and spiritual care for patients with life-limiting illnesses and their families. Services are provided by our interdisciplinary team of professionals and volunteers, including providing education, support, and symptom management to the time of diagnosis and beyond, if at, or in, is possible, through advancing illness and end-of-life care. Services are provided in the most appropriate setting for our patients’ needs — in our offices, at home, in the hospital, or in the nursing home.

Caregiver Support

We added a new educational component to our Caregivers’ Connections program. The “Dealing with Grief” course, taught by experts in the field, will cover topics of caregiver issues and stress, and teach concrete aspects of stress management, as well as techniques for coping, such as meditation, massage, journaling, art, aerobics, and other stress-reduction strategies. Services provided either in groups or in private sessions.

New Volunteers

We are currently accepting applications for our Nurse Volunteer Program and Social Worker program. Applications and availability assessments are available upon request.

Volunteer Assistance

Volunteer trainings are available to help patients and families care.

How to help us

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 (800) 625-6252.

Dealing with Grief in the Holiday Season

Courtest of National Hospice and Palliative Care Organization

The winter holidays are generally seen as “the most wonderful time of the year.” But for those of us who are facing the death of a loved one, the holidays may instead be a time filled with pain and sadness. Even from those whom grief is not as fresh, the holidays may serve as a reminder of the loss—not only of that person, but tradition and meaning as well.

It’s important to make decisions that feel right to the grieving person and to give oneself permission to make new or different choices at the holidays.

Remember that holidays often occur on certain traditional dates and that making continuing traditions without a loved one may be comforting or may continue to hurt. For others, it may be more comforting to develop new rituals to help lessen the pain and immediate sense of loss.

While the holidays can be filled with meaning, they can also be filled with pressure and stress because of additional tasks such as shopping, baking, and decorating. Giving oneself permission to be encouraged to prioritize what needs to be done, and focus on letting go of what is overwhelming or too much can be helpful in this process. The holidays can bring opportunities to remember the person who has died in a way that is personally meaningful. Some families choose to participate in holiday activities, such as the Hospital’s annual Tree Light Ceremony. Others may choose to share special family traditions. Some may find that making a donation to a special charity or volunteering to help others in need in a comforting way to honor their loved one.

Palliative & Supportive Care of Nantucket Foundation

How to help us

We work collaboratively with others to empower patients and their families to make decisions from diagnosis onward and provide support and hope to families and their families deal with cancer and its aftermath. We empower patients to become active participants of their care.

Children’s Services

• Direct children to care with life-limiting illnesses and support for their families.
• Offer training toparents of children coping with the serious illness of a loved one.
• Education and support for families of children grieving.

Through our Tapestries program, we offer:

• Parental guidance for parents of children coping with the serious illness of a loved one;
• Group support sessions for grieving children and their parents/guardians when enough friends are not available;
• Education and support for families of children grieving the death of someone close;
• Coaching for Caregivers – one consultation with our Nurse Volunteer Coordinator, Carrie (Glidden) Riden;
• Education and support for families of children coping with the grief that accompanies the serious illness or death of a loved one.
• The focus of care is in helping individuals build:
• Understanding the grief process;
• Activity doing a grief work;
• Disease and pain management, financial, legal, and emotional support;
• Optimizing wellness through diet, physical activity, and last year’s events,
• Medical disorders, coping strategies;
• Emotional and physical issues of patients and their families;
• Education and support for families of children grieving.

New Volunteers

Please join us and share in this very special time to celebrate philanthropy on Cape Cod. The Volunteer of the Year Award is given to individuals demonstrating selflessness and compassion in helping patients and families who so often go unrecognized. In this spirit, the Volunteer of the Year Award is presented this year to Carrie (Glidden) Riden. Please join us for this evening’s celebration and help us mark this very special time with the performance of a moving interfaith ceremony. We’ll also recognize our thirty-five new training volunteers who have completed their training and are ready to serve our patients.

Volunteer of the Year Award

The Volunteer of the Year Award is given this year to Carrie (Glidden) Riden of the Nantucket Cottage Hospital, which is an affiliate of Massachusetts General Hospital, and a member of Partners HealthCare. Palliative & Supportive Care of Nantucket Foundation, Nantucket Cottage Hospital, and Mass General are committed to working together to ensure end-of-life care is available for patients and their families when they need it most.

Dealing with Grief in the Holiday Season

Through our work with others, we have discovered that the winter holiday season can be a time of great mourning and pain for many of our patients. It is a time when we experience the loss of loved ones and the pain of the grief that accompanies it. It is a time when we must face the reality of our own mortality and the loss of those we love. It is a time when we must remember that our own lives are finite and that we must make the most of the time we have left. It is a time when we must hold tight to the memories of those we have loved and lost, and find the strength to move forward.

Pigatto & Rhettone Honored

Swiss America Nantucket’s Co-Directors Jim Pigatto and Mike Rhettone received the Volunteer of the Year Award at the Swiss America’s Annual Christmas Dinner in December. In its 10th year, the pasta dinner and drive gives local nonprofit employees, volunteers, and staff an opportunity to serve food and drinks and to share in the spirit of the holiday season.

Volunteer of the Year Award

The Volunteer of the Year Award is voted on by individuals to demonstrate extraordinary leadership and selflessness in community involvement to benefit Cape Cod and the Islands. The Volunteer of the Year Award is presented this year to Carrie (Glidden) Riden. Please join us for this evening’s celebration and help us mark this very special time with the performance of a moving interfaith ceremony. We’ll also recognize our thirty-five new training volunteers who have completed their training and are ready to serve our patients.

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