



# Bruce Peninsula Hospice Newsletter

January, 2006

## ANNUAL CHRISTMAS POT LUCK

Our annual Christmas Pot Luck was hosted on Tuesday, December 13, 2005 at St. Thomas Catholic Church in Wiarton. As volunteers arrived Milton van der Veen was ready with his camera to take pictures of us for our new badges which require us to have photo identification on them. Before the meal, we were able to check out the **Books for Books** display which raised \$60 to buy books for our Resource Library at the Wiarton Library. Books not sold went to Art Haley and will be used to raise funds for the Wiarton Library.

Our fellowship consisted of 21 active volunteers, 4 previous volunteers and 2 guests, Charles Young and Joyce Knott from Gateway Haven.

The banquet table was a wonder of delight with special recipes from all. Shirley Leeder lead us into the meal by saying Grace. I think most of us started the festive season with maybe just a bit too much to eat since we wanted to try just a little of everything.

After we were all full and content, we were treated to a slide show and given information about an organization called Sleeping Children Around the World. Milton van der Veen told us about his experiences with this organization and the children. Milton, also displayed what a bedkit might look like even though it might change slightly, depending on the country. Thank you, Milton, for enlightening many of us.

Charles Young, our next speaker, spoke to us about the opposite end of the spectrum from Milton. He talked to us about seniors in our own neighbourhood. Charles is the Administrator of Gateway Haven Nursing Home in Wiarton. Charles told us about the kind of care that is given to the residents at Gateway and what we can all expect as we grow older if we choose to make Gateway our home. Thank you, Charles, for giving many of us more insight into what life is like at Gateway Haven. Charles and Joyce Knott were also able to give us some information about flu shots and why we need them in order to visit Gateway if there is an outbreak. Charles did say the rules would be a little different if we had a client in palliative care.

We ended our evening by singing carols accompanied by Charles on his accordion. What a treat. Thank you to the Christmas Pot Luck Committee for all their help. Happy New Year to all.

— Liz Clarke

## BP HOSPICE COMMUNICATIONS

### Newsletter

Mail items for the newsletter to our editor, Donna Baker, 95 Moore St., RR3, Lion's Head, N0H 1W0 — or email Donna at <newsletter@bphospice.ca>. Deadlines for future issues are March 5, 2006 for the March issue and June 5, 2006 for the June issue.

### Email

It would be most helpful, for dispensing of information, to have email addresses of those volunteers who have them. Please send an email to Donna Baker at <newsletter@bphospice.ca>

### Website

For the latest news between newsletters go to the BP Hospice website: [www.bphospice.ca](http://www.bphospice.ca)

## SPEAKER'S BUREAU REPORT

Shirley Leeder and Betty McIntyre, since 2003 have been covering the Peninsula, speaking to groups about BP Hospice in Tobermory, Miller Lake, Stokes Bay, Lion's Head, and Zion Amabel for a total of twenty-two presentations. Betty estimates that an audience of about 400 persons has been reached by the Speaker's Bureau. We owe these ladies a vote of gratitude for this work.

## VOLUNTEER COMMITTEE REPORT

- The invitation list for the December Pot Luck included persons who took the last Level 1 in the area and who are interested in volunteering and also other qualified individuals who have contacted BP Hospice with an interest in volunteering. Administrators and Coordinators from the local nursing homes and hospitals, CCAC [Community Care Access Centre] and GBPCHA [Grey Bruce Palliative Care Hospice Association] were also invited.
- Hospice netted \$206 from the sale of sandwiches at The Lion's Head Hospital Auxiliary Bazaar November 5, 2005. Thanks to Susanne Smith who coordinated sandwich preparation and sales, and to volunteers who made and donated the sandwiches.

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*Winter Brunch*

## Volunteer Committee Report

(Continued from previous page)

- TB skin testing for client-care volunteers is being arranged for the spring.
- **PURPLE WRISTBANDS:** BP Hospice has obtained a number of wristbands from Grey Bruce Palliative Care Hospice Association for the purpose of "Raising awareness of Hospice - One band at a time." We can "demonstrate our support of quality end-of-life care in our local communities through the purchase of a purple wristband." A donation of \$3 is suggested for each and may be obtained from Donna Baker, 793-3203.
- Coordination of hospice volunteer support for the Warton area is being done by Betty McIntyre, Aileen Haley, and Mary Busey; and the Lion's Head to Tobermory area by Donna Baker, Sheila McLaughlin, Linda Holden, and Susanne Smith. A special meeting was held on November 23rd at Marge Farrell's home for planning of changes to coordination role, and team approach to share various responsibilities.
- Four new volunteers have received orientation and will assist with client care. In the Warton area: Laurene Gurr, Kim Wagner, Elaine Bell, and in Lion's Head/Tobermory area: Maggie Gregory.
- Education of potential new hospice volunteers for the spring of 2006 will be the responsibility of GBPCHA through Wendy McEwen.

## VOICES FOR HOSPICE



Eleanor Davis reported that the profit from the 2005 event was less than other years, but it must be noted that the date, being Thanksgiving, was not ideal and that the choir was paid. The 2005 Voices for Hospice committee has recommended that Warton not plan an event annually but every 2nd or 3rd year.

Many thanks to this committee for their work of planning, organizing and running the event for 2005.

## DATES TO MARK ON YOUR CALENDAR

**MAY 7:** Hike for Hospice. Details to follow.

**JUNE 8:** (10 a.m. to 4 p.m.) Spring retreat day for client care volunteers at Manfred Mewes home in Kemble. The morning session will be one of instruction on self care and relaxation with facilitation of a licensed reflexologist, Marion Niesen from Marigolds Spa in Warton. A Potluck luncheon will be followed by opportunity for networking, walking, gardening, etc. ending with meditation and reflection by the shore

**SPRING:** TB skin tests will be offered to all client care volunteers sometime in the spring and will be coordinated through Grey Bruce Health Services.

**OCTOBER:** A Therapeutic Touch workshop is planned with instructor Evelyn McKay from Guelph. Ideal number of participants is 20 persons. More info to follow.

"To love for the sake of being loved is human, but to love for the sake of loving is angelic."

— *Alphonse de Lemartine*

## GBPCHA ANNUAL GENERAL MEETING REPORT

Eight Bruce Peninsula Hospice members attended the November 3, 2005 meeting of the GBPCHA [Grey Bruce Palliative Care Hospice Association] in Chesley. Those at the meeting were signed in as members at a cost of one dollar each which enabled them to vote on motions at that meeting. This fee was to be in effect until January 1, 2006 by which time the Board will have made a decision on a membership fee for GBPCHA and who needs to be a member.

An overview of the year 2004-05 was presented by John Tennant and Bev Ker. The financial statement was also given and auditors appointed for 2006. Concern was expressed around monies held in the individual Hospice accounts which had not been taken into account. This matter will be addressed by the Board.

Betty McIntyre had the opportunity to speak from the floor regarding education for new and current volunteers as well as other concerns. She spoke from experience, observations and gave suggestions. Her presentation was excellent and well received.

The new GBPCHA Board has great challenges ahead and has room for more members to assist present members: Tracey Hebert, Paul Hurst, Bev Ker, Nancy King, Jennifer Hume-Larose, Sylvia Stalham, Beverley Tennant and John Tennant.

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

— *Anonymous*

## COMPASSIONATE CARE BENEFIT PROGRAM

On December 26, 2005, Michael Decter, wrote an article in the Sun Times entitled: "Put real compassion in care benefit program." A survey has shown that while 90% of Canadians would like to die at home, only about 50% get their wish. Back in 2003, a Senate committee, headed by Senator Sharon Carstairs, sparked action on the part of the Federal Government, and in January 2004, a new Employment Insurance Compassionate Care Benefit was introduced. (See *BPH Newsletter*, September, 2004)

This program has been badly implemented and needs fixing in areas of eligibility, benefit level, paperwork and rules, communication and program management according to Michael but "it is worth considering if you are facing the challenge of caring for a terminally ill family member."

On November 28, 2005, the Minister of Human Resources and Skills Development announced that the Federal Government would initiate regulatory changes to modify the eligibility criteria of the EI Compassionate Care Benefit by expanding the current definition of family member for the purposes of caregiving.

"The good news is that Ontarians have the protection of law to take a leave to support a loved one. Labour law changes allow these leaves. Employers must respect this right."

You can find out more about this program at the link: <[http://www.hrsdc.gc.ca/asp/gateway.asp?hr=en/ei/types/compassionate\\_care.shtml&hs=tyt#Sharing](http://www.hrsdc.gc.ca/asp/gateway.asp?hr=en/ei/types/compassionate_care.shtml&hs=tyt#Sharing)>

To help you give out this information to clients whose families could benefit from this, we have added a direct link on the BP Hospice web site. You can find it by clicking on the **LINKS** button of the BP Hospice web site: **[www.bphospice.ca](http://www.bphospice.ca)**

## CELEBRATION OF CHERISHED MEMORIES



On Wednesday, November 23, 2005 the annual Celebration of Cherished Memories was held at Thomas C. Whitcroft Funeral Home & Chapel. Members of the Bruce Peninsula Hospice who attended were left to right: Tom Whitcroft, Aileen Haley, Bev Ker, Rev. Audrey Brown, Sally Gibson, Marjorie Farrell, Norma Robson, and Liz Clarke.

## HEALING GARDEN/PALLIATIVE CARE ROOM



The article on Karole Hay and her hospice interest, from the **Owen Sound Sun Times** prior to her death, has been copied and laminated and placed in the Palliative Care Room to enable families/patients to connect the person to the memorial garden bearing Karole's name.

## NORTHERN PENINSULA CLIENT VOLUNTEER PROFILES

### Susanne Smith

Fifteen years in wonderland (the Bruce) - can't beat a trek through the bush on a sunny day in winter - amazing (sensitive, talented) circle of friends - social service work - university and teacher's college - three years in Nigeria with CUSO - born & raised in Toronto - love tasty food, movies that never come to our video store, "the bush", animal companions, "grand" kids of all kinds and funny loveable creative Stuart.

### Sheila McLaughlin

I grew up in the rural area of Waterloo Region in the village of Philipsburg. My parents, brother and myself were part of a community of caring people who looked out for each other. My mother was a church organist for over 50 years, so from an early age I have a recollection of attending funerals with her, and of seeing death as an integral part of the life cycle. Seeing the important role of caregiving when my grandfather was ill drew me to a nursing career. I very much enjoyed this vocation for 35 years, and through it was introduced to hospice when I worked with Woolwich Hospice in St. Jacobs from 1991-1999.

My retirement in 2000 with my husband Grant to whom I have been married for 41 years, brought us to Lions Head, another community of car-

ing people. I have two children, son - Mike and daughter - Sue and her husband Glenn and grandson Conor age 3 and new baby born ????. My interests involve volunteering with the Lion's Head Hospital Auxiliary, Cradle Link and Hospice.

I appreciate the opportunity to be a volunteer with Bruce Peninsula Hospice, and look forward to helping families seeking hospice support.

### Marlene Rothenbury

My husband Ray and I live on Gillies Lake, just north of Dyer's Bay in the Northern Bruce Peninsula. We bought our property in 1990 and used it as an 'escape from the workinglife treadmill in Sarnia, Ontario for many years before retiring and moving here permanently in 2003.

Fun for me comes in the shape of hiking and maintaining treadways on the Bruce Trail, kayaking on our Big Waters, gardening, birding, snowshoeing, swimming, travelling, and last but not least, lazing in a hammock on a summer's soft day. All of these activities wouldn't be fun at all if they weren't shared with the many special and good friends we have found 'On the Bruce'. Each summer we get to share this fun too for a very treasured time with our two sons and their families; Dave and Beth in Dallas, Texas, and Dan and Gourete and their four children in Colorado Springs, Colorado.

### Donna Baker

Born and raised in Saskatchewan, I moved 'east' with my husband, John, in the fall of 1966. We lived in the Waterloo area until moving to Lion's Head in 1999. I took my first hospice course in St. Jacobs in 1995, the year after my Mom died out west. I had not been with her in her final days and saw hospice as a way of giving back. Moving to Lion's Head was 'a breath of fresh air!' We have made so many friends through the various activities available, but my main one was initially the Peninsula Bruce Trail Club. Hiking, kayaking, gardening/preserving, & yoga seem to be my main hobbies/interests but I have dabbled with watercolours, sewing, and biking and I like to have a good book on the go,

I am mother of two children in their 30's, and grandmother of two darling little girls with whom I like to spend time. The grass doesn't grow long under this grandma's feet!

### Sally Gibson

After teaching for 30 years in the St. Thomas area, we moved to Hope Bay. I still do occasional teaching here on the Peninsula when the need arises. Retirement life is wonderful and the opportunities to do things you could never do while working never cease to amaze me. It is indeed the beginning of the rest of your life. My children are all grown and scattered from Toronto to London to New Jersey and across the country to California. It does make for some interesting road trips! In my leisure time I enjoy reading, scrapbooking, walking, snow shoeing, and researching my family tree. The opportunity to volunteer with Hospice is an honour and a privilege as you assist people during a difficult period in their lives.

### Linda Holden

We purchased our cottage/retirement home at Whiskey Harbour in 1995 and spent summers and most weekends year round enjoying the peninsula. We have lived in the KW area for 20+ years. I am a retired RN having worked in the psychiatric/mental health/addiction field for most of my nursing career. I worked in both inpatient and out patient areas at Grand River Hospital mainly with adolescents and families as well as program management.

When, in 1999 my husband became ill, I left work and we moved to our cottage. Don died in 2001. In a very short period of time many losses were to be endured including both of my parents, my parents in-law, a cousin, a young nephew was murdered, and yes my dog died. I have come to realize

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that I had lived a life sheltered from the pain of personal grief. A very different experience from professional dealing with others grief.

In 2001, I took the Hospice volunteer training program ... to give back, to contribute, to gain perspective, to learn to cope. I have spent summers here and finally sold our home in 2005, moving to Whiskey Harbour again. I continue to do occasional short term contract work and enjoy walking, gardening, reading, learning to quilt and visiting my three grown children.

**Gloria Charlton**

I was born and raised in south west Ontario and attended a one room country school for grades 1-8. After business college, I worked at a treatment centre for emotionally disturbed children in London. My husband's work took us from London, to Stratford, back to London, to Calgary, Oakville and back to London again. When my son was born, my first priority was to be "Mom", so any jobs I took worked around his schedule. When he was older, I took a job as administrative secretary with the Ontario Secondary School Teachers' Federation and continued there until my retirement in 1996. Volunteer activities have always been a part of my life: from church activities, Jaycettes, Block Parents, Boy Scout Beavers, school volunteer, and positions on the Community Association to membership in the Hospital Order of Saint John of Jerusalem, whose major funding is directed to Hospice groups.

After our last move back to London and my divorce, I met a special gentleman in 1986 who brought joy and love into my life, but after 1 1/2 years he was diagnosed with terminal cancer. At this point Hospice of London volunteers assisted us. I later became a volunteer with them in 1989 and transferred to the BPH when in 1996, I moved to the Peninsula with my husband, Ken.

Music and dancing are my greatest fun activities. I also enjoy golfing (paying for 9 holes, but swinging for 18!), walking/hiking, swimming, x-country skiing - all at the fun level.

**Maggie Gregory**

I was born and raised in small town St. Marys, Ont. in a not so small family of twelve children; six girls and six boys. I was employed as a client rep with Bell Canada for 22 years. I have a son and two step daughters who are all a source of joy to me and my husband, Lorrie. My son and his wife will be blessing us with our very first grandchild this summer.

We have recently become permanent residents of the Bruce Peninsula, coincident with Lorrie's retirement, and after cottaging here for many years. We are avid boaters and are currently working on our plans to build a new home here in the spring. Music, (I play guitar and have recently taken up the violin) books, crafts, cooking, and the great outdoors are all passions of mine.

In Stratford, I was a palliative care volunteer for five years, largely in a hospital setting, and I look forward to working with the hospice team here.

**ON LEAVE**

- Marge Farrell and Sheila McLaughlin on Leave of absence for January, February, and March.
- Sally Gibson away February 24 to mid April.
- Donna Baker away January 27 to February 6.

**BRUCE PENINSULA HOSPICE STATISTICS**

Please remember to submit your monthly volunteer reports to the Wiarton 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 three months. During that time we served clients in homes, LTC, and hospital: 5 in October; 7 in November; and 6 in December. (1 in Lion's Head, the rest in the Wiarton area.)

	Client Care			Admin/Education	
	Travel			Hours	Kms
	Hours	Time	KMs		
Oct	21	5.5	209	239	734
Nov	71	14.6	706	140	732
Dec	25	6	366	79	790

**TWO CUPS OF COFFEE**

*When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and two cups of coffee.*

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up the rest of the space. He asked once more if the jar was full. The students responded with a unanimous "Yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty spaces in the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things: your family, your children, your health, your friends, your beliefs, your favourite passions — and if everything else was lost and only they remained, your life would still be full."

"The pebbles are the other things that matter, like your job, your house, your car. The sand is everything else: the small stuff. If you put the sand into the jar first, he continued, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you."

"Pay attention to the things that are critical to your happiness. Play with your children, take time for your health, take your partner out to dinner, keep fit, etc. There will always be time to clean the house or mow the lawn. Take care of the golf balls first — the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

— submitted by Marge Farrell