



The Hike for Hospice is a unique national fundraising event held across Canada that brings together organizations working together in hospice palliative care to raise funds and awareness in their community.

Hospice Northwest has teamed up with an enthusiastic group of individuals to form an inter-agency committee dedicated to hosting our own Hike for Hospice on May 6th. The Hike will be held at

Hike for Hospice— May 6th 10:00 am—1:00 pm

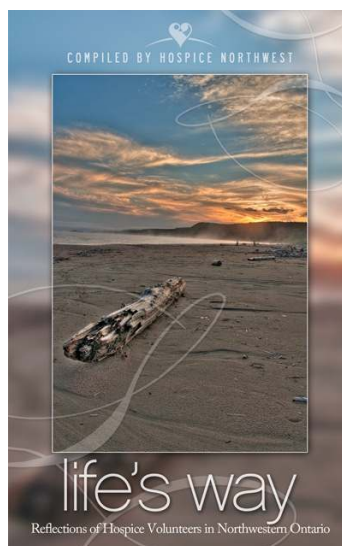
Boulevard Lake. Registration will begin at 10:00 am and the 2 km and 5 km hikes will start at 11:15 am. The event will wrap up at 1:00 pm, after a complimentary lunch and Awards Ceremony.

Participants can register in advance online (check www.hospicenorthwest.ca for details on how to register online), by dropping in at the HNW office to pick up a registration/pledge form or on the morning of the event.

Registration is \$40 for individuals or \$400 for teams of 10. The registration fee will be waived for those that collect a minimum pledge amount: \$100 per individual and \$1000 per team. The first 100 online registrants who raise \$100 will receive a special 10th Anniversary t-shirt.

All proceeds raised from this event will stay within the community and will be directed toward the cost of providing client directed services to Hospice Northwest clients.

Life's Way Book Launch—Fri. April 13th



The Hospice Stories Project has come a long way since it began its journey in the summer of 2010. We are thrilled to announce that the book is now in the process of being printed and will soon be available for purchase. The book cover has been designed and features a beautifully atmospheric scene of Lake Superior taken by local photographer Stephen Roberts.

There will be a book launch event held at 7:00 pm the

Thunder Bay Art Gallery on Friday April 13th. The event will be open to the public. Everyone is welcome to attend.

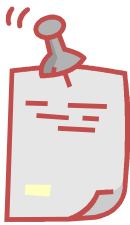
The evening will offer the opportunity for staff, volunteers and friends to celebrate the completion of this exciting project and to hear a sampling of vignettes read by the volunteers featured in the book. We hope to see you there!

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Special points of interest:

- *Life's Way Book Launch—April 13th*
- *Hike for Hospice —May 6th*
- *St. Joseph's Volunteer Support Mtgs—page 3*
- *NWEOLCN Committee Openings—page 5*
- *New Office Hours—page 6*



Message from Joan

With immense gratitude owed to all of our staff and a huge personal sigh of relief I am thrilled to announce that Hospice Northwest has achieved Level Two Accreditation from Hospice Palliative Care Ontario. This major achievement was the culmination of one full year of policy revision and monitoring, and fastidious review of client and volunteer files. You will now see our Accreditation seals proudly displayed on our materials.



Another organizational milestone is well in progress with the publication “Life’s Way” having been sent to the printers. Some volunteers may remember the agency’s previous name, Via Vitae, which is Latin for Life’s Way, which is the perfect title for our collection of stories about the experiences of our hospice

volunteers. We are eagerly anticipating our book launch event, scheduled for Friday, April 13th at the Thunder Bay Art Gallery. Please plan to join us for a wonderful evening with readings by volunteers, delicious snacks and a glass of wine.

On another note, I thoroughly enjoyed the Buddhist Retreat here at the office on Saturday February 18th, despite the fact that I am a total novice at the practice of meditation. The Retreat was led by the Venerable Zazep Tulku Rinpoche, who is the spiritual leader for the local Tibetan Buddhist group, which is called Potala. Rinpoche, who was recognized as a spiritual leader at age 11, has a long history in Thunder Bay, which started with a dream when he was studying in Australia. “Through a dream of unusual flat-topped mountains and small cone shaped shelters hidden among many green trees, the

Venerable Zazep Tulku Rinpoche first became aware of a place called Thunder Bay.” In his dream he saw a woman weaving a basket and he asked her where he was, and she replied “this is Thunder Bay”. Rinpoche searched for our city and came here in 1981 at the request of his Canadian students and friends. He felt that it was an ancient karmic connection. As a result, many people began meditating together weekly.

The weekly meditation sessions are offered at the Bodymind Centre on Sunday mornings from 9:00 -10:30 am. The first, third, fourth, and the occasional fifth Sunday of the month is a practice of mindfulness meditation. The second Sunday of the month is Medicine Buddha practice, a guided meditation that helps participants activate their healing energies to help themselves and others.

For more information: www.potala.ca.



Circle of Friends

This delicious chicken and stuffing recipe prepared by Circle Chef Barry, was a huge hit with everyone at Circle. Give it a try. It’s sure to please almost everyone.

Chicken and Stuffing Bake

Ingredients

- 1 cup water
- 1 cup of chopped sweet red pepper
- 1/2 cup chopped onion
- 1/2 cup long grain rice
- 1 8 oz pkg of herb seasoned stuffing mix
- 2 cups of water
- 4 cups of diced cooked chicken/turkey
- 3 eggs lightly beaten
- 1 10 oz tin of condensed cream of chicken soup
- 1/2 cup of sour cream
- 1/4 cup of milk

Step 1

In a medium saucepan bring 1 cup of water to boiling. Stir in sweet pepper,

onion and uncooked rice. Reduce heat to low. Simmer, uncover about 20 minutes or until the vegetables are tender and the water is absorbed.

Step 2

Preheat oven to 350 degrees. Grease a 13 quart rectangular baking dish and set aside. In a large bowl, combine the stuffing mix and the 2 cups of water. Stir in the chicken, eggs and half of the condensed cream or chicken soup and stir in the cooked rice and vegetables. Spread this mixture into the prepared baking dish.

Step 3

Bake uncovered for 35 to 40 minutes or until heated through.

Step 4

Sauce... In a small saucepan stir together the remaining soup, the sour cream and milk. Cook over low heat until heated through, stirring occasionally.

Step 5

Let casserole stand for 5 min. before serving. Cut into squares to serve and spoon sauce over square. Top with a spoonful of cranberry sauce.

Circle of Friends Meetings

March 22nd

April 5th

April 19th

May 3rd

May 17th

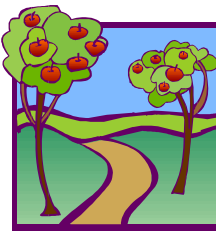
May 31st

June 14th



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

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



News from the Region

Terrace Bay/Schreiber Office

A meeting of the Hospice Northwest volunteers in Terrace Bay/Schreiber was attended by Joan Williams, Executive Director of the program, to officially announce a formal partnership with the North Shore Family Health Team. Bev Turpin, Administrator of the Health Team, and her staff have assumed responsibility for delivery of the program, which matches trained palliative care volunteers with people who are living



Bev Turpin, Program Coordinator

with life limiting illness and their family members, for the purpose of companionship and support.

The Hospice Northwest program has been active in Terrace Bay and Schreiber since 2004. Since that time the program has served 44 clients and trained 21 volunteers, 12 of whom are still active. The program has had community wide sup-

port and is privileged to have designated office space in the McCausland Hospital for use by the volunteers.

A Low Air Loss bed has been purchased with funds donated by both Hospice Northwest and the local End of Life Care Network committee, for use in the community. This special mattress is designed to prevent pressure sores when used by a person confined to bed. In the truly collaborative style of Northwestern Ontario communities, the mattress was purchased by two community groups, safely stored free of charge by the McCausland hospital, and will be loaned out to persons in need through the North Shore Family Health Team.

For more information please contact Beverly Turpin.



Terri's Tidbits

Hi everyone.

Hope you're all enjoying our amazing winter. I'm pleased to report that our volunteer resources are in a very healthy state with many of our new volunteers already placed with clients. For those of you who have not been introduced to a client yet, fear not, for I will be calling just as soon as I find the right match for you.

For those of you who have email, you would have seen a "request for volunteers" for our upcoming Hike for Hospice being held on Sunday, March 6, 2012. For volunteers who do not use email, I'm looking for volunteers to assist in a variety of roles (still to be defined) at this Hike as described on the front page of this newsletter. Any amount of time you can offer is most appreciated. Please call me for more information at 626-5572.

If you are a volunteer who graduated in 2010 or earlier and have not yet made

arrangements to have your new i.d. issued, please call me so that we can do so. We can use your existing photo, if you wish, but we would like to have the new Hospice Northwest logo displayed on your identification badge and offer you a HNW lanyard as well. Also, if you have not completed the "accessibility training" that you must complete, please let me know and I can forward you a link to complete on-line. If you'd prefer to come into our office and do this training here, we will be having a session (date to be determined) in the near future. Just call me so that I can place your name on the list to call you when we have a firm date.

Remember, the support you offer to your clients is immeasurable and as Benjamin Disraeli states,

"The greatest good you can do for another is not just to share your riches, but to reveal to him his own."

St. Joseph's Volunteer Support Meeting

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

March 13

April 10

May 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



Fundraising Update—Kathleen Buso

The Wings of Remembrance Ornament sale was quite successful again this year with approximately 350 ornaments and 200 stands sold. Gross proceeds from the sale was approximately \$9500.

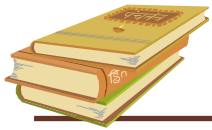
The Spaghetti and Meatball Supper at the Italian Hall was a fun social event that brought together volunteers, staff and members of the public in support of a great cause. The Italian Hall was filled with people enjoying a delicious traditional Italian meal of pasta, bread and salad.

Thank you to the Port Arthur Italian Cultural Society for their generous donation of \$700!

Hospice Northwest is fortunate to be included in the City of Thunder Bay's Dress Down Days Program again for 2012. This year, we will be the recipients of all donations from the program for the month of June.

Unfortunately, this year Bayshore's third party fundraising event in support of Hospice Northwest, the Annual Butterfly Boo-

gie, will not be taking place. However, Bayshore will continue their generous support of our agency by being an active participant in the upcoming Hike for Hospice, being held May 6th at Boulevard Lake. Bayshore will be supplying First Aid at the event and will also be putting in teams and raising pledges for the Hike. If you would like to take part in the Hike as an individual, or are interested in participating in a team of 10, please call the office or check out our website at www.hospicenorthwest.ca for full details on how to participate.



Resource Library

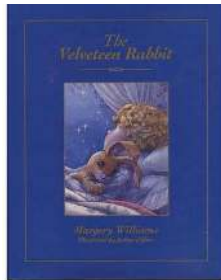
January marked the end of the one year work placement of our Librarian/Accreditation Intern, Shawna Hymers. We will miss Shawna's quiet efficiency in the Hospice Northwest office. During her time with us, she set up a new library cataloguing system, making it much easier to locate a sought after resource in our library.

Chelsea Cernjul, a volunteer with a library background, will be continuing on with some of Shawna's duties. Chelsea joined our group of Hospice Northwest volunteers just recently after completing a field placement with us, which was required for her Library and Information Technician diploma. She is looking forward to working on expanding the library collection on site and online. Check out our new online resources at <http://www.hospicenorthwest.ca/resource-library/content/online-resources>.

Did you know that the HNW Resource Library has a Children's Section?

In our library is a small collection of books which often contain more coloured pictures than words and very few chapters, yet communicate delicate topics in a simple and sensitive manner.

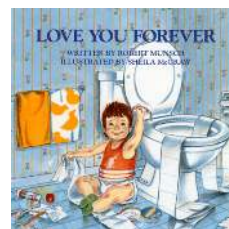
Our children's collection uses positive imagery to reach out and help children grieve, and understand and cope with illness, change and death. Not just for children, these titles may provide you with an alternative perspective of life's challenges.



The Velveteen Rabbit

By: Margery Williams
CHB WIL

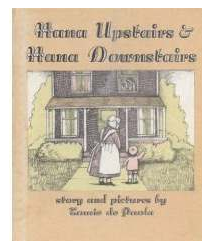
A classic story about the power of a child's love and a stuffed toy's understanding of what it means to be "Real".



Love You Forever

By: Robert Munsch
CHB MUN

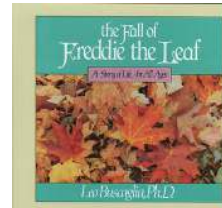
The undying love of a mother for her son and later a son for his mother.



Nana Upstairs and Nana Downstairs

By: Tomie de Paola
CHB PAO

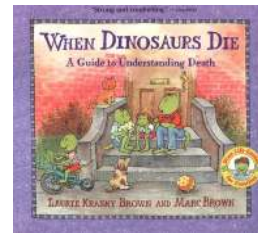
Tommy learns to love unconditionally, even after losing his Nana.



The Fall of Freddie the Leaf

By: Leo Buscaglia
CHB BUS

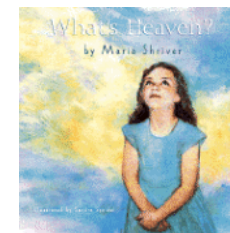
Freddie is just a small leaf, learning quickly of the many changes experienced in life.



When Dinosaurs Die

By: Laurie R. King and Marc Brown
CHB BRO

Without an actual story, questions about life and death are answered in ways that can be easily understood by children, accompanied by telling illustrations.



What's Heaven?

By Maria Shriver
CHB SHR

A little girl learns about life, death and love after losing her great-grandmother.



Thank you from The Compassionate Friends, Thunder Bay Chapter

The Compassionate Friends, Thunder Bay Chapter has been generously offered a new “home” at Hospice Northwest. Our group has been meeting for almost 12 years but was in need of a new meeting place. We are thankful for your hospitality and the use of such an inviting and warm space for our meetings. Since our groups both share similarities in our purpose, The Compassionate Friends looks forward to our new partnership with Hospice Northwest.

Now, what are we all about?

The Compassionate Friends of Canada, Inc. is an international, non-profit, non-denominational, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause.

In May 1968, two young boys, Kenneth Lawley and Billy Henderson died within days of one another, at the Coventry and Warwickshire Hospital in England. Joe and Iris Lawley reached out to Bill and Joan Henderson, sending flowers and simply signing the card, “*Kenneth’s*

parents.” An invitation to tea followed. A young hospital chaplain, Rev. Simon Stephens, recognized the special support these families were able to give to each other and felt certain they could help others. Resulting from that gesture of compassion, the first Society of The Compassionate Friends meeting was held in 1969 and today The Compassionate Friends is in approximately 30 countries on five continents with a network of over 1,000 chapters.

The death of one’s child is unnatural and complex and cannot be likened to any other loss. In our lives we must all learn to deal with the death of friends and family, as well as our own mortality. Few of us, however, know the overwhelming devastation that comes with the death of a child. We expect our children outlive us, to be a continuation of our own lives. The purpose of The Compassionate Friends is to aid in the positive reconciliation of grief and foster the physical and emotional health of bereaved parents and their surviving children. Also, by providing information and education about the grief of bereaved parents and their surviving children, our objective is to help those in

their community, including family, friends, co-workers, employers and professionals, to be supportive.

Present at every meeting are parents who have survived and can model that it is possible to do so. There is no elaborate structure and any contributions are entirely voluntary. The Compassionate Friends has no membership fees – the price of membership is the death of a child, which makes TCF membership the most expensive in the world. Members are at all stages of recovery and are fluctuating among them. Some have a deep religious faith, some have lost theirs, many are adrift. Even a small chapter like ours is apt to include some who are currently receiving professional help or who have had such help in the past, in addition to participating in TCF.

Whether a parent’s loss is recent, or many months, or even years, have passed, all bereaved parents are welcome to attend our monthly TCF meetings. We meet on the third Thursday of every month at 7:30 p.m. If a parent (or family member) wishes further information or just wishes to chat please contact Roberta or Chad Hannah at 939-1610 or tcftbay@tbaytel.net.

NWEOLCN Education and Research Standing Committee

The Education and Research Committee is a standing committee of the Northwestern Ontario End of Life Care Network. The purpose of the committee is to facilitate and promote palliative care research and education for persons of all disciplines, volunteers, patients and family members. The committee is comprised of interested members of the many dif-

ferent sectors providing palliative care and/or education and research throughout the region. Meetings are held four times per year at the CCAC.

Participation on this committee is a wonderful way to keep informed about related activities throughout the region. Although the Hospice Northwest agency

is represented by Joan, there are currently no volunteers among the membership.

If you are interested in joining the committee you are most welcome. Call Joan to discuss, or come to our next meeting which is on March 22 at 3 PM, at the CCAC.



Volunteers' Corner



The Hospice Northwest Volunteer Appreciation Christmas Luncheon was held this year in the Georgian Room at St. Joseph's Heritage. The event was well attended, with approximately 90 Hospice Northwest volunteers, board members, staff and community partners enjoying a delicious hot lunch.

Graduation certificates were also distributed to the 2011 graduates of the Hospice Northwest Palliative Care Training Program.

Pictured on the left is Evelyn Gillson receiving her graduation certificate from Volunteer Coordinator, Terri Kannegiesser.

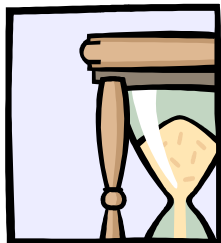


Hospice Northwest is fortunate to have one of our volunteers, Bev McQueen, working in our office for a three month period. Bev is a

3rd year social work student at Lakehead University, currently completing

her placement at HNW. The project she is working on is a promotional campaign for the referral process within Hospice Northwest and long term care facilities. She also has a background in nursing and child and youth work as well as being a palliative care volunteer for Hospice Northwest. One of the goals she will be focusing on within this placement is community

development through liaising with local resources and agencies within the community. Bev will be interviewing Long Term Care facilities, distributing Hospice Northwest brochures and sitting on the organizing committee for the Hike for Hospice in May. Bev is happy to say that the learning experience within this placement is phenomenal in meeting her learning goals.



HOSPICE NORTHWEST POSTED HOURS OF OPERATION ARE CHANGING. THE OFFICE HOURS WILL NOW BE FROM

9:00 AM TO 4:30 PM

WHILE THIS WILL BE OUR OFFICIAL CLOSING TIME, THE OFFICE MAY REMAIN OPEN LATER AND STAFF WILL BE AVAILABLE AFTER HOURS ON OCCASION, IF NEEDED.



Educational Opportunities and Events

Health Care Ethics Behind Bars

- Date and Time:** Wednesday March 21 from 7:30 pm—9:30 pm
- Location:** St. Joseph's Hospital, Conference Room 3 (basement), 35 N. Algoma Street, Thunder Bay
- Presented by:** Centre for Health Care Ethics
- Presenters:** Kristen Jones, BScN, RN, MPH(N), PhD©, School of Nursing, Research Affiliate CERAH, Research Affiliate CHCE, Lakehead University
- Description:** There will be a panel discussion. Check the CHCE website at for further details (<http://chce.lakeheadu.ca/events/?display=events&eventid=82>)
- Registration:** Free. Everyone is welcome to attend.

Palliative Care Education Rounds Compassion Fatigue: The Cost of Caring

- Date and Time:** Thursday March 22 from 8:00 am —9:30 am.
- Location:** This is a face-to-face, OTN videoconference and live webcast event. This event can be attended face-to-face at the Northern Ontario School of Medicine, BSC 1013, or by video-conference at the North West Community Care Access Centre, Boulevard Room, 961 Alloy Drive
- Presented by:** Centre for Education and Research on Aging and Health, Lakehead University, Northern Ontario School of Medicine and Continuing Education and Professional Development
- Presenter:** Eugene Dufour, BA, M Div, CFT, CFE
- Description:** The goal of hospice-palliative care is to provide excellence in compassionate, whole-person care. There is, however, a physical, emotional and spiritual cost to caring. This presentation will look at how compassion fatigue affects people affects people involved in hospice palliative care and will consider effective ways of dealing with it. Participants will also learn about the concept of compassion satisfaction and how to identify this in their work.
- Registration:** Please contact Kathleen at 626-5573 before March 21 if you are interested in attending this presentation.

2012 Booster: Palliative Care Knows No Boundaries: Working with Marginalized Populations

- Date and Time:** Thursday March 29th from 1:00 pm —4:30 p.m.
Friday, March 30th from 9:00 am— 12:15 pm
Special Event: GEN SILENT Film Screening: March 29th from 6:30 pm— 8:00 pm (open to the public)
- Location:** The Victoria Inn, 555 West Arthur Street, Thunder Bay
- Presented by:** Centre for Education and Research on Aging and Health, Lakehead University
- Description:** We are caring for an increasing number of individuals with diverse health care needs. This workshop will focus on providing exemplary care to marginalized individuals and their families using a palliative approach. Sessions will provide knowledge and support to health care providers so that they may better meet the unique needs of these populations. Topics include Palliative Care for the Homeless Population; Lesbian, Gay, Bi-Sexual, Transgendered (LGBT) Populations; Persons in Retirement Living and for Persons with a Developmental Disability.
- Registration:** The cost for registration is \$70 for volunteers, half of which will be covered by HNW for those volunteers who have been active in the last year. The other half will be paid by the volunteer. If you are interested in attending but are experiencing financial difficulty, please call Terri or Joan to discuss the possibility of a full subsidy. Please call or email Kathleen (626-5573 or kathleen@hospicenorthwest.ca) to register. Your portion of the registration must be sent/dropped off at the HNW office prior to March 23rd.



Educational Opportunities and Events

Encounters in Bioethics

Date and Time: Wednesday April 18 from 7:30 pm—9:30 pm

Location: St. Joseph's Hospital, Conference Room 3 (basement), 35 N. Algoma Street, Thunder Bay

Presented by: Centre for Health Care Ethics

Description: Please join the CHCE for this month's presentation and discussion session on ethical issues in health care. Check the CHCE website at for further details (<http://chce.lakeheadu.ca/events/?display=events&eventid=82>) closer to the date of the presentation.

Registration: Free. Everyone is welcome to attend.

Encounters in Bioethics

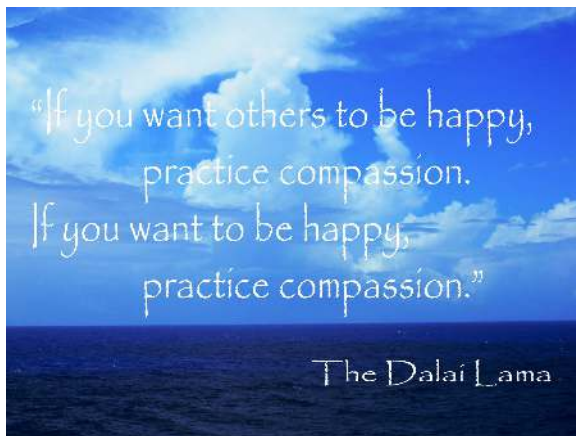
Date and Time: Wednesday May 16 from 7:30 pm—9:30 pm

Location: St. Joseph's Hospital, Conference Room 3 (basement), 35 N. Algoma Street, Thunder Bay

Presented by: Centre for Health Care Ethics

Description: Please join the CHCE for this month's presentation and discussion session on ethical issues in health care. Check the CHCE website at for further details (<http://chce.lakeheadu.ca/events/?display=events&eventid=82>) closer to the date of the presentation.

Registration: Free. Everyone is welcome to attend.



HOSPICE NORTHWEST

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

Danielle Shaver Currie, Circle of Friends Coordinator
t-currie@shaw.ca

Shawna Hymers, Accreditation Coordinator
Direct Line: 626-5578 shawna@hospicenorthwest.ca

Allison Skirtschak, Hospice Stories Coordinator
Direct Line: 626-5578 allison@hospicenorthwest.ca

website: www.hospicenorthwest.ca



HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Mary Lynn Dingwell ~ Debbie Escott ~ Kathy Kortez-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 such as the annual Butterfly Boogie.

