

# HOSPICE RENFREW HAPPENINGS SPRING 2026



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**Introducing Hospice Renfrew's**  
**2026 Board of Directors**



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## **A Message from Hospice Renfrew's Executive Director**

As the days grow longer and the first signs of spring begin to emerge across the Ottawa Valley, I am reminded of the quiet resilience that defines our community at Hospice Renfrew.

Spring is a season of renewal. It invites us to reflect on growth, gratitude, and the meaningful connections that sustain us through every season especially the more difficult ones. At Hospice Renfrew, we witness daily the profound strength of individuals and families navigating end-of-life journeys and grief. It is a privilege to walk alongside them with compassion, dignity, and expert care.

This year continues to bring both opportunity and challenge in hospice and palliative care. Demand for our services remains strong, and we are deeply grateful for the unwavering dedication of our clinical team, staff, and volunteers who ensure our residents and families feel supported, respected, and never alone. Their commitment is the heart of our organization.

We are also thankful to our donors, partners, and community members whose generosity allows us to enhance programs, invest in education, and respond to the evolving needs of those we serve. Your support makes compassionate care possible close to home.

As we look ahead to the months to come, we remain focused on excellence in care, sustainability, and strengthening the supports available to our community including bereavement services and outreach to equity-deserving populations.

On behalf of our Board and entire team, thank you for being part of the Hospice Renfrew family.

May this season bring you renewal, hope, and moments of peace.

### **A Moment That Mattered**

Recently, a family shared that what meant the most during their loved one's stay was not only the excellent symptom management, but the simple acts of kindness, a warm blanket, a quiet conversation, a hand to hold.

These moments may seem small, but they are often remembered forever.

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### **A Message from the Manager of Clinical Services**

#### **What Hospice Renfrew Residents Teach Us About Living**

At Hospice Renfrew, we walk alongside people at one of the most meaningful points in their lives. While much of our work is about comfort and support at the end of life, our residents quietly teach us powerful lessons about how to live.

They remind us that life is not measured in years, but in moments; a shared laugh with a loved one, the warmth of sunlight through a window, the comfort of familiar music these small experiences often become the most treasured. When time feels precious, what matters most becomes beautifully clear.

Our residents also show us the importance of connection. Many speak less about accomplishments and more about relationships, children, partners, friends, and the people who walk beside them. They teach us that love is the legacy that lasts, and that presence is often more meaningful than words.

We learn about courage, too. Facing illness and uncertainty requires a quiet bravery that inspires everyone around them. Even on difficult days, many patients find ways to express gratitude, kindness, and humor. Their strength is not loud or dramatic, it is gentle, steady, and deeply human.

Perhaps the greatest lesson our residents offer is permission to slow down, to listen, to forgive, to say "I love you" more often. They remind us that life does not need to be rushed to be full, and that meaning can be found even in stillness.

In hospice, we care for people in their final chapter, but in doing so, we are continually reminded how to **live** more fully in our own. Their stories shape us, their courage humbles us, and their wisdom stays with us long after their journey ends.



WE WOULD LIKE TO SHARE THESE TWO BEAUTIFUL TESTIMONIALS WITH YOU.

TO ALL THE LOVELY PEOPLE AT HR.

THE THANK YOU CARD DIDN'T HAVE ENOUGH ROOM FOR ME TO WRITE MY THOUGHTS. SO, HERE IT GOES, NO FANCY PAPER OR CARD JUST MY BEAUTIFUL THANKS!

THANK YOU, TWO WORDS THAT DON'T COME CLOSE TO EXPRESSING MY THOUGHTS TO ALL OF YOU. WHAT YOU HAVE CREATED AT HR IS HARD TO DESCRIBE UNTIL YOU HAVE BEEN THERE AND FELT IT FIRSTHAND. THE CARE YOU SHOWED MOM IS ABOVE AND BEYOND ANYTHING I COULD HAVE IMAGINED.

THANK YOU!

THE CARE AND COMFORT YOU PROVIDED TO ME DURING A VERY EMOTIONAL TIME.

THANK YOU!

THE PATIENCE, HUGS AND LAUGHTER.

THANK YOU!

THE WORLD IS A BETTER PLACE BECAUSE OF EACH ONE OF YOU. NEVER FORGET THAT.

THANK YOU!

FOR KNOWING WHAT I NEEDED EVEN WHEN I DIDN'T KNOW IT MYSELF.

THANK YOU!

A SIMPLE THANK YOU FROM THE HEART FROM MY FAMILY TO YOURS.



ROOM 5'S SON CALLED US THIS MORNING, AND I FEEL IT IMPORTANT TO PASS ALONG THE VERY KIND WORDS THAT HE EXPRESSED.

ROOM 5S SON, LIVES SEVERAL HOURS AWAY AND COULDN'T MAKE IT IN TO SAY HIS FINAL GOODBYES TO HIS DAD BEFORE HE PASSED AWAY LAST EVENING.

HE WAS IN TEARS WHEN HE CALLED AS HE SAID "I WOKE UP TODAY AND I DIDN'T HAVE MY DAD ANYMORE. MY DAD WAS A FIRE FIGHTER FOR 31 YEARS AND SAVED COUNTLESS LIVES. HIS CAREER WAS DRIVEN BY HIS DESIRE TO HELP PEOPLE AND, IN MANY WAYS, MERITS THE SAME TYPE OF THANKS AND APPRECIATION YOU ALL DESERVE.

YOU CHOOSE TO HELP PEOPLE IN THEIR LOWEST AND MOST VULNERABLE TIMES IN THEIR LIVES. YOU MAY NOT REALIZE IT AT THE TIME, BUT I NEED YOU ALL TO KNOW THAT YOU ARE MAKING A DIFFERENCE EVERY SINGLE DAY AND PEOPLE LIKE ME WILL NEVER BE ABLE TO SAY 'THANK YOU' ENOUGH.

IT BRINGS ME SO MUCH COMFORT TO KNOW THAT MY DAD WAS SURROUNDED BY PEOPLE WHO RADIATE LOVE AND KINDNESS IN HIS FINAL HOURS."

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## **A Message from the Volunteer & Events Coordinator**

The Hospice Renfrew Volunteer Program is all about people helping people. Our volunteers are at the heart of what we do, offering support,

kindness, and a friendly presence to individuals and families in Hospice and our community. Whether it's lending a hand behind the scenes, helping at events, or simply being there when it matters most, our volunteers make a real difference every day.

You don't need special experience to volunteer with Hospice Renfrew, just a caring nature and a willingness to help. We provide training, orientation, and ongoing support so volunteers feel comfortable and confident in their role. There are many ways to get involved, and we work with volunteers to find opportunities that fit their interests, availability, and comfort level.

Many of our volunteers tell us they get just as much out of volunteering as they give. It's a chance to connect, to give back locally, and to be part of something meaningful. Hospice Renfrew is proud of its volunteers and always happy to welcome new faces who want to make a positive impact on our community.

For more information, or to fill out an application visit our website [www.hospicerenfrew.ca](http://www.hospicerenfrew.ca).

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## A Message from Hospice Renfrew's Grief & Bereavement Program



### Grief vs. Depression

Understanding the differences matters—because the support someone needs can be very different.

### What Is Grief?

Grief is a **natural response to loss**. It is most often connected to the death of someone meaningful, but can also be triggered by other major losses—relationships, health, identity, or life changes.

## Key Features of Grief

- Loss-oriented: The emotional pain is tied directly to something or someone lost.
- Waves of emotion: People may feel deep sadness, longing, anger, guilt, or numbness.
- Preserved capacity for joy: Even in grief, a person can have moments of laughter, pleasure, or experience moments of connection.
- Self-image remains mostly intact: Self-worth typically remains whole
- Thoughts of death may relate to the loss, such as wanting to be reunited with a loved one, but not wanting to end one's own life.

Grief is not a disorder. It is painful, but **healthy and expected**.

## What Is Depression?

Depression, is a mental health condition that changes a person's mood, energy, and their thinking for several weeks or longer.

## Key Features of Depression

- Not tied to a specific event: It can occur without a clear cause.
- Persistent low mood: Sadness or emptiness lasts most of the day, nearly every day.
- Loss of interest: Things that once brought joy no longer feel enjoyable.
- Changes in thoughts and self-worth: Feelings of worthlessness or hopelessness.
- Physical symptoms: Sleep changes, appetite changes, fatigue, difficulty concentrating.
- Thoughts of death may be about ending one's life, not just about loss.

Depression usually requires **professional support**, whether therapy, medication, or both.

Support is available, and reaching out is a sign of strength—not failure. The Grief and Bereavement Team at Hospice Renfrew are a valued part of the grief journey. We offer short term grief counselling, psychotherapy and grief support groups free of charge to our guests, families, and community members in Renfrew County.

To speak with our Grief and Bereavement Team:

Call (613) 433-3993 (x2237) or (x2232) or email: [grief@hospicerenfrew.ca](mailto:grief@hospicerenfrew.ca)

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## The Importance of Self-Care for Caregivers

Caregiving is one of the most meaningful acts a person can offer. Whether the care is for a family member, a friend, or within a professional role, it demands time, energy, patience, and emotional availability. Yet caregivers often place their own needs last, sometimes to the point of exhaustion.

You cannot pour from an empty cup. Taking care of yourself does not diminish the care you give, it strengthens it. When caregivers honour their own needs, they preserve their resilience, compassion, and capacity to continue offering support in meaningful, sustainable ways. It is an essential part of the ability to care for others.

Hospice Renfrew wants to support those, who support others. Caregivers are welcome to attend our **FREE** drop-in style caregiver workshop on March 28 at the Echo Centre in Eganville.

**RESTORING THE HEART THAT GIVES**

**FREE CAREGIVER WORKSHOP**  
**SATURDAY MARCH 28, 2026**  
**1:00 - 4:00 PM**  
**ECHO CENTRE, 30 BELL STREET**  
**EGANVILLE**

During the afternoon you will benefit from a variety of activities created to help you unwind, recharge, and connect, or drop-in for a visit.

Sit and chat while you enjoy a beverage, in a welcoming, supportive space.

*You* deserve this time. We look forward to spending the afternoon with you.

Hosted by Hospice Renfrew

**HOSPICE RENFREW**  
CARE. COMFORT. COMPASSION

613-433-3993  
[www.hospicerenfrew.ca](http://www.hospicerenfrew.ca)

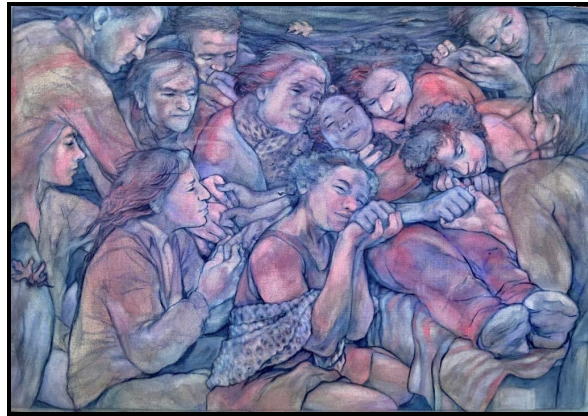
**ECHO CENTRE**

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## The Art of a Good Death

This April, Hospice Renfrew is honoured to host The Art of a Good Death, a powerful national exhibition that invites reflection on what it means to live and die well. Developed through a research initiative led by Dr. Sarina Isenberg and supported by the Canadian Institutes of Health Research, this collection transforms evidence-based palliative care research into moving visual art that sparks conversation, compassion, and understanding .

Featuring selected works from artists across Canada, the exhibition encourages open dialogue about end-of-life care and the shared human experience of loss, connection, and meaning. We look forward to welcoming our community to experience this inspiring collection and to join us in continuing important conversations about quality, dignity, and care at the end of life.



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## **2026 Fundraising & Upcoming Events**

**Restoring The Heart That Gives - for caregivers of all ages.**

**Saturday March 28th from 1:00 - 4:00 pm.**

**Hike for Hospice - Sunday May 3rd**

**The Art of A Good Death - Art Exhibit - Free to Attend**

**Wednesday April 22nd to May 1st**

**Open to the public daily from 8:00 am - 4:00 pm**

**Annual Classic Golf Tournament - Friday August 14th**

**Handbags for Hospice - Friday November 6th**

**Details will be released closer to each of the fundraising events and art exhibit**

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## Spring Into Skin Health: Protection is Not Just for Summer!

As we welcome longer days and warmer weather, spring is the perfect time to reset your skin health routine. While the sunshine feels refreshing after winter, ultraviolet (UV) exposure increases this time of year, even on cool or cloudy days.

Consistent protection now helps reduce premature aging, sun damage, and the risk of skin cancer, including Melanoma.

### Why Spring Sun Safety Matters

Many people underestimate spring sun intensity. However:

- UV rays penetrate through clouds.
- Reflection from water and pavement increases exposure.
- Early-season sunburns often happen during outdoor activities like sports, gardening, or walking.

Sun damage is cumulative, meaning every exposure adds up over time.

### Refresh Your Skin Protection Routine

#### ✓ Apply sunscreen daily

Use a broad-spectrum SPF 30+ on all exposed areas. Reapply every two hours when outdoors.

#### ✓ Don't forget commonly missed spots

Ears, neck, scalp part lines, tops of feet, and hands.

#### ✓ Wear protective clothing

Wide-brimmed hats and UV-protective sunglasses add important coverage.

#### ✓ Check your expiration dates

Sunscreen loses effectiveness over time so replace old products.



## Perform a Spring Skin Check

Early detection saves lives. Take a few minutes each month to examine your skin using the **ABCDE** rule:

- **Asymmetry**
- **Border irregularity**
- **Color variation**
- **Diameter larger than 6mm**
- **Evolving (any change)**

Schedule a professional evaluation if you notice a new, changing, or non-healing lesion.

### A Fresh Start for Healthy Skin

Spring is an ideal time to book your annual skin exam before summer sun exposure peaks. Preventive care today supports healthy skin for years to come.

If you have a personal or family history of skin cancer, fair skin, significant sun exposure, or prior blistering sunburns, regular screenings are especially important.

**Protect your skin now to reduce your risk of damage later!**

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### What is Hospice Care?

Many people think hospice care is only about the last few days of life. In reality, palliative care is about living as comfortably and meaningfully as possible for however long that may be.

At Hospice Renfrew, we support individuals and families through serious illness with expert symptom management, emotional and spiritual support, and compassionate care that honours each person's wishes and values.

- **It's about comfort.**
- **It's about dignity.**
- **It's about ensuring no one walks this journey alone.**

If you'd like to learn more about what hospice care really means, we're always here to talk. For more information visit: [www.hospicerenfrew.ca](http://www.hospicerenfrew.ca).

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## How You Can Help?

Hospice care in our community depends on ongoing support.

You can help by:

- Making a donation
- Becoming a volunteer
- Sharing information about hospice care with others
- Attending community events

Together, we ensure that compassionate end-of-life care remains available close to home.

If you would like more information about our services or how to support

Hospice Renfrew, please contact us anytime by email:

**[info@hospicerenfrew.ca](mailto:info@hospicerenfrew.ca)** or call: 613-433-3993

**Thank you for being part of our hospice community.**

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