



Palliative & Supportive Care of Nantucket
Currents
 Vol. 23, No. 1 Spring 2015

Grief in the Community

By Charlene Thurston, ANP,
 Program Director

Following is a slightly modified version of an article written several years ago after a particularly bad winter with many losses for the community. Sadly, it seems most important to share it again, since we've lost so many wonderful people over the past several months and so many families, many with young children, and friends have been impacted by grief. Please know that you may call on us at any time for help and support.

This has been a sad and emotional winter for many of the Nantucket community, due to the loss of so many well loved and respected friends who have died. In such a small community, when several deaths occur within a short period of time, the impact can be very poignant, and can lead to reactions of compounded grief. Understanding some of the common reactions to such losses can provide reassurance that your experiences are probably normal under such circumstances.

Grief affects us at every level of our being — physically, emotionally, socially, intellectually, and spiritually. It is a natural and normal response to loss, and can last for a long period of time, depending on how closely we were attached to the person whom we've lost, and on how much we've allowed ourselves to face and work through that loss.

After multiple losses, people often feel rather shell-shocked and vulnerable, sometimes wondering who will be next, too aware that they too can be touched. Feelings of sadness, fear, anger, and numbness are

common, as are disrupted thinking and concentration and social withdrawal. Moreover, new losses often cause issues associated with past losses to resurface, and we may be faced with re-grieving those losses as well.

As with most painful experiences, positive results can also occur. The emotional distress that we feel when a friend dies opens our hearts to reach out to one another with compassion, and helps us to connect with one another authentically — heart to heart — the way we always should, but often don't. Also, after a loss, we're moved to step back and reflect on priorities and values we've set in our own lives, and we're presented with the opportunity to reorganize them in ways that would give our lives more meaning.

In order to help ourselves through grief, healthy strategies for coping with all kinds of stress are most

Continued on page 6

Please join us for a FREE web streaming video program

“The Longest Loss: Alzheimer’s Disease and Dementia”

Saturday, May 16th
 9 - noon

Founder’s Building
 Nantucket Cottage Hospital

Watch as a panel of experts discuss how to best help patients and families cope with the loss and grief associated with these progressive illnesses.

This program is geared towards professionals, but all are welcome. CEUs will be available.

To register or for more information:
 508-825-8325/ pascon@partners.org

Part of Hospice Foundation of America’s 22nd Annual Living With Grief Program

Have you had “The Conversation”?

When it comes to end-of-life care, one conversation can make all the difference. It’s not easy to talk about how you want the end of your life to be. But it’s one of the most important conversations you can have with your loved ones. It’s about what matters to you, not what’s the matter with you.

Have you Completed Your Advance Directives?

National Healthcare Decisions Day was April 16th.



Did you complete or review your Advance Directives? (It’s never too late. We can help.)

Visit our website or call for more information and help with advance care planning.

Our Services at a Glance

Individualized Comprehensive 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

- 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;
- De-Stressing to Cope – a group or private educational session focusing on caregiver issues and stresses, positive self-care, and techniques for coping;
- Lending Library of caregiver-related topics.

Grief and Bereavement

Support, education, counseling, and referral for anyone coping with the grief of one's own illness or the illness or death of a loved one. Help individuals:

- Understand the grief process;
- Actively do one's grief work;
- Handle issues including finances, legal/business affairs, housing, insurance, wills;
- Optimize wellness through diet, exercise, stress reduction, mind/body modalities, coping strategies;
- Attend to spiritual/existential issues and enhance meaning-making and growth;
- Cope healthily and effectively;
- Ultimately, recover from grief and adjust to a life in which the deceased loved one is absent.

Cancer Survivorship Program

Working collaboratively with a person's physician(s) and other health care practitioners, we provide an extra layer of support to help deal with the cancer and its impact on body, mind, and spirit through:

- 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
- Marla Ceely Lamb Cancer Fund
- Look Good Feel Better Program
- Survivorship Services
- Referrals as needed
- End-of-life care as needed

Children's Services

- Direct care to children with life-threatening illness and family support;
- Guidance for parents of children coping with the 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;
- An extensive library of resource materials available for loan.

Volunteer Aid/Companionship

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
- Take patients on outings
- Help record personal history
- Play music
- Listen to their story
- Provide companionship
- And more



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Contact Information

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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.

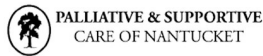
SWIM TO FIGHT CANCER ON NANTUCKET

OUR
 * ISLAND * FAMILY * SWIM * CAUSE *



NANTUCKET ISLAND OPEN WATER SWIM SATURDAY, AUGUST 22, 2015, 8AM

1/2 mile swim, 1 mile swim, Kids' Splash
 Jetties Beach



REGISTER TO SWIM OR VOLUNTEER:
WWW.SWIMACROSSAMERICA.ORG/NANTUCKET

Thanks for Your Support

All of PASCON's programs and services are free, and that's thanks to the generosity of so many individuals, businesses, and foundations.

Money raised through Swim Across America has helped us develop our Cancer Survivorship Program. We are so grateful to the Swim Across America team and to all who support their efforts. We hope you'll join us again on August 22nd. Swim, kayak, volunteer, or donate. There are many ways to show your support.

Our first ever Giving Tuesday initiative raised over \$13,000 thanks to individual donations and a generous matching gift.

Seth and Angela Raynor of The Pearl and The Boarding House, Holly Finigan of Nantucket BLACKbook, and David Handy of David M. Handy Events made us the beneficiary of their 2nd Annual Holiday Collective! It was a great event.

Clay Twombly celebrated the opening of his new studio on Union Street with a sale benefiting PASCON and Nantucket Family & Children's Services.

Dreamland let us participate in their wonderful Dreamland Gives bACK program on May 8th. We received a portion of every ticket.

The Samuel Owen Gallery, along with Holly Finigan of Nantucket BLACKbook and David Handy of David M. Handy Events has made us the beneficiary of their opening this Saturday, May 16th from 5-7:30 pm.

Palliative & Supportive Care of Nantucket provides free programs and services to its cancer patient population with your help.

Cancer Patients Served in 2014: **136**

Cancer Patient Visits in 2014: **737**

Amount Patients were Charged for Care in 2014: **\$0**

Daffys Bloom in Honor of Caregivers



We hope you've noticed this beautiful patch of daffodils blooming on Hummock Pond Road across from Somerset Lane.

We planted over 5,000 bulbs there this fall to honor all of our volunteers and all of the caregivers who work around the clock to improve lives every day. The blooms serve as a reminder of hope and renewal and of the important role PASCON plays on Nantucket.

Since 2007 we have planted over 75,000 bulbs along our roads and bikepaths. We raise money in support of these efforts at our Annual

Dreamcatcher Dinner and Auction and in collection boxes around the island.

Our efforts have been led by Dave Champoux of Champoux Landscapes and Michael Misurelli of J&M Landscape Services who donate their time, their crews, and their bulbs each year. We've also been fortunate to have the support of the Nantucket New School, the Nantucket Garden Club, Ernst Land Design, and several other landscape companies over the years.

We are proud of our efforts and are most grateful to everyone who helps us spread beauty and hope each year.

Community Support for Marla Ceely Lamb Fund

Since publishing our last newsletter in November, the Marla Ceely Lamb Fund has continued to benefit from tremendous community support.

The Nantucket Hospital Thrift Shop awarded a grant of \$10,000! We are so grateful for their continued generosity! They have contributed over \$50,000 in the past four years, helping hundreds of islanders needing to travel off-island for cancer treatment and care.

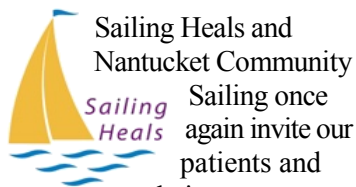
The Play for Pink events in October brought in \$6,000 thanks to the NHS Booster Club, the Union Lodge, all the athletes who participated in the events, and the fans who came out to show their support.

The 5th Annual Mystery Art Show raised nearly \$15,000! Sixty artists donated fabulous original works and Wayne Petty and Laura Anderson of Nantucket Frame Center were on hand once again to frame everything. Thank you to event sponsor Cape Cod Five Cents Savings Bank and to Chris Quidley, Susan Browne, and Adam Sodofsky of Quidley & Company who not only donate their space each year, but who also donate their extremely valuable time and energy.

Ladies' Night at Bartlett's Farm in November was a tremendous success, raising \$4,200. Thank you to Bartlett's, our volunteers, and all the shoppers!

In January, the Downyflake marked its last day of the season by donating all proceeds from the day's dining room sales and raised \$3,500! Thank you to Downyflake owners Ron Oldham and Patty Kennedy and to all of their patrons for this wonderful show of support.

The Marla Ceely Lamb Fund is managed and administered by Palliative & Supportive Care of Nantucket so that all funds raised can go directly towards patient travel expenses.



Sailing Heals and Nantucket Community Sailing once again invite our patients and their guests to

"escape for a spirit-lifting day at sea" this summer. Those who've gone out the past few years have thoroughly enjoyed their afternoons of relaxation and fun in Nantucket Harbor.

For details, please contact our office at 508-825-8325.



8th Annual Walk for Travel Kelly Culkins West Walk

to benefit the

**MARLA CEELY LAMB
CANCER TRAVEL FUND**

Sunday, June 21st

10-11 Registration

Walk begins at 11:00

Faregrounds Restaurant

to Surfside Beach & Back

Cookout to follow

Non-walkers, \$10; Children, \$5

Contact PASCON for more information.

Dreamcatcher Dinner and Auction

The big event is nearly here. Our primary fundraiser, Dreamcatcher is a fantastic event where we reconnect with everyone we haven't seen since we were first snowed in back in January!

Our Steering Committee, led by the amazing Meghan Browsers and Laura Fletcher, has been working tirelessly to put together fabulous auction packages and to create an event that guests won't soon forget.

We hope you'll consider joining us for a wonderful evening. Whether you've been with us every year or are attending for your first time, we'd love to have you and are certain you'll have a great time.

And if you can't make it this year, please take a chance, or two, on a Dream Ticket (details below).

What: Cocktails, Raw Bar, Dinner, Dancing, Silent and Live Auctions

Why: You've been cooped up all winter and Galley Beach is the perfect place to kick off your fantastic summer! Enjoy a fabulous meal, wonderful company, and exciting auctions. Catch up with friends. Support a vital community service.

When: Sunday, May 31st at 6 pm.

There's no arriving fashionably late at Dreamcatcher. Get there early for Spanky's Raw Bar and to hear the NHS Instrumental Ensemble perform.

And don't rush out once the auction is over. Stay late to enjoy some dancing, some cocktails, and some conversation. We say stretch out your night on the town as long as possible!

Special Moments: Remember loved ones by dedicating a sunset in their name. Moving tributes will touch your heart and make you glad to be on Nantucket.

Watch with amazement as awesome auctioneer Tommy Bresette convinces guests to raise their paddles again and again in support of a great cause.

What's new?: Executive Chef W. Scott Osif is back and is ready to wow you with his culinary creations.

David M. Handy Events and Placesetters will add some special touches to change up the décor a bit.

Tips: Carpool or take a cab!

Buy your ticket online today. Advance purchase is required and we do sell out! WWW.PASCON.ORG

2015 DREAM TICKET

4 Seats. Any Concert. Anywhere. Anytime.*

Airfare and Accommodations included

Only 200 tickets will be sold. \$100/ticket

www.pascon.org for details and to buy tickets

Winner will be selected the night of May 31st at Palliative & Supportive Care of Nantucket's 22nd Annual Dreamcatcher Dinner & Auction. Needn't be present to win

* any concert within the continental US between 7/16/2015 and 6/1/2016

Subject to availability. Some restrictions apply

Grief (continued from page 1)

beneficial. Talking things through with a trusted person who can listen; taking some time alone, balanced with some time with others; praying, meditating, and connecting with nature and other sources of spiritual strength; getting enough rest and nourishment; exercising to improve our level of wellness and decrease tension stored in the body; practicing relaxation techniques which decrease stress; being kind to ourselves and others; using journaling, artistic media, or movement to express emotions and/or to connect with our creativity; being playful and using humor; not escaping through self-destructive means such as alcohol or other drugs.

In many ways the sadness of these losses has also left our community with many gifts. By bringing people together to share their sadness and to provide friendship and support, it highlighted the very best Nantucket has to offer — its very special people. Poignant outpourings of support for patients and families who are suffering, whether from illness, sudden death, or other tragedies are frequent on Nantucket. This is indeed a very special community, and it remains a privilege for us to participate in serving its people during this time.

Suggestions for Helping Children with Grief

Excerpted from “What Should We Tell the Children?”

By Charlene Thurston, ANP, Program Director

Children are often considered the “forgotten grievers” after the death of someone close. As adults try to wrestle with their own grief, it is often very difficult for them to determine how to explain death to their children in a way in which they can understand. Some general guidelines in discussing death with children include the following:

- Be honest with your child in explaining what happened and in explaining death, but use age-appropriate language. Explain what death means in honest terms, not by saying “he went away” or “he went to sleep”, etc.
- Allow and encourage your child to express emotions and ask questions. Questions may be asked over and over again as the child tries to understand.
- Don’t be afraid to say that there are some things you don’t understand either.
- Be comforting and loving.
- Maintain routines as much as possible to provide order and security, but don’t be inflexible.
- Allow participation in visitations, funerals, etc. if the child would like to attend, but explain what to expect.
- Help your child say good-bye in personal ways, such as writing a letter, making a drawing, having a special ritual like lighting a candle, saying a prayer, etc.
- Help your child memorialize the person who died by looking at photos, keeping mementos, talking about the person who died, etc.
- Remain aware of your child’s behavior, not just immediately following the death, but in the years to come, since children often continue to re-grieve losses as they develop and mature.
- Seek help if you’re concerned about your child’s behavior.

(To read the entire article, visit the Educational Articles page on our website www.pascon.org.)

Upcoming Events

- Alzheimer’s and Dementia Webinar - Saturday, May 16th - page 1*
- Dreamcatcher Dinner & Auction - Sunday, May 31st - page 5*
- 8th Annual Walk for Travel - Sunday, June 21st - page 4*
- 4th Annual Island Swim - Saturday, August 22nd - page 3*
- Harbor Sails for Patients - various dates - page 4*

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.