



Hike for Hospice was a resounding success

Now that the dust has had a chance to settle around Boulevard Lake following our very successful 2nd Annual Hike for Hospice, we'd like to take this opportunity to thank everyone involved!

Our annual event, held on May 5th, had almost 200 walkers register and help to raise nearly \$40,000! In addition to this, our generous sponsors donated over \$15,000 in prizes, food, and services for the event. We were thrilled to be able to double our success from the previous year.

The event was not only a way to raise awareness and funds



for Hospice Northwest, but it was also a way for those gathered to remember and celebrate a

loved one who has died. The Hike began with a touching Remembrance Ceremony. Hikers were invited to bring a photograph of someone they wished to honour in a special "Memories Banner". Drumming and a Flower Release Ceremony offered another chance for participants to remember loved ones.

After everyone completed the Hike, participants met back at St. Ignatius High School for refreshments and entertainment. Our celebrity spokesperson, Shy-Anne Hovorka, sang a beautiful ballad written for her friend who was battling cancer, followed by Capri Ruberto, who sang in support of her mom Nina's



fight against breast cancer. Many people were moved to tears by the heartfelt lyrics.

The post-Hike festivities wrapped up with the awarding of the prizes and the announcement of penny auction and silent auction winners.

The top individual fundraiser, Sheila D'Amore, won a fantastic trip for two anywhere WestJet flies. The top fundraising team, the Walkers for Life, won gift certificates to the Keg and Caribou Restaurant and tickets to the Thunder Bay Community Auditorium.



It was an amazing experience for us and we cannot wait to do it again next

year, and by the enthusiasm we saw in all participants, we know we're not alone!

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Special points of interest:

Recommitment forms and volunteer surveys have gone out in the mail to all Thunder Bay volunteers. Please keep an eye out for them and return them to the office in the enclosed self addressed envelope.



News from the Region

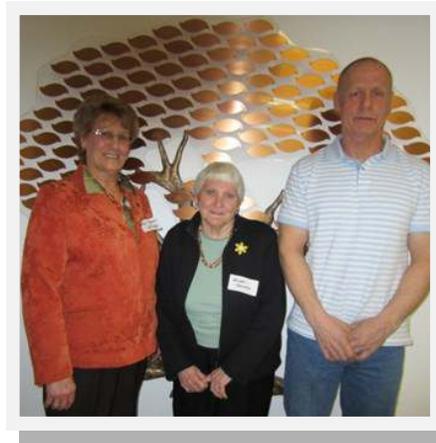
Geraldton Office

Submitted by Chris Walterson

The Geraldton Hospice Northwest team is an eclectic group of individuals who really embrace the concept of “helping out”. Teaming up with the Longlac Hospice Northwest group, we have members in most of the Wards and together we are making a difference within the Municipality of Greenstone.

The Geraldton District Hospital Board shows its appreciation to all the hospital volunteers, by hosting an annual Volunteer Social with snacks, friendship, and the unveiling of the names of volunteers to be added to the Geraldton District Hospital Volunteers’ Tree of Life.

This Spring, two of the recipients who were recognized for their outstanding service and dedication over the years were from the Geraldton Hospice Northwest Program.



Volunteers added to Tree of Life

Above: Pictured with Audrey Johnson (C), the chair of the Geraldton Hospice Northwest Committee is Marie- Jeanne Gignac (L) who brings to the group a kind spirit and the ability to help our Francophone friends. Chris Walterson (R) has been with Hospice for a few years now. One of his tools in helping the clients is Dale, a Havavanese dog that everyone seems to remember.

She is very gentle and looks forward to visiting and getting her biscuits and lots of attention.



Acting Geraldton HNW Program Coordinator

In the photo above, Shannon Kristjanson, new to Hospice, is pictured. Shannon is temporarily replacing Brenda Abraham as the Geraldton Hospice Program Coordinator who is on leave.

Geraldton Hospice Northwest Slate of Officers for 2013 -2014

Past Chair: Willy Anton

Chair: Audrey Johnston

Vice Chair: Vacant

Secretary: Sandra Penner

Guest Speaker Coordinator: Andrea Buchanan

Palliative Schedule Coordinator: Rosemary Kurish

Helpful Resources...



St. Elizabeth offers online resources for caregivers on their website, including information and support on coping with advanced illness,

providing comfort, end of life care and grief. You can visit their website at:

<http://www.saintelizabeth.com/Caring-for-Family/Caregiving-Information.aspx>



Terri's Tidbits

Happy summer everyone! I hope that the next couple of months are filled with all the joy that warm weather offers.

Normally, at this time of year, we begin recruiting potential volunteers to join our training program in September. This year, we've decided not to recruit since our volunteer resources are relatively stable. We felt that this would be a great opportunity to regroup and get better connected with all of you and to provide additional training primarily in the area of Alzheimer's disease and related dementias. We certainly understand how challenging it is to support folks who are living with AD or dementia and feel that it's imperative that you be educated so that you feel better equipped to support these clients and their caregivers. I'll let everyone know when training will be provided and I hope to see you there.

In the meantime, if you haven't already completed the mandatory accessibility training, we have added a link to our website in the Volunteers section, which will take you to the online course (<http://www.mcass.gov.on.ca/en/serve-ability/index.aspx>). We ask that all those who haven't completed the training do so in the near future and then give me a call to confirm that you have finished the course.

On April 23rd, Ann Carr was the recipient of the City of Thunder



Bay's Good Citizen Award for her hospice volunteer work. Congratulations and thank you Ann for your compassion and dedication to your clients.

Again, have a great summer and remember.....

A guiding operational principle in my life [is that]...if frustrated in one's endeavor by a stone wall or any kind of blockage, one must find a way around-- another route toward one's goal.

~E. Margaret Burbidge



Fundraising Update

Our Wings of Remembrance Campaign over the Christmas season went well, with over \$7,000 raised from November to January.

As reported on the front page of the newsletter, Hike for Hospice was a great success and brought in almost \$40,000 in funds.

Hospice Northwest once again participated in the Billboard Rescue, with Joan Williams, Kathy Kortes-Miller, Scott McCormack and Burt Sellick ascending the scissor lift and calling for pledges. Although we don't have a total to announce at this time, we do know it was a great team building and awareness raising event for Hospice Northwest.

We will also be participating in the LCBO Tag Days Program again this year and will be looking for volunteers to help us out by handing out pamphlets and asking for donations at the LCBO locations in the city.

If you are available to volunteer on Friday August 16th or Saturday August 17th, please give either Terri or Kathleen a call at 626-5570.



Trillium Grant– Marketing Plan

Our Trillium project to develop a Marketing and Fund Development program is nearing completion. The Ad/venture Group is putting the final touches on a strategic plan which we will use to educate the public about Hospice Northwest and hopefully encourage financial support in the form of ongoing donations.

As the plan is rolled out, we will be canvassing existing volunteers to see where their interests and skills lie in areas beyond client services. We also hope to recruit new volunteers who would be interested in helping out with upcoming projects.

We are also happy to announce that we have hired a creative, energetic and enthusiastic new intern with funding awarded through the Northern Ontario

Heritage Fund Corporation to help us start to implement our plans.



Introducing Caitlyn...

“Hi! My name is Caitlyn and I’m Hospice Northwest’s newest family member! I’m the 2013/2014 Fund Development Intern which means I’ll be around for the next year to help raise money and awareness for our organization along with whatever else gets thrown my way. I just graduated from the University of Guelph with a degree in Marketing Management which means that the task at hand is right up my alley! Most of my work experience is in running and organizing events so I hope to be able to bring that to the table to help make Hospice Northwest more active in the everyday community of Thunder Bay. I can’t wait to meet everyone and do as much as I can with Hospice Northwest over the next year! “



Circle of Friends—on Hiatus

We are sorry to announce that the Circle of Friends program has been put on hold due to lack of attendance.

In September 2013, the new program facilitator, Stacey Hare Hodgins, was hired to conduct a review of the existing Circle program, which was under-utilized and without adequate resources to continue in its previous format.

Stacey conducted research and developed a new weekly program which was launched this past March.

Unfortunately, despite Stacey’s best

efforts, client attendance at Circle did not improve and we are again forced to re-evaluate the program.

Circle of Friends has a special place in the history of Hospice Northwest and we are hopeful that this program can be rejuvenated.

In the coming months, we will be exploring other avenues of client referral sources and attempting to generate new enthusiasm for the program.

All volunteers with an interest in Circle, or with a client for whom

Circle might be a good fit, are invited to contact the Hospice Northwest office at 626-5573 to discuss the future of the program.





Wine & Cheese Appreciation Celebration

On Thursday June 27th, Hospice Northwest hosted a wine and cheese event in appreciation and celebration of our supporters. Volunteers came together with donors and sponsors to meet and mingle, enjoy a glass of wine and our famous chocolate fountain, and to view the premiere of our new Hospice Northwest promotional video, which was created by the talented students at Confederation College.



Our Hike sponsors were honoured with a special appreciation certificate and everyone received a beautiful rose in recognition of their support. The Hike spon-

sors that were thanked included the following:

Our Presenting Sponsor:

- ◆ Dougall Media

Our Marathon Level Sponsors:

- Mussel White Mine
- John Andrews Foundations
- TD Waterhouse

Our Jogging Level Sponsors:

- Tbaytel
- Investors Group
- Bayshore Home Health
- CIBC Wood Gundy
- Lakehead Alumni
- ◆ Northwest Funeral Alternative
- ◆ The Keg/Caribou

Our Walking Level Sponsors:

- Benton Resources Inc.
- Balmoral Park Acura
- Harbourview Funeral Centre
- Royal Bank
- Whitewater Golf Course

And our other Hike sponsors:

- ◆ WestJet
- ◆ GRK Fasteners
- Whitehall Contractors

Special thanks also went out to our group of dedicated palliative care volunteers. Last year, they offered the gift of their time to 350 clients, with almost 10,000 hours spent providing companionship and compassionate support. Our volunteers are the heart of Hospice Northwest and their contributions make our community a more caring and compassionate place to live and die.



Paul Morralee, HNW Board Member, presents a certificate to Ashley Lourenco, from TD Bank

Check out our new Hospice Northwest promotional video at www.hospicenorthwest.ca



Volunteers' Corner

We will remember them...

It is with great sadness that we note the deaths of:



SUE IMPERIUS

Sue began volunteering in palliative care in 2008 as a joint Caring Hearts/Hospice Northwest volunteer, spending many hours with her clients in Hogarth Riverview Manor.

Excerpt from her obituary: Sue passed away peacefully in the Thunder Bay Regional Health Science Centre on Monday, June 10th, 2013. Left to cherish her memory is her loving husband, Eric and their loving twin daughters Erika and Leslie, her grandchildren, Tiffany, Chantel, CJ and Rhode, and her loving sister Elizabeth Budiselic. Sue was very proud to be one of a set of triplets and was predeceased by her infant brother Cecil Gibbons, her twin sister Dorothy Paske, her other sister Ruth Currie, father Archibald Gibbons and mother Marjorie Melander.



DINAH WADDELL

Dinah graduated from the Hospice Northwest Volunteer Training program in November 2010 and volunteered in St. Joseph's Hospital and Roseview Manor.

From her Celebration of Life Service: Dinah Lee Waddell, age 63, peacefully with friends at her side, passed away on May 29th, 2013

Born on March 7th, 1950, lifetime resident of Port Arthur/Thunder Bay, Dinah loved her city.

A public school teacher for Lakehead Public School for 25 years, Dinah loved teaching and watching children grow and learn. She also enjoyed gardening and taking care of her animals (and any lost and found ones too). She was also a member of many local groups.



Hike for Hospice Photo Gallery



Symptoms of Inner Peace

1. A tendency to think and act deliberately, rather than from fears based on past experiences.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging others.
4. A loss of interest in judging self.
5. A loss of interest in conflict.
6. A loss of interest in interpreting the actions of others.
7. A loss of ability to worry.
8. Frequent, overwhelming episodes of appreciation.
9. Contented feelings of connectedness with others and with nature.
10. Frequent attacks of smiling through the heart.
11. Increasing susceptibility to kindness offered, an uncontrollable urge to reciprocate.
12. An increasing tendency to allow things to unfold rather than resisting and manipulating.

Unknown

www.30ylatingmaderha.com

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HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Maxine Cayenne ~ Mary Lynn Dingwell ~ Debbie Escott ~ Kathy Kortés-Miller
Marianne Larson ~ Scott McCormack ~ Jill Marcella ~ Paul Morralee ~ 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

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.

