

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 Sarah Watts, Doctor of Traditional

Chinese Medicine, who will be introducing basic Traditional Chinese Medical theory in relation to palliative care. There will be a discussion on how TCM can be useful for patients, volunteers and practitioners focusing on stress reduction, pain management and Qi Gong (breathing exercise) therapy.

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 15th
from
7:00—9:00 p.m.
at
Hospice Northwest

Please RSVP by June 10 to Joan, Kathleen or Terri at 626-5570



Hospice Northwest Volunteer Recommitment Forms

It is once again time for volunteer recommitment forms to be signed. Those volunteers who have been active in the last year will be receiving a recommitment form along with this newsletter. Please sign and return your form in the enclosed envelope.

Those volunteers who have not participated in any volunteer work with Hospice Northwest in the last 12 months will be considered inactive and will not be receiving a form with this mail-out, as per Policy C5, Classification of Volunteers. The policy states that Hospice Northwest has two classifications of volunteers:

Active: The volunteer has supported a client or clients within the past 12 months; OR The volunteer, for various reasons (e.g. health, family, work situation, other commitments) has been unable to support a client but has remained active in the organization through:

- Regular attendance at Volunteer Support Meetings, AND/OR;
- ♦ Membership on a Hospice Northwest committee, AND/OR;
- ♦ Assistance with fundraising activities.

Inactive: A volunteer who does not take a client for a year, and who does not participate in the organization in any other way will be considered

inactive, and his/her name will be removed from the active list. The volunteer will be encouraged to participate in selected sessions of the next scheduled training program as a refresher, before his/her name is put back on the active list.

The length of time the volunteer has been inactive will not be counted as years of service.

After a period of client inactivity, a volunteer may be released from Hospice Northwest, at the discretion of the Executive Director.

If you do not receive a form but wish to continue as a HNW volunteer, please call Terri at 626-5572 to discuss becoming active again.

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Special points of interest:

- *Wine and Cheese Evening—June 15th*
- *Recommitment Forms included in mailing*
- *Hospice Stories Project Update—page 3*
- *Support Group Meetings—page 5*
- *Full Circle: My Journey with my Dad—page 6*



Terri's Tidbits

Greetings everyone! I'd like to take this opportunity to spotlight our many volunteer award recipients for 2011.



Firstly, in February, Irene Desjardins from Marathon was nominated into the Hospice Association's June Callwood Circle of Outstanding Hospice Volunteers

for 2011. Congratulations Irene!

At the City of Thunder Bay's 35th Annual Citizens of Exceptional Achievement Awards on April, 26th, Anita McDowell was presented with the Good Citizen Award for her outstanding volunteer contributions to Hospice Northwest.

Finally, the Ministry of Citizenship and Immigration honoured volunteers for their years of service through the

Ontario Volunteer Service Awards. This year, the event was held on May 19th and the proud recipients were Lynda Roussel (10), Libby Halvorsen (5), Edith Gagne (5), Gloria Meredith (5), Alfred Mayr (5) and Paul Benvenuto (Youth Award).

Again, congratulations to all of you and a sincere thank you for being the kind people that you are and for making a difference in other's lives.

It's that time of year again where I begin recruiting new volunteers. If you know of anyone who might be interested, please let them know and pass my phone number along to them—626-5572.

Take care of yourselves and see you at our next Volunteer Support Meeting/Wine and Cheese event on June 15th.



And remember...

It is hope that gives life meaning. And hope is based on the prospect of being able one day to turn the actual world into a possible one that looks better.

—Francois Jacob

Please note:

Summer Hours for the Hospice Northwest office will be

9:00 a.m. to 4:30 p.m.



Volunteers' Corner

Hospice Northwest volunteers are some of the most dedicated and giving people within our community who give of themselves in many ways. Often, we find that they are active volunteers for more than one organization. This month, we are spotlighting two such incredible people.

In May, Hospice Northwest volunteer Frances Petch once again went above and beyond the call of duty by shaving her head for cancer.

Frances has been participating in the Cops for Cancer program since 2003. This year she raised \$1,150 through pledges to help out the local Canadian Cancer Society. Pictured here (right), she models her beautiful butterfly head décor for Hospice Northwest staff. The butterfly is a symbol of hospice palliative care world wide, and is indicative of her car-



ing role as a hospice volunteer at Bethammi Nursing Home.

Michele Love is another volunteer with a dual role. She is very active within her church, St. Anthony's, and is an executive with

the Catholic Women's League.

As part of her commitment to both organizations, Michele helped the St. Anthony's CWL host a meatball sale, with the proceeds directed to Hospice Northwest.

Michele was recently featured as the Volunteer of the Month on the Thun-

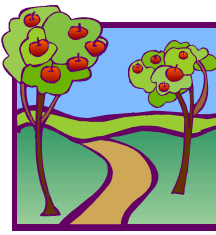
der Bay Senior Paper. The article highlighted Michelle's dedication to Hospice Northwest, focusing on her work preparing delicious meals for the Circle of Friends Program, as well as her palliative care volunteering at St. Joseph's Hospice Unit and at Bethammi Nursing Home.

With Michele's ability to speak fluent

Italian, she has helped many Italian families who were struggling with language barriers within the health care system.

Thank you Frances and Michele for all your dedicated work within our community.





News from the Region

Terrace Bay Office

Hospice Northwest is seeking a dedicated and motivated individual to take on the position of District Program Coordinator for the Terrace Bay Volunteer Visiting Palliative Care Program. This is a volunteer part-time position, requiring a commitment of approximately 12 hours per week. An honorarium will be offered to the successful applicant. If you are interested in this position, please contact Joan Williams at 807-626-5575.

Marathon Office

In April, members of the Marathon Hospice Northwest program gathered

for a volunteer support meeting. The meeting featured a talk by Susan Simpson, whose mother received support through the HNW program. Susan spoke about the benefits of having a volunteer during her mother's illness, and described how much the family appreciated the much needed respite. Also, on May 16th, the Hospice Northwest Marathon volunteers put on a **Welcome Spring Tea** for the long term care residents at Wilson Memorial Hospital. Residents were treated to a lovely afternoon of entertainment and refreshments.



Geraldton Office

Volunteers from the Geraldton Hospice Northwest program met May 31st for their wind-up dinner meeting, at which time an election for committee members took place. The list of elected committee members is:

- Past Chair:** Willy Anton
- Chair:** Audrey Johnston
- Vice Chair:** Iris Jackson
- Secretary:** Myrna Letourneau
- Media Correspondent:** Rosemary Kurish



Circle of Friends Meetings

- June 9th
- June 23th
- July 7th
- July 21st
- August 4th
- August 18th
- September 1st



11:00 - 2:00 at the Hospice NW office

If you are interested in becoming involved with Circle, either as a volunteer or if you would like to make a referral, please contact Danielle Shaver Currie, Program Coordinator at 475-3656.

Hospice Stories Update

By Allison Skirtschak, Hospice Stories Project Coordinator

June has arrived, marking the final month for HNW volunteers to share their stories of hospice volunteering. Of the 27 volunteers who have been interviewed to date, only five have been men. At this time, I would like to encourage our male volunteers to come forward to share their perspectives so that the book will depict a true representation of the important role that men play in the palliative care movement.

We are also now accepting artwork, poetry, quotes and pictures that pertain to your experience as a volunteer. All submissions will be considered by our Advisory Committee for inclusion in the book. If you have suggestions for a book title, we would be glad to receive those as well.

I look forward to hearing from you and I wish you all a wonderful continuation of your spring.

For more information, please contact Allison at (807) 626-5578 or allison@hospicenorthwest.ca or check out the Hospice Stories blog at <http://hospicestoriesproject.wordpress.com/>



Fundraising Update—Kathleen Buso

May is always a busy month for Hospice Northwest in terms of fundraising. The agency was fortunate to be the recipient of donations from the City of Thunder Bay's Dress Down Day program for the month of May. Thank you to all the City employees who contributed to this great program.

A huge thank you goes out to the Bayshore team for their hard work in pulling together another fantastic Butterfly Boogie.

Thanks also to all our HNW volunteers who attended the Boogie or who came out to help with bartending and ticket sales.

Also in May, the Hospice Northwest Bill-board Rescue team once again braved the elements and the heights to raise money for the United Way. Joan Williams and Kathy Kortez Miller made up our team this year, with much ground support from staff, board and volunteers, especially retired board member Burt Sellick, who continues to support HNW with his dedicated efforts in bringing in pledges for this event.

An upcoming fundraiser for the month of June is the LCBO Tag Days. If you are able to help out with this endeavor for a

few hours on the weekend of June 24th, please give Kathleen a call at 626-5573.

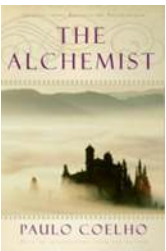
Finally, we would like to invite you to attend **Hello Summer Dinner and Auction Evening**, on June 17th starting at 6:00 p.m. This fun event is put on by the Trinity United Church, located on Park Avenue. 10% of the net proceeds raised through the dinner and Chinese/silent auction will be shared between Trinity's three outreach partners: the Underground Gym, Hospice Northwest and the Community Outreach Workers to Homeless Teens.



Resource Library—Shawna Hymers

Recently, there have been a few changes made to the Hospice Northwest Resource Library. We have changed the subject codes from coloured stickers to three letter codes that reflect the subject heading. For example, Healing & Inspirational is now HEA followed by the first three letters of the author's last name to ensure for easier filing. The new system is posted and all the subject headings are filed alphabetically.

We have also expanded our collection to include fictional audiobooks. Drop by the office to check out the following titles:

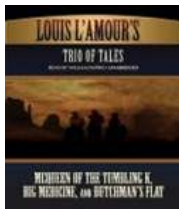


The Alchemist by Paulo Coelho [FIC COE]
Read by Jeremy Irons, *The Alchemist* is a classic story about following dreams. The hero of the story is Santiago, a young shepherd boy who has the courage to follow his dream. Told in a metaphorical manner, this is an inspirational tale full of optimism. Definitely a good one!



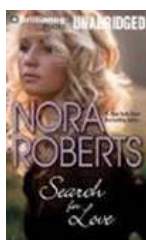
Great Classic Mysteries by Various Authors [FIC VAR]
This resource features twelve unabridged tales

from the likes of Edgar Allan Poe, Charles Dickens, Sir Arthur Conan Doyle, Aldous Huxley and more. An assortment of mystery tales is included, including many early mysteries. Great for those who love to figure out whodunit!

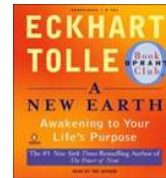


Trio of Tales by Louis L'Amour [FIC LAM]
Trio of Tales features three great classic western tales: "McQueen of the Tumbling K", "Big Medicine", and

"Dutchman's Flat." This will be a great audio book for fans of classic Western tales from one of the western genre's most prolific authors, Louis L'Amour.



Search for Love by Nora Roberts [FIC ROB]
This unabridged audio book comes from one of the leading authors of romance. *Search for Love* tells the story of Serenity Smith, a woman who has recently lost both parents in a car crash and is contacted by the grandmother she never knew. Serenity flies off to Europe to meet her long lost relatives and finds a dark and handsome nobleman named Christophe. A great read for fans of Nora Roberts and for fans of romance in general.



A New Earth by Eckhart Tolle [FIC TOL] Eckhart Tolle provides the voice for this audio book, which was one of Oprah's Book Club selections.

Tolle shows us how we can transform the world around us simply by changing our consciousness. This is a follow-up to his book *The Power of Now*, another new addition to the Hospice Northwest Resource Library.

Other New Additions to the Collection Include:

- ◆ **The Power of Now: A Guide to Spiritual Enlightenment** by Eckhart Tolle [Book]
- ◆ **Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from The Power of Now** by Eckhart Tolle [Book]
- ◆ **The Shift** by Wayne Dyer [DVD] and [Book]
- ◆ **Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief** by Michele A. Reiss [Audio Book]

A list of new resources on the subject of "Bereaved through Violence" can be found on the Hospice Northwest Resource Library web page available through the brand new Hospice Northwest web site: <http://www.hospicenorthwest.ca/resource-library>



Grief and Bereavement Support Group
June 7 to July 12
6:30—8:30 pm

Hospice Northwest, in partnership with the Alzheimer Society of Thunder Bay, is offering a grief support group for persons who have experienced the death of a loved one.

The group will be facilitated by Margie Urainen, HBSW RSW, from the Alzheimer Society and HNW volunteer Katherine Poulin.

This is a 6 week program which meets Tues. evenings at Hospice Northwest. For further information, call Joan at 626-5575.

Therapeutic Touch Practice Sessions

Deepen your understanding and practice of Therapeutic Touch at the monthly Practice Group sessions.

We spend 2 hours talking about our TT experiences and doing a practicum.

Each person gives and receives a treatment in a safe learning environment.

Practice Groups are held twice monthly:

On the second Monday of each month in the Hospice Northwest Boardroom, 1—3 p.m.. Next meeting is June 13

On the second Tuesday of each month in the Manor Room, St. Joseph's Heritage, 7—9 p.m.. Next meeting is June 14

St. Joseph's Volunteer Support Meeting

June 14th from 12:00—1:30 p.m.
in the 4 Central Conference Room

at St. Joseph Hospital

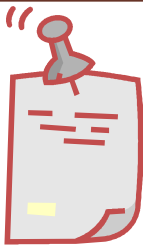
These meetings are for volunteers working with, or interested in working with, clients at St. Joseph's Hospital.

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

Please RSVP to Terri @ 626-5572

This will be the last meeting for the summer.

Support meetings will commence again in September.



Message from Joan

We are hiding behind a construction zone here at the office, looking forward to the completion of the renovation which will situate Diabetes Thunder Bay as our neighbours. Despite the noise and plywood décor, we have been busy as usual. Our website was launched in April, displaying our new visual branding with a refreshed logo in rich, warm colours, an online application for volunteers and an online client referral form. Kathleen, working closely with Korkola Design, performed nothing short of miracles designing the logo, brochures and website, complete with our own photos and client testimonials. Our Northern Heritage Interns have brought new youth and vitality to the staff. Shawna has successfully led us through the first level of our Accreditation process and she is patiently nudging us along toward Level 2. Allison is seeking out funding sources to publish the Hospice stories book, and we are confident that a Book Launch event is in our near future. We have had the delightful experience of working with the Hospice Stories Advisory Committee, which is made up of four local authors who are passionate about writing and excited about guiding our project to fruition. Terri is doing her magic with matching volunteers and clients, and preparing for the labour intensive recruitment

and training program.

We are fortunate to have been selected by Trinity United Church as one of their three outreach partners for 2011. This partnership will provide a new avenue for both of our organizations to promote services and activities.

Our annual Wine and Cheese evening is coming up and we have an exciting presentation from Sarah Watts, Doctor of Traditional Chinese Medicine (TCM). Sarah put on a four week introductory course in TCM, of which I was a participant. It was a fascinating overview of this very complex and holistic healing art. We used a textbook called "Between Heaven and Earth", and from it I have "borrowed" a little passage which follows.

Beginnings and Endings

The Acupuncturist
 Told me how Chinese medicine
 Connects to the Grief emotion
 To the intestines
 As he treated me
 For a painful
 And somewhat mysterious malady

Beginnings and Endings
 Separations

How to say good-bye
 Holding the sadness in
 Or as he said once before
 Some Deep Holding
 Holding in the grieving
 For a long time-yes said I
 At least 21 years
 Since my mother's death
 And also Elsa, he said
 The recent separation
 Yes, I agreed, and he said

Beginnings and Endings
 That's really all he needed
 To say that day
 Because with his treatment
 I cried and cried
 My body shaking, quaking,
 Tears filling up my ears
 The needles sticking out all over me

Today was a healing feeling experience
 Some part of what is trapped inside
 Could no longer be repressed, denied,
 Had to be expressed, so may
 My future life be blessed
 With an ability to calmly flow
 To let it go-to tell it on the mountain
 To tell my story
 In all of its intricate
 Weavings and blendings
 Beginnings and Endings

Lincoln Bergman



Full Circle: My Journey with My Dad

In the weeks following my father's death I have been overwhelmed with feelings of grief. The assault of this grief was no surprise. What I did not anticipate were the periods of peacefulness that also accompanied my days. What I had anticipated was something akin to a complete breakdown of my body and mind and spirit...a letting go of all I had held in during the preceding seven months of his terminal illness when my siblings and I became his caregivers. In moments of quiet reflection my grief gives way to a sense of peace having been given the gift of caring for my dad.

For each of us our grief is unique, intimate and personal...like our fingerprints or maybe our DNA...similar markers but still different from the next. I have come to understand that while I grieve the actual physical loss of a man who was my anchor, my champion, my mentor and my friend, I also grieve the change that occurred in our relationship. A change that I know was unavoidable as we journeyed together; a change reflecting the nature of his illness and the resulting need for us to become his caregivers.

This journey began September 27, 2010 when our concerns about our father's memory loss began to alarm us. Our concern was that he may have had a stroke and so we brought him to the hospital, where, after many hours of tests we were told he had lesions on his brain. He was admitted for further testing and we were told he had lung cancer that had spread to his brain, that he had only months to live, and that he could no longer live alone.

Journal entry - Oct. 2/10

My dad is home now. He was released from the hospital with the assurance he wouldn't be living alone. We didn't talk about it, we didn't weigh the pros and cons, we just wanted him home. He will need very close to 24 hour care. It is a very sad journey we're taking with him.

He seems to understand the seriousness,

the gravity of his "situation" – he refers to his diagnosis as the "situation". He knows he doesn't have a long time. It makes him open to talking. He talks about having regrets. He regrets not supporting Gail more when she had cancer. He would have liked to live longer to see people's accomplishments. He gets that this won't happen and he says, "That's o.k."

He asked that we not cry. He says he cries on the inside. A lot of tears are being shed among us as our grief begins. I'm scared to lose him, I'm afraid of what is going to go on in his brain making it more and more difficult for him to function. I don't want to lose him before he dies.

During the early part of our journey, my dad had only moments of forgetfulness or memory problems. There were many days when, if you allowed yourself to "forget", were like all our days before...on a warm fall day we would sit out in the yard with him. He would still putter around the house, helping to prepare meals, managing his own personal care. These days were precious because I could, mostly, still be his daughter and he my father. We could still be friends. It was hard to imagine that this man, my father, was going to die. It was hard to accept that we were going to lose him - his spirit and energy - bit by bit. At almost 84, he was still the most vibrant and authentic person to me. Right up until the cancer robbed him, he was sharp, clever and witty. He made people laugh...hard and a lot.

During October and November he tried hard to protect us from his illness and from the uncertainty we all faced. His 84th birthday was approaching. We wanted to make it meaningful for him...and I suppose for us. We sent him for a helicopter ride – something he had never done before and had said he would have liked to try. He returned with the look of wonderment you see on the face of child at Christmas. It was all we had hoped it would be.

The moments of "confusion" were beginning to increase by mid-November and he would often feel compelled to tell me where everything was for when he was gone. He was concerned he hadn't left

things in order, although I knew he had. Many nights, he would be up in his room moving things, looking at his papers, or just sitting. I couldn't reassure him that everything would be o.k. I tried to create strategies to help him remember the things he wanted to tell me when I wasn't there. These didn't work. My siblings and I rotated staying with him every night. He was only alone for a few hours during the afternoon. He could still follow Coronation Street! That had to count for something, right? We remained hopeful that his brain would not be completely ravaged. He remained optimistic that he might make it up to camp in the spring. In December he had blood in his urine. Cancer had developed in his bladder. The diagnosis was a huge blow...one he couldn't bounce back from. It was at this time, Christmas, when our journey shifted and I began to realize our roles in each other's lives had changed. My siblings and I were now truly his primary caregivers.

Journal entry January 10/11

Today is my birthday and I have taken it off to spend it with my dad. Since his diagnosis, each holiday or significant date has taken on new meaning. I know this is my last birthday with him. He doesn't acknowledge my birthday. He doesn't remember, even though we went out for dinner the night before. My sisters gave me a gift, from him. As I opened it, he said, "I don't even know what it is." I love my sisters for their effort. The card was signed "Love Dad" in barely legible writing. His penmanship was beautiful at one time and he always wrote a personal message, but not this time. I plan to cook one of my favorite meals for us. One he would cook for me often but now he is unable. He wonders why I'm not at work and then he smiles and says, "It's your birthday."

We weren't successful in getting much support from the community. My dad only qualified for 3 hours per week of respite care. This meant that one afternoon per week a woman would come into my dad's home and clean, and when necessary bathe and shave him. Each task she was to perform was allotted specific minutes as per Health Care scheduling. My father hated it. The truth is he didn't need it. He was

still able, for the most part, to shower and shave, and we did all the cooking and cleaning. It was us who needed the help. He could no longer be alone and we all had to work. My dad had taken to wandering around at night, and it became impossible to sleep. We were exhausted but the health care system only gave us three hours. A recent article in the Globe and Mail suggested the government saves 25 billion dollars in free in-home health care. I can't help but think that money was saved through the devotion of families, like mine, who wanted their loved one to remain home for as long as possible.

We were able, through Hospice Northwest, to have two volunteers who came three afternoons a week. We were apprehensive about this initially, not knowing how my dad might receive them, but he was a gracious host. We were so grateful that there was somewhere we could get the support we needed and trusted. Laura and Sue were both kind and compassionate to dad and to us...including Jake, dad's dog and loyal companion.

In time, he was less able to manage his personal care and we would have to assist him with showering, shaving and dressing.

Journal entry February 2/11

I remember when I was little watching my dad shave. There were no fancy triple, quadruple, quattro type razors back then. When I was little, my dad used a razor blade and had a silver shaver that you twisted to open and place the blade in. I would sit on the toilet watching as he filled the sink with water, checked the blade and then lathered up, sometimes using a lather brush. I was mesmerized by every stroke he took across his face; the way he stared into the mirror, looking this way and that. He would stroke down his cheeks slow and deliberate. Then stroke up his neck to his jaw line. It was, for me, a ritual that I so badly wanted to be a part of. Afterward he would put on some aftershave...Hai Karate, Brut, Old Spice and the scent of him was clean and strong and it made me feel safe.

He saw my curiosity and my interest in this daily right of passage and he would sometimes take the razor out of one of his shavers, lather up my face and let me follow along. Strokes down each cheek, lift your head...strokes up to your jaw line...make your skin taunt around your lips...careful not to nick yourself. A dash of aftershave and the ritual was complete.

I remember this today because today I had to shave my dad. I had to wash his body for him, put his deodorant on him and then shave his face. I lathered up his face and I put warm water in the sink and I drew the razor down each cheek to his jaw line; then up his throat, careful not to pull. I was sent back to my childhood with the scratchy sound each stroke made. The act was so incredibly poignant for me...the memory of watching him and wanting to do it just like him...the sight of how frail he has become...the knowledge that he is not going to be with us much longer. I missed some spots... especially around his lips but he didn't mind, or didn't really notice. I am humbled by this act. I am honored to be taking this journey with him, despite how sad it makes me.

My dad didn't smile much anymore... mostly he seemed deep in thought or struggling to piece together some mystery that was only present and real to him. When he did smile, it was usually associated with a quick quip someone had made or the presence of one of his great-grandkids, a friend or maybe something phenomenal the Leafs had done...like I said, not many smiles. The cancer in his brain made it difficult for him to reason or problem-solve. He was completely reliant on us for his day to day care. We had, essentially, become his "parents". The feelings associated with this are complex. I felt both frustrated and honored. Our goal was to allow our father to remain in his home and in our effort to do this, I felt somewhat cheated of my grief. There were many tasks associated with this and together we all pitched in to perform them. The cost for me at least, was the impact this change in relationship had on my dad. I saw him daily, often for hours and hours at a time. But when I or my sister was ready to leave, he would often say, "You're leaving already? I never see you anymore." Or, "You never visit anymore." And he was right. We didn't "visit" anymore. Despite the sting I felt from his words, I had to accept that he felt the same loss of our relationship.

As the cold winter months continued, my dad was less able to get out. He had to rely on a walker to get around and we saw a marked increase in his confusion. This was especially evident at night. On a good night, he seemed child-like, but on a bad night he would become somewhat obsessed and surly. On those nights I never felt so alone. Each of us individually expe-

rienced our own anxiety and fear as we watched helplessly as this man, our father became lost to his illness.

Journal entry Feb.28/11

My dad is experiencing some "confusion" – a nice euphemism used first by us and then incessantly by the medical community to describe anything from forgetting a word to full on hallucinations. So tonight it's just a bit of confusion. He needs to find 2 or 3 things. Doesn't know what they are but has looked throughout the house for them. Even as he's looking he acknowledges they may not be real. He says he knows he's "kooky upstairs". Despite this clarity he continues on his search for the elusive 2 or 3 things...I make a gentle suggestion to go to bed. Off he goes to his room. He is happy dad tonight. "Kooky" but benign. In his room I hear him humming and it's hard not to smile. He comes out of his room to sleep in the spare room. He won't change because he says he just put these pants on. Tan cords...he's been wearing them all week. I suggest he at least take off his belt." It's not a belt – it's a strap you put around yourself" And I think, the very definition of a belt! The thing that bothers him about the bed is that it plays music. Even though you can't hear it, it still bothers him. He finally lies down and he is chatting away. It's mostly nonsense but I stay, listening, smiling at my kooky happy dad. He looks like a little boy, and he says, "Wouldn't it be great if we woke up in the morning and everything was better?"

Yes that would be great dad.

And so it seemed my dad and I had come full circle, as I tucked him into bed the way he had done for me so many years ago. When I look back on that night and many others I am humbled and honored to have taken the difficult journey with him. He had taught me so many lessons throughout my life but none as powerful and poignant as the lessons I learned over those precious seven months.

Our dad was placed in the hospice on March 26, 2011. I met with the doctor who explained that at the acute care hospital they treated symptoms, but at the hospice they treated my dad; and in doing so, I could be his daughter again. He died peacefully on April 21, 2011 listening to Johnny Cash, with family at his side.

By Wanda MacArthur



Educational Opportunities and Events

Presentation on Long Term Care Placement

Date and Time: Thursday June 9 from 6:30 to 8:00 p.m.

Location: Oliver Road Recreation Centre

Description: Are you or someone you know on the waiting list for Long Term Care placement? This presentation will benefit individuals who have made arrangements to be placed into long term care and are waiting for a room to become available. This panel discussion will provide participants with information regarding what to expect when you get the call and how to ease into the situation.

Presented by: Caregivers' Support Committee

Panel: Cheryl D'Angelo, North West Community Care Access Centre, Wendy Kirkpatrick, Executive Director Home for the Aged, Sonja Poperechny, Resident Counsellor. The panel will also include a family caregiver and a resident in long term care

Registration: There is no cost to attend but registration is required. To register please call Kathleen at 626-5573.

Northwestern Ontario End-of-Life Care Network Annual General Meeting

Date and Time: Thursday June 23 from 5:00—6:30 p.m.

Location: North West CCAC, Boulevard Room (Alloy Drive Entrance)

Description: The current state of palliative care in Northwestern Ontario: Perspectives of key components and moving toward an integrated system

Presented by: Northwestern Ontario End-of-Life Care Network

Guest Speaker: Stephanie Lockert, MPH candidate

Registration: Videoconferencing will be available throughout the Northwest Region. Please contact Kathleen at 626-5573 if you are interested in attending.

Health and Wellness Expo

Date and Time: Saturday June 11 from 1:00 to 4:00 p.m.

Location: Hilldale Gardens Retirement Living, 309 Hilldale Road

Description: Community Health providers have gathered to give you the information needed on products and services available for people interested in living a healthier lifestyle.

Presented by: Hilldale Gardens Retirement Living

Registration: No registration is required. This event is free and open to everyone. For more information, please call KC at 684-9878.

HOSPICE NORTHWEST

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HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Mary Lynn Dingwell ~ Debbie Escott ~ Kathy Kortez-Miller
Marianne Larson ~ Scott McCormack ~ Paul Morralee ~ Marg Poling ~ Dona Ree

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

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