



The Hospiteer

Care ♥ Compassion ♥ Support

Fall, 2005

You are cordially invited to
Hospice King-Aurora's
Fall Open House
on
Thursday, October 13, 2005.

Please join us from 4 -7 p.m. as
we open the doors at 155 King
Road
to our friends, neighbours and
sponsors.

The Friends of Hospice In Full Swing with The Jitterbug Ball!

Kathryn Corcoran, Chair, Friends of Hospice

The Friends of Hospice is a volunteer committee of dedicated women focused on raising much needed funds for Hospice King-Aurora. These women, led at the outset by Louise Walter, launched The Jitterbug Ball as **THE** social and fundraising event of the HKA calendar. Its focus has always been: **Funds, Fun and Awareness.**

The first ball, held in October, 2001 at Di Nardo's in Aurora, was a huge success, and it seemed un-imaginable at that time that the ladies could better themselves, but they did just that at the second Jitterbug Ball in October of 2003 at the Kingbridge Centre in King Township.

The third Jitterbug Ball is fast approaching, and promises to be an evening of great music and wonderful food prepared by **Executive Chef Stephen Jackson**. **Maple Downs Golf & Country Club**, on Dufferin St., will be the venue for the event this year, and coupled with **The Royz Band**, we can expect to see everyone dancing the night away!

In years past, Stephen Jackson has generously donated an evening of exceptional food for 8, hosted at the home of **Betty & John Innes** (one of the FOH members), at their historic home '**Ballymore**', with dinner music donated by **Adam Saunders** - jazz pianist extraordinaire - and served by the ladies of FOH. It has always proven to be one of the most exciting auction items of the evening. Look for it again this year!!

The Master of Ceremonies this year will be **Lance Brown** - a voice and face known to all from CTV - and we can look to him to add fun and liveliness to the night. As in previous years, the artists of King Township and Aurora are



Voices
for
Hospice
October 15,
2005
7 p.m. \$15

Trinity Anglican Church,
79 Victoria Street, Aurora
Join Doane House Hospice and
Hospice King Aurora
as they present a musical revue featuring:
**Voices for Joy, Trinity Unplugged,
York Region Community Choir,
Blessed Trinity Parish Choir**

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In Full Swing ... (continued from page 1)

showcased in the auction including **Helen Lucas, Joanne Clarke, George Holancin, Anthony Calverley, Ann Mortimer** and many others. Their generosity is so appreciated and certainly to be eagerly anticipated.

This year in the auction we also have a **'Wellness Getaway for Two'** at **The Briars** located on Lake Simcoe at Jackson's Point. This is a great two night package for two people including accommodation, meals, recreation and spa treatments. Wow!

Also something different will be an evening for 10 to enjoy a **Single Malt Whisky Tasting** (nosing). Tastings are led by kilt-clad **John Murray**, a native Scot and whiskey connoisseur, and include a brief history of whisky and its journey to maturation, followed by descriptive explanations and comprehensive insights into the evening's chosen Single Malts. These are malts not available through the LCBO! Gourmet Scottish finger food will also be provided.

To help you get ready for the holidays with less fuss and stress, we will have a fully decorated **Christmas Tree**, just waiting to be delivered to your home.

City T.V. is providing a VIP tour for 10, and **CHUM FM** is providing a pass for 2 to attend Roger, Rick and Marilyn's morning show!

We will auction a custom-made man's suit from **Beau Brummell** in Aurora, and lots of other interesting and unusual items, too numerous to detail here. You will just have to come and see for yourself what the night holds in store.

So mark this date on your calendar - **SATURDAY NOVEMBER 19, 2005** - and come out for an evening of fun - all in support of the hospice we know and love!! **Call the HKA office at 905-773-0155 for ticket information.**

Your gifts of time and financial support throughout the year are most appreciated!

Hospice King-Aurora gratefully recognizes financial support of the following individuals and organizations: **Rebecca Macdonald, John Leitch, the IBM Employees Charitable Fund and Canada Volunteerism Initiative (Ontario Network)**. Special thanks to **Brian Larter** of **Larter Advertising** for sharing his time and expertise.

If you would like to assist the efforts of Hospice King-Aurora, please consider:

- Saving your **Dominion Store or A&P** tapes.
- Saving used ink and toner **cartridges**.
- Delivering used (in good condition) **books** to the HKA office. **David Crocombe** of **Starlight Books** in Newmarket will give us credit and an additional discount on the purchase of new books for our library.
- **Knitting blankets** for the children's bereavement programs.
- Directing your **United Way** donation to Hospice King-Aurora. Simply note our name and Charitable Number on your form: **# 13451 7820 RR0001**.



WINGS'

Bereavement Support Group for Children

Wednesday Evenings October 12—November 30, 2005

Children will explore and share feelings

through a variety of activities including art, crafts and games.

There is no fee for this 8-week program. Participants must be pre-registered.

For more information call 905-773-0155.

From the Desk of Lynn McLarnon, Executive Director

We were reviewing and archiving old files a few weeks ago, and I've been reflecting on the many clients and families with whose lives and losses Hospice King-Aurora has been involved over the past twenty two years.

On my desk is the profile of our first client, dated May 1983, with an address less than half a kilometer from where our office now stands. Some of the volunteers whose names appear in that first file continue to support our clients. The quality of care, the compassion, and the commitment to the whole person are as obvious in those first notes as they are in today's; co-ordination with other health services and community outreach are as valuable now as then. Paging through other files, I'm struck by names: family names and street names I recognize. Our clients and volunteers are your friends, neighbors, relatives; our programs and services have touched every corner of King and south Aurora. In a time of growth and regionalization of services, we at Hospice King-Aurora continue serve our own community: these are our friends and neighbors too. Although some things have changed, our core principles and values remain the same: helping those coping with progressive illness or loss to experience life, death and grief within a community of care.

We remain a small organization, but as the first community hospice in Ontario we've had a powerful impact on the hospice movement, and helped to improve awareness, both within and outside our boundaries, of the needs of those coping with life-threatening illness or bereavement. Whatever your involvement with us, client, volunteer, service provider, donor or community member, we value and thank you for your interest in hospice care, and for your support of Hospice King-Aurora.



June 22, 1918 - July 14, 2005

Dame Cicely Saunders OM, DBE, FRCP, FRCN

In 1997 I had the honour of visiting St Christopher's Hospice in London England to observe the wonderful care given at this very special centre. The philosophy of care at St Christopher's has influenced the modern hospice movement throughout the world. The hospice was opened in 1967 as a result of the vision of Dame Cicely, who died peacefully there in July.

Born in Hertfordshire, England she was educated at Roedean and Oxford. Her first career was as a nurse and when a back injury interfered with her nursing, she became a Medical Social Worker. It was her frustration with doctors who told patients that there was nothing more to be done that encouraged her to become a physician herself at the age of 39. Ten years later she opened St Christopher's and continued to work there throughout her life, stating that 'there was always more to be done'.

Her involvement with St Christopher's was always personal. Despite her many visits to other countries to talk about her work, she continued to be actively involved with the patients.

I remember her facilitating a group of day patients who were sharing memories of their lives and loved ones. She was almost 80 years old at the time of my visit, but her enthusiasm and commitment to care was an inspiration. There were no sad faces that day and the laughter was infectious!

In 1980 Dame Cicely married artist Marian Bohusz and there are examples of his artwork displayed at St Christopher's – in fact they met after she had purchased one of Marian's pictures for the hospice back in the 1960's.

St Christopher's was named after the Patron Saint of Travelers and in the Middle Ages hospices were places where travelers could stop to rest before they continued on their journey. How fitting that it became a place where people are cared for during their last journey on Earth.

Barbara Moore, Chief Executive Officer at St Christopher's said of Dame Cicely .. ***“ her vision and work has transformed the care of the dying and the practice of medicine in the UK and throughout the world ... her influence will carry on around the world as we work together in hospice and palliative care to support dying people and those close to them”***.

We will remember Dame Cicely as the founder of the modern hospice movement. Her work at St Christopher's has helped to change global attitudes towards death, dying and bereavement. As I continue my work in palliative care here in Canada, I will always remember that brief moment in time when I was privileged to experience the charisma of Dame Cicely Saunders.

By Carol Ford, Palfcare Network for York Region

A Message from Herdis Grundsoe, Volunteer Coordinator

I hope that you have had an enjoyable summer and are now recharged to continue with your valuable volunteer service here at Hospice King-Aurora. I look forward to working with you in the coming months and embracing the challenges of the Volunteer Coordinator's position.

Volunteer Meetings (in-services) are generally held the second Tuesday of each month at the office from 7-9p.m. These sessions will be a combination of educational workshops and social gatherings. Topics suggested by volunteers include: Boundaries, Advocacy, Energy Work, Art Therapy, Duty To Report, Other Agencies, Progressing from Palliative to Bereavement, Self Care, and Diversity.

Dates of upcoming meetings: **Oct.11, Nov. 8, Dec. 13, Jan. 10, Feb. 7, Mar. 7, April 11, May 9, June 13.** I encourage you to participate!

Volunteer Opportunities:

Service of Remembrance

Volunteers are needed to be part of the Committee that will be organizing this year's Service of Remembrance in **November**.

Communications Committee

Volunteers with a background in marketing or advertising would be most welcome to join the **Communications Committee** which meets once a month. Our aim is to update Hospice King-Aurora marketing materials and develop new programs which will reach out to the community. Ask us about **Service Ambassador, Speaker's Bureau** and **Public Relations** volunteer positions.

*For more information,
e-mail: hgrundsoe@hospicekingaurora.ca*

*Life is not measured by the number of breaths we take,
but by the moments that take our breath away!*



Hospice King Aurora's Bereavement Program

Sandie McComb-Durant, M.S.W.

In conjunction with *Hospice Richmond Hill*, Hospice King-Aurora will be offering an adult bereavement group this fall. The group will meet in Richmond Hill beginning **October 20th** through **December 8th** 2005. Plans are set for the spring group to be held at 155 King Road.

We continue our very successful partnership with *Bereaved Families of Ontario* by offering 'Wings' our children's bereavement support group this fall. I am pleased that Art Therapist **Vibeke Ball** will be co-facilitating the group. Volunteers **Kat Downey** and **Elizabeth Tough** will facilitate the parent support component of the program, offered simultaneously.

Ten volunteers have enrolled in Bereavement Training Sessions to be held Saturday October 15th and Saturday October 22nd 2005. This training initiative is in collaboration with four local hospices, and Hospice King-Aurora is pleased to partner with them to better support our clients.

A Look At Complementary Therapies

Pat Ransom, R.N.

As many of you know, we offer several ‘energy based’ modalities to people living with a diagnosis of cancer. All of these modalities are based on the same theory — that when energy or vital life force moves freely through the body we experience health of both body and mind. We feel good and we participate in life to the fullest. When energy is obstructed, stagnation occurs resulting in pain, discomfort or disease.

We believe and base our practice on the idea that disease does not just occur at one level of our being: that all illnesses have an emotional and psychological as well as a physical component to them. As Dr. Alistair Cunningham proposes in his book entitled, **Beginning Your Healing Journey**, malignancies can be removed surgically and any errant cancer cells can be obliterated through chemotherapy and radiation, but that unless we change the “soup” that is our chemical make-up, we are not taking an active role in our healing process.

We know that when we exercise we produce chemicals that reduce stress and discomfort and can produce in us a feeling of well being and euphoria. These ‘happy’ chemicals or neurotransmitters are also produced when we achieve a state of deep relaxation (as many people experience through meditation or visualization). This can also be achieved through energy work, which can help the client to relax, reducing the fears and concerns they have about their diagnosis and possibility of a recurrence. Taking an active part in the health-building process produces confidence and gives the client a sense of control over his/her life and capacity for improving health.

Thoughts, emotions, food, stress and environmental factors all affect health. By working with the energetics of bodywork, nutrition, thought exploration and movement you will experience many opportunities for healing. Energetic Therapies can be used as an ongoing approach to building health or as short-term support in overcoming a particular block or area of struggle.

In addition to their work with clients, several of our practitioners have offered to give a complimentary session to other HKA volunteers on Tuesdays and Fridays so that more people can learn about and experience the benefits of this work.

Call the office for information or to book an appointment.

New Programs this Fall:

The Healing Journey- an active response to the crisis of Cancer. This is a six week program based on the work of the Ontario Cancer Institute/Princess Margaret Hospital is presented in interactive video by the developer of the program and cancer survivor, Dr. Alistair Cunningham Ph.D. **This program will run Tuesdays from Oct. 18 to Nov. 22, 1-3 pm.** The website is www.healingjourney.ca for more information.

Art Therapy with Vibeke Ball will run on **Thursdays from October 20 until December 1, 10 a.m. - noon.** This is a free program to all of our clients living with a diagnosis of cancer.

Yoga with Andrea Rose will begin this fall, if there is sufficient interest. Check out Andrea’s website at www.yogaforlife.ca.



Hospice King-Aurora
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Hospice King-Aurora Staff:

Lynn McLarnon-Executive Director
Herdis Grundsoe-Volunteer Coordinator
Sandra McComb-Durant-Bereavement Services
Pat Ransom-Visiting & Complementary Services
Linda Adler, Administrative Assistant

Office Hours :

9 a.m. -3 p.m. Monday to Thursday
9 a.m.-1 p.m. Friday
Or by appointment

BOARD OF DIRECTORS 2005-2006

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Kathryn Corcoran,
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Congratulations to Kathryn Corcoran, Hospice King-Aurora's Winner of the 2005 June Callwood Award

Each year the *Hospice Association of Ontario* presents an award to honour hospice volunteers. This award was named for June Callwood, volunteer, community activist, author, founder of Casey House Hospice and recipient of the Order of Canada. Each year HAO members are invited to nominate one volunteer who exemplifies the spirit of volunteerism from within their organization.

Since joining Hospice King-Aurora in 1998, Kathryn has served with distinction on the Board of Directors as an active participant in a number of committees as well as our Treasurer for more than five years. Her caring, thoughtful and balanced approach to all tasks and issues, large or small, has made Kathryn a key player in the revitalization of our organization. In her current role as Chair of the Friends of Hospice, Kathryn is indefatigable in leading our fundraising committees as well as promoting hospice in our community.

Hospice King-Aurora is pleased to announce that Kathryn was inducted into the June Callwood Circle of Outstanding Volunteers on Saturday, September 17 at HAO's Conference.

*Hospice King-Aurora
155 King Road
Oak Ridges, Ontario
L4E 2W1*

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.