



Bruce Peninsula Hospice Newsletter

October, 2005

BRUCE PENINSULA HOSPICE VOLUNTEER COMMITTEE 2005-06

The goals of this committee are:

- to plan for upcoming events for the hospice volunteers
- to review concerns that volunteers have
- to share information regarding volunteer experiences
- to become informed of relevant hospice/palliative meetings in the broader community
- to inform the PCCC committee of the Bruce Peninsula Hospice of issues of concern

Members of this committee are: Marge Farrell, Sally Gibson, Aileen Haley, Ladorna Hubert, Betty McIntyre, Sheila McLaughlin, Mary Busey.

If you have any concerns regarding your volunteer work with Bruce Peninsula Hospice, please contact one of the above committee members.

Also, if you know of persons interested in Hospice volunteer work, please call our office 534-1260, ext. 5612 with information and a volunteer will get back to you or them.

HAO ANNUAL CONFERENCE • 2005

Nottawasaga Inn, Alliston, September 15-17, 2005

Bright and early on Friday morning September 16th, Shirley Botting, Ladorna Hubert, Shirley Leeder, and Sheila McLaughlin travelled to the annual conference as representatives of Bruce Peninsula Hospice. We were greeted by the host, Hospice of Peel volunteers, and were given the welcome package with the two-day schedule. The theme of the conference was "Our Time is Now," because at no time in recent memory has hospice palliative care had more public and government attention, so this gives the Hospice Association of Ontario (HAO) members reason to celebrate their accomplishments and be hopeful for the future.

We found this conference to be interesting and informative, and we enjoyed the opportunity to network with other volunteers across the province, and to learn from their experiences. A special time for us was seeing Manfred Mewes of Bruce Peninsula Hospice (BPH), presented with the June Callwood Circle of Outstanding Volunteers Award, and to celebrate together with Manfred, Milton van der Veen of BPH, Wendy McEwen from Grey Bruce Palliative Care Hospice Association (GBPCHA), and Sharon Smart, a volunteer from Markdale Hospice.

Thank you for choosing us to attend this 2005 HAO conference!

Dave, a volunteer from the host, Hospice of Peel, wrote the following which captures what hospice means to us all:

- H** is for hope to be able to give help
- O** is for the opportunity to make a difference
- S** is for sensitivity- be sensitive with others
- P** is for providing comfort by our very presence
- I** is for improving the quality of life for someone who is dying
- C** is for caring with compassion
- E** is for endeavouring to do our very best

The keynote speaker was Ann Mortifee who is known world wide for her passionate and honest music. Her work involves environmental and

womens issues, and the use of creativity in healing victims of sexual, emotional, and societal abuse. She spoke to us about feeling good about ourselves, and living life to the fullest at the present time. She sang to us and invited us to sing along with her, and she lifted our spirits as she spoke of the wonderful work that hospice volunteers do whenever they are with their clients.

The various workshops on Spirituality, Bereavement, Complementary therapies, Continuity of care, the art of communication, Accreditation, and Positive thinking took the four of us in different directions throughout the two days; however, we did meet for meals and shared with each other the highlights of the sessions. Below are reports on the various workshops we attended. *[SM]*

Boundaries and Disclosures: Iris Armstrong

Boundaries — depend upon us and our relationship and the other person and the situation.

Disclosures — we must be careful of what we disclose as it may not help the situation. *[SB]*

From emoralization to hope: Dr. Denise Marshall

This workshop was to help people differentiate between emoralization and depression. The descriptions were given of the various stages a person goes through. Coping, hoping, emoralization, and the wish to die were topics covered, continuing on with treatments for patient and caregiver as well. Very interesting presentation. *[SL]*

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[L to R] Sheila McLaughlin, Ladorna Hubert, Shirley Botting, and Shirley Leeder at this year's HAO Conference.

Communication: Elizabeth Latimer

Kind words are the music of the world. Tears are antifreeze for the soul. Hope is to see in the eyes of another that we are understood. [SB]

Planning for success, a fundraising roadmap: Trish Monegon

Trish gave suggestions of things to be done before starting a fund raising campaign.

- Be able to tell why money is needed
- What the organization wants to accomplish
- Know what the organization is already bringing in and from what sources
- Make sure members of the organization have made their gifts before asking the public for money
- Organize a donor base
- Many more suggestions were given.

The key to fundraising is plan, plan, plan. [SL]

Mindfulness based stress reduction in hospice care

Presented by a doctor who gave a lecture and showed a video of clients being treated to find their inner resources and strengths to cure their illnesses such as cancer. Mindfulness is a way to see life and help cope with pain, anxiety and changes in the body. Some breathing techniques and exercises are used. [SL]

Walking the Dog: Jennifer Dunn & Nick Ruiter

Jennifer and Nick are employees of the Dorothy Ley Hospice and talked about how one hospice built a spiritual care programme. Nick is a spiritual care coordinator and Jennifer a case manager. They spoke about their respective roles while citing examples of their work.

When Nick gets a referral, he will go out and talk to the family. He will help family members to discuss funeral or celebration of life plans and can perform memorial services. Jennifer, as a case manager, is an intermediary for family members. She performs such duties as facilitating family conferences and scheduling family visiting to the loved one. As an example, one lady visited her client 3 times over 3 months. The client said 'your visits were as if you were here all the time'. Nick stressed that listening is very important. [LH]

Spirituality — A celebration of the sacred — the sound and healing of the spirited drum: Jeanette McCullough

This was a unique experience whereby we sat in a circle with the leader Jeanette McCullough, a Shamanic practitioner, who invited us to ask for healing for ourselves or someone else. She used a rattle and a drum to assist us in seeking this healing which is done by the shaman's helping spirits. These spirits bring love and compassion and their desire to ease pain and suffering into the lives of those who request their help. Participants in the group talked of the warmth that they felt moving through a part of their body that needed healing, of seeing visions or of feeling a cold chill but how well they felt after the drumming was completed. [SM & LH]

Complimentary therapies in end-of-life care: Sheila Lewis

Sheila is a nurse who teaches Healing Touch to students at York University. She said that often the simplest approaches taken to bring comfort are often the most effective. Therapeutic touch restores a sense of wholeness and brings peace for the dying person. She recommended practising imagery as a means of bringing comfort when distressed, and encouraged us to think of a pleasant place in our mind where we could take our thoughts to help us relax. She emphasized that Nature, including animals, is one of the greatest sources of healing, and by walking with the earth, and taking in the scenery and beauty, a person can be comforted. Breath is important she said, and our energy fields can hold in emotions which can cause emotional and physical pain; so by using complementary therapies, these feelings can be released and comfort can be restored. Complementary therapies can be used

together with conventional medicine in the hospice client, and a sense of harmony can be attained which will allow the client to be more at peace with the dying process. [SM & LH]

Celebrating with hospice volunteers in laughter: Eleanor Wood

Eleanor was just newly married when her husband decided to buy a farm. She knew little about farming but her father in law was around to help while her husband went off to work in the bank. This arrangement was planned to last five years but her husband continued at the bank for twenty years. In the intervening years the father in law died. Eleanor used many humorous anecdotes to describe how she managed to cope in those years. She found humour in her father in law's pessimism and in her husband's observation that if she rose 15 minutes earlier in the morning she could get a lot more accomplished in the day! Through the use of prayer and forgiveness, she learned to persevere. [SB]

Accreditation Session

This session was helpful to hospices who are getting ready to start working towards Level 1 accreditation. Through sharing of the step by step process with two hospices, Hospice of Peel, and Near North Palliative Care Network (Sudbury), who have already received their accreditation, examples were given of how to get started and what is helpful based on lessons learned. Although this process is time consuming and somewhat intimidating, the encouragement received at this session will be valuable as we move forward to achieve this status for Bruce Peninsula Hospice. [SM]

NEW BOOKS AT WIARTON PUBLIC LIBRARY

Acquired by Sheila McLaughlin for our Resource Library

And thou Shalt Honour: The Caregiver's Companion, by Beth Witogen McLeod. A guide to assist caregivers to understand where to begin, where to find more information, how to feel confident that they are doing the right thing, and also helping them to keep a sense of humour.

Caregiving: Hospice-Proven Techniques for Healing Body and Soul, by Douglas C. Smith. Practical, easy-to-follow advice for caregivers and a holistic approach to treating the terminally ill

In the Midst of Life, by Charles Rose. A hospice volunteer's story which captures the client's simple need to have someone to talk to, listen to, and just be with.

The Gentle Closings Companion: Questions and Answers for coping with the death of someone you love, by Ted Menton. Through the stories and questions of others who have faced this tough question, and the gentle guidance and answers of an experienced caregiver, you will find reassurance and courage in these emotional times.

PIKE BAY MUSIC NIGHT: AUGUST 12, 2005

Many years ago, Pike Bay United Church began to hold a music night. It was an evening of good entertainment, offered by local musicians. The original purpose was to raise funds for the church building. Now that the building is able to fund itself, the church has looked for other purposes for the money raised on music night. This year the healing garden was chosen; specifically the church wanted to purchase a stone bench for the garden. The event raised over 600 dollars for the healing garden and the bench is well displayed. The money was raised by free will offering and comes from an overflow crowd on that warm summer evening. A great big thanks to the local musicians who gave us a great evening: Don Edgar, Terry Sugg, Cliff Rutherford, Jan Menkal, Barry Steffler, Kay Warder, and Rick McDonald

— submitted by Rev. Audrey Brown

VOLUNTEER PROFILE: MANFRED MEWES



Manfred Mewes moved to Grey County six years ago and immediately became a client care volunteer for Bruce Peninsula Hospice. He demonstrates compassion and integrity in his interaction with clients, families and colleagues. Families of clients have acknowledged his attentive support by many appreciative cards and letters to BPH. He is an active participant in all related educational opportunities and volunteer support structures especially the initiation and provision of our quarterly newsletter.

While Manfred has pursued many interests such as music, business, and travel, it is horticulture that has played a major role in his life. He planted his first garden when he was four years old using cups and saucers from his mother's kitchen as containers for his soil into which "pushed" his impatient plants. His mother discovered her missing kitchen ware under his bed, the plants were thriving. Manfred has enjoyed studying and working with plants ever since including the botanical gardens of five countries and he has developed extensive and beautiful gardens at his own home. He used his talent to assist a neighbouring community develop a garden tour in memory of a hospice client that has become a successful annual event.

The commitment and joy that Manfred has demonstrated throughout his lifelong association with nature has been evident in his volunteer service to his community. We congratulate him as our newest recipient of the June Callwood award.

— Betty McIntyre

DATES TO MARK IN YOUR CALENDARS

Thursday, November 3, 2005, 7- 9 p.m.: GBPCHA Annual General Meeting at Chesley Hospital Board Room: Speaker Lisa Miller from CCAC will give an update on end of life initiatives and local involvement

Tuesday, December 13, 2005, 6:00 p.m.: Bruce Peninsula Hospice annual End of Year/Christmas Pot Luck at St. Thomas Aquinas Church, Wiarton at the Corner of George and Gould, [Turn up the hill (west from the Post office on Berford) to Gould, turn right and an immediate left into the church parking lot].

JUNE POT LUCK, 2005

The June 2005 Spring Pot Luck was once again held at the beautifully landscaped garden home of Bev and Rick Ker. As always Bev and Rick's hospitality was second to none.

After a relaxing tour of the grounds everyone gathered together in the shade to admire (covet) the two score of raffle items that had been donated and assembled by Manfred Mewes and Milton van der Veen. It was an eclectic mix of items ranging from artwork to dried flower arrangements to quilts. Tickets (by the arm length) were sold and raffle winners could choose their treasure. No fisticuffs were presented but several people did reach for the same item on occasion (you know who you are).



A splendid array of pot luck cuisine were presented in Bev's kitchen and thoroughly enjoyed by all in attendance. Manfred Mewes was presented with a nomination for the June Callwood Award to be received at the HAO Conference in September.

Pat Horner delivered a hilarious recitation that had everyone rolling on the grass. Later, Pat cut a delicious cake provided to commemorate her retirement from the Bruce Peninsula Hospice and celebrate the tremendous work she provided as a co-ordinator and a volunteer.

— Tom Whitcroft, Chair

FOR THE GARDEN OF YOUR DAILY LIFE:

— taken from RVH Mental Health and Addiction Program, Serenity Therapy Gardens Project, 705-728-8239

Plant three rows of peas: peace of mind, peace of heart, and peace of soul. Plant four rows of squash: squash gossip, squash indifference, squash grumbling, and squash selfishness. Plant three rows of lettuce: lettuce be faithful, lettuce be kind, and lettuce be patient.

No garden should be without turnips: turnip for meetings, turnip for service, and turnip to help one another. To conclude our garden planning, we must have thyme: thyme for each other, thyme for family, and thyme for friends. Maintenance of the garden includes: watering freely with patience and cultivating with love.

There will be so much produce in your garden because: You reap what you sow!

— submitted by Marge

VOICES FOR HOSPICES 2005



Bruce Peninsula Hospice's contribution to this year's **Voices for Hospices 2005** was a success. The audience at St. Paul's Presbyterian Church in Wiarton on the evening of October 8th was most appreciative of the A Cappella Chamber Choir's wonderful music under the direction of Jeanette Steeves. Several children of members displayed their musical talents as well in a number of solos.

Two readings by Pat Horner were also well received. Tom and Marjorie did their best lighting candles, despite a lack of cooperation on the candles' parts. The volunteers in the kitchen served a lovely reception afterwards.

Many thanks to all who assisted in organizing this performance as well as those businesses who donated either time or food. It was a wonderful Thanksgiving event.

— Ann Sanders

IT'S YOUR NEWSLETTER

Reader input is **needed** to make our newsletter newsworthy and fun. Send your items to our editor, Donna Baker, 95 Moore St., R R 3, Lion's Head, N0H 1W0. You can also email Donna at newsletter@bphospice.ca

Deadlines for future issues are January 5, 2006 for January 15 publishing and March 5, 2006 for March 17 publishing. For the latest news between newsletters go to our new website:

www.bphospice.ca

THE HEALING GARDEN

On Tuesday, September 27th at 4 p.m. hospice volunteers, hospital staff, Rev. Audrey Brown and Rev. Brad Mittleholtz, Mayor Carl Noble, Bill Walker from the Hospital Foundation and members of the Healing Garden Committee joined with family members and friends of Karole Hay for the garden dedication ceremony.

In January 2005, Valerie Marcella approached the PC Coordinating Committee to inform BP Hospice of the plan to build a healing garden that would be viewable from the palliative care room.



She advised us of the approximate cost and asked for our participation in creating this garden. The committee decided to make a lump sum donation in memory of Karole Hay, a hospice volunteer and avid gardener who had died in August, 2004. We had received many

memorial donations in Karole's name and the committee felt it would be a wonderful gift for future hospice patients and families using the palliative care room.

The Healing Garden Committee was formed and Mary Busey was asked to represent Bruce Peninsula Hospice on this committee. Special thanks from BP Hospice goes to Mary as she not only attended meetings but made plant selections, coordinated deliveries, helped spread soil, planted trees and shrubs, watered, weeded and built the dry river bed (with the help of her husband Bill), then laid landscaping cloth and spread mulch to ensure moisture retention and inhibit weeds.

Mary's efforts represent an outstanding job of Special Project Hospice Volunteering.

— *Bev Ker*



Friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly.

— *Anonymous*

CELEBRATION • NOVEMBER 23

The Thomas C. Whitcroft Funeral Home & Chapel is hosting its annual Celebration of Cherished Memories and Tree Lighting on Wednesday November 23, 2005 at 7:30 p.m. This reassuring and enjoyable evening of music, encouragement and friendship is provided in conjunction with Bruce Peninsula Hospice and is open to anyone touched by loss. The service will be held at the funeral home in Sauble Beach. A simple reception will follow. Please join us as we celebrate cherished memories together. Call 422-0041 if you wish to attend.

SEPTEMBER FINANCIAL REPORT

The finances of the Bruce Peninsula Hospice are in very good shape with approximately \$6000.00 available. This enables us to provide the volunteers, both client care and administrative, (everyone is a volunteer - no paid staff), with the training, education, seminars, equipment and general support to do their jobs.

It is important to keep volunteers trained and educated in the new and evolving ideas and methods of dealing with a wide variety of clients' needs and expectations.

Our money comes from a number of sources such as donations from individuals, churches, service clubs, fundraisers like the Hospice Walk and Voices for Hospice, and in memoriam donations. The latter are due in large measure to the excellent care provided by our volunteers. Because these methods have been successful, direct appeals to the community have not been necessary.

We have been very fortunate in having considerable awareness in our communities about Hospice with the result that we benefit from peoples' generosity.

— *Bill McKenzie, Treasurer*

BRUCE PENINSULA HOSPICE STATISTICS

Please remember to submit your monthly volunteer reports to the Warton office. This is very important as we rely in part on government grant money and statistics is our way of showing them how many hours we volunteers spend on client care and administration.

Here are the statistics for the past six months. During that time we served 28 clients.

	Client Care			Admin/Education		
	Travel			Travel		
	Hours	Time	KMs	Hours	Time	Kms
Apr	184.5	7	374	64	6	534
May	48	8	293	105	16	940
Jun	31	1	72	150	16	1124
Jul	9.5	1	8	62	2	240
Aug	38.5	6	319	52	5	218
Sep	20	1	8	41	8	445

WE'RE NOW ON THE WEB

Check out the new Bruce Peninsula web site for the latest news between newsletters: www.bphospice.ca