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February 2012

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Message from our Executive Director, Margaret Jarrell



"If the only prayer you say in your entire life is 'Thank you' and you mean it – you have prayed enough."

- Meister Eckhart, a Dominican priest from the 13th century

When I am privileged to meet many of Hospice Niagara's volunteers, I try to say "Thank you." Many times the response that I get is, "No, I need to thank you. I love being here." Often, too, I hear, "I get more from being here than I give." That response is another opportunity for me to practice gratitude. For what are we grateful at Hospice Niagara?

We are grateful for our residents and clients; for their unique gifts, and for their families and friends.

We are grateful for all of our staff and volunteers who help us bring hope and caring.

We are grateful for our funders, donors and benefactors who make our work possible.

May you find the grace today, to say, to breathe, or to pray "thank you." And may you have the opportunity to practice grateful living daily.



Sign Up On-line Now!

On Sunday, May 6th, we will celebrate 10 years of the Hike for Hospice! Join us in the celebration by signing up on-line now as an individual or team at www.hikeforhospiceniagara.com. When you sign up on-line, you can create your own personal fundraising page, tell your friends and recruit team members, as well as request pledges from your contacts in support of Hospice Niagara.

Pledge forms for off-line donations will be available in March at Hospice Niagara and at all Meridian Credit Unions in the Region (excluding Grimsby & Beamsville). Pledge forms can also be downloaded from our website, www.hikeforhospiceniagara.com.

For more information about the hike and how to get a pledge form, please contact [Andrea Teefy](mailto:ateefy@hospiceniagara.ca) (905-984-8766).

2012 Hike for Hospice Timeline - Sunday May 6th

12:00 p.m. Registration Begins
 1:00 p.m. - Celebrate A Life
 2:00 p.m. - Hike
 3:00 p.m. - BBQ & Entertainment



Hospice Niagara has several sponsorship opportunities associated with the Hike for Hospice and offers a comprehensive benefit package. To become a sponsor of the 10th Annual Hike for Hospice, or for more information about sponsorship benefits, contact Andrea Teefy at 905-984-8766 or ateefy@hospiceniagara.ca. To view our current sponsors, click [here](#)

Rae Ann Thorsteinson
Chaplain
*Hospice Niagara News Editor -
Andrea Teefy*

Hospice Niagara's Spring Bereavement Support

Below are the dates for our 2012 spring bereavement programs. All programs require advanced registration. For additional details, or to register, please contact Lynn Mytroen, Bereavement Advisor, at 905-984-8766 x 233 or lmvtroen@hospiceniagara.ca.

8 week Adult Support Program (Grief Circle)

Wednesday 7:00 to 8:30 p.m. February 29th to April 18th

6 week Adolescent Bereavement Support Program

For teens ages 13-17, Wednesday (time TBA) April 11th to May 16th

6 week Children's Bereavement Support Program

For children ages 6 to 12, Saturday 10:00 to 11:30 a.m. March 24th to May 5th

Johnny Rocco's 4th Annual Iron Chef Competition

Eight of Niagara's top chefs are competing in Johnny Rocco's 4th annual Iron Chef Competition beginning February 29th. It's a fun evening and all funds raised at this event support four local charities, including Hospice Niagara.

Tickets are \$65 for the first three battles. Tickets are \$85 for the finale (or \$75 if you attended a previous battle). All prices include taxes.



Event Dates

1st Battle: Wednesday, February 29th in Niagara Falls

2nd Battle: Wednesday, March 28th in St. Catharines

3rd Battle: Wednesday, April 25th in Niagara Falls

Finale: Wednesday, May 30th in St. Catharines

Sponsorships are available for \$150 for local businesses who are interested in purchasing a space for your logo on the dinner placemat. For more information, to purchase tickets, or to become a sponsor, please contact Andrea Teefy at 905-984-8766 or ateefy@hospiceniagara.ca.

Shoppers Drug Mart donates more than \$5,100 from their Tree of Life Campaign to Hospice Niagara

Thank you to Shoppers Drug Mart - Port Plaza and Shoppers Drug Mart - Bunting Road for generously donating the proceeds from their annual Tree of Life campaign to Hospice Niagara. Pictured below, David Costinuik of Shoppers Drug Mart - Port Plaza presents a cheque to Margaret Jarrell.



BroadBand: Celebrating 20 Years of Women in Music



Join us for BroadBand's 20th annual Celebration of Women in Music at the Black Sea Hall on Sunday, March 4th, from 4 p.m. to 7 p.m. All proceeds from this event will support Hospice Niagara's programs and services.

BroadBand is an exciting and eclectic group of five versatile Niagara musicians. Through the years they have concentrated on writing and performing original repertoire. BroadBand sings a capella and with a wide variety of instrumental accompaniments in folk, rock, blues, Cajun and Celtic styles. BroadBand came together in 1993 at a benefit concert in St. Catharines, and have been performing together ever since.

Tickets are \$20 each/pay as you can, and can be purchased at The Peanut Mill (191 Welland Avenue, St. Catharines), Ryson's Music (5 Court Street, St. Catharines) and Hospice Niagara. For more information please contact Hospice Niagara at 905-984-8766 or BroadBand at 905-988-9594 / hale9812@rogers.com.

White Oaks' Tri-Racquet Tournament raises more than \$800



Thank you to The Club at White Oaks for donating more than \$800 to Hospice Niagara from their Tri-Racquet Tournament held in November in Memory of Art Dommasch. Pictured above is Mark Sachvie of White Oaks presenting a cheque to Alicia Arcangeletti.

We need your help: Be a ticket seller for the 5 Car Draw



On Sunday, May 6th, Hospice Niagara's 4th annual 5 Car Draw will kick off for another fun season. Last year, the 5 Car Draw raised more than \$190,000 for Hospice Niagara! All funds raised support our programs and services, including our Visiting Volunteer services, Day Hospice, Bereavement support, and The Stabler Centre residence.

The tremendous success of the 5 Car Draw would not have been possible without the support of our energetic volunteers who help by selling tickets. 20,000 tickets are printed each year, and in 2011 we sold 15,996 tickets. There are several opportunities to volunteer by selling tickets to the public at various festivals and events throughout the Niagara Region. Volunteers are also encouraged to sell tickets to family, friends, co-workers and neighbours.

Tickets are \$25 each, but the best deal is 5 tickets for \$100. Each ticket has five chances to win! In addition, the Early Bird draw will give five lucky winners \$1,000 each on Father's Day weekend. Early Bird winners will still have a chance at the main car draw on Monday, August 6th, in Montebello Park, St. Catharines at The Rotary Ribfest.

To be a part of this exciting fundraiser and make a difference in your community, please contact a member of the Community Relations team at 905-984-8766 or cardraw@hospiceniagara.ca. To view our recruitment brochure, please click [here](#). Lottery License #4597.

Quilt to Honour Special Gift and Volunteer



Pictured above, from left, are Debbie Cote, Al Cote, Evelyn Tipson & Carol Zinck.

On January 10th, Hospice Niagara unveiled a special quilt that was given in honour of a special volunteer. The inscription on the quilt reads "This quilt honours and recognizes Evelyn Tipson for her service to Hospice Niagara." The Quilt's design was inspired by the artwork of her friend, the late Don Logan, and it accompanied a Gift of Securities that he made in Evelyn's honour. Al Cote created this beautiful quilt that is displayed in the Day Hospice room at The Stabler Centre.

Diane Fahlman, Legacy Associate



Hospice Niagara welcomes Diane as our new Legacy Associate. Diane will be your contact to advise you about gifts of securities, life insurance, bequests and gifts for the future for Hospice Niagara. Diane has worked with a variety of charities in the last 25 years, most recently with The Hospice at May Court in Ottawa. She has worked with World University Service of Canada and spent time in Vietnam volunteering with a vocational school as a fundraising adviser. She has worked with donors at Carleton University, The Canada - US Fulbright Program and The Traffic Injury Research Foundation. She recently relocated to the Niagara Region after working and raising a family in Ottawa. Diane is a dedicated and active advocate for hospice care. She looks forward to meeting Hospice Niagara supporters.

Legacy Giving to Hospice Niagara

Every day, individuals are helped and are comforted by the work of registered charities in our communities. Canadians give back for many different reasons: for some it is a way to ensure that their or someone they love's memory lives on, for many it's a way to ensure that their favourite charity is able to continue its important work, while for others it represents a way to facilitate the tax implications that come with the transfer of one's estate to surviving loved ones.

Provide support to a charity you care about

Financial assistance is essential to support and sustain our charitable work. Many individuals generously give their money, time and energy on a regular basis. *Leaving a Legacy* is a way of leaving a future gift to Hospice Niagara. We need ongoing financial assistance from individuals like you to continue our charitable work.

Leave a gift in memory of someone you love

Choosing to leave a gift from the heart brings meaning, dignity and purpose to a life well lived. Your gift is your opportunity to participate in the charitable and community work most meaningful to you, in a way that allows these important causes to be well supported now and long after you have gone. Personal philanthropy through a will can be an additional way to ensure that your memory lives on.

A contribution for the future

In life, many of us may require some kind of assistance outside institutional settings, whether it's physical, financial or spiritual. Perhaps *Hospice Niagara* has special meaning to you. You or a loved one may have been shown especially compassionate care at Hospice Niagara. It is during life's most difficult journeys that we are often reminded of the importance of gifts to continue to support human acts of kindness. By deciding to leave a planned gift, in your memory or for someone you love, you are making a significant contribution to the future sustainability of the mission of Hospice Niagara.

Hospice Niagara Legacy Society

By letting us know about your planned gift to Hospice Niagara you will become a member of our very own **Legacy Society**. You will receive a certificate of appreciation, public recognition (if you wish) and invitations to special events. Your membership attests to your commitment to support and recognize the value of hospice care for the next generation of those in need.

Would you like to discuss the idea of a Planned Gift to Hospice Niagara?

Please call, *Diane Fahlman*, our new *Legacy Associate for Hospice Niagara* at 905-984-8766 ext. 250 to find how. Along with working with your personal financial advisors and your family, you can begin to learn how to leave a bequest, cash, securities, life insurance policies, RRSPs or RRIFs, and how to arrange to leave a gift in memory of or to honour a loved one for Hospice Niagara.



Wish List

If you are interested in donating an item from our wish list, please contact Alicia Arcangeletti, Community Relations Coordinator 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 (10)
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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