

SECOND ANNUAL GOLF TOURNAMENT

MONDAY, MAY 19 AT 9:00 A.M.
CHARTER OAK COUNTRY CLUB
HUDSON, MA

Please join us for a day of spirited golf, fine food, and grand prizes! Come early to warm up on the practice green and enjoy the complimentary breakfast buffet. Tee off at 9:00 a.m. on the Robert Trent Jones, Jr. designed championship course and enjoy a day dappled with contests, auctions, and prizes. Then gather in the Grand Ballroom for a prime rib buffet luncheon. You'll still have time to swing past the office or make that carpool line as the shotgun start and scramble format keep the game moving!

Proceeds benefit the underfunded and unfunded care provided through Wayside Hospice. Join us as golfers, sponsors, prize donors, or volunteers. **Learn more at www.parmenter.org or call Robin at 508-358-3004, ext. 296.**



*Transitional Data Foursome
at Charter Oak Country
Club in 2007.*

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

Homecoming

There's a lot of conversation about healthcare in this election year. From seniors who worry about their own next healthcare crisis, to boomers who are worried about what their healthcare will look like and who will be there to provide it when they need it in their retirement, to Gen Xers and Gen Nexters who are quite certain there won't be anything for their retirement years, to employers who are concerned about the double-digit annual cost increases for providing coverage for their workforce, to politicians who are concerned about universal coverage and how to pay for it – healthcare in these United States is on the verge of major transformation. What might a transformation look like?

A small book, *"Home-Centered Health Care, The Populist Transformation of the American Health Care System"* by Mike Magee, MD, makes a compelling case for re-orienting and prioritizing home care at the center of a reformed health care system. He examines trends that are on course for a major shift. The aging demographics are a primary trend. We are living longer. Approximately 50% of individuals 60 years of age and older have a living parent, meaning that the four-generation family is common. By 2050, more than 1 million centenarians will be alive, making five-generation families, with all the related management complexities, not an uncommon phenomenon.

Magee notes the vital role of the informal family caregiver – usually a woman in the third generation between the ages of 45 and 65. Increasingly it is this segment of the population that has increased focus on chronic disease management, palliative care, aging in place and end of life issues. A capable and vital segment of our healthcare

network, they themselves are at increased risk of a range of health problems. Magee **Cynthia Mayher, CEO** argues that healthcare reform should place the informal family caregiver in a central role as a member of the re-defined healthcare team and allocate needed resources to support their contributions.

The ever rising cost of healthcare and the disappointing health outcomes in the US compared to other industrialized nations can no longer be ignored. The U.S. healthcare system spends a greater percentage of its GDP on healthcare – despite leaving some



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14 million uninsured – but has a lower life expectancy and higher infant mortality.

All of these concerns – and many more – are now coming to the forefront in healthcare reform. Healthcare impacts us all at the most personal level. It is a very complex problem that is not easily changed, but change it must! I encourage everyone to become not only educated consumers, but educated change agents. In the fall, Parmenter will be sponsoring a program on healthcare reform that we hope will spark further conversation and understanding.

Cynthia Mayher

Cynthia Mayher, CEO

Our Sincere Thanks

To all who supported the 2007 Gala - A Salute to Health & Happiness!

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*Fifth Annual
Gala*

Thursday, November 6, 2008

6:00 p.m. - 9:30 p.m.
at the Newton Marriot

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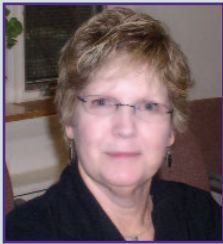
TABRIZI BAKERY



Welcome

New Staff

Welcome to Linda Sullivan R.N., M.A., who joins Parmenter as our public health nurse. Linda provides care and services as the public health nurse for the town of Sudbury. In addition, Linda works with Parmenter to provide health education and services for the residents and



businesses of our local communities. Linda has a B.S. in Nursing from Boston College and M.A. in

Counseling from Assumption College. Linda has extensive experience in dealing with public health issues and community education. If you have questions or ideas for public education programs, please contact Linda at 508-358-3000.



The Dora Efthim Healing Garden, provides a place for reflection, renewal and remembrance. The Garden is conveniently located behind the Hospice Residence at 10 Green Way off Route 27 in Wayland, and is open to all.

Memorial contributions are always welcomed. A loved one's name may be placed on a permanent plaque with a gift of \$1,000 or more. To place a name, please call Cindy Mayher at 508-358-3004, ext. 233 by May 1, 2008 for inclusion in the next Remembrance Plaque Dedication ceremony scheduled to take place on Sunday, June 22 at 4:00 p.m.

HEALTH INFORMATION PROGRAMS

BRINGING HEALTH RESOURCES TO THE COMMUNITY

☀ **March 20, April 3:** A Series on Complimentary Alternative Therapies, Guided Imagery, and Our Health. Programs at Lincoln Council On Aging. Call 781-259-8811 for details.

☀ **March 18:** Life Transitions: Palliative Care & Hospice 101. Program at Hudson Senior Center. Call 978-568-9638 for details.

☀ **April 9:** 10-11 a.m., Simplify Your Life and Reduce Stress: Twelve Key Strategies. Program at Parmenter Offices. Call 508-358-3000, ext. 252 for details.

☀ **April 29:** 10:30-noon, Coping Skills for the Caregiver. A cooperative program sponsored by Springwell and Parmenter at the Congregational Church of Weston, 130 Newton Street. Call 508-358-3000, ext. 252 for details.

☀ **May 6:** 10:30-noon, Complementary Alternative Medicine Therapies for Wellness: Learn and Experience. A cooperative program sponsored by Springwell and Parmenter at the Congregational Church of Weston, 130 Newton Street. Call 508-358-3000, ext. 252 for details.

☀ **May 8:** 8:00-9:30 a.m., Sex Over 60. A professional education program to

offer nursing and social work CEU's. For further information contact Traditions Independent and Assisted Living at 508-358-0700.

☀ **May 20 & 27, June 10:** 6:00-8:30 p.m., A viewing of "On Our Own Terms, Bill Moyers on Dying." This will be a 3 part series: Living with Dying, A Different Kind of Care, and A Death of One's Own. Each presentation will include program viewing followed by a discussion with local experts. This series is cosponsored with the Weston Council on Aging and will be held at the Weston Public Library. Refreshments will be served. Call Parmenter 508-358-3006, ext. 252, or the Weston Council on Aging at 781-893-0154 for details.

☀ **June 5:** 10-11 a.m., A Healthy Environment Starts At Home: Keeping Things Green. How your daily routines and product choices can lessen the negative impact on the environment. Program at Parmenter Offices. Call 508-358-3000, ext. 252 for details.

☀ **September 18:** 10-11 a.m., How to Fight the Flu: It Takes More Than a Flu Shot to Stay Well. Learn about the flu vaccine and how to maintain your health. Program at Parmenter Offices. Call 508-358-3000, ext. 252 for details.

Parmenter Adult Day Health Center



If you are considering a Day Program for your loved one, come sample our program.

Call Audrey Kracke, R.N. at 508-3589-3000, ext. 313 for information.

- ▶ New participants only
- ▶ Health screening required
- ▶ Present Gift Certificate upon inquiry
- ▶ Expires June 27, 2008
- ▶ Reservations required

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