



Hospice Georgian Triangle

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Barb Hockley

Thank you to Mary Anne Gough of Beach Design 'n Print for her set up of our newsletter. Mary Anne's continued support to Hospice is invaluable and much appreciated.

What's Upcoming

Book these dates on your calendar!

• **Rainbows** programs for children ages 4 to 14 starting **Tuesday, September 11, 2007**. Also **Spectrum** for teens, grades 9 to 12 and **Prism** for parents. No cost; call to register, 444-2555.

• **Bereavement Support Group: mid-September**. Conference room in Sunset Manor. Call 444-2555 to register.

• **Hospice Palliative Care Fundamentals Course - Georgian College Certification:** This eight week course begins **Thursday, September 13 - Thursday, November 1, 2007** at Sunset Manor from 1:00 - 4:00 p.m. Cost is \$25.; mandatory attendance for certificate. Register through email: karenkellywork@yahoo.com or fax: 705-722-0716.

• **Hospice Palliative Care Fundamentals Course - Hospice GT: New Volunteers.** This ten week course starts **Wednesday, September 26 from 6:00 - 9:00 p.m.** and offers thirty hours of training in the field of palliation. Call Sharon at 444-2555 to register. No cost; binders and materials provided.

• **Reflexology Clinic - Non Certified.** Take a day of interest with Robin Andres, a holistic health practitioner, on **Saturday, October 13 from 10:00 a.m. to 3:00 p.m.** at Sunset Manor. Registration is required. Bring your own bagged lunch; coffee, tea and desserts will be provided. Please call Sharon at 444-2555.

• **Meditation for the Volunteer Caregiver.** Anna Harder is offering Meditation classes the **2nd Monday of the month through September, October and November**. Come! Learn! De-stress! Call Sharon at 444-2555 to register.

• **Annual Fund-Raising Dinner: Wednesday, October 17, 2007.** Welcoming cocktails at 6:00 p.m. followed by a succulent buffet dinner at the Georgian Manor Resort in Collingwood on Highway 26 West. This year the entertainment is provided by Chris Linn, "America's Magical Funnyman". Tickets \$100. Call Barb at 444-2555 to book.

SUPPORT

YES, I would like to support Hospice Georgian Triangle as a

- Client Volunteer Donor, Financial or in Kind
 Sponsor of a Fund-Raising Event Ticket Purchaser for 2007 Annual Fund-Raising Dinner
 Office Volunteer

Please call 705-444-2555 for more information.
You may also fax this form to us at 705-445-3521.

Date: _____ From: _____

Comments: _____

HOSPICE LIFE

AUTUMN, 2007

COMMUNITY Spirit

August 2007

Dear Sharon,

We want to thank you and the team at Hospice for the incredible gift you gave to us by providing care for my mother, in August. It allowed us to have our first vacation together in some time and that meant more to us than you could ever imagine. It may sound simplistic but for us, things like being free to go out whenever we wanted was so nice. We slept in, read books and newspapers without interruption, visited with friends, went out for dinner, enjoyed the beach and a little canoeing, slept soundly - all things that many people take for granted but these are things we rarely do. The vacation allowed us to "recharge our batteries" and without Hospice, this would not have been possible.

The value of the service you provide truly is priceless and we are so grateful.

Thank you, thank you, thank you!

Marg and John



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.

June Callwood Circle of Outstanding Volunteers - 2007

Hospice Georgian Triangle's Nominated Volunteer:

Coryll Harwood has been a Hospice volunteer for twelve years. Prior to connecting with Hospice Georgian Triangle, Coryll served with Dorothy Ley Hospice for three years. Her quiet, caring attitude has touched the hearts of many. She stepped in and managed to meet the needs of a family in crisis - no task was too big or too small. One of the family members relayed to Hospice that "God sent us an angel when we needed it most: her name is Coryll."

Welcome New Board Members

Barb Gotuaco

Currently the Nurse Manager for the Medical Unit, ICU and Dialysis at Collingwood General and Marine Hospital, Barb has a BScN from McMaster and a Masters Degree from Central Michigan. An active mother of two boys, Barb has a special interest in palliative care personally and professionally: cancer took her mother, sister (age fifty) and brother-in-law. Barb wants to actively participate in advancing the idea of a free-standing Hospice. Welcome Barb!

Marjori Medley

With a Pharmacy degree from U of T, Marjori has worked in many and varied settings including Inuvik General Hospital in the west Arctic, London Health Sciences Hospital and Sudbury Regional Hospital. With a strong interest in pain management and palliative care and a specialization in oncology chemotherapy, Marjori has been an instructor in the Advanced Nursing Certificate course in Palliative Care at Georgian College and speaks to many local organizations and schools on pharmacy and medicine. A mother of two, Marjori has been operating Major's Guardian Pharmacy in Wasaga Beach for eight years. She will be teaching the Pain and Symptom Management session for the Hospice Volunteer Training this fall. HGT is indeed fortunate to have this multi-talented woman "on-board".

Chairman's Message

For the last number of years, HGT has provided services to our clients either in the home or for respite care in the Susie Newton Suite. In the last year it has been apparent that we need to expand our horizons, so a partnership has been established with the Hospital the LHIN and others to determine the services that we should be equipped to provide in the future. Last year we began to assess the future while continuing to maintain what we do so well at this time by using many volunteers, RNs, RPNs and PSWs who do such an excellent service.

At this time we are preparing a detailed Business Plan on having a long term facility for those with a terminal illness by establishing a 6-10 bed Residential Hospice in our community. Do not expect overnight success as there are a number of hurdles to jump before we can move forward. First we require LHIN approval, then the funds to proceed (which we need to plan for), the appropriate site construction, and so on: a task of probably one to two years. We can do it by working together to meet the need for our future clients. As our program moves forward we will keep everyone up to date. Thank you volunteers, support staff and staff for your services; they are so necessary and much appreciated by our clients and your Board.

- Glenn Grosset, Chairman

Bereavement Support

A call to our office brings help from our volunteers who are bereavement survivors and specially trained in grief support. Our bereavement team is there to help. Fall bereavement support groups start mid-September.

We also offer one on one individual support to those in need. In addition, we have a circulating library with pamphlets, books, audio and video tapes at our office. *We want to help the healing begin!*

RAINBOWS

The RAINBOWS program for children starts Tuesday, September 11, 2007.



Pictured are Lisa and Sean Casaubon and their daughter, Anneliese. This generous young couple asked that guests to Anneliese's first birthday party donate to Hospice GT RAINBOWS in lieu of gifts. Our RAINBOWS program gratefully received \$255. A great big thanks to a wee little girl!

Client Services Co-ordinator's Message

Late summer and early fall greetings to all Hospice GT volunteers – long standing and those coming in to be trained!! This fall is a busy one: many of our volunteers and caregivers talked about the physical and spiritual needs they have themselves. Anna Harder, our holistic health practitioner, stepped up and has been offering Meditation Sessions for the Volunteer Caregivers here at Sunset Manor. These sessions have helped many a caregiver "de-stress"; the sessions are the second Monday of every month here at the Manor, between 1:00 – 2:30 p.m. Another of our holistic practitioners, Robin Andres, will be offering a non-certified, day-of-interest reflexology course on Saturday, October 13 here at the Sunset Manor Auditorium between 10:00 a.m. and 3:00 p.m. Volunteers must bring their own lunch; coffee, tea and desserts will be provided by Hospice.

Both the Adult Bereavement Seminars and the RAINBOWS programs have mid-September start-up dates; for the support of the adult and the child going through their grieving process. If you know of anyone who is interested in the programs, please have them register through the Client Services Co-ordinator.

The New Volunteer in-house training starts on Wednesday, September 26 between 6:00 and 9:00 p.m. This is a ten week course providing thirty hours of training to those new volunteers who wish to support the client living with, or dying from, a life-threatening disease. If you know a compassionate, loving friend or neighbour, do recommend Hospice volunteering.

The Susie Newton Suites operated throughout June, July and August at full capacity. Bookings for this suite, which support the palliative client and their family, for respite care, are now booking into September, October and November. All volunteers who support the Suite are being asked to call Sharon at 444-2555 to give their availability for four-hour shifts within these Suites at the Manor. Many of our clients and their families go home marveling at the strength, the patience and the love shown to them during their stays. The Library, full of books, videos, DVDs and support pamphlets, is always available for lending services; medical equipment is also lent out for those palliative patients who cannot afford to buy expensive devices for physical support at home. It just takes a call to see what is available.

- Sharon Brownrigg RN, Client Services Coordinator

How Can You Help?

- Volunteer – plenty of opportunities and roles for everyone
- Be a Donor – your financial contribution helps those in need.
- Tell your friends about our services – all services are free.
- Ask us to speak to your community organization or place of business.
- Have you got a fundraising idea? We'd love to hear from you.

Fall Conferences

September 15: Hospice Association of Ontario Annual Conference. September 14/15 at the Delta Markham Inn. www.hospice.on.ca

October 24: Palliative Care Conference. Midland. Theme: "Today, it's all about me".

October 24 – 26: Bereavement Ontario Network Annual Conference. Geneva Park, Orillia. www.bereavementontarionetwork.ca

November 4 - 7: Canadian Hospice Palliative Care Conference. Westin Harbour Castle Hotel, Toronto. www.chpca.net

Fund-Raising

In June, four fabulous events raised \$1890. for Hospice GT. Our very special thanks go to volunteers Bette Tkachuk, Lesley Niermann, Maggie Cowan and Merle Gottlieb who so generously gave of their homes, hospitality and talents.

HGT "signature" bracelets have raised \$2500. so far. Available in the office for \$20., they are a hot commodity. Our committee has sold more bracelets off their wrists than anyone could ever imagine.

The Annual Fund-Raising Dinner will be held October 17, featuring Chris Linn, America's Magical Funnyman. Tickets are \$100 and selling FAST. Book yours soon - this is always a sold out event.

The Beaver & Bulldog Sports Pub & Winery in Collingwood are showing their support for HGT: in the months of September and October, you can make a donation at the restaurant and place your name on their "wall of hearts".

Volunteers!! I'm always looking for help in the planning and assisting at events!

- Merle Gottlieb
Fund-Raising Director