

Spring, 2015



HOSPICE HAPPENINGS *newsletter*

www.chathamkenthospice.com

Introducing the Chatham-Kent Hospice Hope Chest

An opportunity for you to help us furnish and equip our residential hospice!

Visit our website (chathamkenthospice.com) or look for the insert included in last week's paper (inserts also available at Municipal Service Centres) for a list of items needed to help make our residential hospice a home. The items will not only help us create a home-like atmosphere, but also meet the latest standards for quality care, safety and infection control.

Looking for a thoughtful gift for Mother's or Father's Day or a birthday or anniversary? Why not donate in honour or in memory of someone special? We would be happy to send them (or their family) an acknowledgement letter to inform them of your thoughtfulness.

With options at a variety of donation levels, you will be able to find just the right item. And there are no taxes or shipping costs!

With your help, our residential hospice will be fully equipped to provide comprehensive end-of-life care very soon!



**Changing moments,
changing lives.**
Our mission is to provide care that changes how families live the important experiences near the end of life.

Inside:

- Page 2**
- Construction has begun
 - Volunteers Needed
 - Congratulations, Lyn Rush
- Page 3**
- Hospice Heart Stories
 - Community Events
 - Stay in Touch
- Page 4**
- Message from the Chair
 - Spectra Energy Matching Gift Program

Save the Stamp! If you have received a paper copy of this newsletter and have an e-mail address, please send it to us at info@chathamkenthospice.com. We will send you an electronic copy of the newsletter instead. It helps us save money and it is environmentally friendly!

Construction has begun!

We are pleased to announce that Westhoek Construction Limited, of Chatham, was awarded the construction contract for our community's 10-bed residential hospice. Westhoek Construction will work closely with ROA Studio Inc., of Chatham, the project's architecture firm. Construction began in early April with completion targeted for the end of 2015.

The Construction Launch was recognized at an event on Friday, April 17th. During the construction of the 10-bed residential hospice, the community is encouraged to visit the site (corner of Wellington & Adelaide St., in Chatham) and tie a ribbon on the construction fence in memory or in honour of a loved one. Ribbons will be available at the site, at the St. Andrew's Residence Front Desk or feel free to bring your own.



Back Row (L-R) - Mike Lowther (Erie St. Clair LHIN), Councilor Derek Robertson (Municipality), Darren Maw (Westhoek Construction), Jennifer Wilson (Chatham-Kent Hospice Board Chair), Jim Laforet (Construction Committee Chair)
Front Row (L-R) - Bill Mason (Westhoek Construction), Jessica Smith (Executive Director - Chatham-Kent Hospice/St. Andrew's Residence), Marco Raposo (ROA Studio), Doug Brown (ROA Studio)

Congratulations, Lyn!

Lyn Rush, a member of the Chatham-Kent Hospice Board of Directors, and Chair of the Volunteer Advisory Committee, is now a member of the June Callwood Circle of Outstanding Hospice Volunteers! The award was established and named in honour of the late June Callwood, in 1994, in recognition of her long-time advocacy for Hospice. Like Ms. Callwood, Lyn has proven to be a strong advocate for Hospice and was one of the first volunteers for the Chatham-Kent Hospice project. Lyn was awarded this honour at the Annual Hospice Palliative Care Ontario Conference recently held in Toronto.



Volunteers Needed!



“Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to grow, to help, to inspire, to build, to glow, and to learn. They expect no pay yet the value of their work knows no limits. They've

known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a life time!” - Kimberly Rinehart.

Spring brings renewal, a freshness, a chance to make a change! Why not check out the volunteer opportunities that the Chatham-Kent Hospice has to offer! Our kitchen needs caring, trustworthy individuals who love being with others and who enjoy working in a team environment. Our Kitchen Volunteers will help make our residents and families feel at home by providing nutritious and delicious home-cooked meals and snacks. Must enjoy cooking and baking, and have (or be willing to take) the Food Handler's Certificate from Public Health.

This is just one of the many volunteer roles available! Please visit www.chathamkenthospice.com to fill out an application or call Melanie at 519-354-3113 for more information. Chatham-Kent Hospice welcomes volunteer applicants who reflect the wide diversity of our community. All potential volunteers will participate in an extensive screening, orientation and training program to ensure your volunteer experience is the best it can be!



Hospice Heart Stories

Cilla Smith, from Pain Court, comes from a large family of six children all married with children of their own. When their mom, Anne, was diagnosed with a brain tumour, the family took turns caring for her so her wish to die at home could be fulfilled. Part of that care included utilizing the outpatient services made available through the St. Joseph's Hospice, in Sarnia.

"At first mom was hesitant, but after several visits where she had the chance to get to know the staff and volunteers and benefit from the services, she became more comfortable," said Cilla.



Anne Kember

When it became clear that she could no longer be cared for at home, the earlier visits to the local hospice made the decision to move there much easier. "After Mom moved into the hospice, it didn't take us long to realize it was the right decision. Mom was made more comfortable and we all felt the burden of care lifted from our shoulders," shared Cilla.

Cilla and her family found that their large family felt very welcome at the hospice. Someone always stayed overnight with their mom and staff and volunteers were available 24 hours a day to answer their questions, help them understand the process of dying and, most of all, treat their mom with the best care possible as she lived out her final days.

"They were available to give her a bath or meet any other request at any time, day or night," said Cilla. "This not only helped my mom, but it helped the whole family with the grieving process. It also helped preserve our family relationships because being a caregiver is stressful. When Mom moved to the hospice, we could just focus on being her son, daughter or grandchild and it really made those last few weeks a treasure."

Cilla was so impressed with the care her mom received that she has signed up to be a volunteer at Chatham-Kent Hospice once it opens.

If you have a story to share, please:

- Email it to info@chathamkenthospice.com
 - Mail it to 99 Park Street, Chatham, ON N7M 3R5
- And we may include it in a future edition of "Hospice Happenings".

Community Events



Central Tavern Chili Cook-Off

Thank you to the Central Tavern, in Pain Court, and Pretty in Pink ladies who recently held their annual Chili Cook Off with proceeds supporting Chatham-Kent Hospice. There were 17 chili submissions. Shown here (L-R) Jodi Maroney – Director of Development, Chatham-Kent Hospice and Chili Judge, Gord Myers (third place), Jean Marc "Nipper" Myers (second place) and Chris Benn (first place).

Competitive Edge Bench Press for Life

Thank you to Competitive Edge Health and Fitness who recently held their "Bench Press for Life" event raising over \$11,000 for Chatham-Kent Hospice.



We are grateful to ALL the individuals and community groups who have organized an event to benefit Chatham-Kent Hospice – Thank You!

If you have an event idea, please contact us or visit our website to learn more about how we can help you.

Stay in Touch

Follow the progress of the Chatham-Kent Hospice project:

- Visit our website at www.chathamkenthospice.com
- Join our email list. Sign up on our website's home page
- Follow us on Facebook
- Read the Hospice Happenings Newsletter and share with family and friends
- Have questions? Give us a call at 519-354-3113

Message from the Chair

We made it! Spring is finally here! Winter this year seemed longer and colder than most - especially since our hospice team is in a big hurry to get the frost out of the ground and the new hospice building up and open. Chatham-Kent Hospice is delighted to partner with architects ROA Studio Inc. and contractor Westhoek Construction Limited to build our beautiful new hospice. So much care and thought has gone into the design and we owe a big thank you to our sister hospices who have shared their long list of "dos and don'ts" in design - all information gathered so carefully and lovingly by Director of Hospice Services Michelle O'Rourke - thank you!

Michelle and her team have also spent many hours choosing the furniture and equipment for our new hospice. We have learned much about what is needed to keep our most vulnerable members of the community safe. Materials need to be able to withstand the strong chemicals needed for infection control and furniture needs to be easily cleanable - no nooks and crannies that can harbour germs. Equally important - the furniture needs to be comfortable, as anyone who has held vigils with loved ones will know - hard seats become harder in the wee hours of the night. Finally, it is essential that our new hospice furniture is home like - home is where the heart is and at the Chatham-Kent Hospice, everything is about the heart.

I am excited about the launch of the Hospice Hope Chest because it will give the people of Chatham-Kent the opportunity to fill the hospice with items chosen with both our hearts and our minds.

To quote the recently deceased actor and poet Leonard Nimoy **"The miracle is this: the more we share the more we have."**

Please help fill our Hospice Hope Chest with carefully chosen and much needed items for the new Chatham-Kent Hospice.



A handwritten signature in black ink, appearing to read 'J Wilson'.

Jennifer Wilson
Chair, Chatham-Kent Hospice Board

Attention Union Gas Employees, Retirees and Board Members!



Chatham-Kent Hospice qualifies for the *Spectra Energy Matching Gift Program* for donations of \$50 or more. This program encourages and supports the generosity and community involvement of employees, retirees and board members by providing matching funds to the charitable organizations those individuals personally support.

If you would like to take advantage of this program, visit www.easymatch.com/Spectra-energy or call **Chatham-Kent Hospice** at 519-354-3113 for an application form.

What a wonderful way to make the most of your donation!



You can donate:

Online: www.chathamkenthospice.com

By mail to:
Chatham-Kent Hospice
99 Park Street
Chatham, ON N7M 3R5

Or call: 519-354-3113

We are grateful for your support of Chatham-Kent Hospice. If you would no longer like to receive a copy of this newsletter, please email info@chathamkenthospice.com or call 519-354-3113 and ask that your name be removed.

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