



Bruce Peninsula Hospice Newsletter

May, 2005

MAY 1, 2005 • HIKE FOR HOSPICE DAY

Across Canada and the beginning of National Hospice Palliative Care Week MAY 2 - 8.

Two hikes were held within Grey Bruce Palliative Care Hospice Association: One at Harrison Park, Owen Sound and the other in Cape Croker Park on the Bruce Peninsula. Twenty one hikers, hospice volunteers and friends of hospice, turned out for the Peninsula Hike on a lovely sunny afternoon with a crisp wind to remind us of the icy days of winter. (Check out the photos in this newsletter by Bev Ker.)

There were two goals for the hike:

- 1) to raise awareness about hospice
- 2) to raise funds to support hospice volunteers when attending trainings, workshops & conferences

Donations received so far have raised close to \$2,000.00 for Peninsula Hospice and over \$600 for the Grey Bruce Association. I would like to remind all those who have not returned their sponsor sheets to Donna or the office, to do so immediately whether they were used or not.

Thank you very much to all hikers and sponsors for your generous support of this event.

BRUCE PENINSULA VOLUNTEER STATISTICS

We worked with 44 clients from April 2004 to March 2005. We averaged 2.6 new clients each month. 69% in homes, 23% in LTC and 7% in hospital. Listed below are the figures for the last four months.

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

	Client Care			Admin./Education		
	Hours	Travel Time	KMs	Hours	Travel Time	KMs
Dec	61	8	269	76	4	298
Jan	83	8	363	83	3	391
Feb	52	9	417	49	1	160
Mar	156	14	467	66	3	290

VOLUNTEERS ARE NEEDED

If you know of someone whom you think would like to become involved in hospice, either as a client volunteer or in committee work, please call the office and leave a message along with your telephone number -534-1260 ext. 612.

THIS IS YOUR NEWSLETTER

We all have a story to tell or one to tell on someone else because many people inspire us throughout our lives.

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 September 7, 2005 for September 19 publishing; and January 5, 2006 for January 17 publishing.

CLIENT VOLUNTEER PROFILE

Carol Cairns A Wiarton Resident

Carol Cairns was born in the area and worked in a law office before marriage in 1949. Her husband, Orv, was stationed in Victoria with the navy where they spent the next 21 years.

After their three children, a boy and two girls, started school, Carol worked in a cardiologist's office for several years in that city. She says that Victoria was a wonderful place to live. Her family loved the outdoors — the sea, the mountains and the moderate temperatures.

When her husband was transferred to Ottawa, they moved east and lived in Gatineau, Quebec. Here, Carol worked in research with the Department of National Defence. When Orv retired they returned home to the Bruce. Carol then worked as secretary in the Wiarton Public School for eleven years.

Carol is active in her church where she sings in the choir. She also belongs to a group which sings in Nursing Homes, etc.

Over the years, Carol spent a good deal of time with close relatives who were seriously ill and dying. She further developed a passion which prompted her to look into Palliative Care work, which she wishes she had known about and done earlier in her life. Carol likes to think that she makes a difference in those last days of each person with whom she spends time. She feels that she has been blessed with a God given privilege. Each experience is sad but also personally rewarding.



Bruce Peninsula Hospice

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PALLIATIVE CARE COURSE

For Support Workers & Hospice Volunteers Advanced Level 1

(Prerequisite - Level 1, Fundamentals)

In spring 2004, Bruce Peninsula Hospice sponsored my participation at the Level 1 Advanced Course held in Owen Sound — an excellent training which I recommend to all Hospice volunteers.

The knowledgeable Instructor shared skills derived from actual participation as Head Nurse on a palliative care hospital ward. As well, active-in-the-field support workers shared anonymous experiences with the class providing an enlightened understanding of physical and emotional needs of the patient and of family members.

Session curriculum titles were: 1) The Foundation of Palliative care 2) Communication 3) Comfort Measures 4) Dealing with Grief, the client/family and the support worker 5) Cultural & Spiritual issues in Caring for the palliative client/family 6) Supporting families of the palliative client 7) end-of-line care 8) Caring for you.

The text material provided was reviewed chapter by chapter each week. Individual class members weekly homework was to consider a previous client (somewhat related to the chapter topic), and write a reflection: "What did I do? What could I have done?"

This course was offered again in the fall of 2004 and the spring of 2005. Many BPH volunteers participated. If you would like to attend this course in the future, please let the Hospice office know so that you can be notified of dates. 534-1260 ext. 612.

— submitted by Jane Fyvie

LETTER FROM MARGE

It had been my intention to be back in the beautiful Bruce, all ready and raring to get involved in the activities of Hospice again ... however, a few minor problems got in the way and after many doctor's appointments, x-rays, tests of all sorts ... I have now been cleared for surgery! The new knee is scheduled for April 18th and so I will probably not be back in the area until June 6th.

While reading the "LINK," a newsletter from the Junior League of Hamilton Burlington, I was interested to see this article written by Audrey Hepburn, when asked to share her "beauty tips." It was also read at her funeral:

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his/her fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People — even more than things — need to be restored, renewed, revived, reclaimed, and redeemed.

Never "throw out" anyone.

and

Remember, if you need a helping hand,

you will find one at the end of each of your arms.

And ... may I add ... that you can always find a helping hand, a compassionate friend in the acquaintances we have made while serving as Hospice volunteers!

Happy Spring Everyone!

— Marge Farrell

GREETINGS TO MARJORIE

Everyone in the Bruce Peninsula Hospice is very pleased that your surgery went well and trust that your physiotherapy and rehabilitation will be just as successful.

Be Home Soon!

SPEAKER'S BUREAU REPORT

April, 2005

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

In April 2003, 13 people met to train as speakers and since then have been visiting various groups throughout the area.

To date 19 groups have been visited with 395 people having heard the hospice message. There are two more meetings scheduled in the next two months.

— Shirley Leeder



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OTHER NOTES

Fall Bereavement Walk: Donna would appreciate feed back from Client Volunteers if you have worked with families members, or know of people who would like to participate in a walk. Call 793-3203 or leave message at the office - 534-1260 ext. 612.

Brochures: A revised edition of our BP Hospice Brochure will be off the press by the time you receive this newsletter. Please notify the office if you notice our brochures missing in public places such as libraries, Doctors' waiting rooms and nursing homes.

The Healing Garden: Plans are progressing. The committee is obtaining quotes and will have another meeting in May.

SUMMER VOLUNTEER POT LUCK SUPPER

Invitations will go out in May for the summer pot luck. location will be at Bev Ker's home and will be near the end of June, exact date will be decided at the committee meeting in May.

Special treat this year a raffle table with lots of goodies. So you can preview Bev's garden she's provided some pictures for this issue.



CONFERENCE REPORT: CHILDREN AND GRIEF

On a beautiful April day I made the wonderful drive to Kitchener to attend a Waterloo Region Bereaved Families of Ontario Conference on Children and Grief.

The keynote speaker was Dr. William Worden. He has been studying a group of 125 since 1996. The children studied were from ages 6-17 and were an equal number of boys and girls. They had all lost a parent to death. This was a longitudinal study which means that it follows the children over time (and will continue to do so).

All of the children were "community children" meaning that they were not in therapy. They were matched as best as possible with a control group of non-bereaved kids. All of these factors make the study unique and in fact it is one of the first studies on children and grief that actually worked with the children and not with just the adults in their lives. One of the major accomplishments of the study was a screening tool that was developed to predict at risk children. (Note: this study is quite dependent on many psychological assumptions.)

Some of the major findings in the study were that most children adapt very well to grief. The worst time for them is at about 4 months after the death. This seems to correspond with the belief that it takes about 4 months to realise all that you have lost. Another significant finding was that many behaviour issues do not present for 2 years after the death.

The study shows that most kids are working it through and doing OK. Some are having great difficulties; some are doing exceptionally well. Some of the factors that contribute to kids doing well or OK seem to be that they felt important and involved at the time of death and bereavement. (An interesting note in all of this is that 60% of kids would do something different at the funeral — many of them wanted a smaller one.) The state of the surviving parent is also a huge factor — suggesting that a key to helping children grieve is to help parents grieve. If the parent is functioning well and is mirroring "good grief" techniques and realities and is being consistent in parenting re discipline etc, the children are doing well.

Implications for Hospice Volunteers:

- Pay attention to the kids involved in Hospice situations.
- Help to make them a part of the process
- Listen to their fears, questions (note: kids will repeat questions constantly to make sure that the answers haven't changed.
- Their questions need to be respected. (a child who asks if the dead person is wearing shoes in a coffin where only the upper part of the body is seen is trying to figure out if the body is still intact.) No question is silly and if you don't know the answer to the question say so.
- Help them find ways to remember the dead parent (he suggested a memory box a concept we are already familiar with thanks to Norma Robson)
- Adults need to model grief behaviour — it's ok to cry, smile, rage, ignore, etc.
- Remember some feelings are just too intense to be expressed. (draw pictures etc. instead)

We need to realise the long term implication of our involvement with children in Hospice care.

Another note of interest to us:

He talked about always having difficulty getting men to come to grieving workshops and so he began to tie them in with practical, basic singling parenting tasks, grocery shopping, cooking, cleaning, ironing etc.

Attendance went way up.

This was a good conference with **practical** as well a theoretical implications

— Submitted by Audrey Brown

LETTER FROM PAT HORNER

Dear friends,

After 13 years of sad and satisfying — and yes, even joyful service, I am resigning officially from the Bruce Peninsula Hospice as Volunteer Co-ordinator and Client Care worker for the Northern Bruce Peninsula.

What an experience it has been — and I am richer and humbler in heart because of those years.

I have finally to admit that I am not 39 any more and find that my body's engine won't keep travelling round the clock! However, I offer a listening ear to any of you anytime.

Apart from Hospice work, I have many friends in the community who need help and that will keep me busy still. The nursing home is my second home and I spend many volunteer hours there.

Although we seem to have long lists of client care volunteers, many of them are restricted as to the amount of time they can give, so we should keep up the effort to recruit more volunteers. End of life vigils can't always be regulated to signing on and off rotas. If advertising our service, we must be sure we can meet the requests quickly and sustain the care.

Thank you for your friendships and all the wonderful work you do. I will keep in touch.

Sincerely and with all best wishes,

Pat Horner
Lion's Head

INVITATION

Appreciation Luncheon for Palliative Care Hospice Volunteers

Date: Wednesday, May 18th, 2005, 1pm

Place: St. Mary's Church Hall,
554 15th Street East,
Owen Sound

RSVP: 519-376-0419

Grey-Bruce Palliative Care Hospice Assn.

There will be a demonstration of Equipment
received through MOHLTC Equipment Grant.

Sponsored by Med-E-Ox

WORKSHOP FOR INTERDISCIPLINARY HEALTH CARE TEAM MEMBERS

Volunteers who would like to attend the following workshop should call the Warton office: 534-1260, Extension 612 to indicate their intention. Mention the workshop title and the BP Hospice will cover half the cost of the seminar. The deadline for calling the office to register is Friday, May 27th.

Date: Wednesday, June 15, 2005

Time: Registration at 8:30

Sessions: 9am - 4pm Lunch included

Place: St. Mary's Church Hall
554 15th Street East
Owen Sound

Registration Fee: \$30.00

Registration Deadline: June 6, 2004

Bruce Peninsula Hospice

Year: 2004-2005

Dr. Mary Vachon is a nurse, clinical sociologist, psychotherapist, researcher, educator and cancer survivor. She is currently a Consultant and Psychotherapist in Private Practice, Associate Professor in the Departments of Psychiatry and Public Health Sciences at the University of Toronto and Clinical Consultant at Wellspring.

Dr. Vachon is the author of Occupational Stress in the Care of the Critically Ill, Dying and Bereaved.

She has published over 140 scientific articles and book chapters and delivered over 1,400 lectures around the world on topics related to bereavement, occupational stress, life-threatening illness, palliative care, survivorship and spirituality.

She is the recipient of many awards including the Dorothy Ley Award for Excellence in Palliative Care received from the Ontario Palliative Care Association in April 1997 and is the recipient of the National Hospice and Palliative Care Organization's 2001 Distinguished Researcher Award. She is listed in Who's Who of Canadian Women and Who's Who in Canada.

MARK YOUR CALENDARS

Volunteer Spring Workshop

The Volunteer Spring workshop on May 14 was cancelled and replaced with one on June 11, 2005: Comfort Measures for Hospice Clients. See the flyer attached to the newsletter.

HAO 2005 Conference

Date: Sept. 15-17, 2005

Place: Nottawasaga Inn, Alliston.

Earlybird deadline: July 01, 2005.

Registration Fees: Friday and Saturday: \$430.

Saturday only: \$250.

NOTE: This year separate registration is required for hotel accommodation. A block of rooms has been set aside at special rate of \$64/per person/double. Call the office if you have an interest in attending 534-1260 ext. 612.

Hospice Assn. of Ontario Conference

Date: October 5

Theme: Looking forward – Health Promotion
in the context of living with HIV

"Voices for Hospice" Concert

Date: October 8

Fall, 2005 Therapeutic Touch Training

If this would interest you, please leave a message at the office - 534-1260 ext. 612

Annual end-of-year Pot Luck for all volunteers

Date: December, 2005



HUMOUR IN A CHILD'S THOUGHT

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. The various appliances of old age, particularly the canes, walkers and wheelchairs, unfailingly intrigued her. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"

Volunteer Spring Workshop

COMFORT MEASURES FOR HOSPICE CLIENTS

***Date:* Saturday June 11, 2005**

***Place:* Lion's Head Hospital**

Lower Level (Enter through main door)

***Time:* 9:30 a.m. (Registration) - 3:30 p.m.**

- Presentations:***
- **Skin Care**
 - **Assisting with Positioning**
 - **Feeding**
 - **Nutrition information**
 - **Accreditation update**
 - **GBPCHA update**

***Purpose:* This workshop will provide a "Hands on" practice session in giving skin care, assisting with positioning, and feeding within the standards of HAO (Hospice Association of Ontario).**

***To Register:* Call Hospice office 534-1260 ext. 612 by June 3rd. Leave name and phone # & refer to 'comfort measures' workshop.**

***What to bring:* Bring your own lunch, wear your name tag, bring certificate from September 2003 workshop in Owen Sound if you received it.**

Tea, coffee, juice and muffins will be provided by Bruce Peninsula Hospice.