



## *Caring not Curing*

### **Mission**

Hospice Georgian Triangle, a registered charity, provides trained volunteer and professional care and support to individuals living with a life threatening illness or in their last stages of living, to their families and to the bereaved. HGT operates as an integral partner of the health care system to ensure that palliative patients are treated with dignity, respect and receive compassionate care.



### **Hospice – What is it and why we need Hospice here**

*The following is adapted from presentations made by Rebecca Wall and Eleanor Pask*

We are used to seeing ads for funeral services, planning your funerals, cremations, headstones, planning your estate etc. We are also informed on a regular basis of the numbers of terminally ill patients for whom treatment is futile, but who are being cared for in acute care beds in hospital. But we have a gap between the need for acute care and end of life. Hospice fills that gap.

Hospice care is a vital and integral part of health care. It provides care for patients who are reaching the end of their lives, who don't need an acute care bed in a hospital, but they need palliative care, compassion, comfort, dignity and control of their pain and symptoms.

*...continued on page 2*

### **Mark Your Calendars**

Many events planned for the fall

Wednesday, October 19, 2011

### **The Annual Hospice Georgian Triangle Fundraising Dinner**

The Bear Estate – Live entertainment – Always a "sold-out" event

Tickets on sale from Hospice office.



**Hospice  
Georgian Triangle**

49 Raglan Street  
Collingwood, ON  
L9Y 4X1

705-444-2555  
www.hospicegeorgiantriangle.com

**Meet the staff**

**Acting Executive  
Director and Client  
Services Coordinator**

Sharon Brownrigg

**Administrative  
Services Coordinator**

Barbara Hockley

**Financial Assistant**

Denise Sefranca-Hoskin

**Client Services  
Coordinator**

Eleanor Hewitt RPN

**Meet the  
Volunteer Board**

**Chair**

Rebecca Wall

**Vice Chair**

Bruce West

**Finance Chair**

Catherine Sendell

**Past Chair**

Ron Emo

**Fund Raising Chair**

Merle Gottlieb

**Education Committee**

Dr. Eleanor Pask

**Directors**

Michael Fasano  
Barbara Gotuaco  
Dr. Kate McLachlin  
Marjori Medley  
Marlit Peirce  
Linda Floyd

**Newsletter Editor**

Eleanor Pask

**Let's take a moment to look at hospice generally.**

The concept of hospice and the care provided by hospice is not new. There are hospices around the world.

Hospice care is for all ages. Children facing death and their families can benefit immensely from the care provided by hospice staff and volunteers.

Hospice care is provided in the patient's home or in a homelike setting where the patient can have his or her belongings and family with him. We all know, and many studies and surveys have confirmed the fact, that most people facing death prefer to be in their own home. As much hospice care as possible is provided in the home setting for as long as it is safe for the patient to remain in his home.

The goal of hospice is to bring comfort, manage pain effectively, restore dignity, as painful and unnecessary tests and procedures are discontinued. There comes a point in the trajectory of illness and care that the tests and procedures can stop, when treatment is futile and at that time care focuses on comfort and palliation.

Hospice refers to both the care that is offered and it may as well refer to a building or structure. It is a program and a facility. It may occur in a hospital unit but it is not a hospital. Curing is no longer an option but caring is.

**Now let's take a look locally:**

Hospice Georgian Triangle has been caring for our families and friends in this area for 24 years. It began here in 1987 by a group of dedicated individuals working in health care who recognized the gap in health care.

Through HGT this past year nearly 200 well trained and prepared volunteers and professionals provided over 13 000 hours of care to those facing the end of their lives. The goal of hospice care is to make the transition from life as gentle as possible, through being there with the patient and ensuring their dignity.

Hospice care can be provided for several months and clients may move in and out of hospice care. It is there when they need it.

**The goal of hospice care is to make the transition from life as gentle as possible, through being there with the patient and ensuring their dignity.**

Palliative care physicians manage the care that is provided and there is always a professional available.

There is no charge for the care provided. Revenue comes from donations, fundraising and limited government funding.

#### **FOUR KEY PROGRAMS ARE PROVIDED BY HOSPICE GEORGIAN TRIANGLE:**

##### **The Community Volunteer Visiting Program**

Volunteers travel throughout this area to care for someone who is terminally ill and facing the end of his or her life. This was the first service provided by HGT and it remains one of the most important. The changes volunteers can make in the home are immeasurable.

Referrals come from health care agencies, doctors, churches, social programs and the Community Care Access Centre.

##### **The Adult Bereavement Program**

Specially prepared grief and bereavement volunteers and facilitators assist those who have experienced a loss. There are two 10 week sessions held in a

group setting, resources in the library, a newsletter and the support of others who are coping with loss.

##### **Rainbows™**

This is a special program for children who are grieving a loss such as death, divorce, separation, abandonment or any other loss. The volunteer facilitators are specially trained in an internationally recognized program and have extraordinary compassion for children. The goal of the program is to help the child or youth regain self esteem. As we know children often blame themselves for loss in the family. At Rainbows they are guided to work through these feelings. Three programs are offered here, Rainbows™ is for children 4-14; Spectrum is for youth in grades 9-12; Prism allows for an adult/parent forum.

##### **The Susie Newton Respite Suites**

Families who care for loved ones at home have a great responsibility 24 hours a day. Sometimes they just need a short break. The suites offer this opportunity. The person requiring care can be cared for in a comfortable home-like setting for periods up to 2 weeks. The care they require will be provided by well trained volunteers and professionals in one of the suites.

In summary, hospice means care, comfort and above all compassion. The need for hospice care is increasing and our services must increase as well. Our goal is to have the Susie Newton Suites open all year and to have a free standing hospice which will be able to provide care for 8-10 patients facing the end of their lives.

Hospice week is a major attempt to create awareness about hospice and all it stands for.



## Greetings from the Chair of Hospice *By Rebecca Wall*

The revitalization and vigor that spring always brings continued through the summer as evident at Hospice Georgian Triangle. It really has been a year of achievements and recognition. Once again our frontline volunteers have set a record number of hours giving care, compassion and dignity in support of our clients. As well, the hours dedicated for the support of the programs and services by the board and event committees have exceeded previous numbers.

The calendar year started with the board working on a Strategic Plan for HGT that will guide us in increasing community awareness and raising funds while enhancing what we already do well. We have added a third event to supplement the Ski Day and Annual Dinner and the first annual Hike for Hospice was a success going far beyond the initial expectations both in raising awareness and funds for hospice. The newly formed Education Committee conducted a week of lunch and learn events for national Hospice Palliative Care Week which featured exceptional local presenters and the window of the Town Hall depicted our organization and featured our prize assets; the volunteers.

HGT was featured in *On the Bay* magazine with incredible response followed by a photo feature in *Georgian Life* of some volunteers that are representative of all the distinguished volunteers we are so fortunate to have. Coming soon will be a short but powerful video message about HGT to show at events and post on the website. We are invigorated and inspired by this publicity and will continue to use them to promote hospice.

Our Annual General Meeting was transformed into the Annual Celebration of Hospice as we saluted and honoured the heart and soul of HGT; our volunteers. Many people joined hospice in this celebration.

**A Special word of appreciation to Allin McNeil who had been designing and creating the Hospice, and volunteer newsletters.**

**Thank you Allin for all you have done. You have made such a wonderful contribution and your dedication and skill have helped spread the word about Hospice Georgian Triangle.**

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*At this time the hospice newsletter, volunteer newsletter and the bereavement newsletter that have been sent out separately will be combined into one newsletter that will bring you all the news and updates from Hospice Georgian Triangle twice a year, in the spring and fall. We welcome your comments and suggestions. Please keep us informed.*

# First Annual Hike for Hospice

On Sunday May 1, 2011 Hospice Georgian Triangle hosted its first Hike for Hospice in our area. The primary goal was to increase awareness of Hospice and help the public better understand the roll of Hospice within the Health Care system. Along with increased awareness we looked forward to raise some funds to support our long term goals.

**We are pleased to report that our first Hike for Hospice was an outstanding success.**

The strategy worked. We are pleased to report that our first Hike for Hospice was an outstanding success with 148 hikers turning up at Scenic Caves to complete the 10k hike along the Bruce Trail and another 175 hikers reporting for the 5k hike that started at the Curling Club, and on to Sunset Point and back, with 25 more people taking part in the 1km hike around the grounds of Central Park. The Hike for Hospice quickly became the topic of conversation throughout our region.

The scene at the Curling Club after the Hike was a sight to behold with over 400 people gathered for the BBQ lunch and to hear a few words from the current and past Chairs of HGT Rebecca Wall and Ron Emo. The exciting moment was when the Top Individuals and Teams were recognized, and the results of their efforts were announced. Today, I can give you even better news now that all of the last minute donations have been counted. The Hike for Hospice received over \$50,004 in donations for Hospice Georgian Triangle, with 100% of this money staying in the community. The funds are being set aside in our Hospice Home Building Fund account with the vision of one day, in the not too distant future, seeing



TOP: 5KM and 10KM hikers. ABOVE: Team Lindsay

the reality of a local Hospice Home being built to serve the needs of those facing the last days of life.

**PLEASE MARK YOUR CALENDARS**, as we are already in the planning stages for the 500 strong participants in the second Georgian Triangle Hike for Hospice on Sunday, May 6, 2012.



## Greetings from Sharon Brownrigg RN

### Client Services Coordinator, Acting Executive Director:

What a privilege it has been, to be part of Hospice Georgian Triangle these past five years. For us to be part of so many of our clients' lives – staff, nurses and volunteers alike – is to see a growing community acknowledgement of the dignity and comfort Hospice can bring as one approaches death.

Volunteer hours in the South Georgian Bay community this year topped 13,000!! 13,000 hours spent supporting clients in hospital and community; in HGT's respite suites; in the support of grieving family members – adult and children alike; and for advocating for the best palliative care available.

Even with a stellar 24-year history in this community, many still do not know what Hospice is, what we do or where we provide our services. Frustrating from a fundraising point of view, admittedly!! But when high profile magazines like *On the Bay* and *Georgian Life* dedicated articles to our clients and volunteers in the early spring of 2011, community interest and involvement in our cause increased dramatically!! When everyone recognizes the need for dignity, respect and comfort at the end of life and if everyone donated, or was part of a fund-raiser, or

rallied their organizations to commit to funding goals, volunteered or educated themselves about end-of-life issues, the South Georgian Bay area would have its residential home.

Our Board devotes extraordinary efforts towards raising HGT's community profile. Some of HGT's spring 2011 activities include Ski Day, Hike for Hospice, card parties, presentations to organizations, revision of the Strategic Plan, participation in Health Fairs, the Hospice Education week featuring different speakers and topics May 2 – 6 and a concert fundraiser. This fall there will be the **Annual Fundraising Dinner, October 19**. The excitement and leadership is certainly here for those in our community who want to rally for better funding formulas provincially and federally.

Some of our volunteers take on Hospice publicity, office work, event or seminar organization. Other volunteers want to work front-line: hospital and community visiting, working with grieving family members, provide care in the respite suites, or help with new volunteer training. No matter their chosen task – high profile or low, advocacy or confidential provision of service - our volunteers work side-by-side and to the best of their ability to ensure that anyone who asks for HGT care and intervention, receives the best volunteer support for end-of-life care anywhere in Ontario.

For ALL who are part of Hospice – **THANK YOU!**  
For all of you NOT a part of your local Hospice,  
We hope to welcome you as a volunteer soon.



Barb Hockley  
Administrative  
Services  
Coordinator



Denise  
Sefranka-Hoskin  
Financial Assistant



Eleanor Hewitt RPN  
Client Service  
Coordinator

# Thoughts from our Collingwood Palliative Care Physician

By Dr. Kate McLachlin

Suffering from a life threatening illness can be a burden. Many individuals will be cured of their disease, but many will not. After diagnosis each patient embarks on a journey of care that can be difficult and uncertain. By definition *Palliative Care* is a medical specialty dedicated to relieving suffering and symptoms resulting from life threatening disease. Usually this type of care is given to patients who are considered to be “end of life”, but palliative care can also be given to people with life threatening illness who are undergoing curative treatments.

While this may seem a broad description, palliative care specifically is not meant to cure disease but to improve the quality of life of patients and their families. To achieve this, palliative care workers have goals that include relieving suffering, treating pain and other distressing symptoms, psychological and spiritual care, helping patients

to live as actively as possible and creating a support system for the patient’s family. The practice of palliative care could take place in a home, hospital, hospice or long term care facility. It is usually delivered by a team of practitioners that may

**Palliative care specifically is not meant to cure disease but to improve the quality of life of patients and their families.**

include doctors, nurses, physical or occupational therapists, social workers or chaplains. Regardless of who provides care, palliative care practitioners hope to ease the burden associated with illness and to ensure that all patients are treated with dignity, respect and compassion.



## Special thanks to Rainbows’™ Ayrle MacEachern

The Rainbows group would like to highlight one of our Facilitators: Ayrle MacEachern. Ayrle is an Expressive Arts Therapist who brings unique skills to engage the youth in the Rainbows program. She also has her Nia White Belt and teaches weekly classes and facilitates workshops and retreats. (Nia is a movement practice which incorporates elements of dance arts, martial arts and healing arts) She is also a founder of HUGS for L.I.F.E. Inc. and recently donated HUG scarves (which represent love and friendship) to the children and teens in Rainbows. Thank you, Ayrle, for being part of Hospice GT Rainbows.



# Educational, Support Seminars and Workshops

## **New Volunteer Training beginning September 2011**

Adults interested in helping clients with life threatening illness and or bereavement can participate in a series of 10 – 3 hour sessions. These educational sessions cover a wide range of related topics, the impact of life threatening illness on the family, communicating with the family of a dying member, grief, ethical issues, pain and symptom management, spiritual issues and care for the volunteer caregiver.

Please call Hospice to register for the fall sessions which start September 14, 2011, 705- 444-2555

## **Rainbows™ Fall Seminars beginning September 2011**

The children's and youth's support sessions provide significant healing, boost the self esteem of the younger members of our community who are dealing with loss caused through death of a parent

or friend, divorce, or any of the many losses that children and youth may experience. There is no cost for these sessions, but it is important to register by calling 705-444-2555.

## **Changing Relationships at the end of life**

A special presentation by Michael Thouard, Psychotherapist.

August 17, 2011, Sunset Manor

Please call Hospice for confirmation of time.

## **EDITOR'S COMMENT**

*As you will see this has been a busy time for Hospice. We are pleased to bring you updates of some of the activities that have been held in the Georgian Triangle. HGT gives a special and grateful thanks to all who have supported the events in everyway, participating, planning, working on the day.*



## **The Independent Order of Oddfellows support Hospice**

Robert Van Slyke, the Independent Order of Oddfellows, Collingwood #54, was into the Hospice offices in early spring to present Barb Hockley, Administrative Services Coordinator with a cheque for \$5000. The Oddfellows are fulfilling a 5 year pledge of \$5000 per year for the Hospice Residential Home Building Fund. Many thanks go to this community organization for their pledged support and for keeping Hospice uppermost in their funding efforts.

# Royal LePage/ Hospice Ski Day Another Success!

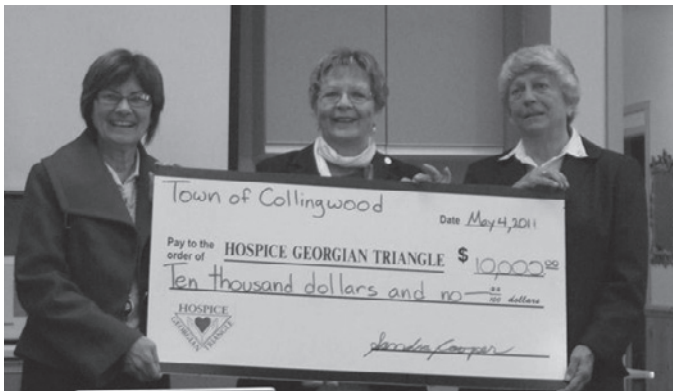
## Thank you Royal LePage

**THE SNOW IS GONE BUT THE MEMORIES OF A PERFECT SKI DAY REMAIN.** The Royal LePage Hospice Ski Day 2011 was well attended raising more than \$24,000.00. It was a perfect sunny day. Craigleith Ski Club hills were beautifully groomed and skiers and snowshoers had a wonderful day. There was an abundance of fabulous prizes as well as silent auction items. Shirwood Foods provided great food and the "Eh Train" Band kept everyone hopping during the après ski buffet.

Hospice Georgian Triangle would like to thank the many donors and sponsors who gave so generously. A very special thank you to Vel Ivardi and the staff of our local Royal LePage office, who along with a very dedicated volunteer committee put together an amazing ski day. This year Vel celebrated 25 years of giving back to the community. During the past 12 years Hospice Georgian Triangle has been his charity of choice, raising well over \$200,000.00 for Hospice. We salute Vel as Volunteer Extraordinaire!

## We have many other people to thank

Collingwood donates to HGT



Mayor Sandra Cooper, Rebecca Wall and Eleanor Pask



Ready to schuss the hills for hospice.



Shari Hawkins, Marilyn Young, Bev Saracino, Judy Bowman, Judith Skeoch enjoy the Après Ski



The EH Train livens up the clubhouse for the skiers and snowshoers.

# Canadian Hospice and Palliative Care Week

## Lunch and Learn Sessions

During the Canadian Hospice and Palliative Care week HGT held a series of Lunch and Learn sessions addressing key topics related to hospice and palliative care.

Monday brought tours of the hospice office and Susie Newton Suites. Over twenty people came to hospice to learn more about it and talk about ways to get involved.

Children and Youth face Loss Karen Potts,  
Rainbows™ Director  
Held at the Wasaga RecPlex

Hospice Palliative Care – “Let’s talk”  
Drs. Kate McLachlin and Alyssa Boyd.  
Palliative Care Physicians  
Collingwood General and Marine Hospital



Mayor’s representative, Stan Wells, Eleanor Pask, Karen Potts, rebecca Wall and Marjori Medley

“When Communities face Sudden Loss”

Gloria Kropf Nafzinger a counselor in Grief Management  
Thornbury L. E. Shore Library

“Planning Ahead for the End of Life”

Paula Davidson from the Carruthers Davidson Funeral Home  
in The Station on the Green in Creemore.

## A Magnificent Concert Raises Funds for Hospice

By Merle Gottlieb

As a result of a group of Thornbury ladies on a trip to Turkey, a wonderfully cultural and memorable evening was born. On May 26th internationally acclaimed amazing pianist Mirta Gomez performed beautiful classical European pieces at the Historic Gayety Theatre. What a treat. Her concert included Cuban & Latin American influences by composers from her Native Cuba. The opening act was the wonderful voices of The Sound Investment Community Choir. Through the generosity of the sponsors; The BMFA Arts Centre, Gardner-Wilson Funeral Home, The Historic Gayety Theatre; and Mirta Gomez; proceeds of \$2550.00



Mirta Gomez at her beloved piano

were presented to Hospice Georgian Triangle. These funds allow Hospice to provide their much needed services “free of charge” to our community.

A special thank you to Merle Gottlieb, Marlit Peirce, Laurie Koch and Kathie Houghton for bringing this concert to us.

## Families and Friends Tell Us What Hospice Care Really Means

### **M and M write:**

"My husband and I are very grateful to Sharon Brownrigg and Susan Wood for all they have done for us. Sharon amazed us by getting an appointment at the Wasser Pain Management Clinic while we have been waiting for over a year. My husband was at the end of his rope, when he got to go for help which gave him hope. We are forever grateful.

I do not want to forget Susan. She brightens up our Monday mornings by getting our groceries. She has been a great help to us. What a wonderful organization.

We have nothing but praise and gratitude for Hospice Georgian triangle. May God richly bless all the people involved, who make wonderful things happen. Love and prayers."

### **Mary Writes:**

"I want to thank the volunteers and staff in the respite suites for the care they have given Stan. The stays he had with Hospice allowed me time to myself, time for errands, time to visit with out of town family. The kindness they showed Stan was just beautiful – part of God's plan."

### **G and D write:**

"Mom's time in the suite has made all the difference in the world to this family. It allows me uninterrupted sleep at night and whole days that I

can get things done. At the end of the two weeks, everything is good in the world again and we can keep on going." G & D

### **A. writes:**

"I want to thank Betty for the ability to see through the tunnel and know that I will get through my grief. Her seminars have been a god-send and I thank God every day for Hospice and its caring staff and volunteers."

### **R. writes**

"When I didn't know where else to turn, I called Hospice Georgian Triangle. Even though my husband is not at the end of his life, Sharon helped me through the health system and connected me with the Community Care Access Centre and the Alzheimer's Society. The volunteer they put in place until I could get help from these organizations was so kind and gentle, it was like she was born for this work. Thank you Ann, thank you Sharon, thank you Hospice."

### **P. writes:**

"My family wants to thank the wonderful team of Hospice nurses that were so gentle and understanding at the end of Catherine's life. She looked forward to all of them coming. Her volunteer Carol stayed with her in her last days, I don't know how to thank her."

Please write us at [hospicegeorgiantriangle@rogers.com](mailto:hospicegeorgiantriangle@rogers.com) and tell us your story.  
We would like to hear from you and include your thoughts in the newsletter.

## Bereavement Support

*Reprinted in part from the Bereavement Support newsletter Summer 2011, Vol. 10. Iss 2. All previous issues of the Bereavement Newsletter are available through the Hospice Office.*

### **THE GUIDING MOTTO OF OUR BEREAVEMENT SUPPORT TEAM IS "WE HELP THE HEALING BEGIN"**

The summer issue of our Bereavement Newsletter has compiled a list of helpful comments that previous Support Group participants have made over the past ten years. The complete list is quite extensive and helpful to those facing loss and is available in the newsletter. We are pleased to present some of the comments here. For more thoughtful and helpful comments please refer to the Summer 2011 Bereavement Newsletter

- Now we know what *really* matters in life and what doesn't matter
- Bad days get fewer as time goes on
- We are impatient with those who take their loved ones for granted

- We are not alone in grief
- Other bereaved people often understand us best
- Others have survived terrible loss and we can too
- It is possible to talk our pain, or sing, or write or paint or work our pain
- We do heal through grieving.

Hospice Georgian Triangle is fortunate to have several skilled bereavement facilitators available. Betty Schneider, Gloria Kropf Nafzinger, Lorraine Lowe and Laurie Wilkinson. Through support these facilitators can help those who have faced a loss of a loved one of any age.

### **Adult Bereavement Seminar begins September 2011**

Supportive sessions are designed to help any adult suffering a grievous loss of a family member, friend or partner. Topics covered include dealing with loss, feelings of isolation, betrayal, or pain. It is mandatory that you pre-register for this series of workshops, which begin Tuesday September 13, 2011, by calling 705-444-2555

### **Become a Member of Hospice Georgian Triangle**

- An invitation to become involved in your Hospice.
- You can make a difference by becoming a member.
- It is easy and it is important.
- By becoming a member you will receive the newsletter twice a year, have advance information on all events
- Place your vote at the annual general meeting
- Help shape the direction of hospice in the GT
- Annual Membership \$1.00
- Lifetime membership \$5.00

**Please mail your membership application to Hospice Georgian Triangle**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

I would like to make a donation to Hospice Georgian Triangle, Enclosed please find my donation of \_\_\_\_\_