

Candlelight Memorial Service—December 1st

HNW will be offering a Candlelight Memorial Service on Thursday, Dec. 1st from 7:00-8:00 pm at the Trinity United Church at 30 S. Algoma St.

The non-denominational service will be led by Rev. Deborah Kraft of St. Paul's Anglican Church and Rev. Randy Boyd from Trinity United Church. The service is open to the public. Everyone is welcome to attend.

This event will provide an opportunity for those grieving the loss of a loved one to gather together to share their grief and pay tribute to those who have died.

We are asking volunteers to help make ice candles for the service. The candles will be placed on the steps outside the church in remembrance of those we have lost.

Directions for making ice candles are as follows:

Materials needed:

- ◆ Small plastic tub or bucket (a summer beach pail is the ideal size. You could also use a 2 litre paper milk carton or an aluminum can).
- ◆ Smaller can or paper/plastic cup

A mold for the candle is created by filling a bucket or pail with cold tap water and placing a tin can or cup in the center. Weigh it down with enough small rocks to almost, but not quite, sink it.

Place the bucket outside on the porch or in the freezer until the water is frozen solid. Carefully remove the block of ice from the pail or bucket (you might need to loosen the ice by running warm tap water over the bucket's surface for a few moments). Once the ice is free from the bucket, remove the tin can or plastic cup from the center of the

block. (If the can or cup seems locked in the ice you can fill it with warm water to make removal easier.)

Once the ice has been removed from the pail and the cup from the center of the block, you've got your basic ice candle. Just place a small candle at the bottom of the well where the cup used to be.

Hints: To keep the can or cup from "drifting off center" you may want to anchor it in place by placing a stick across the top of the pail and taping the cup or can to the stick. An inverted sauce pan cover will also do the trick -- the knob at the top will prevent the cup or can from drifting too far from the center. You can also create coloured ice candles by adding a few drops of food colouring to the water before freezing.

If you are able to help make candles, and/or are planning to attend the service, please call Kathleen or Terri at 626-5570.



Annual Volunteer Christmas Luncheon

Our annual Volunteer Appreciation Luncheon will be held in the Georgian Room at St. Joseph's Heritage on Thursday December 15th

From 11:30—1:30 pm

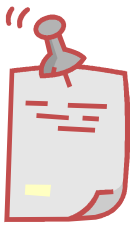
Please RSVP by December 9th to Terri or Kathleen at 626-5570

Inside this issue:

Message from Joan	2
Circle of Friends	2
News from the Region	3
Terri's Tidbits	3
Fundraising Update and Resource Library	4
Mileage Claims and Hospice Stories Update	5
Volunteer's Corner	6
Educational Opportunities and Events	7-8

Special points of interest:

- *Trinity United Christmas Tea—November 12th*
- *Candlelight Memorial Service—December 1st*
- *Annual Christmas Luncheon—December 15th*
- *St. Joseph's Volunteer Support Mtgs—page 3*
- *Wings of Remembrance Christmas ornaments on sale again Nov. 15th—call the office to order*



Message from Joan

The Annual General Meeting of Hospice Northwest was held on October 17th where we welcomed incoming board member

Ron Voit to his 1st term and Paul Morralee to his 2nd term with the board. Joan and the board will truly miss the invaluable contributions of Marg Poling and Dona Ree who have completed two 3 year terms during which a lot of work and a good deal of fun was had at the board table.

Terri has once again done an amazing job of recruiting and screening another keen group of volunteers currently enrolled in training at the CCAC training facility, where videoconference equipment makes it possible for regional volunteers to participate. We appreciate the generosity of the CCAC management and staff for accommodating this large group in their facility, at no cost.

We are thrilled to announce a new partnership which has been forged with the North Shore Family Health Team in Terrace Bay/Schreiber to operate the Hospice

Northwest program in those communities. With offices in the community of Schreiber and the McCausland Hospital in Terrace Bay, the agency is in an ideal position for this role. Our regional programs in Marathon, Geraldton, Longlac are stable and active, while Nipigon, our newest satellite office, is getting started.

The elusive quest for Accreditation continues, with Level One having been achieved and the audit for Level Two planned for November. Shawna, our most capable and tenacious Intern has taken us through the process of examining our policies, volunteer and service delivery records to ensure due diligence and continuous quality improvement. Marianne Larson as the board Lead on this project has been a supportive and encouraging mentor.

The Grief and Bereavement Support Group (in collaboration with Alzheimer's Society of Thunder Bay) is in its first six week session for this year, with eight participants. This program has received very positive feedback from those who have

participated. The group will be offered again in February and May. For an application to participate please call our office.

Our Hospice Stories project is getting close to fruition; soon ready for the final stage of editing and then to be sent off for publishing. These stories have been lovingly crafted by Allison, our gifted literary Intern, first from recorded interviews with volunteers which are then developed and tweaked through a collaborative process involving staff and major involvement of an Advisory Committee of local authors. The book, titled "Life's Way: Reflections of Hospice Volunteers in Northwestern Ontario" will be launched at a public event in the new year where we hope to see you come out to celebrate this exciting success.

The Memorial Service this year promises to be new and exciting. Plan to make an ice candle for the event and bring family, friends or clients to enjoy a rich spiritual experience of remembering your loved ones.



Circle of Friends

Danielle Shaver Currie shares another great recipe with us. This one comes from Clean Eating Magazine. She says its the best **Boston Baked Beans** that she's ever made.

1 lb dry navy beans, rinsed
2 bay leaves
1 large white onion, chopped
5 cloves garlic, chopped
5 tbsp double-concentrated tomato paste
4 tbsp Sucanat (whole cane sugar)
2 tbsp pure maple syrup
2 tbsp low-sodium soy sauce
5 tsp smoked paprika
1 tbsp dried mustard powder
1 tbsp apple cider vinegar
1 tsp sea salt, plus additional to taste
Fresh ground black pepper, to taste
1/2tsp dried thyme
1/4 tsp ground cayenne pepper, plus additional to taste

In a Dutch oven or a similar heavy,

ovenproof pot, add beans and enough water to cover by 2 inches. Bring to a boil, uncovered, on high heat; boil for 2 minutes. Turn off heat, cover and let sit for 1 hour. Drain and rinse beans. Wash pot and return beans to pot.

To pot with beans, add 6 and 1/2 cups water and bay leaves. Bring to a boil on high heat. Reduce heat to maintain a steady simmer. Partially cover pot and simmer, stirring occasionally, until beans are tender but not mushy about 1 hour.

Meanwhile, preheat oven to 300F. Add remaining ingredients to beans and stir until combines. When beans return to a simmer, remove lid and transfer pot to oven. Bake, uncovered, for 1 to 1 1/2 hours, stirring every 20 minutes, until beans are thick and tender and a dry crust forms on top. [If beans seem too dry. stir in an additional 1/2 to 1 cup

water.] Taste for seasoning and add additional salt, black pepper and spices, if desired.

Enjoy and always remember the kindness and generosity of others.

Danielle

Circle of Friends Meetings

November 10th

November 24th

December 8th

January 5th

January 19th

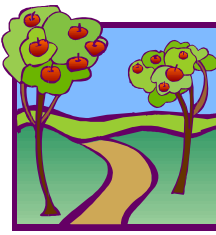
February 2nd

February 16th



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

Geraldton Office

This story about the Pet Therapy Program in Geraldton was shared by Iris Jackson.



Maria DeJesus, Recreation Aide, re-started Pet Therapy for residents of

John Owen Evans Residence, Geraldton's Long Term Care Facility, in 2001 when she asked Iris Jackson, pet owner and HNW volunteer, about bringing pets to visit.

Initially, visits were with a cat and dog, but, since 2007, black cat Magic has been the only visitor. He visits 2 or 3 times a month from September through June.

Kodiak is a recent addition to the program and visits on different days than Magic. This spreads out the visits for the residents, hopefully giving them more to look forward to and making it easier handling for Iris. Kodiak was adopted by a family who now shares him with Iris. They are really pleased to have him volunteering.

Visits are one on one with any resident who wants to pet the animal for as long as the resident wants. Treats are provid-

ed for Magic and Kodiak so residents who want to thank the pet for visiting can do so.

Normally, a trip involves 6 to 12 residents and, in total, lasts from 1 to 2 hours.



Terri's Tidbits

I'm happy to report that we have 43 volunteers in this year's training program who are just about ready to graduate and begin supporting clients. If any of you missed the Body Mechanics module in past training programs, or if you would like a refresher, I have openings available on Thursday, November 17th from 6:00-9:00 p.m. This module is presented at Confederation College now and is extremely well done. Give me a call if you'd like to attend!

Since we have adopted a new logo at HNW, we will be reissuing volunteer identification badges. Please call me to arrange a suitable time for you to come into the office to have a new photo taken and ID issued. A donation was made to HNW by one of our very active volunteers for the acquisition of lanyards for these ID tags. Thank you

so much for your generous donation! Just another positive step towards creating an awareness of Hospice Northwest and the wonderful work that all of you do!

We'll be setting up an order table for our memorial ornaments at Thunder Bay Regional on Tuesday December 6th and Wednesday the 7th. I'm still looking for volunteers to assist on the morning of the 6th or in the afternoon of the 7th. There will be no exchange of funds, only orders taken at this table. If you're able to help out even for one hour, it would be most appreciated.

In closing, here's a thought to make your day:

Giving really starts to be better than receiving. I guess that's a sign of growing up.

—Jewel

St. Joseph's Volunteer Support Meeting

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

November 8
December 13
January 10, 2012
from 12:00—1:30 p.m.

in the 4 Central Conference Room
at St. Joseph Hospital

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

A light refreshment will be provided.

You are welcome to bring your own lunch.

Please RSVP to Terri @ 626-5572



Fundraising Update—Kathleen Buso

Since our last newsletter was sent out in June, totals for the various fundraisers held in the spring and summer months have come in:

In October, Susan Fraser from Bayshore Home Health presented a cheque to Hospice Northwest for funds generated from the annual Butterfly Boogie benefit dance. Over \$8000 was raised this year. Thanks so much to the staff at Bayshore for their continued support!

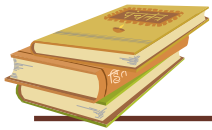
Hospice Northwest was the recipient of donations for the month of May from The City of Thunder Bay Dress Down Days program. We are happy to report that program brought in \$1400.

This was our 2nd year taking part in the LCBO Tag Days program and it was a wonderful success. Not only did we raise over \$2000 for the agency, we were also able to hand out pamphlets and chat with hundreds of people, educating them about our programs and

services. A big thank you to all the volunteers who helped with this event.

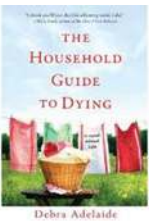
In September, Maria Westbroek hosted a huge yard sale in support of Hospice Northwest. Due to the hard work of Maria and several other volunteers—Kathy Gauley, Heather Wyllie, Anita McDowell and Anne Carr, the yard sale generated over \$800 for HNW.

Thanks so much to these wonderful volunteers and to all those who donated used goods for the sale!



Resource Library—Shawna Hymers

We've added some great books to the Hospice Northwest Resource Library collection this fall!



The Household Guide to Dying by Debra Adelaide. [FIC ADE]

This newest addition to our newly created Fiction section, tells the story of Delia, a popular advice columnist, who is the author of several “how-to” guides. Now that Delia is dying, she has decided to write the ultimate “how-to” guide - a “Household Guide to Dying.”

Heralded as “a great big, wonderful novel that sweeps you up in the story and leaves you wiser, sadder and happier at the finish” by the Halifax Chronicle-Herald, this book could be a good one to curl up with this fall.

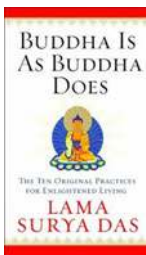


The Wolf at my Door: Cancer in My Body Cancer in My Mind by Doug Gosling. [CAN GOS]

Doug Gosling's world was changed forever on October 15, 2002 when he was diagnosed with Prostate Cancer. In his book, Doug discusses, in rich de-

tail, the various stages of his diagnosis: from the treatment he received, to his time in recovery, and the recurrence of his cancer. Doug's story is very intimate and deals openly with many difficult subjects, such as: depression, isolation, negative thoughts, difficulties with intimacy, erectile dysfunction, fear of recurrence, and death. Doug's story is quite remarkable and offers insight both for people who have cancer and their loved ones.

Buddha is as Buddha Does: The Ten Original Practices for Enlightened Living by Lama Surya Das. [SPI SUR]



Lama Surya Das, an American Buddhist teacher, offers the reader advice on how to reach one's true potential. He not only teaches wisdom and perspective, but also how one can apply these to real life in order to

make a lasting difference. This resource is for people of all spiritual beliefs and faiths and allows for personal reflection of one's thoughts and actions. As the inside cover states, “Buddha is as Buddha Does is for everyone who seeks to become a better person and share in the bounty of true Buddha nature.”

Our Spirituality collection has been growing over the summer! Come in today to check out one of these great new books:

- ***Tao Te Ching: Lao-Tzu*** Translated by Stephan Addiss & Stanley Lombardo
- ***Life After Death: The Burden of Proof*** by Deepak Chopra
- ***Buddhism*** by Clive Erricker
- ***Harmony in Healing*** by James J. Garber
- ***The Way of the Sacred*** by Francis Huxley
- ***The Holy Longing: The Search for a Christian Spirituality*** by Ronald Rolheiser
- ***Eastern Wisdom*** by Alan Watts

We also have a new addition to our DVD collection: ***Prostate Cancer: It's a Family Affair*** Produced by: Prostate Cancer Canada Network – Thunder Bay. Jim Hyder, prostate cancer survivor and the film's director, introduces the video which deals with the issues that men diagnosed with Prostate Cancer and their families deal with. Topics range from the importance of a support system, treatments, incontinence, sexual dysfunction, and the importance of communication.

Charitable Tax Receipts for Donation of Mileage Costs

Charitable Tax Receipts for Hospice Northwest Volunteers

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, 2010 to October 31, 2011 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 November 11th. All applications received after that date will be returned;
- 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;
- Once the Volunteer's cheque has been deposited, Hospice Northwest will issue a cheque to the Volunteer for the amount claimed on the appli-

cation. 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 2-3 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.

If you have any questions regarding this process, please contact Kathleen Buso at busok@tbaytel.net or at 626-5573.



Hospice Stories Update—Allison Skirtschak

Dear Hospice Northwest Volunteers,

We are very excited about the progress of our book of hospice stories, now titled *Life's Way: Reflections of Hospice Volunteers in Northwestern Ontario*.

30 stories from our local and regional volunteers will be highlighted in the book.

Recently, the Hospice Stories Advisory Committee decided to extend the printing date of the book until December to allow for more time for the committee to edit the stories and ensure they are of excellent literary quality. The book launch wine and cheese event is tentatively scheduled for some time in February or

March, 2012 at the Thunder Bay Art Gallery. The details will be announced in the new year.

Several grant applications have been sent to local foundations, businesses and service clubs and \$10,000 has been raised for the project to date, thanks to donations from the *Paterson Foundation*, *Tbaytel* and *The Port Arthur Rotary Club*.

To learn more about the Hospice Stories Project, please check out our blog at <http://hospicestoriesproject.wordpress.com/>

Thank you to all of the Hospice Volunteers who have participated in the Hospice Stories Project!

If you have a story in the book, but have

not yet sent in a photo to accompany your story, please send it in to me as soon as possible.

How You Can Help: We are in the process of determining a cover image for the book that relates to the book title and hospice theme and we are accepting submissions from volunteers. Please send high resolution images to Allison at allison@hospicenorthwest.ca or call her at 626-5578 for more information.

Wishing you all a vibrant continuation of this beautiful autumn season!

Warmly,


Allison Skirtschak, Hospice Stories Project Coordinator



Volunteers' Corner



Maria's Yard Sale in support of HNW September 2011

In loving memory of
Alfred Mayr

BORN AUGUST 1, 1923
Kleinzell, Austria

DIED SEPTEMBER 27, 2011
Thunder Bay, Ontario

*With sadness in our hearts, we bid
farewell to HNW volunteer
Alfred Mayr.
May God's hands hold you forever
In eternal light.*

In the weeks before his death, Alfred met with Hospice Stories Coordinator, Allison Skirtschak, to talk about his experiences as a Hospice Northwest volunteer. While his full story will appear in the finished book, we would like to share some of his story with you now.

Alfred, a cherished member of the Hospice Northwest team since 2006, realized he had a calling to help dying people after spending two and a half years caring for his beloved wife Irma as she gradually succumbed to lung cancer. Alfred was fierce in his determination to provide excellent care in an environment of dignity and respect. "Every day a little more was taken from her," Alfred explains, "but I didn't want her to end up in a hospital. I learned to live with dying during that time." When he told Irma of his desire to help other dying people, she gave him her blessing, considering it a "very noble idea."

After completing the necessary "rigorous training", Alfred embraced his new role with gusto, choosing to volunteer on the hospice unit at a local hospital. While the training taught him a lot about the feelings of people facing death, he found that his clients gave him true insight into what was needed from him as a volunteer.

"They hold on to your hand...you ask questions and you never receive a lie. They are so down to earth. 'Please don't go yet,' they say. 'It's nice to feel someone's hand.' It gives reassurance because many people won't touch you after you've reached the downward slide. And being there, talking with them, helps them to feel the life they are still able to enjoy", he describes.

....

Alfred holds a deep-rooted belief in the after-life. "We all come back to the One who created us and He also put strength in us to believe the right things."

When considering his time spent as a hospice volunteer, Alfred modestly states, "I've found that it's a very honorable job to be with someone who trusts you, whom you make happy. I think I was liked very much. I think I performed well in turn." In truth, all those who know him would agree: Alfred Mayr has indeed served humankind well.



Educational Opportunities and Events

Ontario Telemedicine Network Videoconference and Webcasting Presentation Knowledge Exchange Event: Integrating Hospice Palliative Care and Heart Failure

Date and Time: Wednesday November 9 from 2:00 —3:30 p.m.

Location: This presentation can be viewed via webcast (<http://webcast.otn.ca/liveevents.html>), by videoconference at the North West Community Care Access Centre, 961 Alloy Drive or by registering your site with an OTN coordinator

Presented by: The Seniors Health Research Transfer Network Hospice Palliative Care Community of Practice

Presenters: Patricia Strachan, Associate Professor in the School of Nursing at McMaster University, Jeannine Costigan, Nurse Practitioner, Cathy Joy, Palliative Pain and Symptom Management Consultant in Waterloo Region

Description: This presentation is based on a collaboration between the Waterloo Region Heart Function Team, the Palliative Pain and Symptom Management Consultation Service and McMaster University School of Nursing.

Registration: Please contact Kathleen at 626-5573 if you are interested in attending this event at the NWCCAC office.

CCAC Palliative Pain and Symptom Management Program—Lunch and Learn (PLEASE BRING BAG LUNCH)

Date and Time: Thursday November 10 from 12:30 —1:30 p.m.

Location: North West Community Care Access Centre, Boulevard Room, 961 Alloy Drive

Topic: Breakthrough Pain Defined: Its Role in Pain Management

Presenters: Marg Poling, RN, BSc.N

Registration: please RSVP to Kathleen by November 4th

Public Film/Discussion Event—The Elder Project

Date and Time: Saturday November 12 from 1:00 pm—3:30 pm

Location: Thunder Bay 55 Plus Centre, 700 River Street

Description: Our older seniors—those ages 80 and older—have become the fastest growing population segment on earth. With longevity, elders experience increasing frailty and face the difficult transition into a more dependent living scenario. The Elder Project is a documentary which follows a group of seniors who all share the desire to grow older with dignity and a sense of control over their future. The documentary will be shown and then panel members will have an opportunity to share why this topic is of importance to them. Audience participation and comments will be encouraged.

Event Sponsor: Bruce Hyer, MP

Contact: Lisa Belanger, Event Coordinator at (807) 983-3422 for more information

Forums on Interdisciplinary Gerontology—Speaker Series Front Line Staff Experiences of Grief and Loss in a LTC Home

Date and Time: Wednesday November 30 from 10:00 am —11:00 am.

Location: This presentation can be accessed in person at St. Joseph's Heritage, Teleconference Room (basement), 63 Carrie Street
Or you can self-register your site with your OTN coordinator

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

Presenter: Jill Marcella, HBSW, MSW

Description: This presentation will describe the experiences of grief and loss of nine front line workers in LTC, and report on the recommendations of how the organization can offer support to staff after a resident dies.

Registration: Please contact Kathleen at 626-5573 if you are interested in taking part in this presentation.



Educational Opportunities and Events

Caring Communication: The Heart of Palliative Care

Date and Time: Friday November 25 from 9:00 am—12:00 noon

Location: Victoria Inn, Thunder Bay

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

Description: To be human is to communicate. We continually send out messages to other people, whether we recognize it or not. Communication skills are vitally important in palliative care and are at the heart of the work we do. One of the most important ways healthcare providers can demonstrate caring is through communication. Caring relies on a human relationship between the care provider and the care recipient which is built on trust, empathy and good communication. These foundations are predictors of improved health outcomes, patient satisfaction and compliance. This presentation will focus on the importance of caring and communication in end-of-life care.

Registration: please call Kathleen at 626-5573 for information on how to register



Trinity United Church

Will be holding a

Christmas Tea

on

Saturday, November 12, 2011

From 1:00—4:30 pm

At

30 South Algoma St.

HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE.

George Phillips of Meridian, Mississippi was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked "Is there an intruder in your house?" and he said "no". Then they said that all patrols were busy, and that George should simply lock his door and an officer would be along when available. George said, "Okay", hung up, counted to 30, and then phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I've just shot them." Then he hung up. Within five minutes, three police cars, an Armed Response Unit, and an ambulance showed up at the Phillips' residence and caught the burglars red-handed. One of the policemen said to George: "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available?!"



(True Story)

DON'T MESS WITH OLD PEOPLE!!

HOSPICE NORTHWEST

63 Carrie Street
Thunder Bay, Ontario P7A 4J2
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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 ~ Paul Morralee ~ 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.



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