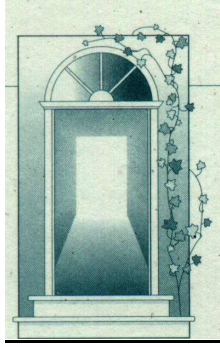


# The Dundas County Hospice Companion



## **DUNDAS COUNTY** **HOSPICE**

Not a place .....  
Just a special way  
of caring

### **WHO CAN BENEFIT** **FROM** **HOSPICE CARE?**

Any patient, adult or  
child, and their  
families at any stage  
of a life-threatening  
illness.

### **HOW WE CAN HELP**

Dundas County Hospice  
provides, with  
patient consent:

- Trained Volunteers
- Service 7 days a week
- A team approach
- Library resource material
- Bereavement support

### **ALL SERVICES ARE FREE**

"You matter because you are.  
You matter to the last moment of  
your life, and we will do all we can,  
not only to help you die  
peacefully, but also to  
live until you die."  
- Cicely Saunders

## *A Client Speaks about Dundas County Hospice*

### **1. Tell us about your relationship with Dundas County Hospice.**

It's been a life saver. Its' my safety net, my safe place. A place where I'm accepted, not judged and safe both physically and spiritually. It's a sanctuary.

### **2. How long have you been involved with Hospice?**

I became involved with Hospice early in my diagnosis of breast cancer about two and a half years ago.

### **3. What services have you needed or used?**

Day Hospice, Loan Cupboard (electric reclining chair, etc.) and visiting volunteers as needed.

### **4. Were your needs all met?**

Definitely.

### **5. What would you say about Dundas County Hospice to a friend or neighbour who might be in need of our services?**

It's a god send. I'm the type of person who prefers to deal with my problems alone. Once I started going to the activities, it became like a home away from home. No judgement, you're accepted for who you are ... whether I'm feeling up, down, angry or frustrated. When you're in need of Hospice, you don't always realize you need it as much as you do ... until you actually start participating.

### **6. How helpful and well trained are our staff/volunteers?**

Excellent. In every service both volunteers and staff are well trained to do their jobs ... whatever those jobs are. Confidentiality is an important thing to me. I find that the volunteers and staff are very careful and I know anything I've discussed with them is kept in strictest confidence.

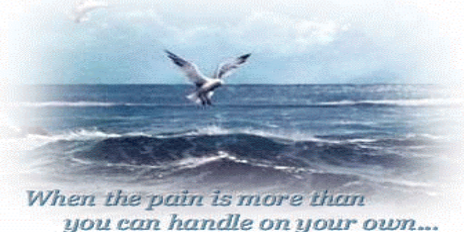
### **7. Are the staff/volunteers responsive to changes in your needs?**

Definitely. They usually recognize them sooner than I do myself.

### **8. Is there any message you'd like to give to the staff/volunteers?**

You're doing a terrific job. Keep up the good work. I don't know how you go home

at night and relax. I hope you take time for yourselves too because we want you around for a long time.



*When the pain is more than  
you can handle on your own....*

## HOSPICE ACTIVITIES

**Training Course:** We offer a 30 hour Hospice Palliative Care Course primarily for visiting volunteers. Graduates of the 2005 course are: Rae Cooper, Barbara Byers, Heather Derraugh, Jean Kennedy, Dorothy Pierunek, Donna Stewart, Anne Marie Hollister, Mark Hart and Shirley Coons. Congratulations to all.

**Volunteers:** Volunteers are caring, generous and kind people. Each year, Dundas County Hospice shows our appreciation for all their hard work by having an evening of musical entertainment, snacks and a motivational speaker. We are proud of our volunteers who, in 2005, gave approximately 2700 hours of their time to 155 clients.

**Library:** Over 200 books and 20 videos are available for loan at any time to anyone requesting the information. Some topics covered are Hospice Care, Caring for Loved Ones at Home, Specific Illnesses, Therapies and Dealing with Illness. Some of our titles include: After the Rain, Words of Comfort, Words to Heal, Humor Your Stress and The Meaning of Life.

**Loan Cupboard:** Through generous donations of both funds and equipment, we are able to offer our clients a variety of equipment to make life easier. Some of the items include several electric lift chairs, shampoo trays, privacy screens, room monitors, specialty comfort pillows and wigs.

**Bereavement Program:** In addition to individual volunteer visiting for bereaved persons, Dundas County Hospice offers a series of evening seminars on a wide range of helpful topics. These seminars are open to anyone having an interest in the topics.

**Messages and Memories:** This is a brand new program that we are very excited with. Through generous donations, Dundas County Hospice has been able to purchase a state of the art video camera. Clients, their caregivers and/or family members are welcome to borrow this equipment to record special events with loved ones or tape their own individual messages.

**Day Hospice:** Since it's inception, Day Hospice has been very popular with our clients and due to this popularity, has been increased from one day per month to twice per month. Attendance is still regular and clients are very positive. The day consists of an activity (crafts, speaker, etc.), lunch and a complimentary therapy (massage, foot care, reiki, etc.). Occasionally, a "day away" is planned. These have been such activities as an entertaining play at Upper Canada Playhouse and a day at a Spa.

**Caregiver Support Group:** Not only do we care for our clients. We feel that it is important to support those who are instrumental in keeping their loved ones at home for as long as possible. This is a huge commitment on their part and they often need support to prevent burn out and help to cope with stress. These support groups currently meet monthly.

## VOLUNTEER OF THE YEAR



*Mary Rose Lindsay has been a volunteer with Dundas County Hospice as a board member for 5 years. She has volunteered hundreds of hours working meticulously with our financial affairs. These hours occur in the evening, on weekends and in her "spare" time as she holds a full time job. Mary Rose has been instrumental in saving thousands of dollars for our organization. In addition to her accounting skills, she makes a great bartender at our fund raising events!*

*What makes Mary Rose such a valued volunteer is her compassion, dedication and need to "go the extra mile". She gives generously of her time with enthusiasm and a big smile. We are very fortunate to have her on our team. Thank you Mary Rose!*

## OUR TEAM IS GROWING!

*We are most pleased to introduce the newest member of our Hospice Team. Bea VanGilst is a Registered Nurse who has a wealth of experience to offer our clients. She has experience in community nursing, palliative care, long term care and has acted as a Nursing Supervisor to Personal Support Workers. She is responsible for the Coordination of our North End volunteers and clients in addition to running the Day Hospice activities.*

*In addition to her responsibilities with Hospice, Bea is married to a farmer and takes an active role in their business. In Spring, you'll often find her riding the tractor doing her favourite task - discing the fields. When she's not working on that, you'll find her caring for her much adored grandchildren. Bea lives in the Chesterville area and is the mother of 5 grown children.*



Thanks for your Donations

***All Hospice services are provided without charge to the client and their family, so that no one will go without support. Your financial gift will help.***

### **Gift Idea:**

We greatly appreciated donations received this past year that were in lieu of a gift for a special person's birthday, anniversary or Christmas. Income Tax Receipts are issued to the Donors and the people honoured are sent a card informing them of the donation and the Donor's name.

### **Memoriam Donations:**

Many thanks for the donations made in Memoriam. All money received is used for direct client care only.

## Book Review

Maria Shriver      What's Happening to Grandpa?  
April 2004              Little Brown and Company  
Hardcover, 48 pages              Chapters \$22.95

Maria Shriver, former broadcast journalist, wife of California Governor and actor, Arnold Schwarzenegger and niece of Edward, Robert and John Kennedy has written several books for children. "What's Happening to Grandpa?" helps children understand and cope with Alzheimer's Disease.

It is told in the person of a young girl, Kate, who is very close to her grandfather, visiting him and her grandmother every weekend. Grandpa loves to tell stories about his life. As he begins to forget things and it becomes noticeable to her and her mother, Maria explores the feelings of those closest to Grandpa and explains in a caring, thoughtful and informative way just "What is Happening to Grandpa?" Her book goes further by providing very practical and delightful ideas on how she can let Grandpa know how much she loves him and help him remember and both feel better about what is "Happening to Grandpa".

This is an excellent, informative resource for adults as well as children. This book and Ms Shriver's other books were highly recommended by the staff of the Children's section in Chapters.

This book is available for loan from the Dundas County Hospice Library.

*Reviewed by: Wendy Dale*

Stop in to see us at:  
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Phone: (613)535-2215  
E-mail: [info@dundascountyhospice.ca](mailto:info@dundascountyhospice.ca)

Office hours:  
Monday to Friday ~ 8:30 am to 4:00 pm  
Fax: (613)535-1749  
Web site: [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca)

## MISSION STATEMENT

**Dundas County Hospice  
strives to maintain an active program  
that serves and offers support to  
terminally ill patients and their families.  
The program operates in collaboration with  
like-minded community agencies  
and service groups.**  
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## 2005 - 2006 BOARD & STAFF

### STAFF

**COORDINATOR:** Reina De Jong, R.N.  
**ADMIN COORDINATOR:** Carol Froats, B.A.  
**ASS'T COORDINATOR:** Bea Van Gilst, R.N.  
**SECRETARY:** Theresa Zandbergen

### BOARD

**BOARD CHAIR:** Sandra Jennings  
**VICE-CHAIR:** Bob Pitruniak  
**VOLUNTEER LIAISON:** Diane Wilson  
**SECRETARY:** Wendy Dale  
**TREASURER:** Mary Rose Lindsay  
**MEDICAL ADVISOR:** Dr. A. Thomas  
**MEMBERS:** Janice Casselman  
Mary Gibson  
Jane McIntosh  
Diane Rupert  
Rev. Yvonne Willi

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I would like to help DUNDAS COUNTY HOSPICE  
Box 228, Park Drive Villa, Williamsburg, Ont. K0C 2H0  
Phone: (613) 535-2215

**YEAR: 2006**

- My donation of \$ \_\_\_\_\_ is enclosed.
- Please send me a receipt for Income Tax Purposes.
- I would like to volunteer my time and energy.
- I would like more information about hospice programs.
- I would like to become a Dundas County Hospice member (fee - \$10.00).

**Please make all cheques payable to:**  
Dundas County Hospice.  
**Charitable Registration No.**  
89131 6382 RR0001

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_