




Hospice Renfrew participated in the Health Force Ontario Nursing Graduate Guarantee Initiative in 2017. After receiving 3 months of full-time RN mentorship from the Hospice Nursing team, funded through Health Force Ontario, Seryca David, RN and recent graduate of Laurentian University has joined Hospice as a full-time RN. Bottom left to right – Judith Gilchrist, Colette Yemen, Sabrina Guyea, Seryca David, Simone Howard, Betty Coulas and Judy Cobus. Welcome Seryca!




Capture the Power of 10 for Hospice's 10th

Gather 10 friends, colleagues or team members
 Raise \$100 each, Donate \$1000 to Hospice
 Provide:

- ✓ 3 days of care
- ✓ 1 month of groceries
- ✓ 6 months of parking passes
- ✓ Gas Cards, Care giver programs, garden programs and so much more

 Organize something that interests you, card or sports tournaments, yard sales fashion or craft sales

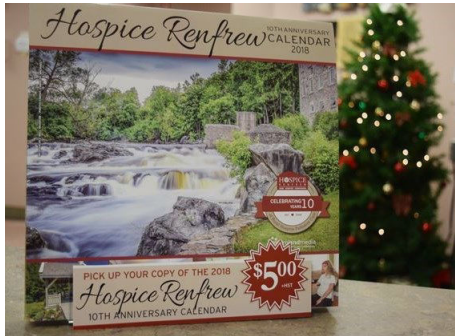


THE POWER OF 10

HOSPICE MATTERS

The newsletter of Hospice Renfrew

 Ex. Director: M. Sullivan-Bentz
 Editorial Advisor: J. Cobus
 Editor: B. Westgarth



Metroland Media's Renfrew Mercury and Arnprior Chronicle-Guide have partnered with Hospice Renfrew to offer the Hospice Renfrew 10th Anniversary Celebration 2018 Calendar. Calendars cost \$5 +HST each and are available at a variety of locations.

HOSPICE RENFREW

To make a donation:

Please call:

Tel: 613- 433- 3993 or

Toll Free: 1-866-751-1685

Or online at : hospicerenfrew.ca

Or send your cheque payable to : Hospice Renfrew Inc.


459 Albert Street


Renfrew Ontario

K7V 1V8

Email: info@hospicerenfrew.ca

Web: www.hospicerenfrew.ca


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Greetings from The Board Chair



Gerald Tracey, Board Chair, getting help from Santa at the 2017 Valley Heritage Holly Jolly Radiothon.

comprise this extraordinary organization known as Hospice Renfrew, and our many generous supporters, is that we become more mindful of the precious gift of life that we all share and that we look into our hearts for ways that we can demonstrate compassion and caring toward others.

When we recall Christmases past, we usually find that the simplest things, not the great occasions or the expensive gifts, give off the greatest glow of happiness.

Holly Jolly Radiothon Benefits Hospice

Dignity. Comfort. Support.

These are just three things offered to patients and families of Hospice Renfrew. And the Ottawa Valley's community radio station is helping to spread the word about how important it is to the region.

Valley Heritage Radio hosted its annual Holly Jolly Radiothon and Open House Dec. 2, and this year the recipient of all funds raised was Hospice Renfrew. In fact, the station has made a three-year commitment to raise money at the annual December event that will see the partnership extend through at least 2019.

"Many people have heard about the hospice, but we're hoping to be able to educate people about what a phenomenal organization this is, and the great service they offer not only in Renfrew, but across the Valley," said station manager Jason Marshall. "They offer compassion, care and kindness at a time when people are facing one of the most emotional and difficult stages of their lives. The importance of that cannot be stressed enough, that's why we are committed to be their partner for the next three years."

In addition to helping spread the word about what services are offered at Hospice Renfrew, the radio station helped to raise \$56,000 in operational funding. Maureen Sullivan-Bentz stated "this money will cover the costs of all utility bills and groceries for the year. It is a tremendous help to us".

Sullivan-Bentz said the three-year partnership with Valley Heritage Radio is extremely important to Hospice and in fact it will contribute to the very sustainability of the organization for the next three years. We are extremely grateful to all of the donors, businesses and community groups who supported the Radiothon this year.

Another Christmas season is upon us, that magical time of the year when we exchange greetings, place gifts under the tree, decorate our homes, receive cards in the mail, celebrate with family and friends and go out of our way to be extra kind and helpful to others.

But for many people, Christmas is a time of sadness. They don't have the extra money to buy presents for their children, family and friends. Many are saddened at Christmas time when they think of a loved one who has passed away, or of family members who will not be able to come home for various reasons. Turkey dinners may be only a wish and not a reality for some.

Yet, Christmas can be a season of great joy. It is a time of God showing His great love for us. It can be a time of healing and renewed strength. Christmas is when we celebrate the birth of the Christ child. God sent His Son, Jesus, into the world to be born. His birth brought great joy to the world.

My Christmas wish for my fellow board members, the dedicated staff and volunteers who comprise this extraordinary organization known as Hospice Renfrew, and our many generous supporters, is that we become more mindful of the precious gift of life that we all share and that we look into our hearts for ways that we can demonstrate compassion and caring toward others.

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Santa Claus is making his rounds at Hospice once again. Volunteer Kevin Bentz (Santa) pictured here with staff Dorinda Kelly and Sue Phillips.



Care · Comfort · Compassion

Ten Years of Care, Comfort and Compassion



Connie Legg, RN, founding board member and past chair.

January 28th 2018 will mark 10 years since Hospice Renfrew opened its doors to provide end-of-life , respite and pain and symptom management care to families across Renfrew County and beyond. Ironically our first resident was a gentleman from Barrie Ontario who arrived at the Hospice after a flight from Barrie to Arnprior and an ambulance ride from Arnprior to Renfrew. He wanted to come to Renfrew so he could be close to his only son and family who lived here. We had worked hard to ensure that the Hospice was ready with everything needed to care for our residents. The first morning at Hospice, our new resident asked for a piece of toast for breakfast...we had forgotten to buy a toaster! This is one of the hundreds of stories that can be told by families who have received our care over the years.

Indeed Hospice Renfrew is an interesting story as it was the first rural hospice built following comprehensive provincial standards as set out by the Ministry of Health. The idea to build a hospice came from a very dedicated palliative care team that had been part of care at Renfrew Victoria Hospital for many years. This team including Registered Nurses Connie Legg and Edie Wesbrook, along with Palliative care physicians Dr. Arthur Dick and Dr. Stephanie Langlois, recognized the need for an alternative to hospital for people at the end-of-life. Families who were caring for dying family members were exhausted and burnt out, often left with no choice but to send their loved one to hospital sometimes for many weeks before their death.

“Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has.”
Margaret Mead

Facilitated by RVH, a proposal was sent to the Ministry of Health for funding to operate a 6 bed hospice. This operational funding was approved with the caveat that all building expenses had to be raised in the community. The Care, Comfort, and Compassion campaign led by project manager Margo Turpin successfully raised the funds to start construction and thanks to local contractors and tradesmen donating their time and materials our Hospice was built to a standard of which we are all incredibly proud.

Today Hospice Renfrew has become a beloved facility in the community. Residents from across the county have spent their final days surrounded by the supportive and comfortable care provided by our dedicated staff and volunteers. The incredible team of volunteers are critical to the operation of the Hospice starting with the volunteer Board of Directors to teams that bake, garden, fundraise and support the loving care given to our residents. This truly reflects the compassionate community in which we live.

To celebrate our 10th anniversary, there will be many events happening over the next year. The Hospice will once again host the annual Hike for Hospice, Aikenheads Classic Golf Tournament and the Holly Jolly Radiothon. Many other third party events are being planned by very generous supporters of our Hospice. Please check our Hospice website or our Facebook page for upcoming events



In 2017 our volunteers donated over 7000 hours of their time to support our residents and families. Pictured here is volunteer Liz Mosco going above and beyond to add beauty to this meal tray. Liz actually went out to the garden to pick these fresh flowers for the

Did you know...

Myth: Palliative Care is for people who have only a few days to live.

Truth: Palliative care can be provided when a cure is no longer possible and it is believed the resident has up to 12 months to live. Unfortunately, many people become engaged in hospice care too late to fully benefit from the many services available to them and their families. There are many hospice supports available to people in the community that will allow your loved one to live at home as long as possible. Residential hospice care is available to the person when they are no longer able to stay at home.



Care · Comfort · Compassion

Hospice A “Life Affirming” Facility - MacKenzie Family pledges \$10,000 to Hospice

Recently having had the opportunity to tour Hospice Renfrew, we discovered what a completely wonderful gem we have here in our town. Our family has decided to support this incredibly life affirming facility. I say “Life Affirming” because that’s what happens here. It is a warm, bright loving home for individuals and their families when they need it most. A home with specialized care by the most empathetic and capable group of professionals and volunteers I have ever met.

Before our visit I thought of Hospice as a sad and gloomy place but that couldn’t be further from the truth. Hospice Renfrew is a place we can go to when we need help with pain management and transition into our end of life. The definition of Hospice is “A Lodging For Travelers” and that is a very fitting description.

Years ago, our dad had received a package outlining the need for Hospice Renfrew supporters, days before he headed to Florida for the winter. We spoke together about Hospice and he told me as soon as he returned he planned to support it. After taking ill in Florida, he was airlifted home and died just hours later in Renfrew Victoria Hospital.

Our family has had other charitable commitments over time and now we are so pleased to be able to support Hospice Renfrew by pledging \$10,000 over 5 years. We know Mom and Dad would be proud.

We urge everyone to visit Hospice Renfrew. The staff there would be so happy to show you our beautiful facility. Hospice Renfrew is incredible and while I am not in a hurry to stay there just yet, I definitely know it is the place I want to be when I need it.

We are so fortunate to have this beautiful, warm loving place in our town. We want to extend a most heartfelt Thank You to all the staff and volunteers who give their time, compassion and special talents to Hospice Renfrew and those requiring their care.



L-R: Bill McMahon, Hospice Renfrew Board Treasurer, Maureen Sullivan-Bentz, Hospice Renfrew ED, Ed Locke, Mack MacKenzie Investments Manager, Sheryl MacKenzie, Mack MacKenzie Investments Partner, Connie Legg, Hospice Renfrew Past Board Chair, Gerald Tracey, Hospice Renfrew Board

St. Joseph’s Catholic High School 2 Year Commitment to Hospice

Every two years St. Joseph’s High School chooses to raise money to support a local and international charity through various fundraising activities. “The goal to happiness in life is to sacrifice and give back to others as well as showing you are caring,” said Brennan Trainor, principal of St. Joseph’s High School.

Recently the students had the opportunity to learn about Hospice Renfrew. Judy Cobus, Director of Clinical and Volunteer Services and Tracey Cummings, Hospice Renfrew’s Resident and Family Support Counsellor made presentations to the student body on Hospice. Leo Hall, father of Katie Hall, a St. Joseph’s Jaguar, recounted his past experience with Hospice Renfrew, expressing his love for the volunteers and gratefulness for the funds raised by St. Joseph’s.

St. Joseph’s makes an effort to show students that it is important to be a follower of Christ. Trainor states “we give back to a variety charities because it’s something Jesus would do, and it’s simply the right thing to do. We need to spread love and compassion to others and display our ability to care for others.”

“I am glad we chose to fundraise and support Hospice Renfrew for the next two years,” said Paige Petroskie, a member of Student Council. “I think many students in St. Joseph’s have had family members or family friends that have stayed in Renfrew Hospice, so it is something they can relate to.”

Stay tuned as there are going to be plenty more fundraising opportunities by the students for Hospice Renfrew!



On Friday October 13, St. Joseph’s Jaguars laced up their running shoes walking to raise money for Hospice.