



# Hike for Hospice—May 4th

## Come Hike with Us!



Plans for the 3rd Annual Hike for Hospice, which will be held on Sunday May 4th at Boulevard Lake, are well underway. The Hike for Hospice Committee has been meeting since September 2013 and this energetic and creative group has come up with some fantastic ideas to help our Hike grow into an even bigger and better event for 2014.

We are excited to announce our fundraising goal for the 2014 Hike is \$60,000 and that we are planning for an attendance of 250 Hikers. We have multiple corporate sponsors on board who have collectively sponsored the Hike for almost \$12,000 already!

We are looking forward to unveiling a new and improved online registration website where our Hikers can sign up with ease and create personal fundraising pages through which their friends and family

can pledge their support. Registration will be open by mid March.

Entertainment plans are coming together nicely with the development of our Remembrance Ceremony to open the Hike, along with some talented musical accompaniment.

**WIN A**  
**WEST JET**  
**TRIP FOR TWO**  
**ANYWHERE**  
**WESTJET FLIES!**

We have designed a new incentive package for our Hikers with some amazing prizes to be won, including the top fundraising prize of “A TRIP FOR TWO ANYWHERE WESTJET FLIES!” Check out our website and facebook page for more information on prizes and event details.

### 2014 Hike Itinerary

**Friday, May 2nd**  
at Hospice Northwest Office

**9 am - 7 pm:** Registration and pick-up of Hike packages.

**Sunday, May 4th**  
at St. Ignatius High School

**9:30—10:30 am:** Meet at the High School for complimentary coffee, muffins, last minute registrations and the Opening Ceremony.

Hikers will then make their way to the field between the tennis court and the children’s playground at Boulevard Lake for 10:30.

#### Boulevard Lake

**10:30 am:** Warm-up exercises and welcome by Mayor Keith Hobbs.

**10:45 am:** Both the 3 km and 5 km walks will begin at 10:45

**12:00 noon:** Upon completion of the walk, participants will be asked to meet in the gym at St. Ignatius High School for complimentary lunch, followed by awarding of prizes and closing thanks.

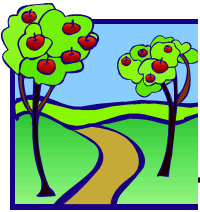


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# News from the Region

## Geraldton Office—Submitted by Chris Walterson

Last December, the long term care residents celebrated the birthday of Emily Young at the John Owen Evans Residence in Geraldton. She turned 103 years of age and had family and friends attend the celebration. Emily has been a resident of Geraldton for a long time, moving here with her husband Joe and two young children. Joe worked for Ontario Hydro until his retirement.



Emily always kept busy doing volunteer work in the community. She never did learn to drive a car, but up until her late eighties she would walk the two mile round trip uptown on a daily basis. Although her two children now live out of province, they manage to make it home for visits often. Happy Birthday Emily!



Pictured (above) on the left is Ann Donio who has been a Hospice Volunteer in Geraldton since 2010. In addition to offering comfort and support, Ann, being a Metis fluent in Ojibway, was able to converse with our Aboriginal clients and their families in their native language during social events and when clients were in their last stages of life. On the right is Jean Carrier who has been a Hospice Volunteer since 2008. Over the years, she has been one of the key people providing orientation to our new graduates. Moreover, as a nurse in our LTC facility, she faithfully provided support to our clients at the end-of-life, to their families as well as to our volunteers who assisted these clients. Both ladies are relocating and will be dearly missed. We wish them well in their new endeavours, one of which is to become involved in Hospice work in their new location.

## Terrace Bay/Schreiber Office

Gratitude from the co-ordinators of Terrace Bay/Schreiber Hospice Northwest program, was expressed to the volunteers on Feb. 19th/2014, in regards to high standards in place for excellence of care performed during the recent emergency palliative request from the McCausland Hospital. The family of the client expressed appreciation in regards to the co-ordination of the care for the patient between the Hospice Northwest program and the Hospital.

## Marathon Office

The Marathon Hospice Northwest volunteers met 2 weeks ago, at which time they were introduced to the program's two new Coordinators. The Wilson Memorial Hospital has agreed to deliver the Hospice Northwest program in Marathon and have assigned two staff to manage it. Shauna McFarlane, one of the hospital's nursing staff, will manage the client referrals and client/family communications, while Lorelle Bertin, Community Programs Coordinator, will recruit, organize training and coordinate volunteers. Irene Desjardins, the out-going Coordinator, is finally being granted her wish to retire after running the HNW Marathon program for approximately 16 years. The volunteers, staff and board of Hospice Northwest wish Irene well in her retirement and welcome the new Coordinators to the program.

## NEWS FLASH!



Geraldton Hospice Northwest will be taking part in the Hike for Hospice on May 4th with a Hike held in Geraldton. Stay tuned for details!



Pictured here are the nine new graduates from the HNW Geraldton Palliative Care Training Program, offered onsite for the first time by trainers Brenda Abraham, Program Coordinator and Myrna Letourneau, Program Co-coordinator.

## Nipigon Program and Manitowadge Program

Hospice Northwest is currently working with the Family Health teams in Nipigon and Manitowadge to develop new satellite programs in those communities.



# Terri's Tidbits

A Volunteer Support Meeting was held on February 19 here in our office and featured Richard Boon from the Canadian Diabetes Association. A small group of volunteers attended and were provided with information on the different types of diabetes, signs, symptoms, risks and how people can decrease the risk of developing type 2 diabetes or manage the condition if they already have diabetes. Please watch your email for news of our next Volunteer Support meeting.

I'm happy to announce that once again, we'll be recruiting palliative care volun-

teers to enter our training program this coming September. If you know someone who is interested in joining Hospice Northwest, please encourage them to call me so that I can give them more information. On this wintery day, I leave you with this thought:

*Whatever you have forgotten, you can remember. Whatever you have buried you can unearth. If you are willing to look deep into your own nature, if you are willing to peel away the layers of not-self you have adopted in making your way through the tribulations of life,*

*you will find that your true self is not as far removed as you think."*

~ Meredith Jordan

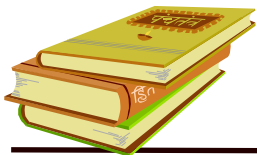
## St. Joseph's Volunteer Support Meetings

are held every 2nd Tuesday 12 - 1:30 pm in the 4 Central Conference Room at St. Joseph Hospital

These meetings are for volunteers 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

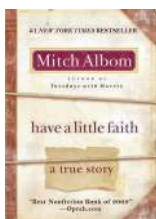


## Resource Library

New resources available in our library:

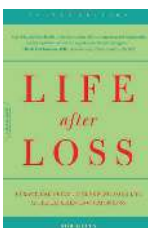
**Have a Little Faith: A True Story** by Mitch Albom

Albom's first nonfiction book since *Tuesdays with Morrie*, *Have a Little Faith* is a book about a life's purpose; about losing belief and finding it again; about the divine spark inside us all. It is one man's journey, but it is everyone's story.



**Life After Loss: A Practical Guide to Renewing Your Life After Experiencing a Major Loss** by Bob Deits

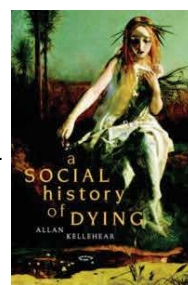
One of the classics in the field of crisis intervention (Dr. Earl Grollman), *Life after Loss* is the go-to resource for anyone who has suffered a significant life change. Loss can be overwhelming, and recovery often seems daunting, if not impossible. With great compassion and insight, Deits provides



practical exercises for navigating the uncertain terrain of loss and grief, helping readers find positive ways to put together a life that is necessarily different, but equally meaningful. With two new chapters and significant changes throughout reflecting Deits's ongoing experience in counseling, *Life after Loss* is an essential "roadmap for those in grief".

**A Social History of Dying**

by Allen Kellehear  
Our experiences of dying have been shaped by ancient ideas about death and social responsibility at the end of life. From Stone Age ideas about dying as an otherworld journey to the contemporary Cosmopolitan Age of dying in nursing homes, Allan Kellehear takes the reader on a 2 million year journey of discovery that covers the major challenges we will all eventually face: anticipating, preparing, taming and timing for our eventual deaths.



**Grieving the Loss of a Loved One: A Devotional Companion** by Kathe Wunnenberg

Death is an inevitable and constant part of life, yet those who grieve often feel misunderstood and alone in their journey, says Kathe Wunnenberg, author of *Grieving the Loss of a Loved One*. This compassionate book acts as a daily devotional companion to hurting people. Designed for adult readers of all ages and stages in the grieving process, it is sensitively written by an author who suffered three miscarriages and the death of an infant son. She knows from firsthand experience that there are no easy answers for those who mourn. Sixty devotions cover the many stages of grieving, including readings for holidays, birthdays, and special occasions, when grief can be particularly painful.





# Circle of Friends Gatherings

As I watched the sun come up this morning, I thought to myself: I feel immense gratitude for the opportunity to be a part of Circle of Friends. I worked for Hospice Northwest from 2010 to 2012, coordinating the Life's Way project and I was delighted to walk through the doors of Hospice Northwest again in September of 2013 as the Coordinator for Circle of Friends. As we've journeyed together through the fall and winter time, Circle of Friends has grown into a supportive, loving, and inclusive community.

Art therapy has become a vital part of our Circle of Friends program, providing opportunities for every participant to engage in creative expression, no matter their perceived creative abilities. I believe that within each of us there is an artist waiting for the opportunity for expression.

Every Circle of Friends gathering is an invitation to be present with ourselves and with each other, and to allow ourselves the possibility of "letting go", experiencing joy, and uplifting each other.

I would like to share with you a beautiful poem titled "Blue Moon", by Jamie

Sams, author of the book "Earth Medicine." During a Circle of Friends gathering this past February, we reflected on Sams' poem through art and personal story. Judi Vinni from Willow Springs Creative Centre facilitated an art activity where we worked individually with clay to form amulets, which we later painted and decorated to wear and remind us of the meaning of our life visions, an idea that Sams' invites us to reflect upon in her poem. What is your vision's light?

### Blue Moon

*Life is all about growing,  
of coming to many ends,  
Only to find the door open,  
And becoming once again.  
On the trail of becoming,  
Our visions light our way,  
'Til dreaming and creating  
Take form within the clay.*

*Molding every essence of  
Our hopes, our dreams, our fears,  
Urging us ever onward through  
the laughter and the tears.  
The beauty of our humanness  
May be a secret and yet  
It is our deepest longing*

*to live without regret  
The fear of our failure  
can blind our inner sight  
But the Blue Moon of Becoming*

*Still shines....  
Reflecting our Vision's Light*

~Jaime Sams

Love, Light, and Gratitude,

~ Allison Skirtschak

## Circle of Friends Meetings

11:00 - 2:00 Wednesdays  
at the Hospice Northwest office  
63 Carrie Street  
Please call 626-5570 if you are  
interested in attending



March 19<sup>th</sup>  
April 2<sup>nd</sup>  
April 16<sup>th</sup>  
April 30<sup>th</sup>  
May 14<sup>th</sup>  
May 28<sup>th</sup>

### Volunteer Services/

### Administrative Assistant Intern

We bid a fond farewell and offer much thanks to our outgoing Volunteer Services/Administrative Assistant Intern, Trisha Wilson. Trisha was with us for a much too short 16 week stint and will be moving on to a position as Community Care Coordinator at the CCAC. Hospice Northwest offers congratulations to Trisha as she begins her new employment. The search is now underway to find a recent grad to take on this position. Please see the job description (right).

### Volunteer Services/Administrative Assistant Intern - 1 Year Contract Position

**Job Description:** Under the supervision of Hospice Northwest staff, the Volunteer Services/Administrative Assistant Intern will be responsible for providing administrative support to existing staff, particularly in Communications and Client Services. The main components of the position will include: Development of a quality improvement plan; Data entry and maintenance of files; Management and support of administrative and fundraising volunteers

**Qualifications:** Organized, self-motivated individual with: University degree or College diploma with a specialization in either: Human Resources Management, Healthcare Administration, Office Administration or a related field; Exceptional oral, written and interpersonal communication skills; Understanding of the organization and challenges of working within the non-profit sector; Some volunteer management experience; The ability to work cooperatively with others in a team environment; Office administrative experience with proficiency in Microsoft Office programs

**For Internships:** Northern Ontario secondary school graduates 29 years of age or under who recently graduated from an accredited college or university. Graduates from a high school outside of Northern Ontario who have resided in the North for at least one year are also eligible. Mature graduates may be considered. **This Internship is for one year and is meant to provide first-time employment to students in their related field.**

**Application Deadline:** by 4:30 PM on March 28, 2014.

**Please send applications to:** Hospice Northwest,  
63 Carrie Street, Thunder Bay, ON P7A 4J2 Fax: 626-5574,  
email: [hospicenorthwest@tbaytel.net](mailto:hospicenorthwest@tbaytel.net)

THIS OPPORTUNITY  
IS PROUDLY  
SUPPORTED BY:



## Upcoming Events

In our society, death and planning for death are topics that people are often reluctant to discuss, and yet death is an inevitable part of the cycle of life. As an organization that deals with these issues daily, Hospice Northwest is presenting a new series of events designed to lessen the stigma around this taboo topic. **“Diealogues: Conversations on Life and Death”** will provide an opportunity for participants to engage in open, easy and respectful conversation about everything related to end-of-life issues while enjoying delicious desserts and beverages. Through these events, we hope to prepare people for the inevitability of death with the hope that this knowledge will lead to a better end-of-life experience.

Our first **Diealogues** is scheduled for May 29th and will present the topic of “Bucket Lists”. The evening will feature guest speaker Jay Tysoski, a local man who, following the death of his mother, was inspired to start “Run with Me

Tbay” as an effort to push himself further in life while doing good for others. Following his talk, participants will be encouraged to start their own conversations in round table settings over cake and coffee. Leading up to the event we will be seeking volunteers to help facilitate the conversations by sharing how their experiences with death have changed the way they view and live their lives.

In order to help promote this event, we hope to inspire the community to consider their own Bucket List ideas. In early May, Hospice Northwest will set up a booth at Intercity Mall, which will feature a wall designed to allow shoppers the opportunity to write down their Bucket List ideas. We encourage you, our volunteers to make a point of stopping by to visit us on May 8th, 9th, or 10th near the food court at Intercity and participate in this interactive display by putting your life dreams on our wall! If you are interested in volunteering to help with the booth or the even-

ing event, please call Terri at 626-5570, ex. 5572.



This year Hospice Northwest is excited to be a part of the Thunder Bay Chamber of Commerce

annual event, **Lifestest**. This 2 day expo, which is designed to help our community “discover good living”, will take place at the Lowery’s Sports Dome on April 25-26th and will showcase organizations whose focus is on lifestyle, health, wellness, fitness, nutrition and green living. Hospice Northwest will have a booth at the event, with information on our programs and services and our volunteer opportunities, as well as a fun interactive activity promoting the upcoming Hike for Hospice. We’ll give attendees the opportunity to “Come Hike with Us!” around the Sports Dome for a chance to get involved and win prizes! We hope to see you there!

## Introducing the New Client Gifts Initiative

Starting this March, Hospice Northwest is excited to provide a gift to welcome new clients to the Hospice Northwest Community. Once we start this program, volunteers will be provided with a bamboo plant to give to new clients at their initial greeting. Each plant will be accompanied by information about Hospice Northwest, along with a picture and a small write-up to help the client and family become more familiar with the volunteer.

We hope that these gifts will re-

main in the clients’ rooms/homes to serve as a reminder of all the wonderful things their volunteers do for them, so please encourage your clients to keep the bamboo in bright light and water weekly!



Each plant will represent our organization by prominently displaying our heart logo while continuing to grow and prosper with the help of others.

A special thanks to our volunteers; Norina, Car-

olyn, Francis, Maribeth, Ann, for helping to get the plants ready!

If you hadn’t had the opportunity to do so as of yet, we’d appreciate it if all volunteers could complete a short and simple survey about themselves that can be found at this link: [www.surveymonkey.com/s/2HWX8VZ](http://www.surveymonkey.com/s/2HWX8VZ). This survey will help us to create interesting and fun write-ups of our volunteers to share with new clients. If you have any questions with the survey, please don’t hesitate to contact Caitlyn at 626-5570, ext 5571.



## Message from Joan

Our workplace has had a refreshing aura of youthfulness with our two Interns and Allison coming on as Circle coordinator. Trisha, whose last week is this one, has been preparing us for our Accreditation audit, so we can be re-certified by Hospice Palliative Care Ontario. The focus of the audit is on client service and volunteer management, and having all files complete with all required information. Thankfully, Terri's files are generally impeccable. Marianne Larson from our board has graciously offered to be our Accreditation Auditor once again. Caitlyn is working hand in hand with Kathleen on fundraising, and her Internship goes until June. The office is buzzing these days with Hike committee members bringing in sponsorships.

Two new projects we are working on are: Die-Alogues, which we are working on with Leadership Thunder Bay, to host an evening of coffee and conversation about living life to the fullest in the face of our shared mortality. Make sure you read Caitlyn's message about this event on May 29th. The other project is our *Volunteer Retreat* which will be held on September 19 and 20, 2014, and is currently in the planning stages. A planning Committee of local and regional volunteers will work with the staff to plan a Retreat that has something special for everyone. **If you are interested in helping us, please send an email to Joan at [joan@hospicenorthwest.ca](mailto:joan@hospicenorthwest.ca)** A meeting will be organized for early April. Hoping everyone has a happy Spring and a dry basement. ~ Joan

### Yoga

**Restorative and Hatha Yoga will be on hiatus until the fall. We've been thrilled to be able to offer this service to our volunteers over the past two sessions at a discounted rate right here in our offices. The classes have been designed to help volunteers de-stress and relax while building strength and agility with limited pressures on the body. If anyone is interested in joining the class please contact our office for details on when the classes will return.**



## Fundraising Update

The Wings of Remembrance Memorial Ornaments Campaign was quite successful this season, with a net profit of \$3355. Three new ornaments were introduced this year, a beautiful crystal snowflake and two heart ornaments modeled after our Hospice Northwest logo. Caitlyn, our Fund Development Intern, designed a brand new promotional package to advertise the ornaments, which included new flyers and postcards. While the 2013 campaign involved a higher expense than normal due to the introduction of the new ornaments and the revised promotional material, we have a good base to go forward with into the 2014 season.



Our annual Spaghetti Supper, held each year in January at the Port Arthur Italian Hall, was very well attended yet again. The hall was filled with many volunteers and supporters of Hospice Northwest, along with some new friends who left knowing a bit more about our organization, thanks to the opening remarks by past board member, Burt Sellick. Hospice Northwest again offers our gratitude to the Port Arthur Italian Cultural Society for their donation of \$700 in support of the agency.

We'd like to take this opportunity to thank St. Paul's Anglican Church for their continued support of our community.

This past New Years Eve they held a dinner and dance event in honour of Hospice Northwest. This sold out event was a huge success and raised several thousand dollars in support of our services. Thank you so much and God Bless!



Upcoming fundraising events planned for the next few months are:

the Hike for Hospice on May 4th and the LCBO Tag Days event tentatively scheduled for July 12. Volunteers will be needed for both events, so if you are interested in helping out, please give Terri a call at 626-5570, ex. 5572.



## ***Educational Opportunities and Events***

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### ***Forums on Interdisciplinary Gerontology—Speaker Series***

#### ***Frailty—it's everybody's business! Health Promoting Aged Care is the Way Forward***

**Date and Time:** Friday, March 14 from 12:00—1:00 p.m.

**Location:** Centre for Education and Research on Aging and Health, Balmoral Street Centre, Lakehead University, Room 1029

**Presented by:** Centre for Health Care Ethics, Lakehead University

**Presenters:** Denise Marshall, Associate Professor, Division of Palliative Care, Department of Family Medicine, McMaster Univ.

**Description:** Learning Objectives: 1. To learn about the public health approach to aging and palliative care 2. To gain exposure to the compassionate communities model to further public health approach 3. To discuss application in the here and now in our work and community circle

**Registration:** **1. On-Site:** at the Centre for Education and Research on Aging & Health (CERAH) Join us in room 1029 at the Balmoral Street Centre, Lakehead University. **To attend in person, please call Kathleen at 626-5570**

**2. OTN Videoconference Site Connection:** Those wishing to connect through OTN can do so by self registering through their OTN Coordinator. The Event ID for Friday, March 14 is #33287805. Sites can also register by contacting Deb Lamers at [dlamers@lakeheadu.ca](mailto:dlamers@lakeheadu.ca).

**3. Live Webcast:** On the day of the event those who wish to watch via webcast can visit <http://webcast.otn.ca> then select "Live Events" and select "Public" then search for "Frailty-it's everybody's business! Health Promoting Aged Care is the Way Forward" or Event ID #33287805. Please ensure your system is operable and ready to connect at least 5 minutes prior to the event. If you have any questions or problems with the webstream please contact Deb Lamers at (807)766-7271.

### ***2014 Northwestern Ontario Regional Stroke Forum—Focus on Hyperacute and Acute Stroke Care***

**Date and Time: Dinner and Presentations:** Thursday, March 20 from 5:00—8:00 pm.

**Full Day Session** (breakfast, lunch and refreshments provided) Friday, March 21 from 7:30 am—4:00 pm

**Location:** Valhalla Inn, 1 Valhalla Inn Rd., Thunder Bay, Ontario

**Presented by:** Northwestern Ontario Regional Stroke Network, Thunder Bay Regional Health Sciences Centre, and Ontario Stroke Network

**Presenters:** Dr. Leanne Casaubon - Neurologist, Dr. Frank L. Silver - Neurologist, Dr. Robert G. Hart - Neurologist, Dr. Ayman Hassan - Neurologist, Linda Kelloway - RN, MN, CNN©, Sharon Jaspers - Nurse Practitioner, Judy Mostow

**Description:** The 2014 Northwestern Ontario Regional Stroke Forum begins on the evening of Thursday, March 20, followed by a full day on Friday, March 21. The focus is on hyperacute and acute stroke, integrating updated Canadian Best Practice Recommendations with regional stroke care.

Topics includes management of TIA and Minor (Non Disabling) Stroke, emergency stroke care including tpa, Telestroke, and acute inpatient stroke care.

**Registration:** Registration is free. This workshop is sponsored by the Northwestern Ontario Regional Stroke Network and is offered at no charge. Register early as space is limited. Registration closes on Thursday, March 13. Please call Kathleen for information on how to register.

### ***Exploring Difficult and Uncomfortable Conversations with Catherine Hajnal***

**Date and Time:** Thursday, April 10 from 9:00 a.m.—4:30 p.m.

**Location:** Georgian Room, St. Joseph's Heritage, 63 Carrie St., Thunder Bay

**Presented by:** Centre for Education and Research on Aging and Health

**Description:** Dr. Catherine Hajnal is an Educator, Life Coach and Speaker. She is passionate about conversations that spark self-reflection and is particularly interested in conversations about death and loss as pathways to consider how to LIVE.

**Registration:** **Space is limited to only five spots for HNW volunteers. Please call Kathleen if you are interested in attending.**



## Educational Opportunities and Events

### **Forums on Interdisciplinary Gerontology—Speaker Series: Development of an End-of-Life Care Tool**

**Date and Time:** Wednesday, May 14 from 12:00—1:00 p.m.

**Location:** Centre for Education and Research on Aging and Health, Balmoral Street Centre, Lakehead University, Room 1029

**Presented by:** Centre for Education and Research on Aging and Health

**Presenters:** Kevin Donald Willison, PhD, CERAH Research Affiliate, Departments of Sociology and Interdisciplinary Studies  
Lakehead University, Orillia

**Description:** Learning Objectives: 1. To introduce CARENET [ <http://www.carenet.ca/>] 2. To briefly address a sample of palliative care challenges transpiring in Canada. 3. To describe what the ACP+ Score is— its history and how it has evolved. 4. To consider the next steps for CARENET, including knowledge translation initiatives.

**Registration:** Three Ways to Participate: 1. On-Site at the Centre for Education and Research on Aging & Health (CERAH) Join us in room 1029 at the Balmoral Street Centre, Lakehead University Thunder Bay Campus. To attend in person, please contact Kathleen at 626-5570, ex. 5573 2. OTN Videoconference Site Connection. Those wishing to connect through OTN can do so by self registering through their OTN Coordinator. The Event ID for Wednesday, May 14 is #33290716. Sites can also register by contacting Deb Lamers at [dlamers@lakeheadu.ca](mailto:dlamers@lakeheadu.ca) . 3. Live Webcast On the day of the event those who wish to watch via webcast can visit <http://webcast.otn.ca> then select “Live Events” and select “Public” then search for “Development of an End of Life Care Tool” or Event ID #33290716.

### **Advance Care Planning in Health Care Services**

**Date and Time:** Wednesday, April 16 from 12:00—1:00 p.m. (OTN Event ID# 33861256)  
Wednesday, April 30th from 4:00 pm - 5:00 pm (OTN Event ID# 33876273)

**Location:** Centre for Education and Research on Aging and Health, Balmoral Street Centre, Lakehead University, Room 1029

**Presented by:** Centre for Education and Research on Aging and Health

**Presenters:** Kimberly Ramsbottom, MSW

**Registration:** **Three ways to participate:** 1. **On-Site** at the Centre for Education and Research in Aging and Health (CERAH) Room 1029 at the Balmoral Street Centre, Lakehead University Campus, Thunder Bay (space is limited). To attend in person, please contact Kathleen at 626-5570, ex. 5573  
2. **OTN Videoconference Site:** Those wishing to connect through OTN can do so by self registering through their OTN Coordinator. The Event ID for Wednesday, April 16 is #33861256. The Event ID for Wednesday, April 30 is #33876273 Sites can also register by contacting Deb Lamers at [dlamers@lakeheadu.ca](mailto:dlamers@lakeheadu.ca).  
3. **Live Webcast:** Those who wish to watch via webcast can visit <http://webcast.otn.ca> then select “Live Events” and “Public”. Then search for “Advance Care Planning in Health Care Services” or search by the Event ID #33876273.



### **Therapeutic Touch Level 1 Workshop: April 11 and 12 at the Hospice Northwest office**

Hospice Northwest will cover the cost of the first Therapeutic Touch Training (Level 1) for active Hospice volunteers (\$120 value). Please contact Kathleen at 626-5570, ext. 5573 for details on how to register.

#### **HOSPICE NORTHWEST**

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

Joan Williams, Executive Director  
626-5575 [joan@hospicenorthwest.ca](mailto:joan@hospicenorthwest.ca)

Terri Kannegiesser, Volunteer Coordinator  
626-5572 [terri@hospicenorthwest.ca](mailto:terri@hospicenorthwest.ca)

Kathleen Buso, Communications Coordinator/Office Administrator  
626-5573 [kathleen@hospicenorthwest.ca](mailto:kathleen@hospicenorthwest.ca)

Caitlyn Phirbny, Fund Development Intern  
626-5570  
[caitlyn@hospicenorthwest.ca](mailto:caitlyn@hospicenorthwest.ca)

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



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

Cathy Alex ~ Robin Cano ~ Kathy Kortess-Miller ~ Marianne Larson ~ Myrna Letourneau  
Jill Marcella ~ Paul Morralee ~ Katherine Poulin ~ Ron Woit

Katherine Poulin is the volunteer representative on the board and welcomes all communication from volunteers. Her phone number is 767-4504 and her email is [kpoulin@tbaytel.net](mailto:kpoulin@tbaytel.net)

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 during our annual Hike for Hospice Palliative Care.