

# The HEALING SPIRIT



NOTRE DAME HEALTH CARE

Vol. 7, No. 2

SUMMER 2017

## Spend as much time as possible **doing what you love with those you love!**

For nearly 25 years, Notre Dame Health Care has surrounded families with love, compassion, and expert care. Each day, members of our team work with individuals and families to determine personalized goals and care plans, and to care for the body and spirit of each member of our community. It is our privilege to help people *maximize their quality of life* and spend as much time as possible doing what they love with those they love.

Likewise, Steven Z. Pantilat, MD has worked throughout his distinguished career to make sure that both medical treatment and professionals support patients in the ways that are most important to them and their families. In his new book, *Life After the Diagnosis: Expert Advice on Living Well with Serious Illness for Patients and Caregivers*, published in February 2017, Dr. Pantilat assists individuals, family members, and

caregivers as they move through the different stages, discussions, and decisions that come with a diagnosis of serious illness. The book includes chapters such as “Prognosis: What Doctors Say, What they Mean, and What Patients Hear”, “Hope and the Mood Roller Coaster”, and “Difficult Treatment Decisions and Discussion”. The book also includes lists of questions to help families in situations such as hiring private caregivers for the home. This book is a compassionate guide and helpful tool. We are, therefore, excited to announce that we’re bringing the two together at the:

**2017  
Notre Dame Health Care  
Educational Forum**  
on  
**Tuesday, October 3rd  
at 5:30pm**  
in the  
**Hogan Center  
at the College of the Holy Cross**

**Dr. Pantilat will join us to discuss *Life After the Diagnosis* and to give “practical, straightforward guidance on how to navigate the medical system to maximize quality of life...in a caring and sensitive way that people easily understand.”**

*continued on page 3  
(Living Well)*

## NOTRE DAME HEALTH CARE Educational Forum

**October 3, 2017**

**5:30 p.m.**

**College of the  
Holy Cross**

*featuring*

**Steven Pantilat, M.D.**

to discuss his book *Life After  
the Diagnosis* and innovative  
approaches for dealing  
with serious illness.



**Each attendee receives a copy of the book!**

**Parking is free.**

**Proceeds support the  
Educational Bridge Center at  
Notre Dame Health Care.**

### *Early Bird Offer*

Through August 31<sup>st</sup>, general tickets are just \$50 each and VIP tickets (which include an exclusive reception with Dr. Pantilat and priority seating for the presentation) are \$75 each. As of September 1<sup>st</sup>, tickets will be \$60 each or \$85 for VIP tickets.

Contact Liz Parker Gagne  
for tickets & sponsorship opportunities:  
lparkergagne@notredamehealthcare.org  
508-852-5800, x2509

Or purchase your tickets online at  
notredamehealthcare.org/educational-forum-2017



P.S. Last year's Educational Forum won "Best Nonprofit Fundraiser Event" in the Worcester Business Journal's Best of Business poll.

**You don't want to miss out on  
this year's Educational Forum!**

## *A unique way to HONOR or REMEMBER someone special*

You can remember a loved one, and honor a caregiver, relative, or friend with a tribute at this year's Educational Forum.

Each tribute includes a photo and your choice of wording as part of a photo montage projected on the large screen during the event, as well as that photo and wording printed in the program book. **This is a terrific way to remember someone who inspired you with their spirit and determination in the face of serious illness, thank a caregiver who was helpful to your family, or surprise someone by letting them know how much you care.**

While you are expressing your appreciation of those who've had an impact on your life, you will be supporting compassion and education at Notre Dame Health Care and our Educational Bridge Center.

Even if you can't be there in person on Oct. 3<sup>rd</sup>, we will send you a copy of the program book so that you can have a permanent copy of your tribute.

The on-screen and program book tributes are available with your gift of \$75 or more. Until September 22nd, you can inscribe a bronze leaf on the NDHC Tree of Life and have an event tribute for a combined gift of only \$250.

If you would like a tribute or a bronze leaf (or both), please use the enclosed envelope or contact Liz Parker Gagne at lparkergagne@notredamehealthcare.org or 508-852-5800.

## *Thank You!*



IN LOVING MEMORY OF  
**John A. Coan, Jr.**  
"Jackie"

*Jack was born with Downs Syndrome. His 63 years of life were filled with Love. Alzheimer's captured his brain but he loved us and we loved him until his death on Valentine's day 2001.*

JACK'S SISTERS, PEG DOW,  
SR. LEONORE COAN SND,  
AND MARY COAN

*Here is an example from among the wonderful tributes at our 2016 Educational Forum.*

## Living Well *continued from page 1*

In addition to providing critical education to our community, the Educational Forum further supports the mission of Notre Dame Health Care because the proceeds of the of the event benefit the Educational Bridge Center at NDHC. Through your support of this year's Educational Forum as an attendee, donor, or sponsor, you will be changing lives throughout our community by helping to make possible adult basic education class-

es, individualized tutoring, scholarship support, career and life counseling, Citizenship preparation, and specialized health care skills training, including Alzheimer's and Dementia seminars and workshops on improving end-of-life care. These services help people to help others and to help themselves improve their circumstances.

**Your support  
empowers people  
to flourish!**

## NOTRE DAME HEALTH CARE PENTA FAMILY LIBRARY

### ***A Shared Vision***

At certain times in life, Providence brings together just the right people to create an extra measure of joy and good in the world. Recently three individuals with a shared vision came together at Notre Dame du Lac: Sr. Maureen Griffin, SND by way of a Japan mission to medical welfare students, Helen Wilson a talented designer and artist who lived her early life in South Africa, and Sr. Cornelia Curran, SND a lifelong educator who worked for many years with the elderly after she became a licensed practical nurse at age 68.

Their shared vision was to transform and modernize the Penta Family Library at Notre Dame du Lac. With her expertise as an accredited librarian and library educator, Sr. Maureen guided and led the team. The three women worked tirelessly and collaboratively to create a space for all residents to see and enjoy the goodness of the Good God.

The room is a peaceful space painted the color of a hopeful sunrise with books residing on easily accessible shelves in groupings by subject inviting the reader to experience a lifting of the mind and heart. The furnishings are beautiful and spare, reflecting an openness to partake of the wisdom which books can offer. This attitude of welcome and receptivity through education is a hallmark of St. Julie's charism.

The library is user friendly with large print books, CD's, DVD's and an audiovisual nook. It encourages wonder as God's majesty unfolds in simple and majestic ways each moment of our lives.

In its new incarnation, the library is a focal point for those who grew up treasuring books. Eight other residents assist as librarians since many residents at du Lac enjoy reading, and some participate in book discussion groups.

The library is dedicated to Sr. Dorothea Penta, SND and her parents. Sr. Dorothea was a Notre Dame educator for 62 years in Connecticut and Massachusetts. She also had a deep interest in educating adults for parish service. She was a woman of wit and wisdom who enjoyed a good story and a tender laugh. The library is a fulfillment of her vision: a place of light, of discovery, of wonder. It invites the heart to open and the imagination to soar beyond any limitations imposed by aging and illness. It is a place of blessing and of healing, and a marvelous example of NDHC residents living their best life and helping their neighbors do the same!



*Photo of the librarians on the day the library was re-dedicated and blessed.*



*“During the times of uncertainty and fear that follow a serious diagnosis, this book arrives like a guardian angel.”*

—Diane E. Meier, MD, Director,  
Center to Advance Palliative Care

*“I adored this wise and comforting book. I will recommend it to patients, friends, anyone facing a life-changing illness. An empowering resource for living better and longer.”*

—Lucy Kalanithi, MD, FACP, Clinical  
Assistant Professor of Medicine, Stanford

*“...your journey can be made easier, less painful, more dignified, and more comfortable. Your pain can ease and you can enjoy better times...and live life to its fullest.”*

—Steven Pantilat, MD

## See Inside

for details about a very special event featuring the must-read book:

### LIFE AFTER THE DIAGNOSIS:

*Expert Advice on Living Well with Serious Illness for Patients and Caregivers*

by Steven Pantilat, MD



Please join us in congratulating the 7 recipients of Sr. Mary Gardner Scholarships, 1 HiSET graduate, 10 new U.S. Citizens and 6 who earned Wisdom's Way Scholarships in 2017.

Thank you to our NDHC Educational Bridge Center tutors, individual donors, generous foundations, and corporate sponsors who made these individuals' successes possible!

### JOIN US ON CAMPUS . . .

#### HOSPICE BEREAVEMENT SUPPORT GROUP

Call Peggy Arcouette, Bereavement coordinator at 508-852-5505 for information.

#### EUCHARISTIC LITURGY

- ▶ Notre Dame du Lac: Daily (except Sat.) at 10:30 a.m.
- ▶ Notre Dame Long Term Care Center: Daily at 10 a.m.

*Congratulations!*

