



Bruce Peninsula Hospice Newsletter



Well what a year it has been!

I would like to take a moment to recognize and thank ALL of you. I don't know if any of you heard the CBC radio call in show in November that spoke about end of life. It was about end of life experiences as told from the perspective of the family members who had been the caregivers and decision makers. In many situations the family unfortunately spoke about feeling pressured, feeling rushed to make decisions and feeling that the medical professionals did not listen to them. However, EVERY time hospice volunteers were mentioned these expressions were used "an angel", "a huge support", "someone to listen and just sit....which is what I needed most".

Those of you who meet with the families and provide direct care to our clients are the true "angels" among us. Sometimes we work with people who are not at their best so you may not always be thanked. But I hope you know how VERY much your presence is appreciated and that I thank you wholeheartedly.

Those of you who sit on committees or on the board of directors provide the support and organization that make it possible for our front line volunteers. Thank you...we could not do it without you.

Teena and Bev....you two keep it all together for us. You spend unbelievable hours in the office and keep us ALL organized. Thank you!

At the AGM we reviewed the financial statements and achievements for the last year. However, the financial year ended on March 31, 2013. Hence, things like the Hike, Raffle tickets, etc... did not show. However, I think it is important that we take a moment to remember those events. Not just because they raised dollars for us but because they played a HUGE role in increasing the profile of BPH in the community. I don't think that it was by accident that Caframo chose us as their charity of choice & that RBC donated the proceeds of their BBQ this year. Did you notice that it happened just after the Echo Office window was used to inform and publicize BPH.

Each and every one of you has played a huge role in increasing the awareness of BPH in these past few months. Whether you participated in the hike, sold raffle tickets or simply spoke about our organization, you played a huge role in increasing the public awareness of BPH.

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At the beginning of October, we reviewed our Strategic Plan. It was an opportunity to celebrate MANY accomplishments. In our original Plan in 2011, we identified the need to establish a staff person (CHECK!), maintain and expand the bereavement program (CHECK!) and be well known in the community through an enhanced community education and awareness program (CHECK!). Over the next year we will continue to provide comprehensive community education to increase awareness and continue to recruit, train and develop client care volunteers. We will also continue to train and develop board members, continue to offer bereavement programs, continue to develop relationships with key community partners and continue work to maintain our Level 2 accreditation.

We welcome our new board members, Susan McCallum, Ann Schneider, Paul Lavigne, and Sally Gibson. However, that means that we must bid a sad farewell to Bev Ker, Tina Hill, Irene Thomas and Mary Busey. They have contributed MUCH to our board and their skills and knowledge will be greatly missed. Bev will continue to work in our office and Irene will continue to be a member of the Community Education Committee.

Once again...thanks to ALL of you. Have a wonderful Christmas holiday!!

--- Pat Cavan, Chair, Board of Directors

Our 2013-2014 Board of Directors



Back row: Mary Winn Daykin, Sally Gibson, Val Kurck, Nicholas Saunders, Ann Schneider, Lydia Dredge
Front row: Pat Cavan, Paul Lavigne, Susan McCallum, Alice Hatt
Absent: Berdina Johnston

BPH Inc. STATISTICS
Volunteers and Clients
Summary for 2012 - 13 Fiscal Year

49 Clients were served
 502 Visits and Phone Visits
 737 hours in client visits +193 hours in Travel Time
 9624 km in client visits
 1817 hours for Administration and Committee meetings
 507 hours for Education
 506 hours of Travel Time for meetings and education
 23,530 km were travelled for meetings and education

Average of 13 clients per month
 Average location Hospital 2
 LTC 6
 Home 5



A Special Thank You

to the following organizations and the staff members, whose gracious assistance and support help to make the visiting hospice and bereavement services of Bruce Peninsula Hospice possible:

CCAC
 Christ Church Anglican Parish, Lion's Head
 Grey Bruce Health Services, Wiarton & Lion's Head
 Gateway Haven
 Golden Dawn
 Municipality of Northern Bruce Peninsula

Northern Bruce Community Mental Health Team
 Peninsula Family Health Team
 Sauble Family Health Clinic
 St. Thomas Aquinas Church, Wiarton
 Tobermory United Church
 Town of South Bruce Peninsula

We are most grateful!

September Volunteer Gathering

– Sally Gibson

Forty people enjoyed a Potluck Luncheon on September 19th at the Sauble Beach Community Centre. It never ceases to amaze me how the food is always varied and plentiful at potluck meals. This was no exception. My compliments go to all the chefs for the food that they brought. A special thank you to Paul Lavigne who is now known as the Master Dishwasher!

Pat Cavan, Chair of the Bruce Peninsula Hospice Board facilitated the meeting following the delicious meal. She reviewed the successes of the past year...

1. Hike for Hospice was very successful surpassing the fundraising goal and raising over \$20,000.
2. Bereavement support has increased to groups in Wiarton, Lion's Head and Sauble Beach.
3. Hospice continues its outreach program speaking to various groups in the community to raise awareness.
4. Currently a raffle is underway with some fantastic prizes and tickets are expected to sell out.
5. There is a growing number of clients in the home, long term care facilities or the hospital.
6. This year will see the start of Teen to Teen Bereavement Support
7. Volunteers and their families were thanked for the many hours that they have dedicated to Hospice whether it be on the Board, client care or in the Office.
8. Upcoming is an Education day on October 16th to take place in Owen Sound which will be of interest to all involved in Hospice.

The highlight of the afternoon was the honouring of the Hospice Ambassadors (retired Volunteers). The following people, who were able to attend, were honoured with a plaque with their name and the beautiful Colchicum (Fall Crocus) which is the logo used by Bruce Peninsula Hospice: Jean Burrows, Shirley Bruer, Marie Golanch, Pat Horner, Elsie Jarl, Shirley Leeder, Norma Robson, and Mel Rydell. These Ambassadors expressed their happiness that Bruce Peninsula Hospice was continuing to grow and that more awareness by the community was forthcoming.



l-r standing at back: Pat, Mel, Jean, Shirley L.
seated at front: Shirley B. Sheila, Norma

Pat thanked John Stafford and Barb Lavigne for the design on the plaques.

In addition to these Ambassadors, Sheila McLaughlin was recognized for her tireless work with accreditation (policy and procedures) so that Bruce Peninsula Hospice could receive Accreditation One and Two and maintain Accreditation Two status. Sheila is also a recipient of the June Callwood Award.



Jane Fyvie was honoured for her tireless volunteer work in the Office. Jane was honoured as a South Bruce Peninsula Volunteer in 2007 and an Ontario Volunteer in 2011. Our sympathies are expressed to Jane and her family in the recent death of her husband.

The client care coordinators Helen Westover (South) and Marilyn Bullen (North) thanked the volunteers for their work and their readiness to assist when called even when it is on short notice.



The afternoon ended with the delightful story telling from Pat Horner.

2013 Bruce Peninsula Hospice Raffle Winners

Amid the fun and entertainment of the Wiarton Fall Fair, Bruce Peninsula Hospice held its 2013 Raffle draw on Saturday September 21st, 2013 with the following winners:

South Bruce Peninsula 1st Prize winner, Betty Whitcroft, spent a wonderful Weekend for Two in Tobermory at the end of September remarking, *“The weekend was perfect from the weather to the accommodations, the meals, the cruise and the shopping in the delightful shops. Of course the scenery was spectacular and the people so welcoming.”* 2nd prize of an iPad, went to Shanna and Rob Reid of Port Elgin, 3rd prize of an iPad Mini was won by Doug Embleton of Lion’s Head, 4th prize of a leather office chair was won by Debby George of Wiarton, 5th prize of the Taste of the Peninsula was won by Linda Brunton of Sauble Beach/ Waterdown and the 6th, 7th, and 8th prizes of \$100.00 were won by Paul Deacon of Wiarton, Cheryl Ebel of Lion’s Head and Rick Ribbel of Owen Sound respectively.

Bruce Peninsula Hospice is extremely grateful to all the volunteers and businesses that helped with ticket sales. Thanks to everyone who bought tickets in support of hospice palliative care in our community!

Bruce Peninsula Hospice is also most grateful to the following organizations for their generous donations of prizes to help make this first BPH Raffle a success:

- Bruce Anchor Motel and Bruce Anchor Cruises
- Princess Hotel
- Leeside Restaurant
- Crowsnest Pub
- Owen Sound Transportation Company
- Peacock's Foodland
- Staples Owen Sound
- Green Door Café
- Cocoa Vanilla
- Roadster's Smokin'Gun Barbeque
- North on Six



1st prize winner, Betty Whitcroft with Pat Cavan, BPH Chair, and 2nd Prize winner Rob Reid.



3rd prize winner Doug Embleton

**CONDOLENCES
TO OUR VOLUNTEERS
UPON DEATHS OF LOVED ONES**

Jane Fyvie - husband
MaryWinn - extended family

Dear Board Members, Staff, and volunteers of BPH

You are all very special people. Thanks for making me feel special, too.

Thank you for honouring me with the beautiful plaque and the kind words of appreciation. It has been a privilege for me to help with the volunteer activities during the past 11 years and I will continue to be an ambassador for BPH.

*Sincerely,
Sheila McLaughlin*

Music Care - Carol Beggs

Music can touch our memories and our emotions. If selected with care, it can evoke pleasure and sooth distress.

In the past year BPH has enabled me to attend three workshops and an HPCO presentation describing the value of music in caring for people who are on their final journey. Volunteers do not need to be musicians. We do need to collaborate with our clients, to have their permission to play the music of their choice and have the technology to deliver quality sound. Family may help to select music when the client is end stage or unable to communicate and we must be able to interpret the client's body response to the sound. This is Music Care.

The scope of music is limitless, going from simple pleasure to profound release. Music Care is part of our Strategic Plan for 2014 and I encourage each of us to engage in this adventure.



Pictures taken by Betty Whitcroft, 1st prize winner of our fall raffle, from her Tobermory weekend



Bereavement Talk with Dr. Harpur

A Bereavement Talk was held on the evening of Wednesday 28th at the Tobermory United Church, hosted by Bruce Peninsula Hospice. Guest speaker, Dr. George Harpur kindly shared his expertise in the area of grief. This was an interactive presentation with approximately 25 guests in attendance. Dr. Harpur shared with the group a definition of grief – and words such as “overwhelming” and “distress” were discussed. He described grief as a process that is very individual and can be likened to becoming “mentally self-employed”. We all go at different paces and there is no timeline. He also touched on cultural influences and how our culture is uncomfortable with discussing death and the process of grieving.

The group discussed triggers that can go on for years. For example, years later a scent or a song can take you back in a moment. Dr. Harpur also touched on the fact that various kinds of loss can instigate grieving and the group shared some of the secondary losses we experience including loss of routine, loss of touch, wisdom and humour, loss of future, loss of presence and how relationships with family and friends can be changed. He stressed how choices made during the grieving process are significant such as do I get up to take a walk today and how do we know if someone is stuck? He touched on how acceptance of the death can allow you to move into the future and that coming to acceptance is an important task of the grieving process. Manifestations of grief can be many and some things people experience they are afraid to share with others as they worry people may think they are crazy when in fact they are quite normal. Sleep disturbances, sightings of the deceased loved one, absentminded behaviour, forgetfulness and other physical sensations and feelings can be quite common in normal grief. How we can support someone who is grieving was also touched on and how simply being present for them can be a great comfort.

After Dr. Harpur’s talk, Wendy Woodhouse from path4 peace answered the questions: what is a labyrinth? why do people use a labyrinth? and how to use a labyrinth? Guests were then invited to walk the Labyrinth outside or trace one of the finger Labyrinths that Wendy brought. The Labyrinth is open to walk excepting Saturdays and Sundays during times of service.

LOSS

When an activity or a person fills our lives, inspires us or gives us a zest for life, their absence can plunge us into this feeling of total emptiness. We live a kind of inner death. Life no longer flows forth in us. We are filled with a sense of loss and of grief; a heaviness, which resembles depression, permeates our whole being. This pain and this heaviness are not a sickness but a normal, natural reaction to a loss that touches the very meaning of our lives.

--- Jean Vanier, Seeing Beyond Depression, p. 9

2013 Hospice Palliative Care Conference

In April, Carol Beggs, Marilyn Bullen, Nancy Forgrave and Jean Sadler attended the Annual HPCO Conference in Toronto. The opening keynote presentation was by **Dr. Michael Downing**, Director of Research and Development, Victoria Hospice, Victoria, BC, entitled “Roots, Ruts and Roads: Where are We Going and Who is Driving?” It was a fascinating tour of the history of hospice palliative care, from its first mention in Egyptian times to Dame Cicily Saunders who founded the hospice movement in the late 1960’s. He referred to the roots of: Respect, Dignity, Advocacy, Compassion and he also explored in depth the concept of genetic genealogy and the emerging idea of being able to trace back disease predecessors through DNA. Other keynote speakers presenters included: **Dr. Jeff Myers**, Head, Palliative Care Consult Team, Odette Cancer Centre, Sunnybrook Health Sciences Centre; “Quality Dying: Change at the Institution Level“; **Dr. Hsien Seow**, Cancer Care Ontario Research Chair in Health Services Research, Assistant Professor, Department of Oncology, McMaster University, “Innovative, Expert – Consult Teams: Do They Help Keep Patients at Home?” and **Dr. Margaret I. Fitch**, “Understanding the Patient Perspective: Incorporating the Patient Voice in Health Care“

The event closed with a very funny and entertaining talk by **Paul Huschilt**, Award Winning Professional Speaker and Storyteller, “Everybody Stay Calm: Managing Stress Through Humour”.



We Remember...

Lasting tribute gifts to Bruce Peninsula Hospice were made this year in loving memory of:

Maurice (Moe) Boulter	Norma Greig	Beatrice Pruder
Shirley Dodd	Valerie Jansen	Eleanor Thomson
Donald Fyvie	John Miller	Jean Walker

Bereavement Committee Report - Val Kurck

- Our support groups continue to be well received and attended. We held a support group in Wiarton in early summer and we just finished up the support group in Sauble Beach which ran from Sept 25-Nov 20 at the Family Health Clinic. A big thank you to the facilitators Mary, David, Nancy and Carol. Also a big thank you to Sandra for her wonderful baking.
- Once again we offered a six week Walking group in Lion's Head this fall. Thanks to Marilyn and Donna for their time and effort in meeting at the Pavilion each Tuesday at 2:00. Because we had fewer participants than anticipated, it will be reassessed for the future.
- A Bereavement Talk was held on the evening of Wednesday August 28th at the Tobermory United Church. Guest speaker, Dr. George Harpur, kindly shared his expertise in the area of grief. This was an interactive presentation with approximately 30 participants in attendance. Wendy Woodhouse also spoke about labyrinths and afterwards guests were invited to walk the labyrinth on the church grounds.
- We have been hard at work developing our one-to-one bereavement support program for individuals who have not previously received hospice-visiting services. We completed a 4-part teaching series for volunteers with the one-to-one program. July 9th Nancy presented: theories of grief, intuitive & instrumental grievers, grief & family systems. On July 11th our guest speaker was Alida Van Dijk. Alida teaches the Grief Crisis Course in Pastoral Care and Psychotherapy Course at the Waterloo Lutheran Seminary, Faculty of Graduate Studies, Wilfred Laurier. Alida presented: Role of individual support (non-anxious presence), questions, case studies, role-play, complex and complicated grief. On July 16th Nancy presented: Mourning in Different Cultures. Our guest speaker was Dwight Biggs pastor, Port Elgin Faith Lutheran Church and founder of the Port Elgin Bereavement Support Group. Dwight presented: Spirituality, death and loss. For our fourth session Sue Goldman, from the mental health team in Wiarton, spoke about adult mental health and grief. Val Kurck talked about working with parents/children and youth and Nancy spoke about anticipatory grief. We are pleased to have this program finally in the works and we have started with our first one-to-one client.
- Nancy and Pat met with the schools to review the one-to-one program and the teen-to-teen program. We advertised for a one-day workshop (teen-to-teen) within the schools this fall however, we did not have anyone register. Nancy and Val met with school personnel earlier this month to review needs/planning. We are hoping to offer a support group/series within the schools early next spring using a format similar to the teen-to-teen program.
- The bereavement committee is in the process of forming a subcommittee to plan and facilitate the children/youth programs in the schools.
- Plans for early 2014: looking into dates for our next support group for Wiarton. We will be starting up our subcommittee for working with teens and children and we are very excited about new referrals to our one-to-one program.

Bruce Peninsula Hospice is most grateful to the Community Foundation Grey Bruce for their support of our Bereavement Support Services.

Highlights - Canadian Hospice Palliative Care Conference, Ottawa Oct. 31 – Nov. 3/13 Notes by Nancy Forgrave, our Office Manager, Volunteer Programs & Outreach

“**Both Sides Now**”, a very moving and inspirational plenary, was presented by cancer patient and caregiver, Jim Mulcahy. A resident of Nova Scotia, Mr. Mulcahy has served as the patient representative on cancer Care Nova Scotia’s provincial Education Committee and is one of four national patient representatives for the Canadian Virtual Hospice. A former English teacher, Jim shared his love of words and their meanings as they relate to hospice-palliative care, for instance:

The origin of the word “clinic”, being “the person who is ill”. When one was going to the clinic, they were going *to the person who is ill* and “clinical” was to practice the healing arts at the bedside. He further emphasized this with the statement that **it is at the bedside that healing occurs**... not at the foot of the bed, not at the doorway, or by email...

He spoke of how **hospice palliative care** is not a “career” whose original meaning was a path, or winding road taken at great speed. It is not a “job”, eg. a lump of something exchanged for money, but a “**profession**” as in a nun’s profession. It is a conviction, or a public commitment to a calling which has a note of sanctity to it.

He suggested that it is a profound partnership of a strong back (knowledge, skill) and a soft front (vulnerable, responsive, expansive heart). The capacity to cure inevitably leads from the capacity to care and that is why we have voices and hands with which to sooth the patient using tolerance, patience and calmness.

As a patient himself, he related the story of the cook who flattered him and the cleaning person who spoke to him of books and how important that was --- that need to be seen despite the degradation of the illness, to feel that you are still worthy of another’s attention and affection.

He stated that as patients, “*we are more than measurements*”. Charts and diagrams are used for numbers and measurements, but do not define a person or comfort in the end. It is a patient’s hope that they will not be abandoned when anxiety and confusion set in and that they will be protected from unnecessary suffering and borne witness to as they become strangers to themselves.

In the end, the patient seeks the consolation of our care, our time, our presence and our expansive heart.



In her talk, **Adult Sibling Loss: Forgotten Grievers**, Brenda Marshall effectively supported her assertion that the death of a sibling in adulthood is rarely recognized as a significant loss. Brenda did her PhD on the topic and shared highlights of experiences of four bereaved siblings and touched on three themes she gathered from her research: 1) profound loss, 2) family changes 3) separation from stories.

She makes the case that a sibling relationship is a very important relationship that can provoke intense loss and that there is not a lot of recognition for the impact of this loss in society. She further discussed the family changes that occur including: the adult sibling having difficulty parenting their own children after the death, how they may need to take on new roles and responsibilities if the parents are still alive and perhaps how family occasions are changed not only with the absence of the sibling, but perhaps their entire family and how relationships with nieces and nephews can be affected.

-Brenda Marshall’s book, **Adult Sibling Loss Stories, Reflections and Ripples** is available at amazon.ca

--- Conference highlights by Nancy continued

Dr. Ian Kroll's workshop, **The Importance of Brain Health in End-of-Life Care**, described advances in the medical specialty of the brain and its central role in the production of "feelings" of pain and suffering versus well-being. Dr. Kroll is a physician specialist of Brain Health for Improvement of Pain, Symptoms & Quality of life in Chronic Illness and Palliative Care and an Associate Clinical Professor, Faculty of Medicine, University of Calgary.

Dr. Kroll stated that the ultimate goal that we strive for is a 'nice' death – that the end-of-life experience is something we go through only once in a lifetime. As it is the brain organ that creates pain, he has been working with new treatments for pain, such as anti-depressants and central nervous system agents. In addition to its impact on pain, improved brain health can contribute to improved social relationships and reduce the impact of the illness on the broader system. He stated, the "*brain is the home of all human experience*" and there is a need to look at the brain, body and real life together. With illness resulting in chronic stress, the brain is under assault and needs help. In the last 12-13 years, science has shown that brain cells do regenerate and that "*with fertilizer*", neurones can grow. Dr. Kroll advocates keeping the brain organ healthy to the end and doing things that help people feel better. He is developing a website www.MakingPossible.com



Speaker's Bureau

It has been a busy time for the Speaker's Bureau the last few months.

Nancy and Helen spoke at a Warton Rotary Club meeting. In response to questions, we explained that we can help those needing respite care, and also offer End of Life support to the client and his/her family.

We spoke to the Kemble's Women's Institute, just as they were celebrating their 116th anniversary of being active. They are the oldest WI group to be continuously active in Canada.

The Friendship Club of the Lion's Head area invited us to their fall potluck supper, where we spoke to 40+ people. With an invitation to return, we offered to come back to discuss Advance Care Planning.

Nancy, Marilyn and Helen also spoke to both of the Medical Advisory Committees in Lion's Head, and in Warton, and answered their questions. They showed interest in our plans to do a presentation on Advanced Care Planning, and asked us to contact them when that happened.

We are planning to start another round of speaking engagements in the spring of 2014. ---- Helen Westover

Other happenings:

- Strategic Plan review Oct. 8
- The Grey Bruce Hospice Palliative Care Collaborative and the Residential Hospice of Grey-Bruce hosted this year's Education Day on October 16th at the Bayshore Community Centre. 15 of our volunteers attended this informative day.
- Comfort Measures Dec. 10
- **WELCOME to our new client care volunteers**

Ways to Give

As a non-profit, registered charitable organization, Bruce Peninsula Hospice relies on the support from individuals, service clubs and organizations to fund its caring work.

If you, or anyone you know, are looking for ways to support the hospice, the work of the volunteers, and the individuals and families facing life-limiting illnesses, the following are some of the ways to give:

- By making a donation in the memory of a loved one or friend who has died.
- By making an end-of the year donation of any amount you are comfortable. You will receive a 2013 charitable tax receipt if your gift is post-marked on or before December 31st, 2013.
- By referring others close to you to the work of the hospice and its mission.
- By considering becoming a hospice volunteer.
- By remembering Bruce Peninsula Hospice Inc. in your will.

PSST: Donations can also be made online right up until December 31st at www.bphospice.ca -- click the Donate Now button and you will be directed to Canada Helps.org, a secure site for making donations to many Canadian charities including Bruce Peninsula Hospice!