

*Caring Not Curing*

# HOSPICE LIFE



September 2010

## Letters From The Heart

For Hospice —

*My name is Adrian and I have heart disease. I have been married for 27 years, my husband was an archeologist he just died 2 years ago. Lorraine was there for me when he died. I want Hospice to have this bit of wisdom he wrote out for me just months before he died.*

*Hold onto what is good even if it is a handful of earth  
Hold onto what you believe even if it is a tree which stands by itself  
Hold onto what you must do, even if it is a long way from here  
Hold on to life, even when it is easier letting go  
Hold onto my hand, even when I have gone away from you.*

*It is a Pueblo Indian verse.*

*All tattered and torn, my daughter will keep it safe when  
I pass away.*

*I want Hospice to know that children's literature is often where to go  
when seeking wisdom and counsel:*

*"I fear there is tomorrow when we're not together . . .  
there is something you must always remember.  
You are braver than you believe Stronger than you seem and  
smarter than you think. But the most important thing is —  
Even if we're apart, I'll always be with you.*

*Winnie the Pooh*

*That is what I hope my children remember.*



**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.*



This letter was read by Rob Fleming, this year's June Callwood Award winner at the AGM in June. Read 3 more beautiful submissions on HGT's website in "Stories and Poems"

## *It's a Boy!!*

### Congratulations



HGT Board and Staff want to extend Congratulations to Dr. Kate McLachlin, a Board Director and area Palliative Care Physician who gave birth to a beautiful baby boy on August 19<sup>th</sup>. No doubt this new little sprout, sporting the moniker Cameron John Lachlin McDermit, will be chairing Kate and Mark's family happenings for quite some time. Much love to Kate and remember: "toes up while the baby is sleeping."



There's a great activity book for kids that you can order free from the Department of Justice Canada called "**What Happens Next? Information for Kids about Separation and Divorce.**" Order it by e-mail at [cca-dgve@justice.gc.ca](mailto:cca-dgve@justice.gc.ca) or by phone at 1-888-373-2222. It can also be downloaded as a PDF from [www.justice.gc.ca](http://www.justice.gc.ca) or printed copies can be picked up in the Hospice office.

[www.familieschange.ca](http://www.familieschange.ca)

An excellent interactive website for kids, teens and parents about separation and divorce, prepared by the B.C. government. It features a 'talking' judge who tells kids about feelings, the law and definitions.

[www.sesameworkshop.org/grief](http://www.sesameworkshop.org/grief)

A website for all ages dealing with grief after the death of a loved one. If you are going through separation or divorce, remember that you and your kids are also going through grief and the feelings, reactions and stages are very much the same.

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Kids can talk to a counselor online.

### **Books**

- **The Unwedding** Helps to make light of a hurtful event. Kids enjoy and relate to it.
- **On the Day Daddy Left** Deals with the blame and guilt that most kids feel.
- **Was it the Chocolate Pudding?** Deals with blame and guilt. Kids have a chocolate pudding fight and make a big mess, then find out the next day that mom and dad are separating and think its their fault.
- **When Dinosaurs Die or When Dinosaurs Divorce** Excellent. For Ages 4-8 yrs.

### **Phone Numbers to keep handy:**

Kids Help Phone 1-800-668-6868: Kids can talk to a counselor 24/7

Telecare Distress Centre 705-726-7922: Trained volunteers on duty 24/7

## **Collingwood Cinema Club**



Deborah Mobbs and Tom LePoidevin present Rebecca Wall (centre) with a cheque for \$20,000.00 from the Collingwood Cinema Club. After touring the Susie Newton Suites, Tom and Deb had HGT board and staff thank them profusely as this amount supports the respite suites for almost 6 months.

### ***Rainbows Resources***

Sept  
2010

## Chairman's Report



### Chairman's Report:

It is with the greatest of pride that I am assuming the position of Chair for the Board of Directors for HGT. The hospice staff and volunteers continue to promote the growth and success of our programs through their extraordinary contribution of time and skills and the unwavering dedication to the support of some of the most vulnerable members of our community. It is our front line volunteers that exemplify the essence of hospice care and we celebrate their commitment to HGT and its programs.

The Directors represent some of our communities most talented and experienced individuals and each one brings with them a unique expertise but more than that they are all willing to "roll up their sleeves" for any job at hand. The board members are there because they want to support HGT and its programs but also to advance the foundation of hospice palliative care for our community. Our ultimate goal continues to be the establishment of free standing end of life and respite care facility. This is a substantial challenge since there is no capital or operational funding currently available from government sources. As daunting as that may sound our Directors continue to press on toward this goal believing it will happen and always looking for the way to succeed with this vision.

The success of HGT will continue not only because of those who currently serve but also those many individuals who, over the 23 years of service, have contributed to the growth and success of hospice. Even though people pass through the service to hospice their legacy remains. This year two members completed their terms but not their association with hospice.

Glady Lillow has served on the board since 2003 and established a very interesting and rather unique role for herself in HGT. In the HGT office there are greeting cards in racks that are of a very high quality and cover all occasions. Gladys keeps the racks well stocked with the samples from the card company that she represents. Each card is priced incredibly reasonable at \$1.00 and the proceeds of these card sales have reached \$10,000 for hospice! She also participates in local bazaars with a hospice table selling other product samples. Gladys will continue this mighty fund raiser as long as her cards are available so we will always see her smiling face in the office and have continued access to her positive input related to hospice activities.

Glenn Grosset joined the HGT board in 2002 and was Chairperson when I came to the board. Glenn's role as Financial Chair was invaluable during the implementation of new statistical reporting software and financial reporting systems. His keen interest in expanding HGT to include an end of life residential facility has been relentless and his efforts have led to significant forward movement. Glenn did not have the opportunity to speak at the AGM and has passed on his observations of HGT during his tenure as: "improved daily management and staff morale, independence with reporting systems and finances, an increased volunteer base with suitable recognition, a more efficient and home like respite care suite, established a steady advancement toward a residential hospice (even though at times there have been setbacks)", all for which he states unequivocally that he has enjoyed. Glenn will continue his association with HGT by being the liaison with the Collingwood Cinema Club.

Both Glenn and Gladys will be missed but HGT is better for having them as a vital part of this growing organization. Hospice will always be in their hearts and minds as they will be in ours. Thanks to you both for your dedication and contributions!

Rebecca Wall, Chairperson HGT

## Meet a New Volunteer



Nanci Harvey is a new volunteer with Hospice Georgian Triangle. A quick-witted mother of five and grandmother of four, Nanci is new to the Collingwood area. Born in Toronto and having lived in Orillia, she is well used to the beauty of our area. Nanci says her working years were devoted to raising her own children and working in a Daycare environment and now with time on her hands, wanted to work with those who are sick.

A great believer of independent thought and choice, Nanci espouses the philosophy of Hospice in that it should be one's own choice as to where one wants to spend their last months, weeks, days, hours. Gentle spirited and patient, Nanci has been assigned one client in community and will soon begin volunteering in the Susie Newton Suites in support of clients suffering life-threatening illness.

Her client Doreen, just recently in the suites herself, had this to say of Nanci: "I have no words to tell you how much difference she has made in my life. I'm just so glad that Nanci is there to help Mary and me at home."

A big 'Welcome' and 'Thank you' to Nanci for her giving ways, her capable hands and her loving heart.



# HGT

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# What's Upcoming

*Book these dates on your calendar!*

### RAINBOWS

Tues Sept 14 – Tues Dec 7, 2010  
Admiral Street School Colling.  
Mandatory registration for children  
ages 4 – 17. Please call 444-2555 to  
register.

### HGT NEW VOLUNTEER TRAINING

Starts Wed Sept 8 – Wed Nov 17, 2010  
6:30 - 9:30 pm in the Sunset Manor  
Library. Adults interested in helping  
clients with life-threatening illness and/or  
bereavement can register at 444-2555.

### HGT ADULT BEREAVEMENT SEMINARS

Start Thurs Sept 9 – Oct 29, 2010.  
3-5 p.m. Location in Manor TBA.  
Mandatory registration. 444-2555.

HGT presents -

### Hospice-A Caring Community-Seminar Series-

### 'The Complicated Mourning of Pre/Postnatal Loss'

Saturday Sept.18, 2010 at the Sunset Manor  
Auditorium in Collingwood at 9:30 am - 2:30 pm  
There is a \$10.00 fee per person and registration  
is required. Please call the Hospice office at 705-  
444-2555 to register. **Guest speakers will be  
Dr. Eleanor Pask, Judith Andrade RN,  
IBCLC; D.Div, and Lorraine Lowe - HGT  
Grief Facilitator.**

This seminar is of interest to health professionals,  
mental health personnel, midwives, doulas and  
volunteers.

**HOSPICE GEORGIAN TRIANGLE**


**16<sup>TH</sup> ANNUAL FUNDRAISING DINNER**

**Wednesday, October 20<sup>th</sup> 2010**


**Social: 6:00pm - Dinner: 7:00pm**

***The Bear Estate***

**Cranberry Resort, 300 Balsam St.**



**Dean Hollin**  
& My Eye Production  
presents the  
**Life and Songs  
of the great  
Johnny Mercer**



**Johnny Mercer**

**A memorable Evening of Entertainment & Silent Auction**

**Tickets \$125.00 (\$65 tax receipt)      Call: (705)444-2555**