



Connections

Summer 2018 | Volume 45

Newsletter for Families and Friends

Celebrating
40 years
of service
1978–2018

Forty years ago, a small, intrepid group of volunteers gathered in the basement meeting room at St. John's Church in Peabody with the hope to one day be able to offer dying people social, emotional and spiritual support to enable them to die with dignity on their own terms. Over time, the group expanded to bring in representatives from the area's hospitals, visiting nurse associations, faith communities, community aging services, lawyers, and other committed community activists. Through many meetings and discussions in those first months, they recognized the need to create a formal structure and organization and they set out over the next year to develop bylaws and apply for non-profit status – and on June 1, 1979 Hospice of the North Shore (HNS) was officially born and became the second hospice to incorporate in Massachusetts.

Paul Lanzikos, now Executive Director of North Shore Elder Services, was chosen as the first President of the Board of Directors and as he recalls, the first few years were primarily focused on raising money and educating the community about this brand-new concept of hospice. After

two years of giant yard sales and small fundraisers, HNS was able to hire an executive director who was tasked with recruiting and training volunteers. Bolstered by champions at the local hospitals, patient referrals trickled in and Paul estimates that by the mid-1980s they had probably assisted 50 patients a year. From these humble beginnings we are now the largest provider of hospice services in Massachusetts, caring for well over 5,000 patients annually.

Read more about our history of caring at CareDimensions.org/40years



Clockwise from above: Staff from Care Dimensions Danvers office come together to celebrate our 40th anniversary; Staff at the new Care Dimensions Hospice House celebrate our 40th anniversary; Our first Walk for Hospice 31 years ago.



We'll be celebrating the 40th anniversary of our founding throughout the year by sharing the stories and experiences of our patients, families, staff, volunteers, and community members. We invite you to share your story with us! Please contact Communications Specialist Anne Williams at AWilliams@CareDimensions.org to share your story.

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GREETINGS AND HAPPY ANNIVERSARY!

At Care Dimensions we are celebrating our 40th anniversary with a great deal of enthusiasm and anticipation for our future. Anniversaries mark time but more importantly they sustain commitment and fidelity to the things that matter in life. Times, troubles and seasons change but what never changes

is our focus on our patients and their families and the communities where they live. People are counting on us to be their 'north star' as they navigate a once in a lifetime journey. It is such an awesome opportunity and daunting privilege to be included in their experiences.

My computer screensaver is a Charlie Brown cartoon. Charlie and Snoopy are sitting on a dock watching the sun set. Charlie says, "Someday we will all die, Snoopy." And Snoopy's reply is so wise and relevant: "True, but on all the other days we will not."

There is so much to do for all those days and while we are proud of the history of Care Dimensions, we are far from finished. Still—after 40 years since the beginning of the hospice movement in the United States—less than 45 percent of people who are seriously ill and have a life-limiting condition will use hospice. And far less have access to palliative care and advanced illness management. So, we persevere, dream, scheme and plan for more access, influence and impact.

We think the day needs to come, soon, when health care providers ask, "What matters to you?" as often as they ask, "What is the matter with you?" And we think that even though everyone cannot be cured...anyone can heal. Healing happens when someone is able to say one final "amen," one final "I love you," and one final "remember me."

Healing happens with the help of employees, volunteers, and supporters that are attracted to our mission and purpose. YOU are on our team and we are forever grateful.

Sincerely,

Pat Ahern
President and CEO

Welcome to our New Board Members

Lisa Alcock

A Weston resident, Lisa has been a Care Dimensions volunteer and donor since 2016. Most recently, she served on the Care Dimensions Community Engagement Committee in preparation for the opening of our new Care Dimensions Hospice House in Lincoln. Lisa's career has ranged from corporate lending in New York and Boston to freelance writing and teaching in the Weston Public Schools. She holds a Bachelor's degree from Wellesley College and a Master's degree from Emerson College.

Michael Beer

Michael Beer is a Cahners-Rabb Professor of Business Administration, Emeritus, at the Harvard Business School and co-founder and Director of TruePoint Partners. Prior to joining the faculty at Harvard, Mike served as director of Organizational Research & Development at Corning, Inc., a department he founded and led for 11 years. He holds a B.A. from Queens College, an M.S. from North Carolina State University, and a Ph.D. in organizational psychology and business from Ohio State University.



Care Dimensions Hospice House Makes an Impact

It has been almost five months since we opened the doors to our new Care Dimensions Hospice House (CDHH) in Lincoln. The project to build Care Dimensions' second inpatient hospice facility began in 2013, with a goal to combine the comforts of home with the benefits of hospital-level hospice care. The new facility offers an alternative to hospitalization for patients who require specialized care for acute pain and symptom management and features 18 private patient suites, family gathering and dining spaces, a contemplation chapel and a garden of remembrance, to name a few. It is also a place where visitors are welcome 24 hours a day, including overnight guests and leashed pets. As of the middle of August, we have cared for 137 patients and welcomed hundreds of their families and visitors from around the country.

We are eternally grateful to all who contributed to the campaign to build the Care Dimensions Hospice House. As donor Daphne Hatsopoulos of Lincoln shared, "The Care Dimensions Hospice House in Lincoln is a facility that is both beautiful and peaceful. I am so pleased that this facility has finally opened to serve the MetroWest community and I'm proud to support this important organization and help them further their mission."

Take a virtual tour of the new facility at CareDimensions.org or call 781-373-6512 to arrange a tour.

Patients and families have expressed their gratitude to the staff and to Care Dimensions for bringing this critical form of care closer to residents in MetroWest and Boston communities.

"We are so grateful to the Care Dimensions Hospice House staff. In addition to expert and caring nurses, social workers, aides and physicians, my husband was extremely comforted by the gentle Reiki he received from his hospice volunteer. Our entire family felt cared for and we know my husband died with dignity and in peace surrounded by those he loved so very much."

- Nancy Johnson, Needham



Care Dimensions Makes Nationwide Best Places to Work List

Care Dimensions was named as one of *Modern Healthcare* magazine's Best Places to Work in America. This news comes as the result of a survey that 81% of our staff participated in earlier in 2018. Care Dimensions is one of only eight hospices that made the list and the only one in New England. Reacting to this exciting announcement, President and CEO Patricia Ahern said, "We are committed to creating a work environment that supports our mission and honors our organization's values of compassion, excellence, collaboration, integrity, responsiveness and innovation. This recognition is especially meaningful as we celebrate our 40th year of providing hospice care to our community. I'm so proud to work with our employees who exemplify and live our mission and values every day."

Modern Healthcare
**BEST
PLACES
TO WORK™**
2018

Patients and Caregivers



CREATING SUMMER FUN FOR A PEDIATRIC PATIENT

Family getaways and outdoor activities are all a part of summer, but for 10-month old Natalie and her family, getting outdoors and engaging in these special moments was an overwhelming challenge because of the medical equipment needed to help her breathe. Natalie, a Care Dimensions' pediatric hospice patient who was born with pulmonary hypoplasia, requires a BiPap machine to ensure optimal airflow to her lungs. To take Natalie on outings, she needed a double-size stroller to accommodate her medical equipment and special transportation to ensure her safe travel. After visiting with Natalie and her family for several months, Care Dimensions Child Life Coordinator Keyla Kelley, recognized that Natalie and her family could benefit from a bonding experience and found a great venue for such an outing: Dream Night, a free evening for children with chronic illnesses, at the Franklin Park Zoo in Boston. "I could tell the idea was exciting to Natalie's mom, Elsy," said Keyla. "But she said it would be impossible for them to get there on their own." So, Keyla and hospice social worker, Wendy Paramore, set to work on a way to make Dream Night a reality for the family. They received free transportation from United Private Car in Boston and a donated double stroller from Baby's A-Go, an equipment rental company. All of the vendors were pleased to donate to such a meaningful event, and when the van arrived to transport Natalie and her family there was even a special gift of dresses for Natalie from the transportation company. Once at the zoo, Natalie and her siblings were entertained by costumed Star Wars characters, playground rides and, of course, wild animals. "This was the best day of Natalie's life, so far," said her dad. "The whole time she was looking around at everything."

In the nine months since she's been a Care Dimensions' patient, Natalie and her family have benefitted from home visits by a pediatric hospice nurse, social worker, child life specialist and music therapist. The zoo outing was just one of many examples of how hospice has helped improve Natalie's quality of life. Her parents are especially grateful to the team for their efforts to help them create this lasting memory. "We haven't done anything like this before," they said. "It was great to go out together and meet other parents with children like Natalie." The photos from their special outing are already in an album as a keepsake.

PATIENT AND FAMILY ADVISORY COUNCIL HOLDS INAUGURAL MEETING

During national Patient Experience Week in April, Care Dimensions held the inaugural meeting of its newly formed Patient and Family Advisory Council (PFAC). Care Dimensions' PFAC comprises 12 family or community members and eight staff members who will collaboratively work on projects to enhance the patient and family care experience and identify key resources that will help patients and families better navigate hospice services. "We are not mandated to have a PFAC like hospitals are, but we wanted one now to enhance our commitment to innovation and providing the best patient care," said Patricia Ahern, President and CEO. For more information, or to suggest a project for PFAC to consider, contact Amy Ciancarelli, patient and family relations coordinator, at 781-373-6604 or ACiancarelli@CareDimensions.org.



Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

CARING FOR YOURSELF WHILE GRIEVING

Over the past four years, Nancy Sheena Sarles has been leading Yoga for Living with Loss, a program she developed based on her personal grief experiences. The following is an excerpt from Nancy's blog and serves to remind us of the importance of taking care of our physical, emotional and spiritual health while grieving.

In 2015, my best friend of 40 years, confidant, and soul sister, Kaiya, passed away from brain cancer. I was by her side and devastated by her death. Only three months later, my big sister Susie, who was my lifetime mentor, my idol, and the person who knew me best, succumbed to lung cancer. How was I to actually live without my big sister or my soul sister? I was bereft as these women I loved and cherished the most were not by my side as they had always been.

My yoga practice gave me the tools to embrace my journey of loss without getting lost. Being no stranger to grief, I drew on experiences to help me navigate through these fresh losses. I learned that we don't "get over" being in grief; it ebbs and flows through our hearts as we live with it for the rest of our lives. Yoga provides a sacred practice for our bodies to physically grieve, release tension, and live with our broken hearts, both physically and emotionally.

[Read Nancy's entire story](#)

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

Yoga provides a sacred practice for our bodies to physically grieve, release tension, and live with our broken hearts, both physically and emotionally.

~ Nancy Sheena Sarles



Learn more about upcoming grief support groups and workshops for adults, children and teens, including new *Yoga for Living with Loss* classes, at [CareDimensions.org/Calendar](https://www.caredimensions.org/Calendar) or call 855-774-5100.

CAMP STEPPING STONES 2018

On a perfect summer day in July, we welcomed 70 campers, 60 adults, and 75 volunteers to Camp Stepping Stones, the annual one-day experience for children and families who have lost someone close to them. The camp was held at the Glen Urquhart School in Beverly. Throughout the day, children created commemorative arts and crafts and tie-dyed shirts, enjoyed music, pet therapy, and yoga, and tried their skill at outdoor games or bungee bouncing. Parents, guardians, and grandparents attended workshops related to grief, loss, and self-care, and were treated to yoga, Reiki, and massage.



"Our experience at Camp Stepping Stones was remarkable. From the bones of it - the planning, organization, and execution - to the kindness and encouragement of all staff and volunteers, it was an impressive and blessedly healing event. I made some new friends, shed a few tears, and shared many laughs. The kids thoroughly enjoyed the camp. My nephew (nearly 12) was pleasantly surprised by the atmosphere and tone. Kudos and gratitude to all for this experience!"

~ A Grateful Family Member



Program updates



Lisa Kynvi, Creative Arts Therapy Coordinator (second from left) and Music Therapist Katie Bagley with Music Therapy Interns Emily Baker and Daniel Steinbrink.

MAKING MEMORIES WITH HEARTBEAT RECORDINGS

"Photos are one way to preserve memories, but they're one dimensional," says Care Dimensions Creative Arts Therapy Coordinator Lisa Kynvi. "But a person's voice and heartbeat are two things that can bring a deceased loved one back to their families in a very deep and meaningful way." With this in mind, Care Dimensions is now offering the Heartbeats program for appropriate and interested patients and families. Patients' heartbeats can be recorded and then incorporated into the song of their choice. To demonstrate the recording process, Lisa and the team recently recorded a song using her son Lars' heartbeat. After capturing it with a small, wireless stethoscope recording device, his heartbeat was layered with guitar, fiddle, and harmonizing voices for the final version of the song. To view the process and hear the song, please visit CareDimensions.org/Heartbeat.

Complementary therapies, like music therapy, are made possible by generous donations from the community. Care Dimensions is currently seeking additional grant funding to support this innovative music therapy program to benefit our patients and their families.



PRESENTING

Frank Ostaseski, founder of the Metta Institute shares "What Being with Dying Can Teach the Living"

As part of our 40th anniversary celebration, Care Dimensions has invited Frank Ostaseski, an internationally respected Buddhist teacher and pioneer in end-of-life care, to speak at a free event open to healthcare professionals and the community. He is the 2018 recipient of the prestigious Humanities Award, from the American Academy of Hospice and Palliative Medicine. In this special presentation, Frank will weave together

pragmatic tools, real-life stories and ancient wisdom. He will help us discover how an awareness of death can be a valuable companion on the road to living well, and dying free of regret. Frank is the author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*. His ground breaking work has been highlighted on the *Oprah Winfrey Show*, featured on the Bill Moyers PBS series *On Our Own Terms*, and honored by His Holiness the Dalai Lama.

Thursday, November 8, 2018, 4:00 p.m.

Ferncroft Country Club, 10 Village Road, Middleton, MA

Please register by November 1, 2018. Advance registration is strongly suggested. Register online at CareDimensions.org/calendars or contact Marguerite Fahey at MFahey@CareDimensions.org or 978-223-9778.

There is no charge for this event. Contact Hours/CEUs will be submitted for nurses, social workers and certified case managers.

CARE DIMENSIONS PILOTS OPIOID MEDICATION DISPOSAL PROGRAM

In an effort to help curb the prevalence of opioids in our communities and to prevent them from being abused, Care Dimensions is piloting a program to assist our patients' families with proper disposal of unused opioid medications. In this initial pilot program, one hospice team from our Waltham office is providing Takeaway Medication Recovery System packages to families for unused prescription medication. The system includes an easy-to-use, pre-paid postage envelope, that has a tracking number, which is mailed to a facility in Texas for destruction. Care Dimensions is tracking the usage of this program to determine its success and ease of use for families and caregivers, and is actively seeking grant funding to extend this critical service to all of our patients' families.

Care Dimensions Director of Pharmacy Services, Alifia Waliji-Banglawala, researched and developed this pioneering opioid destruction pilot program.



Support from the Community



In May, Care Dimensions recognized the members of the David Sherman Legacy Society, who 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.



MEET OUR NEW DEVELOPMENT SPECIAL EVENTS MANAGER

Amy Rein has joined Care Dimensions as our new development special events manager responsible for all fundraising, cultivation, and stewardship events, including our Annual Gala, Walk for Hospice, Tree of Lights programs and

the David E. Sherman Legacy Society Luncheon. She's held positions at the Brookwood School and at the Boys & Girls Club of Greater Salem, and has a Bachelor's degree from Brandeis University and a Master's of Education degree from Harvard's Graduate School of Education.

Would you like to hold a community fundraising event to benefit Care Dimensions' patients and families? Contact Amy at 978-750-9357 or email her at AREin@CareDimensions.org.

CREATING A LASTING TRIBUTE TO A BELOVED WOMAN AND A MEMORY OF PEACE

Even though their home was in South Eastern Massachusetts, when it came time to choose hospice care and an inpatient hospice facility for his wife Judy, Michael Metzler and his family chose Care Dimensions' Kaplan Family Hospice House in Danvers. "After looking at all of the options Kaplan House was the best choice for my wife and our family," said Michael. At the age of 69, Judy was battling cancer when she was admitted to Massachusetts General Hospital in Boston. After two weeks, doctors suggested the family consider hospice care. Judy, a vibrant and independent woman, did not want to die in the hospital but her pain and symptoms required expert care, with 24 hour support. After visiting Care Dimensions' website and seeing the Kaplan House video tour, the Metzler family was certain that Judy would be most comfortable there.

"I was immediately relieved when we arrived and the staff knew all about Judy – her medication regimen, the symptoms she was experiencing, and the fact that we'd just had our first grandchild," said Michael.

Looking back on Judy's stay at Kaplan House, Michael said it was an experience that will influence him and his family for the rest of their lives. "In the hospital, there was constant disruption for vital signs, medication checks and monitors, yet you're painfully aware that none of these interventions are going to save your loved one," he said. "Once we were at the hospice house, Judy was noticeably more at ease. The quality of the staff and their teamwork, and the beautiful surroundings, created an everlasting memory of peace that will stay with us forever."

As a tribute to a woman who embodied elegance and grace, Michael made a donation to inscribe a brick in her honor. He also committed to annually support Care Dimensions' mission so that other families will benefit from our expert care.

"Supporting Care Dimensions is my way of showing my appreciation to Care Dimensions and their staff for taking such wonderful care of Judy and all of us."

To learn more about how you can honor your loved one with a tribute gift, please contact Kelly Taranto, gift officer, at 781-373-6512 or KTaranto@CareDimensions.org.

View our 2017 Community Benefits report at CareDimensions.org/outreach to see how your support impacts those in need.

Fundraising Events

Care Dimensions *Join us Sunday, September 30*



Now in its 31st year, the annual Walk for Hospice will be held at St. John's Preparatory School, Danvers, on Sunday, September 30. Our most popular fundraiser, the Walk honors the lives, courage and memories of our loved ones while raising funds to provide comprehensive and compassionate end-of-life care for residents of 90 communities throughout Eastern Massachusetts. Our new Walk website makes it easier than ever to register and new email and social media tools can help you encourage your friends to join you or donate online. Register your team today and join our Facebook event for fun updates and fundraising tips at <http://bit.ly/WalkFB18>



Last September, Tom and 12 of his family members formed Team DeVeau - Dad's Dream Team for the Walk for Hospice as a way of giving back in appreciation for the services Tom received. Now that Tom has died, his family will be back at the Walk this year to honor his memory.

[Read Team DeVeau's full blog post
CareDimensions.org/TeamDeVeau](http://CareDimensions.org/TeamDeVeau)

'DAD'S DREAM TEAM' LIVES ON AT WALK FOR HOSPICE

Although 81-year-old Tom DeVeau of Wakefield had chronic obstructive pulmonary disease (COPD), he had been living a full life with the help of oxygen. He lived in his own home, drove, and cooked meals for himself. At the end of 2016, his symptoms suddenly got much worse and he spent six weeks in and out of Boston-area hospitals.

"We (family members) all knew that he would require more care than he had before he entered the hospital, but the word 'hospice' was very frightening to him – and to us. He equated 'hospice' with 'dying,' but we soon learned that wasn't the case," recalled Tom's daughter, Denise Meehan.

Tom had his first visit with a Care Dimensions hospice nurse case manager and social worker at his home in January 2017, and things clicked immediately. "They were friendly and comforting and gave him the help he needed to stay at home," said Denise. "They enrolled him in the Respiratory Program, which provided the specialized care he needed for his COPD. If he wasn't feeling well, we called Care Dimensions and the nurse was able to treat him at home."



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Care Dimensions 40th Anniversary Gala

In June, the Care Dimensions Board of Directors welcomed community supporters at our 40th Anniversary Gala fundraiser, held at Tedesco Country Club in Marblehead. The event celebrated Care Dimensions' 40 years of service and raised more than \$200,000 in support of our mission to provide exceptional care for patients and families facing life's most challenging journey. A live auction featured this year's signature artwork, *Sunset in Gloucester Harbor*, by Ken Knowles, as well as the beautiful sculpture, *Romeo*, by Beverly Seamans. The weekend's festivities continued with the 24th Annual Hospice Regatta, held at the Eastern Yacht Club, followed by a cookout for skippers and crews. We are grateful for our inspiring committee members and the generous and compassionate individuals and businesses who contributed to the success of this event. We extend a special thank you to Nancy and Brian McCarthy for hosting the Gala Kick-Off party in their home in May.

(All photos l-r) 1. Chris McCann, Mary Donovan, Nancy Geaney and Joanie Johnson; 2. Sunjeev Shah gets into the auction spirit; 3. Marsha Strouss, David Balabon and Debra and Kurt Zernich; 4. Ken Knowles, Patricia Ahern, and Pam Lawrence join Nancy and Brian McCarthy who hosted the Gala Kickoff Party; 5. Harvey Cohen and his dance instructor; 6. George Dhionis (far right) with Rich and Margaret Bowen.

Volunteer focus

OUR VOLUNTEERS IN ACTION

Every day, our hospice volunteers are engaged in a variety of activities that benefit our patients, their caregivers, and our staff.



Patrick Cranney (left) and PJ served as pet therapy ambassadors at the annual assembly of the American Academy of Hospice and Palliative Medicine, which was held in Boston in March.



Harriet Kaminsky serves up lemonade during snack cart rounds at the Kaplan Family Hospice House.

Care Dimensions Hospice House volunteers, Karen Donoghue (left) and Charlene Cotting, receive flower donations from Nancy Beach (right) of the Pierce House in Lincoln.

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 our Volunteer Coordinators Heather Merrill (Greater Boston area) at HMerrill@CareDimensions.org or Fran Clements (North Shore area) at FClements@CareDimensions.org or call us at 888-283-1722. Visit CareDimensions.org/Volunteers for upcoming training dates and for more information.



Chelsea Soldiers Home, where several of our patients reside. He attributes his success with veteran patients to the exemplary training he received on both veterans and patients with dementia, and to his military background. "I feel a kinship with these men and women," he says. "Jerry is creative, determined, and committed to engaging with our patients," says Volunteer Coordinator Michelle Perry. "He always finds a way to give them just what they need."

Care Dimensions volunteer Jerry Dunn with Volunteer Coordinator Heather Merrill.



Welcome to our new Senior Staff



Dan O'Neil, Vice President and Chief Information Officer
Signaling the importance of managing data and analytics in today's evolving health care system, Dan O'Neil joined Care Dimensions as its first chief information officer. Dan will work to leverage technology solutions to help Care Dimensions be more efficient and effective, improve patient and caregiver experiences, and support our growth. He comes to us most recently from Steward Health Care, where he served as the VP of Technology Transformation Services. He was previously senior VP and CIO at Quincy Medical Center, and VP of Enterprise Applications at Caritas Christi Health Care. Dan has a Bachelor of Science degree from the School of Engineering at Tufts University, a Master's degree in health administration from Framingham State University, and an MBA from Boston College.



Kristine DiFiore, Vice President and Chief Human Resources Officer
Kristine DiFiore, SHRM-CP, PHR, joined Care Dimensions as our new vice president and chief human resources officer. Kristine is responsible for the operational and strategic initiatives of Care Dimensions' human resources and volunteer functions. With more than 15 years of human resources leadership experience, Kristine most recently served as VP of human resources for Home Health Foundation in Lawrence. A graduate of Worcester State University, Kristine is certified as a Professional in Human Resources (PHR) and serves as program director for the HR State Council of New Hampshire.



Theresa Petrie, Clinical Director of Palliative Care
Theresa Petrie, RN, BSN, has joined Care Dimensions in the newly created role of clinical director of Palliative Care, focused on expanding the program to ensure that people with serious illness are introduced to palliative care as early as possible. Theresa has more than 25 years of healthcare and nursing experience and has worked previously in the oncology units of Beth Israel Deaconess Hospital and Lowell General Hospital. She spent many years working in health care management with the Home Health Foundation in Lawrence, where she rose to the position of Vice President. Theresa is a graduate of the University of New Hampshire, and received her Bachelor of Science in Nursing from Salem State University.



PARTNERING TOGETHER TO ENSURE EARLIER END-OF-LIFE CONVERSATIONS

In May, Care Dimensions VP and Chief Medical Officer Stephanie Patel, MD, and Director of Research Susan Lysaght-Hurley, NP, were interviewed by WBUR (90.9 FM) healthcare reporter Martha Bebinger about the initial results reported from our Palliative Care+ project.

The Palliative Care+ Program is an innovative 18-month collaborative research program between Care Dimensions and North Shore Physicians Group, funded by a \$750,000 grant from the Massachusetts Health Policy Commission. The project is looking at the effects of embedding palliative care in the primary care practice to encourage earlier advance care directive conversations and consultations from our palliative care team. In addition to a comprehensive assessment from a Care Dimensions nurse practitioner, patients on the program also receive telephone support from a nurse coach. Telehealth monitoring is also available for patients with advanced cardiac and respiratory diseases. Early results support the goal of the study to prove that earlier palliative care intervention reduces unwanted MD office visits, ER visits and hospitalizations, thereby improving patient quality of life and reducing costs. Read the story and listen to the broadcast at CareDimensions.org/WBUR.

EXPANDING OUR REACH AND VISIBILITY

Care Dimensions has embarked on a new way to expand our exposure and educate communities about our many services and hospice care through sponsored articles produced by the *Boston Globe* and posted on BostonGlobe.com. The first article in the three-part series focused on Care Dimensions' rich 40-year history of caring for patients at end of life and shared how Care Dimensions is redefining what hospice means. Read the full article at CareDimensions.org/BostonGlobe.



Hospice has changed, and patients and families are better for it

After 40 years of treating patients nearing the end of life, Care Dimensions is redefining what hospice means.

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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.

Please join us

Upcoming Community Events

- **North Shore Service of Remembrance & Hope**
Sunday, November 4 at 3:00 p.m. in Beverly
- **Care Dimensions presents**
Frank Ostaseski, Founder of the Metta Institute
"What Being with Dying Can Teach the Living"
Thursday, November 8, 2018 at 4:00 p.m. in Middleton
- **We Honor Veterans Breakfast Receptions**
Tuesday, November 13 at 9:00 a.m. in Danvers
Friday, November 16 at 9:30 a.m. in Waltham
- **Greater Boston Service of Remembrance & Light**
Wednesday, December 5 at 4:00 p.m. in Weston
- **Tree of Lights Ceremonies followed by**
Coping with the Holidays workshops
Monday, December 3 ~ Gloucester
Tuesday, December 4 ~ Danvers
Wednesday, December 5 ~ Weston
Combined with the Service of Remembrance & Light
Thursday, December 6 ~ Swampscott



Sunday, September 30, 8 a.m.
St. John's Preparatory School, Danvers



Register today!
CareDimensions.org/Walk