

P a s s a g e s



September 28th, 2010
VOLUME 4
ISSUE 2

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On May 2nd, 2010 Huron-Bruce MP, Ben Lobb and his wife, Andrea, met with an enthusiastic crowd in Goderich at the beginning the annual **Hike for Hospice**. Shirley Staffen of Seaforth won the grand prize at the Goderich Hike. June MacEwen of Wingham won the grand prize at the Wingham Hike. Pictured at left is Shirley Staffen on her prize bike with her daughter, Sandra Montgomery, who had the second highest pledges at the Goderich Hike. Slightly more than \$6,150.00 was raised at the two events.



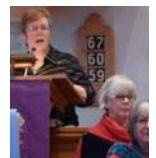
PAGE 5 - Mary Catherine Lane retires from Hospice Board of Directors.

Charles Dickens' A Christmas Carol reading

Sunday, December 12th, 2010 ~ 2 p.m.

Northside United Church, Seaforth, Ontario

Tickets \$10 - available at the door





HIKE FOR
HOSPICE
EVENTS
HELD IN
GODERICH
AND
WINGHAM
May 2nd,
2010.





On July 14th, the United Way of Perth Huron hosted a social for all member agencies at the Pour House in Stratford. Kay Mailloux and Janis Bisback representing HHVS are pictured above with Kim Winbow, Program Coordinator of VON Palliative Care Volunteer Program in Exeter. Pictured at left, event co-ordinators, Chelsey and Benita, explain the 211 program that is being implemented across Huron and Perth Counties. JR



Dial 2-1-1 if...

- You have an aging parent and want to find out more about home support services
- You are a parent looking for information on child care or youth activities
- You are searching for a food bank or emergency shelter
- You would like to find out more about local counselling services
- You have lost your wallet and don't know where to replace your identification cards
- You need an after-hours medical clinic or the nearest 24-hour pharmacy
- You are concerned about a family member with an addiction, and are seeking information about available programs

WORTH CHECKING OUT

On the Internet: White Coat Black Art on CBC Radio One, Dr. Brian Goldman covers wide ranging medical topics including recently in the news topics of euthanasia and the liberation

therapy for MS patients: www.cbc.ca/whitecoat
 United Way Perth Huron information at www.unitedwayperthhuron.ca
 United Way on Face book at www.facebook.com/UWPH1
 Also worth checking out:

www.virtualhospice.ca
 The Current on CBC Radio One is doing a year long study on the shifting demographics in Canada, called 'Shift'; podcasts available; check out website at <http://www.cbc.ca/thecurrent/shift/html>



Beloved Volunteer, Mary Ellen Hallahan, dies.

By Kathy Procter with notes from Seaforth Expositor

Mary Ellen Hallahan of Seaforth passed away at Seaforth Community Hospital on Thursday, September 2nd, 2010 in her 63rd year. Mary Ellen had been a caring and compassionate nurse at Seaforth Community Hospital for 30 years. She was also a member of St. James Catholic Women's League, Seaforth Royal Canadian Legion and the Huron Pioneer Thresher and Hobby Association and volunteered for Town and Country and Blyth Festival. Mary Ellen was also a long time beloved volunteer for Huron Hospice Volunteer Service. Mary Ellen has served with Huron Hospice for many years. Her willingness to support those who were struggling with a life-limiting illness was always a gift she gave to each person she supported. Her warmth and caring showed in every visit she made with a hospice client. When I asked her family and friends why they visited her and stayed many hours with her during her illness, they each commented, "Mary Ellen would have stayed with me if I were the one sick." She will long be remembered for her kindness and gentleness. She will be really missed in the Huron Hospice Volunteer team. KP

BOOK REVIEW

By Joanne Rowcliffe

Women Food and God: An Unexpected Path to Almost Everything

By Geneen Roth

Scribner. 2010

ISBN 978-1-4165-4307-7

Are you an emotional eater?

Do you eat to distract yourself? Can you tell when you are full? This is an easy to read little book with some interesting ideas for those who might have a dysfunctional relationship with food. Roth, who has dealt with her own weight issues, conducts workshops which explore why we eat the way we do. She wants us to understand our relationship with food. To help the reader keep their focus, Roth came up with her Eating Guidelines. These include: eat without distractions like listening to the radio or (loud) music, watching TV, reading the newspaper, or participating in intense conversations all of which take our mind off our eating often leading to overeating. Pick up this book if you are interested in understanding your relationship with the food you eat. JR



MEMBERSHIP MATTERS

Huron Hospice Volunteer Service would like you to become a member of our organization. The annual fee for membership is \$10. Your membership would entitle you to voting privileges at HHVS's Annual General Meeting (usually held in the month of September).

We would like our donors to be members because there is strength in numbers. When HHVS needs to appeal politically for better end of life care, then we will be able to count on our members for their support. As well, we will have an already established strong base of financial support in the private sector.

The money raised through the sale of memberships will be put towards our general fund.

The membership year runs from April 1st through to March 31st.

If you are not a member yet, then please consider becoming one today.

MEMORIAL DONATIONS CAN BE MADE DIRECTLY TO HURON HOSPICE

Huron Hospice Volunteer Service accepts memorial donations given in memory of a loved one.

Since HHVS is a registered charitable organization, income tax receipts will be issued (for any amount of \$10 or more) accompanied with a letter of thanks for the contribution. The family of the deceased will also receive correspondence from Hospice letting them know that a donation has been made in memory of their loved one.

Everyone's privacy is respected. Cheques should be made out to **Huron Hospice Volunteer Service** and should be mailed to Box 99, Seaforth, ON NOK 1W0.



Kim Winbow, VON Palliative Care Program Coordinator in Exeter, was the guest speaker at the **REFRESHER DAY** for Hospice Volunteers of Perth and Huron Counties held in Clinton on June 8th, 2010. The bereavement education included: death of a child, death of a teen, sudden death, suicide and anticipatory grief. *(Photos courtesy of Kathy Procter)*



UNITED WAY ANNOUNCES 2010 CAMPAIGN CO-CHAIRS

2010 marks the first campaign of the newly merged Perth Huron United Way. Marty Rops, Branch Manager of Libro Financial Group in Stratford and Debbie Gammie, Branch Manager of Libro in Wingham (pictured below right) are the United Way 2010 Campaign Co-Chairs. Marty and Debbie bring with them a total of 50 years of experience in the financial sector. Executive Director, Ellen Balmain, noted that, "We are honoured that Marty and Debbie have volunteered to lead the 2010 Campaign. Both

Marty and Debbie are respected leaders who are strongly committed to the betterment of Perth and Huron Counties. With newly merged Perth and Huron United Ways, this dual county team will be a sure-fire pair to lead us to new heights - united." *(from UW press release) JR*



**PERTH
HURON
UNITED WAY
2010
CAMPAIGN
GOAL
IS
\$1,050,000.
There are
22 member
agencies funded.**

**Well Respected Volunteers Retire
Mary Catherine Lane and Norma
Jeffery will be missed**

The Board of Directors for Huron Hospice has accepted with regret the resignation of Board Secretary, Mary Catherine Lane and Volunteer Co-ordinator, Norma Jeffery. Mary Catherine and Norma have both been long time supporters of the Hospice movement in Huron County.

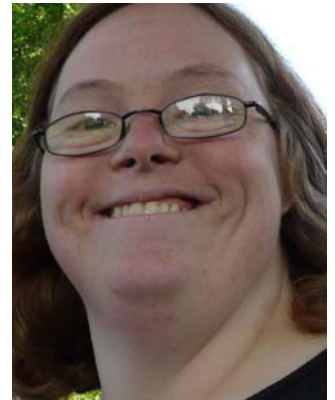
Mary Catherine joined HHVS in 1993 and volunteered to be the Board Secretary in 1995, a position she held until her resignation this spring. Mary Catherine's volunteerism was recognized by HAO (Hospice Association of Ontario) when, in September 2003, she became a member of the June Callwood Circle of Outstanding Volunteers. Shirley Dinsmore, Executive Director of HHVS, noted that "Mary Catherine was an extremely caring and compassionate individual who was deeply committed to the work of HHVS."

Norma Jeffery volunteered with HHVS for fifteen years. As both a former R.N. and Social Worker, Norma brought a wealth of experience to her work with Hospice.

Through this work she supported several of our clients in long term relationships. She made it possible for one woman to stay in
continued on page 7



For the second year HHVS participated in **Twilight Tunes** held every Thursday evening throughout the summer in Victoria Park in downtown Seaforth. Just over \$820.00 profit was realized. HHVS appreciates the many volunteers who came out and supported this fundraiser.





Hot Dog Days at Zehrs in Goderich took place on August 20, 21 and 22. Pictured above left are (l-r) Bob Dinsmore, Bill Stevenson, Donna and Harry Cassel. Above right (l-r) Bill, Janis Bisback, Kay Mailloux and Bob. Slightly more than \$740 was raised over the three day event.

WOULD YOU HOST A FUNDRAISER FOR HHVS?

The spring and summer is a very busy time for Huron Hospice. At the beginning of May fundraising begins with the national Hike for Hospice. We host two events: one in Wingham and the other in Goderich. We have focused on putting Book Sales into financial institutions throughout the county for the summer months. This summer our Hot Dog Days at the Zehrs store in Goderich took place during August. Twilight Tunes began in June and continued through to the beginning of the United Way campaign. During this time all member agencies, of which HHVS is one, are required to suspend fundraising - this is known as the blackout period.

Would your service club, family or church like to fundraise for Hospice? Would you like to host an event? You could have a bake sale, a silent auction or a talent show. Let your imagination be your guide. Any monies raised would be gratefully received by Hospice.

2009 WORLD HOSPICE PALLIATIVE CARE DAY

Statement made on 08 October 2009 by Senator Sharon Carstairs

Hon. Sharon Carstairs

Honourable senators, Saturday, October 10 is World Hospice Palliative Care Day, a day to hear the voices of people around the world who are living with life-limiting illnesses—voices often silent because their entire focus is on remaining alive.

Palliative and end-of-life care strives to provide comfort and dignity for anyone who is in the latter stages of terminal illness. This care implies that we attend not only to their medical needs but also to their spiritual and emotional needs. The focus of palliative and end-of-life care is on preserving the quality of the recipient's life so that their suffering is minimized but their experience with life is not. Pallia-

tive and end-of-life care is not about dying, it is about living well until the very end.

Too often we think that hospice palliative care is for those who have a cancer diagnosis or for those who are older. Hospice palliative care is not only for cancer patients or for the old. Children and young people with life-limiting chronic conditions have special palliative care needs that are different from those of adults and these needs, too, must be addressed.

Honourable senators, as we mark World Hospice and Palliative Care Day, let us listen to the voices of young and old around the world as they demand their fundamental human right to live well until the end with quality hospice palliative care. (Do an internet search **YouTube Sharon Car-**

Norma Jeffery continued from p5

her own home for longer than she might have normally been permitted. Norma has a huge heart and during her Hospice career formed

many strong bonds with her clients. Shirley Dinsmore noted, "Norma felt she could never do enough for the people she supported - they truly came to love her."



**HURON HOSPICE
VOLUNTEER SERVICE**

**The Newsletter of
Huron Hospice Volun-
teer Service**

**24 Centennial Drive, Box 99,
Seaford, Ontario N0K 1X0
Seaford Tel 519-527-0655
Seaford Fax 519-527-2665
Wingham Tel 519-357-2720
Email: infohospice@fcc.on.ca**

Website:

www.huronhospice.ca

SHIRLEY DINSMORE,

Exec. Dir.

**KATHY PROCTER, Manager
of Volunteers/ Programs**

JOYCE LEE, Office Secretary

BOARD MEMBERS

**KAY MAILLOUX, Chairper-
son**

JANIS BISBACK, Past Chair

**JOANNE ROWCLIFFE, Vice
Chair**

CATHY SEMPLE, Treasurer

**JACKIE DICKSON, Board Sec-
retary**

**THERESA ABELL-RINN
LINDA MABON, YVONNE**



Pictured above is the 2009-2010 Board of Directors and Staff at the Annual General Meeting for Hospice Volunteer Service held last Sept. 2009. Back row L-R Joyce Lee, Office Staff, Janis Bisback, Past Chair, Joanne Rowcliffe, Vice Chair, Jackie Dickson, Linda Mabon, and Kathy Procter, Wingham Site Coordinator. Front Row L-R Yvonne Kitchen, Theresa Abell-Rinn, Shirley Dinsmore, Executive Director, Mary Catherine Lane, Board Secretary, Kay Mailloux, Chairperson. Absent Cathy Semple, Treasurer.



From My Cluttered Desk

By Shirley Dinsmore, Executive Director



Terry Fox is my inspiration and an inspiration to millions of others in Canada and around the world. In the words of former

Prime Minister, Pierre Elliott Trudeau, "It occurs very rarely in the life of a nation that the courageous spirit of one person unites all people in the celebration of his life and in the mourning of his death... We do not think of him as one who was defeated by misfortune but as one who inspired us with the example of the triumph of the human spirit over adversity."

He was 18 years old when he was diagnosed with bone cancer that resulted in the amputation of his right leg six inches above the knee. Instead of giving in to the disease he decided after watching people, especially children, suffering from cancer that he wanted to make a difference in the world; he wanted to do something to help cure this dreadful disease. The night before his cancer surgery he was given an article about Dick Traum, the first amputee to complete the New York Marathon. This inspired him to embark on a 14 month training program for him to run a marathon. The Marathon of Hope came into

being and the rest is history, so to speak. It is a journey that Canadians will never forget. His courage, determination, humanitarianism and selflessness have been an inspiration to millions of people.

I have lost numerous family members to the dreaded disease, most recently my mother who died in May of 2008 after a six month battle with bladder cancer. Several weeks ago I myself was diagnosed with the disease. Now with personal experience of hearing the dreaded word 'cancer' I am even more in awe of this young man who ran 26 miles every day, seven days a week in all kinds of weather.

How did he do it? His Mom and Dad tell us that he was a young man full of determination who did not understand the word fail or quit. How difficult it must have been for him when he could no longer go on. He made no promises that his effort would lead to a cure for cancer but he asked for our help and our help he did get with millions and millions of dollars being donated worldwide. We are not hero-worshippers in Canada so, it really takes a special person to become one of our heroes. Thirty years ago Terry Fox ran into the hearts of Canadians. He is my hero. SD

MESSAGE FROM THE CHAIRPERSON, by Kay Mailloux

This has proven to be another busy summer for HHVS. Twilight Tunes in Seaford, Hotdog Days at Zehrs in Goderich, the Hikes for Hospice in Wingham and Goderich, our summer book sales and United Way of Perth Huron events including a very soggy Labour Day parade. I have been and continue to be inspired by our volunteers. They work long hours. They say they get more than they give. They are

compassionate and devoted. They are the backbone of this organization. Thank-you volunteers. I would also like to welcome our newest Board Members, Dianne Beach and Sandy Woodcock from Goderich, to HHVS. Everyone at Hospice is looking forward to working with you both. Thanks for a memorable summer.

KM

