

Connections

Fall 2019 | Volume 48

Newsletter for Families and Friends

Care Dimensions Launches HomeMD Primary Care Program

Is there a doctor in the house? There can be, now that Care Dimensions HomeMD program has begun offering personalized in-home primary care to patients 65 years and older in select communities on the North Shore and Greater Boston who have trouble leaving their homes due to memory loss, physical issues, or the challenges of managing chronic conditions such as diabetes, COPD, stroke or heart failure.

“We recognized there was a huge unmet need among patients, and their caregivers, for quality care that could be delivered in their homes,” says Patricia Ahern, Care Dimensions’ President and CEO. “As a leading provider of care to patients who are medically fragile, we are excited to be able to expand our services and continuum of care to individuals before hospice or palliative care is needed.”

Led by long-time North Shore physician Mark Messenger, MD, and nurse practitioners Kristin Chouinard, NP, and Patricia McCarthy, NP, HomeMD helps meet the healthcare needs of a rapidly growing population. This service is available to patients in 26 Massachusetts communities on the North Shore and Greater Boston living in private homes, assisted living facilities, group homes and rest homes.

“Many of our patients would never be able to see a healthcare clinician if we didn’t go to them,” explains Dr. Messenger, who has dedicated his practice exclusively to home-based primary care since 2007. “Seeing them in their own environment gives us added insight into how they’re living and coping – or not coping – with the symptoms of chronic illness.”

Judy Foggin of Salem has been a patient of Kristin Chouinard and Dr. Messenger for three years and recently transferred her care to HomeMD. With serious pulmonary disease that makes it difficult for her to walk distances or leave home, she says having Kristin provide her primary care at home has prevented multiple ED visits and hospitalizations. “Kristin asks questions about how I’m feeling and really listens to me,” she said. “I trust her and know I can count on her—even on the weekends—if I’m starting to feel like I’m getting pneumonia. She jumps on it and we take care of my symptoms before it gets to the point where I have to go to the hospital, which would just wipe me out.”



Antonetta and Phillip Famolare of Peabody rely on Care Dimensions HomeMD clinicians Mark Messenger, MD, and Kristin Chouinard, NP, to keep them healthy at home.

HomeMD offers primary care medical services you’d find in a traditional office-based medical practice. Some of these services include:

- Routine primary care visits
- Acute illness visits
- After-hospitalization and after-skilled nursing facility visits
- Disease management visits
- Care plan oversight of home health nurses and hospice
- Dementia assessments
- Vaccinations/Flu shots
- Laboratory services, including blood draws
- X-rays

To learn more about Care Dimensions HomeMD, please call 888-281-0011 or visit [CareDimensions.org/HomeMD](https://www.CareDimensions.org/HomeMD)



LETTER FROM THE PRESIDENT

Welcome to our newest edition of Connections!

This fall has been a whirlwind of activity here at Care Dimensions. From our Walk for Hospice, which drew thousands to honor the lives of someone close to them, to the launch of our new Care Dimensions HomeMD program and our expanded Care Dimensions Learning Institute, it has been an exceptional period of growth. I'm so excited by these two programs because both are examples of how we are growing and changing to meet the needs of our patients, families, and professional healthcare partners.

Through HomeMD, we're extending the care continuum and offering primary care to medically fragile patients in their homes well before they're ready for palliative care or hospice. And through the Learning Institute, we're expanding our advocacy and educational efforts by taking our well-earned expertise out to even more healthcare professionals and community members through new methods like webinars and even a podcast!

Our goal in these efforts –and every initiative we take on – is to serve as many people as possible who are struggling with serious and advancing illness, so we can help make every day the best it possibly can be for them.

As we enter this holiday season, I try to take a moment to reflect on all we have done this year, the many blessings we have received, and the thousands of lives we have touched. Those of us who have answered the calling to work in hospice may know, better than most, what it means to have the time – and to take the time - to express gratefulness and thanks. We know, because of what we do, that we should seize every opportunity that we can to let someone know that they are loved, appreciated and treasured.

And with that thought, I share my immense gratitude for all of you who make what we do possible.

Enjoy today!

Patricia Ahern
President and CEO

IN THIS ISSUE

Letter from the President 2

Updates & Announcements 3

Healing Connections 4

Program Updates 6 & 7

32nd Annual Walk for Hospice 8 & 9

Support from the Community 10

Year-End Giving 11

PATRICIA RAMSDEN, DIRECTOR OF ADMISSIONS, SELECTED AS NHPCO AMBASSADOR

Patty Ramsden, RNC, BSN, CHPN, senior director of admissions at Care Dimensions, has been named one of two hospice ambassadors for Massachusetts by the National Hospice and Palliative Care Organization's (NHPCO) My Hospice Ambassador Program.

As a hospice ambassador, Patty will reinforce the value of Medicare and hospice benefits, enhance awareness of hospice and palliative care issues, and help lead grassroots efforts in Massachusetts. "I believe that our policymakers need to hear from those who are doing the work," says Patty, who has begun forging relationships with members of the Massachusetts congressional delegation.

With 23 years of professional nursing experience, plus her passion and advocacy for equity in and access to quality end-of-life care, Patty says she's ready to take on this exciting challenge. "I'm inspired by Care Dimensions' mission to help make changes on a state and national level that will improve care for patients and families."

In July, Patty Ramsden (right) gave a tour of the Care Dimensions Hospice House to Farrah Ridore, aide to Senator Elizabeth Warren.



Meet the Newest Members of our Medical Staff

Care Dimensions employs its own medical staff of 15 physicians—all experts in hospice and palliative care medicine—to form an unequalled medical team to meet the needs and questions of patients and their families.



Judith Korik Weinstock, MD, joined Care Dimensions as a staff physician and provides palliative care consultations at Emerson Hospital in Concord, as well as hospice care to patients at the Care Dimensions Hospice House. She is a graduate of Stonybrook University School of Medicine in New York and completed a fellowship in Hospice and Palliative Care Medicine at Beth Israel Deaconess Medical Center.



Jenna Crowe, DO, joined Care Dimensions as a full-time staff physician this fall, following three years as a per-diem weekend physician at the Kaplan House. She works with hospice patients on the North Shore and at the Kaplan House. Dr. Crowe graduated from Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale.



James Peterson, MD, HDMC, joined Care Dimensions as a staff physician and provides palliative care consultations in Greater Boston communities as well as hospice care to patients at the Care Dimensions Hospice House. He is graduate of the University of Massachusetts Medical School and is a certified hospice medical director.

New Senior Staff Joins Leadership Team

Donna Deveau, MEd, joined Care Dimensions as our new vice president for philanthropy, leading efforts to build private support of Care Dimensions' work and mission. Donna has more than 20 years' experience in nonprofit leadership, including management and oversight of comprehensive philanthropy programs for home care and hospital organizations.

Dawnett White, RN, a Care Dimensions clinical educator since 2010, has been promoted to director of clinical practice. In addition to providing oversight to the content and delivery of educational programs, she helps ensure that Care Dimensions complies with government and accrediting standards and requirements, especially as they relate to clinical practice and documentation.

Tim Boyd, MS, MBA, RN, has joined Care Dimensions as director of quality improvement and patient safety. He will focus on our event reporting system, quality measures, quality improvement program, infection prevention, and coordination of reports to outside agencies.



THE RITA AND ALEX HILLMAN FOUNDATION FUNDS PILOT TELEHEALTH PROGRAM TO SUPPORT HOSPICE CAREGIVERS

Caregiver Connection, a Care Dimensions pilot program, was selected for funding by the Rita and Alex Hillman Foundation, a prestigious national foundation that focuses on nurse-led innovation to improve the lives of patients and their families. From a very competitive field of proposals, Caregiver Connection was one of five projects selected as a Hillman Serious Illness and End of Life Emergent Innovation Program (HSEI) project. The grants are aimed at bold, early stage interventions that address health challenges faced by vulnerable populations.

Caregiver Connection is an innovative, nurse-led initiative focused on addressing the often overlooked and unmet needs of hospice family caregivers. Using a mobile healthcare technology application ("app") specifically adapted for caregiver engagement, the program will facilitate real-time and personal communication between family caregivers and Care Dimensions hospice nurses.

Implementation of the project will begin in 2020 with one home hospice team and include up to 60 family caregivers. The project is led by Chief Medical Officer Stephanie Patel, MD, FAAHPM, HMDC, Director of Research Susan Lysaght Hurlay, PhD, RN, and Chief Operating Officer Judy Cranney, RN, MS.



Healing Connections

RESOURCES FROM CARE DIMENSIONS GRIEF SUPPORT PROGRAM

GRATITUDE AND GRIEF: CREATING A HOLIDAY-SEASON RITUAL

For those who are grieving the recent death of a loved one, the people, places, music, sights and smells that you associate with past winter holidays may now be filled with dread. You may also worry that upcoming holiday memories or rituals will trigger waves of grief, tears, and anguish.

“I dread the holidays. I’m certainly not feeling festive or grateful.”

These concerns are common when you’re grieving. It’s also normal to feel guilty about celebrating in the absence of your loved one, and it’s normal not to be feeling grateful.

However, gratitude and grief can co-exist.

Robert A. Emmons, Ph.D., a leading gratitude researcher and author, has conducted multiple studies on the link between gratitude and well-being. His research confirms that practicing gratitude enhances our physical, psychological and social well-being. It also helps us to feel less lonely and isolated.

You may want to start by giving thanks for having had your loved one in your life, for however long or short a time you were granted. It helps to create a gratitude ritual, such as keeping a gratefulness jar to help you to celebrate the holidays in a way that honors and remembers and thanks your loved one.

Create a Gratitude Jar

- In the weeks or days leading up to the holidays write a thank-you note to the loved one who was in your life. Later, as friends and family members gather to celebrate, ask each person to write a “thank you” to him or her. For example: “Thank you, Mom, for all you taught me about how to love myself.”
- On the day of the holiday, choose a designated time for people to pick a piece of paper and read it aloud to the group.

More than any other time of year, the holiday season can be challenging and sad for those of us who are grieving. But by remembering what your loved one gave you, you can experience the feeling and the benefits of gratitude.



For tips on dealing with grief around the holidays

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

LOSS OF A DEVELOPMENTALLY DISABLED CHILD

This six-week group is designed to help support parents through the loss of a child who had developmental disabilities or delays. This type of loss can include a complex array of emotions due to being not only a parent, but also a long-term caregiver, advocate, case manager, and even legal representative for the child as they entered adulthood. This is a place where you can speak freely and safely with peers in a support group setting run by a licensed bereavement counselor.

Tuesdays, January 14 - February 18, 2020, 3 - 4:30 p.m.

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

Space is limited. Please call us at 855-774-5100, or email Grief@CareDimensions.org by January 7, 2020 to register.

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

[CareDimensions.org/Grief](https://www.caredimensions.org/Grief) or call 855-774-5100.

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

The Care Dimensions Learning Institute: A Center for Education, Enrichment and Empowerment

As a nationally recognized industry leader in hospice and palliative care, we are proud to launch the Care Dimensions Learning Institute, which serves professionals, communities, patients and families by delivering high-quality education, workshops and resources via a range of learning formats, including in-person

presentations and on-demand e-learning. In 2018, Care Dimensions provided 525 educational programs for more than 7,000 individuals.

“By expanding our educational offerings and formats through the Learning Institute, we are further positioning Care

Dimensions as a regional and national thought leader by sharing best practices in providing care to individuals with serious illness, as well as other areas including grief and end-of-life issues,” says Patricia Ahern, Care Dimensions CEO.

E-Learning with the Care Dimensions Learning Institute

In addition to our extensive professional and community education lectures and workshops, the Care Dimensions Learning Institute provides e-learning opportunities, including professional and community webinars, which allow learners to participate from any location.

The Learning Institute Podcast, “Living Forever: Not an Option”

Podcasts have become one of the fastest growing educational formats and Care Dimensions has joined the revolution, launching “Living Forever: Not an Option”. Hosted by Director

of Professional and Community Education Mary Crowe, LICSW, ACHP-SW, and Vice President of Business Development Lyn Skarmeeas, they delve into a variety of topics around serious illness and end of life. “Our goal is to educate by making these topics more approachable – like having a conversation with your neighbor. We want to empower individuals with advanced illness – or their family members – to understand how and when hospice and palliative care can help, so they can access care sooner to improve their quality of life,” says Lyn.

The podcast episodes are accessible at CareDimensions.org/podcast and are available on most podcast platforms.

Other Educational Resources

Visit the Learning Institute page (CareDimensions.org/LearningInstitute) to learn about all of the Institute’s educational offerings, including the following resources:

- Presentations and workshops for a variety of professional and community audiences
- Community and professional webinar series
- “Timing is Everything” television show available on demand at CareDimensions.org/TimingIsEverything
- Bereavement and advance care planning resources

To learn more or schedule a speaker, please visit CareDimensions.org/LearningInstitute, call the education line at 781-373-6616, or email us at educationrequests@CareDimensions.org

Mission statement: The Care Dimensions Learning Institute is committed to providing opportunities that strengthen comprehensive learning around serious illness and end-of-life care that are responsive to the needs of the professionals, community, patients and families we serve.

MARY CROWE RECEIVES SENIORCARE INC. AWARD FOR EDUCATIONAL LEADERSHIP



Care Dimensions Director of Professional and Community Education Mary Crowe, LICSW, ACHP-SW, was honored recently by SeniorCare Inc. with its 2019 Board of Directors Community Partners Special Recognition Award in recognition of her leadership and commitment to educate caregivers and professional practitioners throughout the North Shore.

For the past 13 years, Mary has led Care Dimensions’ educational outreach by coordinating and delivering hundreds of programs each year on topics surrounding advanced illness and end of life for healthcare professionals, families, and community groups in diverse settings across Care Dimensions’ service area. In 2018 alone, she provided 525 programs and educated over 7,000 people.

“Mary’s leadership of our Care Dimensions Learning Institute fills a huge void of unmet need in the healthcare industry to provide education on end-of-life topics,” said Care Dimensions CEO Patricia Ahern. “She is fully committed to dispelling myths and misconceptions about hospice so that healthcare providers and caregivers can better provide patients with dignity, comfort and control at end of life.”

Founded in 1972, SeniorCare Inc. provides information and services to elders and adults with disabilities on Massachusetts’ North Shore.

Program updates



A SECOND CAREER AND A DREAM COME TRUE: THE NURSE RESIDENCY PROGRAM IN ACTION

When Marjorie Lebowitz enrolled in North Shore Community College's Nurse Education Program, she had a clear vision for her second career. She wanted to be a hospice nurse case manager.

While in college, she worked as a weekend hospice aide at Care Dimensions' Kaplan House, and prior to that she had worked for 10 years as a hospital-based respiratory therapist. But she credits her mother's hospice volunteer experience and eventual hospice care for giving her the initial inspiration to focus on hospice.

Soon after her nursing graduation, Marjorie applied and was accepted into the Care Dimensions Nurse Residency Program, a hands-on mentoring and teaching initiative. "When you have a career dream and that dream comes true, it's a rare thing. It was the right time in my life for everything to come together."

To learn more about the Hospice Nurse Residency Program, visit CareDimensions.org/NurseResidents.

[Read Marjorie's entire story](#)

CareDimensions.org/Marjorie

HOSPICE PATIENT GETS TO TRAVEL AND LIVE THE BEST LIFE SHE CAN

Among all her life's travels and adventures, Care Dimensions' hospice patient and Littleton resident Patricia Kolarik, 74, has a standout favorite: New York City.

Earlier in 2018, Patricia had suffered complications from chronic obstructive pulmonary disease (COPD), including hospitalizations for pneumonia and bronchitis and her physician recommended that she receive additional support from Care Dimensions' Palliative Care team. With her diminished energy and reliance on supplemental oxygen, the road trip to New York required some additional planning and collaboration between Patricia, her palliative care team and her family—her daughter, Leslie, and her son, Francis.

"Care Dimensions has changed my whole life," she says. "I'm living the best life I can."

After she returned, her palliative care team recommended transitioning to hospice care and the additional support of the specialized respiratory care program to help her cope with her increasing symptoms. Patricia was skeptical. "I don't need hospice!"

she thought. However, she changed her mind when she and her children discussed her declining health and priorities for how she wanted to live. She also shared her three, must-have wishes: She wanted to feel good, keep her independence, and travel.

By providing a full spectrum of hospice care and support services, the Care Dimensions respiratory program supports her wishes. Now, Patricia calls her hospice team "my other little family." She receives scheduled visits from her nurse case manager, social worker, hospice aide, chaplain, Reiki and massage practitioners, and a music therapist. In between scheduled visits, she receives check-in calls to assess her symptoms and overall wellness and functioning. "I really look forward to their visits and those calls," Patricia says.

Thanks to Care Dimensions' help, Patricia has been able to travel to other destinations and events including the Burlington (Vermont) marathon, a visit to the White Mountains in New Hampshire, and her grandson James' high school graduation. For each journey, the Care Dimensions team ensures that she has the support and medical equipment to make each trip possible and comfortable.



RN Rich Healy with Patricia in her home.



Patricia and her son, Francis, on their trip to New York.

[Read Patricia's entire story](#)

CareDimensions.org/Patricia



WE HONOR VETERANS

On November 13, more than 100 community members and veterans joined Care Dimensions at a luncheon and presentation of its We Honor Veterans awards to individuals who have shown commitment to improving the lives of veterans in the 95 communities we serve. We congratulate and thank the following We Honor Veterans award and honorable mention recipients:

Award Recipients: William Shuttleworth of Newburyport; Charlie Ciaramitaro of South Hamilton; Lisa Lord of Melrose; Gordon Shepard of Saugus; and Susan Campbell and Bernadette Forti of Lynn.

Honorable Mention Recipients: Senior Chief Petty Officer Douglas Bryant, USN (Ret.); John Cuddy; Lt. Cmdr. Gerald (Jay) Libby, USNR; Susan Magnor; Jason McCuish; Sgt. Maj. Kenneth Oswald, USMC (Ret.); George Richard Poole; Cheryl Lussier Poppe; William Tracy; and David F. Viera.

VETERAN VOLUNTEERS DEVELOP SPECIAL BOND WITH VETERANS ON HOSPICE

While everyone's end-of-life journey is different, hospice patients who are veterans often have an experience only another veteran can understand.

At Care Dimensions, we are honored to care for veterans and have tailored our hospice services to meet their unique needs. Among these services is our Veteran-to-Veteran Volunteering Program. Volunteers who are veterans provide companionship and empathetic listening for veterans receiving hospice care.

"Whatever service you were in, it's like a brotherhood," said Jerry Dunn, of Brookline, who has been a Care Dimensions hospice volunteer since 2011, seeing six patients a week. "When I meet a patient, I say I'm a Navy vet," said Jerry. "I ask them about family first, then their service, although some may not want to talk about that. I focus on what they like and develop a friendship. Sometimes they may reveal something to me that they don't tell family."

Similarly, volunteer Paul Williams, of Marblehead, uses his listening skills to help him interact with hospice patients. "I let the patients carry the speed of conversation and tell me what they're comfortable discussing," said Paul, an Air Force veteran who became a Care Dimensions volunteer in 2015. "There's a lot of reflection near the end of life. One patient told me how he had killed people while stationed in the Pacific, but he had never told his family. He knew I was the right person to tell because his secret was safe with me."

Volunteering with veterans is "always positive and uplifting, and I always feel better for doing it," Paul said.

STRIVING FOR LEVEL 5

In December 2018, the National Hospice and Palliative Care Organization announced an expansion of the We Honor Veterans (WHV) program to Level 5 partnership status for participating hospice programs. The Level 5 program requires partners to place a greater emphasis on staff education and caring for Vietnam-era and combat veterans, as well as become a regional mentor to other WHV partners working to enhance their programs.

Care Dimensions has committed to achieve Level 5 status to ensure that we provide the most comprehensive hospice services tailored to veterans' needs. To meet the requirements, we have:

- Required all staff to have training on veterans, including Soul Injury and the issues of Vietnam-era veterans
- Collaborated with other hospices to provide Soul Injury "train the trainer" workshops
- Increased outreach to veterans and service organizations, particularly to Vietnam-era veterans

We anticipate meeting all the requirements for Level 5 status by the end of 2019.

HONORING VIETNAM VETERANS IN SEPTEMBER

Care Dimensions hosted a Welcome Home Vietnam Veterans event at the Kaplan Family Hospice House in Danvers to thank local veterans who served during the Vietnam era. The program included a pinning ceremony and flag raising.



Jerry Dunn (right) shares stories with his veteran patient, John Graham, through a hearing amplifier.

Read the rest of Jerry's story
[CareDimensions.org/VetVolunteer](https://www.caredimensions.org/VetVolunteer)



Celebrating 32 Years of

On Sunday, September 29th, thousands of walkers came with their family members, friends, classmates and colleagues to share smiles, laughter, hugs and tears at Care Dimensions' 32nd 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.

"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."

This year's Walk has raised more than \$230,000 and donations received by December 31 will be counted into this year's total.

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.



Going the Extra Mile



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We are grateful to our Presenting Sponsor, **Brown Brothers Harriman**

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- Spoiled Rotten Doggy Daycare
- St. John's Preparatory School
- StateServ Hospice Link
- Vestmark
- Windover Construction
- Zampell Facilities Management

1. Henry's Market has supplied refreshments for many years; 2. Remembering loved ones at the Tribute Area; 3. Frank's Fans; 4. Kids from Team Kyle; 5. Derek's Sunday Funday Crew; 6. Some members of Dad's Dream Team; 7. Team Eaton-Mudty; 8. Members of Swampscott High School Class of '85 Team; 9. Team HerLo; 10. Team Aberdeen led walkers onto the route

Support from the Community



Sue Thorne and her late husband Fred Thorne (seated) believe in supporting local healthcare organizations on the North Shore, including Care Dimensions.

LOCAL PHILANTHROPIC FAMILY DONATES TO SUPPORT OTHERS WHO NEED END-OF-LIFE CARE

Fred and Sue Thorne of Manchester-by-the-Sea believed in local, community-based healthcare and put their belief into action via their volunteerism, philanthropy and leadership.

Drawing on his vast career in finance, Fred volunteered his expertise for nearly 25 years in a variety of capacities at Beverly and Addison Gilbert hospitals, including as a trustee and as founding chairman of the Northeast Health Foundation. Donors for more than 30 years, the Thornes have also been stalwart supporters of Care Dimensions (originally Hospice of the North Shore).

“You still have to travel that emotional road of losing someone,” says Sue. “But Care Dimensions made it easier for our family.”

In 2016, when Fred’s quality of life became increasingly compromised by renal failure and cardiac issues, the Thornes had to face the difficult decision to discontinue his dialysis treatments and focus on his comfort for his remaining time.

“Within hours of that decision in his doctor’s office, he was admitted to the Kaplan House,” recalls Sue. “At the Kaplan House, the staff made Fred’s remaining days pain-free and peaceful, and our family felt very supported.” After his death, Sue continued their commitment to support Care Dimensions’ work and mission.

In addition to her annual contributions to Care Dimensions, Sue is a long-time participant in the Tree of Lights program. She gives in memory of her husband and her friends and in gratitude for having those loved ones in her life. She especially likes how each honoree is informed of the donation and that she’s thinking of them at the holidays.

“My contributions enable Care Dimensions to continue to provide care for others,” she says. And it is the embodiment of the Thorne family legacy of supporting high quality local healthcare.

PHILANTHROPY AT WORK: UPGRADE TO THE KAPLAN HOUSE HEALING GARDEN

Fifteen years ago, when Care Dimensions opened the Kaplan Family Hospice House in Danvers, it was designed to provide the best possible environment and experience for patients and families. A major focus was placed on providing outdoor gardens, patios and a courtyard where families could enjoy time outdoors in peaceful and inspirational surroundings. The gardens and plantings have matured, and thousands of families have enjoyed the respite of communing with nature over the years.

This summer, the Healing Garden and courtyard were revitalized and made more inviting and useable thanks to a generous donation from a Care Dimensions benefactor. In addition to refreshing the landscaping, two benches were added and walkways were installed to provide accessibility for wheelchairs.

“It’s important for families and patients to be able to spend quality outdoor time together,” says Jennifer Sawyer, Kaplan Family Hospice House clinical director. “Now that the courtyard upgrades are complete, more families are taking advantage of this tranquil space.”



FLAGPOLE PLAQUE HONORS LOCAL DONOR RALPH E. BATES

This fall, Manchester-by-the-Sea resident and philanthropist Ralph E. Bates donated \$100,000 to Care Dimensions in support of our work and patient care.

“We are delighted to receive this very generous gift,” says Patricia Ahern, President and CEO of Care Dimensions. “Mr. Bates has a long history of supporting non-profit organizations that help people in need. We are truly honored that he recognized Care Dimensions and its vital role in helping patients and their families, and the general community, when they need it most—when they are dealing with an advanced illness or coping with grief. His support will help us to continue providing excellent care to our patients and families.”



In Mr. Bates’ honor and in gratitude for his generous support, Care Dimensions has dedicated the flagpole in the Memorial Garden, located at the Kaplan Family Hospice House in Danvers, in his name.



Martha Brine (center) honors her parents through Tree of Lights donations.

A LIGHT TO SHINE ON THE PLACE WHERE OUR LOVED ONES ONCE LIVED

For 22 years, Swampscott resident Martha Brine has honored her father, Phillip’s, life and legacy by donating to Care Dimensions’ Tree of Lights memorial program.

For the last two weeks of his life, following a long battle with leukemia, Martha cared for him at home with the support of a Care Dimensions hospice team. “I’ll never forget the service I got when I needed it most,” recalls Martha.

Over the years, her remembrances have extended beyond family to include recently deceased friends and neighbors. A faithful attendee of the lighting ceremony in Swampscott, she says, “I’ve made Tree of Lights my Christmas celebration. It’s a place where family and friends can have a light to shine on the place where our loved ones once lived.”

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.

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.

A Gift to Help Others

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 Donna Deveau at 978-750-9394 or email DDeveau@CareDimensions.org.



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:



YOU can make a difference – become a hospice volunteer!

Ordinary people can make an extraordinary difference in the lives of our patients! Are you able to visit with a patient and provide a supportive, comforting presence? Can you hold a hand or engage in a shared interest or hobby? No matter what your skills, talents or motivation, we have a volunteer opportunity for you! We need volunteers to visit patients in their homes, as well as support families and visitors at one of our hospice houses in Lincoln or Danvers.

We have 3 upcoming training opportunities:

Tuesday and Thursday evenings: February 25 – March 19, 6 – 8:30 pm

Care Dimensions Hospice House, 125 Winter Street, Lincoln, MA

Wednesday and Friday afternoons: March 4 – March 27, 1 – 3:30 pm

Care Dimensions Hospice House, 125 Winter Street, Lincoln, MA

To register or receive additional information, please contact
Abigail Langmead at 781-373-6583 or ALangmead@CareDimensions.org

Monday and Wednesday mornings: March 2 – March 25, 9 – 11:30 am

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

Or apply online at CareDimensions.org/volunteerapplication



Care Dimensions is a nonprofit dedicated to providing exceptional care, support, education and consultation for those affected by life-limiting illness, death and loss. A copy of Care Dimensions latest consolidated 990 is always available to the public by request, by writing to Care Dimensions, c/o Development Office, 75 Sylvan Street, Suite B-102, Danvers Massachusetts 01923, or call 888-283-1722.

Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELP-FLA OR ONLINE AT www.FloridaConsumerHelp.com, REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. REGISTRATION #: CH53895 Maryland: For the cost of postage and copying, documents and information filed under the Maryland charitable organizations laws can be obtained from the Secretary of State, Charitable Division, State House, Annapolis, MD 21401, 800-825-4510. New Jersey: INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT <http://www.njconsumeraffairs.gov/charity/chardir.htm>. REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT. **New York: New York residents may obtain a copy of Care Dimensions annual report by writing to the Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, NY, NY 10271, www.charitiesnys.com, 212-416-8401.** Pennsylvania: The official registration and financial information of Care Dimensions may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement. Virginia: Financial statements are available from the State Division of Consumer Affairs, Department of Agricultural and Consumer Services, P.O. Box 1163, Richmond, VA 23218.