



# HOSPICE HAPPENINGS

newsletter

SPRING, 2017

519-354-3113  
34 Wellington St. E.  
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[www.chathamkenthospice.com](http://www.chathamkenthospice.com)

## Caring for the whole person; body, mind and spirit

At Hospice, supportive care includes not only pain and symptom management, but spiritual and emotional care as well. This care is extended to residents, their families and their friends. The history of people's important relationships has an impact on their experience at Hospice.

Each team member contributes to the spiritual well-being of everyone we encounter. We meet them where they are within the complexity of these relationships and when needed, assist people to manage these relationships if they are difficult. Sometimes the sharp edges of relationships can soften enough that there is some healing even as people are letting go. This is often done by listening – listening for ways people experience their need for connection; for contributing meaningfully to the lives of others; the ways they experience love and acceptance; the things that they hope for as their health needs change. Every time a person shares a story, they develop new understanding of themselves and the role that story plays in their life story.

When a resident dies, we continue to support their loved ones through a small ritual called the Farewell Ceremony. Using readings chosen by the family and candles lit by loved ones, we help people to begin the transition away from Hospice by marking this time in a special way. The Farewell Ceremony is customized in ways that are meaningful and comfortable for those present and is our way of continuing to provide care, compassion, and respect even after death.

**Changing moments,  
changing lives.**

Providing care that changes  
how families live the  
important experiences  
near the end of life.



*Bridget Murphy,  
Spiritual Care Co-ordinator*

### 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!



**SUNDAY  
APRIL 23  
2017**

## *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 1st Annual HIKE FOR HOSPICE on Sunday, April 23, 2017.*

We're inviting all our Hospice supporters, friends and neighbours to reconnect with the great outdoors and walk, hike or amble with us through Mud Creek Trail. The hike will be a family-friendly event with t-shirts, music and more. Strollers, walkers and wheelchairs are welcome on this accessible and pet-friendly trail. The Hike will begin and end at John McGregor Secondary School. With two route lengths to choose from, we'll make sure you have a great experience!

All funds raised through the 2017 Hike for Hospice support Chatham-Kent Hospice programs and services for individuals and families in our community needing compassionate, end-of-life hospice care.

Register before April 10th at [www.hikeforhospiceck.com](http://www.hikeforhospiceck.com) or by calling 519-354-3113 ext. #2404.

Can't make it April 23rd but want to support the event? Consider becoming a sponsor, pledging a friend or making a donation at [www.hikeforhospiceck.com](http://www.hikeforhospiceck.com) !



### **DRIVE IN STYLE BY TAKING PART IN THE LINCOLN DRIVEN TO GIVE.**

All you have to do is register, take a car for a short test drive and we receive \$50. You can help us drive away with up to \$7,500 from Lincoln Canada!

Pre-register at [www.lincolndriventogive.ca/en/hospicewalk](http://www.lincolndriventogive.ca/en/hospicewalk)  
(not required, but recommended)

## **PICKLEBALL FOR HOSPICE! - April 21-22, 2017**

The Chatham-Kent Pickleball Club is hosting a tournament at the St. Clair College Healthplex in support of Chatham-Kent Hospice. Pickleball is a sport played on a badminton size court with paddles, a hollow ball and net. It is a fun way to get a moderate cardio workout in a social setting.

*For more information or to register visit [www.ckpickleball.com](http://www.ckpickleball.com) or call Jay at 226-626-1956.*



## **SOCCER DOGS 3 ON 3 TOURNAMENT - May 27, 2017**

The Soccer Dogs 3 on 3 Tournament is a tournament organized by high school student Rhys Dulisch in memory of his best friend Tyson Santavy. Teams of 6, ranging in age from nine to adult partake in a day of soccer and fun, all while supporting local charities. Each team is guaranteed 2 regular games and 1 zorb ball game.

*For more information or to register visit [www.soccerdogs3on3.ca](http://www.soccerdogs3on3.ca).*



## Hospice *Helps* People *Cope*

*“Knowing she is getting amazing care especially when I can’t be there gives me a great deal of peace of mind”.*

Like many families, Edna and her family have found themselves dealing with many crises at the same time. Edna’s husband is battling lung and liver cancer, they are selling their house in order to downsize to something more manageable and Edna’s mom is now living at Chatham-Kent Hospice.

Each one of these situations can be overwhelming in their own right but add them all together and one would say Edna and her family definitely have a “full plate”.

What has been helpful is knowing that her mom is comfortable and getting great care at Hospice.

“I am so thankful that Mom is now living at Hospice. It has been such a blessing” said Edna.



Before her mom moved to Hospice, she really didn’t understand the full extent of hospice care. “I had no idea what hospice was all about prior to mom coming here” added Edna. “I am so thankful that her doctor recommended it to us. The staff are so kind and the atmosphere is so warm and home-like. They care not only for Mom but for our entire family and understand what our family is going through.”

Although Edna’s husband is “doing OK” right now, they know that hospice care is something they may have to consider again in the future.

“Getting to know the staff and experiencing the care offered at Chatham-Kent Hospice is not only a gift for my mom but for our entire family.”

## Music Therapy

Our wonderful hospice staff members were treated to a ‘Day at the Beach’ Pamper/Wellness day in January as part of their Christmas thank you gift for the amazing work they do. The day provided opportunities for self-care including art therapy, massage, hand treatments, music therapy and lots of food! Here, Candace our hospice music therapist leads a relaxing session with some of our staff.



## *Volunteering -* Compassion in Action

*“Everyone has a story and because of my role, I get to be a part of their Hospice story. I am able to help and support people going through a very difficult time!”*

- Chris,  
Reception Volunteer



Volunteers like Chris, are special people who are compassionate and caring individuals committed to the Hospice mission. All volunteers receive 34 hours of training after completing the screening process including an interview, reference check, police check and health screening. As a volunteer, you are asked to commit to a minimum of 4 hours a month but many give more! Just 4 hours can make a big difference in the lives of those we support and in the lives of our volunteers as well. If you are interested in learning more about volunteering please visit [www.chathamkenthospice.com](http://www.chathamkenthospice.com) to fill out an application.

# Message from the Chair



In April we will be celebrating the 1st year anniversary of providing residential hospice care to our community and what a change - for us and for palliative care. Less than a year ago we were still rushing to put the finishing touches on the new building. Since opening we will have served over 187 families, trained over 220 volunteers and made the first steps in developing a culture of teamwork and excellence.

Now as we continue our journey we need to clearly articulate the hospice's vision, mission and values. Thank you to all who participated in our survey for strategic planning. Throughout the winter the strategic planning committee - volunteers, staff and physicians - have worked on developing Chatham-Kent Hospice's very first strategic plan. This plan will guide us on the journey forward, to determine where we are going and how we are going to get there. But just as importantly, our strategic plan will be our touchstone to ensure that although many things will grow and change, our core commitment to excellence, community and caring will remain the same.

From a barren parking lot our hospice sprang out of the ground and I have great hopes that the future holds wonderful things for the Chatham-Kent Hospice and the community we serve.

Jennifer Wilson  
Chair, Chatham-Kent Hospice Board

*Happy Spring!*

## 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 Community Care Access Centre (CCAC) at 519-436-2222.

The helpful staff will ask questions to better understand your needs. Then, you will either be connected with a Care Coordinator, or you will be referred to the program or service that is right for your needs. This may include services offered by Chatham-Kent Hospice.



**uniongas**

A Spectra Energy Company

## Attention Union Gas Employees, Retirees and Board Members!

**Spectra Energy 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

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 [foundation@chathamkenthospice.com](mailto:foundation@chathamkenthospice.com) or call 519-354-3113 extension #2403 and ask that your name be removed.

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