



Hospice Matters

The Heart of Hastings Hospice Inc

Summer 2010
Number 1

Volunteers Honoured Annual General Meeting June 21



You are our strength and it is indeed a pleasure to work with each of you. In friendship, Doris & Debbie ♥♥♥

The backbone of this organization comes from people whose passion is seeing that the very ill have the very best...the very best of care, support and friendship. Our volunteers want to make our patient's day as good as it can possibly be. I speak for the families as most often I am in the position to receive the thanks for all that our volunteers do.

So, let me extend my most sincere thanks to you for every visit you have made and every task you have completed in the name of Hospice. Your wonderful support to both Debbie and myself certainly tells me your heart is on your sleeve for the very ill, disabled, and bereaved. ...Doris

June Callwood Outstanding Achievement Award for Voluntarism

The June Callwood Award is presented to volunteers who have given of themselves--time, skills, unconditional friendship--all of these in willingness and concern.

This year's recipient, Susan Watson, will receive her award at the annual conference of the Hospice Association of Ontario in September. Susan has most certainly met the criteria of an outstanding volunteer and has earned the privilege of being in June Callwood's Circle of Outstanding Volunteers.



Congratulations, Susan!
Coordinators of Volunteers
Doris & Debbie

AGM Highlights

- Supported 76 families – palliative & bereaved
- Moving into 20th year of incorporation
- Exciting Board decision to establish residential hospice (more on Pg 3)
- 10 Board Members – one new; room for more
- Successful fundraising provides balanced budget

How beautiful a day can be when kindness touches it!
~George Elliston

It's just a matter of caring!

...Doris



Doris Bush receiving award May 12 from Rotarian, Jim Trevisan

Rotary Club Award of Merit 2010

The Award of Merit is presented annually by the Rotary Club of Quinte Sunrise to a nurse in the Quinte Region who demonstrates exemplary nursing practice in their chosen specialty and makes a noteworthy contribution to the health care of our community. The presentation was the highlight of a dinner on May 12th hosted by the Quinte Chapter of the Registered Nurses' Association of Ontario (RNAO) and the Ontario Nurses Association (ONA) Local 3, to mark International Nurses Week.

The award comes with a \$500 donation to the charity of the

winner's choice. Doris chose The Heart of Hastings Hospice. Thank you, Doris!

As Coordinator of the Volunteer Program since its formation in 1991, Doris continues to be an enthusiastic and dedicated advocate for The Heart of Hastings Hospice.

This is Doris's 45th year in nursing. She graduated in 1965 from the training program at Belleville General Hospital (BGH). Doris was named the VON's outstanding nurse of 1993 and received Tweed's Spirit of Kindness Award in 2008.

Thank you volunteers for sending your timesheets by the 1st week of the next month.

Training for New Hospice Volunteers

Starting Date: September 7th at 7 pm

Location: Hospice Office (old medical bldg)
151 St. Lawrence St. Madoc

- Men & Women welcome
- Schedule for classes will be set up on the first evening depending on the day and time that best suits the group
- Training is 35 hours by Doris Bush, R.N. with other appropriate speakers

Don't just die...die well

Stephen Jenkinson, an Ottawa Valley resident, with degrees from Harvard and U of T, takes a direct approach to death. He said people need not fight it at every turn. His workshop was organized by Hospice Quinte on May 9 & 10 in Belleville at Maranatha Church. *Griefwalker*, a National Film Board documentary was viewed by a crowd of 150 on Wed and 120 Thurs,

"Griefwalker" Guest Speaker delivers rarely heard message

with **10 attending from Heart of Hastings Hospice**. Reactions to his speech on dealing with death included laughter, tears and shock. Jenkinson said audiences often react with "a lot of shock" when introduced to his philosophy because our culture focuses on comforting people and taking an indirect style of dealing with death. "If you say it, you're going to make it

happen." He added that people aren't just entitled to die well—they're obligated. Too many deaths, he said, are "godawful endurance tests" instead of being accepted as a part of life. Unfitting death causes lasting trauma for survivors, said Jenkinson. It isn't until people can see the end of something they love—namely being alive—that they can appreciate it properly. For more on Jenkinson's work visit www.orphanwisdom.com

Our Hospice Needs a Home

Heart of Hastings Hospice has been active in our community for the past 19 years helping those with terminal or life-threatening illness. Home is where most of us would want to be when faced with such an illness and thanks to our volunteers who have helped make that possible for many people. However, this is not always feasible for everyone in this situation and as a result they may end up back in hospital emergency departments or wards away from those they love.

It is for this reason we are now exploring the possibility of establishing a local residential hospice home which would provide a different setting than hospital. We are envisioning a home-away-from-home that will allow those near the end of their lives to remain closer to their friends and family in a supportive environment. **This is an exciting project...and with community support we hope it will soon become a reality.**

...Dr. Janet Webb, Chair

OUR WISH LIST Can you help?

- a house
- enthusiastic supporters
- fundraisers
- volunteers with carpentry skills, etc
- furniture
- \$\$\$\$\$\$\$\$

Fundraising Update

The Fundraising Committee, along with help from the volunteers, has had a busy and successful spring and early summer.

Hike for Hospice - May 2nd at Marmora's picturesque Memorial Park started the season with \$4,377.

Pennies for Hospice - Final collection day June 5th at local grocery stores filled the buckets with a grand total raised of \$2,666. Special recognition and

thanks goes to the students at CHSS who donated \$300 from a rock-paper-scissors competition.

2nd Annual Golf Tournament held at West Highland Golf Club on sunny July 10th – 11 teams played 12 holes and 54 people enjoyed Rob Dejong's delicious steak dinner. Many prizes were won, a golf bag was raffled, and total proceeds were \$3,619.

A most sincere thanks to all who participated, worked, donated prizes,

and sponsored holes to make it a fun day.

"Driving Miss Daisy"- Tickets for preview night on July 6th at Stirling Festival Theatre brought in \$440...a class act! **It's not too late to get tickets for "The Last Resort" on August 10th.** Looking forward to an evening of suspense and laughter!

TO ALL OUR SPONSORS, DONORS, COMMITTEE MEMBERS, VOLUNTEERS AND TIRELESS HELPERS, MANY, MANY THANKS FOR YOUR CONTINUED SUPPORT.

Do you have time to spare? Our Fundraising Committee needs your help...we have a lot of fun!

Almost 8 million people volunteer for not-for-profits in communities across Ontario.



Condolences to our bereaved families in the loss of their loved ones. Thanks also to families who have requested Heart of Hastings Hospice as their charity of choice. ♥ In-memoriam donations are a special remembrance for a loved one and a wonderful way to help provide continued care to the very ill in your own community. ♥

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Kelsey, Josh, Dustin

CHSS Donates \$300

Pennies for Hospice received a boost from a rock-paper-scissors competition held by Erin Spry's home room. Thank you, Erin and students, we appreciate your thoughtfulness. Congratulations to the finalists: 1st - Dustin Douglas; 2nd – Josh Shin; 3rd – Kelsey Fluke.

We're on the Web!

www.heartofhastingshospice.ca

Anyone can call us!

Back: Rev Janet Weller, Sylvia Ellis, Chair Dr. Janet Webb, Bev Maloney, Margaret Webber (on leave of absence)
Front: Lori Martin, Lois Bastedo, Nanette Snowden, Leona Brady



Supported by:



2010-2011 Board of Directors Welcomes New Member

Lois Bastedo lives in Stirling. She has always wanted to work with seniors. As a caregiver for both her parents she was interested in learning more about Elder Care relevant to her business, Active Wealth Management, and she pursued several courses. With her final designation, Certified Senior Advisor (CSA), "it cemented the need to be part of a Canadian organization that helps to meet the changing needs of older Canadians." Welcome Lois!

**Ah, summer,
what power
you have to
make us suffer
and like it!**



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken! So...relax, enjoy, and dream...of corn-on-the-cob and sliced tomatoes! The end of summer spells a faster pace for all. Rejuvenate now and be ready... Hospice needs you!