



PASSAGES

Caring in a Special Way

The Newsletter of Huron Hospice Volunteer Service—HHVS

DECEMBER 2012 VOLUME 1 ISSUE 1

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ANNUAL GENERAL MEETING

On Tuesday, September 25th, 2012 our Annual General Meeting was held at the OMAFRA Building, at 60 Don Street, Clinton., with 36 people in attendance. Attendees included Volunteers, Staff, Board Members and friends & family in support of these amazing people and our organization. Guest Speaker Eugene Dufour spoke to his jointly authored book, “Embracing The End of Life—Help for Those Who Accompany the Dying”, that addresses key issues and emotions faced at the end of life and provides tools and strategies for Care Partners to use throughout their journeys with the dying.

Highlights of our 2011-12 year with HHVS

In April HHVS received our recertification of our Level 2 Accreditation at the HAO Conference in Toronto. Due to a shortfall in reaching their campaign goal, we received approval from Perth Huron United Way for most of our request for

funding, however thanks to the Optimist of Brussels for holding a major fundraising event that put United Way over the top, we later received the remainder of our request! Training dollars were provided from HealthKick and Palliative Care Volunteers received the required 30hour training. New programming has been added to our services, “Survivors of Suicide” (S.O.S.) and “Hope for the Holidays”, two very specialized and much needed programs. S.O.S.—Specific support for the survivors of a suicide victim. Hope for the Holidays—A drop-in service over the holiday season.

Welcome to HHVS and Thank you...

Welcome to our new Board Members, Grace Dolmage, Eugene Dufour & Sue Garrick! All of you bring such a great variety expertise and specialized skills to the table. Grace has recently retired from her Administration position with SCH, in which she continually provided support to and collaboration with HHVS. Eugene is a clinically trained therapist and international speaker on the topics of compassion fatigue, critical incident stress debriefing, bereavement, hospice palliative care and pastoral care. Sue brings years of experience in providing quality nursing care and service to patients and their families & friends.

Thank you so very much, to our departing Board Member, **Joanne Rowcliffe,** for your years of dedicated and valuable service to HHVS, your time and effort into developing and editing our newsletters , taking all the right pictures and always helping with fundraisers and events... Without you, HHVS would not be what it is today.

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SPECIAL MENTION

2012 JUNE CALLWOOD AWARD PRESENTED TO: JOAN STEWART



The *June Callwood Award* is to acknowledge and thank outstanding volunteers that have dedicated countless, selfless hours of volunteering and caring to Hospice Palliative Care.

Joan has been an extraordinary member of our Hospice Palliative Care team since 1995.

Joan's passion and dedication to her 'clients' is second to none. Thank you Joan for all your compassionate care, your time and dedication.

Job Loss...

One of Life's Most Difficult Transitions

You might be wondering, "What does job loss have to do with Huron Hospice Volunteer Service.?"

Job loss is one of life's most difficult transitions, and like any other loss in life, such as divorce, death, living with chronic or life-threatening illness, working through the steps of coping is just as important and the same as, the grief & bereavement process for all of life's transitions.

As our local economy and communities struggle and forge through many challenges, losses, changes and uncertainty, many families and individuals are going through financial and emotional strains that may require support from an organization such as HHVS. In fact, all stages commonly associated with grieving and death are the same for people who have lost their job. **Shock**-A sense of numbness & disbelief, **Denial**-A sense that this can't be happening pervades, **Anger**-Intense feelings of betrayal, **Bargaining and Depression**-Negotiating or coming up with reasons they shouldn't lose their position, **Fear/Panic**-how are they going to pay the bills or keep their home, and eventually **Acceptance**-They begin to accept the news and move on. Even a sense of hope is regained. HHVS can help you and your family through this process and difficult time of transition.

The grieving process varies and is different for each individual and does not follow a specific order, but in the end, a loss is a loss and grieving it is a healthy process that people must go through. There are many local programs, services and resources available to help and support you through this journey. If you or someone you know is in need of supports, take that first step and ask for help. You're not alone.

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2012-2013

STAFF

Shirley Dinsmore, Executive Director

Kathy Procter, Manager of
Volunteers and Programs

Joyce Lee, Office Secretary

BOARD MEMBERS

Kay Mailloux, Chairperson

Dianne Beach, Vice Chairperson

Cathy Semple, Treasurer

Jackie Dickson, Board Secretary

Yvonne Kitchen, Theresa Abell-Rinn, Jennifer

Mills, Sheila Hallahan, Grace Dolmage,

Eugene Dufour, Sue Garrick

SUPPORT MEMBERS

Steven Hildebrand, Spiritual Advisor

Dr. Caroline Shepherd, Medical Advisor

Newsletter Editor, Jackie Dickson

KEY PARTNERS

Physicians, Health Care Professionals, the Canadian Cancer Society, LHINS, C.C.A.C., London Regional Cancer Centre, VON Palliative Care Program, St. Elizabeth Nursing, Alzheimer Society, Victim Services, Care Partners, as well as Clergy/Pastoral Care and Psychiatric Services within our catchment area.



REMEMBER...

Sometimes the smallest thing we do, can make the biggest difference in someone else's day.

Smile at a stranger

Show a caring or kind gesture

Focus on the good things

Sometimes Listen, Listen, Listen... speak

Take the time to remember, and consciously make an extra effort to do at least one of these each and every day. One day you may be the stranger who needed a friendly smile...

Volunteer News

As submitted by: Kathy Procter



The summer Volunteer picnic was held at the home of Kathy Procter, where we all enjoyed a potluck meal. The warm summer evening led the Volunteers to sit outside and join in some games. Hitting the piñata was more challenging than expected—we sure had some good laughs together. Later, everyone sat around a ‘make believe’ fire pit and sang camp songs. What a choir the Hospice Volunteers are!!! **THANK YOU** to all the Hospice Volunteers and all helpers who come and give valuable time and expertise, for the great job you do—Frontline work, office work, board of directors work, all your compassionate care and endless dedication is second to none. Thank you!!!

How can you help support HHVS Programs & Services...?

Become a Volunteer—HHVS facilitates various fundraising events and many other opportunities to volunteer throughout the year...

Hike for Hospice—The 1st Sunday in May! This is our largest fundraiser of the year and is a National Event. Get a pledge sheet, fill it up & join us in our Hike!

Membership—Become a Member, \$10.00 annually

Partnership Events—Alexandra & Marine General Hospital Foundation

Book Sales—At our local banks & credit unions

Hot Dog Sales—Annually at Zehr’s in Goderich and weekly at the Twilight Tunes evenings in Victoria Park, Seaforth

Wings of A Dove—Annual letter to our past & potential donors

Angels of Hope— Can be purchased for \$5 each as a gift of hope for someone, as Christmas tree or present decoration.

DONATIONS, BEQUESTS: Legacy Giving, Planned Gifts and Gifts of the Future can benefit HHVS Programs & Services. Providing us with notice of your intention of a planned gift is a very personal decision, yet is so helpful for

our future. Giving through your will, life insurance policy, or by stock or securities allows you to make a generous gift that you may never be able to give during your lifetime. In planning an estate, you must think of your loved ones first. A legacy or planned gift to a charity can offset taxes and help your estate maintain value. Anyone can make a bequest. You can change your mind at any time by changing and updating your will. For further information on any of the many ways you can help, please contact our office.

Programs & Services News

Along with our on-going Grief Recovery and Cancer Support Groups, we currently have a Rainbows Program running in Wingham, as well as a request to run the Rainbows Program in Crediton. Rainbows is a Bereavement program geared for children, that helps children learn to cope with traumatic loss or change in their life.

“Hope for the Holidays” is a drop-in service available for people grieving throughout the holiday season.

“S.O.S” runs on a continual basis in Goderich. Please contact our office for details.

“The truth you believe and cling to makes you unavailable to hear anything new.”

Budhist Nun, Pema Chodron



From My Cluttered Desk...

As submitted by: Shirley Dinsmore, SSW, Executive Director

Seasons Greetings

Christmas will soon be upon us. Here on my desk (oh where is my desk?) are a multitude of tasks that have yet to be done. What tasks do you have to finish before the year is over, budgets, proposals, reports? Probably more like house-cleaning, gift buying and preparations for family to gather round the table.

Our thoughts turn to families with little money to buy gifts for others. This year has been difficult for so many in our communities. Some are struggling with the loss of loved ones, while others have lost the security of employment and in the Goderich area the loss of homes and possessions.

I encourage you to take care of yourself first and then try to take care of someone else as well. Make a donation to the Christmas Bureau, share with the Food Bank, and think about a donation that will benefit others by giving to the Perth Huron United Way. Hospice was built upon the promise that we will care for each other.

I know that our Volunteers are among the finest of caregivers and I want to Thank each and every one of you for your continued support of the important work we do.

Please enjoy the holidays. Take the time to enjoy the season and take care of yourself and your families.

Shirley



Message from the Chairperson...

As submitted by: Kay Mailloux, Chairperson

Once again Christmas is upon us, and here at Huron Hospice Volunteer Service our first newsletter to be delivered online is being produced by Jackie Dickson. A long standing Board Member, to whom I am very grateful, for taking up this challenge.

At this time of year we have no fundraising events happening, as we are under the 3 month black-out while United Way seeks out donations for the agencies they fund, and HHVS is one such agency that depends on their support. Our main fundraiser will be Hike for Hospice, which again this year will be held in Seaforth on Sunday, May 5th, 2013.

At this time I would also like to welcome all our new front line Volunteers and our new Board Members, Eugene Dufour, Sue Garrick and Grace Dolmage. Another personal thanks goes out to our Office Staff - Shirley, Kathy and Joyce, who all do a great job of keeping us on track.

One other who needs thanks is our volunteer treasurer, Cathy Semple, who spends endless hours in the office trying to keep up with Ministry and LHINS ever-changing software.

I wish everyone a Merry Christmas and a Happy Healthy 2013.

Kay

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