Dear Friend,

As I sat down to write this, I couldn't help but think about the joys and challenges that our organization has faced in the months since our last newsletter. And, as people so often do, I found myself thinking more about the discouraging and challenging events and less about the many positive achievements our organization has accomplished.

It was easy to fall into that way of thinking. After all, hadn't we just been the subject of a less than flattering newspaper article? Wasn't our ability to provide support called into question due to a lack of enough volunteers and faulty phone equipment? Here I was, the leader of an organization with the main purpose of providing hope and encouragement and I was having trouble finding the positive.

But then, it happened. Those of you who know the Samaritans and what we do began to come forward to offer support. Individuals began contacting us about volunteering and those who had reached out to us when they were struggling began letting us know how much we had helped. Donors continued to support us and we were still considered a valued resource in the community.

Whether a human service organization or an individual supported by one, I realized how important support from those who believe in you can be. It can change one's perspective and make one stronger.

I write this to let you – our donors, our sponsors, our supporters, and our friends – know that the challenges we've faced as an organization and the ensuing show of support have served to make us stronger. We hope that you will continue to support and believe in us as we provide that same support and belief to those who depend on us.

Best wishes,

Stephanie G. Kelly  
Executive Director
CrisisCon19

The National Crisis Center Conference is the nation’s premiere gathering of leadership from crisis centers across the country. The conference is a forum for executive and senior organizational leaders to stay abreast of industry trends and emerging practices impacting the crisis center field, including: Organizational development best practices; Clinical practice enhancements; Partnership and program design models; Positioning crisis centers as essential partners in the new healthcare environment.

In other words, it is a big deal!

Thus, it came as a great honor when Samaritans on Cape Cod and the Islands were selected to present at CrisisCon19, its program “A Caring Connection” - an engagement and follow up program supporting individuals coming out of hospitalization after a suicide attempt or suicidal crisis. While the support is primarily telephonic in nature, it also relies on evidence based caring contact practices such as postcards, handwritten notes and texts.

If one is good, more is better.

It was an amazing experience, which reaffirmed the value of our many expanded offerings, and the skill and talents of our excellent volunteers. Through our experiential learning, our numerous volunteer-participant relationships and our close relationship with DPH and DMH, we have become a model program within our state (the Samaritans of Merrimack Valley are trying to embark on a similar program) and nationwide.

Pretty cool.

So much credit for the program’s success goes to those higher ups in the State, and Executive Director Stephanie Kelly, for recognizing and filling the gaps in healthcare when it comes to suicide prevention. A Caring Connection, using its befriending model, addresses the high risk period immediately after discharge as well as the statistical indicator that 70% of individuals discharged will not attend their first behavioral health appointment.

It is absolutely needed as we help those who struggle with anguish, despair and misery.

In addition to the presentation, the Samaritans staff had the opportunity to network with some of the leaders in the crisis field, and these relationships will serve our organization well in the future. It also reinforces the fulfillment of our mission and the energy and commitment of our staff, and more specifically, the volunteers associated with this program.

Kudos all around!

Funding News/Grant Awards

The Samaritans on Cape Cod and the Islands would like to extend our sincere gratitude to the following state, private, and charitable foundations for their generous support:

C. Northrop Pond and Alethea Marder Pond Foundation
Cape Cod Healthcare
Community Health Network Area 27
Elder Services of Cape Cod & the Islands
Massachusetts Department of Mental Health
Suicide Prevention Program of the Massachusetts Department of Public Health

Special recognition to our Silver Sponsor, The Enterprise Newspapers.

Thank you to all of our individual and private donors. Your generosity keeps us going! Heartfelt gratitude to our volunteers for your time and your compassion! We could never do what we do without you.
Volunteer News

First Annual Volunteer Sunset Cruise

When it comes to volunteers, there are none better than those at Samaritans on Cape Cod and the Islands. They are the foundation of our organization and without them we could never accomplish all that we do.

Each year, we hold an event that — in some small way — thanks our volunteers for their hard work and dedication.

This past July — thanks to successful fundraising efforts — we were able to charter a boat for a private, “Samaritans-only” sunset cruise through the Cape Cod Canal.

The scenic views, delicious food and great company created a truly entertaining time that was enjoyed by all.

If you are interested in volunteering, be sure to check out the opportunities listed below so that you can be a part of upcoming volunteer recognition events! In the meantime, we’ll be planning for the Second Annual Volunteer Sunset Cruise.

Volunteering Opportunities

Have you ever thought about volunteering for the Samaritans on Cape Cod and the Islands? What’s holding you back? Are you afraid you wouldn’t be “good enough?” Is it because the geography of the Cape keeps you from being able to get to our call center? Is it because you think it might not fit the skills that you have?

We understand that volunteering on a crisis line or facilitating a support group might not be a fit for everyone. That’s why we encourage you to contact us to discuss what you would like to get from a volunteer experience, what skills you’ve acquired that could be shared with our organization, and how we can work together to fulfill your expectations while supporting those who depend on us.

Yes, we desperately need volunteers to answer our crisis lines but we also need volunteers who can make a weekly call to a participant in our Senior Outreach program. And, yes, we need support group facilitators, but we also need individuals to guide our organization by serving on our Board of Directors. From helping us market our programs to assistance with mailings to providing IT support to organizing a fundraising event — from volunteering once a week on our crisis lines to volunteering once a year for one of our special events — we truly have a spot and a time commitment that would be a perfect fit for you.

In the coming months, we will be holding informal informational meetings at various locations on the Cape and Islands about volunteering with our organization. If you would like to learn more about — without any pressure! — we encourage you to watch your email for dates, times and locations to find one to attend near you.

If you’d like to explore volunteering with us sooner, please call us at 508-548-7999 or email us at info@capesamaritans.com to have a conversation.

Be sure to follow us!

Facebook: The Samaritans on Cape Cod and the Islands
Twitter: @CapeSamaritans

Charlie representing the Samaritans at the Annual Cape Cod Pride Event
Hope Was Just Around the Corner - Karen Ellery-Jones

During a recent holiday to Germany to celebrate our 30th wedding anniversary, we stopped in England to visit my husband's family in Chelmsford for a few days. One of my first stops was the Samaritans branch that just happened to be right around the corner from our first home.

I had lived in Chelmsford, a city 30 miles outside of London, for two years and had not heard of the Samaritans, and also did not realize there was a local branch right around the corner.

And I wish I had known because moving away from my family to another country months after my mother's sudden death, I was alone in my grief and homesick for friends and what family I had left. Had I known there was branch of the Samaritans less than two minutes from our 125-year-old townhouse on Primrose Hill, I know I would have found an empathetic befriender to talk things through.

It was a glorious September afternoon when I knocked on their door-like many Samaritans branches in England they welcome walk ins and I think they initially thought I may have needed some befriending. Like most Samaritan branches in England, this Chelmsford center was tucked into a residential neighborhood, with a small Samaritans sign welcoming visitors.

I had a lovely chat with the Samaritan volunteers and immediately felt that Samaritans connection- a shared benevolence, knowing that we were all helping to make the world a better place. It was interesting to tour the small office, filled with flyers, telephone numbers, and the ubiquitous tea kettle and teacups. They had known our founder, Rev Chad Varah, and said with a broad smile that he would not have been the best volunteer. Having read a lot about Chad, I knew they were right!

I left the office with a sense of coming full circle. With a sense that my future was somehow set years ago when I made that move across the Atlantic to 49 South Primrose Hill where hope had been just around the corner.

Why We Need Your Help

During the first 9 months of 2019, Samaritans on Cape Cod and the Islands:

- Answered approximately 12,000 incoming calls to its Crisis Lines
- Trained 27 volunteers to support our many programs
- Supported over 50 participants in the Senior Outreach program
- Supported an average of 4 participants per months in the A Caring Connection Program
- Trained 50 nurses, clinicians, social workers, and community members in Elder Suicide Prevention
- Distributed 54 Care Packages to suicide loss survivors
- Facilitated two Safe Place support groups for suicide loss survivors, and
- Participated in over 50 community events

We hope that as you make your gift list this holiday season, you will consider adding Samaritans on Cape Cod and the Islands for a one-time or monthly contribution. For more information about our programs and how to support them, please visit our website at www.Capesamartians.org.
Samaritans Care Packages

Survivors of suicide loss are often confronted with many — sometimes unanswerable — questions as they begin the healing process after a friend or loved one has died by suicide. While talking with others with shared experience can be therapeutic; there are times when groups are not available or when attending a group is not a good fit for a survivor.

Samaritans on Cape Cod and the Islands began its Care Package program specifically to address this need and to help loss survivors receive support during their most private moments. One care package recipient wrote:

"I had no one I was able to talk to after losing my closest friend. People around me either didn't understand or thought they would upset me more by talking about him. Nighttime was the worst for me. I could never sleep, always thinking 'what if' over and over again. So I kept the care package next to my bed. It's helped me feel less alone. Thank you, Samaritans, for caring."

Of all of the programs offered by Samaritans on Cape Cod and the Islands, Care Packages are perhaps the most "concrete" example of how your donations and gifts are used to support those in need. The funding that you provide allows us to purchase books and resources that have been mindfully chosen for survivors depending on the nature of their loss — children, parents, siblings, spouses, and friends — and their age — adults, teens, children. And we are always identifying and acquiring new resources to meet emerging needs.

In addition to purchasing supplies for our Care Packages, your donation also allows us to ship them free-of-charge to loss survivors that need them. So this year as you make your gift, think about the quote above and help us make sure that there is a care package resting on the bedside table and available for any suicide loss survivor who needs it.

Befriending 101

When describing the Samaritans founder, Chad Varah, said:

"We are not a problem-oriented organization. We are not here to solve problems. We are not here to give advice. We are not here to refer people to experts. We are here to suffer with people and let them go away feeling better."

And that is the foundation for befriending — the philosophy behind the work of Samaritans. We know how important it is for people to have the opportunity to explore and talk about difficult feelings, to be listened to in confidence and accepted without prejudice. We also know that often being listened to is enough to help alleviate despair and even suicidal feelings. Just being there and listening can in itself be a comfort, for them, and that you know they are going through a distressing time, can in itself be a comfort.

So, are you a good listener? Do you:
- Always try to give people your undivided attention?
- Let them sit in silence and collect their thoughts if they need to?
- Question them gently, tactfully and without intruding?
- Encourage them to tell their story in their own words and in their own time?
- Always try and see their point of view even though you may not agree with it?

If you do, you just might be a befriender.
Recent Fundraising Events

The 2nd Annual Sandwich Bocce Bash

Event Sponsors
- The Falmouth Enterprise
- Silver Sponsor
- Sandwich Community Television
- Home Instead Senior Care
- Cape Air
- Major Sponsors
- Kinlin Grover Real Estate
- Spaulding Rehab Network
- Cape Cod
- Seafood Sam's
- Center Court Sponsors
- Bevilacqua Construction Corp.
- Cutter Financial Group, LLC
- Dunroamin'Trailer Park & Cottages
- Murray & MacDonald Insurance Services, Inc.
- P.A. Landers, Inc.
- Titcomb's Bookshop
- Heritage Print Solutions
- Court Sponsors

The 18th Annual Monica Dickens Golf Tournament

Event Sponsors
- The Falmouth Enterprise
- Silver Sponsor
- Caithness Foundation
- Dinner Sponsor
- Jason D. Stoots, E2 Solar, Inc.
- Putting Green Sponsor
- Anne McNeil
- Cart Sponsor
- Nancy and Don Lee and Monica and Brian Snow
- Lunch Sponsors
- Joan and Stephen Clark
- Peg Nicholson
- Closest to the Pin
- Russ Lemcke
- Charlie McGinn
- Longest Drive
- Falmouth Toyota
- Hole-in-One
- ADCCO Distribution & Transportation
- Anonymous in Memory of Chris Little
- Anonymous in Memory of Willie
- Anonymous in Memory of Andy Lee
- Sue Andersen and Bill Fleming
- Ellen Barol and Peter Clark
- Cape Cod Surgeons
- Chapman, Cole & Gleason
- Cutter Financial Group, LLC
- Fiduciary Trust
- Golf Fore Less
- M. Duffany Builders
- Dr. Douglas Mann
- Nicholas Mollo
- Murray & MacDonald Insurance Services, Inc.
- John Nalesnik
- SG&D Insurance Agencies
- Sotheby's International Realty
- Dr. Jennifer Taylor, Aspen Dental
- Tee Sponsors

The 12th Annual Upper Cape Bocce Festival

Event Sponsors
- The Falmouth Enterprise
- Silver Sponsor
- Epsilon Associates
- Sports Imports of Cape Cod
- Home Instead Senior Care
- Major Sponsors
- Cape Cod Aggregates
- Peter Clark
- Cutter Financial Group, LLC
- Hidden Village Bocce Club
- Murray and MacDonald Insurance Services Inc.
- Monica Snow
- Peter Clark
- Court Sponsors
- La Cucina Sul Mare
- Lunch Sponsor
- Bad Martha Brewing
- Beer Sponsor

"Thank you...still here because of you. Sober 3 years, 5 months."
~A card from an anonymous caller received in October, 2019
Samaritans Joins in America’s Pastime

This summer, Samaritans on Cape Cod and the Islands had the pleasure of partnering with the Cape Cod Baseball League in a unique outreach effort to reach men in our community.

Statistically, we know that:

- men are at a very high risk for suicide;
- the rate is highest in middle-aged white males age 45-54;
- white males accounted for 69.67% of all suicide deaths in 2017;
- men die by suicide 3.54 times more often than women; and
- white males make up the majority (74%) of suicides in Massachusetts.

Of course, we also know that:

- Traditional gender roles discourage emotional expression. Men are told they need to be tough and that they should not need to ask for help. Such rigid gender norms can make it difficult for men to reach out and ask for support when they need it.
- Depression may be underdiagnosed in men. Men do not often disclose feelings of depression to their doctors. When they do, it is often described in terms of having problems at work or in relationships. Men also tend to describe their feelings as "stress" rather than sadness or hopelessness.
- Men are less likely to seek help for emotional problems. Researchers suggest that depression is diagnosed less frequently in men because of the tendency to deny illness, to self-monitor symptoms, and to self-treat.
- Men may be more likely to self-treat symptoms of depression with alcohol and other substances.
- Men are also more likely to use lethal suicide methods.

According to statistics, the average baseball fan is a white male age 53. So, what better place to reach out to the men who are most at risk than at a Cape Cod Baseball League game?!

Samaritans attended games for the Orleans Firebirds, the Hyannis Harbor Hawks, and the Wareham Gatemen and engaged in a lot of great conversations, educated the community about men and suicide risk, and raised awareness about the Samaritans on Cape Cod and the Islands and the supports we offer — all while enjoying great summer weather on Cape Cod, meeting lots of interesting year-round residents and summer visitors, and watching some great baseball.

Our thanks to the Cape Cod Baseball League for hosting us. We look forward to next season.

“"When you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it."

—Jiddu Krishnamurti
About Us

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