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Passages



On September 28th, 2010, HHVS held its Annual General Meeting at the Ontario Federation of Agriculture building in Clinton. Pictured above are some of the people who were in attendance including Monica Joy (front row far left) who gave a musical presentation and guest speaker, Eugene Dufour (front row far right) representing "Share the Care".

REMEMBER THE CHILD by Kathy Procter, Mgr Volunteer Programs

A Volunteer's Word

By Lois Clark Suddath

Today I will be with those who are suffering and frightened and possibly alone.

Some will have no one to talk to today but me.

May my arms be strong to give someone a hug, my hands comforting and warm to hold another's hand and through my eyes and smile may someone know I care!

But most of all, give my heart the compassion and understanding that will calm another's fears, dry a tear and give strength to face what lies ahead,

I am only ONE person,

But you and I know ONE person can and will make a difference in another's life, and if I can do that for someone today when my head lies upon my pillow tonight, and my eyes close,

I will be at peace.

This time of year can become a flurry of activities for all—memorizing verses and songs and skits for school and/or church concerts, the stress of purchasing that 'just right' gift for your exchanges, the extra baking and cooking - it is tiring just thinking of all the energy that we use in the preparations for a 'jolly' season. Some of us just don't feel jolly this year. Some of us have had someone close to us get very sick or possibly a death has occurred in our family. Sometimes in our own grief we don't seem to have the energy to give our children the support they need. We struggle with what to say or not to say to them.

Each person's grief is unique and so each child will respond differently to the loss in the family. It is really important to pace yourself. Perhaps pull out of some of the busy-ness and support the child that is really missing a loved one. Be careful to not minimize the death of a pet, loss of a family home or any other loss the child may experience. Children often grieve in 'spurts'. They will play hard and suddenly become sullen and sad. Sit with them during these moments. Talk about how you are missing your loved one, too. And, talk about the person who has

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Monica Joy representing her business, Milestone Music, led an open discussion with the people in attendance at HHVS Annual General Meeting last September. Monica is a singer/songwriter who has been creating her own music to help people celebrate the special times in their lives for over fifteen years. Such events could include a wedding, a birth or a significant anniversary. During her presentation at the HHVS AGM, Monica sang some songs she has written celebrating the lives of people who have died. Monica has a special talent and a thoughtful way of approaching her clients and her music. The CD which is produced is of a high quality. Monica has an interest in working with and understanding the experiences of the palliative care patients and their care givers. You can find out more about Monica's work at her website <http://www.milestonemusic.ca> JR

Corrections for Results from May 2nd, 2010 Hike for Hospice

It was incorrectly reported in the September edition of PASSAGES that June MacEwen of Wingham had won the grand prize at the Wingham Hike. Although June has won in the past, the grand prize winner for the 2010 Wingham Hike for Hospice was **Velma Morningstar**. Congratulations Velma! JR

How Can You Help Hospice?

Would you be interested in organizing a fundraising event in support of Huron Hospice? It could be a low key event at your church or business (like a silent auction) or a larger event like a dinner or musical event.

My First Christmas In Heaven

Author Unknown

I see the countless Christmas trees around the world below
With tiny lights, like Heaven's stars reflecting on the snow.
The sight is so spectacular! Please wipe away that tear
For I am spending Christmas with Jesus Christ this year.

I hear the many Christmas songs that people hold so dear,
But the music can't compare with the Christmas Choir up here.
I have no words to tell you, the joy their voices bring,
For it is beyond description to hear the angels sing.

I know how much you miss me. I see the pain inside your heart,
But I am not so very far away. We really aren't apart.
So, be happy for me, loved ones, you know I hold you dear.
Be glad I am spending Christmas with Jesus Christ this year.

I send you each a special gift from my heavenly home above.
I send you each a memory of my undying love.
After all LOVE is the gift more precious than gold.
It was always more important in the stories Jesus told.

Please love and keep each other, as my Father said to do
For I can't count the blessings or love He has for you.
So, have a Merry Christmas and wipe away that tear.
REMEMBER, I am spending Christmas with Jesus Christ this year.

Contributed by Kay Mailloux

Remember

Christina Rossetti

Remember me when I am gone away,
Gone far away into the silent land;
When you can no more hold me by the hand,
Nor I half turn to go, yet turning stay.
Remember me when no more, day by day,
You tell me of our future that you planned:
Only remember me; you understand
It will be late to counsel then or pray.
Yet if you should forget me for a while
And afterwards remember, do not grieve:
For if the darkness and corruption leave
A vestige of the thoughts that once I had,
Better by far you should forget and smile
Than that you should remember and be sad.

I Will Light Candles This Christmas

Howard Thurman

I will light Candles this Christmas
Candles of joy despite all sadness,
Candles of hope where despair
keeps watch,
Candles of courage for fears ever
present.
Candles of peace for tempest-
tossed days,
Candles of grace to ease heavy
burdens,
Candles of love to inspire all my
living,
Candles that will burn all the year



Angels of Hope can be purchased for \$5 each as a gift for someone or as Christmas tree decoration.

Memory Trees are located in many hospitals throughout the county. You may add your personal 'memory' to the tree or write a memory in the **Memory Book**.

Hospices across the country are constantly searching for next great fundraiser. For example, in Kingston the 20th annual Chilifest was held in October in support of Hospice Kingston. If you have a great fundraising idea, then tell us about it.

THANKS! JR



Huron Hospice Volunteer Service held its Annual General Meeting on September 28th, 2010 in Clinton. Board and Staff members in attendance were (l-r) Kay Mailloux, Board Chairperson, Kathy Procter, Manager of Volunteers and Programs, Shirley Dinsmore, Executive Director, Jackie Dixon, Board Secretary, Yvonne Kitchen, Board Member, Dianne Beach, New Board Member, Cathy Semple, Board Treasurer, Sandy Woodcock, New Board Member and Joanne Rowcliffe, Board Vice Chairperson. Absent, Joyce Lee, Office Secretary, Janis Bisback, Past Chairperson and Theresa Abell-Rinn, Board Member. JR

HHVS WELCOMES TWO NEW BOARD MEMBERS

HHVS is pleased to announce that Dianne Beach and Sandy Woodcock have joined the Board of Directors. Dianne has over 25 years of experience in the social work field as well as over 15 years expertise in technology, design and information delivery through her business DataQuest Consulting Services. Wearing many hats: wife, mother, daughter, friend, teacher, mentor, cancer survivor and student of spirituality, she offers her gifts as a Board member with Huron Hospice. "No one is untouched by grief, whether it is the loss of a loved one, or facing your own mortality. Through volunteering with Huron Hospice, my goal will be to provide support, guidance and hope."

Sandy was born and raised in Listowel and Atwood area and presently lives in Wroxeter. She is married to Garry; is the mother of four daughters and grandmother of three. Sandy has worked as a Health Aide and Palliative Care provider at the Shelburne Residence in Shelburne and later as the Activity Co-ordinator at Royal Terrace in Palmerston. Sandy loves being a being a grandmother, jogging and travelling. Her volunteer efforts have included organizing the Wingham and Area Cops for Cancer and being on the committees for Relay for Life and Wingham Musical Muskrat Festival.

Welcome ON BOARD, ladies! JR



Grace Dolmage comes to the rescue in setting up the Power Point presentation that Joanne Rowcliffe had prepared for the annual meeting. Way to go Grace!! JR

REMEMBER continued from page 1 died and what you miss about them - their stories, the meals you've shared, the times you have been together like camping or celebrating birthdays or bedtime stories. Pull out the photo album, too, and talk about the memories evoked. It is okay to show your own tears as it may make the child feel safer to express her own feelings. Sometimes in the throws of grief the child does not know how to express her feelings. She might act out and develop some behavioural issues. When children act out address the behaviour and listen to what might be the cause. A quote I have heard is "a behaviour ignored is a behaviour encouraged". Adults must listen to the concerns, worries and fears that a child might have. If Daddy has died, then is Mommy next? A child's imagination has no limits and they will often fear the worst. Be truthful with the child. Give age appropriate answers to her questions ensuring that you don't add to their fears. At Christmastime all seems to be glittery and glowing on the outside but we need to listen to very closely to the small voices of our children who may be hurting. *I wish each child and her family a very special Christmas time - a time to remember those you miss.* KP



From My Cluttered Desk

By Shirley Dinsmore, Executive Director



The Newsletter of Huron Hospice Volunteer Service

24 Centennial Drive, P.O. Box 99,
Seaforth, Ontario N0K 1W0
Seaforth Tel 519-527-0655
Seaforth Fax 519-527-2665
Wingham Tel 519-357-2720
Email: infohospice@tcc.on.ca
Website: www.huronhospice.ca

Shirley Dinsmore, Executive Director
Kathy Procter, Manager of Volunteers
and Programs
Joyce Lee, Office Secretary

BOARD MEMBERS

Kay Mailloux, Chairperson
Joanne Rowcliffe, Vice Chairperson
Janis Bisback, Past Chairperson
Cathy Semple, Treasurer
Jackie Dickson, Board Secretary
Theresa Abell-Rinn, Linda Mabon,
Dianne Beach, Sandy Woodcock,
Yvonne Kitchen
Steven Hildebrand, Spiritual Advisor
Dr. Caroline Shepherd, Medical Advisor
Joanne Rowcliffe, Editor Newsletter

United Way  **Perth - Huron**

Holidays are for storytelling. Christmas rituals are full of the telling of ancient stories of mangers, shepherds, oil lamps and candles. Telling these stories is not only for the present time. They also connect us with people long gone who, for centuries, have retold the familiar stories. Families usually observe holidays with age-old traditions, and then add their own memories such as tales about travelling through terrible weather, or wonderful get-togethers or the disastrous turkey dinner, or about gifts that were given and received. These are the things people talk about when they get together. Every time a family decorates the Christmas tree or lights candles in memory of a loved one or sits around a holiday meal, there are memories of childhood and holidays from the past. There are also memories of faces no longer present in the family circle. When it comes to painful memories we may be especially selective in what stories we tell. We may hold back from talking about certain people or events because we don't want to remind our family of unhappy

events or loved ones who have died. We don't want to make people feel uncomfortable. Memories are an important part of the grief experience. Although the person is no longer with us physically, through our memories we can maintain a sense of connection with our spiritual and emotional relationships. At first, remembering is painful. Tears may come to our eyes as we think about how much we miss them. In time, we can think about the person without being uncomfortable and perhaps even experience warm feelings. Those who study grieving tell us it is important that mourners remember the one(s) they have lost. So,




remiscing is actually helping the grieving. Reminiscing can also be part of the holiday celebrations. Tell stories of your loved ones while opening presents, lighting candles or eating your turkey dinner. Break the ice by telling a story about the family member who has died. This might encourage others to join in, too.
Wishing you the gifts of peace, joy and happiness this Christmas.
SD

Message from the Chairperson, Kay Mailloux



The volunteers and staff at Huron Hospice Volunteer Service would like to wish everyone a *Merry Christmas* and *All the Best for 2011*. We will continue to ensure in 2011 that we will deliver the finest care to all of our clients. There will always be a need for hospice and palliative care services in our area so that our clients can die with dignity wherever they choose. We are very pleased to have two new Board Members: Sandy Woodcock and Dianne Beach. We are all looking forward to working with both Sandy and Dianne in the

months ahead. The work of HHVS is heavily reliant upon our volunteers. These very special people deliver palliative care to our clients either at home or in the hospital. They sit on our Board of Directors applying the skills and talents that they have developed over their lifetime. They help out by fundraising for HHVS by hiking at our Hike for Hospice in May or selling books and hot-dogs throughout the summer. We look forward to another successful year in the life of HHVS. Thank you for your continued support. KM.



Share The Care
How to Organize A Group to Care for Someone Who Is Seriously Ill

Share the Care

Eugene Dufour spoke at the Annual General Meeting in September about "Share the Care," a new model of care. In this model a number of people are recruited to help with the day to day care of a person who is seriously ill. Tasks are divided up amongst the volunteers thereby reducing the burden on family members. You can read more about this at their excellent website: www.sharethecare.org