

Connections

Fall 2017 | Volume 44

Newsletter for Families and Friends

Going the Extra Yard to Create Life-Affirming Moments

For Ipswich native and New England Patriots fan Steve Brown, “Do your job” is more than a popular phrase; it’s a philosophy he’s followed through five bouts of cancer over 32 years. He took on every diagnosis, treatment, success and setback and moved forward to live his life and support his family.

In May of this year, Steve suffered a brain hemorrhage, which caused a stroke that partially paralyzed the left side of his body. He recovered better than expected in a matter of weeks, but then had two additional strokes. There were numerous trips to the emergency room and finally Steve decided he’d had enough of hospitals.

“When you’ve been in hospitals a lot you lose control of your life,” Steve said. “They make all the decisions for you. I wanted to live and die on my own terms.” Steve and his wife Tracy talked about bringing in hospice and called Care Dimensions in August.

Tracy was immediately impressed with Steve’s clinical hospice team. “They understood Steve’s need to be in control and experience as much of life as he could,” she said. When his social worker, Angie O’Keefe, asked if Care Dimensions might be able to help Steve cross anything off his “bucket list,” Tracy immediately responded, “Yes. Tickets to a New England Patriots home game.”

Setting off to make Steve’s dream a reality, Angie found that all Patriots’ home games were sold out. But she didn’t let that stop her. She put the word out to Care Dimensions staff who shared it with their networks, and in less than a day an anonymous donor came forward with six tickets for the September 24th game against the Houston Texans.

Leading up to the game, Steve’s enthusiasm was palpable. His nurse, Ana Sanderson, carefully monitored his physical signs and symptoms to ensure that Steve felt strong enough for this once-in-a-lifetime experience.

Steve Brown (seated), his family and a friend meet with Patriots’ owner Robert Kraft at Gillette Stadium.



On game day, Steve, Tracy, their children and a friend got to experience more than merely attending a Patriots’ game. The hospice team had contacted the Patriots and asked if there was any way to make Steve’s day extra special. The Patriots offered pregame field passes, which put them on the sidelines during the team’s warm-ups. They even got to meet Patriots’ owner Robert Kraft, and Steve was interviewed by WBZ-TV sportscaster Dan Roche.

Both Steve and Tracy were grateful to their team at Care Dimensions for working so hard to make his wish a reality. “It was a thrill,” said Steve. “But besides the game, our team from Care Dimensions has really come through with exceptional medical care and more,” said Steve. “It’s been great to have access to the nursing support line, relaxing massages from a licensed therapist and the time to talk with my social worker about quality of life issues and end-of-life planning.”

“Helping our patients live each day to the fullest is something we take very seriously,” said Ana, Steve’s nurse. “We hope that with the help of hospice, Steve will continue to have these life-affirming moments for as long as possible.”



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LETTER FROM THE PRESIDENT

Greetings and welcome to our autumn edition of Connections.

Autumn is my favorite season. I love the color, the harvests, the fireplace, the school buses and the build-up toward my favorite holiday: Thanksgiving. You can pack every day of autumn with delight and discovery, if you choose to.

Let me tell you about a brief conversation between a hospice patient, her daughter and the hospice nurse:

Mother: Do you think I am going to get better this time?

Daughter: I don't know, mom. Let's ask the nurse.

Nurse: Well, Mrs. B., what do you think?

Mother: I don't think I'm going to get better.

Nurse: Well, then, let's make sure that today is a really good day.

How people live before they leave is influenced by choices, expertise and empathy. That nurse will couple her own expertise with that of an entire supportive team and the patient and family so that the days are as good as can be.

And that's what we do in hospice and palliative care. We help people build better days. Each day we help people share another memory, listen to a treasured prayer, make an exclamation point, listen to an apology, or offer consolation. We are humbled by the opportunity to join with families as they try to live well, every day, even when someone is seriously ill or has died.

We say that people come into the world surrounded by love, comfort and care, and that they should leave the world that way too. We are made bold to think that way because of the families we serve. We will be there throughout the years for many more families in our ever-growing community because the need is there and our mission is so necessary.

In the fall, we are reminded that there is seasonality in life. We can choose to see that awareness as a benefit or a burden. We can choose to forget the day's troubles and remember the day's blessings. And that outlook prepares us for a grateful Thanksgiving.

Enjoy today!

Patricia Aherm
President and CEO

Welcome to our New Board Member



Kimberly Perryman, MMHC, RN, NE-BC

A Reading resident, Kim is the new Corporate Director representing the former Northeast Hospital Corporation on our board. She is the VP of Patient Care Services and Chief Nursing Officer at Beverly and Addison Gilbert hospitals. Kim has a Master of Management degree in health care from

Cambridge College and a bachelor's degree in nursing from the University of Massachusetts, Boston.



With the completion of the exterior siding and the start of plastering of the interior walls, the construction on the new hospice house has reached several important milestones and is on track to allow us to care for our first patients in January.

Meet Some of the Newest Members of Our Medical and Clinical Leadership Team

Care Dimensions employs its own medical staff of 9 physicians—all experts in hospice and palliative care—to form an unequalled medical team that is ready to meet the needs and questions of patients and their families. We are excited to announce the addition of our first Director of Pharmacy Services, providing guidance on regulations and patient medication needs.



Robert Taylor, MD, FAAHPM, FAAN, joined Care Dimensions as **Assistant Medical Director for Greater Boston**. Dr. Taylor oversees physicians in the Boston and MetroWest service areas, and will lead the medical team at our new Care Dimensions Hospice House. Board certified in hospice and palliative medicine and a fellow of the American Academy of Hospice and Palliative Medicine, he holds a medical degree from Ohio State University (OSU) College of Medicine. Previously, Dr. Taylor was the founding director of the OSU Palliative Care Program and the Director of Clinical Ethics at OSU College of Medicine.



Helena Thornley, MD, joined Care Dimensions as a part-time **physician** for the Boston and MetroWest area. With over 12 years of experience in hospice and palliative care, Dr. Thornley was most recently the medical director at Notre Dame Hospice in Worcester. Board certified in hospice and palliative medicine and pediatrics, she is a graduate of King's College School of Medicine at London University.



Johnson Wu, DO, is a new **staff physician** serving our Boston and MetroWest communities. A graduate of the A.T. Still University School of Osteopathic Medicine in Arizona, he completed a fellowship in hospice and palliative medicine at the Cleveland Clinic.



David Macdonald, MD, joined Care Dimensions as a **staff physician** for the North Shore area. Prior to joining Care Dimensions, Dr. Macdonald was an inpatient hospital medicine specialist at Lahey Clinic Hospital, rising to the division chief of hospital medicine for Lahey's Beverly and Addison Gilbert hospitals. Board certified in internal medicine, he is a graduate of the Ross University School of Medicine.



Alifia Waliji-Banglawala, Pharm.D. has joined Care Dimensions in the new role of **Director of Pharmacy Services**. After receiving her Doctor of Pharmacy degree from the University of Florida in Gainesville, she worked as a clinical pharmacist with the Dana-Farber Cancer Institute.

National Foundation Supports Construction of Care Dimensions Hospice House

The Hearst Foundations have awarded Care Dimensions \$50,000 to help support a pediatric hospice suite at the new Care Dimensions Hospice House under construction on the Lincoln/Waltham line. Featuring 18 private patient suites, comfortable living rooms, gardens and other family-friendly amenities, the new hospice house and its staff will bring hospital-level care to hospice patients from Greater Boston and the MetroWest region who need complex pain and symptom management.

“Pediatric hospice patients have different needs than adults,” said CEO Patricia Ahern. “Not only do they need appropriate equipment like a crib and rocking chair, but they need kid-friendly pictures and décor, so that they feel comfortable and in a safe environment. We are grateful to The Hearst Foundations for helping us meet this need.”

“We are pleased to partner with Care Dimensions to help young patients and their families receive the highest possible level of care and comfort, at a time in their lives when they need it the most,” said Sarah Mishurov, director of strategy and operations for the Foundations.

CARE DIMENSIONS' FAMILY FUND BOOSTS PATIENT EXPERIENCE

Krystal Clark, is a lover of Motown music, the Disney channel and horses. She is also a hospice patient. The petite 31-year old is living courageously with Huntington's disease, a genetically inherited, progressive brain disorder that claimed the life of Krystal's mother in 1998. "We started seeing signs of the disease in Krystal when she was 15," said Krystal's father, Ed Clark. Since that time, Ed has done everything he can to ensure that Krystal has a full and meaningful life. "She's all that matters to me," he said.

"I thought we were just going to get medical services and some personal care but we've been given so much more."

In May of this year, as Krystal's condition worsened, Ed secured Care Dimensions' services to keep Krystal's symptoms and pain associated with her disease under control and to give her some much needed caregiver support. "I thought we were just going to get medical services and some personal care, but we've been given so much more," he said. In addition to weekly visits by their nurse, social

worker and hospice aide, Krystal has benefited greatly from time with music and massage therapists. "All of these services have made a huge difference to Krystal's level of comfort and quality of life," he said.

As the primary caregiver for his daughter, Ed also recognized Krystal's need for socialization and adventure. "She needs to do her own thing," he remarked. Before her diagnosis, Krystal spent much of her free time riding and caring for horses. Ed knew about Strongwater Farm, a therapeutic equestrian center in Tewksbury, but he wasn't sure he could afford the expense of lessons. Understanding the therapeutic benefits to Krystal and Ed's desire to give his daughter this important experience, their hospice social worker applied for a grant from Care Dimensions' employee-supported Family Fund for financial assistance with the lessons.

"It's not unusual for our patients and families to have limited funds for basic needs or unmet social needs," said Judy Cranney, VP and COO. The Family Fund was established to help with specific non-medical needs and funds are raised by our Employee Development Committee. In 2016, the fund provided \$35,000 to support our patients with a limited monetary grant of up to \$500 per patient.

During her six, hour-long lessons, Krystal sat on therapy horse "Trail" like a true equestrian. Her calm and caring demeanor put the 15-year old horse at ease as they trotted around the ring. After each lesson it was obvious that they helped to strengthen not only Krystal's core muscles, but also her sense of self.

Ed sees the light in Krystal's eyes shine a little brighter after each riding lesson, music or massage therapy session. "How can you measure the joy and support that each of these things bring into our lives?" said Ed. "I'm just so grateful to everyone at Care Dimensions."



Krystal Clark rides "Trail" with the help of staff at Strongwater Farm in Tewksbury.

FOR HOSPICE AIDE ELENA CONNELLY EVERY DAY IS A REWARD

"I have been a certified nursing assistant (CNA) for 25 years, and a hospice aide at Care Dimensions for the past 10 years. Every day is a reward for me because I get to help people who really need it. When I came to Care Dimensions as a hospice aide, I immediately liked how much closer I could get to my patients. My visits with them are one hour; when I was working in long-term care, I had less time with each patient.

I didn't know what to expect when I started working at Care Dimensions, but any anxiety I may have had was quickly erased by my coworkers and managers. Everyone on a clinical team here is equal. As a hospice aide, I am the person on my team who often sees the patient most frequently. I am their voice. So if I notice one of my patients is behaving differently, experiencing pain, or could use other help, I tell the appropriate team member right away. I want to do all I can to ensure that the patient gets the care he or she needs."

Read Elena's
full blog post

[CareDimensions.org/VoicesOfCare-Elena](https://www.CareDimensions.org/VoicesOfCare-Elena)



Explore additional stories by our patients, families, staff and volunteers on the Care Dimensions' Voices of Care blog at [Blog.CareDimensions.org](https://www.CareDimensions.org)

Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

THE POWERFUL NEED TO COMMEMORATE

by April Evans, Manager of Bereavement Services

There is a human urge to commemorate. Remembering can lift our spirits and soothe our fears. Often though, we shy away from remembering our losses. And yet, when our loved ones' birthdays occur or the first holiday takes place without them, we try to find activities that will bring us closer to their memories. Rituals of commemoration can help us remember and provide solace.

Here are some examples of how you can commemorate a loved one's memory:

Help grievers commemorate: If you care about someone who is grieving and you know a birthday, anniversary or holiday celebration is coming up, help the griever by asking what you can do. Acknowledge the difficulty of the day and offer to be with them. Grievers should give themselves permission on special days to acknowledge that this day is different this year and consider what they're going to do to acknowledge that.

Find opportunities to commemorate and remember: You don't have to create your own rituals. Look for opportunities in your community. In addition to Services of Remembrances throughout the year, Care Dimensions also holds several Tree of Lights ceremonies in December (see page 11 for more details) so that individuals and families can honor a loved one or friend. For more information, visit CareDimensions.org/Remembrance.

Do whatever works for you: The activities you select for commemoration can be as unique as you are. Choosing to do something that gives you comfort may be as simple as sitting quietly in your garden to remember your grandfather. Your commemoration doesn't have to be public. The bottom line is not what you've done, but that you've done something.

Think outside the box: Throw a party or get together with friends for a joke-telling contest in honor of a loved one who relished a good joke. For someone who loved Christmas, gather a group to go caroling at a local nursing home or just around the neighborhood. You can even carry a sign that states you're caroling in honor of your loved one.

Put the "special" back into special days: If your loved one was crazy about Thanksgiving, consider what will give you comfort on that day. If doing the holiday as your loved one would have will be too difficult, take a fully-cooked turkey dinner to a family in need or volunteer at a local shelter. Consider how to take a piece of the old tradition and blend it with something different to create a whole new tradition of remembering.



To see a current calendar of grief support programs, please visit

CareDimensions.org/Grief
or call 855-774-5100.

Workshops to Help People Cope with Loss During the Holidays

Dealing with the holidays can be stressful, especially if you've experienced the death of someone close. To help those who need support, Care Dimensions will offer free *Coping with Loss at the Holidays* workshops. Advance registration is required as space is limited. To register for the workshop and to get a complete list of all support programs, please contact 855-774-5100 or visit CareDimensions.org/Grief.

December 5, 6 – 8 p.m.
Bertolon Center for Grief & Healing
78 Liberty Street, Danvers

December 7, 4 - 5:30 p.m.
The Barn of the Josiah Smith Tavern
358 Boston Post Road, Weston

Our grief support programs are funded in part by our generous community of donors.

Program updates



Pam Bradon, president/founder of AGEucate, instructs Care Dimensions Volunteer Nancy Usher during a Dementia Live demonstration.

NEW DEMENTIA TRAINING PROGRAM FOCUSES ON PERSON-CENTERED CARE

Care Dimensions' Dementia Support Program tailors personalized care plans for hospice patients, whether they are experiencing moderate dementia or severe symptoms, to maximize each patient's comfort and quality of life. To better meet the physical, cognitive, spiritual and emotional needs of patients with dementia, all Care Dimensions clinical staff receive a 13-hour habilitation training program developed by the Alzheimer's Association of MA/NH. In addition, thanks to a recent \$10,000 grant from North Shore Community Health Network, Care Dimensions staff and volunteers will receive additional training through the *Dementia Live* and *Compassionate Touch* programs developed by the AGEucate Training Institute.

Commenting on the new trainings, Care Dimensions Education Specialist Mary Crowe said, "Having compassion and a greater understanding of patients and families living with dementia is at the center of our mission, and these training programs offer new insight to staff." The *Dementia Live* training provides experiential learning that simulates dementia and sensory loss, giving participants a greater awareness and understanding of the 24/7 struggle affecting persons with dementia. *Compassionate Touch* training shows how the specific use of skilled touch can help to connect and communicate with people who have dementia. Learn more about our Dementia Care Program at www.CareDimensions.org/DementiaProgram

NEW ONLINE RESOURCES FOR CAREGIVERS

To give home caregivers some tips on what they can do to make their loved ones more comfortable, Care Dimensions has produced short videos on these topics: shortness of breath, restlessness/agitation, pain management, turning and positioning, and constipation.

You can view the videos at www.CareDimensions.org/CaregiverVideos.



WINCHESTER HOSPITAL RECOGNIZES CARE DIMENSIONS NURSE



(l-r) Golden Key Award recipient Karen MacKenzie, RN, with Care Dimensions Clinical Manager Karen Ames, Winchester Hospital's Monica Ferguson and Care Dimensions President Patricia Ahern.

Care Dimensions nurse Karen MacKenzie, RN, was awarded Winchester Hospital's Golden Key Award for her exemplary clinical hospice care for one of its patients, "Mrs. X". Winchester Hospital's Nurse Practitioner Monica Ferguson, MSN, AGPCNP-BC, shared how Karen's care impacted the patient's quality of life: "Mrs. X was a middle-aged woman with advanced chronic pulmonary obstructive disease who was clear in her desire to leave the hospital and return home, but who had clinical complications and anxiety that would make it difficult. When the suggestion was made to go home on hospice services Mrs. X agreed, but with trepidation. But once Karen met with Mrs. X. and her husband, they felt confident that she could remain comfortably at home. Karen focused on managing Mrs. X's episodes of shortness of breath by adjusting medications and helping her share her fears and concerns. With Karen's encouragement, Mrs. X accepted a home health aide so that she could conserve her energy. Karen also observed that Mrs. X was often home alone and recommended Lifeline as a way to instill a measure of safety. Care Dimensions hospice care enhanced not only the quality of life for Mrs. X, but also for her husband and family. Karen, through impeccable assessments, early identification of issues, innovative problem solving, and treatment of symptoms, prevented suffering for the patient and allowed her to live out her final weeks in the comfort of her own home."

Volunteer focus

WE HONOR VETERANS

Since 2014, Care Dimensions has been proud to be recognized as a Level 4 partner of the “We Honor Veterans” program, a collaboration between the National Hospice and Palliative Care Organization and the Department of Veterans Affairs. We provide respectful medical care and compassionate support for seriously ill veterans while also focusing on improving access to end-of-life care for military veterans. We understand the medical issues unique to various branches and eras of military service and offer hospice care that meets these needs, wherever veterans live.

Each year, we hold recognition events to say thank you to dedicated individuals, businesses or community organizations for the critical role they play in supporting veterans in our communities.

We congratulate and thank the following We Honor Veterans award recipients who were recognized at events in early November 2017:

Harold Goldstein of Methuen, John MacGillivray of Natick, Dick and Christine Moody of Danvers, John Sacherski of Lynn, the Soft Touch Big Band of Waltham and Whitney Willman of Newburyport.



WE HONOR VETERANS



In September, hospice patient Jacob Burrige (center) traveled to Fenway Park to represent WWII Navy SEABEES, the naval construction battalions that he served with in WWII. In 2015, Mr. Burrige was a recipient of Care Dimensions' We Honor Veterans award for his commitment and support of veterans in his community. (Photo courtesy of Boston Red Sox.)

[Learn more about our Veteran-to-Veteran volunteer training program and our special services and recognition opportunities for veterans at CareDimensions.org/Veterans.](https://www.caredimensions.org/Veterans)

VOLUNTEER VOICES

Meghan Gardner of Bedford writes on our blog that volunteering for hospice reveals the temporary nature of life and teaches her to value her own relationships. She opens up about how her religion influenced her decision to become a hospice volunteer, and she recalls some moving experiences with hospice patients:

“When I tell people that I am a hospice volunteer, they almost always ask, ‘Why?’ They can’t imagine why I would want to be with people who are expected to die soon. I have a desire to ease people’s suffering, and being a hospice volunteer is a way to make a difference.

Being able to make a connection with someone toward the end of their life can be more powerful than medicine. That ties into my spirituality as a practicing Mahayana Buddhist. A key part of my religion is having and developing compassion.

In the practice of hospice, the truest form of compassion is to be in the space that my patient is in. I let go of me and my needs and what I think is real and I enter their space. I’m participating in their view of what is going on. It’s about being there for them, as defined by them.

One of my former patients was a 97-year-old WWII veteran. I had been with him for seven months. I knew from his family that he didn’t talk about the war, but one day he told me a story about a soldier he knew who did something he believed to be very unethical. Then he asked, ‘What do you think?’ I told him it’s hard to be humane in an inhumane circumstance, and I could never judge what it would be like to be in that soldier’s difficult position. The next week, he retold the story and revealed that the soldier he had been talking about was himself. He trusted me enough to open up. He then unloaded lots of stories about the war – stories that he had never told anyone else. He said, ‘You’re the only unconditional relationship I’ve ever had.’ I felt honored and moved that he could finally tell someone about things that he had been carrying with him.”



[Read Meghan’s full blog article](https://www.caredimensions.org/VoicesOfCare-Meghan)

[CareDimensions.org/VoicesOfCare-Meghan](https://www.caredimensions.org/VoicesOfCare-Meghan)



Celebrating 30 Years of

WALK CELEBRATION PARTY WAS A GREAT SUCCESS

September was a busy month for our Walk for Hospice committee. In addition to holding our annual Walk on the 24th, we also celebrated with a Walk Celebration party 10 days before. The party, which took place at Danversport, raised more than \$28,000 to benefit Care Dimensions patients and families. About 370 people attended the event and enjoyed an evening of outstanding food, drink and auction items.

(Right) Walk Co-chairs Maureen Gillis (left) and Glen Boutchie (right) with Care Dimensions President and CEO Patricia Ahern.

(Below) Auctioneer Don Kelley wows the crowd during the live auction at the Celebration Party.



See more photos of the evening on our Facebook page.

Jonathan Palm and Sarah Ofesh spoke about the amazing care their grandfather, William "Bill" McPherson, Jr. (pictured at left on a Care Dimensions banner), received while a patient with Care Dimensions.

[CareDimensions.org/WalkPartyPhotos](https://www.CareDimensions.org/WalkPartyPhotos)



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Going the Extra Mile

On Sunday, September 24th, more than 3,500 walkers came with their family members, friends and classmates to share smiles, laughter, hugs and tears at Care Dimensions' 30th 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 three-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 crisp fall morning. "We are inspired by all of the walkers who come together to remember their loved ones," said Care Dimensions President Patricia Ahern. "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.

Top Fundraising Teams:

Care Crusaders
4Dimensions
Lucky Lemures
Papa's Crew
RAPPERS
TEAM HIGGINS
Team Kyle
Team Lang
Team Murphy
Volunteer Vikings
Woody's Wonders
Zampell

Care Dimensions gratefully acknowledges the support of our sponsors.

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The DeSimone Family
EGA Architects
Love is a Magic
Medline
North Shore 104.9FM Radio, WBOQ
Salem Five Charitable Foundation
Zampell Building Services



1. Dave's Mates from Crosby's Markets.
2. Team Wendy: (L) Team Wendy members Jen Colby and friend with Jen's son Herbie.
3. Team DeVeau "Dad's Dream Team".
4. Walkers writing on the tribute wall.
5. Multi generations from Team Higgins.
6. Friends and supporters from Leadership Sponsor Freedom Home Care.

Support from the Community



Linzee and Beth Coolidge's introduction to Care Dimensions began with a visit to a friend who was a patient at the Kaplan Family Hospice House in Danvers. "It was such a nice place and very calm," recalled Beth. Her husband Linzee agreed, adding, "I thought our friend was beautifully cared for and his wife did, too." Linzee also observed that, while his friend may have been in some pain, the Care Dimensions staff made every effort to keep him as comfortable as possible.

The Coolidges were so impressed with the care their friend received that they decided to make a financial commitment to Care Dimensions to assure that others on Cape Ann, the communities of Gloucester, Rockport, Essex and Manchester-by-the-Sea, have access to the highest quality care when seriously ill and at end of life. Their support was made through the Belinda Fund, a donor-advised fund with the Boston Foundation.

Care Dimensions VP for Philanthropy Mary Doorley Simboski said, "We are overjoyed that Linzee and Beth directed that Care Dimensions receive support from the Belinda Fund. This gift will help us provide hospice and palliative care and grief support to Cape Ann residents. So many will benefit from their generosity."

For animal enthusiasts like Linzee and Beth, the fact that people's pets were welcome at the Kaplan Family Hospice House solidified their resolve to support Care Dimensions. "It was definitely a big plus," said Beth.

Would you like to learn more about how to support Care Dimensions and important services not covered by insurance? Please contact Kelly Taranto, gift officer at 781-373-6512 or email KTaranto@CareDimensions.org. Visit CareDimensions.org/Giving for additional information.

"I thought our friend was beautifully cared for [at Kaplan House]."

~ Linzee Coolidge

A Gift to Help Others

By supporting Care Dimensions, you are helping us provide hospice and palliative care and grief support whenever it's needed, regardless of the person's ability to pay.

This is a great time of year to make a special gift to help your neighbors in need, and it could provide you with tax benefits.

For more information

Please contact Kelly Taranto at KTaranto@CareDimensions.org or 781-373-6512.



Patient support



Three generations of the Tegan Family

HONORING A WIFE'S LEGACY

Six years ago, John Tegan of Boston lost his wife of 48 years. "Lorraine was the love of my life," said John. "When she died, I was like a ship without its rudder." After a 20-year battle with breast cancer, Lorraine sought hospice services through Care Dimensions thanks to the encouragement of a good friend. More than anything, Lorraine wanted to remain in her own home surrounded by her husband, children, and grandchildren. "Care Dimensions made Lorraine's desire to stay home possible, and for that I am extremely grateful," recalls John. "They were always available to answer my questions, even on nights and weekends."

Lorraine's life was a full one and, despite her early death, she accomplished great things. She was devoted to her family and her 35-year career as a math teacher. She was active as a tutor, an award-winning educator and on the board of her alma mater, Regis College. Her passing left a huge void for everyone who knew her. After Lorraine's death, John and his children attended a grief support

group offered by Care Dimensions. John soon realized that he needed individual help to cope with his loss. Again he turned to Care Dimensions. "The grief counselor helped me to open up and deal with my grief in a productive way. You never get over mourning the loss of someone you love. It changes but it doesn't go away," he said.

The holidays and their traditions were always a special time for Lorraine and John. Each year since her passing, John has made a donation to Care Dimensions' Tree of Lights memorial program as a way to honor his wife's memory and to ensure that others can benefit from Care Dimensions' care and support. "Our whole family was embraced by Care Dimensions - from the compassionate care they provided to Lorraine to the bereavement support offered after her passing. My donations to the organization are a way of saying thank you for all they've done and continue to do for patients and families at the end of life."

If you would like to celebrate the life of a loved one through the annual Tree of Lights ceremony, please call 978-223-9787 or visit CareDimensions.org/TreeofLights.



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, our 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.

Cape Ann Ceremony
Monday, December 4 at 5 p.m.
Bank Gloucester
160 Main Street, Gloucester

Danvers Ceremony
Tuesday, December 5 at 5 p.m.
People's United Bank
1 Conant Street, Danvers

Greater Boston/Weston Ceremony
Thursday, December 7 at 3 p.m.
(Combined with the Service of Remembrance & Light)
The Barn of the Josiah Smith Tavern
358 Boston Post Road, Weston

Swampscott Ceremony
Thursday, December 7 at 5 p.m.
Swampscott Town Hall
22 Monument Avenue, Swampscott

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.

Become a Hospice Volunteer

Are you able to visit with a patient, have a conversation and provide a supportive, comforting presence? Can you hold a hand or engage in a shared interest or hobby? Are you able to help with letter-writing or life review, read or play games with a patient? Or could you greet visitors at our new hospice house in Lincoln or work in our offices? No matter what your skills, talents or motivation, we have a volunteer opportunity for you!

YOU can make a difference – become a hospice volunteer!

Upcoming Training Dates

MetroWest Area

Friday mornings 9 a.m. - noon, February 9 - April 6
at Care Dimensions in Waltham

Tuesday evenings 6 - 9 p.m., February 27 - April 3
at Microsoft Corporation in Burlington

Saturday - 3 full days 9 a.m. - 4:30 p.m., March 10,
March 24 and April 7 at Care Dimensions in Waltham

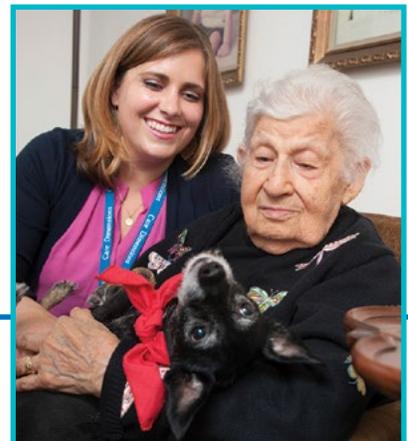
Contact Heather Merrill at 781-373-6509 or
HMerrill@CareDimensions.org

North Shore

Friday mornings 9 a.m. - noon, February 16 - April 13
at Kaplan Family Hospice House in Danvers

Contact Fran Clements at 978-750-9349 or
FClements@CareDimensions.org

Sign up online at CareDimensions.org/Volunteers.



Pet Visitors are Needed

We're looking for new pet therapy or pet visitor dogs to visit with patients in their homes, nursing homes, assisted living residences, and our hospice houses in Danvers and Lincoln. Studies show that pet therapy reduces anxiety, relieves pain, and improves quality of life. Many of our patients and their families look forward to these uplifting visits. Would you and your canine like to join our pet therapy team? To learn about becoming a Pet Therapist or Pet Visitor, contact Volunteer Coordinator Fran Clements at 978-750-9349 or FClements@CareDimensions.org.