



November 2011

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A Message from our Medical Director - Dr. Brian Kerley



I spent a lot of time this spring and summer on my bicycle, training for the Big Move Cancer Ride, to raise funds for the Walker Family Cancer Center. I am grateful for the support of many in the Hospice community, and was able to surpass my \$5,000 pledge goal. For me, time on the bike is valuable in many ways. I usually ride for between one and three hours at a time, so apart from the physical fitness aspect, it is time to think and reflect. Sometimes it's time to worry about

the stuff I have looming in the next few days or weeks, but mostly it's time to appreciate the beauty of the world around me, and recharge my mental batteries (while at the same time depleting the physical ones, I guess, a kind of mental kinetic energy recovery system for those of you who follow F1 auto racing). If we're learning a new song in the band, it's a chance to sing it over and over for two or three hours. Sounds crazy, but often the rhythm of the song helps with the cadence of pedaling. Sometimes I think about our patients, and what is going on in their lives, and how we might help them better.

Autumn has now dropped in on us, and I have to say, I'm not a fan of this time of year. It's now too dark to ride in the morning before work, or in the evening after work, so I only have weekends to get out on the bike, and those become increasingly busy through September and October, and the whole cycling thing seems to come to a crashing halt. This means that I need to look for new ways to stay mentally and physically fit. Teaching is one of the things that keeps me mentally healthy and sharp, and we have had, and continue to have, a series of keen learners, both medical students and Family Medicine residents, doing rotations at The Stabler Centre. They keep us all on our toes, and contribute in no small way to the excellent care that our residents receive. They are grateful, in turn, for the opportunity to work with our top-notch team. I'm co-teaching a LEAP (Learning Essential Approaches to Palliative Care) course in a few weeks time and that will be two solid days of team based teaching, and will be helpful for me also.

I think as the days get colder and darker, it is important for all of us to reflect on the work we do and how it impacts our clients, and ourselves and our families. Life is precious, and sometimes quite short, so our work is all the more valuable.

And on December 22, the days start to get longer . . .

TASTE...an evening of wine, food and art raises \$12,000

Hospice Niagara hosted our first TASTE... an evening of wine, food and art event at Jackson Triggs Niagara Estate on Saturday November 5th. Guests enjoyed an evening of gourmet food and wine, fabulous fashion and eclectic art that raised nearly \$12,000 for Hospice Niagara's programs and services. Thank you to everyone who helped to make this evening possible.

Thank you to Ken Sheward, our auctioneer for the evening and to Kelly Maslink & Peter Shea for providing the entertainment. Thank you to everyone who donated items for our live and silent auctions and to those who modeled the fashion items. Thank you to our Sponsors: Sotheby's International Realty Canada; The Watering Can; Sun Media: The Welland Tribune, The Niagara Falls Review and The St. Catharines Standard; and Jackson Triggs Niagara Estate. Lastly, a special thank you to the committee who put on this event, Anna Vander Bugh, Claudia Valle, Mary Mizen & Doug Geddie and to Brittany Siddall for helping on the day of the event.

Bereavement Advisor

Margaret Reid
Human Resource Development
Officer

Alan Retzman
Client Services Coordinator - Niagara
Falls

Laurie Straw
Director of Care

Andrea Teefy
Community Relations Assistant

Rae Ann Thorsteinson
Chaplain

**Hospice Niagara News
Editor - Andrea Teefy**



Pictured above at Hospice Niagara's TASTE event: models from Bella Grace Boutique (left); Harpist, Kelly Maslink (middle); Guests enjoying a great evening (right).

Hospice Niagara's 2011 Teen 2 Teen: My Grief Story

The Teen 2 Teen retreat was held on Thursday October 13th at Camp Wetaskawin. Teen 2 Teen 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.



Pictured above, dozens of teens participated in Hospice Niagra's annual Teen 2 Teen event. Top Left: A drumming circle activity; Top Right: A grief banner designed by participants; Bottom Left: A group photo with blankets donated by Verge Insurance Group; Bottom Right: teens participating in the candle lighting ceremony.

The Rankin Cancer Run supports Hospice Niagara

Hospice Niagara received a cheque for \$25,000 from the Rankin Cancer Run. More than 8,200 people participated in this year's run that raised an incredible \$604,000. Hospice Niagara truly appreciates the ongoing support from this local fundraiser and the Niagara community. In the past 6 years the Rankin Cancer Run has raised and donated \$130,000 to Hospice Niagara. Bob Meunier, pictured below presents a cheque for \$25,000 to Margaret Jarrell.



Mentholatum Co. participates in the 2011 'Day of Caring'

Staff from Mentholatum Co. (pictured below) spent a day at Hospice Niagara to help us clean up our gardens for winter and wash our windows. The company was taking part in the United Way of St. Catharines & District's Day of Caring and Hospice Niagara was their charity of choice. A huge thank you to everyone from Mentholatum Co. who braved the cold weather and a thank you to the United Way for arranging the day.



Hospice Niagara's Holiday Butterfly Campaign 2011



During the holiday season, Hospice Niagara will hang a butterfly on decorated trees in our lobby in memory or in honour of someone special to you. Their name will be added to the butterfly for a donation in any amount. All donations will be used to provide compassionate care and support to those in need.

For a donation card, please click [here](#) or call 905-984-8766.

Strabag Inc. donates \$11,900 to Hospice Niagara's Children and Adolescent's Bereavement Support Program

Hospice Niagara along with three other charities in Niagara received the proceeds from the 2011 STRABAG Inc. Golf Tournament. The tournament, held at Beechwood Golf Course on September 9th, raised more than \$47,000 in support of local organizations serving residents of Niagara. Hospice Niagara will direct the \$11,900 received from STRABAG Inc. towards our bereavement support programs for children and adolescents who have lost a loved one. Our activity based programs are facilitated by staff and trained volunteers in a therapeutic environment in which participants are free to share their experiences with others their own age.



Pictured above, Alicia Arcangeletti receives a cheque from Ernst Gschinitzer and Alexander Boehnke of Strabag Inc.

Hospice Niagara's Legacy Society

The Legacy Society was established to recognize donors who have informed Hospice Niagara, confidentially and in writing, that they have included Hospice Niagara in their estate plans through a bequest, trust, life-income gift, or other planned gift.

As a Hospice Niagara Legacy Society member, you will receive a certificate of appreciation and invitations to special Society events. Your gift will also be recognized publicly, unless you choose to give anonymously. Recognition would include your name listed on the tv donor display in The Stabler Centre and in the June "Legacy" edition of Hospice Niagara newsletter. Legacy Society's purpose is to:

- Honor and thank members of the Hospice Niagara family whose thoughtful estate planning will advance the quality of palliative care in the Niagara Region
- Promote interest in planned gifts as a vehicle for supporting the mission of Hospice Niagara
- Recognize programs and services that have been supported through planned gifts

Your membership in the Legacy Society demonstrates your commitment to the continuation of compassionate end-of-life care and support for Niagara residents in need of our services.

For more information about Hospice Niagara's Legacy Society, please contact Mary Margaret Murphy at lastinglegacy@hospiceniagara.ca or 905-984-8766 ext. 250.

Jack Astor's St. Catharines donates \$6,800 to Hospice Niagara

Jack Astor's held a chicken wing extravaganza in July where individuals could purchase a wing book for \$50. The wing books contained coupons for 1lb of chicken wings per week for a year. 100% of the money raised through this fundraiser was donated to Hospice Niagara. Pictured Below, Pat Paladino of Jack Astor's presents a cheque to Margaret Jarrell.



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.



Hospice Niagara Volunteers receive "Heroes in the Home" Awards



Hospice Niagara Volunteers: (Pictured above, left to right) Jean Graham, Candice Murphy, Anna Pischedda, John Gregor, Lorraine Hocolik received a "Heroes in the Home" Award at the Community Care Access Centre's ceremony held on October 26, 2011.

"In the spirit of Generosity...the Spirit of Christmas"

Friday, November 18 and Saturday, November 19

The
Watering Can
FLOWER MARKET

INVITES YOU TO JOIN US IN WELCOMING
THIS BEAUTIFUL SEASON AT OUR

**4th Annual
Christmas
Open House**

IN SUPPORT OF LOCAL HOSPICE CARE AT
HOSPICE NIAGARA AND McNALLY HOUSE

St. Catharines
With your donation to Hospice Niagara
you will be entered for a chance to win a
Watering Can showroom arrangement.
(Valued from \$30 to \$300)

Vineland
With any donation to McNally House you
will be invited to make your own Christmas
arrangement in a complimentary
Watering Can Workshop valued at \$15.
Enjoy food and wine pairings while
listening to live Christmas music.

TREES FOR HOSPICE
Proceeds from all fresh cut Christmas tree sales this
season will be donated to support local hospice care
at McNally House and Hospice Niagara.

McNally House HOSPICE NIAGARA

28 James Street, St. Catharines 905 704 0088
3711 King Street, Vineland 905 562 0088

www.thewateringcan.ca

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)