



## 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

HOSPICE IS ABOUT ADDING LIFE TO DAYS, NOT JUST DAYS TO LIFE.

# Spring 2026 NEWSLETTER

## Day Hospice: Where Memories Meet

For participants in the Dundas County Hospice Day Program, the comfort comes from simple things: familiar routines, friendly faces, and the feeling of being somewhere you belong.

When Betty joined the Day Program in late 2024, she did not recognize one of the regular participants she met that day. David, however, recognized her immediately. The two spoke easily, sharing conversation and stories as if they had known each other for years. It was only later, through small details and gentle conversation that recognition suddenly returned for Betty—a past brought sharply back into focus.



life carried them in different directions. Decades passed, memories softened, and time did what it inevitably does.

Within the Hospice Day Program, their reunion has become a meaningful reminder of why locally delivered hospice care matters. In rural communities, hospice programs do more than provide services — they preserve dignity, reduce isolation, and ensure people can receive support without leaving the places and people they know. The Day Program offers more than activities and care; it provides the time, patience, and understanding needed for memories and connections to return in their own way.

At Dundas County Hospice, moments like Betty and David's often happen quietly, but their significance runs deep — showing how community-based hospice care allows life to come full circle, close to home, just when it is needed most.



The man she had been speaking with was not a stranger at all. David and Betty had grown up as next-door neighbours, sharing childhood days and neighbourhood moments before

## SAVE THE DATE Community Events

**Hike for Hospice** – May 3th 2026, starting at Morrisburg Waterfront

**Dundas County Hospice Dine & Dance** – June 13, 2026  
Chesterville Legion

**Hospice Golf Tournament**  
September 12th 2026  
Morrisburg Golf Course

**Memorial Tree & Lighting Giving Tuesday** – December 1st, 2026  
Dundas County Hospice

### DCH Board of Directors

**Board Chair:** Arnold Scheerder  
**Vice Chair:** Cindy Morgan  
**Treasurer:** Christine Thom  
**Secretary:** Arlene Nesbitt  
**Directors:**

Bob Sisson  
Kathy Spruit  
Dr. Bart Steele  
Terry Triskle  
Marc Gervais

### DCH Staff

**Executive Director:** Steve Walsh  
**Director of Client Services:** Jackie Imrie, RPN  
**Program/Volunteer Coordinator:** Jen Pretty  
**Bereavement Counsellor:** Kathryn Boyd, MA, CCC, RP  
**Grief & Bereavement Coordinator:** Amy Clarke  
**Casual RN:** Kathryn Mulder, RN

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## Our Services

Dundas County Hospice is a visiting hospice, providing care and support wherever people are—at home, in hospital, in long-term care, or with family or friends. Our trained volunteer visitors offer companionship, comfort, and respite to individuals living with life-limiting illness, as well as support for caregivers. Our Hospice Day Program offers more mobile clients a welcoming space to connect, socialize, and enjoy a meaningful day away.

We provide Grief and Bereavement support to anyone who has experienced a loss, including individual and group support, private counselling when needed, and a variety of grief-focused events throughout the year.

Our Medical Equipment Loan Program offers free access to equipment for anyone living in North or South Dundas, helping people stay safe and comfortable at home.

## Volunteers of the year

Each year we present the Diane Annable Memorial “Volunteer of the Year Award” to two volunteers. Diane was a devoted volunteer of hospice and a board member who passed away in 2014. When she passed, her family decided to honour her memory by presenting this award each year. Our 2025 Volunteers of the Year were Liz Taylor and Cindy Morgan—both truly deserving of recognition in their own unique ways.

Liz Taylor has been a volunteer with hospice since 2022. Her bubbly personality and positive spirit bring a breath of fresh air to our Hospice Day Program and to the clients she visits in the community. Liz first came to us seeking support after the tragic loss of her partner, Brian. We were honoured to walk alongside her through her grief and deeply grateful that she chose to give back by joining our hospice family as a volunteer.



Cindy Morgan also joined the hospice in 2022 and became a member of our Board of Directors in 2023. She has been instrumental in the development of our Ambassadors Program, helping to strengthen community connections and support our mission. Cindy’s dedication, leadership, and friendship have made a meaningful impact on our organization, and we are incredibly fortunate to have her as part of our hospice community.

## A Quiet Kind of Comfort: The Heart of Palliative Visiting

Sometimes, the most meaningful moments in life are the quiet ones — the moments without big speeches, grand gestures, or perfect words. In palliative visiting, those moments happen every day.

It’s not about fixing anything, and it’s not about filling the silence. It’s about simply being there — offering a calm presence to individuals and families as they navigate some of life’s heaviest chapters. It’s holding space, sharing warmth, and gently reminding people that they are not alone.

Our volunteers bring comfort in many simple, human ways: sitting quietly at the bedside, reading aloud, listening to stories from long ago, offering companionship, or giving caregivers a moment to rest and breathe. Every visit looks a little different, because every person is different — but the heart of the support is always the same.

That quiet presence can make a world of difference, helping families feel grounded, supported, and cared for during an incredibly tender time.

If offering comfort and compassion in your community feels meaningful to you, becoming a Dundas County Hospice volunteer is easier than you might think. We provide training, ongoing support, and a warm welcome into a team that makes a meaningful difference every day.

## The Men’s Shed: A Place to Ease Loneliness and Lighten Grief

Every other Tuesday morning, the Men’s Shed at Dundas County Hospice becomes a small haven for men who are navigating some of life’s most difficult moments—grief, bereavement, and the deep loneliness that often follows loss. Some come after losing a spouse or partner. Others arrive because their days suddenly feel too quiet, or because they’re carrying emotions that are hard to talk about anywhere else. What they discover is a warm room, a fresh pot of coffee, and a group of men who simply understand.

At a recent Open Shed, a newcomer paused at the door, unsure if he was ready to join. One of the men shouted, “Welcome, brother,” and the newcomer took his first step inside the Men’s Shed. By the end of the afternoon, he was smiling, sharing a laugh, and has become a regular attendee. That’s the power of the Men’s Shed. It’s not therapy, and it’s not a formal grief group. It’s a supportive space where men can talk, tinker, or simply sit in the company of others who understand what it means to lose someone you love. The loneliness softens. The days feel a little lighter. And connection begins to grow again.

This program is changing lives in ways big and small—and every new member reminds us why it matters.

If you know someone who is grieving or feeling isolated, please encourage them to visit the Men’s Shed. They will be welcomed with kindness, understanding, and find a place to belong.

## Who Pays for Hospice?

All of our services are free of charge, including palliative care, grief and bereavement support, and our popular Medical Equipment Loan Program.

Approximately half of our funding comes from Ontario Health. The remainder is raised through community donations, grants, and fundraising events. We are deeply grateful to live in a generous community, but as costs rise and the need for hospice care grows, fundraising remains essential.

We raise funds through annual events, local business outreach, grant writing, and community support—because we believe everyone deserves compassionate care, at no cost, when they need it most.

## Memorial Tree Lighting

Our Memorial Tree Lighting was a quiet and heartfelt evening of remembrance and reflection. Community members gathered to honour loved ones, share moments of connection, and find comfort in the gentle glow of the lights. It was a beautiful reminder that even in times of loss, we are not alone, and that love and memories continue to shine.



We would like to extend our sincere thanks to the **Kin Club of Russell** for their incredible generosity and for including us in the **Catch the Ace** program. This initiative has become a powerful example of community coming together to support local causes, and we are deeply grateful to be a beneficiary.

## Quotes from Clients

*"I am so very thankful for all the help, encouragement, friendships, and care I have received at the Hospice." – Hospice Client*

*"This place has saved me" – Grief & Bereavement Client*

*"Thank you for all you do to care for people and families when they are most vulnerable and in need of support" – Hospice Client family*



## Golf Tournament

Our annual Hospice Golf Tournament was a great day of community and generosity. With a full course of golfers, the event raised over \$10,000 to support compassionate hospice care close to home.

We are deeply grateful to our golfers, sponsors, volunteers, and donors who made the day such a success. Your support helps ensure individuals and families in our community receive comfort, dignity, and care when they need it most.



## Hike for Hospice

This year's Hike for Hospice in Winchester was a fun and memorable community event with a Star Wars twist. Participants of all ages came out in costume, enjoyed the themed atmosphere, and shared plenty of laughs along the way.

The energy, creativity, and community spirit made the day a huge success. Thank you to everyone who walked, dressed up, volunteered, and helped bring this out-of-this-galaxy event to life. We can't wait to do it again next year!

## Thanks to our Sponsor



**A BIG HOSPICE THANK YOU TO OUTCARE FOUNDATION FOR THEIR SUPPORT OVER THE YEARS. THEIR PARTNERSHIP HAS MADE A MEANINGFUL DIFFERENCE IN OUR COMMUNITY, AND WE ARE FOREVER GRATEFUL.**



**OutCare Fund**

*Advancing palliative care. Improving quality of life.*

## Staff Spotlight

### Amy Clarke – Grief and Bereavement Coordinator

Amy Clarke joined Dundas County Hospice in July as the Grief and Bereavement Coordinator. Originally from the UK, Amy moved to Canada with her family five years ago. Her path to this role has been shaped by both personal and professional experiences.

As a military wife and mom, Amy spent many years relocating and adapting to new communities. She began her career as a birth doula, supporting families through life's beginnings, and later walked alongside her mother and mother-in-law during their end-of-life journeys with cancer. These experiences inspired her to deepen her understanding of grief and resilience, leading her to complete a Master's degree in Psychology and an End-of-Life Doula certification.

Amy is passionate about creating compassionate spaces for grieving families and helping them navigate loss. Outside of work, she enjoys teaching music to babies and spending time outdoors.



## Advance Care Planning

Dundas County Hospice offers **Advance Care Planning sessions** in partnership with **Hospice Palliative Care Ontario (HPCO)** to help individuals and families understand and communicate their future health care wishes. These sessions encourage thoughtful conversations, informed choices, and peace of mind. **If your group is interested in learning more or hosting a session, please contact the hospice.**

### 2025-2026 Stats

- ✓ 45 volunteers logged 3600 hours of service.
- ✓ 160 palliative and grief & bereavement clients were served through our various programs.
- ✓ 303 community clients were helped with equipment needs.
- ✓ Our Day Hospice Program provided 1000 respite hours for caregivers.
- ✓ 45% of our clients resided in North Dundas and 55% of clients resided in South Dundas.

## Grief & Bereavement Supports Available

Grief looks different for everyone, and there is no timeline for loss. Whether your loss is recent or from years past, Dundas County Hospice offers compassionate, confidential support when you feel ready. Our services include one-to-one grief support, a monthly grief support group, Men's Shed gatherings for men experiencing loss, a guided Grief Book Club, and regular workshops and education sessions throughout the year.

All programs are offered free of charge to residents of North & South Dundas and surrounding communities.

You don't have to walk through grief alone — support is here when you're ready.

## Grief Book Club

Our Grief Book Club offers a gentle, supportive space for those navigating loss. Through thoughtfully chosen books, we explore grief together — sharing reflections, listening to one another, and finding comfort in knowing we're not alone. There's no expectation to speak or to have the "right" words; simply come as you are. Whether you're early in your grief or further along, you're welcome here.

### Book Recommendations:

- Listen by Kathryn Mannix
- The Grieving Brain by Mary-Frances O'Connor PhD
- After Annie by Anna Quindlen

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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We also accept EMT sent to [info@dundascountyhospice.ca](mailto:info@dundascountyhospice.ca)

**We need your support to keep hospice care free and accessible in our community.**

**Your gift truly makes this possible.**

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