



The Newsletter of Huron Hospice Volunteer Service

May 1st, 2011

VOLUME 5

ISSUE 1

# Passages

National Hospice Palliative Care Week  
May 1 - 7, 2011

Table of Contents	
Fundraising Schedule for 2011	page 2
Celebration of Volunteers	page 2
One Art –poem	page 2
Ontario Volunteer Awards	page 3
Shirley’s Message	p4
Kathy’s Editorial	p4
Kay’s Message	p4



A large crowd enjoyed the 8th Annual Reading of Charles Dickens’ *A Christmas Carol* held on Sunday, December 12th, 2010 at Northside United Church in Seaforth. Back row from left to right: Sara Koopmans, vocalist; Casey Van Bakel, vocalist; Pam Stevenson, reader of Stave four; Marg Whitmore, reader of Stave three; Kim Souch, vocalist; Steve Strahm, accompanist to Kim Souch; Tom Melady, reader of Stave five. Front row from left to right: Tom Dean, reader of Stave one; Linda Garland, reader of Stave two; Celena Haskins, violinist; Janis Bisback, Huron Hospice board member. Missing is Kathy Procter who accompanied Miss Haskins on the piano. Five different people were thrilled to win door prizes. This fundraising event raised \$595 for HHVS.

We will look forward to seeing you at our 2011 reading.

## THANK-YOU for supporting our Annual HIKE FOR HOSPICE.

Every dollar raised in Huron stays in Huron.

What happens with the money you have raised? Hospice palliative care provides physical, psychological, social, spiritual and practical support to people living with life-threatening illness, their loved ones and the bereaved.

The 2010 Hike for Hospice brought in \$7291! Can we top that in 2011?



## FUNDRAISING SCHEDULE FOR 2011

Once again, Huron Hospice has a busy summer season with fundraising events around the county. We hope you will be able to join us for one or more of our planned events.

### HIKE FOR HOSPICE - Sunday, May 1st, 2011

Welcome to our annual Hike for Hospice held this year for the first time at our new location - East Street Station, 1 Maitland Rd. N., Goderich. LCD TV for first prize. Hot dogs!

**HOT DOG DAYS** - Friday, July 15th, Saturday, July 16th and Sunday, July 17th at Zehrs in Goderich. Volunteers needed.

**TWILIGHT TUNES** - Thursday evenings in the summer at Victoria Park in Seaforth. Volunteers needed.

**BOOK SALES** - Book sales are taking place at select locations throughout the county. Donations of good, used books would be appreciated. Call the office to donate.

**ANNUAL READING OF CHARLES DICKENS' 'A CHRISTMAS CAROL'** - Date and location TBA.

### CELEBRATION OF VOLUNTEERS

By Kathy Procter  
Huron Hospice is BLESSED with wonderful volunteers. The whole program centers around this team of dedicated people - some do direct hands-on work, some work is done behind the scenes and others do leadership work by being on the Board and committees. YOU are a gift to Hospice.

We want to acknowledge our JUNE CALLWOOD AWARD winner this year: Lucy Martin. The following was shared at the Provincial Hospice Palliative Care Conference just last month: "Lucy has been with Huron Hospice since 2002. Her dedication, compassion and energy have been a great gift. She visits mostly in the nursing home - biking or walking every week to visit her clients. Clients count on her to bring a cheery word, a warm hug, a listening ear or comfort. Lucy seems to 'know' what a person needs and is not afraid to give it. The clients always look forward to her visits. Lucy attends the monthly volunteer meetings and brings a wealth of experience and ideas to help mentor other volunteers. Huron Hospice Volunteer Service is very happy to have Lucy Martin on our team."



## ONE ART

Elizabeth Bishop

2

The art of losing isn't hard to master;  
So many things seems filled with the intent  
To be lost that their loss is no disaster.

Lose something every day. Accept the fluster  
of lost door keys, the hour badly spent.  
The art of losing isn't hard to master.

Then practice losing farther, losing faster:  
places and names, and where it was you meant  
to travel. None of these will bring disaster.

I lost my mother's watch. And look! My last  
or next-to-last, of three beloved houses went.  
The art of losing isn't hard to master.

I lost two cities, lovely ones. And, vaster,  
some realms I owned, two rivers a continent.  
I miss them, but it wasn't a disaster.

Even losing you (the joking voice, a gesture I  
love) I shan't have lied. It's evident  
the art of losing's not too hard to master  
though it may look like (Write it!) a disaster.

This is the 100th anniversary of Elizabeth Bishop's  
birth. Elizabeth is a celebrated American poet with  
Canadian roots.

Contributed by Janis Bisback.



At the 8th Annual Reading of Charles' Dickens *A Christmas Carol* held last December, Joanne Rowcliffe and Cathy Semple (left) sold tickets and the Two Bobs (Bob Simpson and Bob Dinsmore) (above) ushered guests to their seats.

## Elder Care Advocate Planning to Retire due to Fatigue



3

Senator Sharon Carstairs who has been a dedicated and fierce advocate for the elderly for the past 16 years is planning to retire at age 69, due to fatigue. Even though 'she has spearheaded two groundbreaking Senate reports on aging, and remains in demand as a speaker, preaching the need for action' there appears to be no firm action coming from the federal or provincial governments to deal with the frail elderly. Carstairs is clearly frustrated with the lack of attention this issue has received but had hopes that the latest federal election would draw attention to the issues of the elderly. This should concern everyone of the 'baby boomers' since the first of that generation will turn 65 this year and by 2031 the 65-and-over age group will comprise 23 per cent of the population. The numbers of senior elders is increasing,

too, with people in their eighties the fastest growing age group. It is estimated that each person in their eighties costs the health care system an average of \$18,000 annually. One of the most startling statistics was the number of doctors in Canada specializing in geriatrics: fewer than 300 or 0.44 per cent. To keep patients out of hospitals the health care system in Canada heavily relies upon volunteer care provided by family members estimated at \$25-billion annually. At some point the families will not be able to meet the needs and more long-term care beds will be needed. "...but more importantly, we have to develop a home-care system that works in an integrated way with the family caregiver. What we have now is woefully inadequate." Governments presently spend less than 4 per cent of total health budgets on

home support which has been proven to be extremely cost effective. Long-term care depends on 'relatively low-paid, minimally trained staff looking after difficult patients, 75 per cent of whom suffer from dementia and will die within a year.' 'Palliative-care facilities also fall far short. Although the situation has improved in recent years, only about 30 per cent of those who would like the option get it. And the number of annual deaths is projected to increase from about 250,000 to 430,000 by 2031. "If we can't care for our dying," Senator Carstairs asks, "what kind of a society are we?"

*Excerpted from an article by Rod Mickleburgh, Vancouver, THE GLOBE AND MAIL, Friday, March 25th, 2011*

### **ONTARIO VOLUNTEER SERVICE AWARDS for 2011**

By Kathy Procter

A number of HHVS volunteers received awards from Ontario Volunteer Service Awards for 2011. We all missed the 'real' party because of a snowstorm but that does not diminish our appreciation for your support of Hospice.

**Lucy Martin** - 10 years - supporting those with a life-limiting illness and elderly persons in a nursing home.

**Kathy Adams** - 9 years - supporting those with life-limiting illness in nursing homes, hospital, and private homes.

**Joan Chesney** - 15 years - supporting those persons and their families in their cancer journeys. Joan facilitates a monthly cancer

support group.

**Cathy Harkes** - 15 years - supports children who are dealing with grief issues and those in nursing homes who have life-limiting illness.

**Suzanne Simpson** - 15 years - supports children who are dealing with difficult grief issues.

**Marlene Robertson** - 15 years - supports adults and families of those suffering from life-limiting illness.

On behalf of HHVS, we are proud to have you on our team! Thank you so much for your compassion and care. KP

### **BOARD DEPARTURES**



The Board of Directors for Huron Hospice Volunteer Service has, with regret, accepted the resignations from the Board of Linda Mabon and Sandy Woodcock. We wish both of these capable women all the best in their future endeavours. JR

### **MANY PROGRAMS RUNNING**

HHVS has had a lot of programs running during the late winter and early spring season. We are in the middle of 30 hours of training for 16 new volunteers. A Grief Recovery program has begun in Seaforth. Six people have been trained to facilitate the Rainbows program. Grief work is beginning in some high schools in the county. It is always exciting to be invited to help others who are struggling. We hope that a seed of healing will be planted through this work. And finally, our Volunteer Appreciation Dinner was held in Clinton on April 15th. There was much laughter, good food and stories. KP



**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

Dianne Beach

Yvonne Kitchen

Stephen Hildebrand, Spiritual Advisor

Dr. Caroline Shepherd, Medical Advisor

Joanne Rowcliffe, Newsletter Editor

*Annual Memberships \$10*



## From My Cluttered Desk

By Shirley Dinsmore, Executive Director



One Vision, One Voice was the theme for the third annual Provincial Hospice Palliative Care Conference, jointly presented by the Hospice Association of Ontario and the Ontario Palliative Care Association on April 10 - 12 in Toronto. On Sunday, Deb Matthew, Minister of Health and Long Term Care brought best wishes to everyone attending the conference. She said her government values the tremendously important work of all involved in the hospice movement. Her message focused on the Liberal Government's End-of-Life-Care Strategy in which the care of persons in the last stages of life is being shifted from hospital to home or another appropriate setting of their choice, enhancing an interdisciplinary team approach to care in the community and are working towards better co-ordination and integration of local services. The Ministry is now working with its' partners on the integrated Client Care Project, an innovative model of client-centered care designed around four clinical groups one of which is palliative care. She concluded her remarks by thanking everyone present for their selfless dedication to individuals and families at difficult times in their lives.

The keynote presentation, 'The State of Palliative Care in Canada' was delivered by The Honourable Sharon Car-

stairs. Senator Carstairs referred many times to the report 'Raising the Bar' which she authored. She states that if each of us was given the opportunity to choose our method of death, we would choose the quick and painless. The reality is quite different though since only 10 per cent of us die suddenly. The remainder will require terminal medical care. We should have choices as we journey to our end-of-life.

In the last twenty years we have made enormous strides, yet, we need to **raise the bar**. We will not have achieved success until we recognize that the passing of life is as important as the beginning of that life. Recommendations in the report are a roadmap to achieving these goals. Quality palliative care is the Right of every Canadian. It is the responsibility of every Canadian to work together at all levels - federal, provincial, territorial and community - to ensure quality care at end-of-life. To receive a copy of the report call the HHVS office.

The finale of the Conference saw the members of HAO and OPCA vote to merge the two organizations into one under the new name **Hospice Palliative Care Ontario**. This will provide a single unified voice for end-of-life care in Ontario. SD

### Editorial By Kathy Procter

It is amazing how fast the season has changed even though the flowers are a little shy because of the blankets of snow and frosty nights. Mother Nature might be teaching us to 'take things a little slower - take things at the right pace'! There has recently been a buzz around the Hospice office - many good things happening like new referrals, new invitations to help out schools, new people interested in taking the Grief Recovery Course. Spring invites

newness, a feeling of rebirth of becoming alive. Sometimes our pain blinds us to the newness. We need to stop and see the flowers, feel the breezes and the warm kisses of the sun's rays on our skin, watch the birds interact with each other. Then we might have the energy to enter our grief and feel the losses and face them truthfully. When we experience a loss it changes us. We need time to explore who the 'new me' is and how to become 'alive' again. KP

### Message from the Chairperson, Kay Mailloux



Once again I welcome everyone who is participating in our Annual Hike for Hospice and I offer my appreciation for the donations you bring. For those who do not know, this is our major fundraiser (\$7,291 in 2010). We depend on your support to keep our programs all running. We also ask for your support at our Hot Dog Days fundraiser (as volunteers to sell the hot dogs or as customers to buy them) at Zehrs in Goderich on July 15, 16 and 17. We also need your support on Thursday evenings during the summer when we will be selling hotdogs and drinks at Twilight Tunes at Victoria Park in Seaforth.

Hospice has been active in this county for 18 years when there were offices in Clinton, Exeter, Seaforth, Goderich and Wingham. Fifteen years ago Clinton, Seaforth and Goderich amalgamated to form Huron Hospice Volunteer Service. Wingham joined us in 2005. Today we have offices in Seaforth and Wingham. Our dedicated group of volunteers are in all areas of the county and follow clients at home, in retirement homes, nursing homes and hospitals. Without them and your donations this organization would not survive. So, a BIG THANK-YOU to you for your support. KM