



Bruce Peninsula Hospice Newsletter

March 2003

WELCOME

Welcome to the new Bruce Peninsula Hospice Newsletter. We expect to publish three to four times a year for all those associated with our hospice. But in order to do that we need some help. We're looking for articles and reports. If you have thoughts you'd like to publish in the next issue, please send them along to the Office. All articles may be edited for length and content.

SPEAKERS' BUREAU

Early in 2002, the Bruce Peninsula Hospice Coordinating Committee reached the conclusion that an information campaign was needed to explain Hospice services to the general public. In March 2002, Shirley Leeder provided a list of various organizations in the Town of South Bruce Peninsula. Audrey Brown did the same for the area of Northern Bruce Peninsula. These lists included service clubs, church groups, Women's Institutes, and seniors' clubs.

Betty McIntyre and Shirley Leeder met in November 2002, and reviewed the Speakers' Kit Information which had been prepared by Marjorie Farrell and Betty McIntyre, and decided to use the draft plan as submitted.

The community organizations were placed in four groupings. Several organizations were chosen from these groupings and 12 posters were sent out - four to church groups, four to service clubs, two to seniors' clubs, one to a women's Institute and one to the Wiarton Inter-Church Group.

Several Hospice members were contacted to act as speakers when requested by any of the above groups. To date we have had four requests.

ADMINISTRATIVE CHANGES

Over twenty candidates applied for the part-time position of Executive Director of GBPCHA Inc. We welcome Rita Boulter to her new position. She is responsible for the overseeing of office operations and for continuing to build the volunteer base in ten communities in the Twin Counties.

Bev Ker will replace Marj. Farrell on the GBPCHA board.

COMING EVENT

Volunteers be aware! On May 3, '03 there is an all day Retraining Event at the Owen Sound Hospital. You'll be receiving more details on this most important day in a mailing coming soon. We hope to see you there. There will be lots of opportunity for questions and answers so be prepared with the issues that you've been wondering about.

SPEAKERS' PROGRAMME GETS UNDERWAY

At the beginning of January, Mary Kowaltschuk spoke to a group of Women's Institute Ladies at the new Zion-Amabel Church at Sauble Beach. The topic was "Hospice- Who? What? Where? When? Why?"

About 14 women were in attendance at the regular monthly meeting and all were most interested in the topic for discussion. Mary felt that it was possible to very carefully share anecdotes from both the Hospice Association of Ontario and from her own experience as a Client Care

Volunteer so that the presentation could retain a personal and compassionate tone without compromising confidentiality. Humour was also well received, and all of us know that humour is a useful tool in approaching any group.

Over coffee and cake, a number of intelligent questions were posed, moving others in the group to share personal experiences related to death and dying.

If you know of a group that would appreciate hearing about Hospice, please call the Office. This is a good way to get the Hospice word out to the Community. Also in relation to this speakers' initiative, a survey has been devised by the Communications Committee to find out just how much the community at large understands about Hospice. If you belong to an organization or club whose members would not mind filling out a Hospice survey, please call the Office to get copies.

BEREAVEMENT WALK

Plans are in place for a **Bereavement Walk** in the Lion's Head area. If the weather cooperates and the side roads are clear, the walk will take place sometime at the end of March or early April.

This walk is for anyone who has experienced the loss of a loved one and would like to participate with a group on a walk. Sharing your experiences is optional.

The walk will take place around the village of Lion's Head. The surfaces will be reasonably flat and available to all levels of walkers. After the walk there will be an opportunity to stop at a local restaurant to have a coffee and share some more time and conversation together.

Everyone grieving for a loved one is welcome. Watch for further details which will be posted in the churches at Lion's Head.



Bruce Peninsula Hospice

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NEWS FROM THE COORDINATOR

The first official Bruce Peninsula Hospice Newsletter is finally "going to print." Manfred Mewes suggested the newsletter and I am most grateful for his tolerance and patience ... and his commitment to this project. It will be an excellent communication vehicle for all of us.

Due to physical restraints and travel commitments, my role with Hospice will be curtailed---but **not** my interest. I will be away on a trip west (Comox, Victoria and Calgary) to visit friends and family from Jan21st to March 10th, 2003. I am pleased that the committee's strategies are progressing so well and that skilled administrative volunteers are developing the Hospice Office as an information center and knowledge base.

Each and every one of you has contributed to the success of Hospice in the Bruce Peninsula and we all should feel pleased and proud of our work in this area.

Many thanks to all who assisted with the hospice administration, education, volunteer programs and client care coordination. I especially appreciate the personal support and encouragement you have given to me over the past several months.

— Marjorie Farrell

GREY BRUCE PALLIATIVE CARE HOSPICE ASSOCIATION REPORT

The GBPCHA has been restructured so that there is now: a Board of Directors; a Volunteer Advisory Committee; and a Collaborative Committee.

The Board of Directors consists of 6 voting members: 3 from the volunteer sector; 3 from health care facilities/agencies; and a representative from the Pain & Symptom Management Program.

The Volunteer Advisory Committee consists of: Representatives from all 10 areas where there are volunteer hospice programs.

The Collaborative Committee consists of: Representatives from the health Care facilities/agencies (i.e. hospitals, LTCF, CCAC etc.

There have been changes in staff and a new Executive Director's position is now in place. Marie Palmer continues to consult on Pain & Symptom management and provides support to the professional training programs throughout the area.

Marjorie Farrell has been asked and has agreed to sit as an advisor on the Board of Directors and the Voluntary Advisory Committee.

NEWS FROM YOUR HOSPICE OFFICE TEAM

Ladorna Hubert, Eleanor Davis , Jane Fyvie and Bev Ker make up the team that provides background support to the Client Care Volunteers, the Coordinator, and the Bruce Peninsula Coordinating Committee.

Ladorna checks the incoming calls to the office daily and contacts the appropriate area coordinators for client related matters and also assists whenever needed , ie calling members for meetings and special volunteer events. She gives many hours a month to these tasks , what would we ever do without her ??

Eleanor, Jane and Bev take turns with office duty to sort mail, redirect incoming calls and information , collect all the data re the volunteer hours and kms driven, assist with all the mailings and special events planned for volunteers, and all the paper work necessary to help the committees run smoothly.

We are the grease for the wheels of the Bruce Peninsula Hospice Engine otherwise known as the Fearsome Foursome Administration.

CROCUSES IN WINTER

It had snowed for three days. Earth, sea and sky were enveloped in white. If there was colour in creation it was a distant memory. I had invited two women to join me for lunch at "Jay's Place," the local diner in our rural community. One of the women had lost her husband on Boxing Day: the other was approaching the anniversary of the death of a beloved daughter-in-law. I was having a bout of the "Bog Irish Melancholia," as my O'Brien mother always termed it. We were a jolly crew.



Enroute to the restaurant I stopped at the mailbox to discover the spring bulb catalogues. I was astonished. Never could I have imagined a contrast greater than the pall of endless winter around me and the indescribably gorgeous crocuses that peeped up from one of the photos. In that instant my heart began to lighten.

At the restaurant there was much "hallooing" between patrons and staff as we entered. Over lunch the conversation deepened and the spirits lifted. I felt that there was no other place that each of us was meant to be in that moment than in the third window booth at "Jay's Place." Yet again I was reminded of the unique spirit of the rural community. Its greatest liability - that everyone knows your business; its greatest asset - that everyone knows your business.

It will be many days before tiny blossoms push their way up through the snow where I live. But I have known many crocuses in winter - and their names are Eunice, Earline, Percy, Kim.....

What are their names where you live?

— Meredith Fraser

SPEAKERS' BUREAU WORKSHOP

- WHAT?**
- To build up communication skills
 - To strive for accuracy
 - To raise the profile of Hospice
 - An interactive workshop to train speakers

WHERE? The Community of Christ Church
Berford Street, Wiarton

WHEN? Wednesday, April 23, 2003
1:30 - 3:30 PM

WHY? So that we can build up a Speakers' Roster ... and after the interactive workshop you can decide whether you want to be a speaker.

Please RSVP to the Office by April 16

— The Education Committee

*The wonders of my garden are a constant inspiration to me.
Looking at a bee in a tulip makes me smile. Life is beautiful.*

— Manfred