



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
- Hospice Home Support



Spring 2023 NEWSLETTER

30 Years of Growth

In October, DCH celebrated its 30th Anniversary. Over the years we have grown and adapted to meet the ongoing needs of our community. Starting in a small office space in the JW MacIntosh Senior Support Centre, we now have a home of our own on Hwy 31 that has our offices, program space and equipment storage.

We have always been a Visiting Hospice which means a group of dedicated volunteers go into clients' homes to provide assistance, socialization and respite for caregivers. Over the years we have added many services to meet the changing needs of our clients and community. Some of these services are not publicly funded but are solely funded by donations from the community.

Our Grief and Bereavement support program has evolved over the years. Over the last 2 years, we experienced a shift in the numbers and types of clients we saw. Our Grief and Bereavement clients grew by about 20% of our total case load year over year. This tells us that there is more awareness of our Grief and Bereavement program in the community, which is great. However, the complexity of the grief we are seeing is having a huge impact on our friends and neighbours.

We are so proud of those who have reached out for help, but we can't help but feel like there are more people out there that could use support and aren't getting it. If you know someone that could benefit from our services following a loss, please tell them to call us.

We are also concerned that those with a palliative diagnosis are not coming to us for help. If you have a family member, friend or neighbour who has a life-threatening diagnosis, please tell them to call us – there are many ways we can help.

If you think you could help in a volunteer capacity, talk to us to see if what we do is a good fit for you. We will provide all the training.

Lastly, we are open to suggestions. What could we do differently in the areas of Palliative Support, Grief and Bereavement or Equipment to support the communities of North and South Dundas, please reach out to us and help us serve you better.



Save The Date Community Events

Hike for Hospice

May 7, 2023
Rick Cauvier Memorial Park,
South Mountain
Month of May (virtually)

Hospice Golf Tournament

September 16, 2023
Morrisburg Golf Course

Memorial Tree Lighting / Giving Tuesday

November 28, 2023

DCH 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
 Mary MacMillan
 Cindy Morgan

DCH 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 Nurse: Kathryn Mulder, RN

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



☎ 613-535-2215

✉ info@dundascountyhospice.ca

🌐 www.dundascountyhospice.ca

2022 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. When she passed, her family decided to honour her memory by presenting this award each year.

Volunteers of the Year: Celeste Guse and Bob Sisson

Celeste joined the hospice in 2016. She volunteers in our Bereavement Program, cooks for Day Program, and is on the Health and Safety Committee. Celeste is a dedicated volunteer that we are so lucky to have at Hospice. She attends most meetings, provides lots of helpful input for how we can improve things and is always someone we can count on.

Bob has been with the hospice for almost 10 years now. He serves on the Board of Directors, our Health and Safety Committee, delivers equipment, mows the lawn, helps with upkeep and fixing of the house. He is very quick to come whenever we're in need in many aspects of our Hospice world. He has even recruited his wife to sign on as a volunteer. We are very grateful for all he does!

*Congratulations to
Celeste and Bob!*

Our Day Hospice program is accepting new clients



GOOD COMPANY, GOOD FOOD, ENGAGING ACTIVITIES

It has been so nice to have our Day Hospice clients coming to the Hospice, in-person, consistently, for a full program for a few months now. We are excited to be planning some fun, engaging activities again. In 2022, clients enjoyed performances by JoAnne Laurin (with sound by Soundtastic Productions), the Vernon Ukelele Players group, Kathy Spruit and Arlene Nesbitt, an outing to the waterfront in Morrisburg including a picnic lunch, presentations by Burt Cumming from Doran Bay Model Ship Museum and the Lost Villages Historical Society, a tribute to the Queen, a Christmas party including a visit from Santa and many more!

Once a month we have the mobile librarian visit. We always have games, puzzles, coffee, tea and snacks. Lunch is prepared by our wonderful volunteer cooks. Transportation is provided (as available).

If you or a loved one have a life-threatening illness, and would like to participate in our Day Hospice, please call our office.

5 REASONS TO VOLUNTEER AT DUNDAS COUNTY HOSPICE



Involve Yourself with Your Community

We service both North and South Dundas. Help support the place where you live and the people you love.

Meet New People

Come join our amazing team of volunteers! There's so many volunteers, staff and clients for you to meet!

Flexible Schedules

We work with you so that you can volunteer on your time.



Help Those in Need

The Dundas County Hospice provides comfort and support to those who are at end of life.

Have New Experiences

Enjoy seeing different performances or presentations by volunteering at our Day Hospice program, visiting our clients or helping with one of our fundraising events.



Spotlight on Ian Henderson



A pillar of our Grief & Bereavement program, Ian Henderson, certified grief educator, life transition coach, pet loss counsellor, and all around beautiful soul, helps to facilitate various workshops for us and many other organizations as well. Ian has been faithfully facilitating our "Holiday Help" formerly known as "Surviving the Holidays" in November each year for several years. Ian has also facilitated many Labyrinth Walks (usually twice per year) for our Grief and Bereavement clients. Ian gives of his time so freely is always willing to explore new ideas to help. Anyone that has attended any of Ian's sessions will know that he has a wealth of wisdom that he shares in such a warm, caring, authentic way.

In 2022, Ian also became a published author. His book titled, "What's Your Life Trying to Teach You? 23 Essential Life Lessons to Become Your Best Self" by J. Ian Henderson, is a passion project that Ian has spent a lifetime creating. Ian's book can be bought on Amazon or other book outlets. We highly recommend it!

Congratulations Ian!

Volunteering with Hospice



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

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 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.

30th Anniversary



2022 marked the 30th Anniversary of Dundas County Hospice. A celebration was held at the office on October 1st. Guests were treated to a BBQ and cake. We enjoyed the company of lots of old friends and new friends, current and past board members, volunteers and staff. We even had a member of the founding committee to help us mark this important milestone. Dundas County Hospice has grown so much in 30 years thanks to the support we get from this amazing community. We can't wait to see what the next 30 years brings!



Hike For Hospice

It was so great to host a Hike for Hospice in-person event in 2022 after 2 years of hiking virtually. This marked the 10th year that DCH has participated in the event that is coordinated at the national level by the Canadian Hospice Palliative Care Association. It is a fundraising and awareness campaign that member hospices are welcome to participate in. This year our event was held in Chesterville, starting and ending at the park. Participants were treated to a BBQ and cake afterwards. Through business sponsorship and participant sponsorship, we raised over \$11,000.



Golf Tournament

The 2022 Hospice Golf Tournament was held in September at the Morrisburg Golf Club. The weather was great, the view was fantastic and the food was delicious! Thank you to everyone who helped organize, who sponsored and who played in the tournament. Special thank you to the club members who donated the use of their carts for the day. Together we raised over \$5,600 to support hospice programming.



Hospice Online Auction

Dundas County Hospice ran an online Facebook Auction again this year as part of our fundraising line up. We raised over \$4,400. Thank you to everyone who donated auction items, picked up auction items, bid on auction items and helped in any way with the coordination of this event.

Our 2022 Platinum Sponsor



IN 2022, WE WERE BLESSED TO AGAIN RECEIVE SUPPORT FROM THE OUTCARE FOUNDATION – OUTCAREFOUNDATION.ORG

Quotes from clients/families:

"Your services were so appreciated by us both. I was amazed how you have exceeded our expectations. I couldn't have asked for better support. Thank you."

"A sincere thank you to Hospice for the use of a wheelchair, it allowed my father to keep some independence. Also the staff, especially Linda for her advice and support, at a difficult time. Keep up the great work."

"As the names were read at the tree lighting, I again marvelled at the number of people you impact through your work. You are invaluable in this community"

Staff Spotlight

Jackie Imrie

Director of Client Services



Jackie came to us in May 2022 from Winchester District Memorial Hospital. Jackie has 38 years of experience as an RPN in various sectors including long-term care, retirement home, community nursing and acute care. Jackie still participates in training new hires and students at WDMH as part of their in-service for palliative care. She is also a clinical instructor with St Lawrence College training

Practical Nursing students. Jackie lives in Winchester with her husband. She enjoys spending time with her two adult daughters and camping in the summer. Jackie has always been passionate about Palliative Care. The feedback tells us that she is already having a big impact on clients and their families.

Grief & Bereavement Supports

Peer Support Group: an informal group of bereaved individuals who share, support and learn from each other in a safe and confidential environment. *Held on the third Thursday of each month from 2:00 – 3:30 pm.*

Book Club: a facilitated group discussion among bereaved individuals on a book on the topic of loss. *Held on the fourth Thursday of every other month 2:00 – 3:30 pm.*

Where: Dundas County Hospice, 4353 County Rd 31, Williamsburg (parking is available across the road at Jay's Tire). Please call ahead to confirm attendance.

One-on-One Support: trained volunteers meet you in your home, at the Hospice office or by telephone.

Referral to professional care as needed: Please call Jackie Imrie for more information.

(Our volunteer visitors and group facilitators have all been trained in grief and bereavement support).

2022-2023 Stats

- ✓ 42 volunteers logged 2600 hours of service.
- ✓ 156 palliative and grief & bereavement clients were served through our various programs.
- ✓ 264 community clients were helped with equipment needs
- ✓ Our Day Hospice program provided 1635 respite hours for caregivers of the clients we hosted.
- ✓ 51% of our clients resided in North Dundas and 49% of our clients resided in South Dundas.

Hospice Ambassadors

In an effort to bring awareness to our services, a group of "Hospice Ambassadors" has formed to do presentations to various types of community groups. If you belong to or know of a community group that would be interested in hearing more about what we do, please reach out.

Happy Retirement Linda



In June we celebrated the retirement of Linda Johnson, Director of Client Services who was with us in this role for 6+ years. We were very sad to see Linda leave but so happy for her long overdue, so well-deserved retirement. Linda impacted so many clients and their families in the time she was with us and in all her previous roles as a nurse. She deserves this next phase in her life. Linda was so gracious to make sure we were left in good hands by downloading as much knowledge as she possibly could to her replacement, Jackie.



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.



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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, 2024 - March 31, 2025)

Name: _____

Address: _____

Please print clearly

** ONLINE donations can be made at www.CanadaHelps.org and search for Dundas County Hospice. We also accept EMT sent to info@dundascountyhospice.ca

Memorial Tree & Giving Tuesday

November 29, 2022 was our 3rd annual Memorial Tree Lighting event in conjunction with Giving Tuesday. This year's event had the highest in-person attendance. It was so nice to gather to remember those we've loved and lost. We enjoyed hot chocolate served by our wonderful volunteers and listened to words of comfort from Jackie, Kathryn and Pastor Gregg Lawson.