



HOSPICE

RENFREW

From the Desk of the Board Chair

All around us there are signs that Christmas is coming. Some people expect that Hospice Renfrew would be an exception to these celebrations, however the holiday season is very important to our staff, volunteers, patients and families.



Our volunteers ensure that the Hospice is beautifully decorated to celebrate the holidays. Patients and families are encouraged to put special touches from home to decorate their rooms. Staff and volunteers cook and serve a full Christmas dinner on Christmas Day so even those who don't feel like eating can still smell the turkey cooking in the oven!

Christmas is a special time of remembering... good memories from the past and creating new memories for years ahead. This is a very difficult time for those suffering a loss, or for those who may be at the end of life. The greatest gift we can give is the gift of our love, time, and the patience to listen and share memories.

Hospice Renfrew is blessed to have people who make our home special, dedicated staff and volunteers who donate their time and energy, and many others from across Renfrew County who continue to support Hospice Renfrew financially.

May the memories that hold you close to those you love, be strength for you this season and in the year ahead.

From the Executive Director's Desk



This time of year is an occasion to reflect upon how far we have come since opening our doors in January 2008. We acknowledge our efforts to extend services out into the community while facing considerable fiscal challenges and remain committed to reaching out to more patients, families and caregivers. We ask you to continue to support us as we move forward. Your donations and support help us to continue to care for our patients and families in too many ways to count.

Sometimes people hesitate to talk about death. Time after time, we hear many are not aware of how Hospice Renfrew can and does help. I encourage everyone to spread the word about Hospice and the care that is available.

We are well equipped to meet future challenges with a knowledgeable board, committed staff, fantastic volunteers and a very generous community. Thank you and may the blessings of the season bring you joy and peace.

Dedication of the Dutch Gazebo



The Dutch Gazebo constructed in the gardens this summer was officially opened with a moving dedication ceremony and luncheon with gifts in memory of Arie Van Lindenberg on September 11, 2010. Arie's family, friends and members of the Gay Lea Cooperative, were present.

The Gay Lea Cooperative funded the project at a total cost of \$22,300 which paid for building supplies, landscaping around the gazebo, a donation for the work completed by the RCI Senior Construction Classes and a 5 year bursary for the highest average student accepted to Kemptville College.

The Gazebo is a welcome addition to Hospice Renfrew and will enhance the care provided at Hospice Renfrew for patients and families.

Baking at Hospice

2ND PRINTING

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at

Scott and Son's Hardware
Home Hardware
Stone Meadows Kitchen Shop
Aikenhead's Pharmacy
Douglas Moore Fashions
Hospice Renfrew

\$12.00 each

A great gift that keeps on giving!

www.hospicerenfrew.com

There are only four types of people in this world: Those who have been caregivers; Those who currently are caregivers; Those who will be caregivers; And those who will need caregivers.

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Spotlight on Volunteers: Ruth Stiefelmeyer

Our candidate for Spotlight on Volunteers is Ruth Stiefelmeyer, a member of the gardening committee at Hospice Renfrew. Hospice Renfrew is very fortunate to have Ruth's talents when it comes to the gardening and outdoor decorating at the Hospice.

Hospice receives many complements from patients, families and visitors as a result of the work that Ruth and other members of the gardening committee are so committed to. And why not! The gardens and exterior decorations are always beautiful no matter the season.

Ruth recognizes how important it is to patients, families and staff at hospice to have beautiful sights out the windows so she has also taken on the tasks of feeding the birds and deer using bird feed and salt generously donated by Barclay Dick and sons.

Ruth and her husband John retired to Renfrew four years ago; an area that she knows well as both of her parents were from Renfrew.

Ruth heard a speech about Hospice Renfrew and knew that this was where she wanted to volunteer. Having worked in a large garden centre in the Niagara Region and being a lifelong gardener, the gardening committee was a perfect fit. "The time spent here has become a very important part of my life."



Mary Merchand Wins Quilt Draw

Congratulations to Mary Merchand of Dacre who won the quilt made and donated by Josie Quinn. The draw took place on Friday, October 8th and raised \$4,293. Draw tickets were \$2 each or 3 for \$5 and could be found at various locations throughout the community. Thanks go out to Harvey and Janet McLaughlin and friends who sold tickets.

In Praise of Hospice Renfrew

My brother recently died at Hospice Renfrew. As we accompanied him in the final stages of life, it became an incredible gift 'back' to us, in so many ways. It was comforting to visit my brother as he was extremely grateful to be at Hospice Renfrew. He spoke many times about the outstanding care and knowledgeable team of palliative physicians, nurses and volunteers who ministered to him lovingly and joyfully. He felt privileged to be there. Our family experienced a warm cloak of love and understanding from the special people we met, the staff and many volunteers. This time allowed us unique opportunities to support, encourage and listen to each other, a time of tears and laughter, and many hugs. We all knew, deep in our spirit, that these were sacred moments, treasured visits.

This 6 bed rural residential home with beautiful gardens, is spectacular. Volunteers bake delicious snacks to share from the inviting open kitchen, overlooking a comfortable family room and inviting sunroom. The community supports and funds this home, allowing Hospice Renfrew to continue to provide end-of-life care ministry free of charge. It has certainly been our experience, that we need to expand, and make available to everyone, this exceptional care and support. As we embraced, as a family, the final stages of my brother's life, we saw that it brings with it many gifts, as does each stage of living.

Letter to the Editor, Ottawa Citizen submitted by Marian and Guy Brethour of Kanata Ontario.

Spotlight on Staff: Helen McGregor



Helen McGregor brings to Hospice over twenty-five years of administrative and accounting experience and has been a valued staff member of hospice even before the doors opened to patients in January 2008.

Hospice Renfrew is comparable to a small corporation and Helen has greatly contributed to it's evolution and success. She wears many hats including payroll, bookkeeping, reporting, budgets, staff scheduling and assistant to the Executive Director, Board, Volunteers and Staff. Helen finds her job extremely rewarding and is proud to be part of the Hospice vision.

Hold'em for Hospice

"Hold'em for Hospice" was held on Oct. 16th 2010 with participants from Montreal to Sudbury enjoying a night of poker and dinner from Margi's Catering. Sandra Hill, a grandmother of 6 from Ottawa, beat 72 players for the grand prize. \$6,100 was raised with the help of people from the communities of Barrys Bay, Ottawa, Arnprior and Renfrew. The tournament, run by Andrew Dick, has raised over \$13,500 for Hospice in the past 3 years.

Thanks go out to all the volunteers and sponsors including Andrew Dick and JJ and Rose-Marie's family for all their help.

Dr. Dick Retires

A Retirement dinner for Dr. Dick was held on Thursday September 23, 2010 at The Renfrew Tea Room. He and his wife Joan were presented with a framed photo of the Hospice. The dinner was attended by staff members, volunteers and the Board of Directors.

May every cup overflow with blessings rich and eternal, and every path lead to peace.

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The Last Cab Ride

I arrived at the address and honked the horn. After waiting a few minutes I walked to the door and knocked. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, and then returned to assist the woman.

She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy, she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said

'You have to make a living,' she answered.

'There are other passengers,' I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly. 'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one. People may not remember exactly what you did or what you said but they will always remember how you made them feel. It is the random acts of kindness that most benefit all of us.

Eganville Sportsman for Hospice



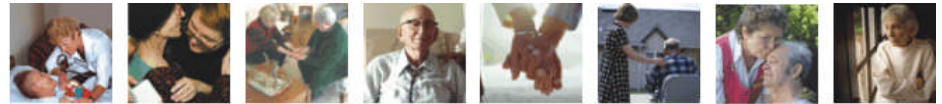
A donation of \$ 2,000.00 was presented to Hospice Renfrew from the Eganville District Sportsman Club. The money was raised by selling raffle tickets at the 16th Annual Gun Show held at the Eganville Arena in August. Joan Welk, PSW at Hospice and representative for the Sportsman Club, presented the cheque to Helen McGregor, Administrative Assistant and Diane Caughey, Executive Director. Looking on are Tamara Lafrance RN (front) and Sharon Trudeau RN (back).

People may not remember exactly what you did or what you said but they will always remember how you made them feel.

Life may not be the party we hoped for, but while we are here we might as well dance.

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A Fare thee Well to Kaelah Guilmette

Introducing Kaelah Guilmette who worked at Hospice Renfrew over the summer months as a Reception Assistant. Her wages were subsidized by the Métis Association of Ontario under their training initiatives.

Hospice was fortunate to have Kaelah who added much assistance in the day to day operations. She has returned to college to complete her education as an Occupational Therapy Assistant. We wish Kaelah all the best and thank her for her assistance this summer.



**Stay Tuned
And
Save Your
Bottles
Bottle Drive
January 2011
Details to Follow**

'Baking at Hospice' Huge Success



Volunteers from the community got together and compiled a three hundred and fifty recipe cook book titled 'Baking At Hospice'. The book was presented at a bake sale hosted by Scott and Sons Hardware of Renfrew a few short weeks ago and 165 books were sold in just a few hours! The bake sale included many of the finest recipes from the cook book.

If you have tried to find one of these great books recently you have been disappointed to find the first print run of the book has sold out. Not to worry, a second printing has been made available to fulfill demand just in time for Christmas shopping!

And just to tickle your taste buds and tempt your pocket book try this sweet recipe from page 68.

The cookbook is available at several locations in and around Renfrew at the low cost of \$12.00 each. All proceeds will go towards caring for patients and families at Hospice Renfrew.

SUGAR COOKIES

Kareen Lepine

- | | |
|---------------------------------------|--|
| 1/2 cup butter | 2 cups flour |
| 1/2 cup vegetable oil | 1/2 tsp cream of tartar |
| 1 cup sugar plus extra for sprinkling | 1/2 tsp baking soda dissolved in approximately 1 tsp hot water |
| 1 egg | 1/4 tsp salt |
| 1 tsp vanilla | |

Cream together first 5 ingredients then add remaining ingredients. Mix well. Drop by tablespoons onto lightly greased or parchment lined baking sheets. Press down with fork and sprinkle with sugar. Bake at 350°F until lightly browned about 10 to 14 minutes.

Aikenhead's Hospice Classic Logs Another Successful Year

The Aikenhead's Hospice Golf Classic posted another successful event in its 4th year raising \$32,000 for Hospice Renfrew. The day started out bright and sunny with weather holding for the golfers throughout the day.

Winners in the men's event were the Renfrew Poker Club team consisting of Andrew Dick, Shane Lambert, Byron Norlock and Ryan Steinpatz. The Renfrew Mercury team, Stephanie Jamieson, David Gallagher, Ian Scott and Mike Walsh, took the prize in the open event. First in the ladies division was the Aikenhead's Drug Store team manned by Sheila Kemp, Simonne Kemp, Patty Brydges and Phyllis Rafter.

The committee, chaired by Jo-Anne Dowdall-Brown wishes to thank all the sponsors and volunteers for their continued support of this great event.

Mark your calendars now to keep the day free for next year. The 5th Annual Aikenhead's Hospice Classic will take place on Friday August 6, 2011.



This Christmas, give the gift that keeps on giving! Support Hospice Renfrew. Send a cheque payable to Hospice Renfrew to 459 Albert Street, Renfrew Ontario, K7V 1V8 or donate on line at <http://www.hospicerenfrew.ca/help.htm>

Enclosed is my Donation of: \$ _____ in memory of: _____

If you would like the family notified of your gift, please fill in the address of next of kin.

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 Prov. _____ Postal Code _____

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 (A complete legible address is required for tax receipt)

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 Prov. _____ Postal Code _____