



# Connections

Fall 2014 | Volume 38

Newsletter for Families and Friends

## Music Therapy Helps Patients Connect and Express Themselves



Surrounded by the artwork she created and collected, Marjorie (Pat) Lawrence, 94, was still enamored with the arts, especially music, until her death in October. Her visits with Care Dimensions' music therapist Lisa Kynvi became a focal point for Pat, who had renal disease. "It's the only thing she really looked forward to," said Pat's daughter Barbara. "The fact that she could talk about her art with another artist was huge."

On most creative arts therapy visits, Pat would sit and quietly paint with watercolors as Lisa played her guitar and sang Pat's favorite songs. Pat often requested a song by Ella Fitzgerald and Stan Getz, titled, *There's a Lull in My Life*. It's "our song," Pat would say. While listening to it she often reminisced about meeting her husband Peter, the first boy she ever dated.



Lisa has seen the way music and specific songs can trigger memories in patients. "Music is a whole brain activity, which helps patients to make a connection and extend their conversations," said Lisa. "For some patients, the recognition of a song orients them while also allowing them to have interactions with others."

Music therapy is just one of several offerings in Care Dimensions' Complementary Therapies Program, which is made possible by generous community financial support. Since its inception in 2010, this innovative and supportive program has helped nearly 3,000 patients and caregivers with modalities such as creative arts and music therapy, massage, Reiki and pet therapy. Developed to nurture body, mind, and spirit with non-

invasive, holistic practices, the program serves as an addition to the hospice interdisciplinary plan of care and enriches quality of life for patients, families and caregivers. Complementary therapies address the physical, emotional, cognitive, and social needs of the patient. and can provide avenues for communication for those who find it difficult to express themselves verbally.

For Pat, and many patients like her, having time when she was able to focus on something positive, nurturing and interactive was a welcome relief. So welcome, in fact, that Pat woke at 6 a.m. on days when she knew Lisa would be visiting. "Music therapy gave Mom something to talk about all week long. She liked to recall what songs they sang and what they talked about. It brightened her life," said Barbara.

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## LETTER FROM THE PRESIDENT

Every year, I have the great pleasure of witnessing the most amazing outpouring of support from the community, our patients' families and staff at our annual Walk for Hospice. It's one of my favorite days of the year because I love to watch families coming together to remember their loved ones, greeting a nurse or aide who helped their family through

a difficult time, and joining the thousands who walk as a way to remind others how hospice helped them and why it's so important.

That community support is never taken for granted and has never been more valued. Financial investment from the community enables us to provide the rich array of services that sets us apart from other hospices. It allows us to expand our medical staff (meet our three newest members on the next page) of eight physicians, which lets us more rapidly attend to patients' needs and develop specialized medical programs, so care is tailored to each patient. It helps us nurture patients beyond their physical needs through complementary therapies such as art, music, massage, Reiki and pet therapies. It enables us to invest in community education, so that more people understand their options and the resources available to help them deal with an advanced illness. It assists us in providing the most robust grief support program in the region, offering innovative support groups to reach people in different ways and open to all members of the community, regardless of how they have lost a loved one. Your support helps us provide that "little bit more" that makes such a difference to our patients and their families.

As we enter this holiday season, we'd like to sincerely thank all of our generous supporters who have made this first year as Care Dimensions so successful, enabling us to care for more than 5,000 families throughout our region.

Sincerely,

Diane T. Stringer  
President and CEO

## NEW GIVING SOCIETIES ANNOUNCED

Leadership giving to Care Dimensions is vital to ensure that expert, compassionate care is available to patients and families facing end of life. To recognize our many generous donors, we are pleased to announce the establishment of two new giving societies to recognize their unwavering commitment to our mission.

### *The 1978 Society*

The 1978 Society was established to honor the commitment of our donors who give \$1,000 or more annually to support the mission of Care Dimensions. The generosity of The 1978 Society members will help Care Dimensions develop and expand innovative specialty programs and services that enhance the quality of life for patients and families. Membership is renewed with your annual gift.

For more information, please contact Elizabeth Macomber, VP for Philanthropy at 978-750-9394 or [EMacomber@CareDimensions.org](mailto:EMacomber@CareDimensions.org).

### *The Circle of Compassion*

Donors who have demonstrated their steadfast loyalty and commitment over time are recognized by cumulative gift levels in **The Circle of Compassion**. These donors ensure that their family, friends and neighbors always receive compassionate expertise when facing death, loss and grief. Their cumulative giving will be recognized at the following levels:

Love	\$100,000 or greater
Peace	\$50,000 - \$99,999
Hope	\$10,000 - \$49,999

Members of these giving societies will be honored at an annual event and receive special recognition and communications. We invite you to join our many friends who are counted as loyal benefactors. Your gift to Care Dimensions will benefit you, your family and your friends when it matters most.

# New Physicians



## **Larissa Lucas, MD, FACP, Medical Director of Quality**

Larissa Lucas, MD, joined our medical staff in 2009, serving in a part-time capacity at the Kaplan Family Hospice House. Prior to assuming a full time role in July, she managed a large team of editors building an evidence-based educational resource for physicians called DynaMed. Dr. Lucas is a graduate of the University of Massachusetts Medical School and is an instructor in internal medicine at Harvard Medical school. As Care Dimensions' Medical Director of Quality, she will be focusing on patient safety, evidence-based practice, and team approaches to care at end of life.



## **Joel Bauman, MD**

Joel Bauman, MD, joined Care Dimensions in September and was most recently the hospice medical director at Good Shepherd Community Care in Newton. He is a graduate of the Albert Einstein College of Medicine. Dr. Bauman completed his medical trainings in internal medicine, geriatrics and palliative care in the Boston area at Boston City Hospital, the Harvard Medical School Division on Aging and Massachusetts General Hospital.



## **Mary Valliere, MD**

Mary Valliere, MD, joined Care Dimensions in September and was most recently a consultant for the expansion of MOLST (Medical Orders for Life Sustaining Treatment) in Massachusetts. Board certified in hospice and palliative medicine, she is a graduate of the University of Massachusetts Medical School, where she is currently an assistant professor of medicine.

## **OUR NEW COMMUNITY EDUCATOR**

Pam Taylor has joined Care Dimensions as a Community Educator, offering workshops and seminars to the community on a variety of topics surrounding advanced illness and end-of-life issues. The goal of our community education and outreach 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.

Taylor holds a Master's degree in social work with a concentration in older adults and end-of-life issues, and draws on her experience working with elders at the Spectrum Adult Day Program to develop compelling presentations that discuss sensitive issues in a clear, easy to understand manner.

"We have many presentations to choose from or we can design a presentation to suit each organization's needs and interests," offers Taylor. Topics include, but are not limited to:

- Taking the Mystery out of Hospice and Palliative Care
- Living with a Serious Illness
- Anticipatory Grief
- Caring for Yourself When Someone You Love Has an Advanced Illness
- Making Decisions When it Matters Most
- Caring for Your Aging Parents
- Am I Just Forgetful or Do I Have Alzheimer's?
- Coping with the Holidays When a Loved One is Ill

To schedule a program, please call Pam Taylor at 978-223-9744 or e-mail [PTaylor@CareDimensions.org](mailto:PTaylor@CareDimensions.org).



*Pictured (l-r): Pam Taylor, Care Dimensions' Community Educator and Lincoln Council on Aging Director Carolyn Bottum at a recent presentation on Alzheimer's disease.*

# Healing Connections

## RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

### HANDLING THE HOLIDAYS WHILE GRIEVING

*“I’m dreading the holidays this year...”*

*“Everyone always comes to my house for Thanksgiving, but I don’t know if I can handle it...”*

*“I’m actually looking forward to Christmas... is that wrong of me?”*

The quotes above are from past participants in Care Dimensions’ “Coping with Grief during the Holidays” workshops. The holidays can be an exceptionally difficult time for people who are grieving the death of a loved one. Others’ expectations of us – and our expectations of ourselves – are running high; expectations to be joyful, to be in the holiday spirit, to uphold long-standing family traditions, just to name a few. In the throes of grief, it can be hard to live up to these expectations so holiday guilt mixes in with our sadness. Alternatively, some who are grieving actually look forward to celebrating with friends and family as a welcome relief from their sadness and feel guilty, wondering if they are not “properly” mourning.

As the holiday season approaches, grief counselors often speak about giving ourselves “permission” to do what feels right and authentic rather than what is expected, and to be gentle with ourselves. There is no “correct” way to handle the holidays while you are grieving, and even if others don’t understand or agree with your decisions that doesn’t make them right or wrong, either. Your emotions are likely to fluctuate even more than usual, but that doesn’t have to ruin or define your holiday season.

The Grief Support team at Care Dimensions has published a “Coping with the Holidays Checklist” for the past several years, a holiday tradition we hope you will find helpful. The full checklist is on page 3 and a few are highlights below. Please visit our website ([www.CareDimensions.org](http://www.CareDimensions.org)) and click on the “Grief Support” tab for additional information and a link to our calendar of support groups and workshops, including our “Coping with Grief during the Holidays” workshops in locations throughout the North Shore and Greater Boston.

- **Make careful choices** about the people with whom you spend time during the holidays. You need to be around people who will accept you whatever your mood, and who will understand if you are not “yourself.” When considering invitations to holiday gatherings, give yourself permission to say no, and if you say yes give yourself permission to leave early if you need to.
- **Evaluate holiday traditions** to determine which ones you feel like upholding this year, and which ones are best left to others or to next year. Trust your gut...you will know deep down what you truly want and don’t want to do.
- **Make change manageable** by not necessarily changing everything this year. Maintaining a few traditions can provide a comforting sense of continuity. You can also consider incorporating new traditions such as lighting a candle in your loved one’s memory, setting an empty place at the Thanksgiving table, or observing a moment of silence before a holiday meal.
- **Make lists** for holiday shopping and keep them handy on your smartphone, in your wallet or purse, etc. Facing the commercialized holiday cheer of the mall and the throngs of shoppers can be overwhelming. With your lists handy, you can capitalize on days when you have bursts of energy and check off a few items at a time. Consider online shopping if you haven’t done much of that before; it can be a good way to purchase gifts for friends and loved ones without confronting the retail store crowds.

*For more information on how Care Dimensions can help, please call our Grief Support program at 855-774-5100 or visit [www.CareDimensions.org](http://www.CareDimensions.org).*





## 2014-2015 Bereavement Calendar

### Coping with the Holidays

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

#### Danvers Ceremony

People's United Bank  
1 Conant Street, Danvers  
Tuesday, December 2, 6 – 8 p.m.

#### Cape Ann Ceremony

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

#### Swampscott Ceremony

The First Church in Swampscott Congregational  
40 Monument Avenue, Swampscott  
Thursday, December 4, 6 – 8 p.m.

#### Greater Boston Area Ceremony

Care Dimensions Office  
70 Walnut Street, Suite 301, Wellesley  
Tuesday, December 9, 7 – 9 p.m.

Please RSVP to 855-774-5100 or email [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org)

Our 2015 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)  
Tuesday, January 13, 6 – 8 p.m.  
70 Walnut St., Wellesley

### MONTHLY SUPPORT GROUPS

#### Newly Bereaved

1st Thursday of every month, 6 – 8 p.m.  
78 Liberty St., Danvers

#### SHARING OUR LOSSES: A Circle of Caring

1st Monday of every month, 10:30 – 11:30 a.m.  
Putnam Farm, 9 Summer Street, Danvers

#### Children's Bereavement Support Groups

6 – 7:30 p.m.  
Holy Trinity United Methodist Church, Danvers

#### Biweekly Drop-in Children's Support Groups

(Two Groups: Ages 4-8 or Ages 9-12)  
Ongoing, 1st and 3rd Wednesday of each month

#### Monthly Drop-in Children's Group

(Two Groups: Ages 4-8 or Ages 9-12)  
Ongoing, 2nd Wednesday of each month  
Note: Children must have attended a Care Dimensions kids group prior to joining this group.

#### Adults Raising Grieving Children

Occurs at 6:15 – 7:15 p.m. during Children's Bereavement Support Groups

### SUPPORT GROUPS

#### Loss of Spouse/Partner

Mondays, Nov 17 – Jan. 12, 1 – 2:30 p.m.  
Note: We will not meet Dec. 22, Snow date Jan. 19  
70 Walnut St., Wellesley  
Tuesdays, Dec. 2 – Jan. 27, 6:30 – 8 p.m.  
Note: We will not meet Dec. 23  
78 Liberty St., Danvers

#### Loss of an Adult Child

Mondays, Dec. 1 – Jan. 26, 6 – 7:30 p.m.  
Note: We will not meet Dec. 22, Snow date Feb. 2  
70 Walnut St., Wellesley

#### A COMMUNITY OF SURVIVORS:

Healing After a Loved One's Death by Suicide  
Wednesdays, Jan. 7 – Feb. 25, 6 – 7:30 p.m.  
70 Walnut St., Wellesley

#### Coping with the Holidays

Friday, Nov. 21 and Dec. 12, 10:30 a.m. – noon  
Peabody Council on Aging, Torigan Center  
79 Central Street, Peabody

#### Soul Food for the Holidays

Thursdays, Dec. 11 and 18, 3 – 5 p.m.  
Peabody Council on Aging, Torigan Center  
79 Central Street, Peabody

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 call 855-774-5100 or email [Grief@CareDimensions.org](mailto:Grief@CareDimensions.org)



# Hospice Care

## PHYSICIAN FINDS PERSONAL CONNECTION TO HOSPICE

Bob and Nancy Otovic met at a Fourth of July carnival in 1948. He was 22, a quiet and reserved World War II Navy veteran. Always smiling, Nancy, 22, was a people-person. They married one year later, settled in Danvers. Over 63 years they raised ten children and welcomed 17 grandchildren and 5 great-grandchildren. For the Otovics, life was full and happy.



*“Hospice is not hope for a cure, but hope for comfort.”*



When Nancy was diagnosed with Alzheimer’s disease, the couple had been enjoying retirement – gardening and socializing with friends. Over the next decade, Bob took care of Nancy with tenderness, filling in the gaps and balancing the bad days as Alzheimer’s took its toll. In 2010, it became apparent to their children that the Otovics needed help. In addition to dementia, Nancy suffered from debilitating physical problems, including polymyalgia rheumatica and osteoarthritis. Bob, who had his own chronic pain issues, was tired and finding it increasingly more difficult to care for his beloved wife.

Nancy’s daughter and namesake, Nancy Otovic, MD, made a bold and generous offer. She sold her house and moved back into her childhood home. “I wanted my parents to remain in the house they loved,” she said.

Dr. Otovic had recently taken a job with Care Dimensions as a hospice and palliative care physician, following 15 years in family medicine. Juggling her full-time job at Care Dimensions while serving as her parents’ caregiver was challenging for Dr. Otovic. “I’m a hospice physician and I thought I could do it all. It was hard admitting I was struggling,” she said. Her mother needed constant help with daily activities such as bathing and eating. She

was in a lot of pain. Dr. Otovic turned to her colleagues at Care Dimensions for their end-of-life clinical expertise and compassion to help her care for her mother.

“The biggest challenge is letting people in your house,” said Dr. Otovic. “It can feel invasive. As a physician, I felt the same as everyone else. And I battled about the decision with my dad who was resistant to outside help. I told him, ‘I need to start being a daughter and you need to be a husband again.’ We needed more help.” she said.

“The hospice team became our second family and another set of eyes for me,” said Dr. Otovic. “Dr. DePodesta recommended pain medication, our nurse watched for side effects and our hospice aide became like a sister to me. She was cheerful and so patient with my mom.”

After Nancy fell and broke a vertebrae in her back, she was admitted to the Kaplan House for its hospital-level care. Three weeks later at age 85, she died. “She was comfortable and at peace,” said Dr. Otovic. “The hospice team there was so supportive.”

Bob began receiving hospice care a few years after his wife died when his health began to decline rapidly. “His life wasn’t the same without her,” said Dr. Otovic. Care Dimensions assembled the original team and they resumed their place at the Otovics’ home. This time, it was an easy transition for Bob who felt he was welcoming old friends. He even consented to massage therapy for pain relief. After a fall at home, Bob was admitted to the Kaplan House for pain and symptom management. He passed away quietly there, four days before his birthday on June 24, 2013.

Dr. Otovic speaks from the heart and from experience when extolling the virtues of hospice care. She says hospice has changed her life forever. “I will never leave this wonderful profession,” she said. “Hospice makes a difference in the world. We manage pain, mend fences and bring people together. Hospice is not hope for a cure, but hope for comfort and dignity. And, at the end of life, that is what is most important.”



*Watch Dr. Otovic tell her story*

<http://youtu.be/ekNOXyGmNz4>

# Program updates

## CARE DIMENSIONS HOSTS NATIONAL PALLIATIVE CARE EXPERT

Over 250 healthcare professionals, volunteers and members of the community attended two presentations featuring Dr. Ira Byock, one of the foremost palliative care physicians in the country and an award winning author.

Byock applauded clinical staff for their work and encouraged the audience to think creatively to improve care at end of life.

*Pictured (l-r) Care Dimensions VP of Provider Relations, Lyn Skarmeas, Dr. Ira Byock and Mary Crowe, Education Coordinator for Care Dimensions*



## COLLABORATION WITH EMERSON HOSPITAL DEEPENS

Over the past few years, Care Dimensions has worked closely with Emerson Hospital to help provide hospice and palliative care for its patients. In recent months, the two healthcare organizations have collaborated to provide bereavement support groups and volunteer hospice training opportunities at the hospital's Concord campus.

*Pictured (l-r): Care Dimensions Director of Bereavement Services & Program Development, Nate Lamkin and Emerson Hospital's Judy Fernberg, Social Worker, Care Management*



## Coping with the *Holidays* Checklist

The holidays can be tough if you are suffering from a loss. Care Dimensions grief support program would like to offer this holiday checklist for your consideration. Check what you would traditionally do with a "T" and then check with a "W" what you want to do this year. Share this with your family or have them do one of their own and compare notes.

### *Holiday Cards*

- \_\_\_ Mail as usual
- \_\_\_ Shorten your list
- \_\_\_ Elect to skip this year

### *Shopping*

- \_\_\_ Shop as usual
- \_\_\_ Give cash
- \_\_\_ Shop through catalogs
- \_\_\_ Ask for help
- \_\_\_ Shop early
- \_\_\_ Make your gifts
- \_\_\_ Give baked goods
- \_\_\_ Shop with a friend
- \_\_\_ Don't exchange gifts now but perhaps later
- \_\_\_ Make a list of gifts you want to purchase before you go out

### *Holiday Music*

- \_\_\_ Enjoy as usual
- \_\_\_ Avoid turning on the radio
- \_\_\_ Listen to music, have a good cry and allow yourself to feel sad

### *Decorations*

- \_\_\_ Decorate as usual
- \_\_\_ Modify your decorations
- \_\_\_ Ask for help
- \_\_\_ Let others do it
- \_\_\_ Have a special decoration for your loved one
- \_\_\_ Eliminate the tree or other decorations

### *Traditions*

- \_\_\_ Keep the old traditions
- \_\_\_ Attend holiday parties
- \_\_\_ Don't attend holiday parties
- \_\_\_ Go to an entirely new place
- \_\_\_ Bake the usual holiday foods
- \_\_\_ Buy the usual holidays foods
- \_\_\_ Bake but modify what you would usually do
- \_\_\_ Go to religious services
- \_\_\_ Don't attend religious services
- \_\_\_ Spend quiet time alone
- \_\_\_ Visit the cemetery

### *Holiday Dinners*

- \_\_\_ Prepare as usual
- \_\_\_ Go out for dinner
- \_\_\_ Invite friends over
- \_\_\_ Eat alone
- \_\_\_ Change time of dinner
- \_\_\_ Change routine of dinner - do a buffet
- \_\_\_ Change location of dinner, eat in a different room
- \_\_\_ Ask for help

### *After Hanukkah & Christmas, Approaching New Year's Day*

- \_\_\_ Spend as usual
- \_\_\_ Remove decorations early
- \_\_\_ Go out of town
- \_\_\_ Avoid New Year's parties
- \_\_\_ Attend a New Year's party
- \_\_\_ Have a New Year's party
- \_\_\_ Spend time with only a few friends
- \_\_\_ Go to a movie
- \_\_\_ Go to bed early



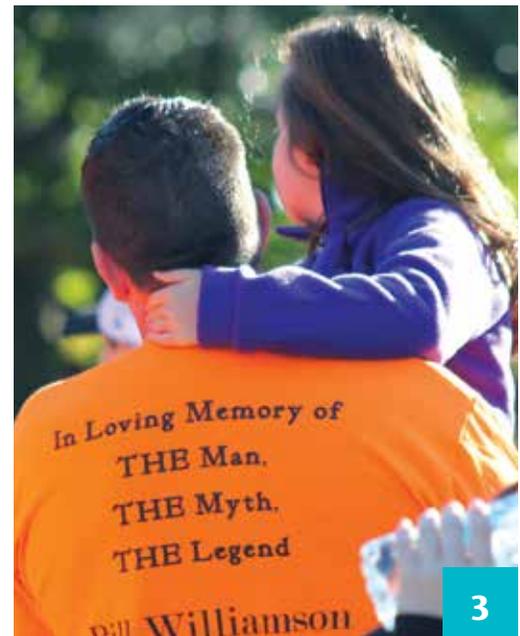
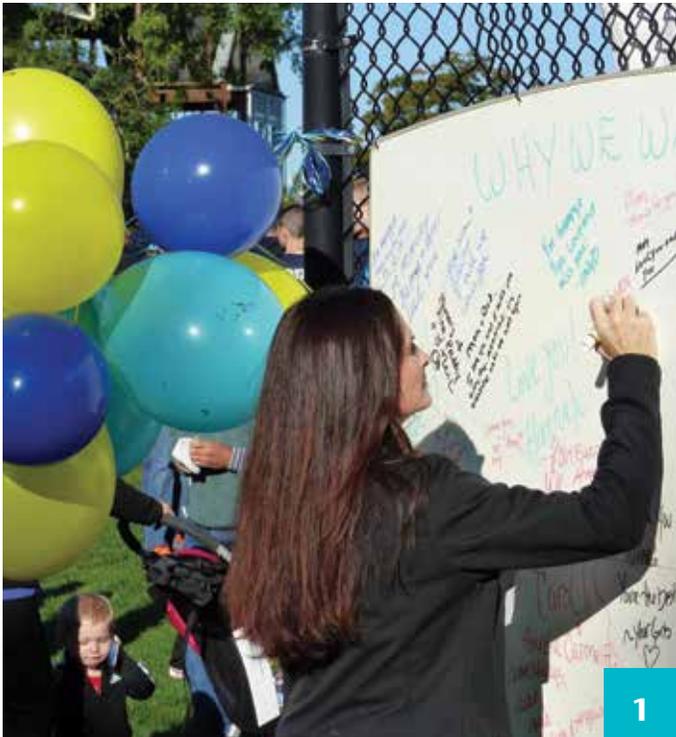
# Celebrating 27 Years

On Sunday, October 5th, over 5,000 walkers came with their family members, friends and classmates to share smiles, laughter, hugs and tears at Care Dimensions' 27th Annual Walk for Hospice. Over 150 teams united to walk in memory of their loved ones and to support 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, led teams through the adjacent neighborhoods on a picturesque fall day with the sound of leaves rustling underfoot. "It's always inspiring to see the sheer number of people coming together to remember their loved ones, but I'm so proud to see so many families come back every year because it means so much to them," said Care Dimensions President Diane Stringer.

With the dedicated teams, including students and faculty from local schools and colleges, the 2014 Walk is anticipated to raise close to \$200,000. "While the final tally of donations is not completed, we are confident this was a successful walk and are grateful for the community support," said Stringer.

To see the complete photo album, visit <http://tinyurl.com/WalkforHospice2014>



# of Going the Extra Mile



## Top Fundraising Teams:

Team Ward  
 St. John's Preparatory School  
 Papa's Angels  
 Team Jayne & Carl  
 Team Higgins  
 Copyright Clearance Center  
 Team Zampell  
 Team FMA Family Medicine Associates  
 Team Teddy  
 Team Cindy  
 Brooks Bunch  
 Team BeBe  
 The Spoons

Care Dimensions gratefully acknowledges the support of our sponsors.

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 St. John's Preparatory School

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 The Zampell Companies



1. Our memory wall.
2. Team Teddy.
3. Team Billy Willy's Bunch.
4. The crowd getting ready to start their walk.
5. Team Ward.
6. A member of Team Nana Rose enjoyed the face painting.
7. Team Starr walking in memory of their loved one.



# Volunteer focus

## COMFORT SQUARES AT THE KAPLAN FAMILY HOSPICE HOUSE

Knitted comfort squares have been offered to Kaplan House patients and visitors since 2009. They began when Gail Thompson, a longtime Care Dimensions volunteer, was inspired to make them after a trip to Florida where a friend gave her some patterns. Gail began making them that spring, but by the fall, she had to enlist Cindy Brooks to help. Many people have since joined in the effort, including Gisela Moore, and Gail estimates that at least 20,000 squares have been taken by patients and their family members.

“People have many different reasons for taking them from the chapel. They are very personal. We’ve heard that some family members bury their loved one with them, or they hold onto them as a memento after the patient has passed,” Gail said. “Anyone can take one—a patient, a family member or a visitor.”

Our volunteers have many special talents like those of Gail, Cindy and Gisela. If you have a skill you would like to contribute, please contact our volunteer services department at 888-283-1722 for more information.

*Pictured: (l-r) Gail Thompson, Gisela Moore and Cindy Brooks working on comfort squares; A basket of completed squares.*



## VOLUNTEER CREATES VETERANS MEMORIAL GARDEN AT KAPLAN HOUSE

Thank you to Eagle Scout candidate Tyler Tringale of Peabody who put together a Veterans Memorial Garden at the Kaplan House for his Eagle Scout project. Included in the project is a flag pole, bronze plaques to represent the five branches of military, perennial flowers and stepping stones. Tyler selected the Kaplan Family Hospice House for his project to honor and remember veterans and his grandfather who passed away at the hospice house last December.

## 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.

*Care Dimensions offers specialized training for those volunteers who wish to learn more about working with specific populations of patients. These training classes are offered to volunteers who have already completed the standard eight-week training. Additional training is available for Pediatric, Vigil, Bereavement, Dementia, Veteran and LGBT Volunteers.*

### UPCOMING SPECIALIZED TRAININGS IN DANVERS:

***A Caring Response: End-of-Life Challenges in the LGBT Community (A cultural competency training)***

***December 2, 9:30 – 11:30 a.m.***

*Learn ways to fully support LGBT patients during their end-of-life journey and examine truths and misconceptions about the LGBT community.*

***Veteran-to-Veteran Volunteer Training***

***December 5 & 12, 10 a.m. – noon***

*Vet-to-Vet Volunteers assist our patients who are also veterans by providing regular visits for socialization and companionship, listening as a patient reminisces, transportation, and other valuable services to bring comfort.*

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 888-283-1722 or email [SMeehan@CareDimensions.org](mailto:SMeehan@CareDimensions.org).

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](mailto:Philanthropy@CareDimensions.org) or call 978-223-9787.

# Please join us

## 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 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 [www.CareDimensions.org/TreeofLights](http://www.CareDimensions.org/TreeofLights).



### **Danvers Ceremony**

Tuesday, December 2  
5:00 pm  
People's United Bank  
1 Conant Street, Danvers

### **Swampscott Ceremony**

Thursday, December 4  
5:00 pm  
The First Church in Swampscott Congregational  
40 Monument Avenue, Swampscott

### **Cape Ann Ceremony**

Monday, December 8  
5:00 pm  
Bank Gloucester  
160 Main Street, Gloucester

### **Greater Boston Area Ceremony**

Tuesday, December 9  
6:00 pm  
Care Dimensions Office  
70 Walnut Street, Suite 301, Wellesley