



Hospice Northwest
invites you
to join us at our
annual

DATE | Tuesday, December 8
TIME | 7:00– 8:30pm
LOCATION | Lakehead Unitarian
Fellowship
129 Algoma St South
Parking available at the
Bay Credit Union



Hearts and Hope

Candlelight Memorial Service

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

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.

Thanks to the Thunder Bay Community Foundation for their support.

Hospice Northwest invites you to our
Volunteer Appreciation Christmas Luncheon

Tuesday, December 15th, 2015
Georgian Room, St. Joseph's Heritage

Symposium: 11:30 am

Lunch Buffet: 12 - 1 pm

**RSVP by December 7 to
Kathleen or Terri at 626-5570**

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- *Free Introduction to Meditation* —page 7
- *Volunteer Mileage Claims—Deadline December 4*
- *Candlelight Memorial Service December 8*
- *Circle of Friends Christmas Gathering Dec. 9*
- *Spaghetti Supper—January 10, 2016*



News from the Region

Geraldton Office

The Hospice Northwest Geraldton Program was pleased to welcome eight new palliative care volunteers in December 2014, and currently has three prospective volunteers participating in the 2015 volunteer training program.



Geraldton's 2014 Hospice Northwest Grads

Pictured above: **Back Row:** Sanna Humphreys, Kathryn Legault, Ruth Ann Woods, Laura Sakamoto and Harold Donohue **Front Row:** Myrna Letourneau, Michelle Brunet, and Brenda Abraham **Missing from photo:** Talia Comer and Kerry Cichelly

HNW Geraldton volunteers continue to assist with seasonal activities in the John Owen Evans Residence. On Halloween night, the John Owen Evans Residents were treated to a Pub Night, with the music of the KING'S HIGHWAY, a band from Thunder Bay. The residents, family and friends, all had a blast getting dressed up in costumes. Some residents clapped, some danced, and others sang along to the music. They shared snacks and drinks. A great time was had by all. Thanks to all that helped make this event possible.

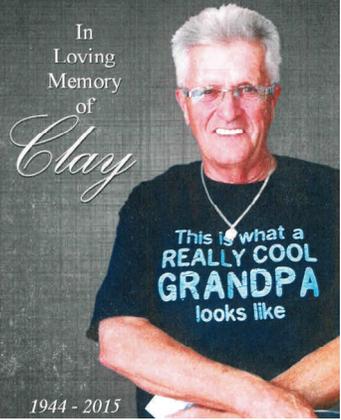
A special thanks to the KING'S HIGHWAY BAND who travelled all the way from Thunder Bay to entertain the residents.



Thanks to the King's Highway band, who performed at the John Owen Evans Hallowe'en Party in October

Members of the Geraldton/Longlac Program offer their condolences and deepest sympathies to Denise Bourgoin, Geraldton/Longlac Hospice Northwest volunteer, on the loss of her husband who passed away on December 10th 2014. Prayers and fond memories are what we have to remember our dearly departed. May she find comfort in the love of family and friends.

Always
in our hearts
Always
in our memories



In Loving Memory of *Clay*

1944 - 2015

On May 25, 2015 Hospice Northwest staff and Thunder Bay volunteers said goodbye to our dear friend and unforgettable volunteer, Clay Mosley. Clay died peacefully at home, with his family by his side. Clay was one of Hospice Northwest's strongest advocates. He was very passionate about being a hospice volunteer, and was always eager and willing to share his experiences as a volunteer with others. He became a spokesperson for Hospice Northwest, sharing his stories on various volunteer panels, in promotional videos for the organization, and at every other opportunity that presented itself. The many clients he supported, both in the community and at St. Joseph's Hospital, benefited greatly from his compassion and sense of humour. We at Hospice Northwest will miss him deeply.

Ian's Walk for End-of-Life Care

On August 5th and 6th, Hospice Northwest staff and volunteers had the pleasure of hosting Ian Bos during his stop in Thunder Bay. In May 2015, Ian embarked on an incredible journey across Canada in honour of his late father, Ted Bos. This 39 year old man, alone and on foot with nothing but a backpack and a cell phone, walked an average of 40 km a day from the shores of Nova Scotia to the coast of BC, as a means of raising funds and awareness for hospice palliative care. Ian stopped in many communities along his journey to participate in local events and fundraising activities,



with the aim of generating awareness of the benefits of hospice palliative care and visiting community hospices throughout Canada.

During his stay in Thunder Bay, Hospice Northwest arranged a press conference at the Marina, a visit to the Terry Fox Monument, as well as a dinner and two nights hotel accommodation for Ian. Hospice Northwest offers a sincere thank you to the Keg Restaurant and the Marriott TownePlace Suites Thunder Bay for their contributions to Ian's visit.



Resource Library



Hospice Northwest welcomes our new Resource Library volunteer, Lada Iwasykiw. Lada has been volunteering in our library since

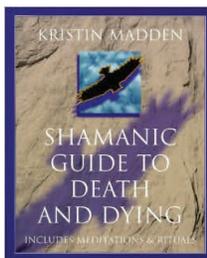
January 2015. She retired in December 2014 from Lakehead University after having worked thirty-three and a half years in the Chancellor Paterson Library. The Hospice Northwest Resource Library was the perfect venue for Lada to use her library skills and experience.

In her spare time, Lada enjoys reading, flea marketing and creating unique pieces of jewelry.

Lada invites you to drop by the library and check out some of the new resources we have available.

Shamanic Guide to Death & Dying

by Kristin Madden



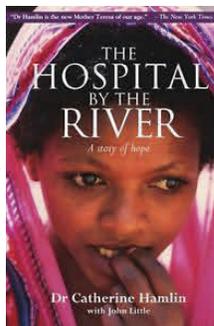
This revised handbook will comfort those who are mourning the loss of their departed loved ones. As you journey with a shamanic deathwalker, the immortality of

the soul will be illustrated and your views of death will be transformed.

Hospital by the River: a Story of Hope

by Dr. Catherine Hamlin with John Little

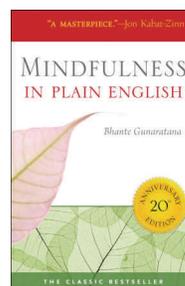
This book is the remarkable true story of Dr. Catherine Hamlin, who, with her husband, opened the Addis Ababa Fistula



Hospital in Ethiopia. This hospital has become a major teaching institution for gynaecologists from all over Ethiopia and the developing world. *Hospital by the River* is a moving and totally compelling account of one extraordinary life.

Mindfulness in Plain English

by Bhante Gunaratana



Mindfulness in Plain English is a timeless classic in its field.

Written in a straightforward manner and in laymen's terms, it is one of the most influential books about the practice of

mindfulness and meditation. Within its pages, you will discover the true power of mindfulness and the many benefits it brings to your life.



Hearts & Hope Grief Support Group

Hospice Northwest offers a Grief Support Group for persons who have experienced the death of a loved one.

The group provides a place where people can talk about their experience, listen to that of others and share their feelings. Guiding principles include respecting the values and beliefs of others and maintaining confidentiality.

Group participants will gain skills and understanding of their grief experience and practice compassion toward themselves and others. The group will be facilitated by Claudia Otto and Katherine Poulin.

This is a six week program which will meet on Tuesday afternoons at the Hospice Northwest office at 63 Carrie Street. Please call Joan Williams at Hospice Northwest at 626-5570, ext. 5575 to register.

Next Group will be held:
Time: 1:30-3:30 PM,
Tuesday afternoons
January 19– February 23,
2016
Please call for more
information:
626-5570, ext. 5575
Where: Hospice Northwest



Personalized Memorial Ornaments

Wings of Remembrance

One of the most meaningful gifts you'll give this Christmas

To order, please call
626-5570
www.hospicenorthwest.ca

HOSPICE NORTHWEST

8 styles to choose from, including our new heart pet memorial

Thank you to the Chronicle Journal for their support

Come Hike With Us!
 Hospice Northwest's
 5th Annual
**HIKE FOR
 HOSPICE**
"Crossing Bridges Along Life's Way"

Hike for Hospice

2015 Hike: Hospice Northwest is very pleased to announce that our 4th Annual Hike for Hospice was a great success!

With the help of hundreds of volunteers, donors, and walkers, we raised almost \$48,000, in addition to the nearly \$28,000 worth of goods and services that were donated!

We are grateful to have had the opportunity

to bring the community together for this wonderful experience. We can't wait to do it again in May 2016 where we look forward to seeing new and familiar faces.

The Hike for Hospice would not have been the success it was without the assistance of committee members: Michele Love, Norina Arno, Hilary Mettam, Sue Raynak, Paul Morralee, Barb Philp, Quyen Le, Nicole Legros, Terri Kannegiesser, Joan Williams, Kathleen Buso and our Chair Shane Judge.

We are also indebted to the following sponsors for their generous donations:

Our Media Sponsors: Magic 99.9 and Country 105

Our Marathon Level Sponsors: Goldcorp Mussel White Mine, John Andrews Foundation, Bayshore Home Health, Thunder Bay Catholic District School Board, Gran Sasso Club, Fort William Rotary Club, Northwest Funeral Alternative and RBC.

Our Running Level Sponsor: Harbourview Funeral Centre

Our Jogging Level Sponsors: CIBC Wood Gundy, Northern Credit Union, Bay Credit Union, Shoppers Home Health

Our Walking Level Sponsors: Allstate Insurance, Jenkins Funeral Home, White Cedar Pharmacy, River Terrace Pharmacy, Bruno's Contracting, Wanson Lumber, BMO, Lakehead Alumni, Balmoral Park Acura, Scotia Bank, Nucci's Bake a Deli, Freedom 55, Jonmar Group, Sue Prodaniuk Advertising, Edward Jones, Italian Society of Port Arthur

Other Sponsors: Sargent and Sons, Nurse Next Door, T&T Auto, Donato's Bakery, Badi's Painting, Tony's Cabinets and Home Improvements

Food and Services Donations: Westjet, McDonald's Restaurant, Sasi Spring Bottled Water, Thunder Bay Community Auditorium, Franki's Pizzeria, The Keg/Caribou, Rollason Flowers, Days Inn, Best Western, Victoria Inn, Valhalla Inn, Towne Place Suites Marriott Hotel.

Thanks also to all of the community businesses who donated prizes to the Hike, as well as to all the Hike participants!

Planning for the 2016 Hike is already underway! If you would like to get involved, either as a committee member, a Raffle/Silent Auction volunteer, or a Hiker, please call the office at 626-5570.



Upcoming Fundraising Events Spaghetti Dinner and Tbaytel for Good

Hospice Northwest's annual Spaghetti Dinner Fundraiser is coming up on January 10, 2016.

The dinner will be held at the Port Arthur Italian Cultural Centre.

The more tickets we sell, the larger the donation we receive from the Centre, so please consider purchasing tickets as gifts for your family this Christmas. They make great stocking stuffers!

Tickets are available at the office by calling Quyen at 626-5570, ext. 5579.



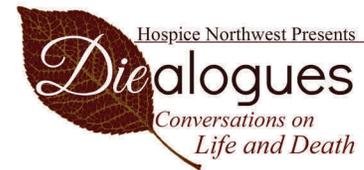
Please support Hospice Northwest's annual
Spaghetti Dinner Fundraiser
Sunday, January 10, 2016
at the Italian Cultural Centre
132 S. Algoma Street

Take-out Tickets are \$10.50
(Take-out from 2:00 - 5:30 pm)
• Spaghetti & Meatballs/Gnocchi
• 10 Meatballs

Sit-Down Tickets
(Dinner served at 6:00 pm)
• Adults: \$12.50
• Children under 10: \$8.50

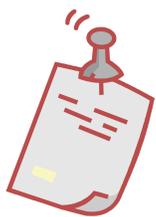
Hospice Northwest is dedicated to providing compassionate care to individuals with life limiting illness, comfort to their families, and emotional support to anyone who has lost a loved one.

Tickets available at the Hospice Northwest office at 63 Carrie St. or call 626-5570, ext. 5579



Hospice Northwest is competing in the Tbaytel for Good online contest. We hope to win either \$10,000 (first place) or \$5,000 (second and third place) to help us host our community event series, Diealogues. Please cast your vote for Diealogues today and every day until November 30th.

www.tbaytelforgood.net/ideas/136



Message from Joan

Hello Volunteers!

We're overdue for communication with you so please accept our apologies. Projects underway here behind the scenes include an overhaul of our website, to change the clinical tone of the text and make it more accessible and interesting to the general public. This project is being funded by the Ontario Trillium Foundation who also funded our marketing and fundraising analysis, which recommended this website revision. One new feature on the website will be the Don't Duck the Conversation module, which includes a workbook for use in developing an advanced care plan. The module was introduced at our Diealogues workshop at the Palliative Care Booster "Our Life and Death: A Public Health approach to Dying" on November 13th. Jill Marcella did a fantastic job of leading the participants through discussions about the importance of having conversations with our loved ones while we are well so they can be fully informed in the

event of an unexpected calamity. We have enjoyed having Allison Skirtschak in the office for a few weeks to help with this project, and she is coming back to help with the Wings of Remembrance memorial ornaments while Kathleen takes a well deserved break in December.

Our Hike for Hospice has jumped back on board with a couple of wonderful new additions to our committee. Shane Judge has agreed to be the Hike Chair again so he will capably steer the ship towards what we hope is another record breaking success.

Terri has recruited an awesome new group of volunteers this year and they will soon be joining you in providing client services. Welcome to the new volunteers!

Quyen Le is our Intern who is working on the SUMAC database which is the information system we are now using to manage client, volunteer and donor data. Quyen's internship goes until early May 2016. Quyen is a great volunteer on our

Hike committee as well.

Our Board of Directors said farewell to Ron Voit this year, and that vacancy was filled by David Clara, who brings the perspective of a local business owner to our board. Jill Marcella has stepped into the Chair position, Shane Strickland to the Vice Chair, and Kathy Kortess-Miller sits on the Executive as Past Chair. Our ten member board is asked to serve two three year terms and can serve a maximum of seven consecutive years. Our Client Volunteer representative on the board is Katherine Poulin, who is active with a client living in Long Term Care, and also as one of two facilitators of the Hearts and Hope Grief Support group which runs three times per year.

The annual volunteer Christmas party is coming up on December 15th but sadly I won't be joining you since I have a visit planned with my daughter in Winnipeg. I will miss seeing your sparkly faces but hope that I have another opportunity soon.



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 4th.

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 Quyen Le, Database Intern. If you have any questions about your claim, please contact Quyen at 626-5570, ext. 5579 or email her at:

quyen@hospicenorthwest.ca.



Terri's Tidbits

Happy Holidays everyone! That time of year is almost upon us, so I'd like to take this opportunity to wish all of you the best of the season and to thank you for the amazing work that you do.

Very soon, you'll be receiving your volunteer recommitment form and evaluation survey either by email or snail mail. If you plan to continue your volunteer work with us (I sure hope that you do), please sign it and return it to me as soon as possible. If you're unsure of your plans going forward, please give me a call so we can chat about your situation. Hope to see all of you at our annual Christmas Luncheon on Dec. 15th.

The best way to find yourself is to lose yourself in the service of others.

~ Mahatma Gandhi

**JOIN EDITH ALIG GAGNE FOR A
FREE INTRODUCTION TO MEDITATION**
The best gift you can give yourself is the gift of
meditation. Learn to manage stress, improve
relationships & create work-life balance.

WED, JANUARY 13TH 7:30PM - 8:30PM
At the Hospice Northwest office

Circle of Friends

Christmas Gathering

If you are living with a serious chronic or life-limiting illness, there is somewhere to turn for support.

Circle of Friends provides compassion and emotional support to individuals and their caregivers. There is no cost to attend this event.

The upcoming Circle of Friends gathering will include a light lunch, a creative art activity provided by *Willow Springs Creative Centre*, fellowship and the chance to share openly in a confidential setting. Please join us and learn what we're all about.

New members are always welcome.

Circle of Friends Christmas Gathering
Wednesday, December 9th, 2015
from 11 am to 2 pm at Hospice Northwest



If you are interested in attending, please contact:
Allison Skirtschak, Circle of Friends Coordinator
Hospice Northwest at 626-5570, ext. 5571
info@hospicenorthwest.ca
www.hospicenorthwest.ca

HOSPICE NORTHWEST

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

Joan Williams, Executive Director
626-5570, ext. 5575 joan@hospicenorthwest.ca

Terri Kannegiesser, Volunteer Coordinator
626-5570, ext. 5572 terri@hospicenorthwest.ca

Kathleen Buso, Communications Coordinator/Office Administrator
626-5570, ext. 5573 kathleen@hospicenorthwest.ca

Quyen Le, Database Assistant Intern
626-5570, ext. 5579
bailey@hospicenorthwest.ca

website:
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 ~ David Clara

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.

