

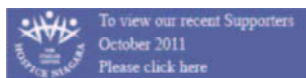


December 2011

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### A Message from our Executive Director - Margaret Jarrell



As we head into this season of festivities, we pause and wonder what to say or do to help someone in our circle who is grieving. For many, the holidays can be a particularly painful time as there is such a gap between the "joy of the season" and the bereaved person's powerful sense of loss.

Firstly, if you have extended a "Merry Christmas" and then beaten yourself up for doing so, you need to cut yourself some slack. Those who are grieving well know what month it is, and will forgive you.

Apart from this, let me share with you some advice you may find helpful, which is provided by those who work with those who are grieving. Say and do those things that serve well during any time of the year.

- Acknowledge that this might be a particularly difficult time
- Ask "How are you doing?" and listen to the answer
- If you are willing to help, offer what you can
- Offer a quiet time with a coffee away from the seasonal hubbub
- Don't place expectations on the bereaved, neither about what to do or how to feel

While grief doesn't take a holiday, occasionally the bereaved might need to take a break. Only that person knows if, when, and how.

Perhaps the only thing to know is that there may be little you can do right now to help those grieving to feel better. Grief is a journey with its own time line, and those on this journey need time to incorporate this loss into their lives. Show your interest and concern, and that will have to suffice.

We at Hospice Niagara are grateful to so many who share their time and treasure with us, allowing us to have contributed services to many during difficult times in their lives.

I wish you strength and peace over the coming month.

### The Bonnie Barron Memorial Golf Tournament raised more than \$7,500 for Hospice Niagara

The Bonnie Barron Glo-Ball Night Golf Tournament took place in September in memory of Bonnie Barron. The tournament was sponsored by PenFinancial Credit Union and organized by Jason Barron and a team of friends and family. Pictured below with Jason Barron is Cindy Cwiertniewski (left) & Tina Antonio (right) of PenFinancial presenting a cheque to Margaret Jarrell. Thank you to the organizers and to all who attended for helping to raise funds for Hospice Niagara's programs and services.



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

### Introducing Alan Retzman, Client Services Coordinator - Niagara Falls



Hospice Niagara extends a heartfelt thank you to the United Way of Niagara Falls and Fort Erie, for helping us to improve our service delivery in Niagara Falls. Through offering some office space in Niagara Falls, the United Way has made it possible for Hospice Niagara to serve Niagara Falls residents who are Day Hospice clients, as well as those whom we visit in Niagara Falls, Stevensville and Fort Erie. This administrative base at The MacBain Centre in

Niagara Falls will also allow Alan to meet with Niagara Falls volunteers closer to their home. In addition, we hope to hold accredited volunteer training sessions at The MacBain Centre in the near future.

### Holiday Butterfly Campaign



During the 2011 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.

### Hospice Niagara is a recipient of the 2011 Niagara Community Grant

Hospice Niagara gratefully acknowledges the financial support of the Fallsview Casino Resort Fund at the Niagara Community Foundation, which is a public foundation serving the people of Niagara. The Foundation builds permanently endowed charitable funds for the changing need and opportunities of the community and provides grants to eligible charitable organizations in culture, health, education, environment, recreation and social service sectors. This funding will allow for an external ventilation system to be installed in the residence. Thank you to the Niagara Community Foundation and the Fallsview Casino Resort.



### Holiday Gift Wrapping at the Pen Centre

No time to wrap your holiday gifts? Want to make your gift even more valuable? Hospice Niagara's volunteers will wrap your gifts for you at the gift wrapping kiosk in the Pen Centre on the following days:

**December 10, 11, 12, 14, 16, 19, 20, 21, 23 and 24.**

All proceeds from gift wrapping on these dates will support Hospice Niagara! Also, there are still a few shifts available if you would like to volunteer to help out.

Contact Andrea Teefy at [ateefy@hospiceniagara.ca](mailto:ateefy@hospiceniagara.ca) or 905-984-8766 ext. 231 to sign up.



### The RBC Foundation donates \$1,000 to Hospice Niagara

Thank you to the RBC Foundation for donating \$1,000 to Hospice Niagara in support of the Community Leaders Invitational golf tournament. Pictured below, Michael Flus of RBC Dominion Securities presents a cheque for \$1,000 to Alicia Arcangeletti.



### The Watering Can Flower Market Hosts their Christmas Open House in Support of Hospice Care in the Niagara Region

Thank you to everyone who visited The Watering Can in St. Catharines during their Christmas Open House. The event raised more than \$2,400 for Hospice Niagara's programs and services. A special thank you to The Watering Can and Hospice Niagara's volunteers.



Fresh cut Christmas trees are also on sale throughout December at The Watering Can. All proceeds from tree sales will be donated to Hospice Niagara and McNally House in Grimsby.

### Verge Insurance Group Dressed Down for Hospice Niagara



Verge Insurance Group chose Hospice Niagara to receive the proceeds raised from their 2011 Dress Down Days. Thank you to Verge Insurance for raising more than \$2,100 in support of Hospice Niagara.

### 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](mailto:info@hospiceniagara.ca). Angels are \$25 each.



### Save the Date - 2012 Hike for Hospice

On Sunday, May 6th, 2012 we will celebrate 10 years of the Hike for Hospice! Mark your calendars and join us at Lakeside Park in Port Dalhousie for a great afternoon.



### Mia's Recipe - Raspberry Squares

Recipe taken from the '**Harrow Fair Cookbook**' with permission from the authors *Moira Sanders & Lori Elstone*. The Harrow Fair Cookbook is a great gem in Mia and husband Mike's cookbook collection. Mike photographed the recipes in this award winning book.

Mia's Favourite Squares - Yum!!!

(makes 24 squares)

Preheat oven to 350°F

butter a 9 x 13inch baking pan

#### Base

3/4 cup unsalted butter, softened

1/2 cup granulated sugar

1 1/2 cup all purpose flour

1/2 tsp fine sea salt

1 cup raspberry jam

#### Topping

1 cup all purpose flour

1/2 cup old-fashioned rolled oats

1/2 cup firmly packed brown sugar

1/2 tsp fine sea salt

1/2 cup unsalted butter, softened



**To prepare the base:** cream the butter and the sugar together in a standup mixer with the paddle attachment.

Mix the flour and salt together in a bowl. Add this slowly to the butter-sugar mix until fully combined.

Press the dough into the prepared pan, spreading evenly.

Bake for 15min.

Spread the jam evenly over the hot crust.

**To prepare the topping:** Mix the flour, rolled oats, brown sugar and salt together in a large bowl.

Cream the butter in the bowl of a standup mixer fitted with the paddle attachment. Slowly add the dry ingredients and blend until the mixture is thoroughly combined.

Sprinkle the topping over the jam, spreading evenly. (do not press the crumble down)

Bake the squares for an additional 25 minutes.

Cool to room temperature before slicing into approximately 2-inch squares.

Enjoy!

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### 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.)  
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)

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