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September 2011

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### A Letter to Hospice Niagara's Volunteers



There it was, the place that intimidated me. It was full of strangers. Did we have anything in common? Well, yes, one thing. Was that enough? Yes, because of the warm volunteers! When I walked in I was greeted with Barb's warm smile and laughing voice. There were so many hellos by so many people, that my fear of the new absolutely vanished.

There were six people sitting at two tables, they were completely focused on their painting. When I snuck a peek I was amazed. Were they all artists? What were the chances? This was not a studio. The warm lady who was helping someone with a smile and encouraging words came to me and explained what was going on. These people weren't artists; they were day hospice clients. They came every Tuesday and enjoyed some time together. They shared happy times and not so happy times interspersed with a lot of laughs. Did I care to join them?

Oh lord, No! I can't paint. I can't even draw a decent apple. No, no thank you. But as a few weeks went by I saw them laughing and chatting. So, I gradually got closer to the group and asked what was involved. "Just fun" they answered, "try it, it's great."  
So now after many apologies for my lack of talent, I come to paint. I'm not talented; there isn't a Rembrandt hiding inside me. However, there is an eager child who wants to learn. At this stage in my life I know what matters... People and fulfillment of long time dreams.

The people I have met here know about the real importance of this part of life. Our great teacher, Brenda, helps our souls, minds and bodies every single Tuesday. The care is so obvious that we all feel it. When one of us messes up, she reminds us that anything can be fixed. Miraculously, when she brings back a painting a week later it is beautiful. What a place of magic we play in! I once saw her add three lines to a bird and make it lovely. She has taught me that it is not the destination but the journey that matters.

All the volunteers here have the same objective, which is to make our Tuesdays happy and carefree. They manage this to perfection. Whether they are driving us, playing cards, chatting, helping during a meal, painting out nails or caring for our bodies or our stress they do it with a smile.  
This is no longer an intimidating place but a welcoming oasis for which I am grateful.

Margaret B.  
Day Hospice Client

### Our 3<sup>rd</sup> Annual Dine-Out For Hospice is taking place Thursday, September 1<sup>st</sup>

Plan for a fun night out with your family and friends at any of the following restaurants and support Hospice Niagara.

As you may know, Dine-Out for Hospice is a one-day event where participating restaurants donate a portion of their proceeds to Hospice Niagara.

Director of Care

Rae Ann Thorsteinson  
Chaplain

Andrea Teefy  
Community Relations Assistant

*Hospice Niagara News*  
Editor - Andrea Teefy



Please visit our [website](#) for addresses of the restaurants and up to date information.

### Hospice Niagara's Fall Training Program Begins September 9<sup>th</sup>

Applications are now being accepted for those interested in participating in Hospice Niagara's 30 hour Volunteer Training which will start on Friday, September 9<sup>th</sup>, and run for 5 consecutive Fridays. Please contact Margaret Reid, Coordinator of Volunteers, before Tuesday September 6<sup>th</sup> at 905-984-8766 x 224 for further information.

### Registration is now open for Hospice Niagara's 2011 Teen 2 Teen: My Grief Story

The Teen 2 Teen retreat is a one-day event supported by the Branscombe Family Foundation for teens (Ages 14-19) to meet with other teens and share stories while learning about strategies for dealing with grief. The retreat will take place at Camp Wetaskawin in St. Catharines on Thursday, October 13th from 9:00 a.m. until 3:00 p.m.

For more information or to register, please contact Melissa Penner, Bereavement Advisor at 905-984-8766 extension 233 or [mpenner@hospiceniagara.ca](mailto:mpenner@hospiceniagara.ca). There is limited space available and priority will be given to teens who have not previously attended. The deadline to submit your registration form is Thursday, September 15th.

Participants will be accepted on a first come, first served basis.

Please visit the [Teen 2 Teen facebook page](#) or click [here](#) to view the poster for additional details.

### Sam's Montrose Hotel raises \$1,000 for Hospice Niagara In Memory of Sam Bielich



Thank you to Simo Bielich (pictured with Laurie Straw) and Niagara HOG for hosting a Memorial Ride and Bike Rodeo at Simo's Roadhouse on Saturday August 6th in support of Hospice Niagara.

### The Bonnie Barron Glo-Ball Night Golf Tournament - Friday September 9th, 2011

The Bonnie Barron Glo-Ball Night Golf Tournament is taking place Friday, September 9th at 6:00 p.m in support of Hospice Niagara. The Tournament is sponsored by PenFinancial Credit Union and will take place at the Greens at Brock golf course in St. Catharines. To register your team for the tournament, please contact Jason Barron at [jason.barron30@hotmail.com](mailto:jason.barron30@hotmail.com) or 905-687-8122.




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### Fall Bereavement Support Groups

Children's Bereavement Support Group is a six week program for children ages 6 to 13 years of age who have had a significant loved one in their life die. While the children's group is running, a parent/guardian support group to focus on children's grief is held concurrently. The next group runs Saturdays from October 1st to November 5th from 10:00 to 11:30 am. Registration is required and there is a wait list. If you are interested, please contact Melissa Penner at [mpenner@hospiceniagara.ca](mailto:mpenner@hospiceniagara.ca) or 905-984-8766 x 233.

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### Creative Minds' 2011 Holiday Angels are now available

Hospice Niagara's hand crafted Angels make a great addition to any Holiday Decor. To Order your 2011 Angel for your tree or a friend's, please contact Hospice Niagara at 905-984-8766 or email [info@hospiceniagara.ca](mailto:info@hospiceniagara.ca). Angels are \$25 each and limited quantities are available.




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### Save the Date - Saturday November 5th is Hospice Niagara's 2nd Annual Winemaker's Dinner

Hospice Niagara's 2nd annual Winemaker's dinner is taking place on November 5th, 2011 at the exquisite Jackson Triggs Estate Winery. This Winter Gala promises to be enchanting and will feature great food, wine, art, fashion and fun.




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### Wish List

Baby Wipes  
 Bird Seed  
 Gas BBQ (min. 60,000 BTU)  
 CD Players (11)  
 Fabric Softener (unscented)  
 Humidifiers (7)  
 Journals for Adults  
 Nail Care Supplies (files, clippers, etc.)

Office Chairs (2)  
Podium / Music Stand  
Hanging Refrigerator Thermometer  
32" Flat Screen TV with built in DVD player  
Tympanic Thermometers  
Red Hand Towels (10)  
Red Bath Towels (10)  
Grief Support Books (A list detailing titles required is available upon request)