



Celebrating 30 Years of Service: To The Many Hands That Made It Possible



Looking back on my 11 years with the hospice as both a volunteer and a staff member, I am always amazed at the number of volunteers that give so much of their time and their selves to be with the clients. From the folks that sit at our front desk to the behind-the-scenes volunteers cleaning equipment, gardening, cooking, baking, and fundraising to the hands-on volunteers work with our day hospice and in-home visiting clients. Of course, we can't forget about our amazing drivers. Each and every one of these volunteers allows the hospice to do what we do every day.

In the beginning, our volunteer force was small but mighty and they spread the word throughout our catchment area as to the needs that we had for volunteers at the hospice. We have been blessed to have volunteers that have celebrated over 20 years of service with the hospice. We are also blessed with the many new volunteers that sign up each year. Our catchment area is the same as many other local charities that are seeking volunteers, and we know that many of our volunteers contribute at more than one organization, and for that we are truly grateful to share the wealth. To the staff that have come through our doors over the past 30 years and have helped us become the vibrant organization that we are today, thank you! To this wonderful, kind, generous, and devoted community thank you for always supporting us and for continuing to welcome us each and every day.

BDH Board of Directors

Lynn Turnbull – Chair
Mark Dayneka – Vice Chair
Peggy Vandervoort- Past Chair
Rose Lynne McDougall - Treasurer
Maureen Taylor-Greenly
Jane Hale
Rita Pettes

BDH Staff

Sue Walker
Executive Director
Janet-lee Ferris
Volunteer Coordinator
Melissa Hill
Manager of Clinical Services
Megan Dillenbeck
Integrative Counselling Therapist
Emily Angel
Marketing Coordinator
Amy Tibben
Outreach Coordinator



Scan the QR Code
to Donate Now

Upcoming Events

30th Anniversary Celebration!
September 28th from 3-6pm at BDH

Caregiver Coffee, the last Tuesday of the month at 1:00pm

Support and Share: A Recent Loss Support Group. Join us the 2nd Wednesday of every month at 5:30pm

Meditation- Sunday, Tuesday, and Thursday at 7:00 pm and Thursday at 2:00 pm – all via zoom

An Evening with BJ Miller, MD October 13th, from 7-9 pm
For tickets go to our website

Rural Community Hospice Day, Friday October 14th from 8 am to 4:30 pm
For tickets go to our website

Guided Journaling Wednesday September 7 to Wednesday November 2nd at 2:00 pm at hospice

Book Club Wednesday September 21st

Death Café: stay tuned for our next café! Happening in Nov

Lights of Love Memorial Service in December 5th at 6:30pm

At Your Own Pace: A Walking Group for the Bereaved on Tuesdays at 11:00 starting September 27th

Therapeutic Art Fall Series Monday afternoons from October 17 to November 21. Stay tuned for details.

For more information please call the office at 613-258-9611
program@bethdonovanhospice.ca



How it all began...

In 1992 a grassroots group of Merrickville residents began working on fulfilling a need in their community. The Merrickville Community Hospice board of directors was formed in the summer of 1992 with the aim of providing support for terminally ill patients and their families in familiar surroundings. The initial idea for the project came from Fr. Brian Hart and St Ann's Parish who offered the use of its rectory for the hospice.

In the summer of 1994, the hospice and its Volunteer Visiting Program, headed by Beth McGrath (later to become Donovan), were running out of the Holy Trinity Anglican Church in Merrickville with many plans to raise much needed funds, expand services, and train more volunteers.

In 1997, the hospice had moved its offices to Asa Street in Kemptville where Beth was still working hard to secure more support through fundraising and volunteers. At this time the hospice became known as the North Grenville Community Hospice and in 1998 with help from the Blair and Son Funeral Homes, the hospice was able to offer its first bereavement group to the community.

By 2003, the service area had extended, the number of clients being served increased substantially, and provincial funding had increased to nearly \$27,000 which still only subsidized 18% of the annual budget. However, the need for hospice services, the client base, and fundraising efforts continued to grow and in 2009 Level 1 accreditation was sought and achieved for what was now known as The Beth Donovan Hospice.

In 2016, Beth Donovan Hospice moved into its forever home on French Settlement Road, Kemptville. The purchase of this beautiful home was made possible by generous donors who contributed to our "building fund" for over 20 years and by a bequest from a long-time friend and supporter Audrey McClenaghan.

Hospice continues to grow and support our community who in turn has demonstrated their commitment to us through volunteerism, advocacy, and financial support. Here's to 30 more years of support, commitment, and compassion!

We want to invite everyone to join us on September 28th from 3-6 pm to celebrate our 30th Anniversary with memories, friendship, live music, food, fun, and activities for the kids.



Volunteers – The Heart of the Beth Donovan Hospice

30 years...wow! When the Merrickville Community Hospice began with a small group of volunteers, could they imagine that we would still be here working with a large group of compassionate volunteers dedicated to the same mission?

Volunteers are the heart and soul of the hospice. Without our volunteers we would not be able to offer our free programs and services to those who truly need it in our community. Our volunteers are always there to take on new tasks, help us fundraise, raise awareness, as well as provide support and companionship to our clients and their caregivers.

Our direct service volunteers receive 30 hours of training as well as ongoing training and support throughout the year. Training includes guest speakers on topics that our volunteers chose, online learning opportunities, in-person, and specialized training for specific roles. We truly believe in providing ongoing, complimentary training for our volunteers.

There are many different volunteer opportunities at BDH:

- In Home Visiting
- Grief and Bereavement Volunteer
- Transportation/Driver
- Day Hospice
- Outreach Committee
- Volunteer Advisory Committee
- Fundraising Committee
- Board/Governance Committee
- Administrative/Front Desk Support
- Gardening Committee
- Property Maintenance



We are always looking for volunteers to help us continue to grow our services so that we can support our community in a greater capacity. We are currently recruiting volunteers for In-Home Visiting, Grief and Bereavement and Transportation/Driver. If you are interested in learning more about becoming a volunteer or you would like to register, please contact Janet-lee at program@bethdonovanhospice.ca.

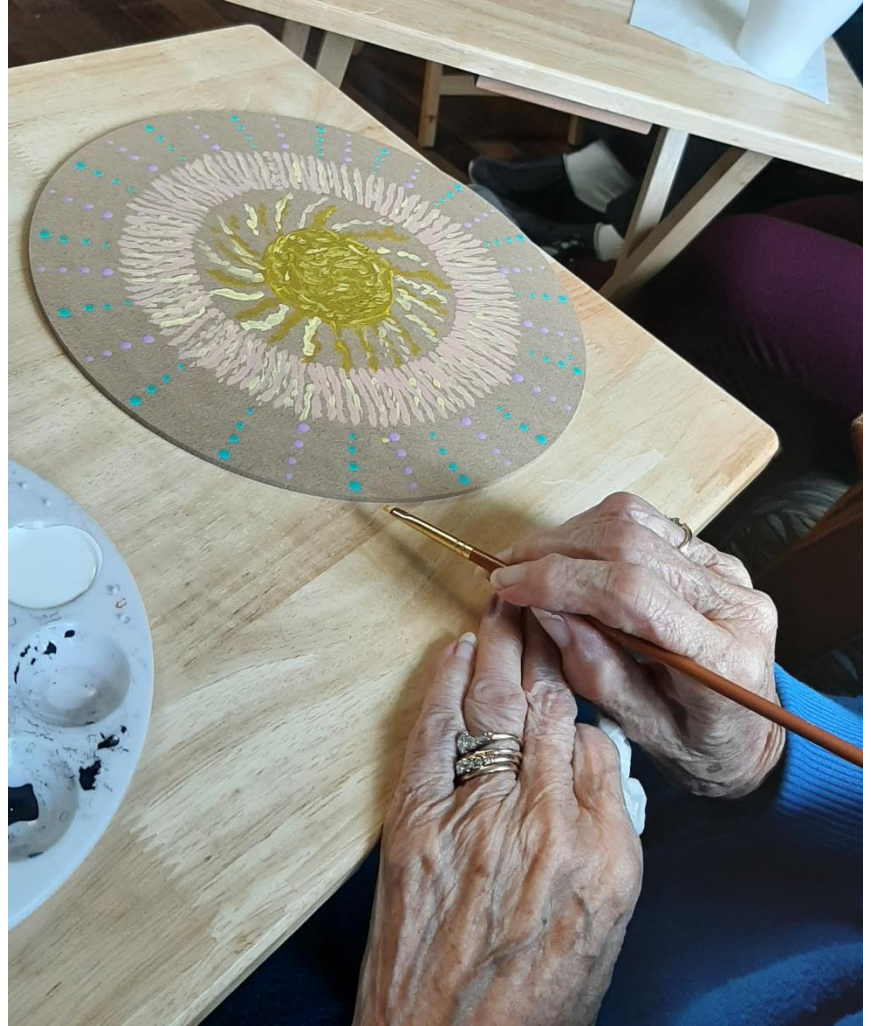
*Thank You Volunteers for 30 Years of Support!
We look forward to another 30 years of compassionate and caring
volunteerism.*

Therapeutic Art Practitioner brings an Art Summer Series to BDH

The Therapeutic Art Summer Series invited community members to Beth Donovan Hospice to learn, create, express, discover and benefit from therapeutic art in a safe and comfortable environment. Therapeutic art explores theoretical and experiential connections between creativity, art-making, and the healing process. This Summer Series is the brainchild of our Manager of Clinical Services, Melissa Hill, who believes in the comfort that creativity can bring. Melissa explains,

“As a young child I remember spending hours at the kitchen table doodling and creating art. Art provided me with a creative outlet where my imagination could soar. When the pandemic started, I re-connected with this love and joined every online paint party I could find.

I have been an RN for 22 years and I am blessed to work at the Beth Donovan Hospice and recently, with the Hospice support, I completed a Therapeutic Art Practitioner Program (TAPPs) through the Canadian International Institute of Art Therapy. The TAPPs program taught me to find comfort, relaxation and joy through art making. I learned that it’s not the end-product that matters but instead the true comfort is found in the process of making art.”



For 4 weeks in August Beth Donovan Hospice hosted the sessions on Tuesday afternoons from 2-5. All community members 18 years of age were welcome to participate. They were be joined by several artists and special guests throughout the 4 weeks and we and engaged in art projects using a variety of media.

The sessions are for anyone interested and no art skills are necessary; just an open mind and open heart to what this experience could offer you.

Stay tuned for more Therapeutic Art programming this fall. The next session will be offered on Monday afternoons starting in October. For more information email dayhospice@bethdonovanhospice.ca or call Melissa at 613-258-9611 x5. This is a free program or donations can be made to the Beth Donovan Hospice. Want more information about Therapeutic Art? Feel free to contact me with questions.

What it's like to Work at BDH as a Summer Student

My name is Mae. This year I am working as a summer student at the Beth Donovan Hospice. When I first came into this job, I was quickly welcomed into the community by the kind and supportive staff, volunteers, and clients. I expected this job to be a typical first job. However, I was wrong.

I did not anticipate how closely I would be working with clients, and how connected I would become with each of them. Being a summer student, I expected my tasks to be comprised mainly of cleaning returned equipment, watering the gardens and making photocopies. The usual teenage summer job. But then my first Thursday came around and I found myself chatting with clients, getting to know each of them, and enjoying the small, but meaningful moments of the day.

Thursdays are Day Hospice days. This is where the palliative clients come in to be with others in a relaxing environment. Before the clients arrive all the volunteers and staff sit together to discuss the ongoings of the clients and how best to accommodate them. As the Day Hospice Coordinator introduced each client to me, I became more and more worried. I had never experienced anything like this before, so I was a little nervous. It was at this moment that I realized how working at the Hospice would not be like a traditional summer job. I took a deep breath, put a smile on my face and reminded myself that all I had to do was be there and support. And that's what I did. At first, I felt out of place, but I quickly warmed up to the routine thanks to the kindness shown from the volunteers, clients, and staff. It was truly amazing to be with people who were near death but were still filled with so much life and joy.

I continue to spend my summer days working at the Hospice. Each day I learn something new. I believe that this job has and will continue to teach me important skills, such as communicating professionally, troubleshooting, being independent, being involved and so much more. I am so grateful to have this opportunity to learn about Hospice while being surrounded by a kind and supportive community. When I am at the Beth Donovan Hospice, I am reminded of the true value embedded in community and compassionate support.



On-Site Tech Support


North Grenville
North Dundas



Alltec Solutions

Patrick Hart

Owner/CEO

 1-855-425-5832

 www.alltec.solutions

 sales@alltec.solutions

Trailblazer Sets the Foundation for Grief and Bereavement Program

Over the past year, the Grief and Bereavement Program at the Beth Donovan Hospice has offered over 350 one-on-one counseling sessions to approximately 50 individual clients. Additionally, over 125 individuals in our community have participated in programs and services offered through our Network of Support.

The Grief and Bereavement program supports individuals who are bereaved, individuals who are navigating end of life needs, and people who are living with a life limiting diagnosis. We are proud to say that we are one of the few hospices in Ontario that offer grief and bereavement counseling to the hospice community as well as the larger Leeds, Lanark, and Grenville community. Through the availability of generous funding, donations, and volunteers, we are delighted to be able to offer such a vast array of services and look forward to our continued expansion and community reach.



Kristin pictured with Dawn Rodger

However, all our growth and service delivery would not be possible without the incredible dedication and contribution of the inspired and committed staff and volunteers who stepped outside the box and began to offer this very much needed service years ago. One such volunteer was a well-known and respected Kemptville resident, Kristin Hartman. With her big heart and tendency to trailblaze, Kristin recognized a need for counseling services at the hospice and acted. When at ASA Street, with no funding or programming in place, Kristin volunteered her time, skills, and compassion to bereaved clients. As Kristin's client base grew from her initial two clients to over a dozen, the value of this service became more and more apparent. Former Executive Director Dawn Rodger ventured where few others in the rural community hospice had, and secured funding from the LHIN, creating a 2day/week paid position for Kristin as the Grief and Bereavement Counselor. Suzanne Duc interned with Kristin and together, they laid the framework for our current Grief and Bereavement Program.

If you are interested in learning more our bereavement program, connecting with services, or volunteering with the bereavement program, please email counselling@bethdonovanhospice.ca

Ask Us About Our Presentations and Workshops

Advanced Care Planning:

What are your values and your wishes for future personal care if you are unable to speak for yourself? In Ontario, Advance Care Planning includes confirming your substitute decision maker and communicating your wishes, values, and beliefs about care to help your SDM. Want to learn more? Book a free workshop or appointment. Contact amy.tibben@bethdonovanhospice.ca

Beth Donovan Hospice Presentation:

Does your organization want to know about the supports and services provided by Beth Donovan Hospice? Are you interested in encouraging volunteerism and community involvement? We are happy to come and talk to your group or organization about hospice and all that we do. We can tailor the presentation to suit your needs.

Death Café:

Is your business or organization interested in hosting a Death Café? Contact BDH for more information.

Beth Donovan Hospice hosting Dr. BJ Miller as Guest Speaker

With generous support from the OutCare Foundation and the Regional Palliative Program, BDH is preparing to host “An evening with BJ Miller, MD.” Dr. BJ Miller is one of the pre-eminent speakers on patient-centered care, palliative and end-of-life care. Drawing on his expertise as a physician and as a patient, he is a proponent for a healthcare system that maximizes quality of life and that minimizes unnecessary suffering.

We are excited to have the opportunity to hear such a distinguished hospice advocate share some of his insight as a palliative care physician at the University of California, San Francisco Cancer Centre, and former executive director of San Francisco's Zen Hospice Project from 2011 to 2016. He's the co-author, with Shoshana Berger, of the new book "A Beginner's Guide to The End: Practical Advice for Living Life and Facing Death," and he started a new project, the Center for Dying and Living.



Miller's own life was profoundly reshaped at age 19 by an accident that involved the live wires of a parked commuter train. As he tells it, the experience began his “formal relationship with death”—his own death. After navigating the bridge between life and death for decades, Dr. Miller now speaks internationally, inviting us to “realize that the things that matter most at the end of life tend to be non-medical” and see how death has become more complicated and daunting than it needs to be. He encourages patients and providers to enter a partnership with each-other, where each takes responsibility for their part in the process.

The October 13 event is open to the public and will take place at the Carleton Dominion Chalmers Centre in Ottawa, with a meet and greet from 6-7 pm, and a presentation and Q&A from 7-9 pm. General admission tickets are \$50, with a half-off price of \$25 for Hospice Volunteers. For tickets, please go to www.bethdonovanhospice.ca Admission to the event will be limited.

Rural Community Hospice Day

Beth Donovan Hospice invites you to attend the Rural Community Hospice Day being held in Kemptville, Ontario on Friday, October 14, 2022. We welcome you to join us in sharing the unique experience of Hospice Palliative Care in small communities. With the theme of Strengthening our Community Through Connection & Education, we will focus on sharing knowledge and expertise with one another. Themes for this event include improving palliative care in your community, showcasing programs and services, developing engaged and committed volunteers, and promoting community outreach.

We are excited to have David Kennedy join us as our keynote speaker. David is a trained trauma and grief counsellor with a long history in Hospice Palliative care. He has traveled the world to observe firsthand, death and grief practices in many cultures including Mongolia, East Africa, and the Caribbean. Through storytelling, David will share his rural community hospice experiences and speak to the power of connection.

The event will run from 8:00 am – 4:30 at the North Grenville Municipal Centre in Kemptville. Tickets are \$25 and include lunch and snacks. For more information, please visit our website at <https://www.bethdonovanhospice.ca/> for registration and ticket purchases. For more event details, please contact Melissa Hill, Manager of Clinical Services at 613-258-9611 x5 or dayhospice@bethdonovanhospice.ca

Many thanks to our Presenting Sponsor OutCare Foundation.

Greetings from the Board of Directors

As we work our way through 2022, we continue to find ways to celebrate our 30th Anniversary! Our goal is to raise \$30,000 to ensure we can continue to deliver free programming to our community. So much of our programming is dependent on funds raised every year.

Look for local businesses selling butterflies for a \$2 donation. We hope to see our community full of butterflies this fall! If your business is interested in participating, let us know by contacting amy.tibben@bethdonovanhospice.ca

Our full slate of regular programs has continued to run, including Day Hospice, In-Home Visiting, Counselling Services, and Equipment Lending. We also continue to deliver Advance Care Planning workshops, Death Cafes, Guided Journaling, Meditation, and our new Therapeutic Art Series, all of which are open to the community! Watch our website and social media for more exciting workshops coming up this fall.

Our fall planning includes our 30th Anniversary Celebration on September 28, and an amazing visit and presentation by renowned Palliative Care Physician, BJ Miller, M.D. on October 13, followed by Rural Hospice Day on October 14. We are working on our Christmas auction, looking for donations of giftware, artwork, gift baskets, or services. This is a great opportunity for local businesses to showcase their products and services.

The wonderful staff at Beth Donovan Hospice continue to support and inspire our community, and the amazing volunteers see that services are available to as many people as possible.

Wishing you a wonderful and safe fall season!

Lynne Turnbull, on behalf of the Beth Donovan Board of Directors.



Network of Support: some upcoming programming

Meditation

Meditation is something anyone can do! It can be learned in just a few minutes, and the benefits can be felt immediately. Sunday 7:00 pm, Tuesday 7:00 pm, Thursday 2:00 pm and Thursday 7:00 pm. Everyone is welcome to attend any or all the sessions. Newcomers can obtain the zoom link by emailing peggy.vandervoort@bethdonovanhospice.ca.

Guided Journaling

Journaling is good for you! Expressive writing can help you find your voice, get creative, and reduce stress. The class is open to everyone. The fall session runs on Wednesdays from September 7th to November 2nd at 2:00 at hospice. Please contact Amy at volunteeramy5@gmail.com to register.

At Your Own Pace

A walking group for the recently bereaved with a focus on connection and fresh air. The group meets on Tuesdays at 11:00 at the Ferguson Forest Centre. Starts on September 27th. For more information, please contact counselling@bethdonovanhospice.ca

Support and Share

Grief is a shared human experience; but everyone's journey to healing is unique. This bereavement support group is led by trained facilitators and designed for individuals who are grieving a new loss. Join us on the 2nd Wednesday each month from 5:30 to 7pm. To register contact Megan Dillenbeck at counselling@bethdonovanhospice.ca