



# HOSPICE HAPPENINGS

newsletter

*Wishing you and your family peace, happiness and health, while we keep our Hospice families close to our heart this season.*

**FALL, 2017**

519-354-3113  
34 Wellington St. E.  
Chatham, ON N7M 3N7  
[www.chathamkenthospice.com](http://www.chathamkenthospice.com)

## Hospice Care is Whole Person Care

*“You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.”*

*-Dame Cicely Saunders, nurse, physician and writer, and founder of hospice movement (1918-2005)*

At Hospice, we are privileged to have a Hospice care team specially trained in end-of-life care. This care improves the lives of our residents while living at Hospice and supports their family members, helping better equip them to deal with their grief.

Dr. Robert Mayo, our Hospice's lead physician, has seen many improvements in end-of-life care over the years. When Dr. Mayo first began his practice in Family Medicine, doctors were not specifically trained in end-of-life care so they did the best they could. With more education available, doctors and nurses are better equipped to provide this specialized care. As a result, patients receive better care.

Dr. Mayo described the palliative care approach as a team approach that includes a number of professionals including the family physician, Palliative Care Consultation Team (PCCT), Occupational Therapists, Social Workers, etc. This approach starts well before a patient comes to live at hospice and focuses on maintaining quality of life through pain and symptom management as well as psychological and spiritual health for the patient and their family.

“The Palliative Care approach is very purposeful. No longer do we say ‘Sorry, there is nothing we can do’, there is always something we can do to help people live each day the best they can,” says Dr. Mayo.

Dr. Mayo is excited to work with other healthcare providers to bring the best care to our hospice residents. Dr. Thomas Burgess has also recently joined the Hospice team, with a fellowship specializing in Palliative Care from Western University. Dr. Burgess sees palliative care being part of whole person care and is looking forward to bringing this expertise to Chatham-Kent.

**Please join us  
in welcoming  
Dr. Thomas Burgess  
to the Hospice Team!**



*Dr. Burgess (right) with  
Hospice Lead Physician  
Dr. Mayo (left).*

### 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 [foundation@chathamkenthospice.com](mailto:foundation@chathamkenthospice.com). We will send you an electronic copy of the newsletter instead. It helps us save money and it is environmentally friendly.

# *At Hospice, hugs are free...* **But our ongoing operating costs are not.**



Like hospices across Ontario, we receive only partial government funding and rely on donations to cover our ongoing operating costs. With your help, we can continue to provide compassionate, end-of-life care at no cost to our residents or their families.

Please help families when they need it most and donate today. A gift of any size is greatly appreciated and will have an immediate impact.

## **Here are some ways you can help:**

*Join our Hospice Heroes monthly giving program* – it's easy, convenient and makes a difference all year long.

*Give an annual gift* – when making your year-end donations, please consider supporting our Hospice families.

*Arrange to leave a gift in your Will* – it's easier than you think and will leave a lasting benefit.

## **Did you Know?**

- We have cared for over **330** families since opening.
- Over **200** volunteers have given **19,000** hours of their time.
- Monthly utility bills are around **\$5,500**.
- Weekly cost for the Hospice Kitchen is **\$700**.
- We have cared for families in almost every community in C-K.



- Susan, Kitchen Volunteer

## *Volunteering at Hospice* **Compassion in Action**

Our Kitchen Volunteers play an important part in our Hospice. They prepare meals, baked goods and fresh soup daily all while making sure the kitchen stays in tip-top shape. We sat down with Susan, one of our Kitchen Volunteers, to find out what she likes best about helping in the kitchen.

*“There are many things that I love about volunteering with the Hospice but number one is the comradery, the feeling like I am part of a bigger family. When I come in to volunteer I feel like it is home, and being in the kitchen is a great way for me to get to know the families. I also love learning new recipes, especially the soup recipes! I learn new skills, while laughing with my friends. I would say to anybody who is thinking of volunteering here at Hospice, do so, because you will make friends that you never knew you had while helping others. It does a heart good!”*

Would you like to make a difference in the lives of our Hospice families? Call Melanie at 519-354-3113 to learn how.



## Accessing Hospice Care

**Are you or is someone you love struggling with a life limiting illness?**

Residential hospice care may be something to consider.

To access residential hospice care, the first step is to call the Erie St. Clair LHIN (former Erie St. Clair CCAC) at 519-436-2222.

Their helpful staff will connect you with a Care Coordinator or refer you to the services that are right for your needs.

## Changing Moments Changing Lives Gala

What a night! 250 enthusiastic and generous supporters enjoyed a wonderful evening at our second annual Changing Moments Changing Lives Gala held October 27th at the John D. Bradley Centre. Guests enjoyed fantastic jazz from the Byron Harrett Quartet, witty repartee from our emcee Greg Hetherington and a wonderful live auction with professional auctioneer Garland Webster (along with enthusiastic assistant Bill Weaver).

The décor and ambiance was top-notch thanks to our creative and hardworking Gala Volunteer Committee.

Everyone was on the edge of their seat for the Mittons Jewellers Diamond Draw – congratulations to Aileen Murray as the lucky winner.

**Thanks to our guests and generous sponsors, we raised over \$48,000! We could not support our Hospice families every day without you – thank you.**

**Save the date for our 2018 Gala – October 26, 2018!**



## Common Myths of Hospice Care

### 1 **Hospice is only for people with cancer.**

While many of our residents do have a cancer diagnoses, a number of residents do not. Increasingly, hospices are also serving families coping with the end-stages of chronic diseases, like cardiovascular and neuromuscular diseases.

### 2 **Hospice is only for old people.**

Although the majority of hospice residents are older, hospices serve people of all ages. Last year, almost 20% of our hospice residents were under 65 years of age.

### 3 **Hospice is for people who don't need a high level of care.**

Hospice offers state-of-the-art palliative care, using advanced technologies to prevent or alleviate distressing symptoms. Specialized medicine combined with round the clock care from the hospice care team means our residents receive the best care possible.

### 4 **Hospice is only for people who can accept death.**

Sometimes those affected by a terminal illness can struggle to come to terms with death. Our compassionate Hospice care team can gently help them find their way at their own speed.

### 5 **Hospice is for when there is no hope.**

When death is in sight, there are two options: submit without hope or live life as fully as ever until the end. The gift of hospice is its capacity to help families see how much can be shared at the end of life through personal and spiritual connections often left behind. It is no wonder that many family members can look back upon their hospice experience with gratitude, and with the knowledge that everything possible was done towards a peaceful death.

# Message from the Chairs



As volunteer chairpersons for the Hospice and Foundation Boards, we are amazed and inspired by the wonderful stories that are shared with the Hospice staff and

volunteers from the families we are honoured to care for. Since we opened the doors in April 2016, we've been a part of over 330 family journeys.

We have celebrated birthdays, hosted graduation and marriage ceremonies, movie nights, and many other milestones both big and small with residents and their loved ones. Our volunteers and staff have served hundreds of meals from scratch, helped Hospice families say goodbye in farewell ceremonies, shared tears and tissues with loved ones and given too many hugs to count.

As 2017 comes to a close, we want to thank YOU for your ongoing support. The community support from friends and loved ones of Hospice residents, from local businesses and national corporations, from bake sales and soccer tournaments to large golf tournaments and musical concerts – you never cease to amaze with your generosity. As we enter into the holiday season, please think of the Hospice families when you are considering your holiday giving. The support you provide will continue to help local families experience important moments at the end of life.

*Wishing you and your family a Holiday Season full of warm memories!*

**Dave Macko**  
Chair, Chatham-Kent Hospice Board of Directors

**John Lawrence**  
Chair, Chatham-Kent Hospice Foundation Board of Directors

## Thank You Union Gas!

Our Hospice Volunteer Program recently received \$20,000 from Union Gas to help our volunteers make a real and lasting contribution to our community. This generous gift will be used towards ongoing support and training for our volunteers to enable them to provide the best possible end-of-life care to our Hospice families.



Left to right:

**Steve Baker**  
President,  
Union Gas Ltd.

**Jodi Maroney**  
Executive Director,  
Chatham-Kent  
Hospice Foundation

**Melanie Watson**  
Volunteer Coordinator,  
Chatham-Kent Hospice

**ATTENTION UNION GAS EMPLOYEES, RETIREES AND BOARD MEMBERS!**  
**Enbridge Inc. will match donations of \$50 or more to support Chatham-Kent Hospice.**

If you would like to take advantage of this program, visit [www.easymatch.com/Spectra-energy](http://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.*



**Chatham-Kent Hospice**  
**FOUNDATION**

## Contact us to learn more or donate:

**By mail to:** 34 Wellington St. E. Chatham, ON N7M 3N7

**Online:** [www.chathamkenthospice.com](http://www.chathamkenthospice.com)

**Or call:** 519-354-3113 #2403

Please make cheques payable to Chatham-Kent Hospice Foundation.

Find us on Facebook & Instagram - @ChathamKentHospice

We are grateful for your support of Chatham-Kent Hospice. If you would no longer like to receive a copy of this newsletter, please let us know by emailing: [foundation@chathamkenthospice.com](mailto:foundation@chathamkenthospice.com) or calling 519-354-3113 extension #2403.

Charitable Status #: 809001597R0001