




Hospice Northwest
invites you
to join us at our
annual

Hearts and Hope
Candlelight Memorial Service

Light a candle in memory of a life so deeply missed...

DATE | Tuesday, December 9
TIME | 7:00– 8:00pm
LOCATION | Slovak Legion Solarium,
801 Atlantic Ave

Please join us for this non-denominational event in remembrance of those who have died. The service will be conducted by Archdeacon Deborah Kraft and Reverend Dr. Randy Boyd, and will include music, dance and readings by special community guests. There will be special participation from Northwest Funeral Alternative Inc., Elevate NWO, Out of the Darkness Walk for Suicide Awareness, and the LU Gender Issues Centre. We invite individuals from all faith groups and belief systems to participate in the ceremony and reception to follow.



Hospice Northwest invites you to our

Volunteer Appreciation Christmas Luncheon

Tuesday, December 16th, 2014
Georgian Room, St. Joseph's Heritage

Symposium: 11:30 am
Lunch Buffet: 12 - 1 pm
RSVP by December 8 to
Kathleen or Terri at 626-5570

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Special points of interest:

- *Yoga at Hospice Northwest* —page 4
- *Volunteer Mileage Claims—Deadline December 1*
- *Next Circle of Friends Gatherings: November 14, November 28 and December 12*
- *Spaghetti Supper—January 11, 2015*



News from the Region

Geraldton Office

Hospice Northwest Geraldton is pleased to announce that a new information sign has been hung in the Geraldton District Hospital lobby advertising the local HNW program.



New Hospice Northwest Sign in Geraldton Hospital

Also, with the funds raised from the 2014 Hike for Hospice, Geraldton was able to send an extra four people to the HNW Volunteer Retreat in September, resulting in 8 volunteers attending. The extra funds also enabled the program to purchase new bedding and towels for the Palliative Care room. The Geraldton program will also be sending two people to the upcoming CERAH conference in November.



Geraldton Volunteers at the HNW Volunteer Retreat in September

The HNW Geraldton volunteers were very pleased to receive a copy of the new Volunteer handbook and a HNW T-shirt. Much appreciated! Geraldton is also pleased to mention 8 new recruits are in the process of taking the Hospice Palliative Care Training and will be joining the HNW Palliative Care team upon their graduation in December.

The *Terrace Bay/Schreiber office*, along with the *Marathon office*, the *Longlac office* and the *Manitouwadge office*, are all taking part in the current volunteer training program via OTN Telemedicine videoconferencing. The *Nipigon program* will be conducting their own training at a later date.

I Am Standing Upon The Seashore, by Henry van Dyke

I am standing upon the seashore. A ship, at my side, spreads her white sails to the moving breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until, at length, she hangs like a speck of white cloud just where the sea and sky come to mingle with each other. Then, someone at my side says, "There, she is gone." Gone where? Gone from my sight. That is all. She is just as large in mast, hull and spar as she was when she left my side. And, she is just as able to bear her load of living freight to her destined port. Her diminished size is in me -- not in her.

And, just at the moment when someone says, "There, she is gone," there are other eyes watching her coming, and other voices ready to take up the glad shout, "Here she comes!"

And that is dying...



Terri's Tidbits

I'm happy to report that this year's volunteer training program is going well with 26 recruits in attendance here in Thunder Bay. Many thanks to Rev. Randy Boyd of Trinity United Church who has graciously provided us with space and the ability to videoconference to Terrace Bay, Geraldton, Manitouwadge and Marathon, and to Josie Salonen, volunteer, for ensuring that we're set up and ready to go each week. Thank you to Robin Cano, Board Member and OTN Telemedicine Nurse Consultant at St. Joseph's Care Group for

playing a major role in facilitating the videoconferencing as well.

For those of you who have submitted your biographies to us, thank you very much. Anyone who has not done so, I encourage you to do so as soon as possible. We need to have it on record in order to quickly prepare your volunteer card (attached to the bamboo plant) that will be presented to clients/caregivers at your initial introduction. It's all part of our communication plan that we're piloting over the next year. If you need more information,

please give me a call or if you'd like to have a new photo taken for your card or i.d., we can arrange that as well. Until we see each other at our annual Christmas party, I'll leave this with you to ponder....

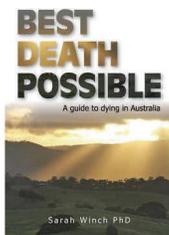
Never mind if you fall far short of the thing you want to do,—encourage your effort. If no one else will say it to you, say it to yourself. 'Not so bad.' It will make the next effort easier and better.

—Josephine Demott Robinson



Resource Library

New Resources available in our library:



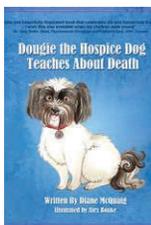
Best Death Possible by Sarah Winch PhD

Just before Christmas 2007, Lincoln Winch received the worse news possible. He was diagnosed with kidney cancer that had spread

throughout his body. He died four months later at 48 years of age. By his side was his wife Sarah, an experienced nurse, ethicist and sociologist who had been managing, teaching and researching many aspects of end-of-life care for three decades. In that sense Lincoln was, as he acknowledged, fortunate. This is their story. It shares with everyday Australians, who get similar catastrophic news, how to use the Australian healthcare system to get the best death possible. This book will tell you how to:

- ◆ Understand and believe bad news including diagnosis and prognosis
- ◆ Develop your own end-of-life plan

- ◆ Get the support you need professionally and personally to make your plan happen
- ◆ Identify the legal documents that you may need
- ◆ Understand the dying process
- ◆ Troubleshoot care issues



Dougie the Hospice Dog

Written by Diane McQuaig
Illustrated by Alex Boake

Death is one of the hardest subjects to broach with children, especially when you are struggling to deal with your own sorrow. This book, published by the Kensington Foundation, is written in a way that will enable children and their parents, care givers or support networks to start the conversation about death and dying and the cycle of life. It is gently told to bring comfort and peace to children at a difficult time in their lives. The book is authored by Diane McQuaig, a widow and mother of four who experienced first-hand the family trauma involved in losing a cherished loved one.

Her hope in penning the story of Dougie is to lighten the load for children and families struggling with grief. "A gentle and beautifully illustrated book that celebrates life and humanizes its ending. I wish this was available when my children were young." Dr. Gary Rodin MD, FRCPC Head, Psychosocial Oncology and Palliative Care, University Health Network



Hospice Northwest's Volunteer Handbook, 2014 Edition

Hospice Northwest's Volunteer Handbook has been updated and reprinted. A free copy of the 2014 edition is available to all Hospice Northwest volunteers. If you have not already received your copy, we will have them available at our annual Christmas Luncheon on December 16 or you can drop by the office during regular hours to pick one up.



Circle of Friends Gatherings

As the length of daylight lessens and winter time draws closer, I notice feelings of warmth and deep gratitude fill my spirit when I think of the beautiful community of people at Circle of Friends. Belonging to Circle of Friends fills me with the radiance and joy of the summer time sun. As we've continued to journey together into the fall, Circle of Friends continues to grow into a supportive, kind and inclusive community.

In early October, Circle of Friends members joined together for a special fall celebration at Willow Springs Creative Centre, based in Kaministiquia, Ontario. Although the rain was falling outside, we enjoyed our time together indoors crafting delicious home-made pizza that was fired up in the outdoor pizza oven. After sharing a meal together, Judi Vinni, one of the head founders of Willow Springs, led us in a mosaic making art activity. Later during our sharing circle, we gave thanks for the meaningful relationships in our lives, including all of our friends at Circle.

Every Circle of Friends gathering offers an invitation to be present with ourselves

and with each other, to open up about our thoughts and feelings, if we wish, and to offer support to each other. The door to Circle of Friends is always open, waiting to greet new members with kindness.

For now I'll leave you with this kundalini yoga farewell blessing:

*May the long time sun
Shine upon you,
All love surround you,
And the pure light within you
Guide your way on.*

Love, Light, and Gratitude,
Allison Skirtschak

Circle of Friends

The Circle of Friends support group is a unique program offered by Hospice Northwest in Thunder Bay. Trained volunteers join together to provide compassion and emotional support to persons living with life limiting illnesses and their families and friends. The goal is to help enhance or maintain quality of life despite the pain or turmoil they may be experiencing.

Participants may attend all or part of the

3 hour gathering, which is held from **11:00 a.m to 2:00 p.m. every other Friday**. Participants are asked to respect confidentiality within the group. There is no cost to attend. For more information, please call Hospice Northwest at **(807) 626-5570**.

Circle of Friends Meetings

11:00am - 2:00pm Fridays
at the Hospice Northwest Office
63 Carrie Street
**Please call 626-5570 if you are
interested in attending**



Upcoming Meetings:
November 14 & 28
December 12

Hatha Yoga Class "Yoga For Paddlers" at Hospice Northwest

November 12 - December 17

Wednesday Evenings

7:00—8:00 pm

Hatha Yoga is a great way to develop strength, flexibility, balance, and relaxation skills. The pace of the class is moderate; it's suitable for beginners and experienced practitioners alike. Modifications are provided for injuries and limitations, so that postures are kept safe and effective. This class is initiated by The Grizzlies kayaking club, so will have a focus on learning the basics of classical yoga poses that are particularly suited to the demands of paddling, but are useful for everyone.

Fee for Hospice Northwest volunteers: \$8/class (\$12 for the public), but a \$5 discount if committing to the series of 6 classes and paying in advance. Props are provided (you're welcome to bring your own mat). Students wear whatever is comfortable to move in. Classes are Wednesday evenings 7-8pm November 12 to December 17, and a new session will begin again in January. Please contact instructor Robin Faye at 807-632-6591 or yoga@robinfaye.ca for more information and to register.

Hospice Northwest Volunteer Retreat



Our wonderful Volunteer Retreat Coordinator, Bailey Forsberg

and wide to attend the event! It affirmed what we already knew - that we have a strong team of coordinators, volunteers and staff that is wholly committed to the organization and the clients we serve.

We also would like to thank the speakers for sharing their expertise on Hospice Northwest, its services and end-of-life care; Trinity United Church Volunteers and Hospice Northwest Volunteers for lending a hand with the planning and organization of the event; Trinity United Church for providing support and a venue; and Thunder Bay Community Foundation for provid-

ing support and funding. Without your tremendous support, the retreat would not have been possible.

The retreat also afforded us the opportunity to present our 2013 and 2014 June Callwood award recipients with their Awards of Distinction. Congratulations Barb Morine and Barbara Hamilton!

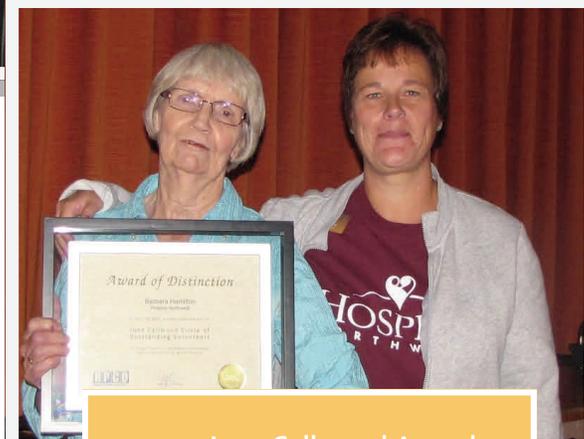
We hope that the retreat was informative and meaningful, but most of all enjoyable! Also, we hope that everyone took away valuable insight, helpful techniques and useful tools from all the workshops, which will help you to succeed in your roles and provide quality end-of-life care.

THANK YOU TO ALL WHO ATTENDED

Hospice Northwest was thrilled with the huge turnout at the Hospice Northwest Volunteer Retreat! Thank you to all of our local and regional coordinators and volunteers who set aside time and travelled far



2014 June Callwood Award Recipient Barb Morin



2013 June Callwood Award Recipient Barbara Hamilton

A Very Special Birthday Celebration



For 70 years, Estelle and Joe have shared the bond of love, first as a couple and then as a loving family with three children. Now, as Estelle celebrates the special milestone of her 100th birthday - Joe will soon join the centenarian club as well - they share another special bond, the companionship and support that comes with having Hospice Northwest volunteers.

As aging parents become ill and begin to require additional care that their children, often far from home, are not able to provide, Hospice Northwest volunteers can help, by offering support to the parents and peace of mind to their families.

In 2012, Estelle's daughters Andrea and Anna, who both reside in BC, received notice from their mother's doctor that Estelle's condition was declining, and that their mother might benefit from palliative care services. Andrea contacted Hospice Northwest and volunteer support for their mom was soon in place. Since then, Estelle has been visited regularly in her residence at Bethammi Nursing Home by the caring team of Anne and Betty, who provide companionship and assistance with daily activities.

Hospice Northwest was also able to offer assistance to Estelle's husband Joe when he moved from his apartment to Bethammi. Such a transition can often be a difficult one, but Joe's volunteer Bob was able to encourage and support Joe through the move. Now Estelle and Joe can spend their final days together, cared for by their devoted volunteers and by the nursing home's dedicated staff.

As Estelle and Joe's family gather to celebrate the joyous occasion of their mother's 100th birthday, they offer thanks to the organization that provides them with that extra peace of mind. "I have appreciated all the time and help my parents have received since the visits began", Andrea states as she and her father, along with Ann, Betty and Bob, form a loving circle around the birthday girl.

Fundraising Update

Wings of Remembrance Ornaments Sale

Our 2014/15 *Wings of Remembrance* campaign begins on November 15, 2014, at which time our ornaments will be available for purchase in our office or online. Last year, we introduced four new styles to the collection: the *Snowflakes from Heaven* crystal ornament, the *Life's Way Porcelain Heart* ornament, the *Life's Way*

Pewter Heart ornament and the *In Our Hearts Forever Pewter Medallion* ornament, in addition to our *Guardian Angel*, *Going Home Dove* and *Wings of Inspiration Butterfly* ornaments.

If you would like to purchase an ornament, are able to help out with sales or production of the ornaments, or know of a location that would be willing to set up one of our display wreaths, please let Kathleen know.



Annual Spaghetti Supper January 11

Hospice Northwest has once again been chosen as a recipient of the proceeds from the Port Arthur Italian Cultural Centre's *Spaghetti Supper*, to be held January 11, 2015. The more tickets we sell, the larger the donation, so please consider purchasing tickets as gifts for your family this Christmas. Tickets are available at the office by calling Kathleen at 626-5570, ext. 5573.

Hike for Hospice planning is now underway for the 2015 Hike. If you are interested in helping out with the Hike, either as a committee member, or on the day of the Hike, Sunday May 3, please give Kathleen a call.



Volunteer Mileage Claims

The opportunity exists for Hospice Northwest volunteers to apply for a Charitable Tax Receipt for mileage costs incurred during their volunteer visiting work with Hospice Northwest (in accordance with Canada Revenue Agency guidelines).

Procedure for Charitable Tax Receipts: The Volunteer completes the HNW Travel Log Form (enclosed in mail out). The Travel Log Form must document all mileage costs you wish to claim for the period of November 1, 2013 to October 31, 2014 that were incurred while on Hospice Northwest business; The Volunteer issues a money order, cash, or a personal cheque made out to Hospice Northwest that equals the amount of the

mileage claim total;

The application, travel log and cheque must be submitted to Hospice Northwest by December 1st.

Hospice Northwest staff will review the completed application and travel log forms for completeness and accuracy; Once approved, Hospice Northwest will deposit the Volunteer's cheque;

Hospice Northwest will issue a cheque to the Volunteer for the amount claimed on the application. A Charitable Tax Receipt will also be issued to the Volunteer for that same amount;

Cheques will be issued by Hospice Northwest as soon as possible, but please allow 2 weeks turn-around for

this exchange to occur in order to cover administrative delays. If this creates difficulty for the volunteer, please call the office to make alternate arrangements for speedier cheque exchange.

Note: The volunteer is responsible for any banking fees incurred by NSF cheques.

Mileage is compensated using a standard rate of \$0.45/km.

Please return your claim to Bailey Forsberg, Volunteer Services/ Administrative Assistant Intern. If you have any questions about your claim, please contact Bailey at 626-5580, ext. 5579 or email her at:

bailey@hospicenorthwest.ca

Partnering for Reality Making: Helping Nursing Students to Care for Dying Patients

For the last several years, Hospice Northwest volunteers have been sharing their palliative care skills in a very unique way. Jeanne Adams, Sue Raynak and Marie Morrow have volunteered to help out during a 3 hour Palliative Care Simulation Experience for 4th year nursing students at Lakehead University.

Kristen Jones-Bonofiglio, Diana Pallen, Kathryn Halverson & Joan Williams worked together on this one year pilot project which was aimed at training and preparing nurses who provide hands on care at the end of life. Our

Hospice Northwest volunteers were able to share their gifts of active listening and mindful engagement and

demonstrate how they utilize these skills to ensure our clients' last moments of life are handled with dignity and grace.



The simulation experience helps to prepare students to take a holistic approach to client care while providing comfort, dignity, respect, advocacy, and quality of life. Feedback from this program indicates that this experience helps to prepare students for clinical practice in ways they had not expected.





Educational Opportunities and Events

Fighting for a Pan-Canadian Palliative Care Strategy

Date and Time: Wednesday, November 12, 2014

Location: Victoria Inn Hotel, Thunder Bay

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

Guest Speaker: NDP MP Charlie Angus

Description: Charlie Angus, NDP MP for Timmins-James Bay, will be speaking on the need for a Pan-Canadian Palliative and End of Life Care Strategy. He will discuss the political stories he heard in his outreach across the country. Charlie will outline the New Democrats vision for palliative care that recently received almost unanimous consent in Parliament. He will discuss the next steps that we all need to make together to see a Pan-Canadian strategy for palliative and end of life care implemented across Canada.

Registration: This event is FREE to attend, however registration is required. Please contact Kathleen to register.

Palliative Care Lunch and Learn Series: Peer-Led Debriefing

Date and Time: Thursday, November 20th from 12:00—1:00 pm

Location: Centre for Education and Research on Aging and Health, Balmoral Street Centre, Room 1002, Lakehead University

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

Presenters: Jackie McDonald, St. Joseph's Care Group

Description: Learning Objectives: Discuss grief in long-term care; Provide clarity on the purpose of peer-led debriefing; Increase awareness of the importance of self-care in long-term care

Registration: Registration is required. Please contact Kathleen to register. To participate via OTN, please contact the telemedicine coordinator at your local Ontario Telemedicine Network (OTN) site. Webcast is also available.

Palliative Care Lunch and Learn Series: Supporting a Person with a Developmental Disability in the Community

Date and Time: Thursday, December 4th from 12:00—1:00 pm

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

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

Presenters: Trisha Murphy, Community Living Thunder Bay

Description: Learning Objectives: explore challenges and successes in the Developmental Services Sector; Discuss supporting the care providers; Elaborate on the value of community partnerships

Registration: Registration is required. Please contact Kathleen to register. To participate via OTN, please contact the telemedicine coordinator at your local Ontario Telemedicine Network (OTN) site. Webcast is also available.

HOSPICE NORTHWEST

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626-5570, ext. 5579
bailey@hospicenorthwest.ca

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www.hospicenorthwest.ca



HOSPICE NORTHWEST BOARD OF DIRECTORS

Cathy Alex ~ Robin Cano ~ Tesa Fiddler ~ Kathy Kortess-Miller ~ Myrna Letourneau
Jill Marcella ~ Barb Philp ~ Katherine Poulin ~ Shane Strickland ~ 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

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.

