

*Hospice matters.  
The end-of-life deserves  
as much beauty, care,  
and respect as the  
beginning.*

## OUR SERVICES

Provided FREE of charge to Dundas County Residents

- Visiting Volunteers
- Day Hospice Program
- Equipment Loan Program
- Complementary Therapies
- Grief & Bereavement Support
- Caregiver Support
- Advance Care Planning
- Hospice Home Support

# SPRING 2024 NEWSLETTER

## Who Should Inquire About Hospice Services?

The short answer is, anyone who is diagnosed with a life-threatening illness and is accepting of our services. Our focus is on improving quality of life for our clients and their families and helping to make their journey a little easier. Dundas County Hospice serves the municipalities of North and South Dundas.



## How Do I Access Hospice Services?

You can refer yourself, a friend or a family member (with their permission) directly to our services. You can also simply pass along our contact information to someone you think might benefit. A healthcare professional may also refer a patient for our services.

## How Do I Connect With Others?

A volunteer can visit you in your home. For those who are mobile and meet the criteria, we have a Day Hospice program that gathers once a week for 4 hours at our office in Williamsburg.

“One day a week a little extra magic happens at the hospice in the form of the Day Hospice program. It not only offers some social engagement, but also some activities, crafts, outings, and music. We often simply share stories as well as a hearty, home-cooked meal. Transportation is supplied when necessary to ensure safe travel between home and the hospice. It’s a welcome day away for people who are often left feeling stuck at home because of their health.”



## Community Events

### Hike for Hospice

May 5th, 2024  
Starting at Iroquois Beach,  
Month of May (virtually)

### Hospice Golf Tournament

September 14th, 2024  
Morrisburg Golf Course

### Memorial Tree Lighting / Giving Tuesday

December 3rd, 2024  
Dundas County Hospice

### Dundas County Hospice Board of Directors

**Board Chair:** Arnold Scheerder  
**Past Chair:** Paul Renaud  
**Treasurer:** Bob Pitruniak  
**Secretary:** Arlene Nesbitt  
**Directors:** Bob Sisson  
Kathy Spruit  
Dr. Bart Steele  
Cindy Morgan  
Terry Triskle

### Dundas County Hospice Staff

**Executive Director:**  
Lisa Casselman

**Director of Client Services:**  
Jackie Imrie, RPN

**Volunteer Coordinator:**  
Catherine Clement

**Program Assistant:**  
Jen Pretty

**Bereavement Counsellor:**  
Kathryn Boyd, MA, CCC, RP

**Casual RN:**  
Kathryn Mulder, RN

## 2023 Volunteer Appreciation Awards

Each year we present the Diane Annable Memorial "Volunteer of the Year Award" to two volunteers. Diane was a devoted volunteer of hospice and board member who passed away in 2014. Her family continues to honour her memory by presenting this award each year.

### Volunteers of the Year: Kathy Spruit and Deb Swords

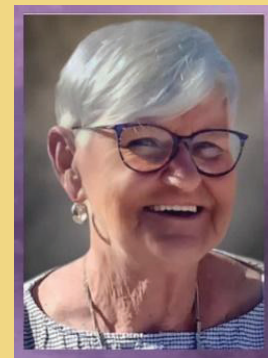
Kathy Spruit has been with Hospice for almost 10 years and for anyone who has been by the office and seen the gardens, it's Kathy's talent and dedication that can be seen in the planning, planting, weeding, watering and coordinating with other volunteers to make it all look so beautiful. Kathy also serves on our board of directors and helps with fund raising events.



Deb Swords has been with us for about 5 years. Her main task has been keeping our Equipment Loan program running so smoothly. Her dedication to keeping the items clean and organized helps not only us but the whole community. Deb also helps with administrative work and has visited clients as well when we are in need.

Both these women are invaluable to our organization and their dedication is recognized as our Volunteers of the year!

**Congratulations to Kathy and Deb!**



## In Memory of Mary MacMillan

April 11, 1944 - November 17, 2023

*"In the hands of Good Old God"*

Hospice Volunteer and  
Former Board Member



## June Callwood Award - Karin Scheerder

In 2023, Karin Scheerder was nominated by Dundas County Hospice and inducted into the June Callwood Circle of Outstanding Volunteers by Hospice Palliative Care Ontario.

Karin has been a volunteer at our Hospice for over 10 years now. Karin has volunteered in so many roles at Hospice; including volunteer visiting, Day Hospice program, Grief and Bereavement program and many administrative and event roles along the way. She enthusiastically attends meetings, training sessions and fundraising events bringing with her so much warmth and compassion. Our hospice truly depends on her kindness and generosity.

## Volunteering with Hospice

Did you know that many of the FREE services offered by Dundas County Hospice are only available because of the generous donation of time, given freely by members of our community? The hospice offers free training and support to these hospice heroes who do many things from in-home visiting with clients, administrative tasks, cooking for our Day Hospice program, sitting on the Board of Directors, gardening, mowing the lawn, etc. If you have an interest in volunteering but aren't sure how you can help, give us a call. There is no minimum time commitment and no special skills necessary.



To apply for any volunteer position with Dundas County Hospice, or to learn if this work is right for you, please contact our Volunteer Coordinator, Catherine, at 613-535-2215 extension 1002 or email: [vc@dundascountyhospice.ca](mailto:vc@dundascountyhospice.ca)

## My Loved One Is Gone, What Now?

Our services don't end in death, we offer Grief and Bereavement groups, counselling and support after loss. When the goal is to provide support, that support needs to be custom tailored. Not everyone who is grieving has the same needs and so we aim to reach people where they are.

Grief and Bereavement Support Group meets once a month and is facilitated by trained Grief and Bereavement volunteers. It is open to those who are ready to share and be supported in a group environment - a safe, confidential, relaxed place to not only talk about the struggles but also find the joys again after loss.

Book Club meets once every 2nd month in the hospice to discuss a pre-selected book about grief and bereavement, alternating between fiction and non-fiction. This can be therapeutic to those who process their grief in a different way. It is a casual meeting with coffee and a friendly atmosphere, led by a trained Grief and Bereavement Volunteer. We also offer one-on-one support by trained volunteers who will meet you in your home, at the Hospice office, or by telephone.

If you or someone you know could use these services, please contact our Director of Client Services, Jackie, for more information at [dcs@dundascountyhospice.ca](mailto:dcs@dundascountyhospice.ca) 613-535-2215 extension 1001

# Who Pays For The Services Hospice Provides?

All services to clients and families are provided at no charge. DCH is a non-profit organization. About 55% of our budget is funded by the Ministry of Health and 45% is raised through In Memoriam and general donations, support from local service groups, grants and fundraising.

We truly live in a supportive, generous, caring community that values helping our family, friends and neighbours. We can't begin to individually thank every person, organization or business that supports us. But, please know that your generosity is greatly appreciated by our board and staff, and by those who receive our services.

## Hike for Hospice

We had perfect weather for our 2023 Hike and raised over \$10,000. Led by Hugh Metcalfe on the bagpipes, our hikers proceeded to the streets of South Mountain. A 5K or 10K route was enjoyed by participants before making their way back to Rick Cauvier Memorial Park for a BBQ lunch and cake. Local teens and service group members volunteered to guide our hikers along the trail to keep things running smoothly. We look forward to seeing everyone this year at the Iroquois Beach on May 5th!



## Golf Tournament

The 2023 Hospice Golf Tournament was a great day! Held on September 16th and the Morrisburg Golf Course, we had excellent weather, great food, and good times. Our sponsors were once again invaluable in making this event a success, as were our volunteers who gave their time to pull it all off. The participants won some great prizes and everyone walked away a winner, including the hospice. Our 2024 golf tournament is scheduled for September 14th at the Morrisburg Golf Course. So get your team ready and sign up early for a

fun day of golf and supporting your favorite hospice!



## 2023 Platinum Sponsors:

INSURANCE & FINANCIAL  
**McDougall**



## How Can I Get Involved With Hospice?

- Donate - every little bit helps
- Sponsor or participate in one of our 3 fundraisers each year
- Volunteer - everyone has something to offer even if it's just a few hours a month
- Spread the word - tell your friends, share our Facebook posts, talk about hospice
- Feedback - let us know what we do well and what we could do better

## What Do Families Say About Hospice Services?

*"You've been a bright shining lamp through these dark nights. Not just for me, but for my entire family."*

*"Since my husband, Brian, died, Hospice has given me a reason to be and a family."*

*"It is comforting to know we have such an amazing organization in our community."*

**Thank you**  
to the Iroquois Legion and Ladies Auxiliary for their donation of \$11,000 to support Hospice services in Dundas County!!!



## Staff Spotlight



### Jen Pretty - Program Assistant

Jen joined the Dundas County Hospice team in March 2023 as our Program Assistant. Her background in business and experience as a PSW have been valuable as we continue to grow our day program and welcome more people to the hospice. As a published author, she has been using her skills to create content for our Facebook page and website as well. Jen grew up in North Dundas and has always considered it

her home, even when she lived elsewhere in Canada. We are glad to have her as a team member and friend.

## A Few Grief Book Recommendations

*It's Ok That You're Not Ok*  
by Megan Devine

*Please Be Patient I'm Grieving*  
by Gary Roe

*When Breath Becomes Air*  
by Paul Kalanithi

*Remarkably Bright Creatures*  
by Shelby Van Pelt

*One Thousand Days and One Cup Of Tea* by Vanessa Moore

## Hospice Ambassadors

In 2023 we started a new program called Hospice Ambassadors. Board members and volunteers present to community groups to raise awareness about hospice services. This program has been quite well received. If your group is interested in a visit and presentation from these wonderful people, please reach out to the hospice.

Dundas County Hospice commits to providing an environment free of all forms of oppression, discrimination and bias, where all people are treated with respect and dignity.



4353 County Rd 31,  
PO Box 278  
Williamsburg, ON K0C 2H0  
613-535-2215  
info@dundascountyhospice.ca



Your financial gift will help us make everyday count for our clients.

( ) My donation of \$\_\_\_\_\_ is enclosed. Cheques can be made payable to Dundas County Hospice.\*\*  
(A tax receipt will be sent for donations of \$20 or more. Charitable registration #89131 6382 RR0001)

( ) I would like to become a member of DCH for a \$10 annual fee (April 1, 2025 - March 31, 2026)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Please print clearly

\*\* ONLINE donations can be made at [www.CanadaHelps.org](http://www.CanadaHelps.org) and search for Dundas County Hospice.  
We also accept EMT sent to [info@dundascountyhospice.ca](mailto:info@dundascountyhospice.ca)



## I'm a Caregiver, How Do I Get Support and Help With Navigation?

We offer a number of ways to help clients and families navigate a very complex healthcare system through one-on-one support with staff. We also offer in-home respite through our Volunteer Visiting Program and practical support through our Hospice Home Support program. We have a Caregiver Support Group that meets monthly as a get-a-way from the responsibilities of caregiving. It is a non-judgmental space to come and unwind, with some pampering in a relaxed atmosphere.

## Memorial Tree & Giving Tuesday

November 28, 2023, was our 4th annual Memorial Tree Lighting event in conjunction with Giving Tuesday. The weather was absolutely miserable, but brave souls gathered around our tree and watched as it was lit. The beautifully decorated Christmas balls each signified a lost friend or loved one we remember always. Thank you to Jackie, Kathryn and Rev. Christine Lowson for the beautiful service. We will light our tree again this year on December 3rd. Contact our office later in the year to find out how you can get a beautiful Christmas Ball in memory of your loved one.

## You Can Make Our Community Better!

Did you know that 45% of our annual funding must come from donations from the community? That is a huge ask, but we know that our communities are strong and aren't afraid to roll up their sleeves and pitch in where it really matters. Hospice matters. We know that the end of life deserves as much beauty, care, and respect as the beginning of life. Thanks to your contribution we can continue to offer that to all residents of North and South Dundas no matter who they are. Thank you from the bottom of our hearts.