



Hospice Northwest Volunteer Retreat September 19th–20th



Hospice Northwest Volunteer Retreat: Building a Team of Compassionate Communities

Hospice Northwest is excited to announce the **Hospice Northwest Volunteer Retreat!** The retreat will focus on:

- *Advocacy Training*
- *Volunteer Appreciation & Recognition*
- *Team Building*

We hope to define Hospice Northwest, its services, and the role of its volunteers and to bring together coordinators and volunteers from all the regional offices to

socialize, connect, and learn. Coordinators and volunteers will have the opportunity to attend workshops on various topics such as:

- *Effects of Inviting Death Into Your Life as a Volunteer*
- *Clarifying the Role of the Volunteer*
- *Communicating with Persons Experiencing Distress*
- *Offering Grief Support*
- *Education in Palliative Care*
- *Volunteer's Role in Pain Management*
- *Social History with Dementia Patients*

These workshops will be facilitated by Hospice Northwest staff, volunteers and other experts in these topics.

The retreat will be on:

FRIDAY, SEPTEMBER 19th and
SATURDAY, SEPTEMBER 20th.

A Wine and Cheese Social will take place Friday evening and Saturday will consist of a day full of interesting workshops and fun activities.

Registration packages will be emailed directly to volunteers. **Registration** will open at the *beginning of July* and we invite everyone who is interested to register early.

Hospice Northwest is excited for this opportunity to promote **growth** and **development!** We hope that all of our **Hospice Volunteers** can be a part of this invaluable experience.

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Special points of interest:

- *Creamed Leek and Potato Soup Recipe—page 4*
- *Next Circle of Friends Gathering—August 6th*
- *Annual General Meeting—October 20th*
- *Hospice Northwest welcomes new staff—page 5*



News from the Region

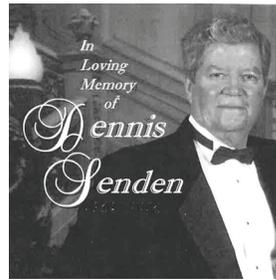


Terrace Bay/Schreiber Office Celebrating 10th Anniversary

On behalf of the NSFHT and the HNP, we wish to congratulate the following volunteers for their compassionate care, devotion and commitment to the Hospice

Northwest Program and their referred clients, over the past 10 years: Ann Querry, Betty Ellsworth, Patricia Savage, Dori Cornfield, (and missing from the picture) Elise Kenny, Barb Hopper and Susan Slykhuis. These ladies are true examples of how trained volunteers can impact the lives of the clients of the Hospice Northwest Program, and offer tender care to not only those with life limiting illnesses but also through visiting those with a chronic illness, whether it is in the home or the hospital. Referral forms are available at either the clinic or the hospital. Join us in thanking the supportive companions that truly make a difference to many clients of the Terrace Bay/Schreiber area.

Geraldton Office



Marathon Office

It is with great sadness and heavy hearts, that the Marathon Hospice Northwest Palliative Care, Wilson Memorial Hospital announces the passing of Dennis Senden on May 6, 2014. Dennis was a dedicated volunteer who served with Marathon Hospice Northwest Palliative

Care team since 2003. He was a very passionate and caring man who was always ready to give of himself and sit with individuals during their last days and give support to their families. For many years, Dennis also supported clients in Long Term Care, visiting patients, playing cards and games with them and making everyone feel special. This was greatly appreciated by both the hospital staff and those individuals with whom he shared his time. The volunteers he worked with over the years are deeply saddened over his loss and will miss Dennis, not only for his dedication and compassion but also for his sense of humour. Rest in peace, friend.

First Hike for Hospice in Geraldton a Smashing Success!

Ken Kurish
Our oldest volunteer

Chris Walterson
Municipality of
Greenstone

Liam Woods
Our youngest walker

Audrey Johnston
Chair, GHNW



Glenda Barber
Longlac HNW
Volunteer

Nicole Pineault
One of the newest
GHNW recruits

Our four-legged
Volunteers

Marie Jeanne Gignac
Our oldest walker

37 Walkers along with 4-legged friends raise \$4500.00

Opening Ceremonies: Thunderbird Friendship Centre Drumming Ceremony, Blessing by Ruth Ann Woods, Special Music by Ken Kurish

Greetings from: Municipality of Greenstone, CEO Geraldton District Hospital and Chair of the Geraldton Hospice Northwest program

Geraldton Hospice Northwest volunteers presented an overview of their Hospice services.

During the Flower Tribute, participants dropped flowers from the bridge into the lake below. Ken Kurish played Amazing Grace.

Many volunteers made this first walk possible. Gratitude to everyone.

“C” “U” in 2015!

Submitted by Eileen Johnson and Chris Walterson



Local resident honoured!



Monique Perreault
recognized
for many years
of volunteer service
as Hospice volunteer.
a leaf with her name
was added to the
GDH Tree Of Life

Pet Therapy Works!



Skipper adopts Myrtle,
bringing comfort and smiles.



Terri's Tidbits

Thank you to all of our volunteers who donated time, money or both this year to make our Hike for Hospice a huge success. We're getting much better at organizing the Hike, so next year's event should be nothing short of amazing!

I'm recruiting palliative volunteers again this year for our fall training program. If you know of someone who might be interested, please have them call me for more information. This year, training will be held in Trinity Hall at Trinity United Church (Algoma & Waverly)

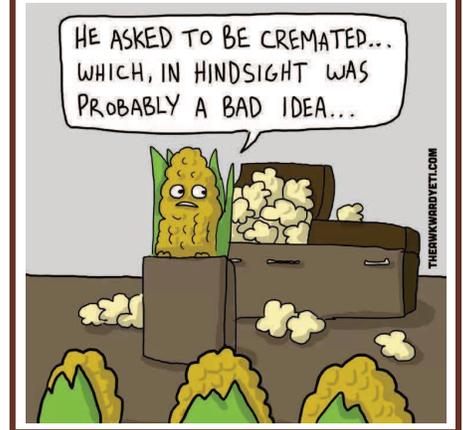
where seating is generous. If there's a module that you'd like to sit in on for a refresher, you're more than welcome to participate. The final program is not ready yet, but I'll email to everyone soon.

Wishing everyone a warm and sunny summer....

"This very moment is the perfect teacher, and, lucky for us, it's with us wherever we are".

—Pema Chodron

On the lighter side...



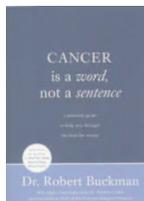
Resource Library

Resources available in our library:

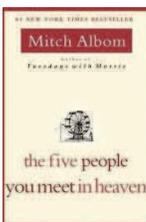
CANCER is a word, not a sentence by

Dr. Robert Buckman

A practical guide written for people who have just been diagnosed with cancer, to help them make sense out of what happens next.



The Five People You Meet in Heaven by Mitch Albom



From the author of *Tuesdays with Morrie* comes an enchanting, beautifully crafted novel that explores a mystery only heaven can unfold.

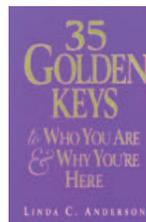
35 Golden Keys to Who You Are & Why You're Here

by Linda C. Anderson

Who am I? Why am I here? We ask ourselves these questions all the time. The answers determine our purpose in life, often our very survival. Here—for the very first time ever—are thirty-five golden keys

to help you unlock the answers to these questions for yourself.

Explore the basic wisdom of Eckankar. From ancient roots, it resurfaced in 1965 to respond to the spiritual questions and challenges of today. It's alive with ways to find deeper meaning, greater love, and more abiding peace in your life. People from around the world share their dramatic stories of heightened spiritual awareness and how their lives were changed. Each chapter features spiritual exercises and techniques to help you better understand yourself—and God.

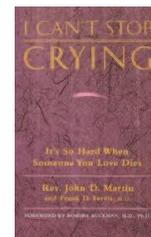


Like few others, this book takes you far beyond what you already know about God. Yet intriguingly, it brings you closer to what you may have always felt to be true.

I Can't Stop Crying by Rev. John D. Martin and Frank D. Ferris, M.D.

The death of someone close—a spouse or partner—can result in overwhelming grief which people often have difficulty coping

with. At the same time, society has unrealistic expectations that people should recover from grief as quickly as possible.



I Can't Stop Crying looks at grief work as a painful but necessary process. The authors emphasize the importance of giving yourself permission to grieve and suggest steps for

rebuilding your life without your partner. They also look at how such a loss affects your relationships with family and friends, as well as your lifestyle, work habits, and hopes for the future. Included in the book are the stories of people who share their feelings, struggles and experiences of being bereaved. An appendix lists bereavement groups and other self-help organizations that you can contact for assistance. HNW has several copies available, if volunteers would like to pass them along to their clients.



Circle of Friends Gatherings

Since the publication of the last Hospice Herald, Circle of Friends has undergone a few changes. Allison, our Program Co-ordinator, has taken a leave of absence to venture into the wilds of British Columbia to commune with nature and spend the summer tree planting.

Danielle Shaver Currie, our previous Circle Co-ordinator, generously came out of retirement for a few months to facilitate the group while Allison is away.

Allison recently sent us an update from camp, where she will be living until the first week of August.

She had this to share with us:

“I’m living about 2 hours south of Grand Prairie, Alberta in a park situated by the Nose River. It’s the most beautiful camp site we’ve lived in all season and I’m so happy that I have the opportunity to live here until our contract ends around the first week of August. Having a river running through our camp site is awesome. I’m thrilled that I can come home from a physically demanding day at work and jump in the river to refresh.

Tree planting continues to be the hardest job I’ve ever experienced physically and mentally. While my body has adjusted to the rigors of living and working in the bush, tree planting is mostly a mental pursuit where one has to continually push through limitations of the mind, learn to accept whatever weather arrives and continue to plant more trees. I’ve been able to achieve an average of planting 2000 trees per day. Right now, there is a massive forest fire stretching from BC to Northern Alberta, about 40 km from our work site, so work is cancelled for now due to safety concerns.

Well, I will sign off for now. I send my love to all our friends at Circle. Wishing you a lovely continuation of your summer.

Warmly,
Allison”

Circle of Friends

The Circle of Friends support group is a unique program offered by Hospice Northwest in Thunder Bay. Trained volunteers join together to provide compassion and emotional support to persons living with life limiting illnesses

and their families and friends. The goal is to help enhance or maintain quality of life despite the pain or turmoil they may be experiencing.

Participants may attend all or part of the 3 hour gathering , which is held from **11:00 a.m to 2:00 p.m. every other Wednesday.** Participants are asked to respect confidentiality within the group. There is no cost to attend.

Circle of Friends Meetings

11:00am - 2:00pm Wednesdays
at the Hospice Northwest Office

63 Carrie Street

Please call 626-5570 if you are interested in attending



**Upcoming Meetings:
August 6th & August 20th**

CREAMED LEEK AND POTATO SOUP—A Circle of Friends Favourite! (8 Servings)

Ingredients

- 3 tbsp oil
- 2 large leeks, thinly sliced (white and light green only)
- 2 carrots, diced
- 2 celery stalks, diced
- 3/4 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp pepper
- 3 large Yukon Gold potatoes, peeled and chopped
- 4 cups chicken broth
- 5 cups water
- 2 slices of bacon, cooked and crumbled
- 1/3 cup cheddar cheese, shredded
- 3 tbsp fresh parsley, minced

Directions

1. Heat oil.
2. Sauté leeks, celery, carrots, salt, thyme, and pepper until softened (8 minutes).
3. Add potatoes, broth, and water and bring to a boil.
4. Reduce heat, cover, and simmer until potatoes are tender (30 to 40 minutes).
5. Let cook lightly.
6. Puree soup in blender until smooth.
7. Put back into pot and reheat gently.
8. Serve garnished with bacon, cheese, and parsley.

ENJOY!

Die-Alogues Update

Our first Die-alogues event has come and gone and it was a complete success! On May 27th, nearly 80 participants – volunteers and community members – gathered to participate in a café style discussion forum on topics around death and dying. Over the course of the evening participants were able to listen to first hand stories and thought provoking insights about bucket lists and the importance of realizing life’s finality. They then enjoyed delicious desserts over lively discussions with fellow participants. A great time was had by all and much interest has been expressed about future events. Many thanks to our host Laura Zaina and our keynote speaker, Gary Phillips, for their humorous and insightful words.

Die-alogues is Hospice Northwest’s newest initiative to engage the community in end-of-life issues through discussion and education.

Our first event was planned and organized with the help of a wonderful group of volunteers through Leadership Thunder Bay, class of 2013/2014.

Special thanks to our volunteers who helped to facilitate the evening. Together we were able to bring important topics to our community’s attention!



Special thanks also to Tbaytel, our sponsor for the May 29th Die-alogues. Pictured to the left, Hospice Northwest Board Member Paul Morralee presents a certificate to Laura Foulds from Tbaytel for their contribution to Die-Alogues through the Tbaytel for Good program.



NEXT EVENT

Excited about the concept of Die-alogues and interested in experiencing it for yourself? Our second event is coming up and it’s just for you, our volunteers! As part of our upcoming volunteer retreat we’ll be holding a Die-alogues geared specifically to our hospice volunteers and their experiences. Volunteers will be able to take part in a thought provoking group dialogue about the effects of inviting death into their lives as a volunteer, followed by peer discussions over breakfast.



A Special Hello and Goodbye

It is with mixed feelings that we say goodbye and good luck to our amazing NOHFC Fund Development Intern, Caitlyn Phirbny. After completing a very busy year of organizing, planning, marketing and fundraising for Hospice Northwest, Caitlyn has been offered the Special Events Coordinator position at the United Way of Thunder Bay. We look forward to working with her in her new role, where her many talents will be put to very good use serving the community of Thunder Bay.

Hospice Northwest was fortunate to receive funding to hire another NOHFC Intern for a one year placement. Bailey Forsberg joins us as our new Volunteer Services/Administrative Assistant Intern. Bailey is a graduate of Lakehead University with a Bachelor of Arts in French. She also completed a Human Resources Management Certificate at Confederation College before beginning her internship with us. Bailey enjoys spending time with family and friends,

loves to participate in local races, such as the Miles with the Giant, and travelling. Bailey has been instrumental in helping to plan and organize the upcoming Volunteer Retreat scheduled for September.



Hospice Northwest also welcomes Erin Stewart, who will be joining us in the office for several months, providing clerical and administrative assistance.



Message from Joan

So much has happened since the last newsletter, with success on all fronts. The Accreditation review went well after months of combing through every client and volunteer file in search of missing information, but thanks to the reporting from the volunteers and the thorough file management of our Volunteer Coordinator Extraordinaire (aka Terri), we made it through. This year our regional programs were included so accolades also go out to the dedicated coordinators in Geraldton, Longlac and Terrace Bay, and to Marianne Larson for her guidance and leadership in the Accreditation process.

Speaking of region, I am thrilled to report that we have engaged new partners in the delivery of our regional programs. The North Shore Family Health team paved the way for several new partnerships; we're now working with the Family Health teams in Manitouwadge and Nipigon, and in Marathon, Wilson Memorial

Hospital has entered into an agreement with Hospice Northwest, thereby allowing our dedicated Irene to retire. This means our services will now be offered in six communities, with volunteer recruitment currently in full swing. We're all looking forward to the Retreat in September to connect our City and Regional volunteers.

The deaths of Dennis Senden in Marathon and now Stephanie Ross in Thunder Bay are being felt deeply in our organization. Dennis was someone who frequently came up to conferences and workshops who always had something compassionate to say about the needs of clients. He was a faithful volunteer and a really nice guy. Stephanie, whose death at 39 is incomprehensible, will be sorely missed by all who knew her, for her generosity of spirit, her witty sense of humour and her deep and sincere interest in the real experiences of others. May your next be a place of joy my friends



On July 8th our Hospice Northwest family lost one of its own. Stephanie Ross was a wonderful person, a valued volunteer and a talented and compassionate companion to those experiencing grief and loss. She was active in many capacities and was involved most notably in supporting clients in the One to One grief program. Stephanie was an enthusiastic volunteer and participated in many projects including Hike for Hospice and Die-Alogues. She had recently agreed to co-facilitate the Hearts and Hope grief support group.

This was to be a huge commitment on her part and she accepted this challenge with enthusiasm and an open heart. Those of us who had the privilege of working with Stephanie will miss her calming presence and unwavering commitment to her clients and her work.



Fundraising Update

LCBO

Tag Days 2014

Hospice Northwest staff and volunteers once again took part in a fund and awareness raising Tag Days event outside four of Thunder Bay's LCBO outlets. This event continues to be a worthwhile endeavour each year, as LCBO patrons are always generous and interested to hear about the good work Hospice Northwest does. This year we raised almost \$2000! A heartfelt thank you goes out to Barb, Erin, Bailey, Jade, Gabe, Quyen, Tabitha, Taylor, Kathy,



Judi, Lorean, Roger and Deb for giving up a part of their weekend to help out. And thanks, of course, go out to the LCBO and to its patrons for their generous support.

United Way Billboard Rescue

Joan and board of directors members Katherine Poulin, Jill Marcella, and Kathy Kortess-Miller, braved the chilly May winds and once again ascended the scissor lift to raise over \$2500 for Hospice Northwest during the United Way Billboard Rescue, which took place on May 16th. Funds raised through the event support the United Way Community Fund which provides financial support to 28 local agencies.



All of the funds raised by the HNW team goes directly to the agency. As always, we are grateful to Dr. Burt Sellick for his ongoing support of this event.

Trinity United Church

In June, Hospice Northwest was presented with a \$537 cheque for fundraising proceeds raised by Trinity United Church. Hospice Northwest was very grateful to have once again been chosen as a Community Outreach Partner by Trinity United Church for 2013, and for all the support Trinity provides with events such as the Candlelight Memorial Service and the upcoming Volunteer Retreat and training in Sept.



Hike Update

"Crossing Bridges Along Life's Way"

Hospice Northwest's 2014's 3rd Annual Hike for Hospice event was an amazing success and we couldn't be happier!

With the help of hundreds of volunteers, donors, and walkers, we raised over \$40,000, in addition to the nearly \$15,000 worth of goods and services that were donated!

We are grateful to have had the opportunity to bring the community together for this wonderful experience. We can't wait to do it again next year where we look forward to seeing new and familiar faces!

Annual Wine and Cheese Appreciation Evening

As a way of saying thank you for all the support we've received over the past year, Hospice Northwest hosted our Annual Wine & Cheese Appreciation Evening on June 18, where our volunteers, donors, sponsors and supporters were thanked for their contributions to Hospice Northwest. Appreciation Certificates were presented to the members of our Hike for Hospice Committee and to the Hike sponsors who were in attendance.

The Hike for Hospice would not have been the success it was without the assistance of committee members: Michele Love, Jessica McNulty, Jane Taylor, Greta Knauth, Norine Arno, Margaret Capon, Hilary Mettam, Jill Marcella, Carly Smith, Trisha Wilson and Stephanie Ross.



We are also indebted to the following sponsors for their generous donations:

Our Presenting Sponsors: Dougall Media and Teleperformance

Our Marathon Level Sponsors: Goldcorp
Mussel White Mine,

John Andrews Foundation, Bayshore Home Health, Thunder Bay Catholic District School Board, Gran Sasso Club, Investors Group/ Sunlife Financial

Our Running Level Sponsor: Harbourview Funeral Centre

Our Jogging Level Sponsors: CIBC Woody Gundy, Norwest Funeral Alternatives, Woit's Pharmacy, Northern Credit Union, Italian Society of Port Arthur, Shoppers Home Health

Our Walking Level Sponsors: Wanson Lumber, Lakehead Alumni Association, Balmoral Park Acura, Bay Credit Union, Scotiabank, MNP LLP, Freedom 55, Jonmar, Sue Prodaniuk Advertising, Petries Cycle and Sport

Other Sponsors: Badi's Painting, Donato's Bakery, McQueen and Associates, T&T Auto, Tony's Cabinets

Food and Services Donations: Westjet, McDonald's Restaurant, Sasi Spring Bottled Water, Thunder Bay Community Auditorium, Jenkins Funeral Home

Thanks also to all of the community businesses who donated prizes to the Hike, as well as to all the Hike participants!





Educational Opportunities and Events

Northwestern Ontario Palliative Care Conference 2014—“Going the Distance”

Date and Time: November 12th - 14th, 2014

Location: Victoria Inn Hotel, Thunder Bay

Presented by: Centre for Education and Research on Aging and Health, Lakehead University

Presenters: Opening keynote speaker: Dr. Hsien Seow, of McMaster University

Description: The Centre for Education and Research on Aging & Health (CERAH), Lakehead University, is pleased to be your host for this exciting conference event. The program, focused on 'Going the Distance' in palliative care will feature poster, research paper, plenary and concurrent sessions that reflect an awareness of the need for effective palliative care across geographic boundaries and a variety of care settings and disciplines.

Registration: Early Bird Registration will open in September. Additional registration information will be forwarded when available.

Good Medicine: Supporting Elderly Individuals at Home in Northwestern Ontario

Date and Time: Tuesday July 29th or Wednesday July 30th from 6:30- 9:30pm at the **Balmoral Street Centre, Lakehead University**

Location: Centre for Education and Research on Aging and Health, Balmoral Street Centre, Lakehead University

Presented by: Lakehead University School of Nursing

Presenters: Kristen Jones-Bonofiglio and Kathy Kortes-Miller

Description: This is an innovative research project that features a free 3-hour workshop and a short, 15 minute survey.

Registration: This free workshop is open ONLY to Interdisciplinary Health Care Providers who have previously completed the Palliative Care for Front Line Workers course offered by CERAH. Please contact Kathleen at 626-5570, ext. 5573 if you have attended the Palliative Care for Front Line Workers course and would like to register.



Notice of Hospice Northwest Annual General Meeting October 20th, 2014 at HNW office 7:00 p.m.—8:00 p.m. All volunteers are welcome to attend.

HOSPICE NORTHWEST

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HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Robin Cano ~ Tesa Fiddler ~ Kathy Kortes-Miller ~ Marianne Larson
Myrna Letourneau ~ Jill Marcella ~ Paul Morralee ~ Katherine Poulin ~ Ron Woit

Katherine Poulin is the volunteer representative on the board and welcomes all communication from volunteers. Her phone number is 767-4504 and her email is kpoulin@tbaytel.net

Hospice Northwest is funded by the North West Local Health Integration Network, the United Way of Thunder Bay, the City of Thunder Bay and the generous support of community donors. We also wish to thank Mac's Convenience Store, located at 3 Balsam Street in Thunder Bay for their continued support of our organization through the sale of Nevada tickets and Bayshore Home Health, who generously supports Hospice Northwest during our annual Hike for Hospice Palliative Care.

