



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 2021 NEWSLETTER

Hospice Care in an Ever-Changing World

The year 2020 started simply enough; another new year like any other. We put new challenges and goals forward with plans for enhancing our programs and starting new projects. Then March happened. Who knew then that a few weeks to “flatten the curve” would turn into a year and we’re still at it? But during all of the turmoil, uncertainty and stress, Dundas County Hospice stayed open and available to our clients, their families and to the community. We took advice from the public health professionals and went forward. The way we did things had to change; we successfully pivoted (one of the many new COVID ovid buzzwords) our activities. In-person support changed to phone and email support. The Hike for Hospice went virtual. Appointments were made for equipment loan rather than drop-ins. Driveway and porch visits were made; masked and 2 metres apart. Meetings were held outdoors or

by Zoom. New ways were found to use the wealth of our volunteer enthusiasm and skill. As the rules changed, we did too. The volunteers, Board and staff at Dundas County Hospice rose to the challenges that COVID-19 brought and we have managed to serve our community well. We learned that we can adapt to whatever is thrown in our path. Hopefully soon we can all gather again safely in each other’s company.



Save The Date Community Events

Virtual Hike for Hospice
Month of May 2021

Hospice Golf Tournament
September 11, 2021, Cedar Glen

Online Auction
Early November 2021

**Memorial Tree Lighting/
Giving Tuesday**
November 30, 2021

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

Brodie Loynachan

DCH STAFF

Executive Director:

Lisa Casselman

Director of Client Services:

Linda Johnson, RN

Volunteer Coordinator:

Lynn Gee

Program Assistant: TBD

Bereavement Councillor:

Kathryn Boyd MA, CCC, RP

Casual RN:

Kathryn Mulder, RN

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2020 Volunteers of the Year Ann Barkley & Valerie Thompson



Ann has been a Hospice Volunteer since the very beginning wearing a number of hats including being on the Board of Directors, fundraising, Day Hospice and volunteer visiting. Her main role in the past number of years has been within the Grief and Bereavement Program. She has supported and cared for numerous clients over the years who struggle with coming to terms with loss of a loved one. For the past 18 months she has been the facilitator of our Grief and Bereavement Book Club, where her experience as a teacher has made the discussions enjoyable and interesting.

Ann's thoughts on being a Hospice Volunteer: "I began my journey with Hospice over 25 years ago attending the first training course. After working with the staff and board at Dundas County Hospice over the years I feel everyone has always had one goal in mind: to care for and support the people in our community who are dying, caring for those dying or grieving the loss of someone they loved. Having the Hospice in Dundas County makes our community a better place to live."

Valerie has been a Hospice Volunteer since 2017 wearing only one, but very important, hat as our bookkeeper. She volunteers two days a month to ensure the bills are all paid, the donations are deposited and the employees are happy (paid). Efficient and knowledgeable, her past experience as a company bookkeeper is invaluable to us.

Valerie's thoughts on being a Hospice Volunteer: "I enjoyed my career as a bookkeeper and once I retired I decided I was going to volunteer where my skills would be useful. The Hospice is an important part of our community and needs to be supported in many different ways. I decided this is what I need to do to help give back."

Caring For The Caregiver

During the pandemic, we have been supporting and advocating for those caregivers who seek our assistance. The telephone has been an essential tool in reaching out to those who need specialized information and support from other agencies or just to hear a friendly "hello". COVID-19 has made this job so much more difficult and we will do what we can to ease some of the burden. Please feel free to contact us to discuss how we can best support you.

Day Hospice – A Day Away

Our Day Hospice Program has morphed through several phases throughout the pandemic. In the spring we used a group telephone platform offered to us by Good Companions in Ottawa. The summer saw smaller, back-porch meetings that went into the fall. Winter had us using Zoom as a way to keep some of our clients connected with each other. Currently we are back to smaller, shorter groups held in-person with a few friends joining on the big screen. We hope to get back to our weekly visits as soon as we are safely able. We miss our chats, our games and the delicious meals provided by our volunteers!

Grieving A Loss? We Can Help

Dundas County Hospice can assist those who are grieving in a caring, safe and confidential manner. We are growing our Grief and Bereavement Services to provide more support to those in our community that are in struggling with grief. In this era of COVID-19, grief is complicated by public health restrictions.

Time spent with staff or trained volunteers can offer you that safe, confidential space to discuss your feelings and concerns. We can help through education, workshops, special events, our book club, our annual memorial service, regular check-in calls, or group supports. Professional counselling is available if required for complex situations.

Please call us. This is a community service, open to all. We are happy to help.



Volunteering – Helping People, Changing Lives!

Our volunteers continue to support our clients with phone calls and doing non-contact errands. This is so important to the clients especially when so many are missing the company they had enjoyed pre-lockdown. As things slowly ease into a more normal rhythm, we will be seeking volunteers again for a variety of positions. If volunteering for Dundas County Hospice sounds like something you would like to do in the future, feel free to call Lynn, our Volunteer Coordinator, to find out the best way we can help each other.

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. This year was especially hard for some and we were blown away by those who came forward to offer

assistance. We knew that things would be somewhat different but we saw our community step up to meet the challenge of supporting our friends, family and neighbours when they are facing tough times. We can't begin to thank publicly every individual,

organization or business that supports us here; 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 2020 was in the planning stages when the pandemic hit and we knew that if we didn't make some changes, the Hike could not happen. After some brainstorming, we decided to go "virtual" and open up the Hike to become a "do it your way" opportunity for community members to support and raise funds for Dundas County Hospice. We gave our supporters the opportunity to safely hike 5 km when and where they wished. We encouraged them to collect pledges online and to take photos of their hikes which we then posted on our Facebook page and on our website.

The results far exceeded our expectations. We had over 40 participants and raised over \$8,000 for our programs. We will be hosting another Virtual Hike for Hospice in the month of May 2021. We hope you will join us on your own Hike!

Watch our website and our Facebook page for details.



Golf Tournament

The 2020 Golf Tournament did not take place; we are planning on having a tournament in September 2021. Details to be announced.

In Good Taste

The 2020 In Good Taste event did not take place; we are looking to have an online auction in the Autumn of 2021. Details to be announced.

Our 2020 Platinum Sponsors



Third-party Fundraisers – A How-To For Our Community Supporters

We need to raise 45-50% of our budget every year. Many times, local service organizations, hobby clubs and individuals want to help raise funds for us in our name and that shows such amazing support for our organization and the people we serve. If you, or a group you belong to, would like to host an event for us, we have a package for you that outlines our policies around Third Party Events, the use of our logo and name as well as other aspects of fundraising. Please contact us and we can work with you to help make sure your fundraiser a success.



In 2020, we were blessed to again receive support from the OutCare Foundation. Instead of their yearly Gala, in 2020 they ran an online "Awesome Auction". They invited us to partake and we had local makers such as Debbie Gilmer, Elsie Gallinger,

Donna Martin, Debbie Swords, Judy Lingard and others from out of the County generously donated pieces of their work to auction off. Details regarding the Spring 2021 Awesome Auction will be available on the website soon!

Quotes From Clients' Families:

"You couldn't have done more. You supplied everything we needed. You knew I needed things I didn't even know I needed. You made my life easier at a very difficult time. Thank you."

"Thank you so much for all of the support, services, advice and caring Dundas County Hospice provided. They put my dad and his needs first. We are very grateful for all you do!"

Welcome to our new Bereavement Counsellor: Kathryn Boyd, MA, CCC, RP



My name is Kathryn Boyd. I am a Registered Psychotherapist in Ontario and I am the new Grief and Bereavement Counsellor at Dundas County Hospice. I started in this role, part-time, in September 2020. I hold a Master's Degree in Creative Arts Therapy and have worked in the field of counselling and psychotherapy for over 15 years. I have experience facilitating group therapy sessions as well as individual and family therapy sessions. I have experience working with children, teens, youth, adults and elders. I have lived and worked as a therapist in Canada's Arctic in the Northwest Territories, in Haliburton Ontario and also in Ottawa.

I grew up locally. I returned to the area in 2016 to raise my young family. Grief and loss impact us all. I have first-hand experience of the range of wonderful services provided by Dundas County Hospice and I am honoured to be a part of the team, providing counselling services to those who are grieving and looking for some support through the process.

Memorial Tree & Giving Tuesday



Because of the COVID-19 restrictions we couldn't hold our annual Memorial Service in the spring to honour the lives of deceased clients and other loved ones in the community. We decided to work with CanadaHelps and their Giving Tuesday campaign to start a new tradition. A beautiful tree was donated by Bea and Renny Van Gilst and decorated with lights donated by BMR Winchester. The lights were lit in a special outdoor Memorial ceremony. Community members who made donations had ornaments personalized on the tree. Through the Giving Tuesday campaign, we raised over \$4,000 for our programs. Join us this November when we light the 2021 Memorial Tree!

2020/2021 Stats

 56

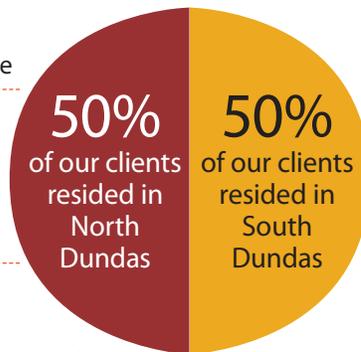
Volunteers logged over 3,800 hours of service

 150

Palliative and Bereavement Clients were helped through various programs

 173

Community Clients were helped with equipment needs



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.



Ontario 



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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, 2022 - March 31, 2023)

Name: _____

Address: _____

Please print clearly

** ONLINE donations can be made at www.CanadaHelps.org and search for Dundas County Hospice. We also accept EMT.

Our Hospice Garden

From The Gardening Committee:

As spring comes, we are looking for ways to enhance our lovely outdoor space here at Hospice. If you are looking for a permanent way to memorialize a loved one; a garden feature, a tree or a piece of outdoor furniture in their name would be a lovely way to do just that. This is a fitting way to remember someone to who loved gardening or the outdoors. Whether it's a family member, a good friend or a beloved pet; your loved one's name will be a part of a beautiful, reflective and peaceful place. Contact the Hospice for more information about donating towards our Memorial Garden project.