

Hospice Happenings

December 2023
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CHRISTMAS MESSAGE

Chair— Gerald Tracey

As we celebrate the Christmas season and our thoughts turn to gift-giving, festive gatherings and spending time with family and friends, it is also a time for us to reflect on the current challenges facing society.

The high cost of the necessities of life: food, fuel and accommodation, a shortage of housing, an alarming increase in the number of homeless people, increasing mental health issues, and a shocking number of deaths from drug overdoses, have set new records. Never has society faced such a multitude of problems all at one time.

Meanwhile, Russia continues its invasion of Ukraine, killing many innocent people and destroying their beautiful country. The situation between Israel and Palestine worsens and more people die for no reason. What have they done to deserve such an atrocity?

Other than self-inflicted problems, Canadians are fortunate. We don't agree with many changes taking place in society, but at least we can go to bed and wake up in the morning without worrying whether our community is going to be destroyed by bombs.

Christmas is a magical time of year for many people as hearts are filled with joy and love to share with others. But more than ever, that love—and perhaps more -- has to be shared with those in need.

As we get older, the importance of Christmas in our lives changes. Most everyone loves receiving gifts, but many people just look forward to the reason for the season – the birth of our Saviour. The importance of receiving gifts is no longer the top priority, but rather gift-giving, helping out a local charity or a service such as Hospice Renfrew gets our attention. Pausing time to be able to enjoy the company of family and friends becomes more of a priority in our lives.

Throughout the holiday season, Hospice Renfrew continues to provide compassion, comfort, and care to those who require it. Our dedicated staff and many volunteers will be here to ensure our residents and their families are provided with the best level of care possible.

To all our staff and our many volunteers who give freely of their time to make sure we maintain the high level of service Hospice Renfrew has become known for, I wish to extend, on behalf of the board of directors, best wishes for a blessed and joyful season. You are an awesome group of people, and we truly appreciate everyone's efforts.

To my fellow board members -- Bill McMahon, Donna Anderson, Leo Hall, Jamie Cybulski, George Wade, Karen McEwen and Kevin Cherry – and the many individuals who sit on various committees, thank you. Thank you for providing strong leadership for Hospice Renfrew. I treasure our friendships and enjoy working with each of you for something important to all of us – *Hospice Renfrew*.

The gift of love. The gift of peace. The gift of happiness. May all these be yours at Christmas.

Merry Christmas!



May your *Christmas* sparkle with moments of love, laughter and goodwill.



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DONATE A CAR CANADA PROGRAM

Old clunker in your way and your new car is on it's way?

Oh, no there is no room in the driveway!!

One phone call will fix your problem and your old car will be taken away!

Donate A Car Canada accepts vehicle donations on behalf of Hospice Renfrew. You will be provided with free towing, or you can drop off your vehicle to maximize your donation.

When you donate your car, truck, RV, boat or motorcycle to Hospice Renfrew through Donate A Car Canada, it will be either recycled or sold at auction (depending on its condition, age and location).

Buying a new vehicle and your old one has died in your driveway, give Donate A Car a call.

One phone call or fill out the online form and Donate A Car Canada will look after all the details from car removal to the disbursal of your gift, making it easy for both you and Hospice Renfrew to benefit. You will receive a tax receipt after your vehicle donation has been processed!

www.donatecar.ca or call 1-877-250-4904



EDUCATION TRAINING FOR STAFF & VOLUNTEERS

Hospice Renfrew is committed to providing continuous training to our staff and volunteers. Every month offers a different training opportunity to learn something new, review new and/or updated policies and to enhance their skills.

Workshops and training, that have taken place in 2023 are: Free Fall - When Grief and Trauma Collide, Rural Community Hospice Day, GHS training, Healthcare Decision Making, and Mask Fit Testing.

We also held our second annual Education Day for staff and volunteers.

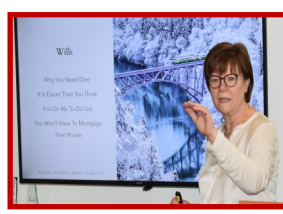
Guest speakers included:

Renfrew County Paramedics presenting information about Community Paramedics Program, Pilon's Family Funeral Home – presented information on Aquamation, Lawyer Sherri Beattie provided an informative presentation on Wills and POAs.

Hospice Renfrew's Grief and Bereavement Counsellor, Julie Keon, presented a very touching and insightful presentation on Attachment and Letting Go.

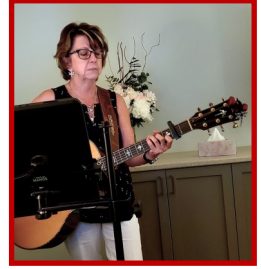
There were also presentations on dementia health and wellness and infection control.

Feedback from the event was 100% positive.



CELEBRATION OF LIFE

This year's dragon fly themed Celebration of Life ceremony was held on June 24th 2023. As the dragonfly symbolizes transformation and hope and inspires us to adapt, create and shine brightly, it was the perfect theme for honouring those whose lives reached completion at Hospice Renfrew in the period from July 1st of 2022 to April 30th of 2023. This gathering assures the families we serve that their loved ones are thought of fondly and have not been forgotten with the passing of time.



Along with reading the names of each individual whom we had the privilege of caring for, we were grateful to have singer/ songwriter, Peggy Williams, perform her song "Dragonfly Wings" written in memory of her mom. Each family received a paper dragonfly embedded with wildflower seeds to plant in their gardens in memory of their loved ones. We hope this annual ceremony brings comfort to the families we serve and helps them along the way in their grief.



Special thanks to our staff, volunteers and community clergy who participated in this event.

GRIEF & BEREAVEMENT DURING THE HOLIDAYS

Grief and Bereavement Counsellor — Julie Keon

In my work as a grief counsellor, I disappoint people regularly when I have to bear the bad news that I cannot take away their pain and instead urge them to feel their pain. The intensity of grief always takes mourners by surprise. What we may have assumed would last a few weeks, turns out to be far more breathtaking, complex, and long-lasting than we ever imagined. Couple this with the holiday season and it is no wonder many bereaved people fill with dread and secretly want to crawl into a cave rather than force themselves to be jolly. Considering that there will be 14 religious holidays celebrated from Hanukkah to Rohatsu and of course, Christmas, during the month of December, it is no wonder this time of year can be particularly difficult when a beloved has died. The holidays are steeped with tradition that is shared with family and friends and so when a loss has occurred, the warmth and excitement of this time of year is easily shattered. Everywhere you turn, there are reminders of what has been lost. May these words by poet and writer, Liz Newman, bring comfort this holiday season:

"Loss can be even louder during the holiday months and change the lens through which you see and feel everything: Twinkling lights seem as though they've dimmed somehow. The sparkle has dulled. The music has quieted. The joy, hope, and magic of the season feels out of reach. Grief doesn't take a holiday. I hope that however it presents itself for you this season, that you're able to sit with it and feel it. That you're able to take a step back from the things you need to or bravely take a step forward toward the things your heart is ready for."

It's okay if traditions look different as your heart catches its breath. It's okay if you are welcoming back old traditions you've taken a break from. It's okay if you're bravely adding new ones. There's no rulebook here, but there is a ton of grace. This holiday season can look however you need it to. And I pray that, like a gentle and unexpected friend, you still see places where hope glimmers. I hope you see reminders of your loved one sprinkled everywhere throughout this season. And if joy or peace comes to meet you amidst the grief and pain, I hope you open your heart to the tension of feeling those things, too."

FROM THE OFFICE OF THE DIRECTOR

Executive Director — Marjorie Joly

As we come to the end of another year, I would like to take this opportunity to say a sincere **‘Thankyou’** to our loyal supporters for their continued help. Without your support we simply could not continue to provide the level of care that our residents and their families require. I would also like to take this opportunity to thank all our volunteers who give of their time to assist in so many ways throughout the year. And finally, I would like to thank our team of staff at the Hospice including those who provide direct patient care and to all those who work tirelessly behind the scenes to ensure our organization continues to serve our community.



Merry Christmas! Wishing you all the best this holiday season!



VOLUNTEER RECOGNITION

Volunteer Coordinator — Debroah Coelho

Here at Hospice Renfrew, we are very fortunate to have a dedicated team of volunteers. Each volunteer has contributed many hours to ensure our residents and loved ones get to truly experience the magic that you receive once you walk through these doors. So, to each one of our volunteers a HUGE THANK YOU for all that you have done to help ensure we provide the most amazing memories. To continue to help provide care, comfort and compassion to residents and families along the palliative journey. Looking forward to an amazing 2024.

Our volunteer team includes resident and family support, gardens, baking, reception, bereavement and assisting with fundraising events. Perhaps you have thought about wanting to give back to the community? Why not make 2024 that year to begin! Hospice Renfrew is looking to add to our team. If you have thought about joining but are not too sure, why not remove any doubts and join our Open House on Thursday, January 11th from 11- 2pm or 3- 5pm. Take a tour of our home like environment, get some questions answered, see what a wonderful place it would be to join our volunteer family and grab an application before you leave. Look forward to seeing you on January 11th!

Have a safe and Happy Holiday!



FUNDRAISING EVENTS

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”
— William Arthur Ward.

Each year we continue to be amazed and thankful for our community and the many different ways that they continue to support us. We would like to express our heartfelt gratitude to everyone who has donated over this past year. Your kindness & generosity demonstrates what the Renfrew County community is all about.

A few of the fundraisers that took place this year are below. This represents only a portion of the amazing amount of donations we have received including one-time donor, annual donors and third party events that contribute to Hospice Renfrew.



“A Grateful Heart Is A Magnet For Miracles”
- Unknown

SERVICE RECOGNITION AWARDS

Hospice Renfrew is committed to honouring staff and volunteers for their long term commitment and supports the recognition of dedicated and engaged employees and volunteers.



Volunteers: Mary Jo Beckstead ~ Len Curry ~ Karen Payne

Staff: Cynthia Lowry ~ Jean Macnab ~ Liz Lafont ~ Marie Connaughan



Volunteers: Donna Carroll ~ Doris Mooney ~ Gay Fillator ~ Maureen Remus

Board of Directors: Donna Anderson



Volunteers: Millie Ritchie ~ Neil Ritchie

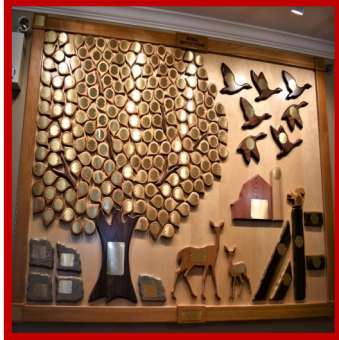
Staff: Colette Yemen ~ Marion Kauffeldt ~ Shauna Ryan ~ Tracy Riopelle

DONATIONS

Hospice Renfrew is a not-for-profit organization and registered charity. It is through the support and donations from our community that we are able to bring care and comfort to those terminally ill and their families. We provide all services and programs free of charge, however we encourage donations.

The Ontario Ministry of Health and Long Term Care provides enough funding to cover about sixty percent of our costs. Please consider contributing to our compassionate community.

RURAL REFLECTIONS LEGACY WALL



The 'Rural Reflection Legacy Wall' is made of many components that are easily recognizable in Renfrew County. What a wonderful way to remember your loved one by purchasing an item on the wall. This includes an engraved message and provides financial support for Hospice Renfrew. The revenue from the Legacy Wall will continue to sustain Hospice programs, services and support future projects. To purchase an item contact Marjorie Joly at: 613-433-3993 X 2222 or mjoly@hospicerenfrew.ca

LEGACY ESTATE PLANNING

Legacy Estate Planning is a forward thinking way to ensure you can leave a lasting impact well beyond your lifetime. You can leave a set cash legacy or designate a percentage of your estate, and receive a donation receipt for the full value of the bequest, which may dramatically reduce taxes payable by your estate. Choosing to bequest a gift in your will to Hospice Renfrew would create a lasting difference for many generations to come within our community. For more information on Legacy Estate Planning, please email: info@hospicerenfrew.ca



MONTHLY DONATIONS

When you make a monthly gift to Hospice Renfrew you are providing the charity with a reliable source of funding and enabling the organization to plan and implement long-term initiatives with confidence. For more information on Monthly Giving you can email: info@hospicerenfrew.ca or make your donation directly on the website at: www.hospicerenfrew.ca

GENERAL DONATIONS

We have available a variety of donation options available you can choose the one that best suits your needs: a one time donation, an "in memory" donation, a request to make donations to Hospice Renfrew in lieu of flowers or sponsor an event or fundraiser. If you have any questions please call: 613-433-3993

