



Bruce Peninsula Hospice Newsletter

September, 2004

DEAR HOSPICE VOLUNTEER

This "Thank You" is very difficult for me to write, as I cannot find the right words to express how appreciative I am for your caring and compassionate "Being There" for Bruce and for me during those long dark hours, at the most difficult time I will ever have in my lifetime. I will remember it always and will be grateful you were there and I was not alone.

Thank you for coming to the Celebration of Life service for Bruce, and for your phone calls. I was sorry I did not have more time to spend with you that day. I will make a pot of tea or coffee if you would like to come for a visit sometime.

I have not planted Bruce's plant you gave me. Haven't decided where is the best place to put it in the garden. There is a large bloom on it, so planting time should be soon.

Sincerely, Myrtle

HOSPICE CLIENTS

Lion's Head and area

As of August 23, 2004 there were 9 clients on the roster.

Warton and area

As of Sept. 3, 2004 there were 7 clients on the roster.

Tobermory

None at present

BRUCE PENINSULA VOLUNTEER STATISTICS

Remember to phone and mail in your monthly volunteer reports every month.

	Client Care			Admin./Education		
	Hours	Travel Time	KMs	Hours	Travel Time	KMs
April	90	17	866	58	7	492
May	85	23	1,753	117	27	1,224
June	204	26	2,414	114	12	543
July	200	40	2,500	11	1	80

THIS IS YOUR NEWSLETTER

It has been decided to feature a hospice volunteer profile in this and each future issue of our hospice newsletter. If you would like to write about one of our volunteers, including yourself, please send it (with their permission) to your editor for future publication.

We all have a story to tell or one to tell on someone else because many people inspire us throughout our lives. What prompted you to become a hospice volunteer? Others would be interested. Reader input is needed to make our newsletter newsworthy and fun. Send your items to our editor, Donna Baker, 95 Moore St., RR 3, Lion's Head, N0H 1W0. You can also E-mail Donna at dbaker@amtelecom.net

Deadlines for future issues are January 7, 2005 for January 19 publishing; and May 5, 2005 for May 17 publishing.

PALLIATIVE CARE COURSE — LEVEL 1

When: Mondays — Sep. 13 to Nov. 22

Time: 7 p.m. to 10 p.m.

Facilitated by: Bettyann Waddington, RN

Where: Golden Dawn Long Term Care Facility, Lion's Head

This course is offered to the community by the Grey Bruce Palliative Care Hospice Assn., to provide information to those working in palliative care and/or those who may wish to consider volunteering with the Bruce Peninsula Hospice.

Please call to Register or for further information Bruce Peninsula Hospice (519) 534-1260 Extension 612

PALLIATIVE CARE COURSE — "ADVANCED" LEVEL 1

Pre-requisite: Must have completed the Level 1 course

This course offers advanced information to assist those working with Palliative care patients/clients.

When: The course is 8 weeks during Sep. and Oct. 2004

Where: Gateway Haven, Warton

Facilitated by: Wendy McEwen, RN
Volunteer Coordinator,

The Grey Bruce Palliative Care Hospice Assn.

For further information or to register please call Bruce Peninsula Hospice, 519-534-1260 Extension 612.

CANADA'S NATIONAL COMPASSIONATE CARE BENEFIT

On January 4th, 2004, the Canadian Government introduced a new Employment Insurance Compassionate Care Benefit. It allows anyone eligible for Employment Insurance benefits to collect income support while caring or arranging care for their dying or gravely ill spouse, parent or child. Over a span of six months, participants would be eligible for 8 weeks of leave. The first 2 weeks would be the standard EI waiting period and then participants would be eligible to collect 6 weeks worth of benefits.

Joe Volpe, Minister of Human Resources and Skills Development has said: "This is an initiative on the part of the government of Canada, but it doesn't mean it's the ceiling. It's the new floor for this kind of activity." Janet Napper, executive director of the Hospice Association of Ontario added that "those who work with the terminally ill cheered the program as an ideal starting point for employers and unions anxious to establish more comprehensive compassionate-care plans. It's been a long time coming. In our hospices every day, we see family members who have used up every bit of their vacation time, all of their sick time, who are exhausted and can't afford not to work. They just have nowhere to turn."

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Bruce Peninsula Hospice

369 Mary Street, Warton, ON N0H 2T0

Phone: (519) 534-1260, Ext. 612

Fax: (519) 534-4450

"What's more, the health-care system can't afford to devote acute-care resources and beds to terminally ill people who would rather be at home, Napper said. "This is one of those cases where it's humane, it's financially effective and efficient as well."

Participants in the program need to obtain a special medical certificate from a doctor indicating that a loved one has a serious medical condition with a significant risk of death within 6 months and requires the care or support of one or more family members. The benefits can be shared between other qualified family members.

— James McCarten
CP News Wire, January 6, 2004

Dr. Albert J. Kirshen at the Temmy Latner Centre for Palliative Care, forwarded the following details to Hospice Association of Ontario, who in turn forwarded them to its membership.

Here is what is needed to apply for the Compassionate Care Benefit:

- Social Insurance Number (SIN);
- Record of Employment (ROE) from each job held over the last 52 weeks;
- Personal identification such as a driver's license, birth certificate or passport (if you are applying in person);
- Complete bank information, as shown on cheques or bank statements (or a voided personalized blank cheque from a current account) for Direct Deposit;
- Information about the ill family member, such as name, date of birth and address;
- A medical certificate for compassionate care benefits — (family physicians or palliative care (doctors will provide this when asked);
- Detailed version of facts if the person quit or was dismissed from any job in the last 52 weeks;
- Details regarding most recent employment: Gross salary (total earnings before deductions including tips and commissions), gross salary for the last week of work (from Sunday to the last day worked), gross amounts received or to be received (vacation pay, severance pay, pension, pay in lieu of notice or lay off) and other monies.

For more information on compassionate care, please check out the HRDC website at

<http://www.hrdc-drhc.gc.ca/ae-ei/pubs/compassionate_care.shtml>

FALL RECIPE: GREEN TOMATO MINCEMEAT

6 cups green tomatoes	1 lb. currants
6 cups chopped apples	2 tsp. salt
3 cups raisins	1 tsp. cloves
1 cup butter/or suet	1 tsp. cinnamon
³ / ₄ cup vinegar	³ / ₄ tsp. allspice
4 cups brown sugar	
1 cup chopped mixed peel	

(I use dried pineapple or other dried fruit instead)

Remove cores and chop tomatoes coarsely. Place in pan and cover with water. Bring to a boil and drain 3 times each time covering with fresh water. Add apples, raisins, currants, etc.

Bring to a boil and cook for 1 hour or until mixture is clear and thick. Put in sterile jars, process in water bath ¹/₂ hour to seal or pack in containers, cool then freeze.

Yield: 3 pints

— from Donna Baker

HOSPICE VOLUNTEER PROFILE

For our first **Hospice Volunteer Profile**, we've decided to begin with Marge Farrell, *Bruce Peninsula Hospice Co-ordinator*, since she has been a mentor and inspiration to most of us. I asked her for input and decided not to change a word as she has painted a very insightful picture of herself.

A SELF PORTRAIT

My husband, David, and I moved to the "Beautiful Bruce Peninsula" some 14 years ago, to the Little Pike Bay area on the shore of Lake Huron. Previous to becoming involved with Hospice, I enjoyed a nursing career, being a stay at home mom ... raising seven children, and the opportunity to be an active volunteer in each community where we had lived.

After the death of my father (in Ancaster, Ont), my mother joined our family in Burlington. The following eight years were fun filled and a wonderful family time for my mom, David, our children and me!

When our youngest daughter entered high school and following my mother's death (a few months before that), I was invited to apply for the position of Area Coordinator for the Heart and Stroke Foundation of Ontario. I credit the nursing, mentorship and volunteer experience, especially with the Junior League of Edmonton, Hamilton/ Burlington with my obtaining the position.

I began a second career at an age when others were considering retiring, and found the next ten years working with volunteers and medical personal/researchers in south west Ontario to be interesting, challenging and very rewarding.

During the past few years, I have spent much time with dying relatives (my sister, her husband, friends and cousins). All were very different and unique experiences, and I feel privileged to have had the opportunity to be present to them.

I hope that my training as a hospice palliative care volunteer contributed to their comfort and ease with the dying process.

I have enjoyed the volunteer work and the friendships that have grown from my involvement ... and I look forward to continuing to advocate and support the work of hospice in our area.

— Marjorie Farrell

* O *

What Marge doesn't tell us: She has been the coordinator for the Bruce Peninsula Hospice since 1993, and was also a Board member with Bruce Peninsula Hospice, 1993-97, and later for Grey Bruce Palliative Care Hospice Association which was incorporated in 1997.

Although she is no longer an active Board member, she continued in an advisory capacity until recently when she resigned. She also received the June Callwood award in 2000 from Hospice Association of Ontario.

Thank you Marge for your leadership, perseverance, and friendship.

— Donna Baker

SPEAKERS BUREAU NEWS

This committee has one more speaking engagement in September to complete their current series consisting of seven presentations.

This is a very important way to inform the public of our hospice mandate. Thank you to all of the presenters.

TRIBUTES TO KAROLE HAY

who died August 10, 2004, surrounded by her family

"Our mother was one of those very special people who had a caring heart. She loved so much and found such joy in giving that she was an angel to those whose lives she touched."

*St. Mary's Roman Catholic Church
Funeral bulletin, August 13, 2004*

Karole's family "was very passionate and appreciative of the care (their) mother and family received from the hospice workers ... Karole Hay's passion for and belief in the value of hospice was such that she wanted her experience, both as a volunteer and as a recipient of care, to be conveyed to the community."

*Francesca Dobbyn,
The Sun Times, August 11, 2004*

For those of us who have worked in Hospice Palliative Care, the death of Karole Hay is a personal loss!

She was an energetic, committed advocate for hospice.

She was also a "good" friend ...

We will remember her enthusiasm for promoting hospice volunteer service and her amazing recruiting skills ... and her willingness to always be there for all of us!

We will remember her tenacity and love of life!

We will remember her devotion and love of family!

We will remember her enjoyment of friends who visited (and volunteered their time to assist her).

We will remember her love of singing and music!

We will remember her with both tears and laughter!

We will miss her!

— Marge Farrell

WANTED: HOME FOR FLOWERING MAPLE PLANT THIS WINTER

Yep. Karole has done it again and left her mark even after death.

If you had visited Karole in her home during her illness, the front window of her living room gave space to a half dozen of these plants. All shapes and sizes and in various stages of growth. Some flowering profusely and others still in a dormat stage.

Karole called them her friendship plants and insisted that I take one home when I had dropped in one afternoon for a visit with herself and her sister Karen. I told her that I really couldn't manage one because of my lifestyle.

I had to close up my house during the four months of winter to travel south because my home was inaccessible during that time. However, as usual Karole had an answer. I was to take one home and she would guarantee a place for it in the sunny part of her living room window. It was only a baby when she gave it to me but it has grown to approximately four foot tall.

For two years I transported this plant in December and picked it up again in April. About two weeks before Karole passed on, I counted twenty delicate pink flowers, paper thin, that seemed to appear overnight.

The flowers had all but disappeared the week of Karole's death but today I have counted four new buds and with fall coming I must now find a new friend to babysit my plant, guaranteed to be no bother except that it needs a bit of water now and then and I will supply the plant food.

— Jean Davidson

KAROLE AND ME

My mighty maritime friend is gone
She died last week
I've sighed and cried and
I sobbed helplessly as I held the candle
And reached out to touch the polished wood.

It's not over yet she said I don't feel like I'm dying
I said I love you
And if you decide to go I'll miss you
I do miss her and that's OK
Missing brings forth memories

Memories are good and mean a lot to me
About the things we shared
Concerns about how we lived our lives
About wellness, injustice, family and relationships
Lots of yakyak, exasperated sighs and commiserations
Men, funny stories, the CBC and mugs of strong tea.

When I left her I was drawn to the beach
Where we once had a fabulous, cold and windy walk
Now waves gently roll over in the sun
My friend rides peacefully there
Amid waving flowers of white and blue and yellow
And an awesome, uplifting exaltation by orchestra and chorus
On the CBC!! Something about two sirens!!

— Susanne Smith

GETTING THROUGH THE HOLIDAYS

Volunteers: Please share with your Hospice/Palliative clients and their families

Holiday Time! The whole world seems consumed with tinsel and glitter — but those who grieve are only aware of the terrible hole in their hearts and in their lives. Knowing the intense pain of the holiday season, here are some helpful thoughts other bereaved persons have shared, with the hope of making your holidays easier to handle.

We must realize that grieving persons have definite limitations: we do not function at normal capacity, therefore we must re-evaluate our priorities and decide what is really meaningful for ourselves and our families.

* O *

We must decide what we can handle comfortably — and let these needs be known to family, friends and relatives:

- whether or not to talk about our loved one
- whether we can handle the responsibility of the family dinner, holiday parties, etc. or if we wish someone else to take over some of these traditional tasks
- whether we will stay here for the holidays, or choose to "run away" to a totally different holiday environment for this year

Don't be afraid to make changes — it really can make things less painful:

- open presents Christmas Eve instead of Christmas morning
- have dinner at a different time
- attend a different church for your Christmas Eve service
- let the children take over decorating the tree, making cookies, etc.

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JUNE CALLWOOD CIRCLE OF OUTSTANDING VOLUNTEERS 2004

Our greatest comfort may come in doing something for others; some persons feel they can acknowledge their loss more meaningfully by:

- giving a gift in memory of our loved one
- donating the money we would have spent on our loved one for a gift to a particular charity
- adopting a needy family for the holidays
- inviting a guest (foreign student, senior citizen, etc.) to share our festivities



Whether it's greeting cards, holiday baking, putting up the tree, decorating outside or having a big family dinner, ask these questions before making any decisions:

- have I involved or considered my children?
- Do I really enjoy doing this? Do other family members really enjoy doing this?
- Is this a task that can be shared by other family members? Would Christmas be Christmas without it?

How many stockings shall we hang?

We may decide to:

- put them all up
- hang no stockings at all
- put thoughts and feelings about our loved one on notes and put them in that special stocking. Family members are free to read them (a special opportunity for younger children to express feelings)
- one family burns a "Special Candle" on all their special days to quietly include their "absent" loved one.
- One mother buys a poinsettia for her home as a living memorial to her son for the holiday season; another always orders a bouquet of orange daisies



- Christmas shopping is definitely easier if you make the entire list out ahead of time, then when one of those "good days" comes along, you can get your shopping done quickly and with less confusion
- If the thought of sending holiday cards is simply too exhausting, yet you discover that some of your friends are still unaware of your loss, try this suggestion: enclose the simple little funeral service card inside the already bought greeting card. Others have found the response from friends most rewarding.

Remember to ...

- Take one day at a time
- Be realistic — recognize that we need to set limits and do those things which are meaningful to ourselves and families
- Know that whatever you choose to do this year, you may decide to handle things differently next year. Growth and change go hand in hand.
- Don't forget the comforting discovery that many have confirmed: the realization that when that "special day" arrives it's truly not as bad — by any means — as we anticipated.



— Fox Valley Chapter of TCF
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Hospice Association of Ontario

In 1994 the Hospice Association of Ontario (HAO) established an annual award to honour hospice volunteers - volunteers who have made an extraordinary contribution to their communities. This award was named for June Callwood, volunteer, founder of The Casey House Hospice, community activist, author and recipient of the Order of Canada. In her 58 years as a journalist, author, broadcaster and humanitarian, June Callwood's name has become synonymous with integrity, talent and passion for social justice. She has touched the lives of generations of Canadians by giving that passion expression through her words and through her work in the service of those in need.

We are proud to announce two outstanding Bruce Peninsula Hospice volunteers who will be joining The June Callwood Circle of outstanding volunteers at the Annual HAO Conference in October.

Bruce Peninsula Hospice is pleased to name Pat Horner as its recipient. Pat is one of the original volunteers who initiated and organized the Bruce Peninsula Hospice. That was some 10-12 years ago! She became one of the first hospice client care volunteers and continues in that role along with co-ordinating other volunteers for Lion's Head and District. She is an excellent mentor to new client care volunteers while continuing to be very active in client care herself. As well, she is a member of the volunteer committee which meets monthly to make decisions regarding program, direction and recruitment on the Bruce Peninsula. Outside of hospice Pat spends a great deal of time helping and entertaining Seniors in the community. Pat has a great sense of humour and loves to tell a story or perform a skit for all to enjoy at our social events.

Congratulations Pat on this well deserved award.

The Grey Bruce Palliative Care Hospice Association is pleased to recognize Kathy Peacock as their Callwood Circle Award recipient for 2004. Kathy joined the client care hospice volunteer team seven years ago and immediately took on a leadership role. She became an active member of the Bruce Peninsula Hospice volunteer committee and for the past three years has been its chair. She has also been a very active participant in the Grey Bruce Palliative Care Hospice Association's volunteer advisory committee.

Kathy has actively promoted hospice and advocated primary and ongoing education for all client care volunteers. In preparation for the accreditation process, Kathy organized and chaired an educational workshop for all hospice volunteers within Grey and Bruce counties last year.

Incidentally, she was the first volunteer to have done so and received high praises for a job well done.

Congratulations Kathy.

MARK YOUR CALENDARS NOW!

December is creeping up on us

What: Christmas/End of Year Pot Luck

When: Wednesday, December 8, 2004

Time: 6 p.m.

Where: United Church Hall, Lion's Head

Please bring your own dishes and cutlery and a plate/pot of food to share

"BON VOYAGE" TO KATHY AND KEN

Kathy has been many things to many people during her seven years of working with hospice in Grey Bruce Palliative Care Hospice Association.

She's been an enthusiastic hospice volunteer and educational advocate for Palliative Care, a great co-worker and a true friend!

Many of you will remember incidents where Kathy has come to the rescue and shown her own unique style of leadership ... a perfect example was her willingness to undertake the chairmanship of the first "volunteer organized" workshop for all hospice volunteers of Grey Bruce.

However, my own experience has lead me to believe that she has been "my guardian angel!"

Somehow, it seems that she was always there when I needed assistance ... whether it was with a particular project, when experiencing health problems and even when I was having car troubles!

Kathy and Ken will both be missed by all of us!

Ken has supported the work of hospice ... in particular ... we will always be grateful for his time and workmanship in providing the hospice cart!

We will miss them both, but wish them well on their return to Kathy's homeland ... New Zealand!

— Marjorie Farrell

SERIES OF BEREAVEMENT WALKS

When: Saturdays — Sep. 11, 18, 25, Oct. 2, 9.

Where: 550 Berford St., Bruce Peninsula Association for Community Living Building

Walk Time: 10 a.m. sharp (On sidewalks/side streets)

Social time: 11-12 noon (Refreshments)

Organizers: Bruce Peninsula Hospice

Cost: Free (Donations to Hospice are welcome.)

Please call Liz Clarke days at 534-0918 ext. 111, or leave a message at the hospice office 534-1260 ext. 612 if you have questions and/or are thinking of joining us. You may choose to attend one or all of the walks.

Please pass this information on to bereaved families.

HOW TO STAY YOUNG

- 1 Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
- 2 Keep only cheerful friends. The grouches pull you down.
- 3 Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
- 4 Enjoy the simple things.
- 5 Laugh often, long and loud. Laugh until you gasp for breath.
- 6 The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be **alive** while you are alive.
- 7 Surround yourself with what you love, Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

- 8 Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- 9 Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but **not** to where the guilt is.
- 10 Tell the people you love that you love them, at every opportunity.

... and always remember ...

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

HAPPY THANKSGIVING TO YOU AND YOURS

'Twas the night of Thanksgiving,
but I just couldn't sleep.
I tried counting backwards;
I tried counting sheep.
The leftovers beckoned the dark
meat and white,
But I fought the temptation with
all of my might.



Tossing and turning with anticipation,
The thought of a snack became infatuation.
So, I raced to the kitchen, flung open the door
And gazed at the fridge, full of goodies galore.
I gobbled up turkey and buttered potatoes,
Pickles and carrots, beans and tomatoes.
I felt myself swelling so plump and so round,
Till all of a sudden I rose off the ground.
I crashed through the ceiling, floating into the sky,
With a mouthful of pudding and a handful of pie.
But, I managed to yell as I soared past the trees
Happy eating to all, pass the cranberries, please!
May your stuffing be tasty; may your turkey be plump.
May your potatoes 'n gravy have nary a lump.
May your yams be delicious; may your pies take the prize,
May your Thanksgiving dinner stay off of your thighs.

"Hospice is not a place; it is a concept of care."

Dame Cicely Saunders

Come to a get-together prior to the departure of Kathy and Ken Peacock

Date: Sunday, September 19

Time: 7 p.m. to 10 p.m.

For: Dessert and Coffee

Where: At the home of Marjorie and David Farrell
70 Hobson's Harbour Drive, Lion's Head

Directions: Take Hwy #6 north ... past Mar to Little Pike Bay Rd. (not to be confused with Pike Bay Road) ... turn left off Hwy # 6 ... onto Little Pike Bay Road and drive to the end of road (approx 8 kms) ... turn left onto Hobson's Harbour Drive ... follow to #70 ... **Farrell** sign at top of driveway ... *If you find yourself in Ferndale you've gone too far north!*

RSVP: 793-4167 or the Wiarton office 534-1260 ext. 612

This invitation is for all Bruce Peninsula Hospice Volunteers **and** their partners and spouses! Please join us!

Hospice Reminders:

Send in Volunteer Reports
at the end of every month.

Buy tulip
bulbs

Article for
newsletter is
due Jan. 7th

Bereavement Walk
Lion's Head Saturday

Meet at 550 Berford



Need these on
Sept 19th

Directions to
Marge & Dave's
Place

Bake cake for
pot-luck at
Lion's Head
Dec. 8

Water Jean's
flowering maple



A friend is someone
who thinks you're
a good egg
even though you're
slightly cracked

Sign up for
Palliative Care Course