



NEWS

Spring 2024

Join us for our 14th Annual Hike for Hospice

Spring has arrived and that means it is time for our annual Hike for Hospice! This year we will be celebrating our 14th annual Hike for Hospice on Sunday May 26th at the Ferguson Forest Centre.

This will be a fun family event with 1, 3, & 5km trails, facepainting, a BBQ lunch, and goodie bags for our doggie friends.



For those who prefer to participate virtually, you can hike anywhere you wish!

We just want you to get active and raise much-needed funds to support Beth Donovan Hospice. Every dollar raised remains in our community to help offset operational costs and keep our programs and services free of charge.



Register today as an individual or as a team. We encourage you to challenge others to register as an individual or team and compete for highest fundraising. Bring your whole family with you including your pet and receive a free goodie bag generously provided by Pet Valu (Limited number of goodie bags for pets).

To register, please visit:

www.bethdonovanhospice.ca

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Outreach Coordinator



Upcoming Events

Yoga & Sound Bath Retreat
March 21

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

ASIST Suicide Prevention Training- April 6th

Caregiving Burnout Workshop
April 30th

Pet Loss Support Group
April 24th

Bereavement Volunteer Training April 22

Panel Discussion *Palliative Care in the Community: Caregiving, Vision, and Advocacy* happening May 6th at the OCEC

Taste for Hospice May 11th

Speakers Series Begins May 16 and runs for 7 wks

Hike for Hospice May 26th

Support and Share: A Peer Support Grief Group. Join us the 2nd 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 at 7pm via zoom Beginning April 3 for 8 weeks

Community Resource Fair June 8th

Sacred Circle Dance- June 18

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

A Taste for Hospice

Our sell-out spring event is back for another year! This one-of-a-kind event will showcase local restaurants, bakeries, food vendors, breweries, and wineries exclusively. Tour the stalls where 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 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 free programs and services provided by Beth Donovan Hospice to the residents of North Grenville, Merrickville-Wolford, and surrounding areas. Please join us at North Grenville District High School on May 11th to enjoy the tastes of our region while supporting your community hospice.

Tickets for this appetizing event are \$50 per adult. Tickets are available online or by contacting Janet-Lee at 613-258-9611. Tickets are limited and often sell out. Make sure you get yours before it's too late! For more information, please contact program@bethdonovanhospice.ca



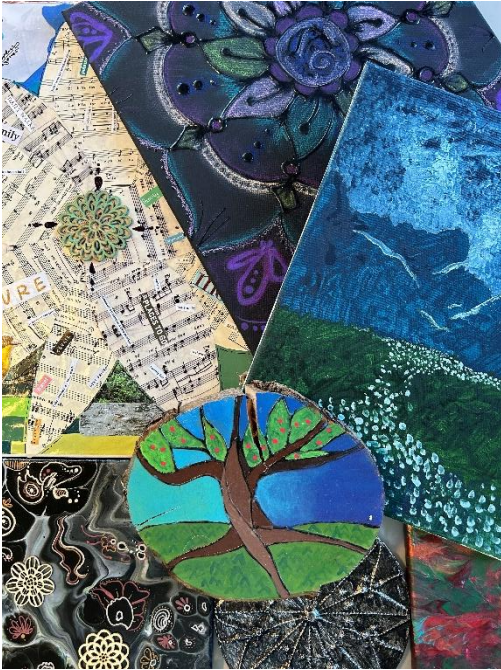
Explore, Learn, and Engage!

Beth Donovan Hospice is excited to announce our upcoming Speaker Series, "The Next Steps: Life without a cure". Professionals, educators, and authors will address some frequently asked questions as well as explore questions that are not often considered but have a significant impact on the care both given and received.

This Speakers Series is generously funded by the Outcare Foundation and will run for 7 consecutive Thursdays beginning on May 16th. Authors Dr. Hsien Seow, PhD and Dr. Samantha Winemaker, MD will share their insights and expertise about the "seven keys for a better illness experience", published in their book "Hope for the Best, Plan for the Rest".

Our goal is to provide tangible, accessible, and helpful information to support you and those you love in making end of life decisions from an informed perspective. Don't miss this opportunity to be part of the conversation! Open to all, at no cost. For more information, please visit the Beth Donovan website, or give us a call!

Seeking Creative Expressions of Grief



Have you found community, care, and support at the Beth Donovan Hospice? Would you like to help support others in their grief as a way of giving back?

If so, please join us as we create a book to uplift and inspire others who are grieving. You are invited to contribute any writings, poetry, photographs paintings, and other forms of creative expression that helped you grieve and heal.

Email volunteer@bethdonovanhospice.ca with your questions and contributions (1 or 2 per person, depending on the number of contributions we receive). Please mention if you'd like your name to appear in the book or if you'd prefer to contribute anonymously. If you're doubting your abilities and need reassurance about the importance of your contribution, please reach out. Contributions will be collected between March 1st and June 30th. We hope the book will be ready for purchase in October 2024 with funds going to support hospice programs.

May this book help uplift hearts, hold space for those grieving and bring hope and comfort. Thank you for your interest in this heartfelt, collaborative initiative where every person's contribution is welcome and valued.

Day Hospice: a day away

Have you, or someone you know, been diagnosed with a life-limiting illness and seeking companionship and connection? We currently have space in our Day Hospice Program which offers a day away in a home-like setting. Our clients experience supportive relationships, relaxation, creative activities, entertainment, and therapeutic opportunities.

Our program allows respite for caregivers with the ease of mind knowing that their loved one is being cared for in a professional and caring setting. Our program is coordinated and overseen by a Registered Nurse and supported by our dedicated volunteer team.

Day hospice runs on Thursdays from 10-2. Enjoy a home-cooked meal, activities, guest speakers, and a safe space for discussion and reflection. A nurse and PSW onsite to assist as needed. Contact Melissa for details and to determine eligibility at

dayhospice@bethdonovanhospice.ca 613-258-9611 x 3



Palliative Care in the Community: Caregiving, Vision, and Advocacy

Beth Donovan Hospice and the OutCare Fund are continuing the discussion of palliative care in the community by hosting a panel discussion featuring Paul Adams, Co-Chair of the Canadian Grief Alliance; Monica Patten, Chair of Compassionate Ottawa; Dr. Tania Zakhem, Rideau Palliative Group; and Amber Hultink, Commander Renfrew Paramedic Program.

The panel discussion is offered in cooperation with Champlain Regional Palliative Education Day taking place on the Tuesday May 7th. The goal of the panel is to welcome the general public and health care professionals to attend and hear the challenges in offering palliative care in the community and how best to advocate for the services that your loved one deserves and is entitled to that you may not know exist. You will hear Dr Zakhem speak about palliative care in a rural setting and how best to combat staffing shortages and access care and also she will speak to MAID (medical assistance in dying) and her experiences in the home setting. We will hear about the paramedicine program piloted by the Renfrew paramedic program and how this is supporting clients in their homes and allowing them to remain in their homes while still receiving wellness checks and having critical medicine delivered to their homes when they are unable to obtain it themselves. Paul will share his personal story of caring for his wife as she died at home and the challenges that they experienced and how they overcame them. Lastly Monica will speak to her role with Compassionate Ottawa and how they are trying to make a difference in their community and how other communities can take their lead and become their own compassionate community.

There will be something for everyone who is living with or caring for a loved one at home who wants more information on how they can advocate for themselves and their loved ones and have their questions answered on how to access palliative care at home.

Champlain Palliative Care Education Week 2024



Palliative Care in the Community: Caregiving, Vision & Advocacy



A PANEL DISCUSSION



Paul Adams
Canadian Grief Alliance



Dr. Tania Zakhem
Rideau Palliative Group



Amber Hultink
Community Paramedicine



Monica Patten
Compassionate Ottawa



May 6, 2024
6:00 - 9:00pm
Ottawa Conference
& Event Centre

REGISTER NOW Early Bird Ends March 12, 2024

Early Bird: \$40

Regular: \$45



Kindness, Compassion, and a Shy Hospice Hero



A little kindness goes a long way in spreading cheer and joy. For many years, a gentleman named Casey has been quietly spreading cheer and joy at Beth Donovan Hospice, by leaving behind thoughtful gifts and donations.

Sometimes, he leaves gifts for the staff to discover, accompanied by a small note that reads "a gift from Casey." Other times, he humbly drops off his offerings at the reception with a shy wave, as if trying to escape notice.

Over the years, Casey's gifts have encompassed a wide range of items, reflecting his thoughtfulness and consideration. From delicious chocolates to cozy new beanies, each gift has been a reminder of his genuine care and compassion for the clients and families served at hospice.

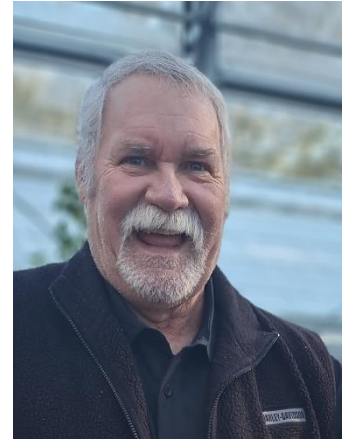
Recently, Casey surprised the hospice once again. He left behind \$500 worth of gift cards for Canadian Tire, Walmart, and Giant Tiger. These gift cards will help provide comfort, convenience, and essential supplies for Beth Donovan Hospice.

We may not know a lot about Casey, or why he performs these acts of kindness, but he will forever be a hospice hero and forever have our gratitude.

BDH Volunteer of the Year

The BDH Volunteer of the Year award was established in 2023 to acknowledge those volunteers who have demonstrated a long-term commitment to compassionate service at BDH.

Last year, Shawn Tobin was the very first recipient of this award for his outstanding commitment with BDH. Shawn has volunteered with BDH for over ten years. Shawn as he likes to say is "Just a Driver". While Shawn is one of our drivers for our Day Hospice program, he so much more than a driver. Our clients truly enjoy it when he picks them up as he takes the time to connect with them, tell a joke, and make them smile. Often, he will take clients "on the scenic route" so that they can enjoy the drive. Shawn also steps in for special occasions when we need a driver for a last-minute situation. The staff, volunteers, and clients truly appreciate his commitment.



Starting April 15th, volunteers will have the opportunity to nominate a volunteer of their choice for this award. The staff chose the award last year, but it was decided that since it is a volunteer award, we would like to have the volunteers help in the process. On April 15, each volunteer will receive an email outlining the criteria for the volunteer award. They will have to answer the questions on the nomination form and submit their answers by April 21st.

The Volunteer of the Year award will be announced at the volunteer gathering which will take place in June. Date to be confirmed.

BDH Volunteer Receives Ontario Senior Achievement Award and NG Civic Award

Hospice care is rooted in the Latin word "hospitum," meaning hospitality and a place of rest for the ill and weary. The volunteer caregivers who lend their time and energy to hospice are invaluable in bringing comfort, care, and hospitality to those in our community facing life-limiting illnesses, along with their families.

Linda Carnegie is an exemplary volunteer and one such caregiver who has devoted her time and energy to the Day Hospice program, in-home visiting program, and fundraising committee for three years, now serving as a board member as well. Linda's unwavering commitment to hospice work encompasses providing care, compassion, and joy in every interaction.

Linda's culinary skills are truly extraordinary, reminiscent of Martha Stewart's kitchen. She puts great care into every meal she prepares for the day hospice program, striving for perfection in presentation and overall theme. She also takes her cooking expertise outside of the hospice center when visiting her in-home clients, often baking and cooking with them. Her fresh, innovative ideas and willingness to assist wherever needed are very much appreciated.

Linda's commitment to community service goes beyond her involvement with Beth Donovan Hospice. She has also dedicated her time and energy to various other initiatives and organizations like Kemptville Hospital Auxiliary and Holy Cross School

These initiatives and Linda's dedication to community service have brought her well-deserved recognition. She has been honored with the Ontario Senior Achievement Award and the North Grenville Civic Award, both of which celebrate outstanding individuals who have made significant contributions to their communities and highlight Linda's positive impact on the lives of those around her.

Linda was honoured at an award ceremony held February 29, 2024 at Queen's Park for the Ontario Senior Achievement award, and will be celebrated at a ceremony for a North Grenville Civic Award at the end of the month.

Congratulations, Linda, for your dedication, hard work, and the inspiration and impact you have made both at hospice and beyond. We are so grateful for you.



Hello Spring! Greetings from the Board of Directors!

Spring is beginning to show in the warmer temperatures and longer days! The anticipation to get outside in the gardens is building.

The winter has flown by in a flurry of activity around the hospice and the community. Staff and volunteers have been busy supporting our clients and families and connecting with our wonderful community! The board has had a busy winter developing a new three-year strategic plan and supporting staff in their work.

The big news was the hospice achieving accreditation for In-home Hospice and Day Hospice programs through Hospice and Palliative Care Ontario. This process involved all staff, many volunteers and many, many hours of work. A huge congratulations to Sue and the team for this achievement!

This spring promises to be as busy as ever with plans for Taste for Hospice, Hike for Hospice, Champlain Hospice Palliative Care Program's Education Week, Speakers Series and many other events in the works.

We continue to offer bereavement supports through journaling, yoga, therapeutic art, meditation, and more. Watch our website and social media for these and other new offerings in the community.

We have lots of volunteer opportunities, from direct client support to behind-the-scenes activities such as 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



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: _____

Address: _____

Please print clearly

A tax receipt will be sent for donations of \$20 or more. Charitable Registration # 896678661RR0001 *Donations through credit card can be made online at www.bethdonovanhospice.ca. We also accept E-Transfers to sue@bethdonovanhospice.ca



"YOU MAY HAVE LEFT MY LIFE, BUT YOU WILL NEVER LEAVE MY HEART."

Pet Loss Support Group

Facilitated by trained bereavement volunteers, this program provides compassionate support and coping strategies for those dealing with the loss of a pet.

**Wednesdays,
April 24th – June 5th
10–11:30am**

Beth Donovan Hospice
1107 French Settlement Rd
Kemptville, ON

*Registration is Required
This is a free event, donations welcome.*

CONTACT:
counselling@bethdonovanhospice.ca
613-258-9611 x4
www.bethdonovanhospice.ca



Lace Up Your Walking Shoes & Support Your Local Hospice!

PRIZES FOR TOP INDIVIDUAL AND GROUP FUNDRAISERS



BETH DONOVAN HOSPICE

HIKE For Hospice

Sunday, May 26th 2024
#Hike4HospiceBDH

Walk, Run, or Hike 1K, 3K, or 5K.
Virtual Hike
or
Join us for the In-Person Hike at Ferguson Forest Center
Registration opens at 10am

Presenting Sponsor
Kelly Funeral Homes
Capital Funeral Home & Cemetery
by Arbor Memorial

To Register Visit:
www.bethdonovanhospice.ca

For more information contact Janet Lee :
613-258-9611 Ext 2

*Discover your Voice. Express your Thoughts and Emotions.
Connect Deeply and Get Creative*



Guided Journaling

Wednesdays
April 3rd to May 22nd
7pm
(held over Zoom)



To Register Contact Amy
amy.tibben@bethdonovanhospice.ca

WWW.BETHDONOVANHOSPICE.CA



BETH DONOVAN HOSPICE

Kaste

For Hospice



Taste the Flavours of Local Restaurants, Wineries and Breweries.

Save the Date

MAY 11 2024

6–9pm
North Grenville District High School
2605 Concession Rd,
Kemptville

Tickets:
\$45 - Early Bird
\$50 after April 15th