



Bruce Peninsula Hospice Newsletter

Spring, 2006

Volunteer Appreciation Week - April 23 to 29th

THANK YOU to all Bruce Peninsula Hospice Volunteers for your dedication and time of sharing with others. Below are a few quotes to remind you how important your gift of giving is to those who receive it and to yourselves.

"Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

— *Leo Buscaglia (1924-98) American writer and educator*

"I personally measure success in terms of the contributions an individual makes to her or his fellow human beings."

— *Margaret Mead (1901-78) American anthropologist*

"Those who bring sunshine to the lives of others cannot keep it from themselves."

— *Sir James M. Barrie (1860-1937) British writer*

"In the time we have, it is surely our duty to do all the good we can to all the people we can in all the ways we can."

— *William Barclay (1546-1608) British theologian and educator*

"If you want others to be happy, practice compassion; if you want to be happy practice compassion."

— *The 14th Dalai Lama (1935 -) Tibetan spiritual leader*

"Flowers leave some of their fragrance in the hand that bestowed them."

— *Chinese Proverb*

Monthly reports

We have been advised that the GBPC Hospice Association has approved the reimbursement of volunteer client care mileage.

The Ministry of Health and Long Term Care will be basing our future funding, in part, on expenses such as mileage. That is why it is very important that volunteer activity reports get submitted at the end of **each month** to the hospice office. Activity sheets and self-addressed envelopes are available for you to record your hours and mileage. If you have run out of sheets, please telephone the office and additional copies will be sent to you. Completed activity sheets may also be returned to BP Hospice via the inter-hospital mail either in Lion's Head or Wiarton. Simply place your completed volunteer activity reports in an envelope addressed to: the Bruce Peninsula Hospice Office, Wiarton Hospital, Mary Street, Wiarton. Please make sure your own return address is clearly printed on the envelope as well.

For a recap of the client and volunteer activity for this past fiscal year, please read further in this edition of the newsletter.

This is your newsletter

Mail items for the newsletter to our editor, Donna Baker, 95 Moore St., RR3, Lion's Head, N0H 1W0 — or email Donna at <newsletter@bphospice.ca>. Deadline for the next issue is July 8, 2006 for the Summer issue.

Loss and Healing: Practical Approaches

March 2nd proved to be a very blustery day in London but luckily I was still able to find my way to King's College to attend the Loss and Healing: Practical Approaches workshop presented by the London Interfaith Counselling Centre.

Our speaker for the day was Tom Golden, a psychotherapist, author and speaker from Washington, D.C. who has worked in the field of death and dying for over 20 years. Tom spoke to us about various approaches of working with people experiencing grief and focused specifically on the differences between how men and women deal with loss.

Tom's area of speciality is masculine grief. He told us a story out of his book *Swallowed by a Snake: The Gift of the Masculine Side of Healing* about how grief can feel paralysing to the soul yet if we take control over it we can slowly work away until it becomes manageable for us.

Tom offered many practical therapy solutions for the grief counselor as well as many interesting statistics about the differences in treating men and women who are journeying through the grief process. Tom has his own web site called Crisis, Grief & Healing at www.webhealing.com worth checking out for anyone interested.

— *Kim Wagner,
Client Care Volunteer*

Bruce Peninsula Hospice



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What's New with HAO

Hospice Palliative Care Welcomes Minister's Funding Announcement

In an unprecedented announcement by the Honourable George Smitherman, Minister of Health and Long-Term Care, the Government of Ontario made a multi-year \$115 million commitment to enable compassionate, high-quality end-of-life care delivery across Ontario.

The Hospice Association of Ontario (HAO) welcomes this news and applauds the Ontario Government's significant investment in Ontario's hospice palliative care movement. By strengthening the sustainability of hospice, this investment will enable hospice palliative care organizations to deliver quality end-of-life care to those living with a life-threatening illness, and their loved ones.

Announcement highlights include:

- The Government will create a network of 30 Residential Hospices by 2008, funding nursing and personal support costs for nine existing residential hospices this year, six more in 2006/2007 and up to 19 in 2007/2008.
- Honouring a tradition of grassroots community care, volunteerism and civic engagement, the government allocated \$6 million for Volunteer Home Hospice Visiting and other Community Support Services across the province. Volunteer Home Hospice Visiting programs will receive approximately \$3 million of this allocation.

Developing a Province-Wide Approach to Local Health Integration Networks (LHINs)

Several members have asked us to highlight and distribute some of the content from the LHINs Workshop held at our annual HAO conference in September. We are pleased to accommodate that request.

Through a lively and informed panel discussion, participants engaged in a dialogue about the need to develop a province-wide approach to ensuring that end-of-life care thrives in the new world of LHINs. Panelists included John Crean, HAO Board Member and Managing Partner of National PR, Joan Lesmond, HAO Board Member and President of RNAO, Vida Vaitonis, Director of Home Care and Community Support Branch, MOHLTC and Janet Napper, Executive Director, HAO.

Vida Vaitonis presented the Government's vision of the benefits of LHINs for consumers, the community and the health care sector. Joan Lesmond presented the structure of LHINs and her view of the importance of LHINs to Ontario's hospice palliative care movement. Janet Napper spoke to the recent HAO membership survey on LHINs, which included:

LHINs Survey Key Findings:

HAO Members' major concerns and questions about LHINs:

- Building new relationships and communications
- Funding implications
- System changes and timelines
- Rural versus urban concerns, remote versus northern concerns
- Integration of communities

The role, members would like HAO to play, in developing a province wide strategy:

- Develop and communicate consistent messages
- Continue to advocate and be the provincial voice of end-of-life care

- Enable members and share promising practices as they emerge

What do HAO members wish to communicate to LHIN decision-makers?

- Demonstrate Leadership - accomplish MOHLTC goals through an interdisciplinary team approach, promoting collaboration between agencies
- Develop Resources - with front-line input, develop standardized policies and procedures, programming, strategies and research
- Provide Equitable Funding - reflect the fluidity of how and where services are provided to patients where they reside

John Crean closed the formal presentation section of the workshop by proposing a draft public policy strategy for member input. Key strategic components include:

The three key components in HAO's public policy strategy to enable hospices to become key opinion leaders in each LHIN while maintaining the Association's role at the provincial level include:

1. Create an Ontario End-of-Life Care Coalition that can be replicated in each LHIN
2. Create common messages and actions to be taken on both a provincial and LHINs basis
3. Inform MPPs about the importance of end-of-life care in their ridings

To all Hospice Volunteers

Altho' we had not intended travelling west this winter ... the Westjet Seat Sale and pleading from our youngest members of the family ... could not be ignored ... and so we were off to Calgary and Comox for a few weeks.

Yes, there was evidence of flowers popping up before we left there, and have since seen signs of bulbs poking thru' here in Hamilton. So hopefully Spring has Sprung!!!!

Prior to the trip west, I visited Ottawa during their Winterlude celebrations ,, where they had more rain than snow so the canal skating and the ice sculptures were having problems. Many disappointed families who visited that week!

Have forwarded these few words (that I read this week) because I think they apply to all hospice volunteers:

One smile can make someone's day
One step can begin a journey
One word can begin a conversation
One conversation can begin a friendship
One caring touch can show you care
One person can make a difference !
You are all making a differenceThank you!

— Marge Farrell

Therapeutic Touch Level 1 workshop

Fri. October 13 6:30 p.m. to 9:30 p.m. and
Sat. October 14 9 a.m. to 4 p.m.
Lions Head hospital boardroom (lower level)

Cost: \$12.00 for hospice volunteers
\$60.00 non hospice persons

Instructor: Evelyn MacKay from Guelph
Registration limited to 20 persons

Please call the hospice office by Sept. 5th to reserve a space 534-1260 ext 5612

Attention Client Volunteers:

Donna would like to receive your personal profile for the next newsletter if one hasn't already been done. No need to labour over it, just be yourself and tell us, in a few lines, what your interests are outside of hospice. Please do it now by writing it down and calling Donna at 793-3203 or emailing: dbaker@amtelecom.net. THANKS MUCH.

TB (Mantoux) 2 - step skin test

It has come to the attention of Hospice, that all hospital volunteers require an up-to-date Tuberculin, 2- step, skin test. Although it will be a bit inconvenient for many of us, it is for the health and safety of both the patients/clients and ourselves. Many of us move about among large groups of people from time to time so it is wise to protect ourselves & our clients rather than suffer the consequences. Information about this test and tetanus immunization was included with your invitation to our Client Volunteer spring afternoon social, April 25. In fact, the first test is conveniently timed so that you can do both in one trip to town. Please note that you must book a time with Alison Boomer at GBHS at 376-2121 ext. 2229. Her hours are 8:30 - 2:30 daily. "If you have questions concerning these requirements by Hospice, please call Aileen Haley at 534-5139"

A tetanus immunization is required every 10 years and will be available at the same time as the above testing.

Retreat Day for all client care volunteers

When: Thursday June 8th 9 am to 4 pm

Where: Manfred Mewes home, 505389 Grey Road 1 (Islandview Drive), Kemble.

Why: To learn about self-care, and to have an opportunity for sharing ideas, relaxing, and a time for reflection and meditation

Guest: Marion Neisen from Marigold's Spa in Warton will facilitate teaching self care through demonstration of reflexology, gentle massage, pedicures, manicures

Schedule for retreat day:

9 am Coffee and welcome

9:30 Demonstrations by Marion Neisen

12:30 Lunch (please bring a brown bag lunch)
beverages and dessert will be provided

1:30 Walking, gardening, conversation, etc.

3:00 Manfred will lead us in a closing meditation by the shore

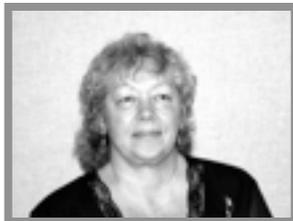
Dress in comfortable clothing, including rain jacket or umbrella in case of rain. Please RSVP to office 534 1260 ext. 5612 by May 29th

— Sheila McLaughlin

Volunteer Profiles

Laurine Gurr

Hi, my name is Laurine Gurr. I am also known to a lot of people as Reenie. I was born in Brampton and raised in downtown Toronto. I spent all my summers down in Roebuck at an Aunt and Uncles, farming, milking, haying, you name it. Loved every minute of it.



Bert and I retired up here 4 yrs. ago. We had both worked at Northern Telecom. I have two daughters, and 4 grandchildren, that I just adore. Prior to moving up here, I had lived in Caledon village.

I enjoy family first, friends, reading, golfing (when I get the chance, that is) Our house is very busy in the summer months, so I decided not to take out my golf membership this year !

I had taken the hospice course in 1996 and had been active 1997 through to moving. I am glad to be involved with it again and have met fabulous people who all have the same goals - to give back to the community and hopefully make life a little easier for others.

Betty Idle

I moved here from Toronto in 1972 and cannot imagine living anywhere else. I graduated from St. Michael's Hospital and my greatest experience was working at the Warton Hospital for 15 years.



Since my retirement in 1993 my husband and I have travelled extensively. I am looking forward to the Alaska Cruise in June and hopefully a trip to Taiwan this year to meet my youngest granddaughter.

I have six children, eleven grandchildren who keep me fairly busy with babysitting, attending school and sporting events. I belong to the Red Hatters and enjoy reading and gardening.

My friend Karole Hay encouraged me to join Hospice through which I have met many special people.

Thank you all.

Love, Betty Idle

Shirley Botting

Ed, my Husband of 54 years, and I are parents of 4 grown children, 8 grandchildren and 11 great grand children. I am involved in my church, COMMUNITY of CHRIST where I am Director of the Sunday School department and an ordained minister.



I help Ed cook meals for the public to raise money for projects and am on call for the public school breakfast program.

I sing with the Golden Tones, a group of women singers which sings at Nursing Homes, Hospitals, and sometimes The Salvation Army. We enjoy singing the old songs that the Residents like to hear.

I have made 10 or 11 patch work quilts over the past few years, mostly for our family.

Shirley Leeder

Born & raised on Bruce Peninsula. Attended high school in Warton. Have lived in Warton for 48 years of our 54 married years. Have been an active volunteer since the early 1950's including CGIT, Brownies, IODE, Women's Institute, Hospital Board, and a member of the town council for 5 years. Became a hospice volunteer in 1998, because I felt I had something to offer to those who have special needs at a trying time in their lives. I always have some sort of craft project on the go: knitting or crocheting articles that someone needs such as pneumonia vests or teddy bears for the Samaritan's purse Christmas boxes. My husband and I have two sons and 4 granddaughters. We lost our daughter to cancer 7 years ago.



Courses

Wendy McEwan, Volunteer Resources Manager, of GreyBruce Palliative Care Hospice Assn., is currently running the following two courses. There are nine people taking the Level one HAO (Hospice Assn. of Ontario) course at Gateway Haven, in preparation to becoming client care volunteers for Bruce Peninsula Hospice and three of our Client Care volunteers are participating in an advanced level one course at Owen Sound.

The workshops, on Bereavement and Death & Dying, planned by Grey Bruce Palliative Care Hospice Assn. are delayed until fall 2006

Books

Caregivers Guide for End of Life Care — a new publication available through the office of GBPCHA or our local Hospice office.

Meetings:

April 25, 2006: Client Care Volunteer Meeting for support and sharing of ideas at Gateway Haven Long Term Facility (in the Library) 671 Frank Street, Wiarton. Come out and enjoy a spring afternoon social with caring friends. There will be care-giver videos and information updates as well as refreshments.

September 15-17, 2006: The Annual Hospice Association of Ontario (HAO) Conference will be held again at Nottawasaga Inn, Alliston. If you have an interest in attending, please contact the Hospice office 534-1260 ext. 5612 a.s.a.p. with a message and someone will get back to you.

Dates to mark on your calendar

May 7: Annual Hike for Hospice, If you would like to take part in this event, please contact the GBPCHA at gpbcha@bellnet.ca or call 376-0419 as only one hike will be held this year based at Harrierson Park Community Centre in Owen Sound. Any support would be greatly appreciated.

June 8: (9 a.m. to 4 p.m.) Spring retreat day for client care volunteers at Manfred Mewes' home in Kemble. The morning session will be one of instruction on self care and relaxation with facilitation of a licensed reflexologist, Marion Niesen from Marigolds Spa in Wiarton. A Potluck luncheon will be followed by opportunity for networking, walking, gardening, etc. ending with meditation and reflection by the shore

October 13 & 14: A Therapeutic Touch workshop is planned with instructor Evelyn McKay from Guelph. Ideal number of participants is 20 persons. More info to follow.

Bruce Peninsula Hospice Volunteer Hours/Travel Record

	Client Care Visit				Adm	Educ	Travel			Totals	
	Visit		Travel	Total			Total		Hrs	Km	
	Hrs	km	Hrs	Hrs			Hrs	Km			
Apr 05	185	374	70	255	64	0	6	534	70	325	908
May 05	48	293	8	56	103	2	16	940	121	177	1,233
Jun 05	31	72	1	32	100	51	16	1,124	167	199	1,196
Jul 05	10	8	1	10	44	18	2	240	64	74	248
Aug 05	38	319	6	44	34	18	5	218	57	101	537
Sep 05	23	8	1	24	58	33	12	943	103	126	951
Oct 05	21	209	6	27	207	0	32	1,734	239	266	1,943
Nov 05	71	706	15	86	129	0	11	732	140	226	1,438
Dec 05	25	366	6	31	71	0	14	880	84	115	1,246
Jan 06	54	427	9	63	108	0	4	483	116	179	1,000
Feb 06	9	113	2	11	69	0	5	361	73	84	474
Mar 06	13	6	1	13	37	0	2	154	39	52	160
Total	528	2,901	126	652	1,024	122	125	8,343	1,273	1,924	11,334

The Joys of Volunteering

- ★ Answering a need
- ★ Building lasting relationships
- ★ Caring for others
- ★ Developing new skills
- ★ Earning respect and admiration
- ★ Feeling good about yourself
- ★ Giving back to the community
- ★ Hearing 'thank you!' from all those you help
- ★ Inspiring others with your dedication
- ★ Joining the millions like you in improving the world
- ★ Keeping active and involved
- ★ Lifting spirits
- ★ Making great use of your time and talents
- ★ Noting the difference your efforts make
- ★ Opening doors to new experiences
- ★ Putting your compassion into action
- ★ Quietening others' worries and fears
- ★ Reaching out to people in need
- ★ Spreading smiles wherever you go
- ★ Touching lives forever
- ★ Understanding people better
- ★ Vitalizing programs with your service
- ★ Warming hearts with your kindness
- ★ Xploring new opportunities
- ★ Year-round appreciation
- ★ Zeroing in on what's important
- ★ Being part of the solution!