

Year in Review

Last year we provided

- End-of-life care for nearly 50% of all those who died on Nantucket
- Palliative care to 75 people in earlier stages of illness
- Over 275 hours of volunteer patient support
- \$72,000 disbursed to nearly 100 cancer patients through the Marla Ceely Lamb Fund

Cancer Services (continued from page 1)

When faced with an illness like cancer, people need not only the best disease specific treatments available, like surgery, chemotherapy, and radiation, but they also need the best supportive care possible to help them and their families cope with the physical, emotional, social, and spiritual impact of the disease on their lives. We help empower patients to become active participants in the management of their care.

Our services will include:

- Individual and/or family education, counseling, and support
- Patient navigator services
- Pain and symptom control
- Stress/distress management
- Mind/Body education and care
- Advance care planning
- Comprehensive care as needed
- Coping with Cancer Support Group
- Caregiver Support Group
- Volunteer assistance and companionship
- Marla Ceely Lamb Cancer Fund
- Survivorship Care Planning
- Referrals as needed
- End of life care as needed

As always, all of our services will be provided free of charge, thanks to the generosity of the Nantucket community and the dedicated fundraising efforts of Palliative & Supportive Care of Nantucket Foundation and Swim Across America.

We strongly encourage patients to visit us early in the course of their illness so that we can help them throughout their journey! Studies have shown that many patients receiving the type of care we provide experience less anxiety and depression and do better overall.

For further information, please feel free to contact us at 508-825-8325 or email us at pascon@partners.org.

Annual Dreamcatcher at Galley Beach a Great Success!



Thanks so much to everyone who joined us at Galley Beach for our 21st Annual Dreamcatcher Dinner and Auction June 8th. It was a lovely evening with fantastic food, a beautiful sunset, and moving testimonials. We had some amazing auction packages and auctioneer Tommy Bresette knocked it out of the park inspiring guests to raise their paddles again and again for PASCON.

Your Support Keeps Us Strong

We are so lucky to have a community that values what we think matters most: caring for and supporting each other. We are ever grateful to all of our donors and want to share a few of the ways people are helping.

Nantucket Bank/Blue Hills Bank awarded a grant of \$3,500 to help pay for our spring newsletter. J. McLaughlin hosted a Sip & Shop on October 11th and donated 15% of sales during the event. Erin Bartolome offered yoga classes at the Haul Over throughout the summer and fall for our benefit.

These donations along with those of so many individuals and businesses in this community keep us going strong and enable us to provide our services for free! We are so grateful for all of your fundraising efforts, memorial tributes, and generous donations.

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 months, has begun offering hospice services on the island. Since they already provide a medicare-certified hospice program on the Cape, they are able to add these services to their offerings on the island. This will allow patients to access their medicare hospice insurance benefit if they choose to do so, an option which they hadn't had in the past because our hospice program was too small to make it financially viable for us to become a medicare-certified hospice program.

Since the Cape Cod VNA already has the infrastructure in place for their program on the Cape, they are now able to extend those services to the island. We see this as a great opportunity for residents of Nantucket to be able to access enhanced services during the final stages of illness, since the medicare hospice benefit will cover medications, medical equipment, more home health aide hours, more nursing visits, and respite care.

In order to utilize the medicare hospice benefit, patients must **choose** 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 runs its normal course. Therefore, some patients will access it and others will choose not to.

Regarding how this interfaces with our PASCON program, our services will not change. As always, patients may access our services very early in the course of their illness, from the time of diagnosis onward, and benefit from all of the supportive counseling, education, and symptom relief we provide. If their disease progresses and they need additional home care, they can also utilize the VNA services, either through their regular home health insurance benefit, or, if their disease is terminal and they choose to forego further aggressive curative therapies, through their hospice medicare benefit. In either case, we will work collaboratively with the VNA, as we always have, to ensure that residents of the island receive the best quality of care possible.

Upcoming Events

- Ladies Night at Bartlett's* - Thursday, November 13th - page 6
- Tree of Remembrance Service* - Sunday, November 23rd - page 1
- Giving Tuesday* - Tuesday, December 2nd - details online
- Mystery Art Show* - Saturday, December 6th - page 3

Join us Nov. 13th from 6-8 pm



Kick off the holiday season with a fun night at the farm! Dozens of vendors to help you shop local. Festive drinks, tasty treats, a Chinese auction, and more!

Suggested Donation \$10

All proceeds benefit the Marla Ceely Lamb Fund.

The Perfect Gift

Make a donation for everyone on your list this holiday season!

Forget the fruitcake and give the gift of charity.

Visit www.pascon.org today!

Support Groups at PASCON office

- Coping with Cancer* every other Mon., 1-2:30
- "Time Out" for Caregivers* every 2nd & 4th Wed., 1-2:30



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, Inc. Palliative and Supportive Care 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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Expanding Cancer Care Services

By Charlene Thurston, ANP, Program Director

From the time of diagnosis onward, people coping with cancer benefit significantly from having an extra layer of support to help them and their families deal with cancer and its impact on body, mind, and spirit. Thanks in great part to the funds raised through Swim Across America, we've been focusing our efforts on expanding and further defining our cancer care services to better provide such support for patients in our community.

While the hospital is working hard to enhance its availability of disease-modifying oncology services, we at Palliative & Supportive Care of Nantucket are developing our Cancer Survivorship Support Program. Our goal is to help people with cancer regain and maintain the highest level of well-being possible throughout their cancer experience, from the time of diagnosis, through treatment, and after treatment has ended by supporting and empowering them to cope with the disease, its treatment, and the physical, emotional, and spiritual effects that may develop.

While this cancer program will include several services that we've provided in the past, it will also include additional patient navigator and survivorship services. Patient navigator services are aimed at helping patients navigate through the healthcare system as they attempt to explore and understand the myriad treatments, services, and resources that might be helpful to them in their journey through this illness. Survivorship services

provide support for patients at any stage of illness, including long after treatment has ended. For the many people who continue to experience physical, emotional, social, and/or spiritual distress related to their cancer or its treatment, we'll continue to remain available as a resource for healing.

Our staff will work collaboratively with a patient's physician(s) and other health care practitioners and care will be available in any setting – office, hospital, home, or nursing home. Patients and caregivers will also have access to our excellent group of volunteers who are willing to help in many ways.

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Tree of Remembrance Service

Sunday, November 23rd - 4 pm
JC House Gazebo Garden

Please join us and share in this very special event marking 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 there will be a reception at *Dune*, 20 Broad Street.



Photo by Barbara Clarke

The Swim Across America Nantucket Island Open Water Swim in August raised over \$225,000 for cancer treatment and care on Nantucket! Proceeds will be split between Nantucket Cottage Hospital and PASCON. Thanks so much to Event Co-Directors Jill Roethke and Jim Pignato and to everyone who swam, donated, and volunteered! What an accomplishment! We are so proud!

How We Can Help You

Individualized Care

Through consultations and follow-up care, we offer a broad range of physical, psychological, social, and spiritual care for persons with life-threatening illness and their families. Services are provided by our interdisciplinary team of professionals and volunteers and are aimed at providing education, support, and symptom control from the time of diagnosis through cure or, if cure is not possible, through advancing illness and end-of-life. All of our services are provided in the most appropriate setting for our patients' needs – in our office, at home, in the hospital, or in the nursing home.

Caregiver Support

We've added a new educational component to our Caregivers' Connections program. "De-Stressing to Cope," focuses on specific topics of caregiver issues and stress, and teaches various aspects of positive self-care as well as techniques for coping, such as meditation, massage, journaling, art, aromatherapy, and music. Sessions are provided either in groups or in private sessions.

We continue to offer:

- 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 – a professionally led support group – every 2nd and 4th Wed. of the month, 1-2:30 pm, in our office;
- Volunteer Assistance – 1-2 hours/week;
- Lending Library of caregiver-related topics.

Volunteer Assistance

Trained volunteers are available to help patients and families and can:

- Provide respite breaks to caregivers
- Drive to doctor's appointments
- Assist with household chores
- Do errands
- Offer companionship
- And more

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 (508) 825-8325.

Cancer Survivorship Program

We work collaboratively with a person's physician(s) and other health care practitioners from diagnosis onward and provide an extra layer of support to help patients and their families deal with cancer and its impact on body, mind, and spirit. We empower patients to become active participants in the management of their care.

Children's Services

- Direct care to children with life-threatening illness and support for their families;
- Guidance for parents of children coping with the serious illness of a loved one;
- Education and support for families of children grieving;
- 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 available for loan.

Grief and Bereavement

We offer support, education, basic counseling, and referral for anyone coping with the grief that accompanies one's own illness or the illness or death of a loved one. The focus of care is on helping individuals heal by:

- Understanding the grief process;
- Actively doing one's grief work;
- Handling social issues including finances, legal/business affairs, housing, insurance, wills;
- Optimizing wellness through diet, exercise, stress reduction, mind/body modalities, coping strategies;
- Attending to spiritual/existential issues and enhancing meaning-making and growth;
- Coping healthily and effectively;
- Ultimately, recovering from grief and adjusting to a life in which the deceased loved one is absent.



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Dealing with Grief in the Holiday Season

Courtesy of National Hospice and Palliative Care Organization

The winter holidays are generally perceived as "the most wonderful time of the year." But for those who are facing grief after the death of a loved one, the holidays may instead be a time filled with pain and sadness.

Even those for whom grief is not as fresh, the holidays may serve as an annual reminder of the loss—not only of that person, but of tradition and celebration.

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 center on certain traditions and rituals. For some, continuing these traditions without a loved one may be an important way to continue sharing their memory. For others, it may be more comforting to develop new rituals to help lessen the pain and immediacy of the 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. Grieving people should be encouraged to prioritize what needs to be done, and focus on those projects that may bring them pleasure. Perhaps the gift list can be pared down, cards need not be sent out, or another family member can cook the family dinner this year.

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 events like the Tree of Remembrance Service. Others may choose to share special family stories over a meal. Some may find that making a donation to a special charity or volunteering time to help others in need may be a comforting way to honor their loved one.

Pignato and Roethke Honored

Swim Across America Nantucket's Co-Directors Jim Pignato and Jill Roethke received the Volunteer of the Year Award November 12th at Philanthropy Partners of the Cape and Islands' Philanthropy Day in Hyannis.

In its 18th year, Philanthropy Day on Cape Cod celebrates philanthropy and gives local nonprofit employees, board members, and volunteers an opportunity to share and learn from one another.

The Volunteer of the Year Award is given to individuals demonstrating exceptional leadership skills and outstanding philanthropic commitment through fundraising efforts and/or coordinating community involvement to benefit Cape Cod and the Islands.

Jim and Jill have worked tirelessly for the past three years leading the annual Nantucket Island Swim. Their dedication to the event and to the



Photo by Barbara Clarke

entire Nantucket community is unmatched. We congratulate them on this well-deserved award and thank them again for all that they do!

Nantucket Mystery Art Show

Saturday December 6, 2014 5-7pm

Quidley & Company FINE ART

**No waiting in line!
New ticket system!
Stroll Saturday!**

100% of the proceeds will go to the Marla Ceely Lamb Fund supporting cancer patient travel as administered by Palliative & Supportive Care of Nantucket Foundation.

sponsored by:

details at: pascon.org/events/nantuckets-mystery-art-show

26 MAIN STREET, NANTUCKET, MA
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Tremendous Support for the Marla Ceely Lamb Fund

Many organizations, businesses, foundations, friends, and family work hard to sustain the Marla Ceely Lamb Fund year-round so that island cancer patients can get assistance paying for the travel off-island that's often necessary for treatment and care.

Generous grants and donations from the Hospital Thrift Shop, the Dorothy Harrison Egan Foundation, the American Cancer Society, and the St. Vincent de Paul Society of St. Mary's Church are key to helping as many island cancer patients as possible.

The 22nd Annual Mother's Day Dinner and Auction at Faregrounds Restaurant which was founded, organized, and coordinated by Marla's family and friends raised over \$17,000!

The 7th Annual Kelly Culkins West Walk for Travel made possible by Kelly's family and friends had another great turnout and raised \$27,000!

The NHS Booster Club, team captains and co-captains, and players of NHS sports teams organized the "Play in Pink" effort for the third year in a row on October 18th. Players donned pink gear to "tackle cancer" while the Booster Club sold pink gear, held raffles, and put out donation jars. Final numbers aren't in, but last year's events raised over \$16,000!

Funds are being raised beyond our shores as well. Park Restaurant in Harvard Square held a Think Pink/Drink Pink fundraiser in July in honor of Kelly Paterson who had used the Fund during her breast cancer battle before passing several years ago. Her son-in-law Matt Rossin manages the restaurant and was eager to support the Fund.



Dancing for Breast Cancer Awareness

Betsey Minihan of Nantucket Cottage Hospital gathered friends, co-workers, patients, and many more to choreograph and record a dance for the Pink Glove Dance Competition for a chance to win \$10,000 for the Marla Lamb Fund! Although we did not win the big prize, Betsey's video received over 3,500 votes and earned a 10th place finish. Not bad for a small hospital 30 miles at sea in competition with some very BIG healthcare systems. Thank you to all the staffers and friends who were in the video, and for the sizeable sum raised by the NCH staff Pink Glove Dance kick off bake sale.

NIR Thinks Pink



Throughout October, NIR donated \$1 for every new Facebook like of their White Elephant page and for every photo posted with a Think Pink sign and their elephant mascot, Trunket. They also blended a special pink power juice and donated for every glass ordered at the Brant Point Grill. Some of our staff, volunteers, and patients were treated to a lovely breakfast and were able to sample the special drink. It was delicious!

Island Gas Donates for Every Gallon



Island Gas donated for every gallon of propane they delivered this past year. The result was a total donation of \$10,000! They are committed to continuing this generous campaign and look forward to supporting the Marla Ceely Lamb Fund again this year.

Jules Runs Again!

For the second year in a row, Jules Embry-Pelrine, awe-inspiring athlete and humanitarian, ran for 24 hours straight and covered over 100 miles to raise money for the Fund!

THANK YOU
to everyone who supports the Marla Ceely Lamb Fund in ways big and small. It's your donations and your hard work that keep it going and that help so many islanders when they need it most.