

## **Demand for Quality End-of-Life Care Grows in Ontario**

**As Ontario's population ages, the need for quality end-of-life care escalates. Each year more than 248,000 Canadians die<sup>1</sup>, with an estimated 160,000**

**needing hospice palliative care services the Canadian Hospice Palliative Care Association projects. We estimate that each death will immediately affect another five people. If current trends continue, in 20 years, two Canadians will be diagnosed with cancer and one will die every five minutes.<sup>2</sup>**

**As the number of people with life-threatening illness continues to escalate, the number of people available to care for them continues to diminish. Hospice care provides much needed relief for informal caregivers, providing practical human comfort, emotional, psychological and spiritual support to patients and their loved ones – hospice integrates compassionate care in a variety of settings. The need for hospice volunteers continues to grow – currently 13,300 volunteers dedicate 630,000 hours of service each year in more than 450 communities throughout Ontario. Statistics Canada estimates one out of every two Canadians of working age will be caring for a loved one at home in the next generation.**

**A recent Ipsos Reid study reported that Canadians estimate that 54 hours per week would be needed to take care of a dying loved one in their**

**homes.<sup>3</sup> Eight in ten Canadians agree that people should start planning for end of life**

**care when they are healthy.<sup>4</sup>**

Notes:

1 Population Projections for Canada, Provinces and Territories – 2000 – 2026, Statistics Canada, Catalogue #91-520, p. 124

2 Campaign to Control Cancer, HYPERLINK "<http://www.cancerforum.ca/eng/index.html>"  
[www.cancerforum.ca/eng/index.html](http://www.cancerforum.ca/eng/index.html)

3 Ipsos-Reid Survey. Hospice Palliative Care Study: Final Report, The GlaxoSmithKline Foundation and the Canadian Hospice Palliative Care Association, January 2004 p.30

4 Ipsos-Reid Survey. Hospice Palliative Care Study: Final Report, The GlaxoSmithKline Foundation and the Canadian Hospice Palliative Care Association, January 2004, slide presentation

Dee Burnlees, Bruce Peninsula Hospice Volunteer, attended and wrote the following:

“I was among a number of Bruce Peninsula Hospice volunteers who attended the Kennedy Estate presentation at the Sauble Community Centre August 29. Guests overflowed the dozen round tables set out, and they included Bill Murdoch, Carl Noble, (and two tables from BP Hospice). Following a eulogy read by a Kennedy relative, Catherine Laing and James McKay as the Kennedy Executors made the presentations to the 4 main groups receiving bequests. They also read the names of 10 other organizations that received lesser bequests.

Tom Whitcroft with Betty McIntyre received the substantial cheque for Hospice, and each said a few words of appreciation. Following all the presentations a delicious lunch was served. What a treat for those attending, and what

inspirational gift giving by the Kennedy's. Perhaps it will remind others to return to the community that which was garnered from a life working in it.”

## **End-of-Life Care:**

### **Provincial and Canadian Facts & Figures**

**Bruce Peninsula Hospice Newsletter, Fall 2006**

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## **Bruce Peninsula Hospice Newsletter, Fall 2006**

# Hospice Newsletter

Fall, 2006

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#### This month:

More volunteer profiles

Shirley Botting received the 2006 June Callwood Award

2006 Service Awards

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The statistics we submit are used to apply for  
government funding!

## STATISTICS

## THE HOSPICE ASSOCIATION OF ONTARIO (HAO)

## CONFERENCE

17th Annual HAO Conference was held Sept. 15 & 16, 2006 at Delawana Inn Resort, Honey Harbour. BPH volunteers Mary Busey, Laurene Gurr, Aileen Haley, Betty McIntyre and Kim Wagner attended. All enjoyed the experience and won the first ever scavenger hunt!

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Thank you to all of you who were able to attend the 17th Annual Conference on September 15th & 16th at the Delawana Inn in Honey Harbour and make it such a huge success! This year we welcomed almost 200 participants to our Friday sessions and almost 225 to our Saturday "Day of Awards and Celebrations." From the opening ceremonies on Friday morning, through the sunset cruise and bonfire on the beach to the lunch on Saturday in honour of our 42 June Callwood award winners, the Delawana Inn was alive with the sound of laughter and the "buzz" created by our speakers. Our Scavenger Hunt participants added to the celebratory mood as they got their creative (and competitive!) juices flowing completing their required tasks. We witnessed outstanding results from all teams! Congratulations to our hospice members receiving Level 1 and Level 2 Accreditation Certification. The second annual David Chilton Award Recognizing Innovation and

Leadership in Hospice Palliative Care was awarded to Ian Farr, Hospice Durham for his visionary work in developing a computerized Hospice Case Management System. Most honourable mention belongs to the two runners-up, Judith Barker, Hospice Niagara and Fran Hill, Hospice Huroia for their outstanding leadership and innovative approaches to advancing the hospice palliative care movement in Ontario. This is the first year in almost ten that Janet Napper, previous Executive Director of the Association of Ontario was not in attendance. Delegates offered tribute and warmest wishes to Janet as she travels down new paths. With great sadness, the delegates also offered their thoughts and best wishes to June Callwood who was unable to attend. During the Awards Ceremony, which was named in her honour, delegates viewed a presentation of reflections and comments offered by previous and current June Callwood Award winners and HAO members. June has touched the lives and hearts of many. The Annual General Meeting was held Saturday morning and Bruce Peer, Chair of HAO's Board of Directors conducted the business of the corporation and outlined activities that HAO was undertaking on behalf of the membership. Members welcomed John Crean as incoming Chair of the Hospice Association. Special thanks goes to your Conference Committee; to Tara Addis for coordinating the Residential Hospice Network Meeting on Thursday evening and lunch with Charles Beer on Friday and for generally being everywhere all the time to help with

everything; to Kecia Forbes for her technical support and assistance with our in house data management; to Paula Neil for attending to the “General Store” and for ensuring the business of the AGM runs smoothly; and to Maria Reyes for managing and coordinating the registration process. HAO will be distributing copies of the power point presentations in the near future. Just a reminder to return your evaluation form to HAO if you have not done so already. For those of you who have, thank you for your suggestions. Watch for information regarding our upcoming Leadership Learning Series Workshop on October 27th. The Workshop will be led by Chris Ward, Riverhorse America and stemming from the previous Workshops, the focus will be on developing a common message. Please join us!

Sincerely,

Denise Larocque

Director, Educational Initiatives

### 1. Opening Keynote speaker was Linda Okwell-Jenner

Topic: “Planting the seeds of change”

If we all plant just one seed, think how many changes we can make.

Six steps for living with Life’s challenges:

1. Face your challenge - understand that something is wrong in your life and you are going to deal with it.
2. Accept the visitor - Think of the challenge as a visitor. Seldom do visitors stay forever
3. One day at a time - some days will be cloudy, some days will be sunny. Fair weather is on its way shortly
4. Set goals - Climb the first step today. Tomorrow take the second step.
5. Talk about your challenge - share your fears, hopes and dreams. This helps you to shoulder them and they feel lighter.
6. Show the visitor the door - This may not be the last challenge in your life but show it out the door anyway.

“As you help other people, you are helping yourself.”

“Body, mind & spirit all working together.”

Linda shared her secret to a positive and more fulfilled life ([linda@motivationalsteps.com](mailto:linda@motivationalsteps.com))

### 2. The LHINs (Local Health Integrated Networks) one year later: presented by Charles Beer

Charles Beer is presently a member of the Hospice of Ontario Board of Directors and as such is an avid promoter and supporter of hospice.

LHINs is government driven to provide community based care, reflecting the needs of each community and is locally funded. In this session, we were provided with an overview of the first year of LHINs in Ontario. It was emphasized to us how important it is for us all to be actively involved in promoting the local health needs of our communities especially in regard to provision of hospice care.

### 3. Conversations in Paediatric Palliative Care - What do I say? and To whom do I say it?

presented by Dr. Christine Newman

During this session, “Chris” discussed with us how to enter into conversation about death and dying with children and their families. The important issue of truth—telling to children was also discussed. Truth-telling to children is important because it respects children as people, it fosters

trust and children are less afraid when they know, which may help them to cope. It is important to develop a personal approach to talk with a child about death and dying.

#### 4. Organizational Ethics in Community Health:

presented by Frank Wagner

The importance of health care ethics has become even more evident as it applies to the delivery of community health care, in particular, hospice palliative care. This is due in part to increased government and public pressure for change, increased caseload and complexity of health issues, increased aged population and the impact of medical technology. It is important for community agencies to practice the basic elements of clinical, organizational and research ethics in community health settings.

**Inn on the Bay**  
**November 22, 2006**  
**@ 8:30 a.m.**

**9:00 a.m. - Introduction**

**followed by**

**Presentation - Residential Hospice Study**

**Lunch**

**Breakout Groups - 'Where do we go from here'**

**Business Meeting**

On Monday, September 25th the Federal Government announced more than \$1 Billion dollars in spending cuts that have impacted hospice palliative care in Canada. On Monday the CHPCA (Canadian Hospice Palliative Care Assn) learned that the 2006-2007 budget for the Secretariat on Palliative and End-of-Life Care (Health Canada) was confirmed at only \$470,000 plus an additional \$300,000 in pending funding. This amount is significantly lower than the \$1.7 Million dollars provided for the previous year's budget. This funding cut will substantially reduce the ability of the Secretariat's National Strategy Working Groups to move forward with their work. At the CHPCA Annual General Meeting held Monday evening, the membership unanimously approved a resolution calling on the federal government to reinstate the funding of the Secretariat to the level of \$1.7 Million dollars, and ultimately to create sustainable long-term funding of hospice palliative care in Canada. On Tuesday, Sept. 26th the CHPCA released the attached media advisory which includes the text of the CHPCA resolution. The CHPCA has received positive media interest from this media advisory including an interview with Dr. Larry Librach, CHPCA Vice-President, on the CBC national radioprogram As It Happens. It's time to raise our collective voice to let the Minister of Health know that this situation cannot continue. The CHPCA Board of Directors is calling on all CHPCA members to voice your concern regarding the drastic cutting of the budget for the Secretariat on Palliative and End-of-Life Care. The Health Minister needs to hear from you. We encourage all CHPCA members, programs and services to write to the Health Minister with your demand for the reinstatement of the Secretariat's budget, and that Health Canada take a leadership role towards the creation of a sustainable, comprehensive and long-term \$20 Million national strategy for hospice palliative care.

Please find the Minister of Health's contact information below:

The Honourable Tony Clement  
Minister of Health  
Minister's Office  
Brooke Claxton Building  
70 Columbine Driveway  
Tunney's Pasture  
Postal Locator 0906C

Ottawa, Ontario  
K1A 0K9  
E-mail: minister\_ministre@hc-sc.gc.ca

Together we can make a difference.

Thank you for your support.

Patricia Van Den Elzen  
President, CHPCA

**submitted by Sheila McLaughlin**

On Saturday October 14th at Lion's Head Hospital, 10 persons participated in the Level 1 TT workshop under the capable leadership of Evelyn MacKay, a qualified instructor from Guelph, and chairperson of the Therapeutic Touch Network of Ontario. The day was spent listening to the interesting personal experiences with TT that Evelyn has had in her 22 years of being a TT practitioner. The group learned that all human beings have an energy field around them which can contain the mental, physical, emotional and spiritual aspects of a person. When the energy field is in balance, energy flows inward and outward freely, and the body remains in a state of good health. Discomfort and illness may occur when there is an imbalance or disequilibrium of the flow of this energy.

Through the demonstration of therapeutic touch, Evelyn taught the group how to carefully assess these imbalances in the person's field, and with movement of the hands of the TT practitioner, a person can be assisted to restore their own defense mechanisms, and to move them toward better health. The group spent time practicing the TT skills, and provided useful feedback to each other.

It was felt by the participants, that it was a day well spent learning the Level 1 TT skills which could be utilized in our work as hospice volunteers, and in our personal lives. At the end of the workshop, Evelyn presented certificates to the group, and encouraged the development of a practice group under the leadership of Joan Hay, a TT practitioner who lives in Lion's Head.

**Joan has arranged for practice sessions to be held at the Lion's Head Hospital starting November 20, 1:00 to 2:30 p.m.**

**BETTY NELSON**

I am enjoying living in Wiarton, having moved in December 2005 from Paris, Ontario.

Thanks to Aileen Haley, who 'twisted my arm' one day while volunteering at Gateway Haven, for suggesting I take the Hospice Palliative Care course. I've met many nice people and have just completed my first volunteer hours.

I transferred my membership in Beta Sigma Phi sorority from Paris and usually we meet in Oliphant. I've found a home at St. John's United and as yet have resisted getting on any committees - that's difficult for me.

In my spare time, I enjoy knitting, sewing, quilting, reading and join in many of the events held at Limpert Lodge such as bingo and shuffleboard.

I have worked in four provinces in office work or as nursing assistant. My four children live within three hours drive and there are seven super grandchildren who visit and love the many places here to play and explore.

Now if I can only remember the names of all the people I've met; that will be my next objective!

## Thank you HAO Conference Delegates!

Submitted by:

Denise Larocque,

Director, Educational Initiatives Hospice Association of Ontario

### Contact HAO

Hospice Association of Ontario  
2 Carlton Street, Suite 707  
Toronto, Ontario, Canada, M5B 1J3

**MAIL**

TELEPHONE 416 304-1477 or 1-800-349-3111  
(an answering machine is available to leave messages after hours)  
FAX : 416-304-1479

Email: [info@hospice.on.ca](mailto:info@hospice.on.ca)

## The Marine's Father

THIS IS YOUR NEWSLETTER

Please mail items for the newsletter to editor,

Donna Baker, 95 Moore Street, RR#3,

Lion's Head, N0H 1W0

or e-mail <[newsletter@bphospice.ca](mailto:newsletter@bphospice.ca)>

Deadline for the next  
issue is March 1, 2007.

If we have not yet done your volunteer PROFILE, PLEASE  
SEND A FEW LINES ABOUT YOURSELF

to Donna for inclusion in the next  
newsletter.

A nurse took the tired, anxious serviceman to the bedside.

"Your son is here," she said to the old man. She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital—the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her. "Who was that man?" he asked. The nurse was startled, "He was your father," she answered. "No, he

wasn't," the Marine replied. "I never saw him before in my life." "Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed." The next time someone needs you just be there. Stay.

We are not human beings going through a temporary spiritual experience.

We are spiritual beings going through a temporary human experience.

BRUCE PENINSULA HOSPICE

Address: 369 Mary Street

Warton, ON, N0H 2T0

Phone: (519) 534-1260,

Ext. 5612

Fax: (519) 534-4450

E-mail: info@bphospice.ca

Website: www.bphospice.ca

**Tom Whitcroft and Betty McIntyre in receipt of the bequest donated by the Kennedy Estate to Bruce Peninsula Hospice**

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If you would be interested, we could discuss  
Grief and Bereavement at one of our volunteer get togethers.

Let the office know:

519-534-1260 ext. 5612

## **HAO Conference — continued ...**

**- by Aileen Haley**

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## **FEDERAL GOVERNMENT ANNOUNCED FUNDING CUTS**

### **Our Sympathies and Condolences**

**to Shirley Leeder upon the death of her brother Donald Ashcroft.**

**to Carol Cairns upon the death of her husband Orval Cairns.**

**to Ann Sanders upon the death of her husband Ian Sanders.**

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## **Therapeutic Touch Workshop**

### **APPRECIATION LUNCHEON AND SERVICE AWARDS**

This beautiful, very well planned day long symposium was held Oct. 10/06 at Chippewas of Nawash Community Centre, Cape Croker Reserve. The speakers were well chosen and

excellent. The grade 7 and 8 classes from the local school attended.

Our Bruce Peninsula Hospice had 8 representatives while other hospice represented were Markdale and Kincardine. Unfortunately, attendance from the general public was low. A note of appreciation was sent from BPH.

## HIV/AIDS Symposium

**HIV stands for 'human immunodeficiency virus'. HIV is a retrovirus that infects cells of the human immune system (mainly CD4 positive T cells and macrophages—key components of the cellular immune system), and destroys or impairs their function. Infection with this virus results in the progressive depletion of the immune system, leading to 'immune deficiency'.**

[www.therapeutictouchnetwork.com](http://www.therapeutictouchnetwork.com)

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BETTY NELSON

## VOLUNTEER PROFILES

During the past year, I had the pleasure of moving back to the Bruce Peninsula (Oliphant) and of meeting some new folks when I took the Hospice Orientation Course. My husband, Paul, and I raised our two daughters in Kitchener where we both taught for the Catholic School Board. Each spring, we continue to be involved in the organization and running of Track and Field meets for the school board....a great time to see old friends. Visiting Nicole in Ottawa or Jacki and Curt in Kitchener is a favourite pastime. For February and March, we head south to enjoy some fun in the sun.

Our first year living in Oliphant has been wonderful. In my free time, I enjoy knitting, reading, caning (in the summer), swimming and, oh yes, learning to garden. I continue to look forward to meeting more new friends through my involvement with Hospice.

**BARB LAVIGNE**

- no picture available

Laughter is the sun that drives winter from the human face. -V. Hugo

Please understand the importance of submitting your Client Care hours along with travel time and the kilometres to and from your client or meetings. The Client Care Hours are used to apply to the government for yearly funding, and while the distances traveled are also part of the statistical data collected, you will also be reimbursed for mileage at year end. PLEASE REMEMBER TO FILL OUT YOUR STAT FORM ON THE LAST DAY OF EVERY MONTH, address it to BPHospice, 369 Mary Street, Wiarton, N0H 2T0 and drop it in to either Wiarton or Lion's Head hospitals or pop it into the mail - whatever works for you. Thanks very much for your cooperation and understanding!

**Submitted by: Laurine Gurr** A group of us attended the HAO Conference in Sept. up in the Muskoka's. I was very fortunate to have been one of the person's attending this very informative and well organized conference. We enjoyed attending different workshops and the award ceremonies that were all part of this special event. The workshops I attended were "Honouring All There Is" which was done by Maureen Talbot. She covered the Elements of Creating a Sacred Space...which entailed the caring and needs of the client. Very informative and well put together. Point of information was the Hospice had originated way back in 1491 in France..at the Hotel Dieu, although it wasn't known at that time as "Hospice" as we know it today. Another class was "Laugh for the Health of It" given by Shelley King. I didn't really

get a whole lot out of this classroom. I felt that they should have dealt more with discussion on keeping a sense of humour throughout troubling times. It was based on participating in

silly things with the rest of the classroom, to initiate laughter.

This is a classroom that really needs to be revamped if it is going to be useful. The 3rd classroom was "Love, Listening and Learning" This classroom was given by Dr. Brian Berger. I cannot say enough about this man! He is a very caring and loving individual and it was a great pleasure indeed, to meet this man. He held your attention from beginning to end, and I could have listened to him, all day. He is a man with considerable compassion and knowledge of the terminally ill. He spoke from experience and is a hands on guy. He is one of the few doctor's who can relate to the Hospice movement , and is very active within it. He also trains other doctor's and nurses on palliative care and oversees a 14 bed hospice facility. His wife Marilyn is also very active and attended the conference, she herself received one of the

June Callwood awards for an outstanding Hospice Volunteer. The entertainment and the meals and staff at the Delawana Inn was all superb. I would also like to say that I couldn't have had a better group of ladies to go away with and attend such a conference with. I would go away with any of them again in a heartbeat. Thank you ladies for all your sharing and for the opportunity to get to know each one of you a little better !

**Did you know?** ...The Hospice Association of Ontario (HAO) is Canada's largest volunteer hospice organization, consisting of more than 180 community-based volunteer organizations providing high-quality, compassionate end-of-life care for individuals living with a life-threatening illness, and those who care for them.

**HAQ STAFF**

Interim Executive Director:Denise Larocque  
Director, Educational Initiatives:Denise Larocque  
Senior Administrator:Paula Neil  
Coordinator, End-of-Life Information Service:Rob S. Beauchamp  
Administrative Assistant:Maria Reyes

**ANNUAL GENERAL MEETING OF  
GREY BRUCE  
PALLIATIVE CARE HOSPICE  
ASSOCIATION**

**We are encouraging all  
volunteers to attend this  
meeting.**

**Our hospice is under the umbrella of Grey Bruce.  
Cost of membership, enabling you to vote, is \$10.00.**

**If you have not received your invitation in the mail, please call our office  
at 519-534-1260 ext. 5612.**

**Thirty one volunteers attended the Volunteer Luncheon held at the  
Waterview Resort on Sept. 27, 2006.**

Thanks to the Community Living Puppet group, directed by new BPH volunteer, Gerry Van de Bovenkamp, which provided the entertainment.

Five year awards went to: Carol Cairns, Aileen Haley, Jane Keeling-Ribbel, Bonnie Lunz

(absent), Shirley Botting, Jane Fyvie, Betty Idle and Donna Baker (absent).

Ten or more years went to: Betty McIntyre & Marjorie Farrell (14 years), Carol Beggs (absent), Ladorna Hubert and Susanne Smith (12 years)

A June Callwood 2006 award was presented to Shirley Botting, seen here receiving her medal at the HAO conference.  
Congratulations Shirley - many thanks for your dedication and commitment to Bruce Peninsula Hospice.

**Jane Fyvie, Tom Whitcroft and Aileen Haley chat with other guests at the Kennedy Estate reception in September.**

**AIDS stands for 'acquired immunodeficiency syndrome' and describes the collection of symptoms and infections associated with acquired deficiency of the immune system. Infection with HIV has been established as the underlying cause of AIDS. The level of HIV in the body and the appearance of certain infections are used as indicators that HIV infection has progressed to AIDS.**

### **Bruce Peninsula Hospice Newsletter, Fall 2006 Hospice Newsletter**

Twenty four volunteers attended this event at Central Church Hall in Lion's Head on September 5, 2006.

After announcements of upcoming events, Sheila McLaughlin discussed the Green Binder from CCAC which will be in a client's home. It contains the Palliative Performance Scale (PPS) sheets and the Edmonton Symptom Assessment System (ESAS). The PPS determines where the client is...with 100% being fairly active and alert and 0% equalling death. Medical staff, use this scale to determine the care that the client needs while ESAS is the tool used to determine the level of pain and other symptoms - this information is graphed. If there is a change of 30% then the co-ordinator and nurse involved need to be notified. A death certificate is also in the front of the Green Binder. A nurse can pronounce the death of the client but the doctor has to sign the certificate. This binder is a communication book containing vital information about the client. Hospice volunteers are encouraged to look at it but the information is CONFIDENTIAL. Contact numbers for people working with the client are included and the Purple Paper determining the care to be given in the client's final days is also in the Green Binder. If the request is DNR (Do not Resuscitate) then volunteers are NOT to call 911. The volunteer is to call the nursing staff in charge of the client and then call their Hospice coordinator.

Volunteers can check with family members whether or not they would like them to remain with the deceased until other family members arrive. Hospice Volunteers may write in this book if they see a significant change in the client, but they also have their own Hospice Book for the client which is to be kept with the Green Binder. Flu Shots, TB Skin Tests and Photo ID's were discussed. Flu Shots are recommended for all volunteers. These are a necessary requirement of hospitals and nursing homes. If you have not had your photo ID done, someone with a camera will catch up with you at an upcoming meeting! Hopefully, we will be getting our photo ID name tags in the near future.

Several case studies were discussed in small groups before consolidating ideas.

Major points arising were:

- 1/ Contact your coordinator whenever a problem arises or you are in doubt.
- 2/ Remember you have signed an oath of confidentiality - a client is only to be discussed with your coordinator or fellow volunteer assigned to the same client.
- 3/ Volunteers are not to ask probing questions of the client...let the client lead the discussions and remember the client may just want to relax and not talk.
- 4/ Gifts from client??? Accept only those you can eat, drink or plant! In lieu, you may suggest that the client make a donation to the Bruce Peninsula Hospice.

Office volunteers, Bev Ker, Eleanor Davis, Jane Fyvie and Ladorna Hubert explained their roles and a little of the history of BP Hospice along with the makeup of the Palliative Care Community Coordinating Committee (PCCCC) committee as

follows:

Chair: Tom Whitcroft,

Vice Chair: Bev Ker,

Secretary: Jane Fyvie,

Treasurer: Bill Mackenzie,

GBPCHA Advisory Committee Representative: Aileen Haley,  
Newsletter: Donna Baker & Kim Wagner (new since the meeting),  
Volunteer Committee Chair: Sheila McLaughlin,  
Resource Person: Marjorie Farrell

The afternoon ended with a discussion which followed a Video called The Gift of Understanding narrated by Doug Manning.

## CLIENT CARE & OFFICE VOLUNTEER MEETING REPORT

### VOLUNTEER SUPPORT MEETING FOR WIARTON VOLUNTEERS

Volunteer support meetings are held several times a year. These meetings allow the group to share their experiences with each other and learn something new. Volunteering is a great way of meeting new people with similar interests and values. Please consider joining us!

The next meeting will be held in Wiaraton February 6th.

To listen carefully...this can be our greatest gift to one we love. - E. Latimer

Volunteers are not paid -- not because they are worthless, but because they are priceless.

### PLEASE MARK THESE DATES ON YOUR CALENDAR NOW

November 4, 11 a.m. - 3 p.m. - The Lion's Head Hospital Auxiliary is holding their Fall Bazaar. BP Hospice will be selling sandwiches to people wishing to have lunch with their 'tea' and 'squares' in the tea room. This is a fun day with tables of

baking, used items, raffles, (penny & regular) and a silent auction. Bring a friend along for lunch.

**A VOLUNTEER** is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand-namely, being aware of another's needs and doing something about it.

A friend is one who comes in when the whole world  
has gone out.  
author unknown

***The difference between  
ordinary and extraordinary  
is just that little extra.***

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Donna Baker, Aileen Haley and Jane Fyvie attended this day workshop held at and sponsored by Grey Bruce Cremation and Burial Services on 2nd Avenue West in Owen Sound.

The workshop objectives were:

- 1/ To understand how our personal losses can hold valuable information in learning to respond to the bereaved.
- 2/ To gain a deeper knowledge of the processes and responses to grief and learn the practical application of this knowledge.
- 3/ To become aware of the possible losses and fears a person living with a terminal illness may experience.
- 4/ To grasp the significance and begin to practice the supportive behaviour of "being present".

We learned that there are three phases of Grief:

- 1) Walking the Edges: When a Death Occurs - facing the reality of death
- 2) Entering the Depths: Adjusting to Loss
- 3) Reconnecting with the World: Mending the Heart

All people grieve differently and at different times. Most will travel in and out of these phases. Some people may grieve quickly and with less intense emotionality while others may need a longer time to adjust. It is important to be sensitive to these issues. If someone appears to be having greater difficulty coping, professional assistance should be sought.

Things NOT to say to a grieving person:

- I know just how you feel
- It was God's will
- Be happy that their suffering was over
- You will get married again
- Life is for the living
- You will be a better person for this experience
- You must count your blessings
- You're doing so well
- You're so strong
- Be glad that you have other children
- We all have to die sooner or later

*When I spill some food on my nice clean dress or maybe forget to tie my shoe*

Please be patient and perhaps reminisce

About the hours I spent with you  
When I taught you how to eat with care  
Plus tying shoe laces and your numbers too  
Dressing yourself and combing your hair  
Those were precious hours spent with you  
*So when I forget what I was about to say*  
Just give me a minute - or maybe two  
It probably wasn't important anyway  
And I would much rather listen to you  
*If I tell a story one more time*  
And you know the ending through and through

Please remember your first nursery rhyme  
When I rehearsed it a hundred times with you  
*When my legs are tired and it's hard to stand or walk the steady pace I would like to do*  
Please take me carefully by the hand  
And guide me now as I did for you.  
Anonymous

## GRIEF AND BEREAVEMENT WORKSHOP held on SEPTEMBER 23/06

**Bruce Peninsula Hospice Address: 369 Mary Street  
Warton, ON, N0H 2T0  
Phone: (519) 534-1260,  
Ext. 5612  
Fax: (519) 534-4450  
E-mail: [info@bphospice.ca](mailto:info@bphospice.ca)  
Website: [www.bphospice.ca](http://www.bphospice.ca)**

Adele Brown, Psychotherapist, of Adele Brown Counselling Services (519) 376-0557, specializes in individual Counselling & Mediation and is a Certified Grief Therapist.

### **FOR LEXOPHILES**

(LOVERS OF WORDS)

A will is a dead give away.  
Time flies like an arrow; fruit flies like a banana.  
You are stuck with your debt if you can't budge it.  
He broke into song because he couldn't find the key.  
A calendar's days are numbered.  
A boiled egg is hard to beat.  
When she saw her first strands of gray hair, she thought she'd dye.

Bakers trade bread recipes on a knead to know basis.

**To My Children**  
**KIM WAGNER**

I moved to Sauble Beach 10 years ago with my husband Rob and our three children Steve, Adam and Kate. I grew up in Waterloo and although I enjoy going back to visit I have grown quite accustomed to our beautiful surroundings on the Peninsula. My husband and I keep ourselves busy with our pizza businesses and I also do some part time work for the Sauble Beach Chamber of Commerce. In June of 2006 I graduated from Wilfrid Laurier University with a Bachelor of Science Degree majoring in Psychology. This was a 17 year journey for me which I thoroughly enjoyed. One of the reasons I love volunteering with Hospice is because of the many opportunities we have to continue our journey of learning. I hope one day to complete the graduate program at King's College of Western University in Grief and Bereavement studies and eventually make a career out of the work I love to do with Hospice.

**VOLUNTEER EVALUATIONS**

These are in progress. If you haven't sent yours in to our office, please do so immediately. We need to receive your signed copy. Send to: Bruce Peninsula Hospice, 369 Mary Street, Wiarton, Ontario N0H 2T0. They may be dropped off at either Lion's Head or Wiarton.

Thank You for your input!

**Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others. - Danny Thomas**

**The highest reward for a person's work is not what they get for it, but what they become because of it. -- John Ruskin**

The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.

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A drunk man in an Oldsmobile  
They said had run the light  
That caused the six-car pileup  
On 109 that night.  
When broken bodies lay about  
"And blood was everywhere,"  
"The sirens screamed out eulogies,"  
For death was in the air.

"A mother, trapped inside her car,"  
Was heard above the noise;  
Her plaintive plea near split the air:  
"Oh, God, please spare my boys!"

She fought to loose her pinned hands;  
"She struggled to get free,"  
But mangled metal held her fast  
In grim captivity.  
Her frightened eyes then focused  
"On where the back seat once had been,"  
But all she saw was broken glass and  
Two children's seats crushed in.  
Her twins were nowhere to be seen;  
"She did not hear them cry, "  
"And then she prayed they'd been thrown free, "  
"Oh, God, don't let them die! "  
Then firemen came and cut her loose, "  
"But when they searched the back, "  
"They found therein no little boys, "  
But the seat belts were intact.

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## On Highway 109

We are all angels in training.

Angels can't read music, they wing it!

on  
December 12, 2006  
beginning at

5:30 PM

at

St. Thomas Aquinas Church Hall

Wiaraton, ON

*Please Join Us*

For the Annual

## **Christmas Pot Luck**

They thought the woman had gone mad  
"And was traveling alone, "  
"But when they turned to question her, "  
They discovered she was gone.

Policemen saw her running wild  
And screaming above the noise  
"In beseeching supplication, "  
Please help me find my boys!  
They're four years old and wear blue shirts;  
"Their jeans are blue to match""  
"One cop spoke up, ""They're in my car, "  
And they don't have a scratch.

They said their daddy put them there  
"And gave them each a cone, "  
Then told them both to wait for Mom  
To come and take them home.

"I've searched the area high and low, "  
But I can't find their dad.  
"He must have fled the scene, "  
"I guess, and that is very bad."  
"The mother hugged the twins and said, "  
"While wiping at a tear, "  
"He could not flee the scene, you see, "  
"For he's been dead a year."  
"The cop just looked confused and asked, "  
"Now, how can that be true? "

"The boys said, ""Mommy, Daddy came "  
"And left a kiss for you."" "  
He told us not to worry  
"And that you would be all right, "  
And then he put us in this car with  
"The pretty, flashing light. "  
"We wanted him to stay with us, "  
"Because we miss him so, "  
"But Mommy, he just hugged us tight "  
And said he had to go.

He said someday we'd understand  
"And told us not to fuss, "  
"And he said to tell you, Mommy, "  
"He's watching over us."  
The mother knew without a doubt  
"That what they spoke was true, "  
"For she recalled their dad's last words, "  
" I will watch over you."

The firemen's notes could not explain "The twisted, mangled car, "  
And how the three of them escaped  
Without a single scar.  
"But on the cop's report was scribed, "  
"In print so very fine, "  
An angel walked the beat tonight on Highway 109.

BPH volunteers gathered for an informative afternoon on Sept. 5 in Lion's Head.