



## 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 2022 NEWSLETTER

## We Are All Grieving

Grief is a normal response to loss. All types of loss can trigger grief responses – a sense of sadness, anger, hopelessness. Collective Grief occurs: “When a community, society, village or nation all experience extreme loss or change.”<sup>1</sup> Living through the global pandemic has triggered our Collective Grief.

Societal restrictions created to manage the Coronavirus resulted in widespread losses for all. Children lost opportunities to learn in person, play on sports teams, and engage in group artistic activities. Youth missed milestone life celebrations: no high school graduation ceremonies, no proms. Adults lost livelihoods. Workplaces continually changed the way they provide service. Some small businesses built with hard work, pride and passion did not survive the restrictions and closed. We all lost social contacts: no birthday, anniversary or wedding celebrations. We could not attend funerals and support those in mourning. We could not be with our loved ones at end of life. We lost the opportunity to mark significant

moments in our lives with group ritual and our fundamental beliefs and values have been challenged.

So now what? What do we do about all that has been lost? First, we grieve. As a society, we have been divided by the pandemic in many ways. In our grief, we are united. We are united in our experiences of loss. Perhaps our shared grief experiences can be the starting point for moving forward? Together we can grieve, remember and adapt.

*Kathryn Boyd MA, CCC, RP*



<sup>1</sup>[www.griefrecoveryhouston.com/what-is-collective-grief](http://www.griefrecoveryhouston.com/what-is-collective-grief).

## Save The Date Community Events

### Hike for Hospice

May 1, 2022 - Chesterville Park or hike virtually anytime in the Month of May

### Hospice Golf Tournament -

September 17, 2022  
Morrisburg Golf Course

### 30th Anniversary Celebration

October 1, 2022 – Details to come

**Online Auction** - November 2022

### Memorial Tree Lighting/Giving Tuesday

November 29, 2022

## DCH BOARD OF DIRECTORS

**Board Chair:** Arnold Scheerder

**Vice Chair:** Bob Sisson

**Past Chair:** Paul Renaud

**Treasurer:** Bob Pitruniak

**Secretary:** Arlene Nesbitt

**Directors:** Kathy Spruit

Dr. Bart Steele

Mary MacMillan

## DCH STAFF

**Executive Director:**

Lisa Casselman

**Director of Client Services:**

Linda Johnson, RN

**Volunteer Coordinator:**

Catherine Clement

**Program Assistant:**

Sue Keeler

**Bereavement Counsellor:**

Kathryn Boyd, MA, CCC, RP

**Casual RN:**

Kathryn Mulder, RN

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

## Congratulations to our Volunteers of the Year!



Each year we attempt to honour one or two volunteers for the dedication and compassion that they show to our clients. Since 2015, we have been pleased to present the Diane Annable Memorial "Volunteer of the Year Award" to chosen volunteers with the help of Gary Annable and members of Diane's family.

Kathleen Pitruniak is a long serving volunteer who joined the organization in 1995. She has helped many people in that time, sharing her nursing expertise with clients, staff and volunteers. She continues to be very active within our day program and with her present

client whom she visits several times a week and makes it possible for that person to remain in their own space. Her quiet understanding of clients' needs and her willingness to assist them in meeting those needs makes her a good choice for Volunteer of the Year (2021).

Jennine McCourt has been a volunteer with us since 2019. She quickly accomplished all of the required education including the extended grief and bereavement volunteer training. Her education, her personal life experience, her links with the community and her caring manner, makes her an amazing addition to our volunteer base. Jennine has been connected with several clients at end of life. She has been an incredible support for families as well as clients.

**Congratulations to  
Kathleen and Jennine!**



## "From the Heart"

- Liz Taylor, November 2021

(poem from a Dundas County Hospice Grief & Bereavement client)

*When I lost my husband  
I felt I could not go on.  
But I reached out to hospice  
And hospice proved me wrong.*

*They offered all their loving arms  
Held me in their embrace.  
I learned that grief was a journey.  
I learned that it wasn't a race.*

*I learned that grief would take time  
And it was normal to be sad.  
Some of my days would be good  
And others would be bad.*

*I learned grief was like a tunnel  
A tunnel you had to take.  
To ignore and go around it  
Would be a big mistake.*

*I learned there would be pain.  
I learned there would be sorrow.  
Always to remember  
There would be a tomorrow.*

**Our Day Program  
clients and volunteers  
enjoying a Christmas  
gathering together.**

## Volunteering with Hospice



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 and bringing fun

and fulfillment into your life. We offer ongoing educational opportunities for our volunteers, flexibility, ongoing support, as well as appreciation and social events. All volunteers must complete a screening and orientation process.

We are actively seeking volunteers for the following positions:

**Member of the Board of Directors** - volunteers steer the organization towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies, as well as by making sure the organization has adequate resources to advance its mission.

**Visiting Volunteers** - volunteers sit with clients to provide support for clients and respite for caregivers.

**Fundraising Committee Members** - volunteers participate in the volunteer-led fundraising committee at monthly meetings, events and during annual donor canvassing; experience in charitable fundraising is an asset but not required.

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).

## 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.

## Iroquois Legion Presentation



(Morrisburg Leader/W. Gibb photo)

Thank you to the Iroquois Legion for making Dundas County Hospice a beneficiary of their fundraising efforts again. A cheque for \$9,000 was presented at the Legion in December.

## Community Partners

We'd like to extend a special thanks to Marsden McLaughlin Funeral Home, Williamsburg IOOF, and J.W. MacIntosh Community Support Services. In an effort to resume in-person activities and keep everyone safe, these organizations stepped up to help by providing us larger spaces to hold some of our programs and services. We couldn't do what we do without the support of our community!



In 2021, we submitted a grant application to the OutCare Foundation. We were successful in our bid for \$3,500 to buy a steam cleaner for our Equipment Loan Program. The OutCare Foundation raises funds through various events to support Hospices throughout our region. It has really been a challenge for the Foundation with COVID restrictions in place, but they have shown their perseverance and dedication to Hospice services. Thank you to the OutCare Foundation!

## Hike For Hospice

Hike for Hospice 2021 was held virtually throughout the month of May. This gave participants the opportunity to hike when they wanted, where they wanted and with whom they wanted. Through business sponsorship and participant sponsorship, we raised over \$5,500. We are looking forward to an in-person event in 2022. Stay tuned for details.



## Golf Tournament

The 2021 Hospice Golf Tournament was held in September at Cedar Glen Golf Course in Williamsburg. The tournament was very successful this year, with over \$8,000 raised. Thank you to everyone who helped organize, who sponsored and who played in the Golf Tournament. Special thank you to the Morrisburg Lions for their very generous donation.



## First Annual Online Auction

For the first time, the Dundas County Hospice ran an online auction to fundraise. We successfully raised over \$8,000. Special thanks to everyone who helped organize the auction and collect donations, to those who donated auction items and to those who participated in the auction. It was a big success and a lot of fun!

## Our 2021 Platinum Sponsor



## Quotes from clients/families:

*"One aspect of the support given by hospice that I find truly amazing is that all these helpful programs are offered free of charge...that means everyone can be helped."*

*"My Dundas County Hospice is an oasis of comfort to me."*

## Staff Spotlight

### Volunteer Coordinator: Catherine Clement

Catherine joined the organization as the Interim Program Assistant in June 2021. She will move into the Volunteer Coordinator role in April. Catherine will be responsible for recruiting, onboarding, training, supervising and retaining our volunteers. She will help with our fundraising efforts and other various administrative duties. Catherine was born and raised in the area before moving to New Brunswick for University. Catherine worked for us as a summer student in 2018 which inspired her to join the organization again when she returned to the area. Catherine is gaining lots of experience with clients and families, she has some great administrative and organizational skills, she is a quick learner and is always happy to help.

### Program Assistant: Sue Keeler

Sue joined us in February and has recently assumed the role of Program Assistant, planning and coordinating all of the activities for our Day Hospice program. Sue also works very closely assisting in the execution of all of our programs and performing various administrative tasks. Sue has lived in our communities for over 30 yrs and is well connected to some of our local resources. Sue's experience of working with volunteers and event planning throughout the years brings new ideas to the organization. Sue's personal experience with palliative care and living with life-limiting illness allows her to approach her work with compassion.

## In Loving Memory of Lynn Gee



Lynn was our Volunteer Coordinator and former Program Assistant who passed away suddenly in August 2021. She was such a big part of our Hospice family and we miss her dearly.

### I Heard Your Voice in the Wind Today - Unknown

*I heard your voice in the wind today  
and I turned to see your face;  
The warmth of the wind caressed me  
as I stood silently in place.*

*I felt your touch in the sun today  
as its warmth filled the sky;  
I closed my eyes for your embrace  
and my spirit soared high.*

*I saw your eyes in the window pane  
as I watched the falling rain;  
It seemed as each raindrop fell  
it quietly said your name.*

*I held you close in my heart today  
it made me feel complete;  
You may have died...but you are not gone  
you will always be a part of me.*

*As long as the sun shines...  
the wind blows...  
the rain falls...  
You will live on inside of me forever  
for that is all my heart knows.*

## 2021/2022 Stats

 157

Palliative and Bereavement Clients were helped through various programs

 228

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.



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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, 2023 - March 31, 2024)

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)

## Memorial Tree & Giving Tuesday

On November 30, 2021, we had the opportunity to remember our loved ones that have passed within the year and in previous years. It's a chance to honour the lives of clients, friends and loved ones, but also a reminder to be gentle with ourselves as we grieve their loss. A beautiful ceremony was held on the property of the hospice office before the ceremonial tree lighting. Personalized memorial ornaments decorated the tree.