



HOSPICE *Matters*

Mark Your Calendar

- ♥ 16 June; Finnigans Restaurant Golf Tournament
- ♥ 21 June; Longest Day of Golf – Regional Golf Clubs
- ♥ 7 July; Secret Garden Tour – Ottawa Valley
- ♥ 21 July; Renfrew Tennis Club Hospice Tournament
- ♥ 17 August; Aikenheads Classic Golf Tournament
- ♥ 25 August; Edward Jones Golf Tournament
- ♥ 23 September; Yoga Retreat
- ♥ 10 November; Hoot Re-Boot – Renfrew Armouries
- ♥ 1 December; Holly Jolly Radiothon

For more information please contact:

info@hospicerenfrew.ca or 613-433-3993 ex 2234

Greetings from the Executive Director

A Special Thank You from Hospice Renfrew to the Residents of Renfrew County, Local Businesses and Our Community Partners

The 11th Annual Hike for Hospice Renfrew was held on Sunday May 6th, 2018 led by the McVeigh-Sharpe Family, hiking in gratitude and memory of their Mother Leigh McVeigh-Sharpe who passed away at Hospice Renfrew in 2017. This year we had a beautiful spring day to celebrate Hospice in our community with over 1000 people attending the event. People and teams of all ages and sizes came out to support Hospice raising over \$135,000.

We were very excited to see many new teams becoming ambassadors for Hospice, coming out to support our organization. We are thankful to our many volunteers and staff who were involved from the early planning stages that started in January and continued on until our recent hike wrap up meeting.

Special acknowledgement and gratitude goes to the following groups and businesses that helped us achieve this tremendous success:

- ♥ MyFM station and morning show host Jamie Cybulski for media promotion, Hike Trivia night and MC of our hike.
- ♥ RBC Renfrew Team for managing donations.
- ♥ Mayor Don Eady, Mateway Activity Center Staff and the Town of Renfrew for the use of Mateway Activity Center.
- ♥ CFB Petawawa Field Base Hospital for providing medical attention to children's stuffies in the MASH tent.
- ♥ Face painters team Lindsay Crout, Madeline O'Neill and Leah Trainor.
- ♥ Renfrew OPP Auxiliary, Renfrew Fire Department and Renfrew County Paramedics who worked hard to ensure the safety and enjoyment of our participants.
- ♥ Don Carty and Tim Hortons Special Events Team for free hot beverages.
- ♥ Cinderella (Jamie Bentz) and Prince Charming (David Smith).
- ♥ Al Utronki TV and Appliances for donation of 48" LED TV.
- ♥ M Sullivan & Son for manning the water station.
- ♥ Local schools who participated including St. Thomas Apostle, Central Public and Admaston Public Schools, St. Joseph Catholic High and RCI.

Every dollar raised remains in our community and supports daily operational costs which allows us to continue offering programs and services completely free of charge to the residents and families of Renfrew County. We are most humble and grateful to our community for its ongoing support.

I wish you a safe and enjoyable summer.

Maureen Sullivan-Bentz



Crowd leaving Mateway Activity Center
A vision to behold

IN THIS ISSUE

2 Celebrating Volunteers
2 June Callwood Volunteer Award

3 Normalizing Grief for Children
3 Celebrating Nurses Week



Celebrating Our Volunteers

A Volunteer Appreciation Dinner was held to recognize the outstanding contributions of our 70 volunteers. On average, volunteers in Canada commit to an average of 2 years with an organization. In Canada, last year, volunteers donated 2072 million hours and 7850 of those hours were volunteered by our Hospice team. Their contributions have strengthened our compassionate community and are truly making a difference helping people to live fully during their end stages of life.

We are very grateful to have so many volunteers remain with us since the opening of Hospice Renfrew in 2008. 2018 Service Awards for 10 years of service are Pat Neville, Edie Wesbrook, Connie Watchorn, Lois Butson, Val Dick, Margaret Duggan, Bev Hughes Rowley, Verna Kedrosky, Wendy Kidd, Neil and Millie Ritchie, Kareen Lepine, Joan Skebo, Rev. Bruce Ferguson and Pat Debenham. For 5 years of service are: Ann Wissing, Donna Carrol, Gay Fillator, Lisa Kenopic, Doris Mooney and Maureen Remus.



"Volunteers do not necessarily have the time; they just have the heart." Elizabeth Andrew

Hospice Renfrew Volunteer Wins June Callwood Award

Every year at this time, Hospice Renfrew is asked to submit a nominee for the Ontario Outstanding Volunteer June Callwood Award. It is never easy to single out one volunteer. This year, **Pat Debenham** has been nominated for her "above and beyond" volunteerism at Hospice. Pat received her award at the 2018 Hospice Palliative Care Ontario Conference in Toronto in April.

This award is given to an individual who consistently extends themselves beyond the usual requirements of the volunteer role. Pat joined Hospice Renfrew in 2008 and in her own words, said "I want to see Hospice succeed and be part of that success". As we celebrate our 10th anniversary, we know that Pat's commitment, care and compassion has helped us to succeed. Not only does Pat volunteer on the front lines to support residents and families, she also is a member of our reception team *and* works tirelessly in our community as a hospice ambassador.

Pat has made a positive difference in our community to educate and promote hospice care at numerous events. Whether leading a Hospice parade float in chilling temperatures, selling tickets, feeding an army of card players to help us fundraise or dancing with school children to promote our Hike for Hospice, she gives it her all and inspires our team to reach a little higher!



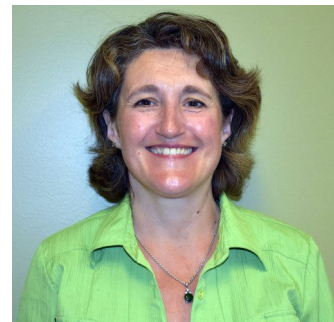


Normalizing Grief for Children

We know the feeling – a loved one or beloved pet is very sick and expected to die and we worry about the “right way to handle it” with kids. We want to “minimize damage”. This comes from a position of care, but also fear - fear of doing or saying the wrong thing, or of not doing enough and also reflects our wider social fear of death.

Many adults recall a traumatic childhood experience of being forced to see a dead loved one. This memory stays for years, affecting how they cope and process grief. Children are vulnerable, but they usually do well with simple, direct, age-appropriate information at a pace they can manage. They are good at setting the pace – some want lots of information, others want less and ask for more when ready. If not given information, children will still be aware something is wrong and imagine worse things.

Let children guide you about what they are ready to witness or experience. You may be surprised. It is my hope that children’s wishes be respected about viewing or handling a deceased loved one or beloved pet. For some it is helpful to see that the body of their loved one no longer works, as it helps them understand the concept of death. For others, a viewing leaves a memory that is scary and hard to shake. They may choose to remember their loved one without this final image. Children often know what they need and will tell you, if asked. Talk with them honestly about what they can expect to see at a viewing or at the bedside, answer any questions and let them decide if or how they wish to participate. Be prepared also for changes. A child may say they want to see their loved one, but then stop in the doorway and change their mind. This is okay. Modelling normal grief reactions is a good way to help kids process their own grief. Remember that adults grieve continuously, but kids grieve in blocks of time, alternated with their regular “fun” activities. This is developmentally appropriate. There are many books to help guide children through the dying and grief process. Children can also learn to cope through art, storytelling and journaling. An excellent resource for parents or caregivers is www.Kidsgrief.ca by Canadian Virtual Hospice. At this site, Andrea Warnick, Grief Therapist, offers a free monthly call-in webinar for help on managing kids’ grief. A local grief resource is Camp Erin for children aged 6-17. www.cornwallhospice.com/programs-services/camp-erin-eastern-ontario



Tracey Cummings
Resident and Family Support Counsellor

Celebrating Nurses Week



2018 SERVICE AWARDS

10 YEAR STAFF (2008 to 2018):

- ♥ COLETTE YEMEN
- ♥ TRACY CRAIG-GRUNDY
- ♥ SHAUNA RYAN
- ♥ MARION KAUFFELDT
- ♥ SIMONE HOWARD
- ♥ DORINDA KELLY

5 YEAR STAFF (2013 to 2018):

- ♥ NATALIE WALTERS

Hospice Renfrew celebrated nurses week May 7-11, 2018. We have so much to be thankful for with our amazing team. Being in a profession where you deal with people at their end stage of life every day is not a calling for everyone... our nurses do it because they love giving their everything to our residents and families.



Care · Comfort · Compassion

Home Away From Home

I would like to express sincere gratitude from all of the Enright family, for the wonderful care given to Owen Enright and all of our family by the Hospice staff and their dedicated volunteers. Owen passed away January 16, 2018, twelve days after first entering Hospice Renfrew, his "home away from home".

Owen was diagnosed with terminal lung cancer/end stage pulmonary fibrosis in October 2017. He was receiving care from our older sister Pauline but by December we could all see Owen's health declining and he felt it too. He was very worried that he would become a burden on Pauline although she always assured him differently. After discussing his options with his doctor and palliative care team, he decided that when "his time" was closer he would go into Hospice. This time came in early January.

From the minute he arrived, he felt at ease, as did his family and friends. He loved looking out the window at the many deer and the various species of birds kept him and his visitors intrigued. The volunteers and staff catered to his every need and whim.

When Owen's time was close, our large family 'overtook' Hospice. The staff graciously looked after us with coffee, treats, kind words and conversations. Counselling was also offered to our family. Like many things in life, you do not fully understand until it happens to you. I had always heard wonderful stories about Hospice, but I did not understand the true impact it would have on me and my family, especially on Owen.

Renfrew is very fortunate to have this wonderful gem in our midst and at no cost to the people who need it.

Thank you so much and keep up the great work!

Rose Curley



Team Owen Enright at Hike for Hospice 2018

Thank you to Donald Carty and Richard Dean for making Hospice Renfrew the charity of choice for this year's Smile Cookie Campaign happening September 17—23, 2018. All proceeds from cookie sales and from coffee sold at the Renfrew Fair will go to Hospice.

Local businesses will be able to pre-order cookies for their staff and customers to enjoy. Details to follow on our social media pages.



HOSPICE MATTERS

The newsletter of Hospice Renfrew

Ex. Director: M. Sullivan-Bentz

Editorial Advisor: J. Cobus

Editor: B. Westgarth

The 12th Annual
**Aikenhead's
HOSPICE
Classic**

Friday August 17, 2018

Contact: Jo-Anne Dowdall-Brown
(613) 432-8080 or
JDowdallbrown@hospicerenfrew.ca
www.hospicerenfrew.ca/aikenheads-hospice-classic

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



Celebrating 10 years of free, palliative hospice care to Renfrew County