



HOSPICEHAPPENINGS

Remembering our Mom

One family's hospice journey continues through Hike for Hospice



It is said that when you see a butterfly it is someone you love in heaven reminding you of them and all the beautiful memories you shared. This is never truer than when our family is visited by our monarch, my mom, Mary.

Mary, a homemaker in every sense of the word, was very proud of the house she kept and the community she belonged to. But when asked what her greatest accomplishment was she would reply— her three layer birthday cake, sons Graham, Garry, Grant and daughter Marylu who was the cherry on top!

In her 87th year our mom was diagnosed with pancreatic cancer. Instead of curative treatment, she chose to live the rest of her time to the fullest and was able to remain at home under the watchful eyes of family and other caregivers for seven months.

Even then she was committed to managing her health care and in preparation for her final chapter in life's journey, she chose to move into her new home-away-from, Chatham-Kent Hospice.

Suite 3 became a special place for our family. Our mother always joked it was the “best room in the place” because you could see everyone as they were coming and going. Since it was the holiday season, she could also hear the volunteers playing carols on the piano in the Reflection Room across the hall. Ever the hostess, Mom needed to make sure there was a treat available in her room for anyone that might pop in. She received so much love from the kind, caring and compassionate staff and volunteers, the treats were her small way of showing her love and appreciation back.

We quickly learned that at Hospice, you focus on living and celebrating life. As a family, we embraced this practice. We brought in a whole holiday feast and celebrated as a family in the Great Room. There was even enough leftovers that we could share with other families who were at hospice at the same time. This is a wonderful memory we will cherish. We were able to bring the comfort and tradition of our holiday meal to mom's hospice home, her “earthly portal to heaven”.

The next day, after several weeks at Hospice, mom was able to leave this earth with peace and dignity.

Hospice made a sad & difficult time a little bit easier through the kindness, genuine concern, compassion, and guidance provided by the staff and volunteers. And we will never forget all the hugs! Our family was not a ‘hugging’ family but, after our stay at Hospice, this has certainly changed. Hospice just has a way of bringing people together, physically and emotionally.

Even though she is no longer with us, we choose to follow the example my Mom set and give back. For the past two years, our family has honoured her life by participating each spring in the Hike for Hospice. Team ‘Mary’s Monarchs’ is made up of three generations of our family, from our oldest at age 69 to the youngest at age 9.



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Having Fun While Raising Funds!

For the past 13 years Pretty in Pink, a ladies group from Dover, have been fundraising to support their community. With seemingly never-ending energy and enthusiasm, this group of passionate ladies has raised funds to support the Canadian Cancer Society, our local Oncology Department and since 2014, Chatham-Kent Hospice. They do it because they too have experienced loss.

“In 2007 we lost our first member to cancer and the following year, two more members in a tragic car accident. One of our team members is a cancer survivor and her positive attitude keeps us strong and united” -Kelly Waddick, Pretty in Pink Member

While having fun, the group has become very good at event planning. Over the years, they have held Quarter Auctions, Slider cook offs, Tractor Pull Venue and Movember shave off's. This year, they are holding a Chili Cook Off, Golf Tournament and their Annual Dinner Dance.

Since forming in 2006, they have raised over \$140,000 with over \$60,000 of that supporting Chatham-Kent Hospice.

“ Pretty in Pink thrives off giving back to our community. The positive stories we hear from the hospice makes us feel good knowing that maybe our group helped that family and made a difference. ”

For more information, contact any Pretty in Pink Member: Luisa L'Ecuyer, Pearl St. Pierre, Jeanine Robertson, Kelly Waddick, Erica Lucier, Sarah Smith, Sue Demers, Nicole Blair, Bernice St. Pierre, Jackie Griffore, Katie Blair, Jessica Blair, Kristen St. Pierre, Annette Blair, Annette Szucs, Anne Brown.

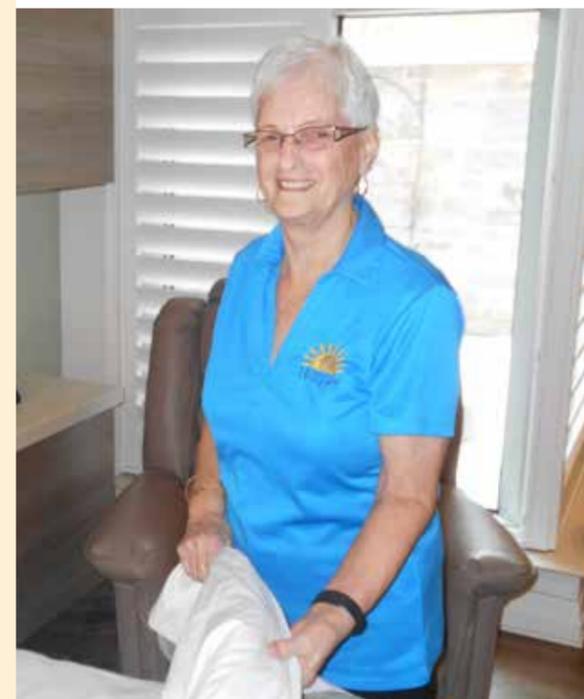


Volunteer Spotlight

“ I like helping people, I feel like even if I answer a call bell, and bring someone a glass of ice water, I am making a difference. If I can bring a smile to someone's face, it makes my day, knowing I am helping someone feel more comfortable. Volunteering with the very caring staff has helped me see how important Hospice is to the community. I may not get paid but the experience I have as a volunteer at Chatham-Kent Hospice is priceless. ”

- Jean, DSV

Direct Support Volunteers give the priceless gift of time, by lending a hand to our Clinical staff in assisting with care, helping with laundry, or being a listening ear for our residents and their loved ones. Special training for the Direct Support Volunteers increases their knowledge and skills allowing them to contribute to the well-being of those we care for in a safe and supportive manner.



Myths vs. Facts: Insert Title Here...

MYTH 1

HOSPICE IS ONLY FOR PEOPLE WITH CANCER

FACT:

Hospice cares for people with any end-stage illness including:

- Cancer
- Cardiovascular Disease
- Neuromuscular Disease
- Respiratory Disease



HOSPICE IS ONLY FOR SENIORS

MYTH 2

FACT:



Hospice cares for people of all ages. 20% of residents under the age of 65 years

MYTH 3

HOSPICE IS FOR WHEN THERE IS NO HOPE

FACT:

At Hospice, we help families change the definition of “Hope”. When you choose hospice care, you're not giving up...you are taking charge of how you wish to spend the rest of your life.



Each year, we challenge our team to raise more donations than the last by getting our extended family, friends and co-workers involved. For this year's hike, I decided to join the planning committee and help out even more. Our family really enjoys attending the Hike for Hospice because we see other families we became friends with while we were at hospice and know that our contribution is making a difference!

Hospice is such a great asset to this community and we encourage everyone to support and donate in whatever way they can so this remarkable facility may continue to provide exceptional end-of-life care to families like ours.

Our mother always said she would come back as a butterfly, specifically a monarch. The butterfly pleases where it goes and goes where it pleases. Our butterfly makes her presence known on a regular basis and is still watching over us all. Thank you Mom for loving us and setting such a wonderful example for us to follow.

Shared by Marylu Watson



**Chatham-Kent Hospice
FOUNDATION**

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 or calling 519-354-3113 extension #2403. Charitable Status #: 809001597RR0001

Register today at www.hikeforhospiceck.com




**HIKE
FOR
HOSPICE**
CHATHAM-KENT HOSPICE

Sunday, May 5th
Registration starts at 12 pm
5 km Run starts at 1pm
Walk starts at 2 pm

Mud Creek Trail, Chatham
(meet at John McGregor Secondary School)

- Register before April 8th to guarantee a t-shirt
- Register as an individual or as a team
- All ages and fitness levels welcome
- The trail is accessible and pet-friendly

Parking is limited, please consider carpooling with a friend!



NEW for 2019! - 5km Fun Run

Contact us to learn more or donate:

By mail or in person:

34 Wellington Street East, Chatham, Ontario, N7M 3N7

Online:

www.chathamkenthospice.com

Or call:

519-354-3113 #2403

Please make cheques payable to:

Chatham-Kent Hospice Foundation

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