



Hospice Georgian Triangle

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What's Upcoming

Book these dates on your calendar!

• **Hospice GT Palliative Care Course for New Volunteers.** This ten week course starts **Wednesday, April 2, 2008 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.

• **RAINBOWS** program for children ages 4 to 14 will be starting **Tuesday, January 22, 2008.** Also **Spectrum** for teens, grades 9 to 12 and **Prism** for parents. No cost; call to register, 444-2555. RAINBOWS site in Wasaga Beach to be announced for Spring sessions.

• **Hospice GT** in conjunction with Red Cross, will be hosting a "**Safe Winter Driving**" seminar open to both Hospice and Red Cross volunteers. Date TBA late January. Calls will be made to volunteers.

• **No Cost – Lunch 'n Learn Caregiver Group.** All volunteers are invited to join this group which meets every 2nd Tuesday of the month starting in February: 11 a.m. – 1 p.m. Bring your lunch, share your story, learn from others!! Call 444-2555 to register.

• **Hospice/Royal LePage Annual SKI DAY** - Come ski and enjoy the day to benefit Hospice GT, **Thursday, February 7, 8:30 a.m. – 5:00 p.m.** Skiing begins at 9:00 a.m. Come early and enjoy muffins and coffee during registration. Tickets: \$100. Lunch only: \$35. Phone Heather at 445-5520 for tickets. Live band entertainment, silent auction. Tell all the ski buffs you know to come out and support our charity.

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

Visit the Hospice GT web page
www.hospicegeorgiantriangle.com
for more updates and current events.

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.

S U P P O R T

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

- | | |
|--|---|
| <input type="checkbox"/> Client Volunteer | <input type="checkbox"/> Donor, Financial or in Kind |
| <input type="checkbox"/> Sponsor of a Fund-Raising Event | <input type="checkbox"/> Ticket Purchaser for 2008 Annual Fund-Raising Dinner |
| <input type="checkbox"/> 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

WINTER, 2008

COMMUNITY *Spirit*

Happy New Year



Congratulations and welcome to Hospice GT's newest volunteers. Starting from the top of our "grad tree": Linda Hall, Ed Ostermeier, Randy Garber, Michael and Jane James, Reet Kruus, Doreen McDonald, Colleen Wagner, Gabe VanderHeyden, Colin Orr (seated at piano), Heather Sprott, Frank Maffei and David Ripley.

We at Hospice, would like to take this opportunity to welcome these wonderful volunteers, many of whom have already taken on new clients. Hospice GT is blessed to have you!! Thanks are extended to our instructors as well: Sharon Brownrigg RN; Maureen McKee; Rebecca Wall; Rev. Joyce and Leigh Straiton; Marjorie Medley; Lorraine Lowe; Michael Fawcett; Dr. Eleanor Pask; Patty Barber RN; Cathie MacPherson RN and Laurie Wilkinson.



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.*

Volunteer *Recognition*

Hospice GT Board and Staff would like to recognize our grief facilitators:

Betty Schneider-French - 5 yrs
Lorraine Lowe - 7 years
Laurie Wilkinson - 1 year
Maureen McKee - 1 year
Karen Potts - 5 years



Children's Rainbows

Whether working in a group setting, or with one-on-one counseling in the community, this team strives very hard to assist and encourage a healthy "grief journey" for those suffering the loss of a loved one. All have extensive educational and life-experience resumes and work tirelessly with very vulnerable clientele.

One of our counselors put it best when she said, "There is no monetary gain, we are unpaid. Our pay? Seeing members of our groups return to their lives and communities...safe and healing...with the recognition that 'life indeed does go on'".



Hospice GT would like to welcome a new adult grief facilitator, **Frank Maffei**.

Many thanks to this group of dedicate Facilitators.

Bereavement *Support*

Adult Bereavement Support Group – Fall/Winter at Sunset Manor

Betty Schneider-French facilitated this support group from September 18th – December 20th from 2-4 p.m. at Sunset Manor. The final session included a supper brought into Sunset Manor, followed by a short discussion and then attendance at the local United Church for the "Longest Night Service." This service is non-denominational and held late in December to support those who are grieving the death of a loved one.

Members of this support group, from Wasaga Beach, Stayner and Collingwood, were all grieving the loss of a loved one; some were very recent losses, others over a year ago. Betty was very pleased to see that all members of this group worked very hard to understand their grief and to work their way through it. By the end of the session Betty said she had seen a "decided change in each and every person attending."

New Initiatives by Hospice GT Support Team

This past season, Hospice initiated a special outreach to the Town of the Blue Mountains. Our bereavement support team responded to an inquiry from the newly formed Thornbury Task Force for information and assistance in serving that community. Residents of Meaford and Thornbury wanted to heal from the sudden and tragic loss of five beloved teenagers in a road accident.

A volunteer from their Task Force and a volunteer from our Hospice team have just concluded a support group which met from September to December in the Marsh Street Community Centre in Clarksburg. Their activities ended in a "Longest Night" gathering December 21st, a first for the Town of the Blue Mountains. A small group met quietly at Marsh Street Centre for a supportive evening open to anyone having a difficult time in this otherwise festive season.

Hospice's next adult support group will be offered in Collingwood, beginning in February. There is no fee for this program, but pre-registration is required. Please call the office for information or to register before the weekly meetings begin in February 2008: 444-2555.

- Lorraine Lowe

A Client's Testimonial

"I am writing this note to let you know how much I have appreciated this class. After attending 10-11 sessions, I have been able to move forward, although I miss the class. There is only one way to describe Betty, our counselor: "She is an Angel", terrific, amazing, kind and compassionate.

As I sat in with the group, with different circumstances although the same (grief) it was awesome to see how Betty showed such compassion and wisdom with each person, as an individual (one-on-one) or as a group. The class helped me to see I am not alone. I have met an awesome group of people who I hope I can call my friends.

My wish for the New Year is that Hospice will continue helping people who have lost a loved one in 2007/2008. I can now move forward."

Sincerely,
"Vivian"

Client Services Co-ordinator's *Message*

Christmas and New Years have come and gone – and throughout it all the Hospice office, Susie Newton suites and volunteers in hospital and community remain busy and active in supportive roles for those in need in the Georgian Triangle area.

A new group of volunteers graduated early in December and many have already chosen a task or duty within the community of Hospice: a big welcome!!! to these talented and loving people.

Lots of training and support activities are beginning to shape up for our volunteers: Hospice GT in conjunction with Red Cross will be hosting a "Safe Winter Driving" seminar for those who have community clientele. Date TBA. Our Annual Ski Day on Tuesday, Feb. 7, 2008 is a big fundraiser for Hospice – staff, Board members, volunteers and community members all come out for this big day. With this spirit of cooperation shown by "our side", let's hope Mother Nature cooperates too.

A Lunch 'n Learn Caregivers Group will be meeting on Tuesday, February 12, 2008 from 11 a.m. – 1 p.m. Bring a lunch – come share your story. Bereavement groups (both children's RAINBOWS and Adults) start up January 22, 2008 and mid-February respectively.

Accreditation Level 1 is a goal of Hospice Administration this year: we hope to have Accreditation Level 11 in place for 2009. This Accreditation process further cements Hospice's credibility in the eyes of local businesses and corporations, organizations, provincial government, health care professionals, CCAC, our local hospital and our community at large.

At present, a Hospice Residential Task Force is in place and the Board's vision of a Residential Hospice will be a reality!! Our clients and our community deserve no less. How wonderful to have a facility that would provide a home-like setting with health professionals and trained volunteers ready to give quality end-of-life care. This goal, this dream, this vision – make it a part of your life, whether through volunteering, donating to the cause or looking to see if you can bring something to the table for our Hospice GT Board and Residential Task Force.

- 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 fund-raising idea? We'd love to hear from you.

Fund-Raising

Hike For Hospice

A national fund-raising effort: "Hike for Hospice" has been very successful for Hospices throughout Canada.

Held in May, it would require business sponsorship and committed, active volunteers to help see it through.

Interested? Call Sharon at 444-2555.



Lesley Paul, of Stuart Ellis Pharmacy, presents Sharon Brownrigg, of Hospice GT, with a cheque from Dress Down Fridays. Hospice GT would like to recognize the employees for their great efforts. It's endeavours like these that prove what big hearts can do for their Community. A big thank you to all.