



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

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

–Coretta Scott King

Spring 2025 NEWSLETTER

Words carried on the wind

It's called a wind phone. Visitors pick up the receiver and can have a conversation with a lost loved one. The phone itself isn't connected to anything, but the connection it provides can be absolutely priceless. Originally created in Japan by Itaru Sasaki while grieving his cousin who died of cancer, the wind phone idea took off after Itaru Sasaki opened his wind phone up to the public following the 2011 earthquake that resulted in 30 foot waves which obliterated the coast of Japan destroying entire towns and taking thousands of lives.

At Dundas County Hospice, we know Hospice is not about dying; it's about improving quality of life. That doesn't end with death. We support many residents of North and South Dundas through our grief and bereavement programs. The addition of the wind phone is just another step towards our purpose of helping our community.



Not only is this wind phone for our community, but our community made it a reality. It was a generous donation by Dwayne Holmes that funded the entire project in memory of his late wife, Phyllis, and it was the design work of Bob Forward along with his assistant Bob Sisson who spent countless hours building the structure. Without them, the wind phone construction would not have been possible.

As Itaru Sasaki did, we offer the use of our wind phone, during business hours, to anyone who has felt loss or grief and we hope solace is found among the flowers and peace of the hospice gardens as words of love are carried on the wind.



Community Events

Hike for Hospice

May 4th, 2025, through the town of Winchester

Hospice Golf Tournament

September 13th, 2025,
Morrisburg Golf Course

In Good Taste – October 25th, 2025
at Stonecrop Acres

Memorial Tree Lighting / Giving Tuesday – December 2nd, 2025
– Dundas County Hospice

Dundas County Hospice Board of Directors

Board Chair: Arnold Scheerder

Vice Chair: Cindy Morgan

Treasurer: Bob Pitruniak

Secretary: Arlene Nesbitt

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

Dundas County Hospice Staff

Executive Director:

Lisa Casselman

Director of Client Services:

Jackie Imrie, RPN

Program/Volunteer Coordinator:

Jen Pretty

Bereavement Counsellor:

Kathryn Boyd, MA, CCC, RP

Casual RN:

Kathryn Mulder, RN

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Ontario



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✉ info@dundascountyhospice.ca

🌐 www.dundascountyhospice.ca

Our Services

Dundas County Hospice is a visiting hospice which means we don't have residential beds, but instead, we meet people in their homes, in hospitals, in long-term care, or the homes of families or friends – wherever they are. Our trained and experienced volunteer visitors can offer companionship and comfort to people living with life-limiting illnesses as well as respite and support for caregivers. Our Hospice Day Program is a

great opportunity to meet new people and get a 'day away' for more mobile clients. Our Grief and Bereavement services are for anyone who has suffered a loss and include group and individual sessions with trained volunteers or private counselling with our grief counsellor if needed. We also have many grief events during the year including movies, presentations, closed groups etc. Our large inventory of medical equipment is always available to loan to anyone in the North or South Dundas area, not just those with a life-limiting illness.

Caregiver Support

3.3 million People in Ontario are caregivers. We love caregivers and are here to support you as you care for a loved one. If you need help, please contact our Director of Client Services and see how we can help.

2024 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 a 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:

Arnold Scheerder has volunteered with Dundas County Hospice since 2016 and is currently our Board Chair. He is the guy in the suit, accepting donations from community groups and the guy in the tractor mowing the back of our lot. He's an all hands on deck kind of man, who never stops giving to hospice. We are so blessed to have his leadership and friendship. Thank you so much Arnold!



Steve Walsh has been volunteering with hospice since 2017 as our IT guy. He has always been quick to help. Last year he decided he wanted to help more and took our Volunteer course followed by our Grief and Bereavement course and has started visiting clients in their homes. Steve is always eager to learn more and is taking a college Grief and Bereavement course, joined our Fundraising committee, and joined various tables with Great River Health. Thank you so much, Steve! We couldn't do it without you!

Day Hospice Program

One day a week our hospice welcomes a wonderful group of clients to our Hospice Day Program. We offer not just entertainment, crafts and laughs, but also companionship, caregiver relief and a hot, home-made meal – things that can be harder to find for people living with a life-limiting illness in a rural community. If you know someone with a life-limiting illness who could use a day away in a safe and supportive environment, contact us today.



Volunteering

Dundas County Hospice couldn't do what it does without volunteers. Everything from gardening, simple repairs around the hospice, and visiting with clients, to our Fundraising Committee and Board Chair are all roles filled by volunteers. We have volunteer cooks for our day program, volunteer cleaners for our equipment program, volunteers who have been specially trained to run Grief and Bereavement groups and volunteers who canvass businesses each spring for donations. If you have ever thought volunteering might be a fun way to give back to your community, but aren't sure how your skills could be of use, contact our volunteer coordinator, Jen, at pa@dundascountyhospice.ca to find out! Join our fun team today!



BE A
VOLUNTEER
MAKE A
DIFFERENCE

JOIN US AND MAKE A DIFFERENCE.
VOLUNTEER TODAY!



Who Pays for Hospice?

All our services are free. That includes all our palliative and grief & bereavement services and our community equipment loan program. About half of our funding comes from Ontario Health, the rest we must raise through donations, fundraising, and grants. We are unbelievably blessed to live in a very generous community, but with the increased costs of operations and increased need in our community, fundraising is always on our mind. We run fundraising events several times a year, canvass businesses each spring, write grants and ask our community for support because everyone deserves compassionate care in their own community.

Tree Lighting

Each year, in a display of remembrance and unity, local residents gather at Dundas County Hospice for the annual Memorial Tree Lighting Ceremony. Families and friends come together to remember loved ones lost while also celebrating the spirit of the season. This event coincides with Giving Tuesday - the largest day of giving of the year.

The beautiful tree, donated by South Nation Conservation is decorated with lights and handmade ornaments, each displaying the name of a lost loved one on it. It's a time in a busy season to just remember and keep that special person alive in our hearts and remember we are not alone in our grief.

Catch the Ace

Did you know your ticket from the Kin Club of Russel Lottery, Catch the Ace, could support Dundas County Hospice? If you click Dundas County Hospice as your beneficiary, we will receive part of the ticket purchase price. We can all win with the Kin Club of Russel Lottery Catch the Ace. Buy your tickets online www.kinclubofrussell.ca/catch-the-ace-tickets/



Hike For Hospice

Every year we participate in the Hike for Hospice event – something that takes place all across Canada every spring at many different hospices. In this event, people raise pledges and bring them to our starting point somewhere in North or South Dundas, then follow the marked path for a 5k walk. Last year it was held in Iroquois, where many hardy folks gathered on a rainy Sunday and hiked around town for a wonderful cause. The weather didn't deter them and they were rewarded with lunch and cake. Huge thanks went out to the Iroquois-Matilda Lions and the Knights of Columbus of both South Mountain and Morrisburg who helped with every aspect of the day. It's so wonderful when our community comes together.



Golf Tournament

Our annual golf tournament was held at the Morrisburg Golf Club again this year. We had an excellent turnout and terrific weather. Each team played well and we were able to give out some wonderful prizes thanks to our generous donors. Last year we raised \$7928! This year we will have a golf cart decorating contest. The best-dressed cart will win a prize and the theme is "fall harvest". Get your team ready! We hope to see some more new faces in 2025 so save the date – September 13, 2025 - and plan to enter early for a chance to win a special early bird prize!!



**Thanks to our
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**WE WANT TO THANK THE OUTCARE
FUND AT THE OTTAWA COMMUNITY
FOUNDATION FOR SUPPORTING OUR
DAY HOSPICE PROGRAM.**



What's Coming?

Men's Shed

Grief is a universal experience, yet men often face unique societal pressures that make expressing their emotions difficult. The Men's Shed aims to create a safe and supportive environment where men can openly share their experiences, connect with others, utilize and learn valuable skills, contribute to the community, and begin the healing process following loss. The Men's Shed will be equipped with tools and supplies and will be facilitated by a volunteer trained in grief and bereavement. If you or someone you know would benefit from the Men's shed, contact us.

Book Recommendations

How to Carry What Can't be Fixed
by Megan Devine

Tom's Story: My 16-Year Friendship with a Homeless Man
by Jo-Ann Oosterman

Grief One Day at a Time - 365 Meditations to Help You Heal After a Loss - by Alan D Wolfelt Ph.D.

Quotes from clients:

"You are making a difference in people's lives."

"I can't thank you enough for what you have done already."

"We are so happy and grateful that these services were available."

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.



2024-2025 Stats

- ✓ 45 volunteers logged 3500 hours of service.
- ✓ 132 palliative and grief and bereavement clients were served through our various programs.
- ✓ 262 community clients were helped with equipment needs.
- ✓ Our day hospice program provided 1200 respite hours for caregivers.
- ✓ 54% of our clients resided in North Dundas and 46% of our clients resided in South Dundas

Ambassadors

Again this year our hospice ambassadors have been visiting local community groups, organizations and churches to spread the word about what we do. If you have a group who would like to hear about us, let us know by emailing info@dundascountyhospice.ca and we can organize a visit from our Hospice Ambassadors.



The 100 Women and Men of North and South Dundas have been extremely generous to Dundas County Hospice over the last year. We received funding to pay for the gravel on our driveway, new equipment for our Lending Library, and funding for our Hospice Home Support Program. Thanks to everyone involved in these great initiatives.

Equipment Lending

Dundas County Hospice is not only supporting those with life-threatening illness, many people in our community who have had surgery or an injury already know we offer an extensive library of medical equipment for loan. This service is free to all residents of North and South Dundas thanks to the generosity of our community. We can supply short-term use of equipment such as walkers, wheelchairs, canes, commodes, and bath transfer benches among other items that can make recovery from surgery safe and comfortable. This program fills a dire need in our community and our donors recognize what a valuable resource this truly is to our friends and neighbours across North and South Dundas.

We Need Your Support

Just as we couldn't do this without volunteers, we couldn't do it without support from our community. Business sponsorship and individual donations ensure we can keep supporting the people of North and South Dundas in the long run.



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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, 2026 - March 31, 2027)

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