



# dundas county hospice

## SPRING 2020 NEWSLETTER



Volunteers and clients enjoying our new fountain Fall 2019

### COPING WITH COVID-19

The whole world has been turned upside down by COVID-19. At the time of writing this, we are being told that we have hit the peak of cases in Ontario, but what that means for all of us, we'll just have to wait and see. Thank you to everyone in our community for doing your part to slow the

spread of this terrible virus. Thank you to all essential service employees for keeping things going. Thank you to everyone staying at home. It is times like these that make us so proud to live and work in Dundas County, in Ontario and in Canada.

Dundas County Hospice has had to make some major

adjustments to how we do business, but we are open for business and ready to help those that need support in the community. Our services, like many others, are now being offered virtually. We are learning how to adapt as we go. We have staff and many volunteers on standby that are willing to connect on the phone with palliative clients, caregivers and those who are bereaved. We are still able to loan equipment and give out supplies via contactless pick-ups/drop-offs. We have consulted with public health and are bringing equipment back in a very controlled manner with enhanced disinfecting practices to ensure it can be safely put back into circulation.

We are collaborating with partner agencies in our area to help out where we can and ensure that those in need get the help they require.

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### VOLUNTEERING - HELPING PEOPLE, CHANGING LIVES!

Community organizations like Dundas County Hospice rely heavily on volunteers to keep our programs going. By giving to others you can help yourself. There are many benefits to volunteering: connecting to your community, making new friends, enhancing your mind and soul, advancing your career, increased mental health, and bringing fun and fulfillment into your life. We

offer on going educational opportunities for our volunteers, flexibility, ongoing support, as well as appreciation and social events.

*We are actively seeking for the following volunteer position:*

**Fundraising Committee Chair** – to head and engage the volunteer-led fundraising committee at monthly meetings, events and during

annual donor canvassing; experience in charitable fundraising is an asset.

**Visiting Volunteer (Male and Female)** – after completing the screening process and training, volunteers may sit with clients to provide respite for caregivers.

*To apply for any volunteer position with Dundas County Hospice, or to learn if this work is right for you, please call our office to initiate the application process at 613-535-2215 or contact our Volunteer Coordinator at [vc@dundascountyhospice.ca](mailto:vc@dundascountyhospice.ca)*

4353 County Rd 31  
PO Box 278  
Williamsburg, ON  
K0C 2H0



613-535-2215

[info@dundascountyhospice.ca](mailto:info@dundascountyhospice.ca)

[www.dundascountyhospice.ca](http://www.dundascountyhospice.ca)

### OUR SERVICES

Provided FREE of charge to Dundas County Residents:

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

### DCH BOARD OF DIRECTORS

**Chair:** Paul Renaud  
**Vice-chair:** Bob Sisson  
**Treasurer:** Arnold Scheerder  
**Secretary:** Arlene Nesbitt

**Directors:**  
Kathy Spruit Dr. Bart Steele  
Rev. Jon Martin Mary MacMillan

### DCH STAFF

**Executive Director:** Lisa Casselman  
**Director of Client Services:** Linda Johnson, RN  
**Volunteer Coordinator:** Tina MacQueen  
**Program Assistant:** Lynn Gee  
**Casual RN:** Kathryn Mulder, RN

### SAVE THE DATE COMMUNITY EVENTS

**Virtual Hike for Hospice**  
The Month of May  
Check our website for details

**In Good Taste**  
October 24, 2020  
Operating Engineers Training  
Institute of Ontario, Morrisburg





# VOLUNTEER HIGHLIGHT – MARGARET JOLDERSMA 2019 VOLUNTEER OF THE YEAR

Marg first came to Hospice in 2016 to help with the cleaning of the medical equipment that has been out on loan. Then in early 2018, she decided that cooking for the Day Hospice Program would be something she'd like to try her hand at. For the last 4 years she has been cleaning weekly and cooking monthly with a smile on her face.

In Marg's own words, "After I retired from my nursing career, I wanted to find a way to continue helping people and volunteering at Hospice is a great way of fulfilling that desire. It's also a way of giving back for all that I have been given.

I really enjoy volunteering at Hospice. The staff and fellow volunteers are great and whether working directly with clients or indirectly, we all work together to bring comfort and support to make a positive experience for all.

The benefits of volunteering include a great appreciation of life and an understanding of what is truly important, a sense of fulfillment and contribution to the community and great personal satisfaction in knowing that together we can make a positive impact on another person's life."



Marg is congratulated by ND mayor, Tony Fraser, award presenter, Gary Annable and SD mayor, Steven Byvelde. This award was created in 2015 by Gary Annable in memory of his wife, Dianne, a dedicated hospice volunteer.

## CARING FOR THE CAREGIVER

Caregiving for a palliative loved one can be very lonely. You work hard to look after your loved one through their illness and give them comfort. You give up your time and energy to that task. Who, then, comforts the caregiver?

We can help. You can enjoy a visit from one of our trained volunteers. A volunteer can stay with your loved one while you come out and enjoy one of our monthly caregiver events:



Caregivers Coffee group on the 1st Tuesday (2-3:30pm) or Caregivers Support Group on the 3rd Tuesday (2-3:30pm) here at the Hospice. At these events you can learn from, share with and feel supported by the other caregivers and the facilitators. We hold special events during the year to offer education on particular topics in a safe, caring and confidential space. We have resources we can share with you. *During this time of the COVID-19 pandemic, our caregiver supports are being handled over the phone or by email. Please call Linda 613-535-2215 x1 to see how we can best support you.*

## GRIEVING A LOSS? WE CAN HELP.

Where can the people from our communities go when they are dealing with a loss in their life? Who can they turn to when they feel heartbroken, hopeless, helpless, devastated?

Dundas County Hospice can assist you in a caring, safe and confidential manner. We are growing our Grief and Bereavement Services to help the many people in our area that are suffering and feel that there is no place to go for help and support.

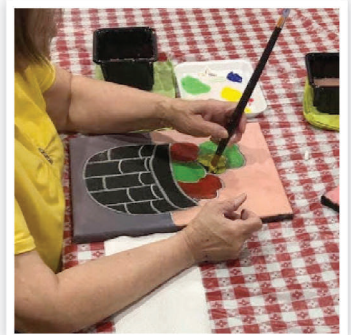
Time spent with staff or the trained volunteers can offer you that safe, confidential space to discuss your feelings and concerns. We can help through education, workshops, special events, our annual memorial service, regular check-in calls, or group supports. Referral to professional counselling can also be arranged if required for complex situations such as child and youth grief, sudden death or suicide.

*Please call us. We can help.*

## DAY HOSPICE – A DAY AWAY

Our Day Hospice Program continues to be a "safe haven", a "home away from home" and an enjoyable place to just be with friends. The program really is about the individuals that visit us each week and not their diseases. Hospice Palliative Care approach is not about helping people die, it's about helping people live no matter how many days they have left.

With the generous support of volunteers and overseen by staff, this year our clients enjoyed a variety of activities that range from various arts and crafts, music and singing, meditation and relaxation, massage, special guests (including Santa!), and our annual outings to Stanley's Sugar Bush and the Morrisburg waterfront for a picnic and to watch the ships go by. There were also many moments for clients just to rest or have coffee and enjoy each other's company.



The Day Hospice Program has a team of dedicated, caring and compassionate volunteers who prepare meals; others assist clients with mobility needs, with activities or just sit and have a friendly chat. Along with our volunteers, the program is supported by our Program Assistant, Lynn Gee, and Linda Johnson, RN.

Last year our Day Program provided almost 1600 respite hours for the caregivers of clients we hosted. We are always looking for new and interesting activities for our day program clients, if you have a hobby or interest you would like to share with us, please contact Lynn at 613-535-2215.

## TESTIMONIALS

"We really appreciated all the helpful information we have received from you. The loan of the chair and bathroom equipment was greatly appreciated. We would highly recommend your services to others". **Anon**

"Hospice staff and volunteers are angels in human form. Thank you beyond imagination for the help & support." **Anon**



# SUPPORT FROM OUR COMMUNITY

It is clear that Dundas County values hospice palliative supports in our community. We truly live in a supportive, generous, caring community. We want to support our friends,

family and neighbours when they are facing tough times. We can't begin to individually thank every individual, 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

Hike for Hospice came to Winchester in 2019. Hikers met at the Joel Steele Arena and walked through town for 5km. The weather was beautiful and we definitely felt the support of the community. Through the generosity of local businesses and hikers we raised over \$9600. Consider being a part of our Virtual Hike for Hospice. Collect pledges and go for a walk in your neighbourhood while practicing social distancing anytime during the month of May. Details on joining the fun are available on our website, [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca).



## GOLF TOURNAMENT

Our Golf Tournament was held at Cedar Glen Golf Club in Williamsburg. Local businesses and individuals together raised \$4600 for hospice services in Dundas County.

Due to the social distancing restrictions, the 2020 Golf for Hospice Tournament has been cancelled. We hope to see you next Spring.



## IN GOOD TASTE

We had our very first tasting event, In Good Taste at the Morrisburg Legion last November. It was a great success, raising \$6400 for our programs. Everyone had a great time, sampling great SD&G food and bevies, taping toes to super down east music and visiting with neighbours and friends. We hope you will join us this October at the Operating Engineers Training Institute for more great gourmet samples, more music and fun and new for this year, a silent auction, all to raise funds to help our clients and their families. Details on joining the fun are available on our website, [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca).

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As an example of this some of our staff has been helping deliver Meals on Wheels.

As always, Dundas County Hospice's services are free, confidential and professional.

We are currently looking at our fundraising events for the year and we are seeing how we can change what we normally do to respect social distancing as well as respecting the financial impact of COVID-19 that some of our donors are experiencing. We are in the midst of planning a Virtual Hike for

Hospice and hope that we will have hikers participating from all over the county. There will be updates posted on our website shortly.

We empathize with those that have been financially impacted by emergency orders in place. If you are in a position to give, even a little, your contribution would be greatly appreciated by both the staff and the families that we serve. We are always grateful for any support; Dundas County Hospice is so lucky to be a part of a very caring community!

## OUR 2019 PLATINUM SPONSORS:



**Countryman Electric** Limited

613-448-2474 / 888-388-1117 13592 County Rd 43, Chesterville On K0C 1H0



## 100 MEN WHO CARE – NORTH DUNDAS

With the closing of the Cornwall office of Bereaved Families of Ontario, we need to grow the services that we can offer the families who are suffering from grief in our community. We would like to be able to offer services

to those families at a local level. With the future hiring of a professional grief counsellor and an expansion of our support groups to include a book club and closed workshops, we went to the 100 Men Who Care - North

Dundas, for funds. We were awarded second place. Thank you to all the "men who care" in Dundas County.

## OUR FIRST DEATH CAFÉ



On February 28th, a small group of individuals, with close ties to Dundas County Hospice, gathered for the first Death Café in Dundas County. Hosted by our Director of Client Services, Linda Johnson and local Death Doula, Tracy Barkley, we ate cake, drank tea and talked openly about death; our own first experiences, and how we see it presented in today's world. We are planning our next Death Café soon and we will open it up to those in our community who would like to join in the discussion. Death Cafes are not meant to be support groups but an opportunity to discuss a topic that is often difficult to address. Stay tuned for details.

### 2018/2019 STATS

- ✓ Dundas County Hospice has 54 volunteers that logged 3200 hours of service.
- ✓ We served 139 palliative clients through our various programs and 210 community clients with equipment needs.
- ✓ Our Day Program provided 1535 respite hours for caregivers of the clients we hosted.
- ✓ 57% of our clients resided in North Dundas and 43% of our clients resided in South Dundas.

## GRIEF & BEREAVEMENT PEER SUPPORT GROUP ALL ARE WELCOME!

An informal group of bereaved people who share, support and learn from each other in a safe and confidential environment. Our facilitators are Hospice Volunteers who have been trained in grief and bereavement support.

Please call Linda Johnson at 613-535-2215 for more information on how we can support you during the Covid-19 pandemic.

We are pleased to be offering 6-week closed Grief & Bereavement Course, with a set curriculum of subjects that will offer support and help you understand and deal with your grief after a loss. You register and attend these 6 sessions with the same participants and facilitators throughout. Guest speakers will be welcomed a few times during the course.

Please call the office to find out when the next session will begin.

## MEMORIAL SERVICE

Our annual non-denominational Memorial Service was held on May 26 2019 at Hope Springs United Church in Winchester Springs. Our special musical guest was Sharon Baird playing her harp. We honoured and celebrated the lives of clients and others who had passed on. Please join us this year at the South Dundas Lutheran Community Church on September 27th at 2:00 p.m. Your loved one doesn't need to have been our clients or even a recent passing. Details are available on our website, [www.dundascountyhospice.ca](http://www.dundascountyhospice.ca).

“ There are no goodbyes for us. Wherever you are, you will always be in my heart. ”

- Mahatma Gandhi



IN 2019, WE WERE BLESSED TO AGAIN RECEIVE SUPPORT FROM THE OUTCARE FOUNDATION - [OUTCAREFOUNDATION.ORG](http://OUTCAREFOUNDATION.ORG)



4353 County Rd 31, PO Box 278  
Williamsburg, ON K0C 2H0  
613-535-2215  
[info@dundascountyhospice.ca](mailto: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, 2020—March 31, 2021)

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

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

Please print clearly

\*\* ONLINE donations can be made at [www.CanadaHelps.org](http://www.CanadaHelps.org) and search for Dundas County Hospice.

## OTHER WAYS TO GIVE

Postage Stamps,  
Gift Cards, Nutritional  
Supplements e.g.  
Ensure, Boost.  
Please consider  
Dundas County  
Hospice

