Dear Friend,

When I think about our organization, I think about the power of connection — whether it’s a connection between a volunteer and a crisis line caller or whether it’s when two organizations share the same ideals and come together for a common cause.

According to Tom Ford, “The most important things in life are the connections you make with others.” At Samaritans on Cape Cod and the Islands, we know how important connections can be. On a statewide scale, we’ve seen our connections with state agencies result in increased funding for much needed programming. Locally, we’ve seen our connections with community organizations create lasting and valuable partnerships.

Within our organization, the power of connection is also strong. Our staff – though small – is mighty, and the connectedness that is felt between its members results in a level of loyalty, trust and commitment that is unparalleled. In addition, the connections that our volunteers provide to crisis line callers and program participants are often the one thing that provides hope when hopelessness is all that can be seen.

Yes, we agree with Tom Ford that connections are the most important thing in life, and we hope you do, too. And we hope that you will continue to support us as we create new connections and maintain those connections that are critical to the individuals we support.

Sincerely,

Stephanie G. Kelly
Stephanie G. Kelly
Executive Director

Words Matter...

How to talk about suicide

Avoid stigmatizing terminology

• Committed suicide
• Successful suicide
• Completed suicide
• Failed attempt at suicide
• Unsuccessful suicide

Use appropriate Terminology

• Died by suicide
• Suicided
• Ended his/her life
• Took his/her life
• Attempt to end his/her life

Samaritans on Cape Cod and the Islands
Crisis Lines
508.548.8900
800.893.9900

National Suicide Prevention Lifeline
800.273.8255

CapeSamaritans.org
It seems that many times when we are in the community talking about the Samaritans on Cape Cod and the Islands, we are met with “oh, we know who you are... you have the signs at the bridge” or “you are the hotline people.” While both of these statements are true, we are SO much more. One major organizational goal for the coming year is to increase community awareness about all of our wonderful supports and programs to ensure that those who need them know about them. So, we’ve included information below on our programs; we ask you to help us spread the word.

**Crisis Lines:**
The Samaritan crisis lines are the cornerstone of the Samaritans organization and, in 2019, we anticipate that volunteers will answer over 16,000 incoming calls. This program provides a safe, confidential forum for callers to express feelings of hopelessness, helplessness, isolation, loneliness, anxiety, desperation and suicidal ideation. Samaritans knows that by providing crisis line support, volunteers help to reduce suicidality during the telephone calls and decrease feelings of hopelessness and psychological pain that the caller may be experiencing.

**Safe Place:**
Latest estimates indicate that for every person who dies by suicide, there are approximately 123 people who are intimately affected. In an effort to address the needs of this growing number of survivors, Samaritans facilitates Safe Place support groups for suicide loss survivors. Groups are held in varying locations throughout the Cape and Islands depending upon need. By providing a safe and confidential forum to express and process their grief, the risk of suicide in this vulnerable population can be greatly reduced.

**Care Packages:**
As many survivors of suicide loss begin to process their grief, they often realize they have numerous questions. In 2011, the Samaritans initiated its Care Package Project as a next step in assisting survivors. It often takes quite some time after the loss for a survivor to attend a support group and some survivors never attend. Care packages are a successful method for getting helpful information to survivors in a different way. Care packages are delivered either by hand or by mail and are free-of-charge to anyone who requests one.

**Senior Outreach:**
Samaritans Senior Outreach is a referral program for outgoing calls to isolated or at-risk seniors who are identified by councils on aging, community agencies, or through self-referral. Weekly conversations with a caring volunteer who will listen compassionately and empathetically – without judgment – can often help reduce the senior’s feelings of hopelessness and helplessness and often decreases the level of psychological pain that he/she may be experiencing, thus reducing risk of suicidality.

**Elder Suicide Prevention Training for Cape and Islands Communities:**
In 2011, Samaritans created its Elder Suicide Prevention Training for Cape and Islands Communities in order to effectively promote wellness and foster resiliency among Cape and Islands seniors. This 7.5 hour long training provides 7 CEUs to licensed mental health clinicians, registered nurses and social workers. However, it is open to anyone who comes into contact with seniors through their professional, personal or volunteer life.

**A Second Chance/A Second Chance Families:**
The time after a suicide attempt can be very confusing and filled with conflicting emotions. Many attempt survivors feel ashamed or guilty or even angry that they are still alive. Family members may live in a state of fear – knowing that the safety for their loved one cannot be guaranteed by anyone. Talking with others who have similar experiences can be an important part of healing. A Second Chance and A Second Chance Families offer a safe, non-judgmental place for people to talk about the feelings that led them to attempt suicide and about the impact their loved one’s attempt had on their lives, and to build resilience by identifying resources and coping strategies for the future.

**A Caring Connection:**
The days, weeks and months following a suicide attempt or suicidal crisis can be a scary difficult time filled with thoughts of despair, isolation and sadness. Our newest program, A Caring Connection, is a phone based, volunteer service to help support individuals who have attempted suicide or who have experienced a suicidal crisis after their release from a mental health or medical facility. Upon discharge, the individual is paired with a Samaritan volunteer who acts as part coach, part mentor, part confidant/listener. The volunteer helps provide a bridge as the individual develops a relationship with a therapist or accesses other community supports.
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
Elder Services of Cape Cod & the Islands
Hyannis Rotary Club
Woods Hole Foundation
Massachusetts Department of Mental Health
Suicide Prevention Program of the Massachusetts Department of Public Health

Special recognition to our Gold 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.

Upcoming Fundraising Events

The 18th Annual Monica Dickens Golf Tournament
June 24, 2019 — Pocasset Golf Club

Join us at one of the Cape’s finest golf courses to support the important work of our organization. To register, visit our website at www.CapeSamaritans.org and click on the “Events” tab. Or call our office at 508-548-7999.

We look forward to seeing you there!

The 12th Annual Upper Cape Bocce Festival
Saturday in September (date to be determined) — Falmouth Academy

This event is a great opportunity to enjoy friendly competition and camaraderie while showing commitment to the Samaritans on Cape Cod and the Islands and its mission.

Stay tuned to our website — www.CapeSamaritans.org — for registration information!

Volunteer News

Did you know...
Although we know that our volunteers are priceless, the estimated value of volunteer time is $25.43 per hour? This means that during 2018 Samaritan volunteers produced a financial impact to our organization of over $121,990. So, when we say we couldn’t do it without our volunteers, we mean it!

But we still need you...
If you’ve been thinking about volunteering for the Samaritans, this is the time. Volunteer opportunities include: answering calls to our Crisis Lines; making outreach calls through our Senior Outreach and A Caring Connection programs; acting as a facilitator for our Safe Place and A Second Chance support groups; serving on our Board, helping at Special Events, or lending a hand in our Office. Give us a call and we’ll work together to find the perfect spot for you!
Ways to Give

There are many ways to support our organization in our efforts to provide a connection when individuals are feeling isolated and alone; supporting those who struggle with suicidal thoughts; and providing a safe place to grieve for families and friends who have lost someone to suicide.

One-Time and Recurring Gifts

Over our 42 year history, your gifts have allow our organization to provide much-needed support through existing programs such as our Crisis Lines and through new programs designed to meet emerging needs such as A Caring Connection. One-time or recurring donations can be made on our website — http://capesamaritans.org/donate/ — or by mail — P.O. Box 65, Falmouth, MA 02541.

Tribute Gifts

In addition to giving a one-time tribute donation in an individual’s name, another way of providing support is to make an obituary request that “in lieu of flowers” the Samaritans on Cape Cod and the Islands be named as the gift recipient. This increasingly-used language has brought our organization much-appreciated assistance from volunteers and committed contributors as a last gesture of support.

Participation in Our Fundraising Events

Approximately 30 percent of our annual budget is raised through our annual fundraising events. Your support through participating as a golfer/bocce player/walker, sponsoring a court or tee sign, and/or donating goods for raffles and auctions is greatly appreciated.

PayPal Giving

If you would like to donate directly through the Samaritans on Cape Cod and the Islands’ PayPal account, please visit https://tinyurl.com/Cape-Sams-Paypal.

Planned Giving

One way for you to support the mission of the Samaritans on Cape Cod and the Islands and to leave a lasting legacy is through a bequest. A bequest is a gift made to a charity in your will or trust. A significant benefit of making a gift by bequest is that it allows you to continue to use the assets/property you may leave to charity during your life. Your gift can be for a specific amount or a percentage or some portion of the remainder (after family, relatives and friends have received their designated share).

There are a number of ways you can make a bequest to the Samaritans on Cape Cod and the Islands. A specific bequest involves making a gift of a defined dollar amount, a particular tangible asset such as real estate, shares of stock or other property. Another kind of specific bequest involves leaving a percentage of your overall estate to charity. For example, you may wish to leave 15 percent of your estate to the Samaritans on Cape Cod and the Islands.

A residual bequest is made from the balance of an estate after the will or trust has given away each of the specific bequests. A common residual bequest involves leaving a percentage of the residue of the estate to charity. For example, you may wish to leave 30 percent of the remaining value of your estate to the Samaritans on Cape Cod and the Islands.

Your attorney can help you include a bequest to our organization in your estate plan.

Please use our permanent mailing address and tax ID number in your will:

The Samaritans on Cape Cod and the Islands
P.O. Box 65
Falmouth, MA 02541
Federal Tax ID No. 04-2738811

If you need help with sample bequest language or if you would like to restrict your bequest to a specific program or purpose, please contact us and we’ll be happy to assist you.
More Ways to Give

Gifts of Stock
As you review your investment portfolio and make decisions about selling, buying, and rebalancing, you may want to consider contributing stock to the Samaritans on Cape Cod and the Islands. Your gift of appreciated stocks or securities will not only support our mission, but it may also provide you with significant tax benefits.

Please do let us know if you are transferring securities so that we can credit you properly and issue a receipt for tax purposes. It also is important to consult a tax advisor or your accountant for advice related to your personal circumstances. For more information, please contact us at 508.548.7999

Corporate Sponsorship
As a corporate sponsor, you directly support the ongoing work of our organization while receiving great benefits. There are many sponsorship levels available and we can also work with you to develop a custom package that will best meet your needs while adding value to your business. Please contact us at 508.548.7999 for more information.

Facebook Fundraisers
If you are on Facebook, creating an online fundraiser for our organization is easy! Just follow these steps:
- Click Fundraisers in the left menu of your News Feed then click Raise Money
- Enter Samaritans on Cape Cod and the Islands as your charity, choose a cover photo and fill in the details
- Click Create

Amazon Smile
AmazonSmile is a simple and automatic way for you to support the Samaritans on Cape Cod and the Islands every time you shop. When you shop at smile.amazon.com, Amazon will donate .5% of the purchase price to our organization. The process is easy! Go to http://smile.amazon.com and choose Samaritans on Cape Cod and the Islands as your charitable organization.

Whatever way you choose to support the Samaritans on Cape Cod and the Islands, please know that your gift is very much appreciated.

A Little Samaritans History

Did you know that the Samaritans was originally founded in England by Chad Varah, an Anglican priest?
Or that the Samaritans organization was brought to the United States by Monica Dickens Stratton, the great-granddaughter of Charles Dickens, the author of A Christmas Carol?
Or that Monica was instrumental in getting the suicide barriers installed at the Bourne and Sagamore Bridges?
For more about our history, visit our website at www.CapeSamaritans.org.
Samaritans in the Community

MA Coalition for Suicide Prevention Awards, Boston State House
Sgt. Kevin Marshall, Co-Chair of the Cape & Islands Suicide Prevention Coalition, Stephanie Kelly, Executive Director, Greg Giardi, Program Director, and Karen Ellery-Jones, Assistant Director, Samaritans on Cape Cod and the Islands

Cape & Islands Suicide Prevention Coalition Ribbons of Remembrance Ceremony, Nantucket
Karen Ellery-Jones, Assistant Director, Samaritans on Cape Cod and the Islands, Tessandra de Alberdi, Executive Director, Fairwinds Counseling Center, Sgt. Kevin Marshall, Nantucket Police Department and Co-Chair of the Cape & Islands Suicide Prevention Coalition

Showing of Angst at Sandwich High School
Greg Giardi, Program Director and Kathleen Shine-O'Brien, Clinical Consultant, Samaritans on Cape Cod and the Islands

Cape & Islands Suicide Awareness Walk, Orleans
Maya Dinsmore, Office Manager, Samaritans on Cape Cod and the Islands and Charlie Dinsmore, Office Mascot
Samaritans Senior Outreach

At Samaritans on Cape Cod and the Islands, we know it’s not always easy to tell someone when you’re experiencing difficulties in life. Perhaps this is even more so for the seniors in our community – a proud, independent generation who are accustomed to making do on their own. Sometimes all we need is a little extra support, and our Senior Outreach program provides that support safely and with dignity.

Created in 2009 in response to the growing need of seniors in our community, Senior Outreach is a referral program where outgoing calls are made to isolated or at-risk older adults. Participants are matched with a Samaritan-trained volunteer who calls the senior once or twice each week. Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion.

Most participants join the program because they were referred by their Council on Aging, a community group, or concerned family member. But seniors who would like to self-refer into the program are always welcome to join. The program is free and available to any individual age 55 years or older.

If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, our volunteers are here to listen with compassion and empathy. Or if you know of a senior who might be isolated, lonely, or simply in need of a caring voice, please contact our office to find out more about how we can match that senior with a volunteer in our Senior Outreach program.

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Senior Outreach Participant Evaluation Form

If you are a participant in our Senior Outreach Program, please complete this form and return it in the enclosed envelope. Because we are always striving to improve, your feedback is very important to us!

Overall, how would you rate the quality of services you receive through the Samaritans on Cape Cod and the Islands Senior Outreach Program?

- [ ] Very Positive
- [ ] Somewhat Positive
- [ ] Neutral
- [ ] Somewhat Negative
- [ ] Very Negative

Do you find telephone conversations with your Samaritans Senior Outreach volunteer to be helpful?

- [ ] Very Helpful
- [ ] Somewhat Helpful
- [ ] Neutral
- [ ] Not Very Helpful
- [ ] Not Helpful

How often do you speak with your Samaritans Senior Outreach Volunteer?

- [ ] Weekly
- [ ] Twice a Month
- [ ] Monthly
- [ ] Other (ex. More than once per week, less than once per month)

What is the best part of participating in the Samaritans Senior Outreach Program?

What is the worst part of participating in the Samaritans Senior Outreach Program?

Comments, Questions or Concerns?
About Us

Stephanie G. Kelly, Executive Director
Karen Ellery-Jones, Assistant Director
Margaret “Peg” Frederick, Volunteer Coordinator
Greg Giardi, Program Director
Maya Dinsmore, Office Manager

508.548.7999 Office  508.548.7998 Fax
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info@capesamaritans.com  CapeSamaritans.org

Crisis Line 508.548.8900  800.893.9900
National Suicide Prevention Lifeline 800.273.8255