



Season's Greetings



Christmas means something different to every person and family. At Hospice Renfrew, our volunteers and staff work hard to ensure that our home is brimming with holiday cheer, with beautiful decorations, lights, and of course, our very own Christmas tree. We encourage our residents to take part in the holiday season by listening to

Christmas music, eating some special treats and spending precious time with family and friends.

At this special time of giving, I would like to thank the very generous donors and community partners who continue to support our Hospice and the care we provide.

On behalf of our Board, Staff and Volunteer team, may you find hope and peace this joyous season, and may the coming year be filled with good health and happiness.

*Connie Legg
Board Chair*

Having fun and building a team

On a recent snowy night, staff members gathered together for a team-building event that doubled as lots of fun. Under the tutelage of

local artist and crafter Kathryn Bossy, the more than a dozen participants created unique, one-of-a-kind mosaics using glass beads, wire and tile.



Hospice Renfrew staff and volunteers were honoured to participate in the 2016 Renfrew Lion's Club Parade. Our team had great fun assembling our float. The theme of this year's parade was "Super Heroes". At Hospice, our super heroes don't wear capes; we have everyday heroes in our residents, families, physicians, nurses and volunteers.

Talented artist combines creativity and compassion

Each Christmas, local artisan Kathryn Bossy sells her hand-crafted "holiday bling" and donates half the proceeds to Hospice Renfrew. If you are interested in some unique Christmas gifts that at the same time help our Hospice, you can check out her handiwork and place an order at:

<https://www.facebook.com/22mosaics>



Hope for the holidays: Coping with grief when others are celebrating

by Dawn Cruchet, BN, MEd
Grief Educator and Counsellor

The first holidays without a loved one who has died are times of transition.

We are changed forever when someone special dies. Feelings of sadness and loss are natural because holidays may magnify feelings of the loss. Anticipation of the unknown may be worse than the actual holiday. To pretend that nothing has happened is unnatural and will likely increase tension. There is no right or wrong way to celebrate the holidays. You need to do what is best for you.

What about traditions?

It is important for you to discuss with your family the best way to handle the holidays. Even though you all have lost a special person, every family member has his/her own grief path. You may find comfort in following familiar traditions or you may want to change and do something different this year. A family tradition does not have to be celebrated exactly as it always was. You can modify the tradition and still make it meaningful. Plan a morning breakfast; have the holiday dinner a week earlier; put the tree in a different place or don't decorate this year. You can also resume old traditions another year when it will be easier to cope with them. Whatever you choose to do is OK.

Share memories

Speak the name of the person who has died. This will help others to recognize your need to remember the special person who was part of your life. Sharing stories and remembering good times will bring you comfort at this difficult time of year.

Create a new ritual such as lighting a special candle, writing a memorial poem or playing a special piece of music that honours the memory of your loved one. You may also wish to set aside a certain time each day to remember and reflect on your memories. It may be comforting to include the person who has died in certain rituals, for example hanging the stocking of your loved one and inviting family members to write special memories and place them in the stocking. You may then wish to share these thoughts, keep them in a scrapbook or symbolically burn them in the fireplace.

If your faith is important, you may want to attend a holiday service. You may choose to attend a different religious ceremony this year.

Plan your activities so you do not feel overwhelmed. Accept offers of help from others;

prepare a list for a friend who offers to do your shopping; shop by catalogue or give gift certificates; let another family member host the holiday dinner or do some baking for you.

Try to balance the need for solitude with sociability. Avoid isolation and accept invitations to selected events, even if you only attend for a little while.

Consider doing something special for someone else. Donate a gift or money in your loved one's name. Volunteer your time at a community agency, church, synagogue or other religious facility, woman's shelter, senior's home, etc. Make your loved one's favourite food and offer it to a nursing home.

Finding meaning

Honouring the memory of your special person may ease your pain a little. Buying and lighting a holiday candle, buying yourself a gift from your loved one, buying an ornament, preparing a special food, making a photo album, listening to special music are all ways to find meaning.

Grieving is exhausting and takes much energy. Listen to your mind and body. Be good to yourself and eat well, rest adequately and exercise daily. Try to eliminate excess stress in your life by deciding what your expectations are for the holidays — shopping, baking, card sending, decorating, wrapping gifts, buying gifts, and so on.

Remember that the relationships with our loved ones who have died have not ended, they have changed. Their legacies live on within us and become the special gift to each of us.

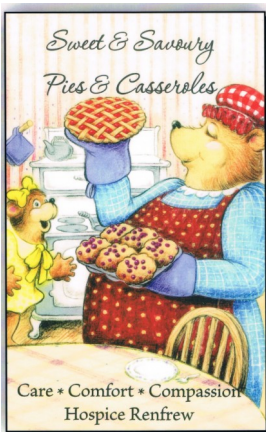


"To every thing there is a season...." Hospice resident Emilia ("Meo") Herbert holds new-born great-grandson Luke as three generations of her family help celebrate this milestone.



In September, Hospice Renfrew thanked community partners and sponsors for their continued support with a BBQ and music event on the Hospice grounds. Providing the entertainment was the "Pickled Chicken String Band", who call their music "roots with a twist". Hospice staff and residents first met the group when they came to Hospice to serenade a friend who was a Hospice resident.

Warm soups for cold winter nights: Recipes from the Hospice Cookbook



Hospice Renfrew's second cookbook, *Sweet & Savoury Pies & Casseroles*, is full of great recipes from some of our best cooks and bakers, and includes quite a few for the slow cooker. With a bit of prep in the morning, you can go away for the day and come back to something tasty for your evening meal. And what better on a winter night than a hearty soup. Here are two, one with meat and one that can be vegetarian.

Country Chicken Chowder

2 tbsp butter	2 cups frozen corn
1½ lb chicken, cut in 1/2 inch pieces	2 cans cream of potato soup
2 onions, chopped	1½ cups chicken broth
2 celery stalks, chopped	1 tsp dried dill weed
2 carrots, sliced	1/2 cup half and half cream

Melt butter in a large skillet over medium-high heat. Add chicken and cook until browned. Transfer to slow cooker. Add onions, celery, carrots, corn, soup, broth and dill weed.

Cover and cook on low for 3 to 4 hours, then stir in half and half. Cover and let stand about 5 minutes or until heated.

Cheryl Menkhurst

Creamy Carrot Soup

2 large onions, chopped	4 shallots or green onions, minced
4 tbsp butter	salt and pepper to taste
1 lb carrots, shredded	1/3 cup orange juice
4 to 6 cups chicken or vegetable stock	1 cup half and half cream
1/2 cup uncooked rice	1/2 cup sour cream
	Nutmeg

Saute onions in butter until translucent. Add carrots and stir over medium heat until wilted. Add stock and bring to boil. Add rice, shallots, salt and pepper. Simmer 40 minutes. Puree using blender or immersion blender. Bring back to boil. Take off heat. Add orange juice, cream and sour cream and sprinkle with nutmeg to taste.

Alternately, put in slow cooker and simmer on low approximately 4 hours.

Kathy Dagg

Sweet and Savoury Pies and Casseroles sells for \$15 and can be ordered

by phone: 613-433-3993 ext 2229

by email: info@hospicerenfrew.ca

or by regular mail: Hospice Renfrew, attention Helen McGregor, 459 Albert Street, Renfrew, ON, K7V 1V8
 There will be a nominal shipping charge.

Continuing education ensure staff at forefront of palliative care treatment

In the face of our quickly changing healthcare environment, there is one constant: the continuing education of our nursing team – ensuring that our staff are constantly learning and updating their skills.

This year at Hospice, the nursing staff were able to take advantage of quite a number of learning opportunities. Three “hospice ambassadors” attended the week-long International Congress on Palliative Care in Montreal, where, along with representatives from over 50 countries, they participated in a variety of valuable learning experiences.

In October, Hospice Renfrew hosted a LEAP (Learning Essential Approaches to Palliative Care) session. This two-day session included not only Hospice staff, but our community partners in palliative care as well. There were over 30 participants in all from as far away as New York State. Many who attended have already used their new skills, and refined their already large body of palliative care knowledge.

In early December, several staff will attend the Renfrew County Hospice Palliative Care Education Day. They will be learning about grief and bereavement, advanced heart disease, Amyotrophic lateral sclerosis (Lou Gehrig’s Disease) and palliative care in advanced dementia. Hospice Renfrew prides itself on the specialized services for our palliative care residents and families. Our nursing team embraces the opportunity to continue to learn. Continuing education ensures that our nursing staff remain at the centre of excellence in palliative care in the treatment and supportive care of the residents here at Hospice.

Simone Howard, RN, BScN CHPCN(C)
Resident Care Manager

Drop-In Bereavement Support Group

When: 3rd Thursday of every month

Where: Hospice Renfrew

459 Albert Street, Renfrew

Time: 7:00 pm

Our monthly peer support drop-in program provides an immediate opportunity to connect and share with others who are journeying through the wilderness of grief. A peer support group, for all losses, is facilitated by trained volunteers who have also experienced grief and loss.

***There is no cost to attend.
Light Refreshments will be served.***

A planned gift is a powerful expression of your dreams, ideals and principles and reaches beyond your lifetime to touch the lives of future generations. Leaving a lasting legacy to ensure the future of Hospice Renfrew.



Services provided at no cost to the resident or family



Phone: 613-433-3993
Toll Free: 1-866-751-1685
info@hospicerenfrew.ca
www.hospicerenfrew.ca



Give the Gift of Compassion

All of our services are provided at no cost to the resident or family. We are only partially funded by the Ministry of Health and Long Term Care for 60% of our nursing salaries.

The remaining 40% of nursing salaries and 100% of ongoing operational funding of \$600,000 per year need to be generated through fundraising events, in memoriam donations or bequests through the generosity of people like you.

If you would like the recipient and/or family notified of your gift, please fill in their address:

Name: _____

Address: _____

City: _____ Prov. _____ PC _____

Please send receipt to: (a complete, legible address is required for a tax receipt):

Name: _____

Address: _____

City: _____ Prov. _____ PC _____

You can donate on-line at hospicerenfrew.ca or call either of the numbers below.