

Caring Not Curing

HOSPICE LIFE



HOSPICE ASSOCIATION OF ONTARIO

Winter 2010

Seasons Greetings

A Volunteer's Wish

*I hope I help to ease your pain
Or fill a lonely space
The hours can seem so long sometimes
In an unfamiliar place.
You journey on so bravely
I admire that strength in you
Your courage through adversity
Just keeps on shining through.
You needn't worry what you say
Or what you shouldn't do
My arms are strong, my skin is thick,
And I am here for you.
If I can bring you comfort
Or share a laugh or tear
Then reach out, friend, and hold my hand
Remember, I am near.*

Written by Patty Barber

The Board and staff of HGT would like to send Seasons Greetings to all of our volunteers who have contributed thousands of hours to all of our community programs: client visiting in community and hospital, the Susie Newton Suites providing respite care, adult bereavement, Childrens' bereavement (Rainbows) programs, special interest seminars, fundraising, Board, library and office support. Your gift of time enables this Hospice to provide exemplary care to those who need it most. **Many Thanks**



Hospice
Georgian Triangle

*Supportive care
for individuals and
families coping with a
life threatening illness.*

- **Comfort Measures**
- **Emotional Support**
- **Family Relief**
- **Bereavement Support**
- **In Home, Hospital or Nursing Home**
- **Trained Volunteers**

Our Mission...

*Is to provide trained,
volunteer non-medical
support to individuals
and caregivers
experiencing life
threatening or
terminal illness.*

Supported by:



December
2010

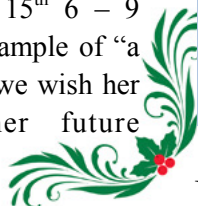


Meet a Co-op

Student



HGT welcomes Sharon Tuck, a second year student on placement from Georgian College. Sharon will be sourcing grants and funding for our hospice. A mother of one young daughter, Sharon has an accounting background and plans to acquire her Bachelors of Social Work. In order to know more about Hospice programming in the south Georgian Bay area, she is taking the 30 hour training course for new volunteers and will be one of 9 new graduates ready to take on some facet or responsibility within the volunteer ranks of HGT. Sharon will be one of the volunteer faces you will see so willingly helping out at HGT's Blue Christmas Evening: Wed. Dec. 15th 6 – 9 p.m. A wonderful example of "a community builder" we wish her success in all her future endeavors.



Annual Fundraising Dinner

It was a night to remember!

Hospice Georgian Triangle's 16th Annual Fundraising Dinner was held on October 20th, 2010 at The Bear Estate of Cranberry Resort.

The silent auction kept a buzz of excitement as guests increased their bids for the wonderful items that were donated.

Money raised from the silent auction totaled \$2780.00

Our wonderful M.C. Walter Barclay kept the evening moving right on schedule with a few jokes to keep the mood light.

Speeches by Rebecca Wall, Sharon Brownrigg and acceptance of the

June Callwood award for an exceptional volunteer by Rob Fleming brought warmth and meaning to the evening.

An excellent meal with good service contributed to the success of this event.

The very talented Dean Hollin entertained us with the life story and songs of the great Johnny Mercer.

In total this event raised over \$26,000.00 for Hospice Georgian Triangle. This dinner as always, is the perfect way to enjoy an evening out with friends, and meet new ones, while supporting all the services that Hospice Georgian Triangle provides to our community.



Meet our New Board Members



Rebecca Wall - Chair HGT

Rebecca has lived in Collingwood since 1973 and was on the original board of HGT in 1987 and has most recently served on the board since 2006. Mrs. Wall is an RN with 30 years in community nursing as a visiting nurse, nurse manager and finally owning/operating her own home health care service for 9 years.



Dr Eleanor Pask - Director

Eleanor has spent her entire professional career in the areas of clinical care, research and education. For the past several years she has focused on the area of ethics and palliative care. Dr. Pask has a strong commitment to working towards the goal of seeing hospice, respite and palliative care become integral components of our health care system.



Michael Fasano - Director

Mike has a professional sales background with over 35 years experience, of which 25 years were in the health-care field. With experience in both hospital and homecare, Mike's special interest in pain management and palliative care makes him a wonderful resource for the HGT board.

Tips for Surviving the

Holidays

Hospice Georgian Triangle
Hosts

Blue Christmas

Wednesday Dec. 15
Sunset Manor Chapel
6-9 pm

HGT invites anyone who has suffered the loss of a loved one to attend this evening of comfort and hope.

Come share celebrate cope

705-444-2555
No cost to register

Memorial Ornaments available as a Hospice fundraiser for \$5.00

If you are currently worn by extended end-of-life-care for your beloved, or if this is going to be your first holiday season since the loss of your loved one, be kind and gentle to yourself at this busy time of year.

Self-care is NOT being selfish; it is showing respect for your own life. Say “yes” to what heals you, and a firm “no thank you” to whatever causes more stress for you.

It’s your turn to receive. It’s also an opportunity to take time out. Let someone else shop and wrap the gifts, bake the cookies, roast the turkey. This Christmas is going to be different.

Maybe you’ll decide to have the family dinner at a restaurant. It may help make that empty chair less obvious. Plan to make time for grief moments in your holiday season. And if you accept social invitations, let your host or hostess know you may need to leave early. (Often, just knowing you have an open door to an exit, takes some of the pressure off.)

Giving yourself permission to weep privately--or in trusted company--with photos and memories of past Christmas celebrations can be very healing, and a great personal relief.

Light a special candle, make a memorial gift in the name of your loved one, decorate their photograph or place a bright wreath. You are not alone; in fact, there are others in your community who truly want to help.. some of them are people you haven’t even met yet. Although it’s difficult right now, be assured it does get better. Watch for healing gifts from the universe: a starry night, a white snow fall, a cheerful visiting winter bird, a fine sunset, a friendly smile or kindness from a stranger. Do not doubt these are for you. Your friends at Hospice wish you many peaceful, healing moments.

DO YOU NEED A GUEST SPEAKER?

HGT, in addition to some of our Board members, has a number of experienced, exciting staff and volunteers willing to speak of Hospice’s role in community and in their lives. Let us make a difference in yours. Help raise our community profile. To book call 444-2555.

Review Collingwood Cinema Club subscription options @ www.collingwoodcinemaclub.com

CCC donations to our Hospice allow for those extra services within the South Georgian Bay area. Join the CCC and enjoy some really great movies, meet great people –and help provide much needed funding for our respite beds supporting clients with life-threatening/palliative illness.

December
2010



HGT

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What's Upcoming

Book these dates on your calendar !

- **RAINBOWS program for children** ages 4 – 17 will start in February '11. Call 444-2555 to pre-register children who are suffering with grievous loss.
- **Hospice Adult Bereavement Support Group** will be offered again in early Spring '11. 444-2555 to pre-register.
- **HGT Palliative Care Course for New Volunteers** will start **Wednesday March 30, 2011 from 1-4 p.m.** This 10-session, 30 hour course helps prepare the new volunteer for non-medical tasks within a clients home. Pre-registration required, no cost: 444-2555.
- **Survivors of Suicide Support Program.** **HGT provides individual support** to those persons experiencing the death of a loved one thru suicide. Call 444-2555. **An 8-10 week group support program for survivors of suicide thru the Family Mental Health Initiative** – will take place in early spring, with the sharing of experiences in a safe environment. Call Bernadette at 705-326-9941 or Dianne at 705-327-5970.
- **Care for the Caregiver Series: Tuesday December 7: 6:30 – 8 p.m. Sunset Manor Gloria Kropf Nafziger, RSW, MSW** will share insights on what it means to be a Hospice volunteer: come and share your experiences with a volunteer group as we explore what it means to know “you cannot fix, but you can support;” can you be friendly without being friends? Is there a difference between spirituality and religion? What are “boundaries?” Meet, share, learn and grow with other vital volunteers.
- **Care for the Caregiver Series: “Relationships at the end of life.”** Psychotherapist Michael Thouard will be speaking on relationships; How they change, and why they change – at the end of life. Date and time TBA for April 2011.



Hospice Georgian Triangle *Caring Not Curing*

Looking to give a very special gift this year?

Consider donating – *in your own name - in a loved one's name - as a memorial*, to the SUSIE NEWTON RESPITE SUITES. Be part of our growing community whose gifts help provide “gentle care”, special meals, and varied therapies to those experiencing life-threatening illness.

Donor Information (please print)

Name	
Address	
City / Province	
Postal Code	
Telephone (home)	
Telephone (business)	
E-Mail	

I (we) pledge a total of \$ _____ to be paid:
_____ \$25 _____ \$50 _____ \$100 _____ other

Please make cheques payable to:

Hospice Georgian Triangle
49 Raglan St.
Collingwood, Ont. L9Y4X1

Registered Charity No. 11886-8249-RR001
Tax Receipts will be issued for amounts of \$20.00 or more

Donations can also be made by MC or Visa at hospicegeorgiantriangle.com