



# Bruce Peninsula Hospice Newsletter

September, 2003

## RESPECTING DIVERSITY & CONFLICT RESOLUTION

Grey Bruce Palliative Care Hospice Association Presents

**Respecting Diversity and Conflict Resolution in End-of-Life Care** with Dr. Kerry Bowman Ph. D., Clinical Bioethicist, Mount Sinai Hospital, Toronto and Coordinator of the Improving End-of-Life Care Project U. of T.

**Date:** Monday, September 22, 2003

**Time:** 8:30 am - Registration  
9:00 am - 3:00 pm Sessions

**Cost:** \$30.00 (includes lunch)

**Place:** St. Mary's Parish Hall,  
Owen Sound

**Registration Deadline:** September 8th, 2003

**More Information:** (519) 794-3571

Pre-registration is required. To register, please send the following information: **Name, Phone Number, Address, Employer/Hospice, and Position** along with a cheque payable to: **Palliative Care Collaborative Committee**.

Forward your cheque and registration to: **Care Partners, 530 10th Street, Hanover N4N1R5**

For further information contact: **The Grey Bruce Palliative Care Association** at (519) 794-3571.

## HAO TRAINING • SEPTEMBER 27, 2003

The *Continuing Education Series, HAO Training Modules*, has been rescheduled for September 27, 2003 from 8:30 am to 4:30 pm.

The location is the Central Westside United Church, 310-10th St. W, Owen Sound. *Enter from the side entrance.*

This Education Day will be a requirement for the Hospice Association of Ontario accreditation. We urge **ALL** of our Client Care Volunteers to attend.

It is an opportunity for sharing experiences and updating our skills and knowledge to assist us in better caring for our hospice clients and their families. You will be receiving a registration form in the mail.

Please respond prior to September 17th, so that we may prepare for the numbers attending.

— submitted by Kathy Peacock

## "VOICES FOR HOSPICE • 2003"

The theme of "Voices for Hospice • 2003" will be entitled "Hospices in Harmony." The Warton concert is one of 465 events in 42 countries. It will be held at St Paul's Presbyterian Church, Warton, on Saturday, October 4th at 7:30 pm.

The "Warton Community Choir" under the direction of Marla Beacock will participate as will a quartet called "The West Men," students from West Hill High School.

Patricia Horner will do several readings and Dr. Kenneth Mc Nay will pipe in some of our volunteers as they participate in a "Special Section" of the program. Tickets will cost \$8. There will be a social following the concert.

— submitted by Ann Sanders

## EDUCATION COMMITTEE REPORT

A special community education event is being planned for next fall. Dr. Willie Molloy, of the McMaster Medical Centre in Hamilton, has been approached to speak in Warton on August 16th, 2004.

His topic, Memory Loss, will be of interest to all of us and the community at large. Dr. Molloy is the author of the book, *Let Me Decide*, and a very humorous, informed and interesting speaker.

More info later.

The next time you visit your local library, check out the Hospice Books that are available.

A couple of members of the Education Committee have been responsible for featuring "Hospice" in a display window at the Warton Hospital. It is well done and has caused several visitors to comment and make inquiries. (*More info at bottom of page*)

The Education Committee has been assisting members of the "Voices in Harmony" committee and will be involved with the presentation on October 4th, 2003.

As many of you will already know, the chair of this committee has been spending some time in London. We all wish her well!

## VOLUNTEER COMMITTEE

Eight new volunteers have been added to our client care list. All have completed the requirements for hospice service and have even paid their membership to Bruce Peninsula Hospice. We welcome all of these wonderful women:

Mary Busey, Warton; Julie Henderson, Lion's Head;  
Lisa Chegano, Warton; Marlene Rothenbury, Tobermory;  
Gwen Gilbert, Warton; Nancy Pedoniquotte, Cape Croker;  
Susan Scherer, Warton; and Cheryl Jones, Cape Croker.



### Bruce Peninsula Hospice

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## INNER STRENGTH

After a while you learn the subtle difference between holding a hand and chaining a soul  
And you learn that love doesn't mean weaning  
And company doesn't mean security.  
And you begin to learn that kisses aren't contracts  
And presents aren't promises.  
And you begin to accept all your defeats  
With your head held high and your eyes open,  
With the grace of an adult and not the grief of a child.  
And you learn to build all your roads on today  
Because tomorrow's ground is too uncertain for plans.  
After a while, you learn that even sunshine can burn if you get too much.

So plant your own garden and decorate your own soul  
Instead of waiting for someone to bring you flowers  
And you will learn that you really can endure  
That you really are strong and above all, from the heart  
That you really are unique  
And very valuable and valued!

— Author unknown

## RETREAT DAY RECIPE: PARTY SALMON CASSEROLE

Preheat oven to 350 degrees

Baking Time: 45 minutes

### Casserole:

- 2 cans of red salmon (Save juice of one can)
- 1 bag (12 oz) of frozen green peas
- 1 1/2 cup cottage cheese
- 1 egg slightly beaten
- 1/2 cup salted cracker crumbs
- 1 cup (1/4 lb) shredded cheddar cheese
- 1/4 cup chopped green pepper
- 2 Tablespoons chopped green onion
- 2 Tablespoons of lemon juice
- 1 teaspoon salt
- 1/4 teaspoon pepper

### Sauce:

- 1/4 cup melted butter
- 1 cup (slivered) toasted almonds

Bring salmon liquid of one can to a boil. Add frozen green peas. Remove from heat. Stir gently. Combine all other ingredients and blend together. Add the peas and salmon fluid. Spray springform pan or casserole dish with oil (Pam). Pour ingredients into pan/casserole. Cook at 350 degrees for approximately 45 minutes.

Prior to serving time, place toasted slivered almonds into melted butter. At serving time, pour sauce of almonds in butter over the casserole or unmoulded salmon dish.

If you wish to make this ahead of serving, place in fridge, bring to room temp before serving with warm butter sauce.

If you wish to have it warmed, you can make it ahead, then reheat prior to serving with warm butter sauce!

Enjoy!!!

— Marjorie Farrell

## COORDINATOR'S COMMENTS

Many of our volunteers have been very busy over this past few weeks, some with visitors, some with travelling themselves, and others planning to attend upcoming Hospice Events.

This year's **Hospice Awareness Week** will be October 13th to 18th.

A couple of our volunteers, Karole Hay and Minerva Lees, are not feeling well. Please keep them in your thoughts and prayers.

See you on Sept 27th.

— Marge Farrell

## FROM THE HAO MENTOR'S MANUAL

**Q:** Just what is ... and is not ... confidential?

**A:** Respecting confidentiality means not disclosing

- the name of the client
- the state of wellness of client or family
- treatment plans
- medical history
- the content of conversations
- anything you **hear or observe**
- how the client died
- how the family members grieve

*Client information should only be shared with those who are "directly involved" in the care of the client.*

**Q:** What is the 80/20 rule ?

**A:** Canadian registered Charities are required to spend at least 80% of their "receipted" income on projects and no more than 20% on fundraising and administration. Another 80 /20 rule is that 80% of the funds will likely come from 20% of the donors on your list. *In fundraising projects the cost of raising one dollar should be less than 30 cents.*

**Q:** Who is a potential donor ?

**A:** Anyone who is not panning for gold !!!



*Shared sorrow is half the sorrow. Shared joy is twice the joy.*

— Manfred