



Hospice Herald is Going Paperless

In an effort to cut administrative expenses and to be more environmentally friendly, Hospice Northwest has made the decision to discontinue our mass mail-out of paper copies of the Hospice Herald.

For the next edition, readers can access the newsletter in the following ways:

1. The Hospice Herald will be sent by email to all volunteers who have email addresses
2. The Hospice Herald will be posted to our website, on the News & Events page at: www.hospicenorthwest.ca/news-events
3. A link to the latest edition will be posted on our Hospice Northwest facebook page
4. For those volunteers who do not have an email address or do not have access to a computer, paper copies will be available in the office for pick-up.
5. For those who would still prefer to have a paper copy mailed to them, we are asking for a \$10/year payment to cover the cost of receiving a colour copy of the newsletter by regular mail. If you would like to be included on this mailing list, please call Kathleen at 626-5573.



Hike for Hospice: Sunday, May 5th, 2013

Please mark your calendars... Hospice Northwest will be hosting the 2nd Annual Hike for Hospice Palliative Care on Sunday May 5th at Boulevard Lake.

The Hike for Hospice is our largest fundraising event of the year and we need your help to make it a success!

As we face the reality of funding cutbacks, the capacity of the agency to continue to offer our programs and services to the community of Thunder Bay and the region becomes more and more

dependent on our ability to fundraise. With your help, we can succeed in reaching our goal of \$30,000!

Our hope this year is to recruit teams of volunteers from each graduating year. Teaming up with fellow volunteers will promote a feeling of fellowship and provide an opportunity to open the lines of communication within the organization. A list of volunteers from each year is included in this mail-out. Please take a look at the names of your fellow volun-

teers and pick up the phone to invite them to Hike with you.

Registration through the online fundraising website begins February 1st. Please check out the HNW website for more details on the Hike.



Inside this issue:

News from the Region	2
Terri's Tidbits	3
Message from Joan	4
Circle of Friends	4
Fundraising Update	5
Resource Library	5
Volunteer's Corner	6-7
Educational Opportunities and Events	8

Special points of interest:

- *Hike for Hospice—May 5th, 2013*
- *Volunteer Contact sheet—included in mail-out*
- *Candlelight Memorial Service available for viewing on website—page 2*
- *St. Joseph's Volunteer Support Meetings - page 3*

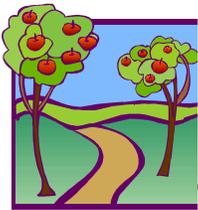
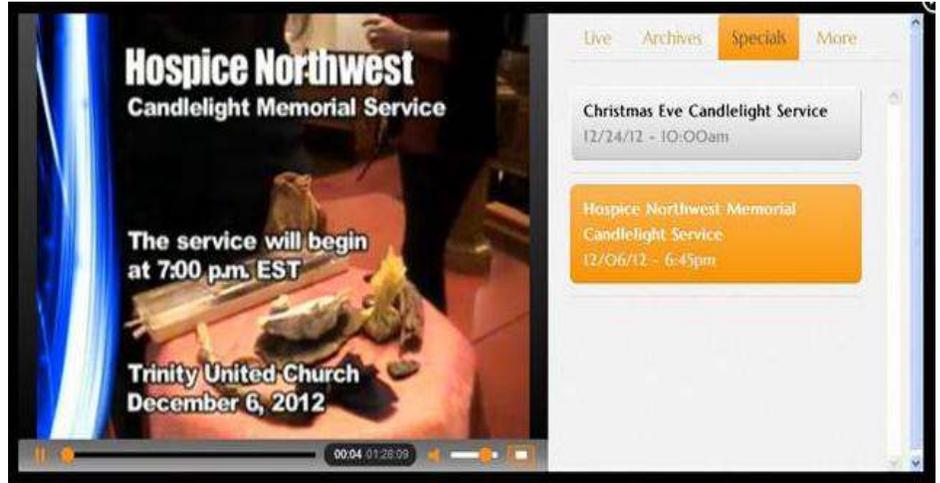
Candlelight Memorial Service Available for Viewing

On December 6th, Hospice Northwest hosted a non-denominational Candlelight Memorial Service at Trinity United Church. The service, led by Archdeacon Deborah Kraft and Reverend Randy Boyd, provided an opportunity for those who were grieving the loss of a loved one to light a candle and spend a few moments honouring the memory of those who have died.

The approximately 70 participants taking part in the service within the church were joined by 91 viewers online, as Trinity United broadcast the service via the internet through live streaming.

For anyone interested in viewing the service, it is still available on the Hospice Northwest website by clicking on

the Candlelight Service link and then by choosing **Specials** in the top right hand menu on the screen.



News from the Region



Marathon Office

Irene Desjardins, Hospice Northwest District Program Coordinator for Marathon, and her group of volunteers, welcomes one new HNW Grad to their ranks—Patricia Norquay,

who completed the training program in November 2012

Irene also reports that she and her volunteers once again organized a “Christmas Cheer Day” at Wilson Memorial Hospital in December, during which the Hospice Northwest team provided entertainment and gifts for all the long term care residents.

Terrace Bay Office

Terrace Bay also welcomed two new volunteers to their ranks: John Cebrario and Glorie Miller. Welcome John and Glorie!

Geraldton Office

Geraldton Hospice Northwest welcomes one new graduate from the fall training program. Pictured below is Myrna Letourneau, co-coordinator and Sandra Penner, their newest member.





Terri's Tidbits

As the frigid January temperatures chill us to the bone, I would like to share a story with you that will hopefully warm your hearts and affirm once again how you, as hospice palliative care volunteers, make a huge difference in people's lives by giving of yourselves.

Star Thrower by Loren C. Eiseley

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down

to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."



"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "It made a difference for that one."

St. Joseph's Volunteer Support Meetings

are held the 2nd Tuesday of every month. The next meetings are:

➤ February 11

➤ March 11

➤ April 8

from 12:00—1:30 p.m.

in the 4 Central Conference Room at St. Joseph Hospital

These meetings are for volunteers working with, or interested in working with, clients at St. Joseph's Hospital.

A light refreshment will be provided. You are welcome to bring your own lunch.

Please RSVP to Terri at 626-5572



Terri, along with a group of Hospice Northwest volunteers and representatives from St. Joseph Care Group, were pleased to be able to bring some Christmas cheer to all of the residents of Bethammi Nursing Home on December 21, 2012. With a generous donation of hand-knitted "little people" dolls made by the Church of St. John the Evangelist craft group, HNW brought smiles to the faces of many people living in the LTC home.

Pictured in the photo are Terri Kannegiesser, along with Stepan Bilynskyy and Paulina Chow from St. Joseph's Care Group, Brenda Coopman of the Church of St. John the Evangelist, and HNW volunteer Rachel Kakegamic and her two children, handing out the gifts to a few of the residents.



Message from Joan

Hospice Northwest staff and volunteers have had a busy and exciting few months leading up to 2013. In mid December our ever evolving Memorial Service included some new features which made us proud. Numerous community partners came together this year at Trinity United Church to offer a truly interfaith Memorial service. Reverend Deborah Kraft from St Paul's Anglican and Reverend Randy Boyd from Trinity United led the service which included an impressive array of diverse spiritual passages. Ma-Nee Chacaby, Aboriginal elder opened the service with a prayer and smudging ceremony. Hira Tariq Mahmud from the Thunder Bay Muslim Association, Dr. Charles Bryan from the Potala Buddhist Meditation Centre, David Belrose from the Unitarian Fellowship, Roberta Hannah from Compassion-

ate Friends of Thunder Bay, Althea Anan from the Gender Issues Centre and Bob Manson from Aids Thunder Bay were all new additions this year, and each contributed to our service with readings representing their faith groups or specific areas of focus. Marianne Wahl and Maureen McGrath provided beautiful music and the Trinity United Church tech savvy folks live-streamed the event through the Hospice Northwest website, making it possible for almost 100 people to view the service in the comfort of their own homes. All participants lit a candle in memory of a loved one and many joined us afterwards for refreshments. It was truly a meaningful evening for all who attended.

On December 18th we hosted our annual Christmas Volunteer Appreciation

luncheon in the Georgian Room, which was our opportunity to show off our wonderful hospice volunteers to our community partners and supporters. It also served as a graduation ceremony for the 39 new volunteers who graduated in December 2012.

Our Trillium project to develop a Marketing and Fund Development program is well underway. Our board of directors has retained the services of the Ad/venture Group to lead this project and they have been busy conducting focus groups to gather information about the general public's awareness of Hospice Northwest and its services.

Our HNW space is now home to a new office sharing partner, Hilary Mettam, NWO End of Life Care Network Lead. Welcome Hilary!



Circle of Friends

Hello! I'm Stacey and I have recently joined the Hospice Northwest team as the new Facilitator of the Circle of Friends. I was hired to conduct a review of the existing program, which is unfortunately under-utilized and without adequate resources to continue in the current format. For this reason, I am in the process of researching and developing a new weekly program to be launched in March (official date to be announced).

The former Circle holds a special place in the history of Hospice Northwest and in the hearts of those who have meaningfully experienced it. My understanding, however, is that desire for a new and dynamic Circle experience also exists. I am excited to see it manifest and will

readily share more program details once they are available. All volunteers with an interest in Circle, or with a client for whom Circle might be a good fit, are invited to contact me directly at stacey@hospicenorthwest.ca. I look forward to meeting you!

A bit about Stacey Hare Hodgins

Over the past decade, I have worked with people experiencing a variety of challenges and limitations. Through involvement with organizations responding to trauma, loss, severe mental



health issues and addictions, I have supported a substantial caseload of clients, facilitated educational groups, and coordinated social justice workshops. I believe in honouring the unique stories of individuals, while being mindful of the broader social context in which they unfold. I try my best to 'meet people where they are at' and value our shared human experience.

I am also co-founder of The Creative Commons, a new living art space devoted to exploring and supporting creativity and wellbeing.

I'm drawn to most creative activities, and also love cooking, reading, yoga, hiking, laughing with and learning from my wise young daughters!



Fundraising Update

Our Wings of Remembrance Memorial Ornaments sale over the Christmas season did reasonably well, although we sold slightly fewer ornaments than last year. The net profit from the sale was approximately \$3600. The ornaments will continue to be available for sale even after Christmas as they make very thoughtful gifts year round, either as a memorial keepsake or as a tribute to a very special person in your life.

Our January fundraiser, the Italian Hall Spaghetti Supper, was very well attended. It was wonderful to see many HNW board members and volunteers at the

event! Thanks to all those who came out on January 13th to pick up their take-out orders or to dine in the hall. With your help and the generous support of the Port Arthur Cultural Society, we raised \$750 for Hospice Northwest.

We are also gearing up for our next Hike for Hospice Palliative Care, which will be held on Sunday May 5th and will launch National Palliative Care Week. More details on this event will follow in the coming months. Please see the cover story of this newsletter for important information on how you can take part in the Hike.

We are also looking for volunteers to help with the planning and organization of the Hike, particularly the Silent Auction. We will be looking for donations of auction prizes, so if you have any contacts with local businesses that are willing to donate to a worthwhile event, please let us know. If you have any experience organizing a Silent Auction, or just want to help out in any way with the Hike, please give Kathleen a call at 626-5573.



Resource Library

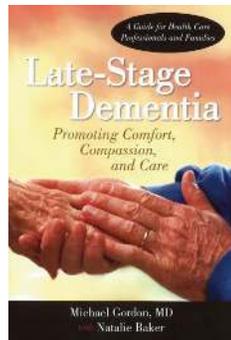
Hospice Northwest has received several donated books in the last few months that you may want to check out.

Late-Stage Dementia Promoting Comfort, Compassion and Care by Michael Gordon, MD

Modern medicine may offer seemingly promising treatments, but eventually, the impact of Alzheimer's disease and other ailments of dementia can cause profound deterioration in the patient's quality of life. The focus must eventually shift to compassionate end-of-life care.

Michael Gordon in his new book "Late-Stage Dementia: Promoting Comfort, Compassion, and Care" shares his extensive experience with health care professionals and families struggling with these poignant and difficult decisions.

If you are a health care professional who is responsible for caring for frail elders and agrees with the sentiment: "I want



to provide the best care possible" or you are a family member of a patient with later stages of dementia and trying to ensure the most compassionate care for your loved one and struggle with painful decisions when confronting the inevitable while

providing love, compassion and care, you may want to source this book.

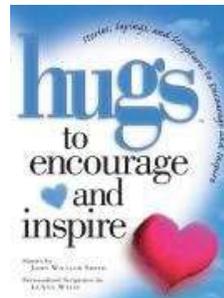
Hugs to Encourage and Inspire Stories, sayings, and scriptures to encourage and inspire by John William Smith

Something wonderful happens when a hug is shared. You express love, forgiveness, acceptance, and encouragement that flows from your heart. Hugs generate warmth and affection, and nurture lasting bonds of friendship.

Within the pages of this very special book, you'll find a hug after hug filled with inspiration and refreshment for yourself and the ones you love. Warm stories by the beloved storyteller John William Smith, personalized Scriptures by LeAnn Weiss, uplifting quotes by

various well-known people, and inspirational messages by an "anonymous disciple" come together to form enduring hugs that warm the heart.

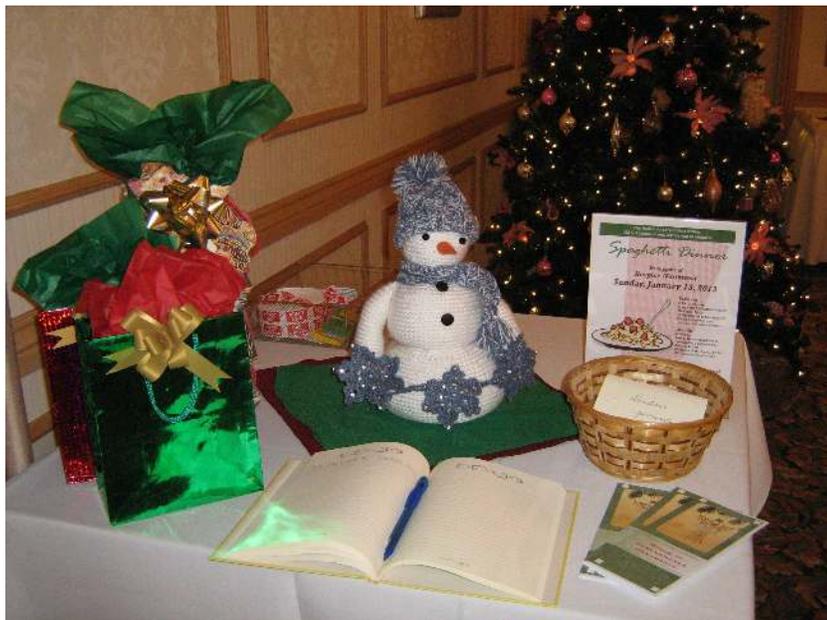
Make something wonderful happen. Share a hug today!





Volunteers' Corner

Some scenes from our 2012 Christmas Volunteer Appreciation Luncheon



Start Spending...

some words of wisdom shared by HNW volunteer Louise Wilson

Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$86,400.00 in your private account for your use. However, this prize has rules, just as any game has certain rules.

The first set of rules would be: Everything that you didn't spend during each day would be taken away from you. You may not simply transfer money into some other account. You may only spend it. Each morning upon awakening, the bank opens your account with another \$86,400.00 for that day.

The second set of rules: The bank can end the game without warning; at any time it can say, "It's over, the game is over!" It can close the account and you will not receive a new one. What would you do?

You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love, right? Even for people you don't know, because you couldn't possibly spend it all on yourself, right? You would try to spend every cent, and use it all.

ACTUALLY This GAME is REALITY! Each of us is in possession of such a magical bank. We just can't seem to see it.

The MAGICAL BANK is TIME!

Each morning we awaken to receive 86,400 seconds as a gift of life, and when we go to sleep at night, any remaining time is NOT credited to us.

What we haven't lived up that day is forever lost.

Yesterday is forever gone. Each morning the account is refilled, but the bank can dissolve your account at any time.... WITHOUT WARNING.

What will YOU do with your 86,400 seconds?

Enjoy every second of your life, because time races by so much quicker than you think.

So take care of your health, your mind, work hard, give generously of yourself to family & friends & those in need, enjoy the benefits of your hard work, be thankful & give thanks, be thoughtful, be happy, and make everyday of your life meaningful!

Here's wishing you a wonderfully beautiful day.

Start spending.



Educational Opportunities and Events

Palliative Care for Front-line Workers

Date and Time: February 5, 7, 19, 21 & March 5, 7, 2013 from 6:00 pm—8:30 pm

Location: Grandview Lodge Auditorium, 200 Lillie Street

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

Presenters: various presenters

Description: As our population ages, health care providers are supporting an ever increasing number of clients with life threatening illnesses, affirming the need for continuing education on palliative care. This 15 hour course is based on the identified learning needs and preferred educational format of front-line care providers. The course is presented in a flexible manner. Past course evaluations indicated an increased comfort level and confidence in the provision of palliative care by health care providers who have taken this program. Content includes: Dying in Canada; Physiology of Dying; Working with Families; Culture; Team Work; Envisioning a Good Death; Pain; Advance Care Planning; Grief and Bereavement; Helping Relationships and Self Care.

Registration: Registration fee is \$25. HNW will cover half the cost of registration. Please contact Kathleen at 626-5573 if you are interested in registering.

Gentle Persuasive Approach: Responding to Persons with Challenging Behaviour

Date and Time: Saturday, March 2nd, 2013 from 9:00 am to 5:00 pm

Location: St. Joseph's Heritage, Rooftop Penthouse

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

Presenter: Cindy Backen, Psychogeriatric, Resource Consultant, St. Joseph's Care Group and Ryan Sigurdson, Public Education Coordinator, Alzheimer Society of Thunder Bay

Description: This program will provide an overview of: Principles of person-centred care, meaning behind responsive, self protective behaviours of persons with dementia; Interpersonal, environment and communication strategies that assist front-line staff to respond effectively to escalating behaviours; The impact of dementia on the brain and the A's of dementia (anosagnosia, amnesia, aphasia, agnosia, apraxia, altered perception, attentional deficits and apathy), and the relationship of each to responsive behaviours in dementia and care implications.

Registration: Registration fee is \$50. HNW will cover half the cost of registration. Please contact Kathleen at 626-5573 if you are interested in registering.

HOSPICE NORTHWEST

63 Carrie Street
Thunder Bay, Ontario P7A 4J2
Phone: 807-626-5570 Fax: 807-626-5574

Joan Williams, Executive Director
Direct Line: 626-5575 joan@hospicenorthwest.ca

Terri Kannegiesser, Volunteer Coordinator
Direct Line: 626-5572 terri@hospicenorthwest.ca

Kathleen Buso, Communications Coordinator/Office Administrator
Direct Line: 626-5573 kathleen@hospicenorthwest.ca

Stacey Hare Hodgins, Circle of Friends Coordinator
Phone: 626-5573 sktacey@hospicenorthwest.ca

website: 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

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.

