



The Hospiteer

Care ♥ Compassion ♥ Support Spring 2007

One Wednesday morning in April, a man walked into our office. He was middle-aged, appeared weary and was a little disheveled; in fact he looked rather disreputable and at first we were slightly concerned. He'd been hitchhiking, and his ride had just dropped him off on the corner of King Road. He'd been working in the Alberta oil fields, but had recently received a serious medical diagnosis and had no health insurance. Leaving his wife and children behind, he was making his way home to Newfoundland for medical care.

He had noticed our sign. He wasn't sure what a hospice was, but he'd seen the heart on our logo and he thought that we might help him. Could we tell him how to get to Markham? Another truck driver was waiting there to take him on the next leg of his journey.

Our staff listened to his story. They pointed him in the direction of the GO bus, and gave him directions to Markham. From their own pockets, they gave him bus fare and an extra few dollars for a meal. We discussed our visitor, his journey and his needs later that day.

This incident, non-traditional as it may seem, really speaks to the heart of what hospice does.

In the original Latin, the word "hospice" means both "host" and "guest", and so described a relationship rather than a place. The hospice movement began during the Middle Ages, when hospices were places of rest and refuge for travelers and the sick, and there were hundreds of way-houses across Europe and the Middle East. Over the centuries our mandate has changed, but we continue to fulfill many of the same functions as did our predecessors, and the help we provided to our unexpected visitor was similar to the support we offer to our more usual clients:


We listened to his story.

We treated him with respect and dignity

We provided practical help.

We assisted him to take the next steps of his journey

Every one of our clients and their family members are on different journeys, many with uncertain paths and unknown destinations. At Hospice King-Aurora we look at the needs and wants of each individual and do what we can to help with care, compassion and support.



Hospice King-Aurora offers specialized services and support to those who live with life threatening illness and to those who are bereaved. Since 1983 Hospice King-Aurora has provided compassionate care, education and understanding of the nature of loss and grief through its professionally directed, trained network of volunteers.

Visiting Program ... A Continuing Look at Healing Therapies

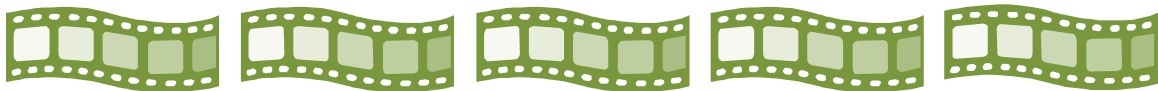
The Healing Journey

A diagnosis of cancer or other serious illness can be one of the most frightening experiences of our lives. In addition to medical treatment, more and more people are looking for ways in which they can help themselves, bringing a sense of balance back to a world which seems to have been knocked off its axis and searching for strategies to cope with the physical and emotional stresses that disease and treatment bring.

The Healing Journey is a program for people who want to learn how to help themselves when they have cancer or other serious chronic diseases. It is a practical program which provides simple, psychological and spiritual tools to promote inner harmony, peace and healing: methods that can help any of us become a "healed person". The program has been developed and tested over more than 25 years by Dr. Alastair Cunningham at Princess Margaret Hospital. Published research demonstrates that using these methods regularly can significantly diminish anxiety and depression, restore a sense of control, and relieve symptoms like fatigue, nausea, and pain.

The program is offered at Hospice King-Aurora with Dr. Cunningham's materials and permission. Level 1 is an introduction to self-help, and interactive group sessions teach basic relaxation, thought management, emotional expression, mental imaging and goal setting. The program runs weekly for four weeks, and a supportive friend or family member is welcome to attend as well. Workbooks are provided to each participant to assist with on-going practice of the techniques.

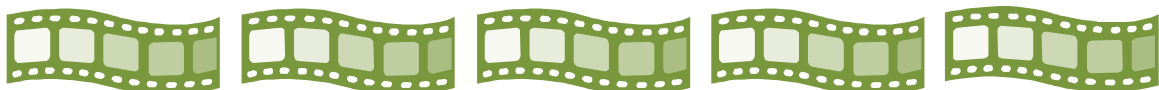
As with all our services to clients and their families, there is no fee for this program. For more information, please call Pat Ransom at our office, or visit Dr. Cunningham's web site at www.healingjourney.ca



Lights, Camera, Auction!!

We're rolling out the Red Carpet to welcome you to the *fitterbug Ball* on Saturday, November 10th. Once again we will be at the beautiful Maple Downs Golf and Country Club, where the food is fabulous, the venue divine, and the guests are glittering. Come as the movie mogul or screen siren that you always wanted to be! Join us, as we support our favorite charity – Hospice King-Aurora!!

For ticket information, call the office or Kathryn Corcoran at 905-859-4253



The Gardener and the Seedling

A Parable

One spring morning a gardener noticed an unfamiliar seedling poking through the group near the rocky, untended edge of his garden. He knelt to examine its first fragile leaves. Though he had cared for many others during his long life, the gardener was unsure what this new seedling was to become. Still, it looked forlorn and in need of his encouragement, so the gardener removed the largest stones near the seedling's tender stalk and bathed it in rainwater from his worn tin watering can.

In the coming days the gardener watched the seedling struggle to live and grow in its new, sometimes hostile home. When weeds threatened to choke the seedling, he dug them out, careful not to disturb the seedling's delicate roots. He spooned dark, rich compost around its base. One cold April night he even fashioned a special cover for the seedling from an old canning jar so that it would not freeze.

But the gardener also believed in the seedling's natural capacity to adapt and survive. He did not water it too frequently. He did not stimulate its growth with chemicals. Nor did he succumb to the urge to lift the seedling from its unfriendly setting and transplant it in the rich, sheltered centre of the garden. Instead the gardener watched and waited.

Day by day the seedling grew taller, stronger. Its slender yet sturdy stalk reached for the heavens and its blue-green leaves stretched to either side as if to welcome the gardener as he arrived each morning.

Soon a bud appeared atop the young plant's stem. Then one warm June afternoon the tightly wrapped, purple-blue petals unfurled, revealing a creamy white ring of petals inside and a tiny bouquet of yellow stamens at its centre.

A columbine - the gentle wildflower whose name means 'dovelike'. A single, perfect columbine.

The gardener smiled. He knew then that the columbine would continue to grow and flourish; still needing his presence but no longer requiring the daily companionship it had during its tenuous early days.

The gardener crouched next to the lovely blossom and cupped its head in his rough palm. "Congratulations," he whispered to the columbine. "You have not only survived, you have grown beautiful and strong."

The gardener stood and turned to walk back to his garden shed. Suddenly a gust of wind lifted his straw hat and as he bent to retrieve it, a small voice whispered back, "Without your help I could not have. Thank you."

The gardener looked up but no one was there. Just the blue columbine nodding happily in the breeze.....



Reprinted with permission from Grief Gardening, Growth Through Grief and Other Touchstones for Caregivers by Alan D. Wolfelt, Ph.D.

Community Events:

Sunday June 3rd - Join HKA for *Sidewalk Art* at **Aurora's Yonge Street Festival**

Thanks to a generous donation from Wintergreen Learning Materials, we'll be painting the walls and sidewalk opposite Park Place Manor, every colour of the rainbow!

July 19-21st - *King Swings* at **Daniel's of Nobelton**

Thurs: **Jeff Healey & the Jazz Wizards**; Fri: **Harmonica Knights**; Sat: **Hot Antic Jazz Greats from France**.

Tickets and information available at Hospice King-Aurora. Proceeds support the work of Hospice King-Aurora.

Care ♥ Compassion ♥ Support

*In The Office...****Hospice InfoAnywhere—beyond database***

In January, 2007 HKA staff and office volunteers received training on the use of a new web-based case management system, a joint project of the seven community hospices of York Region funded by the Ontario Trillium Foundation. **InfoAnywhere**, designed in Ontario specifically for hospice use, is an interactive system that simplifies the collection, organization and management of information. It is a user-friendly, affordable, adaptable program that has long-term potential. Its applications include Administration, Client Care, Volunteer Management and Community Information, which will result in improved communications, workflow and procedural standards. This collaborative project enhances Hospice King-Aurora's ability to continue to provide quality programs and services and is an important step as we progress toward achieving accreditation.

Status Report on Accreditation

Under the very capable direction of Trish Seguin, and with the assistance of office volunteer Susan Deschamps, Hospice King-Aurora has recently undergone a detailed review of its programs and services as required by the Hospice Association of Ontario's Accreditation standards. All of our policies and procedures have been reviewed and recommendations for implementation made to the Board of Directors; our volunteers have been invited to update their profiles; and our client procedures have been updated to ensure they reflect current standards. This process has required a strong commitment from our volunteers—we are grateful for their patience, persistence and professionalism!

Community Education Workshops—Coming to HKA This Fall!

HKA will be hosting a series of community education workshops featuring such topics as: Will and Estate Planning; Looking for Long Term Care; Identifying and Accessing Community Resources... Contact HKA for more information 905-773-0155.

Our thanks to the Oak Ridges Lions Club, sponsors of these workshops!

JOURNEY THROUGH THE SEVEN COLOURS OF THE RAINBOW

Again this spring, Hospice King-Aurora offered an eight-week **Art Therapy** group for clients living with a diagnosis of cancer. Rihana Rutledge, Artistic Therapy Practitioner shares her thoughts:



The purpose of the eight weeks' **Journey through the Seven Colours of the Rainbow** was to awaken the soul to the moods and essential nature of colours in the world around and within us.

Each of the participants in this group connected to their own bow of colours and found their bridge between Heaven and Earth; Light and Darkness, seeking to find balance in their healing journey. Although few had painted before, the creative energy was flowing and the colours were vibrant.

The sharing came truly from the heart and we became like a rainbow family, learning so much from each other. A truly gratifying experience.

A second spring session begins in May: please call our office for details.

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Programs and Services:

Please call the office at 905-773-0155 for additional information about our services and registration for our programs.

Volunteer Visiting: a range of practical, social and emotional care for those living with a life-threatening illness, their families and caregivers.

Bereavement Support: Individual and group support for anyone coping with loss. Professional staff and trained volunteers are available to provide empathetic support to bereaved children, adolescents and adults.

Complementary Therapies: A range of modalities such as Healing Touch, Cranial-Sacral Therapy and Reiki are available to all hospice clients on a one-on-one basis. Group sessions include Art Therapy and The Healing Journey, a program of meditation and stress relief. Please contact us to learn more about these sessions and how they may help.

Awareness and Education: For schools, workplaces, community groups and social services. Support after a traumatic event or loss and educational seminars on issues of palliative care and bereavement. We would be pleased to tailor a presentation to your needs.

A confidential assessment by our professional staff will help in determining the type and level of service best suited to your needs. Referrals to other social service and community organizations are available.

Wings **Children's Bereavement Support Group**

The program is activity-based and suitable for children between 6 and 12 years of age. A concurrent informal support group for parents or caregivers is also available.

Who Cares Teen Bereavement Support Group

For teens from 13 to 18 years of age, a safe and supportive environment for sharing and exploring feelings after the loss of a family member or friend.

For caregivers and their loved ones, it's about keeping hope alive

It's human nature to hang onto two basic hopes—that we can overcome illness, and that we can delay death. The reality for caregivers, however, is that in many cases your loved one faces a steady medical decline, a life-threatening illness, or impending death.

Hope for caregivers and loved ones means expecting a better tomorrow. Sometimes that better tomorrow happens as a result of something that changes in the outside world, such as a new drug, or unexpected help. And sometimes the better tomorrow arrives because you see things from a new perspective.

Hope is like a vase that contains your sweet-smelling, colourful dreams. And dreams, like flowers, change over the seasons of life and the stages of caregiving. Yet no matter how desperate the situation, there is always room for hope and dreams because they are a magical salve for the suffering of caregivers and the people they care for.

Vicki Rackner, MD

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**Pat Ransom-Visiting & Complementary
Services**

Karen Simmonds -Bereavement Services

Mike Poole - Director of Development

Trish Seguin - Program Consultant

Linda Adler, Administrative Assistant

Office Hours :

9 a.m. -3 p.m. Monday to Friday

Or by appointment

Our thanks to:

- ♥ All Saints Anglican Church, King City
- ♥ Aurora United Church Women
- ♥ Greey-Lennox Foundation
- ♥ Independent Order of Oddfellows #148
- ♥ King City Lions Club
- ♥ Knights of Columbus # 13094
- ♥ Lawson Software
- ♥ Oak Ridges Lions Club
- ♥ Nobleton Lions Club
- ♥ Township of King
- ♥ Wintergreen Learning Materials
- ♥ W.P. Scott Charitable Foundation

**Hospice King-Aurora
is grateful for
the financial support
of**



Did You Know:

We receive about 25% of our funding from government sources, and depend on special events and the generosity of the community, corporations and foundations to sustain our programs.

It Costs ...

- ♥ \$1,300 to run an eight week Children's Bereavement Group.
 - ♥ \$1,000 to run a Healing Journey Support Group.
- ♥ \$220 to drive one client to five treatment sessions in Toronto.
 - ♥ \$500 to print and mail each issue of the Hospiteer.

Thank you for considering Hospice King-Aurora as one of your charities of choice.

Your privacy is important to us. We protect your personal information and adhere to all legal requirements with respect to protecting your privacy. We do not rent, sell or trade our mailing lists or other personal information. We use your personal information to assist us in providing you with appropriate services, and to keep you informed and up-to-date on the activities of hospice, including programs, services, special events, funding needs, opportunities to volunteer or to give, and more through periodic contacts.

If at any time you wish to be removed from any of these contacts, please advise us by telephone at 905-773-0155 or via e-mail at info@hospicekingaurora.ca and we will gladly accommodate your request.