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October 2011

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A Message from our Board Chair - Rick Merritt



We have marked a number of significant Hospice Niagara milestones this month. On Tuesday, September 13th, we celebrated the 10th anniversary of our very successful Day Hospice program. This month is also the 4th year of The Stabler Centre residence, and we will soon be supporting our 500th resident and their loved ones.

We recently received a 'good news' funding announcement. The Ontario Government has approved an increase in the base rate of funding to residential hospices. The increased funds come as a result of considerable effort and after making a strong business case to the Province for additional dollars. It acknowledges the important role that hospices play in the health care continuum. This new agreement represents a funding increase towards nursing costs in our residence which is significant. However there continues to be a gap in operational dollars which we must raise through the community.

To that end, I ask that you consider attending the upcoming TASTE event, which you will see featured elsewhere in this newsletter, in support of Hospice Niagara programs and services. This enticing event is sure to suit your palate!

Thank you to everyone who participated in Dine-Out For Hospice on Thursday, September 1st

Friends and supporters enjoyed a great meal on Thursday September 1st and helped to raise more than \$5,000 for Hospice Niagara.



Margaret Reid
Coordinator of Volunteers

Laurie Straw
Director of Care

Andrea Teefy
Community Relations Assistant

Rae Ann Thorsteinson
Chaplain

Hospice Niagara News
Editor - Andrea Teefy

A special thank you to our participating restaurants:



Hospice Niagara's Evening/Weekend Volunteer Training Program

Hospice Niagara's 30 hour Volunteer Training is taking place in November. Please contact Margaret Reid, Coordinator of Volunteers 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. There is limited space available, and priority will be given to teens who have not previously attended. Participants will be accepted on a first come, first served basis.

Hospice Niagara Celebrates the 10th Anniversary of Day Hospice

On Tuesday September 13th, clients, staff and volunteers gathered to celebrate Day Hospice's 10th anniversary. Day Hospice is held every Tuesday for community clients of Hospice Niagara who are living in their own homes. Once a week, our clients are treated to a day out which is centered on socializing and relaxing. Clients are invited to participate in many activities, including painting classes, card games and puzzles, and enjoy a three-course lunch prepared by our Chef. In the afternoon, there is a short program ranging from magic shows, bingo, and musical acts to gardening lessons or sing-alongs.

We invited our past volunteers, staff, and board members to join us for a special ceremony and cake. Some of those in attendance have been with Hospice Niagara since the very first Day Hospice, along with our Executive Director at the time, Pat Hundermark.

History of Day Hospice

Since the first Day Hospice day held in 1991 at the First Grantham United Church, more than 8,000 hours have been dedicated in support of Day Hospice programming. Day Hospice was created to provide support to palliative care clients, and to provide respite for their caregivers. In the beginning stages of the program, about 9-10 people would attend Day Hospice every week. Since opening The Stabler Centre in 2007, approximately 20 clients participate every Tuesday. In addition, 15-20 volunteers give their time each week to support our Day Hospice program by driving our clients to and from The Stabler Centre, serving lunch and assisting with activities.



Anyone living in the Niagara Region with a life-limiting progressive illness is eligible to participate as a client in Day Hospice. For more information on how to get involved with Day Hospice as a client or a volunteer, please contact Hospice Niagara at 905-984-8766.

Thank you to the McNab School Reunion for Donating \$400 to Hospice Niagara



On Saturday, September 10th, over 200 McNab School alumni reunited at their former school to renew old friendships, reminisce about McNab years, and chat about their own life experiences. Class pictures were on display, as were former attendance records dating back to when the original school was built, along with many other memorabilia. The Planning Committee had asked for donations to help defray costs of the reunion and the surplus was donated to Hospice Niagara. The Committee, on behalf of former students and teachers of McNab School, made a generous donation of \$400 to Hospice Niagara.

Fall Bereavement Support Groups

Adolescent Bereavement Support Program is a peer support program for teens who have experienced the death of a significant loved one. This group will be five weeks in length, running every Thursday evening from October 20th to November 17th. Registration is required.

Young Adult Bereavement Night - a peer support program for men and women in their 20's and 30's who live in the Niagara Region and have experienced the death of a significant loved one. This evening is an opportunity to share your story, ask questions of others, and support each other along your grief journey. The next group is Monday, October 24th, from 7:00 p.m. until 8:30 p.m. Registration is required.

Adult Grief Circle is a peer support program for men and women in the Niagara Region who have experienced the death of a significant loved one. This group will be six weeks in length. This peer support program will focus on the grief journey and reconciling 'what was' to 'what will be'. Topics include: grief and mourning, grief symptoms, memories, self care, the six needs of mourning, and the grief journey. All of our programs are facilitated by trained Hospice Niagara volunteers. The dates for the next group are Saturdays, November 12th to December 17th from 9:30 a.m. to 11:00 a.m. Registration is required.

Cookie Fundraiser Yields \$257 for Hospice Niagara



Friends Emily Warren and Alia Cave, pictured above with Levi and driver Ronda, decided that they would like to do a fundraiser to help a local not-for-profit organization. The pair visited their friends and neighbours and collected orders for oatmeal raisin cookies. In return for a donation, they baked the cookies and delivered the nicely packaged treats to their customers by horse and carriage. They graciously donated the money that they raised to Hospice Niagara in honour of Alia's grandmother. Thank you to Emily and Alia for their enthusiastic fundraising endeavour.

Creative Minds' 2011 Holiday Angels

Hospice Niagara's hand crafted Angels make a great addition to any holiday decor. To order a 2011 Angel for your tree or a friend's, please contact Hospice Niagara at 905-984-8766 or email info@hospiceniagara.ca. Angels are \$25 each and limited quantities are available.



Join us for TASTE...an evening of wine, food and art - Saturday, November 5th

Tickets for the event can be ordered by calling 905-984-8766 ext. 240 or emailing taste@hospiceniagara.ca. The deadline to order tickets is Thursday, October 27th. For additional details, please visit our [website](#).


An exquisite evening of fine wine, gourmet food and eclectic art in support of Hospice Niagara






taste

Saturday, November 5 at 6:30pm
Jackson Triggs Niagara Estate
Regional Rd 55, Niagara-on-the-Lake, ON

\$150 per person (\$40 tax receipt) • Dress - Winery Elegant

Live and Silent Auction

 www.hospiceniagara.ca/events/ • 905 984-8766 ext 240

Wish List

If you are interested in donating an item from our wish list, please contact Alicia Arcangeletti, Community Relations Officer at 905-984-8766 ext. 230 to ensure your item meets our needs, as well as our health and safety guidelines.

Baby Wipes
Bird Seed
Gas BBQ (min. 60,000 BTU)
CD Players (11)
DVD Players (5)
Fabric Softener (unscented)
Journals for Adults
Nail Care Supplies (files, clippers, etc.)
Office Chairs (2)

Podium / Music Stand
New Hanging Refrigerator Thermometer
32'' Flat Screen TV with built in DVD player
New Tympanic Thermometers (4)
Red Hand Towels (10)
Red Bath Towels (10)
Grief Support Books (a list detailing titles needed is available upon request)