



## Seeking Approval for 2 Residential Hospice Beds

Over the past 30 years Beth Donovan Hospice has been actively serving the North Grenville and surrounding area by providing counselling, support groups, caregiver respite, day hospice and medical equipment lending to all residents free of charge.

The only component that is missing are residential beds to allow residents to palliate in their community and not have to travel to Ottawa or further afield.



Up until recently the Provincial Ministry of Health would only consider applications for 10 bed residential hospices as they were deemed to be the most cost-effective models.

Given the size of our municipality, this community is not able to support a facility this large. However, we would greatly benefit from 2 palliative care beds that would allow individuals and their families to have 24/7 access to important end of life care.

After much discussion and cost analysis, it was determined that it was cost prohibitive to add beds to the existing facility on French Settlement Rd due to having to build a new structure in addition to a well, septic, and related infrastructure. Therefore, with necessity being the mother of invention, a group of staff and volunteers put their heads together to develop an alternative model for the Ministry's consideration. *(Continued on page 2)*

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**Taste the Flavours of Local Restaurants, Wineries and Breweries.**

**Tickets:**  
\$35/ Adult  
\$20/Children under 12

**APRIL 29 2023** 6-9pm  
North Grenville District High School

Scan the QR Code or Visit [www.bethdonovanhospice.ca](http://www.bethdonovanhospice.ca)



Scan the QR Code to Donate Now

## Upcoming Events

**Day Hospice in Merrickville:**  
March 30<sup>th</sup> at the Legion from  
10:00-2:00.

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

**Community Connect: The last  
Tuesday of the month at 2:00**

**Satellite Office Hours:**  
Merrickville Library on the  
first Tuesday of the month.  
Kemptville Library on the first  
Thursday of the month.

**Support and Share: A Peer  
Support Group for Continued  
Grief. Join us the 2<sup>nd</sup>  
Wednesday of every month at  
5:30-7:00**

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

**Guided Journaling:**  
Wednesdays, March 29-May  
17<sup>th</sup> at 7:00 over zoom.

**Advance Care Planning  
Workshop: April 14<sup>th</sup> 10-12**

**Advance Care Planning Day:**  
Sunday April 16<sup>th</sup>

**Taste for Hospice: April 29<sup>th</sup>  
6:00 to 9:00pm. Tickets  
available on the website**

**Hike for Hospice: Sunday May  
28th**

**Therapeutic Art Spring Series  
Monday afternoons from  
March 6<sup>th</sup> to May 1st.**

**Seniors Expo: June 24th**

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

## Residential beds...

This model would see 2 beds co-located in Kemptville with another facility to reduce overhead costs and facilitate possible staff sharing models. The cost savings to the Ministry of Health and the taxpayer are significant for someone choosing a hospice bed versus a hospital bed. This proposed model has been met with much enthusiasm by members of the North Grenville Council and partner agencies in the community. The Mayor of North Grenville has been a champion of this project since assuming her role 4 years ago and presented the proposal to the former Minister of Health Christine Elliot last January 2022.

Mayor Peckford and Council have been hearing from members of the community who have had firsthand experience of supporting loved ones in the last stages of a terminal illness who have not had access to a palliative bed in our community. Mayor Peckford has said that “families should not be put into the heart wrenching position of having to provide elder care (with very limited support) around the clock at home for a terminally ill family member if they do not wish to die in a hospital. Travelling up to an hour to support a loved one in a hospice facility in the Brockville and Ottawa areas is no longer acceptable when there is a viable option right here in North Grenville.”

MPP Steve Clark has also been a huge supporter of bringing residential beds to North Grenville since Beth Donovan approached him 20 years ago. However, we have not been able to make our dream a reality despite the surge of support that we have received for so many years.

You can help us in our bid to get funding and approval for these beds by contacting Mayor Nancy Peckford and MPP Steve Clark and telling them how much you appreciate their support in making the 2-bed model come to fruition for our community. Mayor Nancy Peckford can be reached at [npeckford@northgrenville.on.ca](mailto:npeckford@northgrenville.on.ca) and Steve Clark can be reached at [steve.clark@pc.ola.org](mailto:steve.clark@pc.ola.org)



## Grief Care Kits

In 2022 Beth Donovan Hospice received funding from the OutCare Foundation for creation and distribution of Grief Care Kits. The Kits are intended to provide comfort and resources to people who are grieving a new loss. In each kit there is a list of local resources, a candle, lavender sachets, tea, chocolate, and a beautiful book of poetry, “From My Heart to Yours” by Bradlee Zrudlo.

It is our hope that these kits will remind people that they do not have to grieve in isolation and that there is community close by who understands and can support you. The kits are available to anyone in our community who is experiencing a recent loss. They will be offered to those who access our other programs including equipment lending, day hospice, in-home visiting, or our bereavement programs.

If you know of someone who may benefit from receiving a grief care kit or any of our other programming, please reach out to us 613-258-9611 or [bdh@bethdonovanhospice.ca](mailto:bdh@bethdonovanhospice.ca)

## A Taste for Hospice is Back!



Our annual fundraising event “A Taste for Hospice” is making its triumphant return this year on April 29<sup>th</sup>! This one-of-a-kind event will showcase local restaurants, bakeries, food vendors, breweries, and wineries exclusively. Your taste buds will be delighted by samples of each establishment’s signature dish, dessert, or drink.

Invite your friends and join us to sip and savour the night away with 20+ food and drink vendors. Local musicians The Garrison Blues and 33 & 1/3 will provide entertainment while you mingle and enjoy this delicious experience.

All proceeds from this event will directly benefit the programs and services of Beth Donovan Hospice that are offered free of charge to the residents of North Grenville, Merrickville-Wolford, and surrounding areas. Please join us at North



Grenville District High School on April 29<sup>th</sup> to enjoy the tastes of our region while supporting your community hospice.

Tickets for this appetizing event are \$35 per adult and \$20 per child. Tickets are available online or by contacting Janet-Lee at 613-258-9611. Tickets are limited so make sure you get yours before it’s too late! For more information, please contact [program@bethdonovanhospice.ca](mailto:program@bethdonovanhospice.ca)

## A Message from the Volunteer Advisory Committee

Did you know that the Volunteer Advisory Committee (VAC), chaired by volunteer Mary Lou Anderson, is responsible for helping with volunteer education and volunteer recognition? The VAC is committed to having a strong education focus and hopes to offer an education session every other month.

The March education session, “What to Expect at End of Life and What is the Volunteer Role,” was presented by Mary Lou Anderson and Melanie Goldberg. Over 20 volunteers attended this session. Many of the attendees are a part of our In-Home Visiting and Day Hospice programs. The session covered a variety of topics including the dying experience, client needs, working with families, and support for volunteers.

A great conversation was had by all, with many personal stories shared. After the session the volunteers felt better equipped to be in the home with someone at the end of life. Our more experienced volunteers are available to support and mentor those with less experience to ensure they feel safe and supported. It is safe to say the volunteers are like a family to each other and are always there to encourage and support each other.

Some of the upcoming education sessions being offered by the VAC will cover Common Illness/Diseases in Palliative Care what to expect as they progress. Topics will include Cancer Care, End Stage Heart and Lung Disease, and Neurological Illnesses. Dates to be announced soon. For more information on upcoming education sessions keep an eye out for an email update.

We will be holding our Spring Volunteer Recognition Event on May 30<sup>th</sup>. Our VAC Committee is hard at work planning a wonderful event for all our volunteers. We will be announcing our June Callwood Volunteer of the Year recipient as well as a new recognition for our volunteers. Volunteers will want to mark their calendars for this special event! We are currently planning a one-day Volunteer Retreat which will take place in the fall. More details to follow later.

## Poetry for a cause

When Bradlee Zrudlo lost her mom a few years ago she decided to reach out to Beth Donovan Hospice to learn more about their bereavement programs. She explains that the hospice provided a safe place for her to understand and honour her grief. This experience inspired Bradlee to write a book of poetry entitled *From My Heart to Yours – Poems to support you in times of grief, loss and transition* to support those navigating grief and to raise money for hospice. Books are \$15 each and available at Beth Donovan Hospice and B&H Grocer. Below is one of the poems from the book.

Molting

I am molting...

Layers....

Peeling away

Coming off

Shedding...

The old is leaving and in the meantime

The I don't know is here.

The I don't know is here.

I don't know.

I don't know how to breathe.

I don't know how to let life unfold

I don't know how to be a companion to myself

When so much of me wants to hide away  
and shut down.

Molting creates vulnerability.

The I want to hide kind and I much prefer the open kind  
of vulnerability.

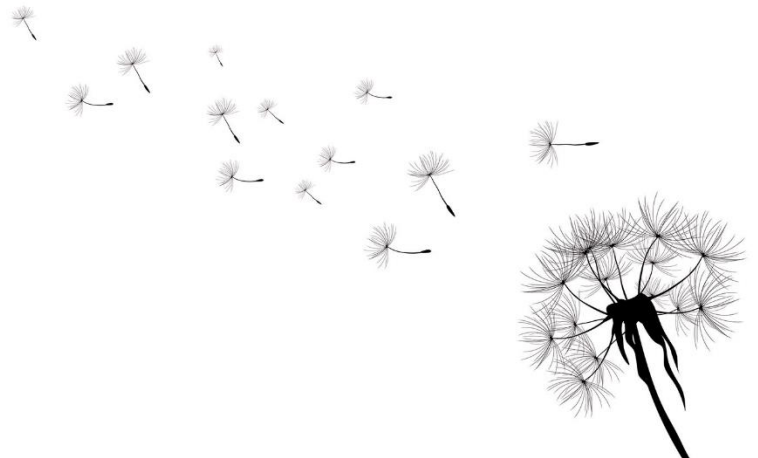
I'd rather soar than hide.

I don't know how to stop hiding.

Please molting, teach me  
your ways, help me  
cross the bridge to the other side,  
to the new exterior that is  
emerging  
that is still in process  
that is still soft,  
fragile and unsure.

Teach me to know  
that it's okay to molt,  
that it's okay for life  
to seem imperfect  
for life to be bumpy.

Teach me to be  
with myself  
during the  
molting  
and to give  
myself more  
love – not less.



## Nursing Student understands the importance of a “good death.”

Hi everyone! My name is Julia Payette. I’m currently a second-year practical nursing student at St. Lawrence College, and I’m currently doing my fourth semester clinical at Beth Donovan Hospice. When I graduate the practical nursing program, it’s my dream to become a hospice nurse.

Before I decided to pursue an education in practical nursing, I took the personal support worker program. In the personal support worker program, I had a class titled “End of Life Care”. In this class, we discussed what it meant to have a good death. The concept of a “good death” felt jarring, and it challenged my beliefs about what death and dying is. I remember thinking to myself, isn’t all death bad?

To die a good death is to die free of unnecessary suffering while having your wishes respected. I learned how important it is to take a holistic approach when caring for others. It is so important to not only address the physical needs of someone, but their emotional, social, spiritual, and mental health too. I quickly fell in love with this philosophy of health care, and I came to realize a holistic approach isn’t often taken outside of palliative and hospice care.

As a nursing student with an interest in palliative care, my placement at Beth Donovan Hospice has been very eye-opening. While taking palliative care courses, I’ve been told how important things such as art and music are in palliative care, however it didn’t quite click until I saw it in action. It’s absolutely amazing to see people form bonds with one another on day hospice days when we share a moment to enjoy good food, games, music, art, and company together. The day program taught me how important these types of services are, as it gives people with life-limiting illness a safe environment to share their experiences with others.

My beliefs are constantly challenged, and for that I’m thankful. Dying is just as important as living, and hospice care helps empower people to achieve their goals.



## Therapeutic Art Program benefits the mind, body, and soul.

Did you know that therapeutic art practices enhance brain function and overall wellbeing? Evidence shows that simply looking at a piece of awe-inspiring art can increase emotional balance, change a person’s outlook and the way they experience the world around them. The physical body can experience benefits as well such as improved blood circulation, enhanced immune response, and lessened inflammation. Along with these benefits, BDH offers therapeutic art programs with the intention of inspiring new skills, fostering connection, encouraging relaxation, meditation and calm. The program also benefits the hospice by inviting the public into our building and promoting awareness of BDH within our community. For more information about our Therapeutic Art Program please contact Melissa Hill at [dayhospice@bethdonovanhospice.ca](mailto:dayhospice@bethdonovanhospice.ca) or 613-258-9611 x 5



## Meet Our Bereavement Volunteers

Isabel



I have been a volunteer with Beth Donovan Hospice for the past 8 years. Most recently I have been part of the Grief and Bereavement Program where I have had the privilege of meeting with people who have lost a loved one.

Some of my experience has been in group settings. These groups offer opportunities for clients to come together in a safe place, share their stories and offer support to each other.

At other times, I have had the honour to sit with a client on a one-to-one basis as that person travels his or her unique journey through this time of grief and sadness.

The Grief and Bereavement Program is only one of the free programs offered to the community by Beth Donovan Hospice and it has given me a gift of sharing the road travelled by those who seeking to find some answers and discover new strengths during one of life's most difficult times.

Rose-Lynne



For the last 7 1/2 years, I have been fortunate to be a volunteer with the Beth Donovan Hospice in many different capacities including in-home visiting, art sessions with our Day Hospice clients, serving on committees, book club and the Board of Directors. In addition, I have had the wonderful opportunity of working on a one-on-one basis with clients grieving the loss of a loved one, as well as a co-facilitator for our bereavement group.

These opportunities have broadened my view and understanding of the wonderful services that are offered by BDH to the community. Seeing a bereavement client move along in their grieving process by expressing their feelings, discovering their strengths and exploring art is truly a gift to me.

If you are interested in becoming a Bereavement Volunteer, please contact Janet-Lee at 613-258-9611 or [program@bethdonovanhospice.ca](mailto:program@bethdonovanhospice.ca)

## Ask Us About Our Presentations and Workshops

**Advanced Care Planning:** In Ontario, Advance Care Planning includes confirming your substitute decision maker and communicating your wishes, values, and beliefs about care to help your SDM. To book a free group workshop or an individual appointment contact 613-258-9611

**Beth Donovan Hospice Presentation:** Does your organization want to know about hospice programs or volunteer opportunities? 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. Contact [amy.tibben@bethdonovanhospice.ca](mailto:amy.tibben@bethdonovanhospice.ca)

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



Support your Local Community Hospice  
and Hike Your Way

LACE UP THOSE WALKING SHOES AND JOIN US FOR THE 2023 BETH DONOVAN HIKE FOR HOSPICE!



Walk, Run, or Hike 1K, 3K, or 5K.

Virtual Hike  
or

In-Person Hike at Ferguson Forest Center

Register and Fundraise Online!

Register Online at: [Beth Donovan Hike for Hospice](https://bethdonovanhospice.ca)

Register as a team or individual.

Limited # of swag bags for those who register and post a picture of their dog on the online registration!

## Protect Yourself Against Fraud

On February 7th the Grenville OPP met with Beth Donovan Hospice clients, volunteers, and staff to talk about the latest scams circulating in the area. They provided information on how individuals can protect themselves against fraud and what to do if you have been targeted by a fraudster. The OPP want you to know that they have officers dedicated to investigating fraud and providing helpful information about current scams and how to avoid them. They remind you to stop, take a breath, think about it, and talk it out with someone else.

Below are some tips from [www.antifraudcentre.ca](http://www.antifraudcentre.ca)

- Don't be afraid to say no. Don't let anyone pressure you to send them money right away.
- Do your research. Seek verification of the other party by contacting local law enforcement.
- Don't give out your personal information. Don't offer your name or any other information.
- Never give your credit card, banking, social insurance number, health card or other personal information unless it is with a trusted and verified office that you have contacted.
- Never send money to someone you don't know personally.
- Check your financial statements each month for suspicious activity.
- Always consult your doctor before buying any health care products.
- Screen your phone calls using voicemail. You do not need to respond to everyone who calls you.
- If you think you have been scammed, report it. This will help you and help to protect others.

Remember that Scammers will target your vulnerabilities. If you are lonely, they may try a romance scam. If you have grandchildren, they may pose as a grandchild and ask for money. If you are ill, they may try to sell you fraudulent cures and medical treatments.

If you think you may have become a victim of financial fraud, please contact the OPP for assistance at their non-emergency number 1-888-310-1122. For more information visit [www.antifraudcentre.ca](http://www.antifraudcentre.ca).

## A Time Capsule: A Snapshot in Time

In preparation for our 30th anniversary celebrations, staff and volunteers sifted through the photographs, news articles, meeting minutes, cards, letters, and memories of Beth Donovan Hospice. These items help to tell our story by marking the milestones, the growth, and the impact on our community. Sifting through these memories was like opening a time capsule with 30 years of treasures teaching us about how we started, who we were, and how we have grown.

A time capsule is a means of communication with future people; ourselves and others. It is a collection of meaningful items that paint a picture of what things looked like at a particular point in time. It can showcase our values, concerns, goals, and even predictions for the future.

With that in mind, we asked our Day Hospice clients and volunteers to write a few words for future hospice friends to read in 2042 when BDH will be celebrating its 50th anniversary. This led to lively conversations about individual hopes, values, memories, and current affairs. Both clients and volunteers wrote about the challenges and successes of 2022, their favourite memories of hospice, and the lessons that they wanted to share with future generations.

As a part of the Day Hospice New Year Celebration, the capsule was sealed with the hope that future friends of hospice will get a glimpse of who we are and our legacy.



## Greetings from the Board of Directors

Spring is around the corner! The days are getting longer, the birds are chirping, and neighbourhoods are emerging from hibernation. We can feel it in the air and with our 30<sup>th</sup> Anniversary behind us, we are excited about what lies ahead!

We have had a busy winter with programs running at capacity and supporting our clients. Staff and volunteers have also been out and about, connecting with our wonderful community! From Satellite Office Hours at our local libraries to attending Christmas markets and parades, Business Expos, and hosting a Death Café, we have kept at it!

Looking forward, plans are in the works for several upcoming events to raise awareness and funds for our Hospice. *Taste for Hospice* is back! Add it to your calendars for April 29! Our annual *Hike for Hospice* is being planned for Sunday May 28th. We also are hosting a Therapeutic Art series which is open to community members. Our website has more detail on these events. Come and join us to help support our programs!

The Board of Directors continues to work on governance and fund development to support ongoing hospice work and broader programs. We are working hard to make our vision of residential beds a reality!

We are looking forward to seeing our gardens emerge from the snow. New additions are awaiting warmer weather... stay tuned for more!

We have lots of volunteer opportunities, from direct client support to gardening, and fundraising for anyone looking to get involved. Check our website or give us a call if you are interested.

Wishing you a safe and healthy spring,

Lynne Turnbull, on behalf of the BDH 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, 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](mailto: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 Spring session runs on Wednesdays from March 29<sup>th</sup> to May 17<sup>th</sup> at 7:00pm over zoom. Please contact Amy at [volunteeramy5@gmail.com](mailto:volunteeramy5@gmail.com) to register.

### Caregiver Coffee

This is a peer support program for caregivers where they can share conversation, experiences, and friendship in a relaxed and confidential space. Join us on the last Tuesday of each month from 1:00-2:00pm. To register please contact [dayhospice@bethdonovanhospice.ca](mailto:dayhospice@bethdonovanhospice.ca)

### Support and Share: Continued Grief

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 to support those who are grieving a loss for a year or more. Join us on the 2<sup>nd</sup> Wednesday each month from 5:30 to 7pm. To register contact Megan Dillenbeck at [counselling@bethdonovanhospice.ca](mailto:counselling@bethdonovanhospice.ca)

### Community Connect

The community is welcome to join us on the last Tuesday of each month from 2:00-3:00 pm for an hour of connection, conversation, cookies, and coffee. Come learn about our services, take a tour, ask questions, and discover volunteer opportunities.