

Connections

Fall 2018 | Volume 46

Newsletter for Families and Friends

Making a Dream Trip to Georgia a Reality for Hospice Patient

When you think about patients on hospice care, your first image isn't one of people traveling the country to visit family and enjoying favorite destinations near and far. But that's just what nearly 100 of our patients have done this year with the assistance of their hospice teams who not only helped them manage their symptoms so they could travel safely, but also coordinated medical equipment and established temporary hospice coverage provided by a hospice organization at their destination. Patients have traveled throughout New England and as far as New Orleans, Houston and Orlando.

"If people have serious, advanced illnesses and need help, they shouldn't be afraid of hospice care. It's not about dying immediately; instead, they help you live your life much better and keep you comfortable."

Bedford resident Linda Petraglia, 74, sought hospice care and help from Care Dimensions in July 2017 when the complications of her chronic obstructive pulmonary disease (COPD) caused her to have recurrent episodes of shortness of breath and extreme fatigue, and frequent hospitalizations and visits to the emergency room. Her hospice team focused on controlling her symptoms through better medication management and oxygen usage, and taught Linda ways to conserve her energy so she could still maintain her independence and do the things that mattered to her. With their help—especially in managing an infection and exacerbation of her COPD symptoms last winter—Linda hasn't gone to the hospital in over a year.

Born in Georgia, Linda recounted many fond memories of her youth to her social worker, Jennifer Sheng, and also expressed her sadness that she would never again see her cousin or her hometown because of her failing

health. Hearing the longing in Linda's voice propelled Jennifer to make Linda's dream trip a reality. The team arranged for a portable oxygen machine, as well as coverage from a local hospice in case Linda needed assistance during her trip. Jennifer also tapped into Care Dimensions' innovative patient Social Fund to arrange for Linda's plane ticket, which was beyond her modest fixed income.

The Social Fund and the Family Fund are donor-supported funds allocated by Care Dimensions' Board of Directors to make grants to patients who are in need. While the Family Fund allows for staff to request grants of up to \$500 a year to help patients pay for necessities such as groceries, utility bills, or necessary supplies, the Social Fund provides the opportunity to support a patient's wish that will improve their wellbeing or quality of life. "The Social Fund helps patients achieve what is valuable to them, such as a special dinner out or tickets to a show or athletic event" explains Jennifer.

"My whole impression of hospice has changed since I've been with Care Dimensions. The symptoms of my COPD are quite debilitating and are getting more severe, but with my team's help, I was able to go to Georgia, and I can still go out to meet friends and have Sunday dinners at my son's home." says Linda.

Watch Linda's story
[CareDimensions.org/Linda](https://www.caredimensions.org/Linda)



Social Worker Jennifer Sheng looks over old family photos with Linda Petraglia.



LETTER FROM THE PRESIDENT

Welcome to our newest edition of Connections!

Isn't it interesting how the rhythms of the season spark unique memories? It seems like every autumn my grandmother is on my mind. Though she died several years back, she was a monumental presence in my life. I actually believe that she was my first best friend. Gram knew a lot about making friends – her constant instruction to all of us was, "to have a friend; be a friend." And she lived that ideal for all of her 90-plus years.

When I think of friends, I smile and reminisce about visits and kindnesses and doors that open to us for friendship, fellowship and nurturing.

- Standing at the front door in a snowstorm holding a birthday cake.
- Walking through the back door to the patio for 'smares.
- Meeting at the doorway of a restaurant for an anniversary celebration.
- Walking through a door at a house of worship for a baptism, wedding or funeral.

We do so much with each other all through the years of having friends and being friends. And those years define our lives.

And then, for so many, the time comes when more friends are needed due to the acceleration of an illness or loss. The call comes to Care Dimensions – someone needs our clinical team for hospice or palliative care, someone else needs a bereavement expert, and another needs to give back by volunteering or making a donation. This type of friendship must germinate quickly and accelerate to the beat of what is needed – and it does so in such an elegant way because of the spirit of intention on both sides – those who seek help and those who can provide it.

This year, we submitted our organization for consideration as one of *Modern Healthcare* magazine's national Best Places To Work in Healthcare award. We won our place on the Best Places to Work list because of the humility and tender concern that our staff and volunteers display for everyone who finds their way to us.

As a friend of Care Dimensions, I want to assure you that our North Star is, and will always be, our mission that drives our values and priorities. We are so grateful for the support we receive from our communities and we will always be there for you and your family – no matter what door it is we need to open.

It turns out Gram was right. The accomplishments of Care Dimensions in our communities – one door at a time – proves it. To have a friend, be one.

Enjoy today!

Patricia Ahern

Patricia Ahern
President and CEO



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Care Dimensions Recognized at Best Places to Work Gala

This past summer, Care Dimensions was recognized by *Modern Healthcare* as one of the Best Places to Work in America. This esteemed designation came as a result of a staff survey in which 81% of our employees participated. In September, three staff members joined President and CEO Patricia Ahern at *Modern Healthcare's* gala in Dallas, TX, to celebrate this recognition. We were the only hospice in New England to be named to this year's list.

L to R: Kristin DiFiore, VP of human resources, Karen Curtin, talent acquisition manager, Patricia Ramsden, director of admissions, and Patricia Ahern, president and CEO.



Meet the Newest Members of Our Medical Team

Care Dimensions employs its own medical staff of 11 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.



David Macdonald, MD, HDMC, has been promoted to Associate Medical Director, North Shore, after having served as a staff physician for the past two years. Dr. Macdonald works with patients on the North Shore and at the Kaplan Family Hospice House. He is a graduate of Ross University School of Medicine and is a certified hospice medical director.



Heidi Blake, MD, joined Care Dimensions as a staff physician in early 2018 and works at both inpatient hospice houses. A graduate of Tufts Medical School, she also completed a fellowship in Hospice and Palliative Care Medicine at Massachusetts General Hospital, Dana-Farber Cancer Institute and Brigham and Women's Hospital.



Talia Lewis, MD, joined as a staff physician this summer and cares for patients in Greater Boston communities and at the Care Dimensions Hospice House in Lincoln. Dr. Lewis received her medical degree from The Medical School of International Health at Ben Gurion University in Israel and completed a fellowship in Hospice and Palliative Care Medicine at Rhode Island Hospital/Brown University.



Anna Chon, MD, also joined as a staff physician this summer and is based on the North Shore. Dr. Chon received her medical degree from Brown University and completed a fellowship in Hospice and Palliative Care Medicine at Stroger Hospital and Rush University Medical Center in Chicago.



Elizabeth (Beth) Enos, RN case manager, volunteered her time sorting and packaging clothing for the Community Giving Tree.

CARE DIMENSIONS EMPLOYEES GIVE BACK

In celebration of our 40th year of serving the community, we've started a new program for Care Dimensions employees to give back by volunteering with a community organization. Care Dimensions is providing 16 employees with four hours of paid time to volunteer with a community organization of their choice. Staff are volunteering in a wide variety of settings: emergency and homeless shelters, town clean-up projects, animal rescue shelters, elder service, schools and educational nonprofits.

HOSPICE ADMISSIONS NURSE EASES FEARS

"You never get a second chance to make a first impression. As a hospice admissions nurse for Care Dimensions, I know this saying well because I live it every day. Once someone with advanced illness has called us to explore the hospice option, our admissions team assigns a registered nurse to visit him or her. For my patients, I am the first company representative they meet, so I need to establish a good relationship immediately. I see patients wherever they live – private residences, assisted living and skilled nursing facilities, and occasionally group homes for the developmentally disabled. Regardless of the setting, I can count on one thing: the person I'm about to meet has been told they have a life-limiting illness and they are usually frightened."

~ Kitty Cunningham, RN
Admissions Nurse



[Read Kitty's full blog post](#)

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

Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

COPING DURING THE HOLIDAYS WHEN YOUR LOVED ONE IS SERIOUSLY ILL

Holidays are meant to be a celebratory time that creates lasting memories. Many people enjoy spending time with family and friends honoring their many traditions. However, if you are caring for a loved one who is seriously ill, it can be challenging to balance caregiving responsibilities while preparing for the upcoming holidays. You may feel overwhelmed, but with support, you and your family can still enjoy meaningful and joyful experiences during this holiday season. Consider these suggestions to help minimize your stress and enhance the quality of the time you spend with family and friends:

- **Balance your time with others with some time alone—both are important.** Solitude can provide you with time and space to think about how well you are doing. Focus on all the good things you are doing today for your loved one rather than dwelling on when he or she may not be there to share time with you.
- **Don't abandon healthy habits.** Make sure to eat regular meals, try to get quality sleep and try to exercise. Physical activity is a good way to release the tension that builds around this time of year.
- **Have some fun.** Don't isolate yourself; keep in contact with friends. Arrange for someone to stay with your loved one while you see a movie or go to lunch.
- **Keep your schedule simple.** Commit only to events you feel are important and say no to the rest. Give yourself permission to do only what you can reasonably manage.
- **Make new traditions.** Have a potluck dinner, order the meal from a restaurant, stay at home instead of traveling.
- **Be kind to yourself;** recognize that you are doing your best.
- **Talk about some of your thoughts and feelings** with someone you trust.



Try to remember that you cannot change the current situation, but you can change the way you approach the holiday season. Enjoy the special moments. A lot of love and laughter can be shared together this year. Focus on the here and now for all its simple pleasures and beauty.

DROP-IN CAREGIVER SUPPORT

Are you balancing the role of caregiver to a loved one coping with a long-term illness or experiencing conflicting feelings of anticipatory grief?

Monday, January 8, 10:30–11:30 am
Monday, February 12, 10:30–11:30 am
Monday, March 12, 10:30–11:30 am

Bertolon Center for Grief & Healing, 78 Liberty Street, Danvers

For questions, please contact April Evans, LICSW at (781) 373-6609 or AEvans@CareDimensions.org

NEWLY BEREAVED WORKSHOPS

These one-time workshops are designed to support anyone suffering from a loss within the last three months. These workshops are held in two locations, one on the North Shore at the Bertolon Center for Grief & Healing and one in our office in Waltham. For information on these and all of our upcoming support groups, please visit, CareDimensions.org/Calendars.

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

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

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

REACHING OUT TO COMMUNITY GRIEF PROFESSIONALS

In September, we welcomed community grief professionals who work with bereaved children and adults to a networking session at the Bertolon Center for Grief & Healing. Participants learned about our grief support services and attended a professional education program related to the challenges facing survivors of sudden or traumatic loss. The event helped to strengthen the connections of the region's network of bereavement professionals. For more information or to join our list of community providers, please call 888-774-5100.

April Evans (center), manager of bereavement services, speaks with a community grief professional.



UPCOMING CHILDREN'S GRIEF SUPPORT PROGRAMS

Dorchester

Free Family Bowling Night

Tuesday, January 15th, 6 – 8 p.m.

Boston Bowl, 820 Morrissey Blvd, Dorchester

Join us for a bowling night for children 4-18 and their parents/guardians who experienced the death of someone close to them. Families can participate in bowling and meet other grieving families in our community.

Free pizza and two bowling games will be provided. Space is limited. Advance registration is required.



Mattapan

Family Grief Support Nights: February to June 2019

Meets on the 1st Tuesday of each month, 6 – 7:30 p.m.

Boston Medical Center's SPARK Center, 255 River Street, Mattapan

Families with children 4-18 are invited to our family night where we will do fun and creative activities together. Pizza and salad will be served at the beginning of each group. Advance registration is required.

Danvers

North Shore Children/Teen Bereavement Group: February to June 2019

Meets on the 2nd & 4th Tuesday of each month, 6 – 7:30 p.m.

Holy Trinity Church, 16 Sylvan Street, Danvers

Children and teens will be divided into groups based on age. There will be a group for parents/guardians on "Raising Grieving Children" at the same time and location.

Pizza and salad will be served at the beginning of each group. Advance registration is required.

To register for any of these programs, contact our Children's Program staff at 978-750-9335 or ChildLife@CareDimensions.org.

CHILDREN'S GRIEF PROGRAM EXPANDS REACH THROUGH PARTNERSHIPS

Care Dimensions and the Good Grief Program at Boston Medical Center are working together to offer family grief events at the SPARK Center in Mattapan. These free family craft nights are open to all children and teens and their families who have experienced the death of someone close to them. Families are invited to have a pizza dinner, play games, and create their own mixed media collage to celebrate their special person and/or family tradition. These events provide families with the opportunity to bond as a family, meet others who have experienced death and discuss their feelings.



Keyla Kelley, child life coordinator, helps children with an art project.

Program updates



Johanna Grad (right) and Emma at work.

“Volunteering with your pet is an incredibly rewarding experience that is good for your soul and does not require a lot of time,” says Lisa. “On a personal level, it makes me feel good knowing I had an immediate, positive influence on another person’s life.”

Wellesley resident and retired physician Johanna Grad also enjoys volunteering with her 11-year-old dog Emma, who has been a certified therapy dog for nine years. The team has been volunteering four hours a week since seeing a flyer in their vet’s office. They visit patients in Needham, Westwood, and surrounding towns, and at the new Care Dimensions Hospice House in Lincoln.

Memorable moments happen often during patient visits. “Once, I placed Emma on the bed beside a patient who had advanced dementia and trouble speaking. All of a sudden, he stated, ‘You’ve brought me a dog.’ This was the first complete sentence the patient had spoken in over two years,” explained Johanna. Lisa’s most memorable visit happened when she brought Chloe to visit an unhappy patient. “Once Chloe came into the patient’s line of vision, his angry face melted into a warm and welcoming smile,” said Lisa. “He and Chloe sat together for a long time as he told me about his time in the military. Seeing the man light up around Chloe made my heart full.”

VOLUNTEERING WITH YOUR PET IS NOW EASIER THAN EVER

As most people who own a pet will tell you, having a furry companion to visit with can reduce stress, bring joy, and put a smile on any face. Since 2010, pet therapy visits have been offered as part of Care Dimensions’ Complementary Therapies program and volunteers provided nearly 500 visits in 2017. In response to the growing demand from patients, Care Dimensions is actively recruiting new pet therapy volunteers and recently launched a pet visitor program.

While the dogs get most of the attention, it’s their human partners that make this volunteer program so special. Volunteers like Lisa Corbett and Johanna Grad will say it is every bit as rewarding for the volunteers as it is for the dogs and the patients.

Lisa Corbett of Beverly, spends her days as a manager at a pharmacy benefit management company, but in her spare time she and her seven-year-old mixed breed companion, Chloe, volunteer in our pet therapy program. Chloe has been a certified therapy dog for two years and the team spends one to two hours each week visiting with patients and families.



Lisa Corbett and Chloe.

Is your dog ready to be a pet visitor or pet therapy dog?

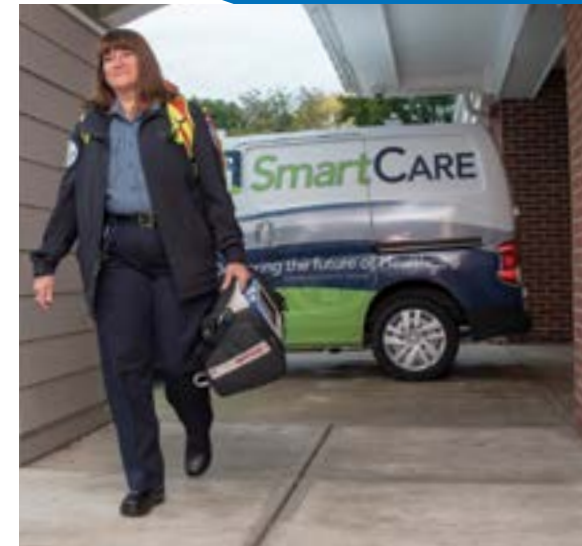
Care Dimensions is seeking volunteers with dogs who are certified in pet therapy or have passed the AKC Canine Good Citizen test or equivalent to join our Complementary Therapies program. Volunteers and their dogs visit hospice patients wherever they call home – nursing homes, assisted living facilities, private homes, and our hospice houses in Danvers and in Lincoln on the Waltham line. We serve patients in more than 95 communities in Eastern Massachusetts and volunteers are needed in all geographic regions. Pet therapy visits are flexible and you decide on the hours you are able to give. Volunteers with certified therapy dogs can get started after a four-hour orientation. Volunteers for the Pet Visitor Program are required to attend a 20-hour volunteer training to prepare for visiting hospice patients and their dogs must pass the AKC Canine Good Citizen test or equivalent. To volunteer on the North Shore, contact Fran Clements at 978-750-9349, or FClements@CareDimensions.org. To volunteer in the Greater Boston area, contact Jane Corrigan at 781-373-6574, or JCorrigan@CareDimensions.org.

INNOVATIVE COLLABORATION WITH COMMUNITY PARAMEDICS ADDS SUPPORT TO PATIENTS AND CAREGIVERS

Care Dimensions provides 24/7 access to hospice professionals through our nursing support phone triage center and our evening, night, weekend staff who are available to care for our patients round the clock. To further support our patients and families during these hours, Care Dimensions is partnering with SmartCare, Cataldo Ambulance’s new innovative mobile integrated healthcare program. In this pilot stage, which began with patients in our Greater Boston and MetroWest service area, SmartCare’s experienced paramedics collaborate with our evening/night and weekend staff and add another layer of support, service and responsiveness to our patients and families.

The SmartCare paramedics, who have extensive training in the care of hospice patients, can provide a range of in-home care and support to help reduce worsening symptoms, caregiver anxiety and unnecessary ambulance trips to the emergency room. The SmartCare teams are in constant contact with Care Dimensions’ triage nurses and provide comfort and care until the hospice nurse arrives.

“Care Dimensions is the first hospice in the state to offer this innovative service, which we know will enhance patient safety, prevent calls to 911 and emergency room visits, and keep patients in their homes where they prefer to stay,” said Patricia Ahern, Care Dimensions president and CEO. “Because of donor support, we are able to offer these pioneering programs to provide the best experience for our patients and their families.”



North Shore recipients



Greater Boston recipients



WE HONOR VETERANS

At breakfast ceremonies in Waltham and Danvers, Care Dimensions presented its annual *We Honor Veterans* awards to individuals who were nominated for their outstanding support of veterans. We welcomed over 100 people — including several elected officials — who paid tribute to the four award winners and seven honorable mention recipients. 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.

We congratulate and thank the following *We Honor Veterans* award and honorable mention recipients:

Award Recipients: Adele Hultgren of Lynn, Donald Jarvis of Newbury, Erik Jeter of Peabody, and Keith Manning of Winthrop.

Honorable Mention Recipients: Dawn Bartlett of Peabody, Ryan Callahan of Swampscott, Capt. Stephen Castinetti, USN (Ret.) of Danvers, Margie Labeledz of Winchester, George Markos of Lynn, Mike Schulze of Peabody and Karen Tyler of Wakefield.

Learn more about our Veteran-to-Veteran volunteer training program and our special services and recognition opportunities for veterans at CareDimensions.org/Veterans.

Celebrating 31 Years of Going the Extra Mile

On Sunday, September 30th, more than 3,500 walkers came with their family members, friends, classmates and colleagues to share smiles, laughter, hugs and tears at Care Dimensions' 31st 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 sunny 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.



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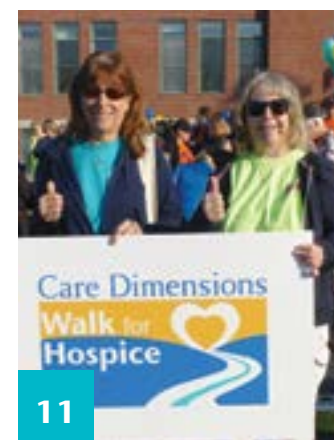
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We are grateful to our Presenting Sponsor, People's United Bank

Care Dimensions gratefully acknowledges the support of our sponsors.

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- Align Credit Union
- Beals + Thomas
- Beaumont Ambulance
- Boston North Cancer Association
- Brown Brothers Harriman
- Copyright Clearance Center
- Deaconess Abundant Life Communities
- Delande Electrical Supply
- Eastern Bank Charitable Foundation
- EGA Architects
- Electric Insurance Company
- Freedom Home Care
- Henry's
- Lugo Caravan #113, Order of Alhambra
- Love is Magic
- McDonalds, 77 High Street, Danvers
- Medline
- Newbury Court
- North Shore 104.9 FM
- Presidio
- Salem Five Charitable Foundation
- Solomine Funeral Homes
- St. John's Prep
- Vestmark
- Windover Construction
- Zampell

1. Friends from Freedom Home Care;
2. Writing on the Tribute Wall;
3. Team Whoosie; 4. Team Maureen;
5. The team from Copyright Clearance Center;
6. Thousands of people turned out to walk;
7. Team Walk to Win 2018; 8. Herbie from Team Wendy;
9. Our Tribute Area, sponsored by Presidio;
10. Swampscott High School Class of '85 Team;
11. The Lucky Lemures

Support from the Community



Laurie Gello (right), a Care Dimensions hospice aide for 17 years, recently completed a Certified Nursing Assistant program thanks to a generous donation from Beatrice O’Kane and her estate. She is pictured with Clinical Director Florence Exantus and Clinical Manager Pattie Condon.

THE EVERYDAY PHILANTHROPIST WHO IS CHANGING LIVES

As a small child living through the Great Depression, Beatrice O’Kane grew up knowing the value of hard work and saving for the future, which she carried over into her marriage to firefighter John “Skip” O’Kane. The pair married after John returned from WWII and they lived a happy life for over 30 years in Peabody, where Beatrice worked as a retail clerk at Sears for 15 years. In their later years, she and John enjoyed retirement together until his death in 1994. Though Beatrice and John lived modestly, they knew the importance of saving money, investing and building a lasting legacy.

When Beatrice died in 2015, her lifetime of savings left substantial bequests to three organizations, including Care Dimensions. As a non-profit, Care Dimensions is a safety net provider of hospice care for all patients, regardless of the complexity of their condition or ability to pay. Bequests and planned giving help us provide care whenever, and wherever it is most needed. Part of Beatrice’s generous donation of over \$500,000 will be used by Care Dimensions to support five long-time hospice aides as they work to obtain their certified nursing assistant (CNA) credentials. “Beatrice would be thrilled to know that her donation was helping such dedicated, caring staff take the next step in their career, so they can continue to provide tender care to dying patients,” said Paul Ockers, Beatrice’s estate manager.

To learn more about planned giving, please contact Mary Doorley-Simboski at 978-750-9394 or email MSimboski@CareDimensions.org.

BANKGLOUCESTER HELPS PEOPLE HONOR LOVED ONE’S MEMORIES

For almost two decades, Bank Gloucester has hosted Care Dimensions’ Tree of Lights ceremony and reception for Cape Ann residents. Bank President Patrick Thorpe recalls how it all began: “We knew the impact that Care Dimensions (then Hospice of the North Shore) was having on our community and were more than happy to help by hosting the celebration.” The ceremony, which is usually held in the first week of December, gives the public a chance to come together, remember loved ones who are no longer with us and support the work of Care Dimensions. “We like to use the program to help others get through the holidays together; to know that they are not alone,” Pat said.

Since the first Cape Ann ceremony in 2001, Pat and many of the bank’s staff have had personal experiences with hospice and, in particular, the Kaplan Family Hospice House in Danvers. “We’ve seen, first-hand how Care Dimensions’ skilled hospice clinicians help patients and families get through a very difficult time,” said Pat. This year, that included the loss of a former bank co-worker, Avis Beaulieu, who was a patient at the Kaplan Family Hospice House. “Our team misses Avis dearly,” says Pat. “She was an inspiration to us all—personally and professionally. In her memory, Bank staff formed a team and joined the Walk for Hospice in September, raising \$4,500 to support Care Dimensions and its mission.

Pat says that he has learned much about hospice care during his association with Care Dimensions and he’s become a strong advocate for the non-profit organization. Seeing people come

back to the Tree of Lights ceremony each year is particularly rewarding for Pat. “We want people to celebrate and remember the good times they had with their loved ones, especially at the holidays.”

Learn how your company or civic organization can become a community partner with Care Dimensions, contact Kathleen Gilroy, corporate and foundation relations manager at KGilroy@CareDimensions.org or call 781-373-6514.



Bank Gloucester President, Patrick Thorpe, and staff gather to remember former bank co-worker, who was a hospice patient.

Volunteer focus

VOLUNTEER VOICES

This fall, the National Hospice and Palliative Care Organization (NHPCO) selected Gail Thompson as one of its top five finalists for its 2018 Patient Care Volunteer of the Year Award.

Gail Thompson of Peabody began her journey with Care Dimensions 38 years ago as one of our first volunteers. In 1980, she made a commitment to improve the lives and deaths of people with terminal illnesses and she continues to live out that commitment today.

Gail sought out hospice volunteering after witnessing her father-in-law die in severe pain due to cancer. “There was no one to tell us what to expect of the dying process and I knew there had to be a better way,” she recalls. That experience prompted her to join Hospice of the North Shore (which rebranded to Care Dimensions in 2014) as one of our first volunteers. She began by visiting hospice patients once a week in their homes, but that quickly blossomed into spending several days a week visiting patients, sitting vigil or offering Reiki to patients and caregivers.

A busy mother and community volunteer, Gail learned much in those early years about helping patients and herself. “Serving as a hospice volunteer gave me the strength to make critical changes in my own life,” said Gail. “I learned to be vulnerable and accept my vulnerability, while always trying to bring something positive to the situation.” When Care Dimensions’ Kaplan Family Hospice House opened in 2005, Gail began volunteering as a greeter, patient companion and mentor for new volunteers helping at the hospice house. But for Gail, the focus has always been about the patients – bringing them comfort and dignity. Each aspect of her volunteering has helped serve that purpose.



Read Gail’s full blog article

CareDimensions.org/VoicesOfCare-Gail

In September we held two Volunteer Recognition Dinners for all of our amazing volunteers.



New Volunteers are needed – Help us spread the word

Our volunteers play a critical role in the lives of our patients and their caregivers. Each day we care for more patients and we need new volunteers to assist with these growing numbers. If you or someone you know is interested in volunteering or in learning more about these special opportunities, please contact Jane Corrigan, senior volunteer coordinator (Greater Boston area) at JCorrigan@CareDimensions.org or Fran Clements, volunteer coordinator (North Shore area) at FClements@CareDimensions.org, or call us at 888-283-1722.

Visit CareDimensions.org/Volunteers for upcoming training dates and more information.

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

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



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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.

Cash

Cash contributions may qualify for a charitable income tax deduction.

Securities

Consider gifts of appreciated securities such as stocks, bonds and mutual funds.

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.

A Gift to Help Others

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.

Donor Advised Funds

A gift through your Donor Advised Fund is a convenient way to support our mission.

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.

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.

To learn more about year-end giving, please contact Mary Doorley-Simboski at 978-750-9394 or email MSimboski@CareDimensions.org.