

Hospice Gave Me Healing

How Grief & Bereavement Support helped me get back to living



Dennis with his wife Tori, daughter Rachel and Sons

According to the HeartMath Institute, resilience is the capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity. Resilience has been a constant in Dennis' life over the past few years and he gives some of that credit to the support he received from Melissa and the Supportive Care Team at Chatham-Kent Hospice.

He first reached out to Chatham-Kent Hospice when his wife, Tori, was diagnosed with terminal cancer. His family had already been dealing with a lot of stress because his daughter Rachel was battling a brain tumor that required several surgeries and eventually left her blind. This diagnosis added another layer of stress and worry.

"When we learned about Tori's diagnosis, I knew I would need some

help managing this and I also wanted to make sure there was support for my wife, daughter and 2 sons," shared Dennis. "Chatham-Kent Hospice had cared for my grandmother back in 2018 so I was familiar with the services they offered"

Dennis' sons were not ready to talk to anyone at the time but he and his wife and daughter met regularly with Melissa, one of the Social Workers at Chatham-Kent Hospice, as a family as well as individually.

Then the COVID 19 pandemic hit.

"Tori lost several months of treatment due to the pandemic, and when she had hospital stays, I was not allowed to visit. I took care of her at home the best I could. Because I work in pharmaceuticals and the demand was so high due to the pandemic, I also had to

continue to work. It was a lot to handle at once," shared Dennis.

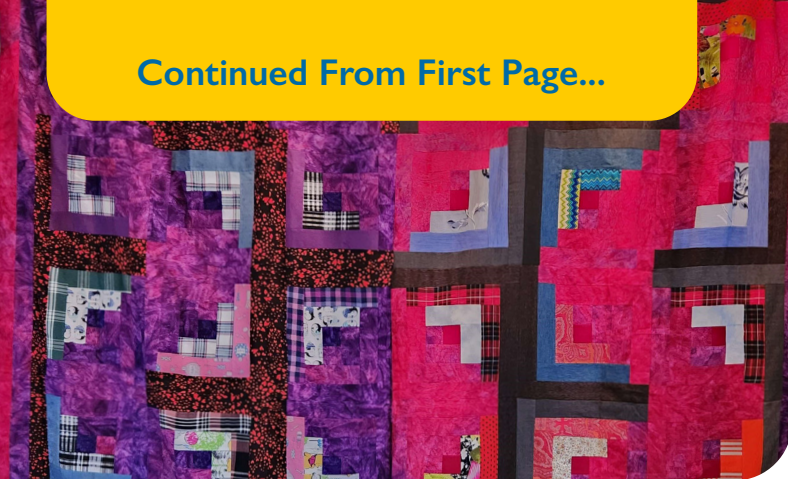
Dennis and Tori were high school sweethearts who settled in Ridgetown to raise their 3 children. They were very involved in their community including 4H, Kiwanis and the Fair Board. When Tori died in 2020, there were strict restrictions on indoor gatherings so the family held a celebration of life outside to allow family and friends to show their support to the family.

A few weeks after Tori died, Rachel was scheduled to have a procedure to replace a heart valve. Dennis, having just lost his wife, was quite nervous but was assured the procedure was done all the time and Rachel wanted to go ahead with it. What was supposed to be a routine procedure ended in tragedy. After spending a week in ICU where Dennis was only allowed to visit 1 hour a day and his sons were not able to visit at all, Rachel died.

Dennis and his family lost their wife/mother and daughter/sister within a two-month time frame. By continuing to receive support from the Supportive Care Team at Hospice, Dennis has been able to process what has happened and better manage the various stages of grief.

Continued on page 2.

Continued From First Page...



Memory quilt made up of Dennis' wife and daughter's favourite clothes and colour. Red for Tori and purple for Rachel.

"Melissa has helped me understand how I was feeling as well as understand how others affected by this are feeling without taking ownership of their feelings and behaviour," shared Dennis.

“ This support has given me permission to get back to living. It still hurts, especially those special days like birthdays and holidays, but I am able to deal with them much better. I believe this is possible because of the grief support I have received through the Chatham-Kent Hospice. ”

Congratulations Kathy Gloster... **On your June Callwood Circle of Outstanding Volunteer Award**

A humble and deeply caring person, Kathy has an ability to connect with others in a supportive and compassionate way. Her energy and passion for palliative care is inspiring. Kathy has been a part of Hospice from the very early days of its development. Since then, whether it is decorating our hospice seasonally to feel like home, or welcoming visitors at reception, Kathy shows a can-do attitude and a great team spirit. Kathy has been instrumental as a mentor to new volunteers at reception. She is an advocate for our residents by assisting with the completion of surveys about their experience, and a listening ear for clients in our Grief and Bereavement programs. Kathy believes in making each day worth living and feels it is an honour to be involved with those who are experiencing a very emotional and difficult time.

The June Callwood Award was established in 1994 by the Hospice Association of Ontario, which later joined with the Ontario Palliative Care Association to form Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, the Award Patron, long-time hospice advocate, community activist, author, and recipient of the Order of Canada. June was a recipient of this award in 1995.



Hospice Palliative Care Ontario, through the June Callwood Circle of Outstanding Volunteers, honours not only June, her tireless commitment, and contributions to the hospice movement, but also those who receive this prestigious annual award.

Volunteer- Kathy Gloster

Hospice Now Offering Care Coordination

At Hospice, we understand that living with a life-threatening illness, or providing care for a loved one as they near end of life, is very difficult. We are here to help you navigate the healthcare system and help you get the care you need from the time of diagnosis and through your illness. Amber Jarrold recently joined our Hospice team in the new role of Hospice Navigator.

Amber has been a nurse (RN) for the past 10 years and spent the last 2 years as a palliative nurse. She can answer questions you have about:

- What your needs are now and what they might be in the future;
- What care supports are available in the community;
- How to connect with anticipatory grief support;
- Hospice care such as what is provided, how to access it, when to access it.



Give Amber a call at 519-354-3113 ext. 2101 and let her walk alongside you through your journey.

Supportive Care is Here for You

What are Supportive Care Services?

Chatham-Kent Hospice's holistic approach includes physical, mental, emotional, and spiritual end-of-life and bereavement care. This care is available to our residents, their families, and our entire community.

Supportive Care services include **social work services** provided by Registered Social Workers who provide compassionate, non-judgmental, emotional support for those individuals who have experienced, or are anticipating the loss of a person close to them.

Our Spiritual and **Supportive Care Provider** offers spiritual, emotional, and social support for people of all beliefs and faiths, and facilitates spontaneous rituals to help people express anticipatory grief or grief experienced after the death of their loved one.

Using music and musical elements, our **Registered Music Therapist** promotes, restores, and maintains the personal health and well-being of our residents, their families, and care partners.

Who can use our services?

The Chatham-Kent Hospice Supportive Care Services are provided to Hospice residents, families, and care partners. Grief and bereavement services are also available to community members who are experiencing anticipatory grief or have experienced the loss of a person with whom they have a close relationship.

Is there a cost?

No. Our services are offered at no cost to you thanks to the generous donations received from our community.

When are services available?

Appointments and visits take place at times convenient for residents and/or family members as well as community participants. Regular hours of service are 8:30 a.m. - 4:30 p.m. Monday to Friday.

How do I get started?

If these services sound like they may be beneficial to you, reach out to Sally Reaume, Supportive Care Program Coordinator at 519-354-3113 ext. 2406 to self-refer.



You make a *difference!*

In this edition of the Hospice Happenings newsletter, you'll find our Annual Impact Reports that share the difference you made possible last year in our community through the Chatham-Kent Hospice and the Foundation.

We want you to know how your donations are helping our community and we want to be transparent about the management of your gifts. If you have any questions, please give us a call.



Donation Receipts Now Available by Email

In an effort to continually improve and make the most of our donors' dollars, we are going to start sending donation receipts by email (for those donors who have provided their email address).

If you recently updated your email address or would prefer to continue to receive a paper copy of your receipts mailed to you, please let us know by calling 519-354-3113 ext. 2403, or by email at donations@chathamkenthospice.com.

HOSPICE BENEFIT *Gala*

OCTOBER
FRIDAY 20 AT 6 PM
2023

THE CHATHAM ARMOURY
44 WILLIAM ST. N. CHATHAM

6:00 pm Cocktails | 7:30 pm Dinner
10:30 pm After Party with DJ



Featuring:
Mitton's Jewellers Diamond Draw
Silent Auction & Live Auction
Hospice Family Guest Speaker

Thank you to our Title Sponsor



Tickets: \$175 per person
(\$50 donor receipt)
To purchase, please call 519-354-3113
ext. 2300 or
online at ckhospicegala.com
(processing fees apply to online orders)



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wish to receive an electronic version, please let us know by emailing:
foundation@chathamkenthospice.com
or calling 519-354-3113 extension 2403.
Charitable Status #: 809001597RR0001

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

Please make cheques payable to:
Chatham-Kent Hospice Foundation

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