



CareDimensions

HOSPICE | PALLIATIVE CARE | SUPPORT SERVICES

Connections

Fall 2015 | Volume 40

Newsletter for Families and Friends

Kaplan Family Hospice House Celebrates 10 Years of Compassionate Care

"Ten years ago, members of our community, our staff, volunteers and donors came together to make the vision of the Kaplan Family Hospice House--where patients could receive hospital-level, compassionate care in a serene home-like setting--a reality," said Care Dimensions President Diane Stringer. "It has become a beacon in the community for exemplary end-of-life care and well known for its tremendous support of patients, families and caregivers." Since its opening, the staff has cared for more than 7,500 patients and their families. The first hospice facility of its kind in Massachusetts, it was originally built with 12 private patient suites, but soon added eight suites in the Ayer Anderson wing in 2010 to meet the growing need.

Over the years, the Kaplan House has been host to some of life's most important moments – weddings, birthdays, holidays, anniversaries, Shabbat gatherings, veteran recognition ceremonies, and family and friend reunions. The Kaplan House offers a refuge for both patients and families. As one patient's daughter put it, "Thank you so much for giving my Dad the loving care and the environment for a peaceful passing. I will always find peace with remembering that my Dad's final days were spent enjoying the outdoors and watching all the rabbits that live around the grounds of the Kaplan House. It definitely put a smile on my Dad's face every time I walked into his room and said 'let's go outside,' and then we wheeled his bed to the patio. For that priceless memory, I will be eternally grateful to the Kaplan House."



On Thursday, September 24, Kaplan Family Hospice House staff, volunteers and leadership gathered to celebrate the 10-year anniversary of the opening of the Kaplan House.

REPLICATING THE SUCCESS OF KAPLAN HOUSE IN METROWEST

Over the past 10 years, many patients and physicians in Boston and MetroWest praised the care offered at the Kaplan House, but voiced the need for a similar facility closer to their communities. In 2013, Care Dimensions purchased a 12-acre parcel on the Lincoln/Waltham town line and proposed to build an 18-bed facility. The plan has received approval in Lincoln and is progressing through the City of Waltham approval process. Groundbreaking is expected in early 2016.

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LETTER FROM THE PRESIDENT

This fall season has seen a whirlwind of activity. Our annual Walk for Hospice kicked off the celebrations as we were joined by thousands of families and supporters who came together on a beautiful day to remember their loved ones and demonstrate their commitment to raising funds to support our mission to provide care for those who need it.

As we celebrated the 10th anniversary of the Kaplan Family Hospice House, we paused to reflect on the more than 7,500 patients and their families that have graced those rooms. The Kaplan House is more than a building, it's a sacred space. That spirit is what propels us as we continue through the approval process for our new hospice house in Waltham/Lincoln, because we know it is needed and will become a treasured community resource.

We closed out September with a wonderful celebration of innovation in hospice and palliative care as we marked the recognition bestowed on us by the American Hospital Association and other healthcare organizations through the 2015 Circle of Life award.

In each of these events, I have been struck by the tremendous community support that made each celebration possible. As we enter this holiday season, I would like to thank you for the continued support that has enabled us to provide better care at end of life to more people.

Sincerely,

Diane T. Stringer
President and CEO

Announcing Our New Website

Care Dimensions is proud to announce our new and improved website, designed to better serve patients, families, healthcare professionals and the community. The site features all new content, design, navigation, interactive features and it has a “responsive design” that is mobile device-friendly. Additional features include online referral forms for families and healthcare professionals; an interactive calendar that includes dates and registration access for events, training and grief support groups; patient stories and videos woven throughout the site; blog articles by our clinical staff, volunteers and families; a robust newsroom with press releases and “in the news” articles; downloadable brochures, newsletters, booklets; resources for families and healthcare professionals; information about our community and healthcare professional educational programs; career opportunities; ways to donate and support our fundraising events; an online volunteer application, portal for volunteer reports and current volunteer opportunities. The site will also include primary pages and brochures in Spanish by the end of 2015. Take a look and try it out for yourself at CareDimensions.org.

Celebrating the Circle of Life Award

In September, Care Dimensions celebrated being chosen as the winner of the prestigious Circle of Life Award, given annually by the American Hospital Association and other leading healthcare organizations. The award cited Care Dimensions efforts to integrate palliative care throughout the healthcare continuum, providing a broad range of services including specialty programs, and outreach to underserved communities. "This is a truly special evening that honors not only our mission and vision to provide hospice and palliative care to all who need it, but also recognizes the day-in, day-out work of all our employees to provide the highest quality care and their dedication to building programs to reach more people in need," said Care Dimensions President Diane Stringer.

The evening was hosted by retired news anchor Reverend Liz Walker, who spoke passionately about her experience with hospice care and the need for increased communication about end-of-life wishes. Don Schumacher, president and chief executive officer of the National Hospice and Palliative Care Organization noted that the number of terminally ill people seeking quality hospice care continues to rise, with over 1.7 million U.S. patients receiving hospice care in 2014.

The evening also presented an opportunity for Care Dimensions to honor three extraordinary people who exemplify a commitment to improving end-of-life care in our communities. The organization's "Dimensions in Caring Awards" were given to:

- Dr. Vicki Jackson, Chief of Palliative Care at Massachusetts General Hospital for her inspiring leadership in improving the treatment of patients with life-threatening illnesses and for molding the next generation of physicians.
- Kathy Adam, RN, Director of Nursing for Northeast Regional Services in the Massachusetts Department of Developmental Services for her tireless advocacy to improve end-of-life care for the disabled and those living in group homes.
- Peter Sherwood, Care Dimensions Board Member, whose 14 year commitment to the Board and finance committees, along with an unwavering dedication to Care Dimensions, has ensured expert clinical care is available for all patients.

As an uplifting close to the event, Care Dimensions premiered a video featuring staff and volunteers "singing" to the iconic Circle of Life theme song. To view the video, please visit CareDimensions.org/circleoflife



Care Dimensions Board Chair Pamela Lawrence, Rev. Liz Walker, and Care Dimensions President Diane Stringer



National Hospice and Palliative Care Organization President Don Schumacher; Massachusetts General Hospital's Vicki Jackson, MD; American Hospital Association's Ashley Thompson; Care Dimensions President Diane Stringer; Department of Developmental Disabilities' Kathy Adam, RN; and Care Dimensions Board Member Peter Sherwood



Over 250 guests attended the event in Burlington.

Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

DISENFRANCHISED GRIEF: Finding Support and Overcoming Stigma, Guilt, and Anger

*Nathaniel R. Lamkin LICSW, ACHP-SW
Director of Bereavement Services &
Program Development*

Grief is in many ways a social transaction. Put simply, the mourner expresses her sadness about the loss to other people, who in turn validate the loss by saying things like, “I’m so sorry” or “this must be so hard for you.” These interactions often include words of comfort and kindness, and for mourners with a robust support network such exchanges could be numerous. That others empathize and can recognize the profound impact of the loss makes the pain and sadness that much easier to endure. Under certain circumstances or with particular types of loss, however, the validation and support of others might be minimal or absent altogether.

Any grief that is unacknowledged, unrecognized or even scorned by some people can be described as “disenfranchised.” Disenfranchised grievers may suffer from feelings of alienation and shame in addition to their grief. Sometimes this is because the cause of death carries some social stigma, e.g. drug overdose or suicide. Bigotry and prejudice can limit the validation and support received by someone grieving the death of a same-sex spouse or partner. And an animal lover deeply distraught over the death of a beloved pet after many years of loving companionship often encounters statements like, “Oh, that’s too bad – when are you going to get another one?” No one with any sense and decency would ever say such a thing to someone who lost a spouse or a child, but some people do not believe or recognize that others can have bonds with companion animals that are just as real and strong as the feelings between humans.

Care Dimensions’ bereavement team is committed to meeting the diverse needs of people grieving all manner of losses, and disenfranchised grievers are no exception. Susan Ashby Toleos, MA, LMHC, has spent nearly 15 years at our Bertolon Center for Grief & Healing (BCGH) providing individual and group support to clients whose loved ones died by suicide. These “suicide loss survivors” often carry a great deal of shame, anger, and guilt and sometimes feel out of place in support groups with people whose loved ones died from more socially acceptable causes like illness or accidents. “Suicide loss survivors’ grief can easily become disenfranchised because suicide loss is often misconceived or disregarded in

the community,” Susan said. “These survivors need their losses to be acknowledged, accepted and understood so they can fully commit to their grieving process. At Care Dimensions we have the expertise to provide the information, sensitivity, and compassion suicide loss survivors need.”

We have all heard the news stories about the epidemic of heroin and other drug overdoses in Massachusetts, and over the past six months there has been a perceptible increase in the number of calls we have gotten from people seeking grief support for this reason. A drug overdose death, like suicide, often leaves families feeling guilty, angry, and ashamed. I recently met individually with a client whose young adult son died of a heroin overdose. “I went to a grief support group at the hospital where my son died,” she said, “and it was tough. I was the only one whose loved one died of a drug overdose and I felt like others in the group were judging me.” In response to this clear and present need, Care Dimensions is offering a new support group which started in October called “*Out of the Shadows: Grieving a Loved One’s Death Due to Substance Abuse*”. Our goal with this and other types of disenfranchised grief is to create safe, non-judgmental spaces where people can find compassion and understanding, and develop ways to cope with the complex emotions surrounding the death.



Care Dimensions will be offering additional sessions of *Out of the Shadows: Grieving a Loved One’s Death Due to Substance Abuse*. If you or a loved one would like more information, please call 855-774-5100 or email Grief@CareDimensions.org



2015-2016 Bereavement Calendar

Coping with the Holidays

These sessions are held after local *Hospice Tree of Lights* ceremonies. For more information, see page 12. *One need not participate in the Tree of Lights events to attend these workshops.*

Greater Boston Area

Christ Church Episcopal
750 Main Street, Waltham
Saturday, November 14, 5 – 7 p.m.

Cape Ann Ceremony

Bank Gloucester
160 Main Street, Gloucester
Monday, December 7, 6 – 8 p.m.

Swampscott Ceremony

The First Church in Swampscott Congregational
40 Monument Avenue, Swampscott
Thursday, December 3, 6 – 8 p.m.

Danvers Ceremony

People's United Bank
1 Conant Street, Danvers
Wednesday, December 9, 6 – 8 p.m.

Please RSVP to 855-774-5100 or email Grief@CareDimensions.org

Our 2016 bereavement calendar will be available on our website in early December.



WORKSHOPS

Newly Bereaved Workshop

(a one-time workshop for loss of 1-3 months)

Thursday, December 3, 6 – 8 p.m.

70 Walnut St., Wellesley

Soul Food for the Holidays

Thursday, Nov. 19, 3 – 5 p.m.

Peabody Council on Aging, Torigan Center
79 Central Street, Peabody

MONTHLY SUPPORT GROUPS

Newly Bereaved

1st Thursday of every month, 6 – 8 p.m.

78 Liberty St., Danvers

LIVING AFTER OUR LOSSES

3rd Friday of every month, 1:30 – 3 p.m.

The Gables at Winchester, Winchester

Children's Bereavement Support Groups

For Children Ages 4-12

Wednesdays, Jan. 6 – Feb. 24, 6 – 7:15 p.m.

Holy Trinity United Methodist Church, Danvers

Adults Raising Grieving Children

Occurs at 6:15 – 7:15 p.m. during

Children's Bereavement Support Groups

SUPPORT GROUPS

Loss of an Adult Child

Mondays, Nov. 23 – Jan. 11, 6 – 7:30 p.m.

78 Liberty St., Danvers

Coping with the Holidays

Monday, Nov. 30, 6 – 8 p.m.

Emerson Hospital, Donaldson Conference Room
(in Cumming Building)

Friday, Dec. 4, 10:30 a.m. – noon

Peabody Council on Aging, Torigan Center
79 Central Street, Peabody

Tuesday, Dec. 8, 10:30 a.m. – noon

Pleasant Street Senior Center,
49 Pleasant Street, Reading

Loss of Spouse/Partner

Thursdays, Dec. 3 – Feb. 4, 1 – 2:30 p.m.

Note: Group will not meet Dec. 24 and 31
70 Walnut St., Wellesley

Wednesdays, Jan. 6 – Feb. 24, 6:30 – 8 p.m.

78 Liberty St., Danvers

Tools for the Journey

Wednesdays, Jan. 6 – Feb. 24, 6 – 8 p.m.

78 Liberty St., Danvers

Loss Due to Suicide

Tuesdays, Jan. 12 – Mar. 8, 6:30 – 8 p.m.

Note: Group will not meet Feb. 16
78 Liberty St., Danvers

Advanced registration is required for all groups and workshops. Dates and times are subject to change. Although there is no charge for most support groups, donations are appreciated. For more information or to register, visit CareDimensions.org, call 855-774-5100 or email Grief@CareDimensions.org

News briefs

HOSPICE LAUNCHES NEW CABLE SHOW “TIMING IS EVERYTHING”

Care Dimensions has produced its very first cable TV program titled, *Timing is Everything*, to educate the public on living with advanced illness and the benefits of hospice and palliative care. The show, which aired in September on Danvers Cable Access TV (DCAT) is a part of Care Dimensions' community education and outreach program. The goal of the program is to dispel the myths surrounding hospice care and to empower individuals dealing with an advanced illness to access these services sooner so there is more opportunity to improve their quality of life. To watch the first episode featuring Stephanie Patel, MD, VP and Chief Medical Officer, please visit:

<http://tinyurl.com/CareDimensionsTiming>



(L-R) Provider Relations staff - Mary Crowe, Jim Feldman, Wendy DeFelice and Lyn Skarmeas with Stephanie Patel, MD.

CARE DIMENSIONS SELECTED TO PARTICIPATE IN THE MEDICARE CARE CHOICES MODEL

Program aims to improve patients' quality of life and increase end-of-life choices



In July, Care Dimensions was selected as one of 120 hospices in the US to participate in the Medicare Care Choices Model demonstration project. The model provides Medicare beneficiaries who are hospice eligible with the option to receive supportive care services typically provided by hospice while they continue to receive curative services. Care Dimensions will begin to offer the program in January 2016 and it will be open to patients with advanced cancer, heart failure and COPD. This program is part of a larger effort to transform our health care system to deliver better care, spend our dollars in a smarter way, and put patients at the center of their care. “We are honored to participate in the Medicare Care Choices Model,” said Care Dimensions President and CEO Diane Stringer. “We know this is an important step to allow for increased choice and improved healthcare for terminally ill patients.”

For more information about on the model, visit

<http://innovation.cms.gov/initiatives/Medicare-Care-Choices>

Year-End Giving Ideas

As you consider year-end giving, we would be pleased if you added Care Dimensions to your gift list. Your year-end charitable gift allows you to make a meaningful contribution that benefits terminally ill patients and their families and can reduce your income taxes.

Here are some of our best 2015 year-end gift ideas.

1. **Cash:** Cash contributions qualify for a charitable income tax deduction that can be up to 50% of a donor's annual adjusted gross income.
2. **Securities:** There are distinct tax advantages to considering gifts of appreciated securities such as stocks, bonds and mutual funds.
3. **Real Estate:** A gift of real estate including your home, vacation home or land, or undivided partial interest that has appreciated can be a major charitable contribution.
4. **Life Insurance:** Life insurance policies may be donated for charitable giving in the form of an existing or a new life insurance policy.

5. **Matching Gifts:** Numerous corporations have matching gift programs through which the employer will match an employee's charitable gift in varying amounts. Donors are urged to obtain their employer's matching gift forms and leverage their own gifts.
6. **Bequests and Living Trusts:** Gifts under a will or living trust are welcome. Donors letting us know of their planned gift intention are invited to be recognized as members of the David Sherman Legacy Society.

For Further Information

We would be pleased to provide you, your attorney, accountant or tax advisor with additional information and assistance. Please contact Elizabeth Macomber, Vice President for Philanthropy, at 978-750-9394 or email EMacomber@CareDimensions.org

Program updates



(L-R), back row: Residency Program Coordinator Susan Lysaght Hurley, Melissa Parziale, Leigh Finan, Erin Dunphy; front row: Corey Chandler, Cidalia Silva, Kaveri Roy, lead educator for the residency program.

NURSE RESIDENCY PROGRAM BEGINS

Care Dimensions' new nurse residency program, made possible with the assistance of a \$249,000 grant from the state and collaboration with Regis College, began in August. Residents participate in classroom lectures and shadow nursing staff in all areas of our organization. Susan Lysaght Hurley, NP, PhD, who is leading the program, commented "We are so excited to have the new nurse residents and are grateful for the help of their fantastic preceptors and the hospice staff who are assisting with classroom lectures and field shadowing." Follow the experiences of Nurse Resident Erin Dunphy, RN on our blog at CareDimensions.org/blog

"The nurse residency program is allowing me to learn all the different aspects of managing the care of a patient by working with each interdisciplinary team member. There's no other program out there like this."

— Erin Dunphy, RN, Nurse Resident



CAMP STEPPING STONES

Camp Stepping Stones, a two-day grief camp for families, took place in July with 65 children and 51 adults in attendance — its largest turnout. Thanks to the assistance of 59 volunteers and Care Dimensions staff, families were able to enjoy a weekend of fun activities and programs to help learn new coping skills after experiencing the loss of a loved one. Children's Program Coordinator Kristen Brandolini said, "Camp was such a great success, we already have a large number of families interested in registering for 2016."

"My son enjoyed himself immensely and realized that he wasn't the only one who has lost a father. He made new friends. It was a great experience for both of us."



DOCUMENTARY SEEKS TO DEMYSTIFY HOSPICE

Peabody Cable Access TV (PAT), under the direction of Executive Director Camille Bartlet, produced a sensitive and informative documentary titled, *Journey Through End of Life*, which aired in August. The seven-minute video follows the hospice journey of a Care Dimensions patient and her family. The program will be shared with other local cable stations. We are grateful to Camille and PAT for selecting Care Dimensions for their annual pro bono community feature.

View it here: CareDimensions.org/JourneyThroughLife



Celebrating 28 Years

On Sunday, September 20th, more than 3,000 walkers came with their family members, friends and classmates to share smiles, laughter, hugs and tears at Care Dimensions' 28th Annual Walk for Hospice. Over 100 teams walked in memory of their loved ones and in support of Care Dimensions' mission of providing physical, emotional, and spiritual care to terminally ill patients and families throughout Eastern Massachusetts.

The 3-mile route, which began and ended on the campus of St. John's Preparatory School in Danvers, took walkers through the adjacent neighborhoods on a beautiful late summer morning. "We are inspired by the all of the walkers who come together to remember their loved ones," said Care Dimensions President Diane Stringer. "The funds raised at the Walk support many of our programs not covered by insurance including our grief support programs, complementary therapies, education and training for our staff and the community, and specialty programs like our cardiac, respiratory, veterans and pediatric programs. We are grateful for the community's support."

To see photos from the day, visit [Facebook.com/CareDimensions](https://www.facebook.com/CareDimensions)



Special thanks to the St. John's Prep School community for welcoming the Walk for Hospice to your campus.



of Going the Extra Mile



Top Fundraising Teams:

Dave's Mates
Papa's Angels
Team Higgins
Copyright Clearance Center
Volunteer Vikings
Team Johnny Z
Team Fern
Eddie Spaghetti
Team Macomber
Team Jack
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Team Teddy
Lucky Lemures
St. John's Preparatory School

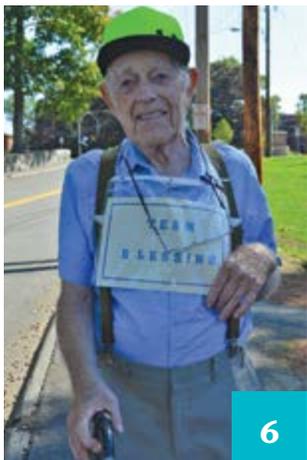
Care Dimensions gratefully acknowledges the support of our sponsors.

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Long Term Pharmacy Solutions
North Shore 104.9 FM
St. John's Preparatory School

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Windhaven Investment Management, Inc.
Windover Construction
Zampell Building Services



1. Our memory wall. 2. Papa's Angels starting their walk. 3. Two young walkers enjoyed the face painting. 4. Dave's Mates. 5. Team Teddy. 6. Team Blessing. 7. Danvers High School's Falconize a capella singing group opened the day.

Support from the Community

COMPLEMENTARY THERAPIES PROGRAM RECEIVES GRANT

The Nordblom Family Foundation has given Care Dimensions a grant of \$50,000 for our Complementary Therapies program. The gift will enable us to expand services, decrease the wait times for patients to receive therapies, and invest in much needed expressive therapies supplies.

Joe Molinari of Revere enjoys singing favorite songs with Music Therapist Lisa Kynvi.



GIRL SCOUT STARTS "HEALING HEARTS" CLUB

Bishop Fenwick High School student Joie Dillion started the Healing Hearts Club at her school to help hospice patients and their families at the Kaplan Family Hospice House. The club gets together to knit small prayer squares and create comfort cards for patients and families. Joie is a Girl Scout working toward her Gold Award.

Joie Dillion (center) delivers knitted prayer squares to Jen Sawyer, clinical manager at the Kaplan House and Fran Clements, volunteer coordinator for Care Dimensions



DANVERS FIREFIGHTERS DONATE CRAFT SUPPLIES

Care Dimensions received a generous donation of craft supplies from the Danvers Fire Department and several families from around the North Shore and beyond. The supplies will benefit our pediatric hospice patients and their siblings, children participating in grief support groups, and young visitors to the Kaplan Family Hospice House. According to Kristen Brandolini, children's program coordinator for Care Dimensions, "Engaging children in arts and crafts projects allows them to express their feelings through creativity while promoting their emotional health."

Members of the Danvers Fire Department with Nate Lamkin, Care Dimensions Director of Bereavement Services (front) and Kristen Brandolini, Care Dimensions Children's Program Coordinator.

THANK YOU

Care Dimensions is grateful to the following foundations for their recent grants that support our operations or special programs:

Walter E. and Barbara A. Bauke Foundation, Inc.

John Donnelly Trust

Clara and Harvey Pillsbury Foundation, Inc.

Rogers Family Foundation

BANKGLOUCESTER

Care Dimensions was one of the recent winners in BankGloucester's eighth annual "Banking for the Community" giveaway. The program encourages the community to vote for their favorite non-profits. Care Dimensions was one of the top three agencies recognized out of 20 community organizations.



Volunteer focus



VETERAN-TO-VETERAN VOLUNTEER USES LOVE OF CARS TO MAKE A CONNECTION

George Desmond and his hospice volunteer Paul Williams bonded immediately over their love of vintage cars. Originally paired up through Care Dimensions Veteran-to-Veteran volunteer program, both men had much in common. As George's daughter said, "My Dad loved when Paul came to visit. They related to each other on so many levels." Paul said that he was amazed at George's knowledge of vintage cars. When asked what George thought of his visits with Paul, he replied, "I could talk to him about cars forever."

Care Dimensions volunteer, Paul Williams and Veteran patient George Desmond.

MISSION DRIVEN: VOLUNTEER FINDS MANY WAYS TO GIVE BACK



It all started in 2005, when Rosie McKenna read a story in the news about a new facility unlike any other in Massachusetts, the Kaplan Family Hospice House. "I saw this great movement in the community to build something that would help so many people and I wanted to get involved," said Rosie. So she signed up for volunteer training and began helping in the Kaplan House

kitchen, preparing snacks, delivering meals and sometimes just being there to talk to a family member. Now, 10 years later, she continues to be a staunch supporter of Care Dimensions.

Through her role as Community Relations Liaison and Care Manager at Adult Foster Care of the North Shore, a program whose mission is to provide stable home placements for adults with disabilities and chronic illness, Rosie knows the importance of comprehensive services and support for hospice patients and their families. Together with Care Dimensions Education Coordinator, Mary Crowe, Rosie has helped to bring both organizations together for cross-training on the needs of the disabled and how to best assist this client base.

And Rosie continually looks for ways to make a difference for hospice patients by volunteering on committees and taking part in events, including this year's Walk for Hospice. "We had several clients pass away this year and our team wanted to come together to show support for the care they received and to remember those clients," said Rosie.

As a former teacher in Danvers and Reading and successful business-owner on the North Shore, Rosie knows the importance of strengthening communities and supporting organizations such as Care Dimensions. She felt compelled to make plans in her estate for a gift to Care Dimensions and become a member of the David Sherman Legacy Society after hearing the story of his philanthropy. "His story was a motivator for me," she said. "He was 101, lived a good life and continued to give back."

Rosie summed up her continued support for Care Dimensions this way. "When you support a movement and mission during your life, your finances can still support them after your passing. I can't think of a better way to say thank you for all the good that Care Dimensions has done and will continue to do in the future."

HELP US SPREAD THE WORD... VOLUNTEERS ARE NEEDED IN SEVERAL AREAS

Volunteers play a critical role in the lives of our patients. Each day we care for more and more patients and are looking for new volunteers to assist with these growing numbers. We care for patients in more than 90 communities in Eastern Massachusetts. If you or someone you know is interested in volunteering or in learning more about these special opportunities, please contact Sheryl Meehan, Volunteer Manager, at 978-750-9321 or email SMeehan@CareDimensions.org

In addition to our eight-week training program for volunteers, Care Dimensions offers specialized training for those volunteers who wish to learn more about working with specific populations. Additional training is available for Pediatric, Vigil, Bereavement and Dementia Volunteers.



75 Sylvan Street, Suite B-102
Danvers, MA 01923

For the latest news and events,
please follow us online:



We'd like to keep you informed, however, if you no longer wish to receive this newsletter or future fundraising requests to support Care Dimensions, formerly Hospice of the North Shore & Greater Boston, please contact the Development Department by email at Philanthropy@CareDimensions.org or call 978-223-9787.

Please join us

Hospice Tree of Lights Ceremonies Lift Hearts and Spirits

For those who have lost a loved one, the holidays often bring poignant memories and can intensify the feeling of loss. Since 1991, the annual Hospice Tree of Lights ceremonies have become a wonderful tradition for families and friends to come together and celebrate their loved ones in a meaningful way. A charitable donation to Care Dimensions illuminates a light on a stately pine tree in honor of, or in memory of a cherished loved one. During four community services, hundreds of families gather to witness the illumination of a tree filled with green, blue and white lights and to attend a reception and view the names of their loved ones inscribed in the Honor Roll book.

Following each ceremony, Care Dimensions grief support program offers free *Coping with Grief during the Holidays* workshops.

To have your loved one honored with a light or for more information, please call the Care Dimensions Development Office at 978-223-9787 or visit CareDimensions.org/TreeofLights.

Service of Remembrance and Light

This year, in the Greater Boston area, we will be combining our Fall Service of Remembrance and Hospice Tree of Lights ceremonies. Please join us to honor the memory and celebrate the life of your loved one.

Saturday, November 14, 2015

4:00 pm

Christ Church Episcopal
750 Main Street, Waltham



Swampscott Ceremony

Thursday, December 3

5:00 pm

Swampscott Town Hall
22 Monument Avenue, Swampscott

Cape Ann Ceremony

Monday, December 7

5:00 pm

Bank Gloucester
160 Main Street, Gloucester

Danvers Ceremony

Wednesday, December 9

5:00 pm

People's United Bank
1 Conant Street, Danvers