



14th Annual Hike for Hospice



Now that spring has sprung, supporters of Beth Donovan Hospice are looking forward to lacing up their shoes on May 28, 2023 at the Ferguson Forest Centre in Kemptonville for their annual Hike for Hospice Event.

The hike is part of a national fundraising initiative that began in 2003 to raise awareness about hospice and palliative care and the services that are provided at a local level. This year, all funds raised locally

will go towards Beth Donovan's outreach programs as well as purchasing new equipment for their lending program, according to Executive Director, Sue Walker. Clients can borrow equipment such as bed rails, commodes, bath benches, walkers and wheelchairs for free.

Walker encourages everyone of all ages to attend, including all breeds of dogs. The first 25 dogs to attend will receive a doggie swag bag from Pet Valu. All skill levels are welcome and there will be routes of 1 kilometer, 3 kilometers, or 5 kilometers to choose from. Participants collect pledges prior to the event and will enjoy a BBQ lunch after the hike.

"My favourite part is seeing everyone come together when they have finished the hike to chat and enjoy lunch and share in supporting the hospice," adds Walker.

Registration begins at 10 am on May 28 in the parking lot by the main building at Ferguson Forest Centre. To participate or for more information, visit www.bethdonovanhospice.ca.

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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: BethDonovanHikeforHospice

Register as a team or individual.

Woofs and Wags is back again this year! Limited # of swag bags for those who register and post a picture of their dog on the online registration!

Upcoming Events

Hike for Hospice:
Sunday, May 28th at the
Ferguson Forest Centre
10:00 am

Register online at
bethdonovanhospice.ca

Volunteer Appreciation Dinner
Tuesday, May 30th
from 5-7

Death Café
Saturday, June 10th from
10:30 -12:00 at the North
Grenville Public Library

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

The Book Club will Host
Author Frances Itani in
October. Date TBA

Support and Share:
A Support Group for
Continued Grief.
Join us the 2nd Wednesday
of every month at 5:30

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

Volunteer Retreat:
Friday, September 22 from
9:00 to 3:00

Rural Community Hospice
Day in Carleton Place on
Friday, November 10th

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

Seniors Expo happening on June 24th

The Seniors Expo is a free, fun, and informative event taking place on Saturday, June 24th from 10:00 am to 2:00 pm at North Grenville District High School in Kemptville. The Expo will feature exhibits, live music, a tearoom, and informative presentations on topics important to the 50+ crowd. The exhibits will highlight topics such as financial planning, home care and safety, health, recreation, travel and so much more.

The Expo, hosted by Beth Donovan Hospice, is a way to raise funds and awareness for its many programs and services. Some of the many programs, provided to the community free of charge, include medical equipment loans, in-home visiting volunteers, day hospice, caregiver support, and grief counselling. The hospice receives 50% of its operational costs through donations and fundraising events like the Expo.

For more information on this event please visit www.bethdonovanhospice.ca or call 613-258-9611. To book an exhibit booth contact amy.tibben@bethdonovanhospice.ca

Beth Donovan Hospice supports caregivers

Caregivers in our community play an invaluable role in the lives of those they care for and in Ontario's health care system. Providing almost ¾ of all patient care, caregivers enable their family members, partners, friends, and neighbours to remain in their home. Caregiving can be a time-consuming job and according to The Ontario Caregiver Organization, a third of caregivers spend 10 or more hours a week providing care.

While most caregivers have a positive outlook on their experience and a sense of fulfillment, two-thirds admit they had no choice but to assume the work of caregiving. Often, they are unsure of what is expected of them in this role and find it difficult to get the resources and support they need. With these extra responsibilities, caregivers are experiencing increased stress and deterioration of their own health.

Beth Donovan Hospice aims to embrace the individual experiences, expertise, and value of caregivers. They recognize that caregiving can be made easier when caregivers are connected to services that support their needs as an individual. Visit www.bethdonovanhospice.ca to view the calendar of events and discover the monthly Caregiver Coffee and supportive programs. For further details, contact Melissa at dayhospice@bethdonovanhospice.ca or 613-258-9611 x5.

Death Café June 10th at the North Grenville Public Library

Have you ever heard of a Death Cafe? Have you ever attended one? The premise is simple: people gather, drink tea, eat cake and discuss death, not to be morbid, but rather to raise awareness and to help people make the most of their lives. We all have interests and concerns about bereavement, loss, grief or dying. Let's have those conversations.

It is important to note that Death Cafes are open to all and are conducted in a respectful manner that prioritizes confidentiality. There is no set agenda, no objective or theme. It is not a grief support group nor a counseling session. There is no intention by the organizers to lead participants to any conclusions or take any course of action.

Our goal at the Beth Donovan Hospice is to normalize discussions about death and dying so that we all feel a little more comfortable doing so while we are alive. We invite you to join us at the North Grenville Public Library for a Death Cafe on Saturday June 10, from 10:30 pm – 12 pm. Register at 613-258-9611 x 6 or at counselling@bethdonovanhospice.ca

Follow us 😊

