



June 2012

## Annual Volunteer Wine and Cheese Appreciation

Please join us at the Hospice Northwest office for an informal evening of chatting and relaxation, as we are treated to an interesting presentation, some light refreshments and an opportunity to meet with fellow volunteers. The evening will begin with an informative talk by Katherine Keeping, who will be presenting a Stepping Stones ceremony.

The evening provides an opportunity for Hospice Northwest to thank our volunteers for their years of service and ongoing dedication to their palliative care work.

*June 19th  
from  
7:00—9:00 p.m.  
at Hospice Northwest*

*Please RSVP by June 15th to Joan, Kathleen  
or Terri at 626-5570*

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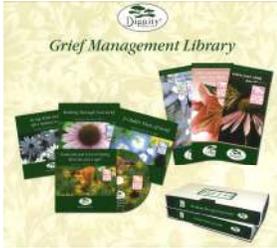
### Special points of interest:

- *Wine and Cheese—June 19th*
- *Therapeutic Touch Workshop—July 13—14*
- *Mark your calendars for the upcoming 2012 Palliative Care Conference: **Life Transitions: Chronic Illness and Palliative Care**—November 7—9 at the Victoria Inn*



## Resource Library

New resources available in our library:

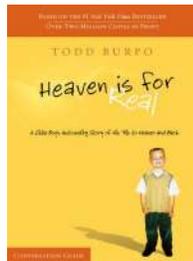


### The Dignity Memorial Guidance Series

The Dignity Memorial Guidance Series is a series of brochures, booklets, VHS tapes, DVDs and CDs offering helpful advice to families coping with the loss of a loved one. Hospice volunteers are encouraged to check out these materials for patients and families in need of bereavement literature. Topics in the Dignity Memorial Guidance Series include:

- A Child's View of Grief
- Living with Grief: After Sudden Loss
- Someone You Love is Dying. How do you cope?
- Working Through Your Grief

- Coping with Holidays and Anniversaries
- Helping a Friend Cope with Grief
- Helping Children Cope with Grief
- Helping Yourself When Your Child Has Died
- Helping Yourself When Your Spouse Has Died
- Helping Yourself When Your Parent Has Died
- Helping Yourself When You Are a Professional Caregiver
- 10 Things Everyone Should Know About Planning a Funeral or Cremation Service



### Heaven is For Real

By Todd Burpo

A New York Times #1 Best Seller, Heaven Is for Real is the true story of the four-year old son of a small town Nebraska pastor who

during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear.

Colton said he met his miscarried sister, whom no one had told him about, and his great grandfather who died 30 years before Colton was born, then shared impossible-to-know details about each. He describes the horse that only Jesus could ride, about how "reaaally big" God and his chair are, and how the Holy Spirit "shoots down power" from heaven to help us.

Told by the father, but often in Colton's own words, the disarmingly simple message is heaven is a real place, Jesus really loves children, and be ready, there is a coming last battle.



## Circle of Friends

Danielle Shaver Currie, our Circle of Friends Coordinator, is thrilled to announce the birth of her first grandchild. Beautiful little Sophie came into the world at 8:49 on June 5th, weighing 8 pounds, 9 ounces. Congratulations Danielle and family!



### Circle of Friends Meetings

11:00 - 2:00

at the Hospice Northwest office

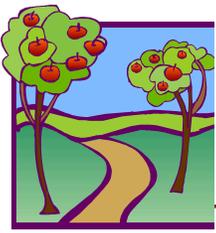
- June 14th
- June 28th
- July 12th
- July 26th
- August 9th
- August 23rd
- September 6th



Anyone interested in becoming involved with Circle can contact Danielle Shaver Currie, Program Coordinator at 475-3656.

### Danielle's thought for the month...

*Just imagine that your future is waiting for you to make the choices that only you can make*



## News from the Region

### Geraldton Office

The Hospice Northwest volunteers in Geraldton are very grateful to the students of St. Joseph School for their help painting and decorating Memory Boxes. Pictured on the right is a memory box created by the students from Grades 7 and 8, along with the Hospice Northwest volunteers.



The students have also been assisting the Hospice Northwest volunteers who visit in Long Term Care. Once a month, they spend time with the Long Term Care residents, making crafts such as inukshuks. The residents really

look forward to their visits. It is a great experience for both groups.

### Terrace Bay Office

In order to promote active lifestyles and help people "hike their way to health", the North Shore Family

Health Team in Terrace Bay/Schreiber is organizing a series of 7 community hikes along the spectacular Casque Isles Hiking Trails. The first hike was held on May 6th to coincide with and show support for the Hike for Hospice held in Thunder Bay on the

same day. Over 30 people participated in the inaugural hike, which began at Rainbow Falls Park. Other hikes are scheduled through to August. Please call the North Shore Family Health Team at (807) 824-2934 for more details.



### Marathon Office

At the book launch for *Life's Way*, Irene Desjardins, Marathon District Program Coordinator was presented with her 2011 June Callwood Circle of Outstanding Volunteers Award of Distinction. Hospice Northwest would like to offer congratulations to Irene for the award and also on the arrival of her new grand-daughter, Olivia Quin Desjardins, who was born on February 29, 2012.

### Longlac Office

Rebecca Adams and Danielle Berard, the Longlac District Program Coordinators, along with the other HNW Longlac volunteers, welcomed five new Palliative Care volunteers to

their group. The graduation ceremony was held on Wednesday June 6th at the NorWest Community Health Centre in Longlac. The presentation of certificates was combined with the last monthly Volunteers' meeting of the season. The group celebrated with cheese & crackers, and cake & ice cream, while discussing opportunities for involvement with clients in both Longlac and at the long-term care facility at Geraldton District Hospital. In photo, from left to right: Rebecca Adams, Cecilia Malouf, Glenda Barber, Carmen Theberge, Shannon Kristjanson, Diane Gauthier and Danielle Berard.





## Fundraising Update—Kathleen Buso

Since the publication of the last newsletter in February, we have been quite busy here at Hospice Northwest with fundraising initiatives.

The sale of *Life's Way: Reflections of Hospice Volunteers in Northwestern Ontario* has been slow but steady, with 150 copies sold to date. The book launch



was held on Friday April 13th with approximately 115 people in attendance. Joan Baril, one of the Hospice Stories Advisory Committee members, was the MC, with Allison Skirtschak, the project coordinator, introducing and thanking the volunteers who contributed their stories to the book. Excerpts from the collection were read by Danielle Shaver Currie, Irene Desjardins and Larry Dicks. Afterwards, wine and snacks were enjoyed, accompanied by lovely guitar music by Matt Sellick. The publication of *Life's Way* would not have been possible without support from Tbaytel, the Patterson Foundation, The Port Arthur Rotary Club and Northern Ontario Heritage Fund Corporation. If you haven't picked up a copy yet, please drop by the office to purchase one, and please recommend it to your friends and family.



We are very pleased to announce that our first **Hike for Hospice** was a wonderful success! We raised over \$20,000, all of which remains here in Thunder Bay to help us continue to offer our programs and services. Despite an overcast sky and the threat of rain, over 100 people showed up to hike their way around scenic Boulevard Lake. Participants were treated to complimentary muffins and steaming hot tea and coffee graciously supplied by McDonalds Restaurant. After registration was complete, the event was kicked off with a fun clown-lead

warm up and a few words from Mayor Keith Hobbs, who then cut the ribbon to start the walk. Afterwards, everyone enjoyed pizza and bottled water followed by an awards ceremony. Very special thanks to all the organizations and businesses who provided food/prizes for the Hike or sponsored the event, particularly Dougall Media, Janzen's Pharmacy, and Bayshore Home Health.

As usual, Hospice Northwest participated in the annual United Way Billboard Rescue. Joan Williams and board members Kathy Kortez Miller and Scott McCormack worked together to raise over \$5000 for HNW.

Thanks so much to all who helped



make both of these events so successful.

On July 27 and 28, we will be holding a Tag Days fundraising event at the four LCBO's in Thunder Bay.

We are in need

of volunteers to help out with this event. If you are able to help, please contact Terri at 626-5572.





## Terri's Tidbits

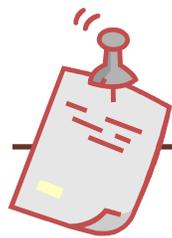
Hi everyone.  
Hope the last few months have

treated you well! Here at Hospice Northwest, it's that time of year again—volunteer recruitment. If any of you have friends or family who you think will make great volunteers, please encourage them to apply. We'd like to be in a position to offer support to those individuals living with dementia and residing in their own homes or in a long term care facility. Too often these folks

are left without the support they deserve so we'd like to help out however we can. We'd also like to expand our grief and bereavement support so we'll need volunteers working in this capacity as well. Thank you to all of you for being you and offering that special gift to your clients. I'll leave you with this quote to ponder...

How we spend our days is of course how we spend our lives.

—Annie Dillard



## Message from Joan

We've had a busy few months lately with several significant events.

We are pleased to report that our inaugural Hike for Hospice was a great success on all accounts. We surpassed our fundraising goals, we had a lot of fun, we promoted hospice palliative care, and we once again proved that Kathleen is a world class event coordinator. Terri recruited and trained a great group of volunteers so that all tasks were performed with calm and competence. My sincere thanks go out to all of our organizing committee members, board members, volunteers and staff who helped to make our Hike a success to be proud of, and to look forward to doing again next year.

Two weeks later was the United Way's Great Billboard Rescue, where my-

self and board members Scott McCormack and Kathy Kortez Miller went up on the scissor lift, requesting donations. With the behind the scenes help of Burt Sellick and his generous donor friends, we met our fundraising goals and all team members conquered their fear of heights. Although I tried to keep my Billboard donors separate from my Hike donors, numerous people gave to both events

within a few weeks' timeframe, which is so appreciated.

Our board has successfully recruited a member who will represent the interests of our aboriginal community in planning and decision making. Maxine



**Therapeutic Touch  
Level 1 Workshop**

Friday July 13 from 7-9 pm and  
Saturday July 14 from 9:30 am-4:30 pm

At the Hospice Northwest office

Hospice Northwest covers the registration cost for Level 1 Therapeutic Touch for those volunteers interested in using TT with their clients.

If you are interested in registering, please call Kathleen at 626-5573.



Cayenne was a HNW volunteer for many years and we are delighted to now have her serving on the board. Debbie Escott, the volunteer representative on the board has accepted an invitation to serve one additional year, since her six year term has been completed. We are fortunate to have Debbie's unique skill set on the board until September 2013, at which time a new Volunteer rep will be elected to the board.

Staff will be taking well deserved holidays this summer so the office will sometimes be minimally staffed. We apologize in advance to anyone who drops in to find a locked door, but a sign will be posted saying when we'll be back, and we'll do our best to avoid this inconvenience.

Have a safe and enjoyable summer!



## Volunteers' Corner



**Frances Petch, one of our amazing volunteers who visits in Bethammi Nursing Home, was kind enough to bring in some inspiring quotes to share with everyone...**

*Naps are nature's way of reminding you that life is nice, like a beautiful swinging hammock strung between birth and infinity.*

*Peggy Noonan*

*Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.*

*Catherine Fenwick*

*When you're young, there's so much that you can't take in. It's pouring over you like a waterfall. When you're older, it's less intense but you're able to reach out and drink it. I love being older.*

*Sigourney Weaver*

*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

*Maya Angelou*

*Often overlooked joys in life: the other side of the pillow; bakery air; when socks from the dryer match up perfectly; finding your keys after looking forever; the friendly nod between strangers out doing the same thing; celebrating your pet's birthday even though they have no idea what's going on; when you hear someone's smile over the phone.*

*Neil Pasricha*

*The quality of my day can in turn affect the quality of someone else's day. What it comes down to is this: you might be somebody's only angel of the day and you can't take that for granted.*

*David Wagner*

*We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.*

*Mother Teresa*

*Your mind is like a parachute. It works much better when it's open.*

*Kurek Ashley*



## Educational Opportunities and Events

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### ***4th Annual Seniors' Rock Walk***

- Date and Time:** Thursday June 14 at 1:15 pm  
**Location:** Meet at Grandview Arena and walk to Thunder Bay 55+ Centre  
**Presented by:** Community Elder Abuse Prevention Committee  
**Description:** Come celebrate "*Respecting Our Seniors for World Elder Abuse Awareness Day*". Entertainment and refreshments will be provided. Wear purple to show your support!  
**Registration:** All ages welcome. For more information, please contact 684-1039.

### ***Northwestern Ontario End-of-Life Care Network Annual General Meeting "Building a Regional Palliative Care Program in the North West LHIN" and "Advancing High Quality, High Value Palliative Care in Ontario"***

- Date and Time:** Tuesday June 19th from 4:30—6:30 pm  
**Location:** This meeting and presentation can be attended in person or by videoconference. The meeting will be hosted at the North West Community Care Access Centre, Boulevard Room, 961 Alloy Drive. Video site locations are available throughout the Northwest Region. Please contact Hilary Mettam to register if you will be attending via videoconference (807-631-6661 or mettamh@tbh.net).  
**Presented by:** Northwestern Ontario End-of-Life Care Network  
**Presenter:** Representative from the North West Local Health Integration Network and Dr. Mary Lou Kelley  
**Registration:** Everyone is welcome. Please contact Kathleen at 626-5573 if you are interested in attending this presentation in person

### ***Escaping the Streets: A Sex Trade Education Seminar***

- Date and Time:** Tuesday June 19 from 5:30—9:00 pm  
**Location:** Da Vinci Centre, 340 South Waterloo Street, Thunder Bay  
**Presented by:** John Howard Society of Thunder Bay and District, Aids Thunder Bay, SEXTRADE101 Public Awareness and Education, and the Elizabeth Fry Society of Northwestern Ontario  
**Presenters:** *Natasha Falle, Founder and Director of SEXTRADE 101* was lured into the sex trade industry at the age of 15. Natasha trafficked for almost 10 years across Canada. Since her escape, she has graduated from both college and university, and has helped hundreds of others to break free from the destructive life of prostitution. She is the Founder and Director of SEXTRADE101, an activism organization which seeks to promote public awareness and education, and assists in policy and legislation change. *Bridget Perrier, Speaker of SEXTRADE 101*, is an Ojibway woman from Thunder Bay who was a sex trade worker and now works for SEXTRADE101. At 8 years of age, Bridget was sexually abused by a family friend and by 12 she had been lured into prostitution. She was bought and sold in brothels all over Canada. Bridget found healing within Toronto's First Nations community and eventually went back to school. In 2006 she was the recipient of the YWCA Woman of Distinction Turning Point award. Bridget speaks from a First Nations perspective regarding the affects and harm of prostitution on Canada's First Nations women.  
**Registration:** Cost is \$35 (includes dinner, keynote speaker and networking opportunities). Register by June 11, 2012 by calling the John Howard Society at 623-5355

### ***Forums on Interdisciplinary Gerontology—Spring Speaker Series Integrating Spirituality and Diversity into Long Term Care Homes***

- Date and Time:** Friday June 20 from 10:00—11:00 am  
**Location:** St. Joseph's Heritage, Telehealth Communication Room (basement), 63 Carrie Street  
**Presented by:** Centre for Education and Research on Aging and Health and the Quality Palliative Care in Long Term Care Alliance  
**Presenter:** Lucinda Landau, MDiv, DMin  
**Description:** The learning objectives of this presentation are to understand the scope of practice for spiritual/palliative care volunteers and the importance of teaching inclusive perspectives, self-reflection and self-care to Spiritual Care volunteers  
**Registration:** Please let Kathleen know if you are interested in attending. Free. Everyone is welcome to attend. Seating is limited to first come, first served.



## Educational Opportunities and Events

### **7th Annual North American Conference on Spirituality and Social Work The Evolution of Spirituality Across the Lifespan and Embracing Spiritual Diversity from Northern Communities to Global Localities**

- Date and Time:** Thursday June 21 (Pre-conference Day) from 8:30 am—4:30 pm  
Friday June 22 and Saturday June 23 from 8:30 am—4:30 pm
- Location:** Lakehead University
- Presented by:** Lakehead University, the Canadian Society for Spirituality and Social Work and The Society for Spirituality & Social Work (USA)
- Description:** This international conference will bring together academics, practitioners, and students to discuss and explore the importance of spirituality for individuals throughout their lifetimes, and its significance in relation to overall mental health and wellbeing. Spirituality is expressed in diverse ways and plays an important and meaningful role in human growth and development, especially when coping with negative life events. Spirituality can also be complex and intertwined with social, economic, environmental and global issues. Sessions will include: scholarly papers and presentations, panels analyzing issues, discussing research, promoting dialogue, and sharing resources, keynote speakers, experiential workshops and posters.
- Speakers:** Dr. Beth Crisp, PhD in Social Work (AUSTRALIA) and Martin Rutte, HBPSYC (U.S.A. & CANADA)
- Registration:** Pre-conference day registration is \$58, one day package for either June 22 or 23 is \$168, two day conference package is \$288/individual or \$188/students or seniors. Please register online at <http://socialwork.lakeheadu.ca/>

### **Northern Cancer Question and Answer Speaker Series “The Emperor of All Maladies: A Biography of Cancer” Free Public Lecture and Book Signing by Dr. Siddhartha Mukherjee**

- Date and Time:** Wednesday June 27 at 7:30 pm
- Location:** The Victoria Inn, Embassy Ballroom, 555 West Arthur Street, Thunder Bay
- Presented by:** Regional Cancer Care Northwest
- Description:** Siddhartha Mukherjee, a gifted physician and writer, brings new insights into the causes and cures of cancer. Ten years in the making, Dr. Mukherjee’s engrossing book, *The Emperor of All Maladies: A Biography of Cancer*, is a magnificent narrative-driven biography of a shape-shifting and formidable disease that has plagued and riddled humanity for thousands of years. Sid gives readers a fascinating look into the origins and causes of cancer, its deadly effect on the human body, how it has virtually enveloped modern civilization, and the epic battles that are taking place to control, cure and conquer it.
- Registration:** There is no cost to attend. Everyone is welcome.

#### **HOSPICE NORTHWEST**

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Terri Kannegiesser, Volunteer Coordinator  
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Kathleen Buso, Communications Coordinator/Office Administrator  
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Shawna Hymers, Accreditation Coordinator  
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Allison Skirtschak, Hospice Stories Coordinator  
Direct Line: 626-5578 [allison@hospicenorthwest.ca](mailto:allison@hospicenorthwest.ca)

website: [www.hospicenorthwest.ca](http://www.hospicenorthwest.ca)



#### **HOSPICE NORTHWEST BOARD OF DIRECTORS**

Cathy Alex ~ Maxine Cayenne ~ Mary Lynn Dingwell ~ Debbie Escott ~ Kathy Kortess-Miller  
Marianne Larson ~ Scott McCormack ~ Jill Marcella ~ Paul Morrallee ~ Ron Woit

Debbie Escott is the volunteer representative on the board and welcomes all communication from volunteers. Her phone number is 345-7122 and her email is [dlescott@shaw.ca](mailto:dlescott@shaw.ca)

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 through third party fundraising initiatives.

