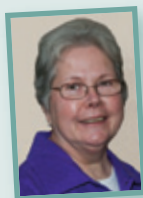


5TH ANNUAL GALA

Join us for an evening to celebrate, honor and support Parmenter. Our Gala returns to the Newton Marriott on **Thursday, November 6 from 6:00 p.m. to 9:30 p.m.**

Events of the evening include a cocktail reception, silent and live auctions, awards, dinner, and keynote speaker. Proceeds support Parmenter's commitment to provide help, healing and hope.



Wayside Hospice founder **Edie Murray** (left) will make the keynote presentation.

Highly respected for her experience and wisdom as a healthcare provider and end-of-life specialist, Edie continues her life's work as a Spiritual Director while living with an ovarian cancer diagnosis.

We are delighted to welcome WCVB-TV's **Ed Harding** (right) as emcee and auctioneer.



The Grace Johnson Memorial Volunteer Award will be presented to **Antoinette Hays** (left),



Dean of Regis School of Nursing and Health Professions.

Join us as a sponsor, advertiser, auction donor, volunteer...and for the evening! For an invitation and more information, go to parmenter.org or contact Robin at rgunderson@parmenter.org or at 508-358-3004 x296.

A MESSAGE FROM CYNTHIA MAYHER, CHIEF EXECUTIVE OFFICER

Help, Healing and Hope – AT HOME

This year's theme for our Annual Fall Gala is Help, Healing and Hope. Last May, Parmenter invited area clergy to a luncheon program that centered on this same theme. Rabbi Herman Blumberg, Rabbi Emeritus, Temple Shir Tikva and Reverend Mary Martha Theil, Director of Clinical Pastoral Education at Hebrew Rehabilitation Center, discussed "Hope at Life's Most Challenging Moments."

At different points in our lives, to greater or lesser degrees, we have all taken our health for granted. It is not until we are limited in some way, receive a diagnosis, or care for a disabled or ill loved one, that most of us really consider the blessing of good health. For most of us, a sudden illness or injury catches us off-guard and, understandably, unprepared; an unwelcome interruption in our lives. We find ourselves in the new position of being dependent upon others for care, support and advice.

Parmenter has been a local and trusted source of Help, Healing and Hope for over fifty years. Our nurses, physical, occupational and speech therapists, medical social workers and home health aides provide care to people in their homes for an illness, injury or disability. Our hospice program – Wayside Hospice – provides comprehensive end-of-life care and bereavement support in patient's homes or in our lovely, six-bedroom Miriam Boyd Parlin Hospice Residence. HEART *play*SM is a bereavement program for children who

have experienced a loss. At the Parmenter Adult Day Center we provide a supportive and enriched day program for adults who need a safe and therapeutic alternative to what can be provided at home. We offer a Personal Emergency Response System for individuals who live alone and are at risk of falls in their homes. We offer a range of clinics, classes and educational programs. We operate a Food Pantry for the Town of Wayland.



Photo: Jessamyn Mayher

*"Hope" is the thing with feathers –
That perches in the soul –
And sings the tune without words –
And never stops – at all
– Emily Dickinson*

As Reverend Theil observed, Hope is part of our human frame: it does not die. Rather, what we hope for does change. It is a primary task of caregivers to understand this in each patient and family and to help them realize their hopes for help and healing.

How can we help you?

Cynthia Mayher

Cynthia Mayher, CEO

SAVE THE DATE: SUNDAY, NOVEMBER 2, 2008

Community Open House at Parmenter's Adult Day Center

Upcoming *Events*

WAYSIDE HOSPICE ANNUAL LIGHTS OF REMEMBRANCE

Honor a loved one at the Wayside Hospice Annual Lights of Remembrance. Help light the Dora Efthim Healing Garden by purchasing a symbolic light in "honor of" or in "memory of" a loved one.



Photo: Jessamyn Mayher

The Lights of Remembrance will be held on **Tuesday, November 25** at 4:00 p.m. in the Dora Efthim Healing Garden, 10 Green Way, Wayland. The ceremony includes a service of remembrance, Garden lighting at sunset, light refreshments, and music.

Purchase one light for \$35, two for \$60 or three for \$100. A donation of \$1,000 or more will illuminate 10 lights and place your loved ones name on a permanent "Remembering" plaque to be dedicated in the Spring of 2009.

To help light the Garden, go to parmenter.org or call Robin at 508-358-3000 x296.

ANNUAL HOLIDAY CONCERT & LUNCHEON

The Annual Holiday Concert and Luncheon featuring the Concord Women's Chorus, directed by **Jane Ring Frank**, returns to the Weston Golf

Club on **Thursday, December 18** at 11:00 a.m. Proceeds benefit Wayside Hospice. Invitation and RSVP forms are available at parmenter.org.



Photo: Susan Wilson

PARMENTER AT HOSMER HOUSE

Parmenter is happy to participate in the annual **Hosmer House Holiday Open House** on **December 6 & 7, 10:00 a.m. – 4:00 p.m.** and **December 10 & 11, 6:00 p.m. – 9:00 p.m.** in the Sudbury Town Center. Join us! More information at historcal@town.sudbury.ma.us.

FOOD PANTRY DONATIONS

Our thanks to friends at **The Middlesex Savings Bank, Sovereign Bank** and **The Village Bank** for establishing collection bins for the Wayland Food Pantry, one of the community services offered at Parmenter's agency offices. Please consider dropping off a donation at one of these Wayland collection sites as demand has increased by 20% since January.



Our thanks also to the many in the community who give financial support, coordinate collections, and drop off dry goods throughout the year including **The Wayland Depot, Wayland High School, Claypitt School, Postal Carriers, St. Ann's Church, scouting groups, and families.**

JOIN US IN THANKING

Wild Birds Unlimited for donations of goods and expertise in the care and feeding of our feathered friends at the Miriam Boyd Parlin Hospice Residence.



YOU ARE INVITED

MONDAY, MAY 11, 2009

Third Annual Golf Tournament benefiting Wayside Hospice Charter Oak Country Club – Hudson, MA

Our Sincere Thanks

TO ALL WHO SUPPORTED THE SECOND ANNUAL GOLF TOURNAMENT

Major Sponsors



Bill Efthim
David Gutschenritter

Corporate Sponsors

Ames and Gough, Inc.
Bruner/Cott & Associates, Inc
Hamilton Law Office, P.C.
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ANSAPHONE, Inc.
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A Friend of Parmenter
Orthopaedic Associates of Marlborough
Partners Benefit Group
Presbyterian Church in Sudbury
Shannon Corporation

Boosters

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Israel "Bud" Hurwitz, MD
William T. Maloney
Susan W. Post
Christopher Rich

Raffle & Award Donors

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Golf Warehouse
hR Design Services
Longfellow's Wayside Inn
Lotus Blossom
Mackinnon's Sudbury Wine Warehouse
The McCahons
Mystic View Design
Peter Murphy – Charter Oak Country Club
Jeff Niejadlik – PGA Head Golf Professional
Packard Design
Post Road Liquors
Sheraton Commander
Sky Restaurant
The Villa Restaurant

WHEN YOU WISH UPON A STAR...

Recent program enhancements and space renovations have been generously underwritten by area businesses, foundations, families, and individuals.

☛ The Adult Day Center enjoys new physical activity and cognitive stimulation with Nintendo's Wii Sports Suite, and Vigorous Mind Software, a program that helps maintain brain function and slows deterioration.

☛ Adult bereavement sessions were added to the calendar in 2008, while HEART *play*sm, our children's bereavement program, also received increased funding.

☛ Our nurses and therapists began the year with state-of-the-art diagnostic equipment and notebook computers helping them to provide even more effective care.

☛ Our Hospice Residence received a makeover with new bed and bath linens, refrigerator, kitchenware, flooring, wallpaper, painting, and more.

☛ August brought the first renovation of agency space in 11 years! New carpet, paint, furniture, and phone system make for a comfortable and inspiring workspace for our dedicated clinicians, volunteers, and staff.

Please join us in thanking **Bank of America, Villa Lighting, The Gildea Foundation, The Mary Lincoln Johnson Family Foundation, The TJX Foundation, Joan Duffy, V. William and Mavis Efthim**, and supporters of the 2007 Gala.

Our wishes continue as many of the services we provide are un-funded or under-funded. If you would like to help make a wish come true, please make checks payable to Parmenter and mail to 266 Cochituate Road, Wayland, MA 01778. The current wish list can be found at parmenter.org or contact Cindy Mayher, CEO, at 508-358-3000 x233.

Welcome New Management Staff



We are pleased to announce that **Scott R. Carignan**, MSN, RN, BC has joined the organization in the newly created role of Chief Operating Officer.

Scott comes to Parmenter from VNA Care Hospice where he served as Clinical Director. Prior positions include; Education Coordinator at VNA Care Network where he developed a nationally renowned home health nurse intern and preceptor education program, Executive Director of At Home Health Care, Inc., and Clinical Team Supervisor at Diversified Visiting Nursing Association.

Scott holds a Master of Science in Community Health Nursing from Worcester State College and has been granted board certification as a home health nurse through the American Nurses Credentialing Center.

He has presented at both state and national conferences and was recently published in the July/August 2007 edition of *Home Healthcare Nurse*.

"I am excited to be embarking upon this new phase in my career." stated Scott. "Parmenter is a terrific organization where I feel my experience in both hospice and certified home health will be of tremendous benefit to the growth and success of the organization." He can be reached by calling (508) 358-3000 or via email to scarignan@parmenter.org.

Derry Tanner, MPH, RN joined us in March and has become the Program Director of the Adult Day Health Center and the Miriam Boyd Parlin Hospice Residence. Derry has in-depth background in public health management, planning, marketing and development and is now looking to combine those skills with a nursing career. Before coming to Parmenter, Derry served as the Executive Director of the Sudbury Foundation for seventeen years.



Anne-Marie Ghumman, MA, RNCs, CNA, Parmenter's new Director of Clinical Operations, comes to us with sixteen years of in-depth experience in corporate and regulatory compliance, fiscal management, staff education



and performance improvement. She has worked in numerous homecare and hospice agencies and has demonstrated skills in improving clinical and organizational

performance. Anne-Marie will now bring those skills to help Parmenter continue to improve our clinical and operational performance.

New Staff Photos: Jessamyn Mayher

HEALTH EDUCATION PROGRAMS

☛ **November 2:** 3 p.m. – 5 p.m.
Come to a **Community Open House** at Parmenter's Adult Day Center. Learn about our additional new cognitive stimulation and physical activity programs. Meet the Director. Tour Parmenter's Parlin House Residence and Dora Efthim Healing Garden. Visit Traditions of Wayland and enjoy some light refreshments. Please RSVP.

☛ **December 4:** 10 a.m. – 11 a.m.
Come to the Sudbury Senior Center, 40 Fairbank Road, Sudbury. Learn about **Gastroesophageal Reflux Disease** – what it is and common treatments.

Call 508-358-3000 x201 to RSVP or to get further information about these programs.

266 Cochituate Road
 Wayland, MA 01778

Tel: 508-358-3000
 Fax: 508-358-3005
 www.parmenter.org

Change Service Requested

Parmenter Adult Day Center



- ▶ New participants only
- ▶ Health screening required
- ▶ Expires January 30th, 2009

**For more information
 call 508-358-3000 x313.**



JOIN US FOR A COMPLIMENTARY LUNCH

HEART playSM Children's Bereavement Program

DECEMBER HOLIDAY WORKSHOP DECEMBER 13, 2008

For children celebrating holidays for the first time after a death.

PARENTS WORKSHOP FEBRUARY 7, 2009

For children after the death of a mother or father.

GRANDPARENTS WORKSHOP MARCH 7, 2009

For children after the death of a grandparent.

SIBLINGS WORKSHOP APRIL 4, 2009

For children after the death of a sister or a brother.

MOTHER'S DAY WORKSHOP MAY 2, 2009

For children after the death of a mother.

FATHER'S DAY WORKSHOP JUNE 13, 2009

For children after the death of a father.

2009 CLASSES

BABYSITTING CLASS

January 24th and April 28th, 2009

HOME ALONE CLASS

January 28th, March 3rd
 and April 2nd, 2009

FRIENDS AND FAMILY/ HEARTSAVER

February 4th, 2009

2009 CLINICS

SUDBURY

SUDBURY SENIOR CENTER

Blood Pressure and Glucose Screening
 Every Tuesday: 8:00 to 9:00 a.m.

Blood Pressure and Health Counseling
 Every Tuesday: Noon to 1:00 p.m.

WAYLAND

PARMENTER – 266 Cochituate Road
Blood Pressure and Glucose Screening
 Every Wednesday: 8:00 to 9:30 a.m.

PARMENTER SERVICES AND PROGRAMS:

HOME HEALTH CARE

- Nursing Care
- Therapy – Occupational, Physical, Speech
- Medical Social Workers
- Certified Home Health Aides
- Personal Emergency Response System
- Nutrition

HOSPICE CARE

- Hospice at Home
- Miriam Boyd Parlin Hospice House
- Bereavement Support
- HEART playSM – a children's bereavement program
- Dora Efthim Healing Garden

COMMUNITY HEALTH

- Adult Day Center
- Classes – Screenings – Clinics
- Wayland Food Pantry

PATIENT REFERRALS: 508-358-3000

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EDITORIAL TEAM

Cynthia Mayher, *Chief Executive Officer*
 Anne Fitzpatrick-Neu, *Marketing Director*
 Robin Gunderson, *Development Director*

Your comments and suggestions are welcome.
 Please address all correspondence to:

Cynthia Mayher, CEO
 Parmenter Visiting Nurse Services & Wayside Hospice
 266 Cochituate Road
 Wayland, MA 01778

Parmenter Visiting Nurse Services & Wayside Hospice does not discriminate on the basis of race, religion, color, national origin, age, handicap, or sexual orientation for admission or access to treatment or employment in its programs.