



# Connections

Summer 2017 | Volume 43

Newsletter for Families and Friends

## National Hospice Leader Joins Care Dimensions

On May 1, Care Dimensions began a new chapter when it welcomed its new President and CEO Patricia Ahern, following the retirement of its founding President and CEO Diane Stringer, who led the organization for 27 years.

“Pat is uniquely qualified to be the new leader of Care Dimensions, which is the largest hospice in New England,” said Care Dimensions’ Board of Directors Chair Pamela Lawrence. “With both a nursing background and an MBA, she has the clinical and strategic business skills and a true passion for the mission, which enables her to provide the vision and leadership to move Care Dimensions forward.”

Pat has more than 30 years of leadership experience in health care spanning the continuum of care delivery services, including acute care hospitals and hospice and palliative care organizations. Most recently, she was CEO of the Center for Hospice and Palliative Care in Buffalo, which serves nearly 500 hospice and 350 palliative care patients daily. Prior to that, Pat served as President and CEO of Chicago’s Rainbow Hospice and Palliative Care for 18 years.

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*“I am very excited for this new challenge and the opportunity to work with the outstanding team of caregivers, staff, volunteers, and supporters.”*

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“I am very excited for this new challenge and the opportunity to work with the outstanding team of caregivers, staff, volunteers, and supporters,” said Ahern. “I have a deep respect for the leadership role that Care Dimensions has and will continue to play in both palliative and advanced illness care with its focus on providing compassionate expertise to patients and their families, its commitment to excellence and quality of care, and its dedication to innovation and customer service.”

With several months in her new role, Ahern has been entrenched in not only learning the infrastructure and operations of the company, but meeting leaders in Boston’s health care market and in the community. “My mission is to educate others about not only the tremendous benefits of hospice, but what makes Care Dimensions so special because not all hospices are the same. We have so much talent and expertise, and such a great appetite to do so much more for so many.”

“I believe in better endings. That’s probably why I am drawn to this work,” said Ahern. “I hope that in my lifetime hospice will be thought of as a final reward rather than a last resort. Instead of the phrase “a good death,” I wish we focused on a good life that includes a better ending. That way, we make room for more time to affect someone’s life with palliative and supportive care.”

Read Pat's recent blog article

[CareDimensions.org/VoicesofCare-Pat](https://www.caredimensions.org/VoicesofCare-Pat)

Pat Ahern greets long time volunteer Tom Pendergast at the North Shore Volunteer Appreciation Dinner in June.

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## LETTER FROM THE PRESIDENT

We recently vacationed in Tuscany, where I learned a lot about gentle living and the pace of rural life. The pace of Tuscan life is languorous and the attitude is one of reverence for every day and every experience of beauty and abundance.

Yet the evidence of “a good life” is assuredly different than we know it (sometimes) here in the States.

There is a soft sheen in the weathered housedresses that have been washed hundreds of times. Their cars

are lovingly patched together. The dishes don't match and wine is served in jelly jars. And there is nothing much to do – other than sit at the sidewalk café, gossip with the neighbors and experience life in a piazza.

Some of the happiest people I've met don't necessarily have the best of everything; they just make the best of everything they have. Lovers, friends, family and surroundings – these are the things that matter most.

It makes me think about the work we do in hospice. We witness profound transformations among families as their appreciation of the value of their time remaining grows. Talking, listening, touching, sniffing the fragrance of a favorite fruit, sharing memories and scrapbooks, cuddling, chuckling, and weeping...these are the elements of life in abundance, and we witness it every day at Care Dimensions.

When someone is sick and needs compassion, support and skill– we are there. When someone is alone, isolated and dismayed about a new reality – we are there. It's a privilege to be a partner on these journeys of life. And it's thanks to you, our generous donors and supporters, who make it possible for us to make those journeys more abundant and more memorable.

Thank you for welcoming me to your community and granting me the opportunity to lead this great organization. Please join me at our 30th Walk for Hospice on September 24 – I can't wait to meet you!

Sincerely,

Pat Ahern  
President and CEO

## Welcome to our New Board Members

### **Mary Coffey Moran, CPA**

A resident of Westwood, Mary is a consultant for MCM Financial Consulting, where she specializes in advising not-for-profit organizations, and she was previously the Senior VP of Finance and Administration at Boston Sand and Gravel. She graduated from the College of the Holy Cross and received her MBA/MS in Accounting from Northeastern University. Mary has served for the last four years on Care Dimensions' Finance Committee, and also serves as a Trustee of Catholic Memorial School.



### **Michael D. Wertheimer, MD, FACS**

Michael is associate professor of surgery at Harvard Medical School and is a leading breast cancer expert. A Boston resident, Dr. Wertheimer established multidisciplinary breast cancer clinics in three Boston area hospitals, including University of Massachusetts-Worcester, Cambridge Health Alliance and Beth Israel Deaconess Medical Center. He has also held several leadership positions at UMass Memorial Hospital, including vice chair of the department of surgery, chief medical officer and interim chief of surgical oncology. A graduate of Swarthmore College, Michael received his medical degree from the University of Pennsylvania School of Medicine. He recently retired as Chief of Surgery at Cambridge Health Alliance.



## Update on New Greater Boston Hospice House

Since its groundbreaking in September 2016, construction has progressed quickly on our Greater Boston Hospice House. Thanks to good weather, the construction is on track and we anticipate caring for our first patients in January. Overlooking the Cambridge Reservoir on the Lincoln – Waltham town line, the new hospice house will feature 18 private patient suites, comfortable living room spaces, gardens and other family-friendly amenities and its staff will provide hospital-level care to patients who need complex pain and symptom management.

“The Greater Boston Hospice House will bring a new level of service to the area,” said Care Dimensions President and CEO Patricia Ahern. “Now the patients and families in Greater Boston and the MetroWest communities will be able to have the same access to high quality hospital-level inpatient care that we’ve provided on the North Shore at the Kaplan Family Hospice House since 2005.”

The new house is being funded in part through a capital campaign, which has reached a significant milestone of pledges and gifts in excess of \$5 million. “We are so grateful to the individuals, corporations and foundations that have generously participated in the campaign,” said Ahern. “You are the reason we can fulfill our mission to provide quality end-of-life care to so many.”

This summer and fall, Care Dimensions clinical operations will be recruiting and training clinical staff and volunteers who will be based at the new house.



### SUPPORTING THE NEW HOUSE

There are many ways that you can support Care Dimensions and the new Greater Boston Hospice House. You can make a gift to the campaign, attend volunteer training in September, or become a community ambassador and invite us to speak at your local club or civic organization.

To learn more, please call 888-283-1722 or visit [CareDimensions.org](http://CareDimensions.org).

### INNOVATIVE PALLIATIVE CARE+ PROGRAM UNDERWAY

In partnership with North Shore Physicians Group (NSPG), Care Dimensions has launched, Palliative Care+, an 18-month initiative to improve access to palliative care beyond the hospital setting. Funded by a \$750,000 Health Care Innovations Initiative Grant from the Massachusetts Health Policy Commission, Palliative Care+ is designed to identify high-risk patients with life-limiting illness earlier in the trajectory of their illness to bridge the gap between curative and end-of-life care.

The program aims to slow the growth in health care costs by reducing unwanted hospital emergency room visits and re-admissions through increased use of telehealth medicine and expanded community-based care. Palliative Care+ is available to Medicare patients with a life-limiting illness who are seen by an NSPG provider and participate in their Accountable Care Organization. The Palliative Care+ team is modeled after similar expanded palliative care programs across the country and builds on our current palliative care services.

Patients referred to Palliative Care+ have an initial consultation in the home with a palliative care nurse practitioner and all care is coordinated with the patient’s primary care physician. Care is then enhanced by the Palliative Care+ nurse coach, who checks in by phone to provide case management, symptom management coaching, and care coordination, and a social worker is available to assist patients and families with goals-of-care conversations and referrals to community resources and pre-bereavement support. Additionally, Palliative Care+ offers telehealth units for advanced chronic obstructive pulmonary disease (COPD) and congestive heart failure (CHF) patients to help monitor vital signs and symptoms daily and to alert the team when symptoms need assessment before they become critical.



Members of the Palliative Care+ team include: (front row) Cate Masterson, NP; Cheryl Thompson, NP; and Jeanne Earle, NP; (back row) Stephanie Patel, MD; Ginoux Bernard, RN; Pam Binnie, NP; and Susan Lysaght Hurley, PhD, GNP.

# New Senior Staff Join Management Team



Mary Simboski joined Care Dimensions in April as our new Vice President for Philanthropy leading efforts to build private support of Care Dimensions' work and mission. Mary has more than 30 years of experience in fundraising for non-profit organizations and for the last six years served as the Vice President of Development for the Archdiocese of Boston. She is an Advanced Certified Fundraising Executive and holds a bachelor's degree from the Catholic University of America and a master's degree from Regis College.



Victoria Kury, RN, MBA, is our new Senior Director of Clinical Operations responsible for the day-to-day operations of all hospice services delivered to Care Dimension patients in our Greater Boston service area. She will also be directing hospice services for the new Greater Boston Hospice House. With more than 25 years in health care and operational management, Vicki brings vast experience in clinical operations to the multi disciplinary teams in the Greater Boston area.



April Evans, LICSW, has joined us as the Manager of Bereavement, overseeing all staff and grief support services provided at the Bertolon Center for Grief & Healing in Danvers, in our Waltham office, and at community locations. She brings a broad range of experience managing protective services for the elderly and the disabled, and working with the homeless. She received a bachelor's degree from New College of California and master's degree in Social Work, Administration and Planning from San Francisco State University.

## VOLUNTEER COORDINATOR PROFILED AS AN EXCEPTIONAL WOMAN

In April, Sue Tabb, host of Magic 106.7's Exceptional Woman, interviewed Fran Clements, volunteer coordinator for the Kaplan Family Hospice House. Sue said, "On a daily basis Fran comforts families and patients as they confront the dying process. She sets an example for her volunteers, many of whom are retired nurses and teachers, on how to be with families and patients during this challenging time."

Listen to the podcast

[CareDimensions.org/FranMagic1067](http://CareDimensions.org/FranMagic1067)



## PARTNERING WITH HIGH SCHOOLS TO SUPPORT GRIEVING TEENS

When a recent graduate and athlete from North Quincy High School died suddenly, the student body was shaken by his passing. Recognizing a need for specialized support for grieving students, guidance counselor Peggy Farren reached out to Care Dimensions. The school worked with Bereavement Counselor Cammy Adler, CCLS, LCSW, to develop a six-week teen-focused grief support group. "We knew there were several students who were dealing with their own personal losses, some of whom were experiencing increased absences, a drop in grades and withdrawing from typical activities," said Farren. Cammy tailored the group to meet the students' particular needs and her language and activities helped the students to develop coping skills. "The kids bonded in a way we didn't expect," said Farren. "They recognized that even though their individual experiences were unique, they all had something in common – the loss of a family member." The first round of the support group was so successful, the high school is planning to offer additional groups next year and at additional schools within the district.



Bereavement Counselor Cammy Adler (right) with North Quincy High School guidance counselor Peggy Farren.

# Healing Connections

## RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

### HELPING GRIEVING CHILDREN

by Kristen Goodhue, Children's Program Manager

Most children experience loss at some point in their childhood – a grandparent dies, a parent becomes seriously ill or a best friend moves away. Experts say that intense grief can last two to three years in adults, but for children, grief feelings can persist even longer.

It is natural to want to ease children's grief or even prevent it. The key is to prepare children at the time of loss to promote long-term healing. Adults should try to participate in play activities whenever possible because they ease the grief process and children find them enjoyable and easy to relate to. Expressive art activities also help children share complex feelings that have sometimes been hidden or repressed. There are several simple and stimulating grief-related activities that parents/guardians can use with children to commemorate and remember their loved one.

- **Interview someone special.** Encourage children to interview a loved one such as a grandparent or parent who may be ill. This will give them the opportunity to have their questions answered about the life of their loved one.
- **Create a memory treasure box.** This is a great activity for the entire family that can cultivate joyous memories and help family members remember important life events. Fill your memory box with special items significant to you and your loved one.
- **Draw a picture together.** This is a creative way to help explain to children what they may experience at a funeral or wake. This can alleviate their fears about what they might expect and give them the opportunity to talk and ask questions.



- **A worry box can help ease stress.** Children may be hesitant to open up if they see parents and siblings feeling stressed. A child may feel intimidated and upset asking questions about the loved one who is ill or has died. A worry box creates an opportunity for the entire family to privately write questions and concerns on paper before bedtime. In the morning, someone can choose a question from the box and discuss it aloud together as a family. This reminds children that they aren't alone in their grief.

Grief counselors and child life specialists also can play an important role in helping children navigate the healing process. At Care Dimensions, we offer several ways for children who are grieving to explore and work through their grief with trained, professional grief counselors.

To learn more about our children's grief support services, please visit [CareDimensions.org/grief](https://www.CareDimensions.org/grief).

Visit our blog for a list of books to help children deal with death, grief, and loss

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

### Looking for a bereavement group or workshop?

Care Dimensions offers a variety of grief support groups and workshops for any member of the community experiencing a loss, regardless of hospice involvement. To learn more about upcoming groups, including loss of spouse/partner, newly bereaved, specialized bereavement support groups and programs for children, please visit [CareDimensions.org/Calendar](https://www.CareDimensions.org/Calendar) or call 855-774-5100.

# Walk for Hospice



## Walk for Hospice – 30th Anniversary

The 30th Walk for Hospice will be held at St. John's Preparatory School, Danvers, on September 24. The Walk is Care Dimensions' most popular fundraiser. Register early and raise at least \$30 to become eligible to win several exciting prizes; visit [CareDimensions.org/Walk](http://CareDimensions.org/Walk) to learn more and join our Facebook group for fun updates and fundraising tips at [CareDimensions.org/WalkFacebookGroup](http://CareDimensions.org/WalkFacebookGroup).

**Register for the Walk at [CareDimensions.org/Walk](http://CareDimensions.org/Walk)**

### JOIN IN THE FUN AT OUR WALK BENEFIT PARTY

Get a jump start to the Walk and attend our 30th Anniversary Walk Celebration at Danversport on September 14, featuring silent and live auction items, mystery bags, cocktails, and food samples from your favorite North Shore restaurants. Get your tickets today at [CareDimensions.org/WalkParty](http://CareDimensions.org/WalkParty)

#### TEAM BOUTCHIE

Although Muriel "Mernie" Boutchie died at the Kaplan Family Hospice House nearly nine years ago, she still is helping others, thanks to her influence on grandson Glenn Boutchie, Jr., assistant vice president and branch manager for First Ipswich Bank in Danvers.

Mernie – who was known as Meme to Glenn and her six other grandchildren – taught Glenn the importance of compassion. To keep Meme's memory alive, Glenn is co-chairing the Care Dimensions Walk for Hospice for the third consecutive year.

"Meme was committed to helping others – whether it was taking an elderly aunt shopping, watching other people's children, or doing whatever was needed," recalled Glenn, who worked alongside his grandmother for 12 years at The Village Restaurant in Essex, which his great-grandfather started some 60 years ago. "Every Thanksgiving, if she knew people who didn't have a place to go, she invited them to the restaurant."

Glenn and his Meme were always close. In her late 60s, she even moved in with him and his wife, Sharon, soon after her husband died.

In 2008, Meme developed brain cancer, which spread to her stomach and liver. Glenn recalled, "She was given two choices: undergo chemotherapy and radiation treatments, which would make her very sick for a long time; or begin hospice services, be comfortable, and live out her remaining life doing the things she wanted to do. She chose hospice."



Meme filled her days with fun and friends. "I am grateful that hospice allowed her to live her life as she wanted," Glenn continued. "I've seen the good it can do, and my family and I have been touched by it."

To make a donation to this year's walk, please visit [CareDimensions.org/WalkDonation](http://CareDimensions.org/WalkDonation)

[Read Glen's full blog article](#)

[CareDimensions.org/VoicesOfCare-Glen](http://CareDimensions.org/VoicesOfCare-Glen)



# The 23rd Annual *Hospice Auction & Regatta*



An enthusiastic crowd of 235 guests enjoyed the annual Hospice Auction and Dinner at Corinthian Yacht Club in Marblehead in June. Supporters raised more than \$361,000, including \$76,000 dedicated to our general mission. Guests bid on 18 unique items, including Charlie Allen's signature artwork, "Perfect Summer Day," which raised \$18,500. Many thanks to our 20-member committee, co-chaired by Jessie Morgan and John Donovan and Chair Emerita Meryl Thompson, and to all the businesses and donors who contributed to the event's success. Sailing conditions were perfect on Sunday for the 17 boats competing on a dynamic course organized by the Corinthian Yacht Club Race Committee.



1. Care Dimensions President and CEO, Pat Ahern, with co-chairs Jessie Morgan and John Donovan. 2. Ed Colbert and Beverly Simpson. 3. Ted Truscott and auctioneer Paul Zekos. 4. Artist Charlie Allen. 5. Our faithful volunteers from General Electric.

View all the photos of the festivities on Facebook  
[CareDimensions.org/23rdRegatta](https://www.CareDimensions.org/23rdRegatta)

# Program updates

## HELPING A HOMELESS PATIENT LIVE LIFE ON HIS OWN TERMS

The primary tenets of hospice care are to meet the patient wherever he or she is on their end-of-life journey, and to always respect the patient's wishes. So, when Care Dimensions' RN Case Manager Erica Richman and Social Worker Erin Colgan-Snyder were brought on to care for Mr. D., a 56 year old homeless man living on the streets of Cambridge, they knew they would have to think "out-of-the-box" to meet his health care needs. There were several complicating factors beyond his diagnosis of advanced lung cancer that needed to be addressed. First, and foremost, was his homelessness and securing an appropriate place for him to stay. Then the team needed to work with a translator to communicate with him in his specific dialect of Portuguese, and they had to reassure him that they would help him live as independently as possible.

When Mr. D was referred to Care Dimensions, he was sleeping in the parking lot of a local church. While Erin worked on applications for housing, he applied to Care Dimensions' Family Fund to purchase a sleeping bag, pillow and mat so Mr. D. would be warm wherever he was sleeping. Erica and Erin met Mr. D. weekly at a local coffee shop or at a community center. Even though Mr. D. continued to live on the streets, he was very responsible and kept his appointments with the hospice team.

One of Mr. D's friends who would sometimes accompany him to his appointments, said that he noticed an improvement in Mr. D's overall appearance and appetite after going on hospice care. "The medication decreased his nausea and allowed him to eat a little more," he said.

"What I'm most proud of has been the respect, compassion and appreciation for Mr. D's life choices that Erica and Erin have honored," said Clinical Director Mary Beth Barry. "They enabled Mr. D. to drive his plan of care and met his needs every step of the way."



*"Even though the patient hasn't always wanted to avail himself of all the assistance and services that we could offer him, I know we're helping him in the way he wants, and he's living his life on his terms — and that's our goal," said Erica.*

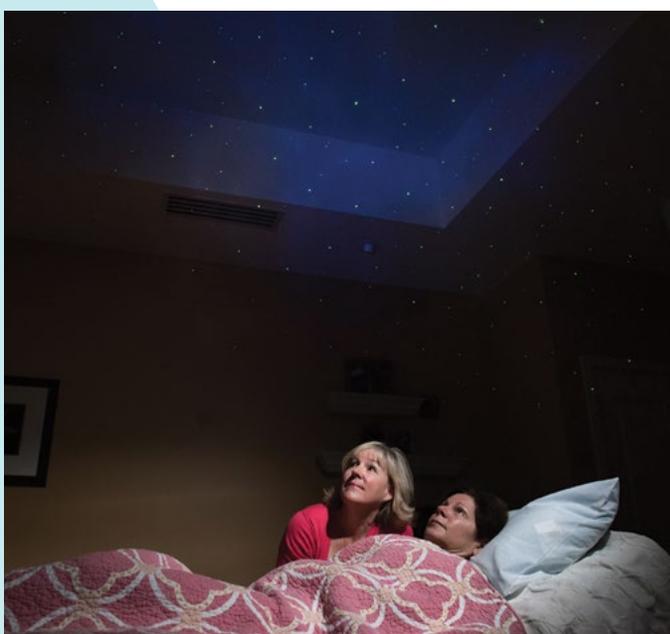
## STAR GAZER LIGHT THERAPY INTRODUCED AT KAPLAN FAMILY HOSPICE HOUSE

To help relieve anxiety in hospice patients nearing the end of life, Care Dimensions is piloting Star Gazer light therapy at the Kaplan Family Hospice House in Danvers.

Star Gazer light therapy uses a laser star projector to display images of a night sky with stars and clouds that move slowly across the ceiling of a patient's room.

In a study by Ohio's Hospice of Dayton, Star Gazer therapy was found to be effective in treating symptoms of anxiety, agitation, dyspnea, insomnia, pain, and restlessness in 90 percent of the patients. The therapy had a calming effect on patients, helped them sleep, and lowered their blood pressure and heart and respiratory rates.

"We are always interested in innovative and effective ways to help our patients and families through the most difficult time in their lives," said Judy Cranney, Care Dimensions Chief Operating Officer. "We are hopeful that we will see similar symptom relief for patients at the Kaplan House during the pilot program."



## BRINGING A LEGACY TO LIFE FOR A PEDIATRIC PATIENT

When our 15-year-old patient, Kyle O'Grady, was considering a "legacy" project, his child life specialist, Kristen Goodhue, suggested creating something related to his interest in board games, especially Monopoly. Sparking Kyle's creativity, within a few weeks he'd renamed all the properties and created his own chance cards centered on the people, places and memories that he held dearest. To surprise Kyle, his hospice team approached toy giant Hasbro and asked if it could bring Kyle's version of "Kylopoly" to life. Hasbro readily agreed and invited Kyle and his family to its headquarters in Rhode Island, where game designers worked with Kyle to personalize the playing board, tokens with Kyle's face, and even the game directions and box. The whole experience was captured by NBC Boston reporter Jonathan Choe and is now an important part of Kyle's legacy. When asked about the experience of creating his own game, Kyle remarked, "It's awesome. I'm pretty sure I'm the only teenager with their own version of Monopoly."

Watch the story

[CareDimensions.org/KyleHasbro](https://www.caredimensions.org/KyleHasbro)



## PEDIATRIC HOSPICE CARE

At Care Dimensions, we cherish our youngest patients – infants, children and adolescents living with life-threatening illnesses– and surround them with expert medical care and nurturing support.

Our specialized pediatric team, who are supported by pediatric hospice and palliative care physicians from Boston Children's Hospital, provides family-centered services at home and in the community. We offer 24/7 support so that children and caregivers can focus on what's most important – living every day to the fullest and enjoying their time together.

We have an open access philosophy that allows pediatric patients to continue receiving curative treatments while enrolled in hospice care, with an additional focus on relieving symptoms and managing pain. Each child receives an individualized care plan reflecting the medical, nursing, psychosocial and spiritual needs of the patient and family.

To learn more about our pediatric hospice program, please visit [CareDimensions.org/Pediatrics](https://www.caredimensions.org/Pediatrics)



## HEALING MEMORIES MADE AT CAMP STEPPING STONES

On a bright and beautiful Saturday in July we welcomed 59 campers, 62 adults and 76 volunteers to Camp Stepping Stones, the annual one-day experience for children and families who have lost someone close to them. After a large group activity, children were sent off with their counselors to create commemorative arts and crafts, enjoy music, pet therapy, yoga and tie-dying and try their skill at outdoor games or aerial jumping. Parents, guardians and grandparents had the opportunity to attend workshops related to grief, loss and self-care and were treated to yoga, Reiki and massage. Bereavement Counselor Cammy Adler commented, "It was so rewarding to see families come together to support one another through their grief and the closing ceremony at the end of the day reminded everyone that they are not alone and that there are ways to honor and remember those they have lost".

*Camp Stepping Stones is made possible through a Grief Reach grant from the New York Life Foundation, support from the TJX Corporation and our many generous donors.*

# Support from the Community

## GIFT ENSURES CONTINUED EDUCATION FOR KAPLAN HOUSE STAFF

Thanks to the generosity of a Boston man whose wife received end-of-life care at the Kaplan House, 10 members of the Kaplan Family Hospice House staff will be able to attend national hospice industry conferences over the next five years.

When donating \$25,000 in memory of his wife, Kimberly Kress Prager, H. Robert Prager directed the gift to continuing education of staff. "I thought it would be a good thing to have nurses and other patient care staff be kept up to speed on the latest techniques," Mr. Prager said. "In the future, other Kaplan House patients will benefit from the enhanced training that hospice staff members receive," he added.

In May, Kaplan House Director Jennifer Sawyer and Director of Admissions Patty Ramsden attended the National Hospice and Palliative Care Organization's Management and Leadership Conference, where they received policy and regulatory updates and exchanged ideas with peers from hospices throughout the country.

Mr. Prager and some family members visited the Kaplan House earlier this year to witness the dedication of an alcove in recognition of his generous donation.



## FAMILY FOUNDATION SUPPORTS COMPLEMENTARY THERAPY PROGRAM

Our Complementary Therapies program got a big boost with a \$50,000 grant from the Nordblom Family Foundation based in Burlington, MA. Supportive therapies, such as massage, Reiki, pet and music therapy, aid in relaxation and promote a sense of well-being for our patients. Generous donations help to fund the Complementary Therapies program, which is not covered by insurance reimbursement.

## LOVE ONES REMEMBERED AT ANNUAL BRICK CEREMONY

More than 200 people joined together at the Kaplan Family Hospice House to dedicate bricks inscribed for their loved ones.

*If you would like to dedicate a brick in memory or in honor of someone, please contact Mary Simboski at 978-750-9394 or email [MSimboski@CareDimensions.org](mailto:MSimboski@CareDimensions.org).*



*Family of John C. Meagher*



Care Dimensions recently recognized the members of the David Sherman Legacy Society, whose members have included Care Dimensions as part of their estate planning, and thanked them for their vision that will enable Care Dimensions to provide expert and compassionate care for those affected by life-limiting illness, and loss of a loved one well into the future.

*For information about joining the Legacy Society, please contact Mary Simboski at 978-750-9394 or email [MSimboski@CareDimensions.org](mailto:MSimboski@CareDimensions.org).*

# Volunteer focus



Tim Smith and his wife Maureen Cronan with pet therapy dog, Dora at the North Shore celebration.

Senior Volunteer Coordinator Jane Corrigan (center) received beautiful flowers from volunteers Betsy Swaim (left) and Karen Donoghue (right).



(l-r) Valerie Arneson, Angela Balcom and Teri Simmons at the Greater Boston celebration.

## THANK YOU EVENTS BRING VOLUNTEERS TOGETHER

To express our gratitude to our amazing hospice volunteers, Care Dimensions held two appreciation events in June. Attendees were treated to delicious barbecue and an opportunity to mix and mingle with Care Dimensions staff and fellow volunteers.

## VOLUNTEER VOICES

In her recent blog post for Care Dimensions, Kristen DePasquale of Maynard writes about her experience as a hospice volunteer and the profound change it's had on her life. Here is an excerpt:

Sometimes things are meant to be and fall into place. That's what happened when I became a hospice volunteer for Care Dimensions.

After spending 15+ years in the corporate world working in advertising and online compliance, I realized that I needed to change careers and follow my passion. I took time off to figure it out. In the spring of 2016, my mom showed me a newspaper article about hospice volunteer training.

I wanted to do something meaningful. During high school, I had worked in a nursing home. I wanted to move back to my passion of working with and helping people. Volunteering for hospice seemed like good way to start. I took hospice volunteer training at Emerson Hospital in Concord. I didn't know too much going in, but the training was in-depth. Every Care Dimensions department came in and talked about their services and various aspects of hospice care, end of life and bereavement support.

I also took vigil training, which is learning how to sit with a patient who is close to death and offer comfort or just be present. I was always afraid to die, but having gone through the training, it's not as scary as I thought. I have a sense of comfort now knowing I don't have to die alone. My first volunteer assignment was a middle-aged woman who was paralyzed from the neck down. In reviewing notes about the patient's interests, I found out she liked classic rock, so that's how we made a connection during my first visit. I played music on my phone – Led Zeppelin was one of her favorites. Everything just kind of clicked. I was with her for about six months.



Read Kristen's full blog article

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

## SEPTEMBER VOLUNTEER TRAINING SESSIONS

### MetroWest Area

#### Friday mornings

Care Dimensions, 333 Wyman Street, Suite 100, Waltham

#### Tuesday evenings

Microsoft Corporation, 5 Wayside Road, Burlington

#### Saturday - 3 full days in October

Care Dimensions, 333 Wyman Street, Suite 100, Waltham

To register or receive additional information, please contact Heather Merrill at 781-373-6509 or [HMerrill@CareDimensions.org](mailto:HMerrill@CareDimensions.org)

### North Shore

#### Friday mornings

Kaplan Family Hospice House, 78 Liberty Street, Danvers

To register or receive additional information, please contact Fran Clements at 978-750-9349 or [FClements@CareDimensions.org](mailto:FClements@CareDimensions.org)

Sign up online at [CareDimensions.org/volunteers](https://www.caredimensions.org/volunteers)



# CareDimensions™

Compassionate expertise for advanced illness

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

## Please join us

### Upcoming Community Events

- **Walk for Hospice Benefit Party**  
*Thursday, September 14 at 6 p.m.*
- **Fall Volunteer Training Sessions**  
*September – November 2017*  
See page 11 for specifics
- **We Honor Veterans Breakfast Receptions**  
*November 2017*
- **North Shore Service of Remembrance & Hope**  
*Sunday, November 5, at 3:00 p.m.*
- **Greater Boston Service of Remembrance & Light**  
*Thursday, December 7 at 3:00 p.m.*
- **Tree of Lights Ceremonies followed by Coping with the Holidays workshops**  
*Gloucester, Monday, December 4 at 5:00 p.m.*  
*Danvers, Tuesday, December 5 at 5:00 p.m.*  
*Swampscott, Thursday, December 7 at 5:00 p.m.*  
*Greater Boston, Thursday, December 7 at 3:00 p.m.*  
*combined with the Service of Remembrance & Light*



**Sunday, September 24, 8 a.m.**  
St. John's Preparatory School, Danvers



**Register today!**  
[CareDimensions.org/Walk](http://CareDimensions.org/Walk)