



# HOSPICE HAPPENINGS

newsletter

**SPRING, 2018**

519-354-3113  
34 Wellington St. E.  
Chatham, ON N7M 3N7

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

## Caring for Mind, Body and Soul

*“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”*

*-Amelia Earhart*

It takes collaboration and a committed and skilled team to help change how families live the important experiences at end of life. Here at Hospice we understand the complexities of the needs of both the families and their loved ones who receive our care.

This includes not only specialized medical care, but also a holistic approach to help support the mind, body and spirit. An important part of our services include Complementary Therapies that are offered by caring and compassionate volunteers who have the appropriate training and certification for their roles.

Complementary Therapies include reflexology, therapeutic touch, massage therapy and horticultural therapy. We also have a trained Music Therapist on our staff who brings peace and comfort to our residents and their families through a variety of music and exercises.

These care opportunities are provided to both the resident and their loved ones at no cost to them. These services are also provided to our team to support the well-being of our staff and volunteers in the important work that they do. It is important that every person serving, and being served by Hospice feels positive and comfortable when they are here.

**Enriching lives;  
embracing each  
day at end of life.**

We provide care and engage our community to change how families live the important experiences of end of life.



### 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!



## Spring is in the air!

It's time to dig out your favourite walking shoes or hiking boots, gather your family and come hike with us at our 2nd Annual HIKE FOR HOSPICE.

We're inviting Hospice supporters, friends and neighbours to reconnect with the great outdoors and walk, hike or amble with us along the Mud Creek Trail in Chatham on Sunday, April 29<sup>th</sup> at 2pm. Strollers, walkers and wheelchairs are welcome on this accessible and pet-friendly path. The Hike will begin and end at John McGregor Secondary School. With multiple trail lengths to choose from, people of all fitness levels can enjoy this afternoon of fun.

Hike for Hospice is a unique annual nationwide initiative hosted by hospices and palliative care organizations in late April or early May. This event helps launch National Palliative Care Week, while building awareness and raising funds to ensure people living with a life-threatening illness and their loved ones receive support at no charge. The hike is a chance to celebrate and honour our loved ones in a special and meaningful way. It is also an opportunity to promote the phenomenal work that volunteers and staff in the field perform every day.

*100% of funds raised at Hike for Hospice stay in our community*

All of the funds raised at the hike will help to ensure we can continue to provide exceptional, compassionate end-of-life care to the people who call the hospice home, while helping their loved ones find peace and comfort at a difficult time.

*Register as an individual or team before April 9th at [www.hikeforhospiceck.com](http://www.hikeforhospiceck.com) or by calling Alysson at 519-354-3113 ext. #2404.*

Can't make it April 29th but still want to support the event? Consider becoming a sponsor, pledging a friend or making a donation at [www.hikeforhospiceck.com](http://www.hikeforhospiceck.com).

*Thank you for your support. Every step counts!*



**SUNDAY  
APRIL  
29<sup>TH</sup> 2018  
-2PM-**

## PREPARE FOR PICKLEBALL!

The Chatham-Kent Pickleball Club is hosting their 2nd Annual Pickleball for Hospice tournament at St. Clair College HealthPlex on the first weekend in May.

Ever wonder why it's called 'Pickleball'? It was named after a puppy named Pickles who used to fetch the ball when it rolled into the bushes. While they can't promise any shrubbery, they can promise lots of fun including a social evening, both fun and competitive divisions, raffles and more.

*For more information please visit [www.ckpickleball.com](http://www.ckpickleball.com).*



## SOCCKER DOGS THIS SPRING!

The super Soccer Dogs 2018 tournament is set for May 26th at the Blenheim Soccer Fields. Registration fee includes a day of unforgettable memories, team t-shirts, guaranteed 3 games and lunch for participants, for ages 7 to adult. Organized by Rhys Dulisch in honour of his good friend Tyson Santavy, the tournament has raised over \$40,000 over the past five years. Online registration closes on Friday, April 27th.

*For more information and the link to register visit [www.soccerdogstournament.ca](http://www.soccerdogstournament.ca).*

*Would you like to host a special event to support Hospice? Large or small, every dollar matters when it comes to helping local families. Please call Alysson at 519-354-3113 x2404 or email [astorey@chathamkenthospice.com](mailto:astorey@chathamkenthospice.com) to learn more.*

## “Red Wings Fans Welcome” Irwin's Hospice Heart Story



Each resident we welcome at Hospice is unique. They have their own spirit and personality. Our goal at Hospice is to help each resident live their final days to the fullest surrounded by care and compassion. Irwin was one of these residents.

*Irwin and his care team had some fun with their Hospice hockey rivalries!  
L to R: Nicole, Karen & Kathy from Chatham-Kent Hospice, Irwin, Caitlyn from Christian Horizons.*

Irwin grew up in Detroit and attended Detroit Public Schools in Special Education Classes. When these classes ended Irwin went to work with his father at his construction job. Irwin's tasks were to hose down equipment, sweep the floors, and pump gas into the trucks and other mechanical tasks – he was always mechanically inclined.

Irwin was also a huge hockey fan. In the 1960s his father purchased Irwin a small portable TV that broadcast the hockey games and Irwin was hooked. He was a diligent observer, keeping track of each player's statistics and schedules. If you wanted information about any player on the Detroit Tigers or Red Wings, Irwin would know.

Irwin moved to Canada in the 1970s and lived at the Southwest Regional Centre and then Christian Horizons community group home. He lived with four housemates who he had known for many years and considered good friends. He was known for his sense of humour and reading the London Free Press every day. Irwin loved pizza, potato chips and pop, chocolate pudding and ice cream.

Family was always very important to Irwin. His sister Carolyn visited him often from Michigan, and his aunts who lived close by were some of his favourite people.

When Irwin arrived at Hospice, his Christian Horizons support workers shared this about his experience:

“The hospice felt like a home away from home. Irwin looked much more comfortable in his new surroundings and the care he received is amazing. Irwin had really taken a liking to the outside garden. He was always looking out his window which has a perfect view from his room. From day one of being in the care of the hospice team we as his support staff, noticed the love and support you had for Irwin. For example making a Red Wings sign for Irwin's door or just making sure he had ice cream or pudding with his meals because it is something he enjoyed. The amount of respect we have for the hospice staff is tremendous.”

It was an honour to care for Irwin and make his end-of-life journey peaceful and comfortable. That is our mission at Hospice.

## Welcome Maureen

We are happy to welcome Maureen Eyres, RN, BScN, MScN, as our new Care Manager for Chatham-Kent Hospice. Maureen is an accomplished health care professional who has dedicated her career to oncology, chronic disease management and end-of-life care.



*Welcome Maureen, we're glad you're here!*

## Volunteer Spotlight

Our Direct Support Volunteers offer support to residents and their families by assisting clinical staff in the direct personal care of the resident and emotional support to their family. Effie is one of our compassionate and dedicated volunteers who fills this role. We recently asked her what it was like to be a Direct Support Volunteer.

*“I feel like an integral part of the team and not ‘just’ a volunteer, because the team is very supportive and helps me feel comfortable in my role. I feel a sense of purpose, a sense of fulfillment, a sense of well-being and sense of belonging while being able to support our families and their loved ones through their loss and suffering, and helping to provide a place that they can call home.”*

*- Effie, Direct Support Volunteer*

Our Direct Support Volunteers are an invaluable part of our team. If you are interested in learning more about this role, please call Melanie at 519-354-3113 ext #2401 to see if this would be a good fit for you.



# Message from the Chairs



At Hospice, we encourage reflection and taking time to cherish each moment. We are grateful to experience such life lessons with our residents and their loved ones on a daily basis. We learn so

much from the kindness, experiences and wisdom of the people we serve.

The transformation that often occurs when loved ones can finally let go of the “caregiver” title and simply be a spouse, a daughter, a sibling or a friend is a special and positive one. That’s one of the many gifts of hospice care: it gives families a space to truly honour their relationships and the opportunity to be present in both the joy and grief that end-of-life often brings.

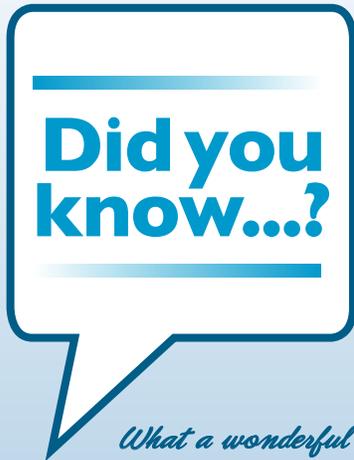
That’s why your support as we enter into our third year of operations in April is so important. Our second Annual Hike for Hospice on April 29th is one of two major fundraisers we organize each year to ensure families in Chatham-Kent can continue to access Hospice care at no cost. Your generosity helps keep local families together.

Thank you for your support as we continue our journey.

*Wishing you a safe and happy Spring!*

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

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



**If you are a Union Gas employee, retiree or Board member, Enbridge Inc. will match donations of \$50 or more to support Chatham-Kent Hospice.**

If you would like to take advantage of this program, please give us a call at 519-354-3113 x2403 for an application or visit [www.easymatch.com/Spectra-Energy](http://www.easymatch.com/Spectra-Energy)

*What a wonderful way to make the most of your donation.*

## 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.

## Contact us to learn more or donate:

**By mail or in person:** 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 #: 809001597RR0001



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