



Rural Community Hospice Day heads to Carleton Place

With generous support from the OutCare Foundation and in collaboration with Home Hospice North Lanark, Rural Community Hospice Day will be held in Carleton Place on Friday November 10th. Beth Donovan Hospice is honored to once again be a part of organizing this important educational experience. Informal caregivers, medical professionals, students, as well as hospice staff and volunteers from across Ontario are invited to explore *The Power of Community Connection in Rural Hospice Care*. This valuable learning and networking experience will examine the unique experiences of providing Hospice and Palliative Care in small communities.



Themes for this event include supporting caregivers, hospital to home transitions, community paramedicine, and the power of community in supporting hospice care. We are excited to have variety of speakers and presentations including Canadian Virtual Hospice, Amber Hultink from the Renfrew County Paramedicine program, Author and advocate Katherine Arnup, Palliative and Bereavement Educator David Kennedy, Suzanne Rintoul from the Perth Enrichment Program Therapeutic Seniors Centre, Dr. Sarina Isenberg and Madeline McCoy regarding hospital to home transitions.

The event will run from 8:30 to 3:30 at the Carleton Place Arena. Tickets are \$40 and include lunch and snacks. Early bird tickets are \$35 until September 22nd and there is special pricing for students, volunteers, and groups. Your ticket includes breakfast and lunch provided by Leatherworks Catering. For more information and ticket purchases please visit our website at bethdonovanhospice.ca

For event details, sponsorship opportunities and exhibitor information please contact Amy Tibben at 613-258-9611 x5 or at amy.tibben@bethdonovanhospice.ca

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Upcoming Events

Find us at the Merrickville Makers Market on September 9th 10-4 @ the fairgrounds

Caregiver Coffee: monthly meet ups listed on website event calendar.

Support and Share: A Peer Support Grief Group. Join us the 2nd Wednesday of every month at 5:30-7:00

Walking Group: Begins September 13th at 10:30

Pet Loss Bereavement Support Group begins September 26th at

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

Guided Journaling: Wednesdays, Sept 6th to October 25th at 7:00 over zoom.

Harvest for Hospice Night Market. September 28th 4-7:30 75 Campus Drive, Kemptville

Christmas on Campus Market November 18th & 19th

Everything Under the Evergreen: Online Auction November 20th to the 27th

Lights of Love Memorial December 5th from 6-8pm

Volunteer Gathering December 2nd from 5-7pm

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

A Volunteer Perspective

What can I say I am my mother's daughter. I was raised by a woman who was committed to volunteer work. Sadly, I haven't been able to fulfil this destiny until quite recently. I retired two years ago, and like most retirees I spent time decluttering my house, getting into a regular exercise routine, eating, and sleeping better. While all the above is very important, for me, it wasn't enough. I knew there was something missing. I knew I wanted to volunteer, but I just wasn't sure where.

Last November I attended our local Christmas market on the Kemptville campus. While there I ran into some lovely volunteers from Beth Donovan Hospice. They were providing information and delicious cookies (of course I purchased some) and the rest is history. After speaking at length with one of the volunteers I decided I would submit my name for consideration.

I went through the easiest interview process of my life. The Volunteer Coordinator was funny, warm, and welcoming. The whole vibe at the hospice was relaxed and inviting, and I knew straight away that this was where I wanted to volunteer. After completing the required orientation, I was ready to start. I met again with the Volunteer Coordinator, and she put me in touch with the various committees that I was interested in working with.

I love being creative with arts and crafts, so the Fundraising Committee was a natural fit for me. On this committee I organize or participate in activities producing beautiful crafts for later sale to raise funds for the important work the hospice does. I love talking with people and educating them, so the Outreach Program was also well within my wheelhouse. On this committee, I meet with members of our Leeds and Grenville community, talk to them about the hospice, and if they are interested in volunteering begin the recruitment process. I also really like chatting with people one-on-one or in a group setting. Working in the Day Hospice Program allows me to connect with individuals under the Palliative Care umbrella for support and a sense of community.

Since coming to volunteer at Beth Donovan Hospice, I no longer feel that void that I had last fall. It's been fun to look back to see how this process started. Like most of the great things in my life, they centre around family and food. Not surprisingly then, my mother and cookies happily led me to the doorstep of Beth Donovan Hospice.

Volunteer Retreat

BDH is pleased to announce that we are hosting a Volunteer Retreat at Burritt's Rapids Community Centre on September 22 from 8:30am – 3:00pm.

This retreat is open to all BDH volunteers both seasoned and new volunteers. The retreat will be a day of discussion, creativity, reflection and fun. Volunteers will be able to choose from a variety of sessions that are being offered. We will provide all attendees with a catered lunch and snacks.

Volunteers are encouraged to register for this event as this event will be replacing our September Volunteer Gathering.

To register for this event please email Janet-lee at program@bethdonovanhospice.ca

We look forward to having all volunteers join us.

Are you our next volunteer?

When you think of a hospice volunteer, many images may come to mind. With over 16,000 hospice volunteers across Ontario, according to Hospice Palliative Care Ontario (HPCO), volunteers have a wide range of backgrounds, but what lacks most notably is the number of men. At Beth Donovan Hospice, there are over 50 active volunteers. Five of those, are men.

Victor Desroches has been volunteering for Beth Donovan Hospice for just over one year. In that time, he has undertaken numerous tasks, including sitting on the Board of Directors, the Health and Safety Committee and the Garden Committee, as well as physical tasks, such as gardening, outside cleanup and carpentry projects, among many others.

“Being retired, I felt the need to do more, and the hospice seemed by far the worthiest organization to join. Its mission to accompany and support people in the most difficult and painful moment of their life resonated with me. Caring for those approaching death or with a life-limiting disease is the most noble work this side of heaven,” said Desroches.

He added that the lack of men volunteering could be linked to the fact that women are seen as nurturers and caregivers, and that men have been seen as having a macho stereotype. He said he is glad that men are outgrowing this and are “becoming more caring and compassionate.” He urges men to volunteer, as the hospice needs men to help with the physical tasks and with visiting male clients who may prefer the company of another man.

Patrick McGahey has volunteered with Beth Donovan Hospice for over 25 years. His tasks include driving clients to day hospice and providing home-visits to male clients. He says that so far it has only been men that he has been assigned to and particularly enjoys “talking about the work they did, or the complications life threw their way while growing up, or the pride they have in what their kids or grandkids are doing.”

McGahey said he wishes that more men would volunteer and “could recognize the personal fulfillment that comes from doing something constructive that is not related to achieving personal financial success.”

He suggests a way for men to get involved and to learn about volunteering could be through medical professionals or religious organizations. “Perhaps family doctors and religious leaders could be encouraged to do more to promote hospice volunteering as a means of enhancing their patients’ and parishioners’ quality of life.”

Desroches says he looks to Gandhi and hopes his words will inspire those men who are looking for meaning. “To quote Gandhi, ‘The best way to find yourself, is to lose yourself in the service of others.’ In other words, helping others helps you.”

June Callwood Award

The June Callwood Award was established in 1994 by the Hospice Association of Ontario, now known as Hospice Palliative Care Ontario. The award acknowledges and thanks outstanding hospice volunteers throughout Ontario.

We are pleased to announce that this year’s June Callwood Award recipient is Peggy Vandervoort.

Peggy is a wonderful, compassionate, caring, and empathetic volunteer. She is a volunteer that you can count on. She is always there to help with any project or idea the staff at BDH take on.

Peggy has been with the Beth Donovan Hospice for seven years and has taken on a variety of roles during this time. She was the Chair of our Board for two years and has also been part of in-home visiting, grief and bereavement, meditation, spirituality, and fundraising efforts.

Peggy always checks in to see not only how volunteers are, but she makes it a point to check in with the staff to see how they are doing and if she can help in any way. Peggy truly embodies what it means to be a volunteer! Thank you, Peggy.



Thank you for supporting our spring fundraising!

Through generous community support, and a whole lot of fun, Beth Donovan Hospice was able to raise over \$26,000 this spring. We would like to acknowledge the phenomenal support we have received from our community including the many businesses who have sponsored our efforts, the community members who donated, and the volunteers who worked so hard!

Taste for Hospice kicked off the spring fundraising initiative with a bang by raising \$8,070 for hospice programs and services like equipment lending, in-home visiting, and day hospice. The evening was a complete taste experience involving local restaurants, bakeries, wineries, breweries, and distilleries who donated both their time and products for the enjoyment of the 160 guests. Local bands Garrison Blues and 33 & 1/3 provided the entertainment for the evening. The festivities culminated in the crowning of Best

Savoury to The Crusty Baker, Best Wine to Green Gables Vines, Best Distillery to King's Lock, Best Brew to The Windmill Brewery, and Best Sweet to Wyngaarden Pastries. Thank you to all the food and drink vendors who shared their best with us!

When the weather warmed up, we hit the trails for Hike for Hospice at the Ferguson Forest Centre on May 28th. With perfect weather and beautiful breeze to keep the bugs away, we gathered with a large group of hikers to enjoy a beautiful day on the trails. This year's hike brought in \$11,705! Thank you to all our sponsors including Pet Valu, TD, Harvex Agromart, Leader Agriservices, JT Autoparts, Kemptville Fencing and Decks, Kemptville Windows and Kitchens, The Heat Source, Coba Studios, Brooks and Cryderman LTD, North Grenville Dairy Producers, Pink Soap Works, and Fast Eddies.



On Saturday June 24th we hosted the Seniors Expo at the North Grenville District High School. Through sponsorship, the sale of vendor tables, and generous community donations we were able to raise \$6,345 for hospice programs. We must thank our wonderful sponsors for their generous support; Gravitare Travel, TLC Medical Supply, Alltec Solutions, Tierny Stauffer Lawyers, Hulse, Playfair, and McGarry, McDougall Brown Insurance Brokers. We'd also like to thank the following supporters North Grenville Times, Moose Fm, Municipality of North Grenville, Upper Canada District School Board, and O'Farrell Financial Services. Finally, we must acknowledge our amazing Kemptville Lions who donated \$1250!

The amazing support we receive from our community means that we can continue to support individuals at end of life, their caregivers, and those who are grieving. Thank You! Please visit our website for a complete list of programs at www.bethdonovanhospice.ca

Happy to have our Summer Student Return



Before working at the Hospice, perspective wasn't something I often thought about. However, thanks to my experiences here, I've learned that two people can look at the exact same thing and see something totally different. We tend to focus on the negative things in our lives. It's an easy and sometimes necessary thing to do. But in doing this we miss out on all the good that we are surrounded by. Being exposed to the community of the Beth Donovan Hospice showed me that you can find joy no matter where you are.

Socializing with the clients here at the Hospice has taught me how to search for the positive in my everyday life. It is truly inspiring to watch someone who has every right to be bitter and sorrowful choose to be happy, despite their situation. These people also choose to spread their kindness with the others around them, helping brighten the spirits of everyone. Grieving with the community of the hospice is an amazing experience as well. Overall, the hospice is a place where you are allowed to be who you are and feel the way you want to, without guilt. I feel so incredibly lucky to have spent yet another amazing year working as a summer student at the Beth Donovan Hospice. This organization and its community have opened so many doors for me and taught me so many valuable

lessons. Being in the presence of and conversing with the people of the Beth Donovan hospice community is a beautiful reminder that happiness is not always something we find, but something that we choose.

Wind phones: Staying connected with our loved ones

In 2010, Itaru Sasaki, a popular Japanese garden designer, created the Wind Phone as a way to grieve the sudden loss of his cousin. After the catastrophic earthquake and tsunami that hit Japan in 2011, he opened his telephone booth to the general public. Itaru's deep and meaningful idea connected with and inspired many people worldwide.

With Wind Phones continually being established across the globe, Beth Donovan hospice thought that it was time we make one available to the community. Today the Beth Donovan Hospice is proud to announce the opening of our wind phone. Located in a quiet corner of our tranquil Gazebo, the Wind Phone overlooks our scenic forest and beautiful gardens. This peaceful scene is a place for grieving people to feel a connection to their loved ones, by either talking on the phone or simply listening to the breeze. However you grieve, the wind phone is an excellent place to release the thoughts and feelings that are in your heart.

The Beth Donovan Hospice would like to thank the many volunteers who made this beautiful idea become an even better reality. We couldn't have done it without your contributions.

Butterfly Release Memorial Event



Beth Donovan Hospice was grateful to host our first Butterfly Release Memorial Event in July, thanks in large part to a generous grant provided by the OutCare Foundation. Over 60 people from our Hospice community and the larger community participated and 50 individual butterflies were released by guests in memory of loved ones.

Butterflies have long been revered as powerful symbols of transformation and hope. From the moment they emerge from their cocoons, these delicate creatures undergo a remarkable metamorphosis, representing the cycle of life and the beauty that can emerge from change. Similarly, the act of releasing butterflies as a

memorial allows us to embrace the transformative nature of grief and find solace in the belief that our loved ones have found their own new beginning.

Guests were offered flower seeds to be planted in loving memory and were also invited to write wishes for loved ones departed on paper butterflies which were hung in our backyard gazebo. Guests had the opportunity to enjoy live music, poetry, homemade refreshments and enjoy the beautiful backyard gardens. It was a beautiful moment, seeing 50 butterflies embark on their journey while being reminded that our journey continues.

Fall Greetings from the Board of Directors!

Its hard to believe summer has flown by so quickly! The Hospice has been so busy with Day Hospice, home visiting, counselling, equipment lending, on-going caregiver support, and wonderful events like the Butterfly Release, Hike for Hospice, and the Seniors Expo. Many thanks to the amazing hospice staff and volunteers for making it all happen!

Our connections with the community are so important to us and we work hard to build awareness of our programs and services. We welcomed Darlene, a new member to the staff team, who will work with Amy to ensure these connections grow! Keep an eye on our website and social media for upcoming events and special dates including Rural Community Hospice Day taking place in Carleton Place on Friday, November 10th. This will be day of connecting, learning,



The fall looks to be even busier than ever! As we head into fall, I reflect on what our wonderful community has to offer and how grateful I am. Please extend a helping hand where possible, find what brings you joy, and make time for your own wellness.

Happy Fall everyone!
Lynne Turnbull -Chair
Beth Donovan Hospice Board of Directors

The OutCare Foundation gives Alternative Therapy Grant



The OutCare Foundation is an independent registered charity dedicated to raising funds for community-based palliative care in Eastern Ontario. With the mission of ensuring individuals and their families to have access to the care and support they need for their end-of-life journey, the OutCare Foundation offers grants which fund important palliative care initiatives.

The Beth Donovan Hospice received a generous grant in June of this year for the expansion of Alternative Therapy programs offered to our clients and the larger community. This was very exciting for us, as it has afforded us the opportunity to connect with professional community members in providing bereavement support programming and resources to our clients and their families.

Money from this grant has been used to enhance our backyard space with shade for the healing garden, a formal entrance to the Labyrinth, and comfortable seating in the Gazebo. Additionally, we were able to host our Butterfly Release memorial free of charge to our community. We are looking forward to partnering with Rideau Breeze Stables in Merrickville and Equi-soul in South Mountain to offer equine bereavement support to clients at a reduced fee. We are also excited to be offering restorative yoga and music therapy as part of our upcoming programming, so stay tuned!!



Kemptville District Hospital Memorial Event honours lives and strengthens community bonds

In a heartfelt tribute, the local community gathered in May, for the first time in three years at the North Grenville Community Church. The Beth Donovan Hospice was pleased to be invited to contribute to this poignant memorial event which was held to honor the lives lost during the challenging times of the past several years. The event, organized by Kemptville District Hospital, aimed to commemorate those who succumbed to illnesses and offer solace to their grieving families.

Amidst somber reflections, song and sharing, the event emphasized the importance of honoring grief and remembering loved ones. It also provided an opportunity for attendees to share pictures of those who are missed, fostering a sense of collective healing and reinforcing the community's profound spirit. This memorial gathering was a meaningful opportunity to celebrate life, find solace, and foster a sense of community during challenging times.

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, 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 and creative 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 6th to October 25th at 7:00pm over zoom. Please contact Amy at volunteeramy5@gmail.com to register.

Caregiver Coffee

This is a peer support program for caregivers where they can share conversation and friendship as well as educational and self-care opportunities in a relaxed and confidential space. If you are caring for a loved one in our community, you are welcome to join one of our monthly get togethers. Upcoming dates are posted on our event calendar at www.bethdonovanhospice.ca To register please contact dayhospice@bethdonovanhospice.ca

Pet Support Loss Group

Coping with the loss of a pet is never easy. Join this bereavement peer support group, facilitated by trained volunteers, for a safe place to process your loss. Begins Tuesday September 26th and runs until November 7th. To register please contact counselling@bethdonovanhospice.ca

At Your Own Pace: A Bereavement Walking Group

Sometimes a nice with caring people helps to ease the weight of grief. Join us on Wednesdays from 10:30 am to 12:00 at the Ferguson Forest Centre, while we walk together through life's losses. Begins September 13th and runs for 8 weeks. To register please contact counselling@bethdonovanhospice.ca

Support and Share: A Bereavement Peer Support Group

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



Please make cheques payable to Beth Donovan Hospice*

Beth Donovan Hospice
1107 French Settlement Road
Kemptville ON K0G 1J0

613-258-9611
bdh@bethdonovanhospice.ca

Your financial gift will help us provide compassionate support and professional care to individuals as they journey through the challenges of life-limiting illnesses and end-of-life transitions.

My donation of \$ _____ is enclosed.

Name: _____ Phone: _____

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