



## Spring Brings Exciting Times



As we enter our second year of the pandemic, we are all looking for signs of hope for an end to these difficult times. In keeping with this sentiment at the hospice we have turned our attention to creating more outdoor space for our clients, volunteers, and the general public to enjoy. We are proud to announce that we have started the creation of a labyrinth on our property in a wooded oasis in our backyard. We have created an accessible ramp to enter the labyrinth and are in the process of clearing trees and brush to create the winding paths to the centre of the labyrinth.

Labyrinth proponents claim walking a labyrinth can lead to deeper relationships, a stronger sense of community, a feeling of being on a spiritual journey, a sense of inner reflection and connection to sources of guidance, a sense of living in the present, greater creativity, and stress reduction. All of which I think we could use after the past year. Stay tuned for more information on this exciting project as progress continues throughout the summer.

We have also created a healing garden in the backyard that will be completed in June and we welcome everyone when it's safe to visit the garden and enjoy the peace and tranquility.

Also, this spring is our Annual Hike for Hospice on Sunday May 30<sup>th</sup>. Since Covid restrictions allow but if not, we will not allow us to hike in The Ferguson Forestry Centre together or we can hike our own neighborhoods, parks and other recreational areas virtually in support of National Hospice month.

### BDH Board of Directors

Peggy Vandervoort – Chair  
Mark Dayneka – Vice Chair  
Dawn Latourelle – Treasurer  
Suzan Bowser  
Lynne Turnbull  
Rose Lynne McDougall  
Maureen Taylor-Greenly  
Beverly Buckingham

### BDH Staff

#### Sue Walker

*Executive Director*

#### Janet-lee Ferris

*Volunteer Coordinator*

#### Emily Angel

*Outreach Coordinator*

#### Melissa Hill

*Manager of Clinical Services*

#### Megan Dillenbeck

*Integrative Counselling Therapist*

#### Amy Tibben

*Asst Volunteer Coordinator*



### Help Support your Local Community Hospice

LACE UP THOSE WALKING SHOES AND JOIN US FOR THE 2021 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](#)

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!

ALL COVID RESTRICTIONS WILL BE FOLLOWED.

## Upcoming Events

**BDH AGM June 23 5:00 pm  
via Zoom**

**Hike for Hospice May 30<sup>th</sup>**

**Therapeutic Relationships  
May 31<sup>st</sup> via Zoom 5:30 –  
7:00 p.m.**

**Caregiver Coffee last  
Tuesday of the month 1  
p.m.**

**Bereavement Support  
Group 2<sup>nd</sup> Wednesday of the  
month 5:30 p.m.**

**Meditation starting  
Mondays June 7 for 8 weeks  
7-7:30 p.m.**

**To join any of the events by  
zoom please call the office  
at 613-258-9611 ext 0 or  
email  
program@bethdonovanhos  
pice.ca**

## Welcome New Staff Members

This spring we were fortunate enough to receive a grant from the Telus Foundation to hire a part time Outreach Coordinator to assist in the development of marketing materials, public presentations, and overall branding of the hospice. We are proud to welcome Emily Angel to this position. Emily has a degree in Marketing and Communications and has been working in the field for many years.

We also welcomed Amy Tibben to our ranks in mid-May thanks to a grant received from the Trillium Foundation. Amy is working in the role of Assistant Volunteer Coordinator. She will be assisting Janet-lee in recruitment and training of new volunteers, increasing community knowledge of our programs and services and assuming the medical equipment lending program. We encourage everyone to come and meet the new staff once restrictions are lifted.



Amy Tibben



Emily Angel

## Volunteers

### Education

Starting on January 25, 2021, we had 13 new volunteers' signup for the volunteer training program and since have had most of them complete the require 30-hour HPCO training program.

With COVID 19 this was our first attempt at using zoom to teach the volunteer training. While it was successful, it did have its challenges. Technology was not always our friend, but we persevered, and we are thrilled to welcome our new volunteers.

The VAC committee has been offering continuing "Education Sessions" that take place every second month.

To date we have offered the following sessions:

MAID – (Medical Assistance in Dying) presented by Dr. Tania Zackem

Suffering and Joy – Presented by Ruth Richardson and Megan Dillenbeck

Providing Compassionate Care – When It's Not Easy – presented by Mary lou Anderson, Rita Pettes, Megan Dillenbeck and Mark Dayneka.

Our upcoming session will be on May 31, 2021 at 5:30pm. The subject is "Therapeutic Relationship Boundaries" which will be hosted by Melissa Hill.



## June Callwood Volunteer of the Year Award Recipient – Rose-Lynne McDougall.

Rose-Lynne is our 2021 Volunteer of Year. Rose-Lynne is the kind of volunteer every organization needs and wants. She is kind, caring and a joy to be around.

She is always looking for new ways in which she can do more to help the organization. She is constantly taking on new roles and responsibilities. Rose-Lynne lights up the room whenever she is around. Our clients love her zest for life and her fun-loving ways. She is creative and loves to laugh and is always thinking of others. She is the first and is the first to jump in and help with any new projects or ideas. She has recently joined our Board of Directors and will keep everyone on their toes! Thank you, Rose-Lynne, for all that you do for the Beth Donovan Hospice and its clients.

If you are interested in becoming a volunteer with the Beth Donovan Hospice, but not sure where you would like to donate your time, contact us at [www.program@bethdonovanhospice.ca](http://www.program@bethdonovanhospice.ca).

We would love to have the opportunity to talk to you and explain all the different volunteer opportunities we have available!

### Programs

As we set our sights on reopening this summer, we are excited to welcome all the friendly familiar faces back through our doors. In the meantime, here is an update on what we have been doing in the past few months during Lockdown. We have continued to provide weekly meals to 15 Day Hospice clients and our wonderful volunteer drivers have ensured they are delivered with a smile and often a goodie package. We have completed many online meetings and education sessions with our volunteers, and volunteers have made weekly contact with our clients to ensure their safety and to combat loneliness. Our counselling has maintained and grown, and it being done virtually and in person. We have learned a lot through the pandemic and one thing is that we need to be more flexible. This means that when our world returns to its new normal, we will maintain options to connect with us virtually to enhance our outreach and provide flexibility to clients, families, and caregivers. This means that we will no longer need to worry about winter weather when planning an education session or support group and we will be able to pivot to online.

We also have the capability to lend iPad's to volunteers and clients thanks to a generous donation from HelpAge Canada and funding from the LIHN. All you need to do is contact our office if you need one and want to join us online.



## Message from the Board of Directors

### Greetings from the Board of Directors

I hope you are staying safe and well as we navigate yet another provincial 'stay at home' order! As the sun shines brightly and the Covid vaccination numbers climb, we are feeling spring optimism for growth and renewal.

At this stage of the pandemic, Sue and the staff continue to keep all programs going with zoom meetings, video and phone calls, email messages and regular deliveries to clients and volunteers. Equipment lending, counselling, on-line training, book club and regular opportunities to connect and support each other have blossomed; all with strict adherence to physical distancing and pandemic guidelines. A new on-line creative writing and meditation series has been introduced. The BDH gardens have been planted and we're excited about the current healing garden and labyrinth project! Post-pandemic planning and fundraising efforts continue. Please remember our virtual hike later this month. I'm sure you join us in our praise and gratitude to Sue and her dedicated team of staff and volunteers. They have been beacons of kindness, support, and hope throughout the pandemic.

**Peggy Vandervoort**

**On behalf of BDH Board of Directors**



### What's New at the Hospice

Now, more than ever, people are longing for connection, comfort, and a sense of community. At Beth Donovan Hospice we are striving to grow our "Network of Support" by offering a variety of complimentary programs throughout the remainder of 2021. These programs will aim to support this need for connection and will be available for clients, family, caregivers, volunteers, and our greater North Grenville community.

A bit about the programs: Throughout the months of May and June, clients and volunteers of Beth Donovan Hospice will be participating in a **'Reflective Writing'** group. This program is being offered online through Zoom with the hope for safer days ahead when the group can be held on the Beth Donovan Hospice grounds. This 8-week program is taught by Amy Tibben, a former English teacher who believes in the importance of self-expression and creative outlets for everyone. The participants will learn to process thoughts, beliefs, and emotions through reflective writing. In June and July, you may wish to join us for "Calm in the Midst of Uncertainty: A **Meditation Series**". Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity, and promote happiness. Allow Peggy Vandervoort and Tina Gasser, community hospice volunteers to guide you along this 8-week Zoom series and introduce you to the meditation practice. Their goal will be to start you on a path toward greater peace, acceptance, and joy. Contact Peggy at [peggy.vandervoort@bethdonovanhospice.ca](mailto:peggy.vandervoort@bethdonovanhospice.ca) to register and obtain the zoom link. Do you enjoy the calm and gentle stretch of **yoga**? Yoga offers a combination of physical and mental exercises that for thousands of years has proven beneficial for all who have tried it. Yoga has the power to calm the mind and strengthen the body. When Covid-19 restrictions allow, Tania, a Hospice volunteer, PSW and yoga instructor will guide you through weekly chair yoga sessions in the Hospice's backyard. Stay tuned for future dates and details. Do you love to read and are you often seeking people to share your reading experiences with? You might want to consider joining our **Book Club**. The Hospice's book club meets via Zoom or face to face when safe to do so, every other month. This program offers a great way to meet new people, connect with others through the love of books, and to make new friends with common interests. For more details and to join, please call Beth Donovan Hospice at 613-258-9611 or email [bdh@bethdonovanhospice.ca](mailto:bdh@bethdonovanhospice.ca).

Have you ever walked a **labyrinth**? It has no tricks to it and no dead ends. Unlike a maze where you may feel lost, the labyrinth can help you find your way. A labyrinth is a complex path that leads from a beginning point to a center and it combines the imagery of the circle and the spiral into a meandering but purposeful path. It can represent a journey to our own center and back again out into the world and has long been used as a meditation tool. Thanks to a dedicated and imaginative group of volunteers and staff, and Kemptville Fencing and Decks, a circular healing garden with paths leading into a treed labyrinth are being created at the Hospice. We are eager to have you enjoy this safe, accessible, outdoor space where you can run, dance, sit, meditate, pray, and play. Some of you may come with questions, others to just slow down and take time out from a busy life. Some may come to find strength to take the next step, and many may come during times of grief and loss. We look forward to inviting you in the coming months to see and experience this unique and evolving space; one where you can simply relax and be present.

These programs could not be possible without the dedication, creativity, and kindness of the Beth Donovan Hospice volunteers. Perhaps joining the Hospice as a volunteer would help you find the connection, comfort, and sense of community you are longing for? For more information about volunteering or getting involved, please visit our website at [www.bethdonovanhospice.ca](http://www.bethdonovanhospice.ca) or call 613-258-9611.

***VOLUNTEERS MAKE A WORLD OF DIFFERENCE EACH AND EVERY DAY!***

