



# The Hospiteer

HOSPICE KING-AURORA

SPRING, 2005

**APRIL 17TH TO 23RD IS VOLUNTEER APPRECIATION WEEK** and at HKA this means focusing our attention on our greatest asset—the 48 active volunteers that have demonstrated their commitment to HKA and to the health and well being of our communities. To celebrate this, **all volunteers of Hospice King-Aurora are invited to a Tea at the HKA offices on the King Road on Wednesday April 20 from 2-5 p.m.** Volunteers donate many hours to our organization and community, visiting clients in their homes, and providing much needed non-medical support and care to clients and their families. They also contribute time to our bereavement programs and services and provide office administrative and directional support to our organization as a whole. HKA supports the work of our volunteers by organizing educational and social interactions designed to re-energize as well as enable our volunteers to meet with their colleagues in a relaxed, social environment. If you wish to support the volunteers who support our community through hospice care you can make a donation to Hospice King-Aurora directly. Your donations enable us to continue to provide quality programs and services with a strong, viable volunteer base.

Hospice King-Aurora welcomes new volunteers: **Katherine Corbett**, and **Athena Matsigaris** who have now completed Core Concepts I. Our grateful thanks to **Betty Wood**, visiting volunteer for her work in complementary therapies who recently retired from HKA.

Please join the  
**Board of Directors of  
Hospice King-Aurora**  
at the **Annual General Meeting**  
**A Spoken Portrait: Founding, Funding ...and Fun**  
**Friday May 13th at 11.30 p.m.**  
**Sacred Heart Parish Centre**  
**14485 Jane Street, King City**

## From the HKA Mailbox—an affirmation of HKA's Visiting Volunteer Program

*"I would like to express my sincere thanks for the wonderful service that you provide to your clients. I am a cancer patient who was diagnosed in July, 2003 with metastatic ovarian cancer. Although I have been receiving chemotherapy for about 18 months, I continue to feel quite well. I am still active and vital. During that time I have received supportive services from your organization that have enriched my life, and I believe, improved my well-being, both spiritually and physically.*

*I took the art therapy course that was offered in 2004. It was a wonderful experience that I will never forget. I also have received a Polarity Therapy treatment and ongoing Healing Touch treatments... The support and encouragement of your terrific volunteers have helped me to live a full and happy life during this very difficult time."*

received March 22, 2005

**The Hospiteer has been created to raise awareness of palliative care issues in our community, to connect those who use and support the services of HKA and to educate the greater community about the services of Hospice King-Aurora.**

To often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

**To give your financial support, to share your time and skills as a volunteer, or to inquire about using our services, please contact Hospice King Aurora at 905-773-0155.**

**Bereavement Services**

**Sandie McComb-Durant, M.S.W., R.S.W.**

The bereavement programs offered by Hospice King-Aurora continue to flourish, and requests for our services to grow.

This past fall we offered a Children’s Bereavement Support Group, “Wings”. Under the very capable and dedicated direction of **Nancy Nares** and **Jean Van den Brink** seven youngsters enjoyed a time of fellowship, learning and support as they continue to adjust to life without their loved one. **Elizabeth Tough** was a tremendous asset as she assisted in the co-facilitation of the parent group, which met three times over the course of the 10 weeks. The “**Knitters of HKA**” continue to generously donate their time and talent in creating the beautiful blankets that each of the children receives. After more than seven years, **Nancy and Jean** have decided to take a break from facilitating the group. Our deepest thanks for the countless hours of preparation, group facilitation and one to one support that they have so generously given to the children of our community.

In our continued efforts to offer support to clients and families assisted through the Visiting and Bereavement Programs, we have begun to send remembrance cards to family members on the anniversary of their loved one’s death. In addition, plans are underway for the Third Annual Service of Remembrance, and a drop-in bereavement support group is expected to begin in the fall.

All those interested in learning more about the grieving process are invited to attend a presentation by well-known grief and bereavement expert **Dr. Alan Wolfelt** entitled: “**Understanding Your Grief; Touchstones for Hope and Healing**”, Tuesday, May 24th at The Bridge in Markham from 7-9 p.m. Please call the office for ticket information.

**Complementary Therapies**

**Pat Ransom, R.N., R.P.P.**

The complementary therapy clinic has been operational for just over one year and in that short time we have provided clients with over 270 hours of service. Most of our clients have experienced more than one of the offered modalities, be it **Therapeutic-Touch, Healing Touch, Polarity Therapy, Craniosacral Therapy or Guided Relaxation Sessions**. We currently have four active volunteers who have completed their training and are either Certified or Registered in their respective organizations. Other volunteers are in the process of finishing training in their chosen modality and are bringing their skills, talents, and willingness to be present to others, as they visit clients in their homes under the visiting program. One of our clients shared the experience by saying:

*“Having experienced Therapeutic Touch, Polarity Therapy and Craniosacral Therapy for the past year in the Hospice King-Aurora Complimentary Therapy clinic, I feel more relaxed with increased energy and release from my aches and pains following these sessions.”*

Our thanks to **Vicky Kelly**, who facilitated our recent series of **Art Therapy Workshops** with warmth and wisdom. Participants explored the healing qualities of colour by journeying through the seasons over the course of eight Saturday mornings. Please call for information on our next series of workshops.

## Programs and Services - Responding to Community Needs

May 2nd to 8th marks

### National Hospice Palliative Care Week in Canada.

Hospice care is rich with stories of life and compassion and can be a rewarding and meaningful experience for staff, volunteers and caregivers alike—celebrate the many faces of caregiving.

#### Did you know that:

- ✦ An estimated 160,000 Canadians require hospice palliative care services each year.
- ✦ 90% of Canadians would prefer to remain in their own homes during the final stages of life.
- ✦ Only 5% to 15% of Canadians have access to hospice palliative care services.

✦ It takes an average of 54 hours per week to provide home care for a family member.

✦ 65% of family caregivers are under 50 years of age, and 64% work outside the home.

✦ Hospice volunteers are the largest care providers in Ontario's voluntary health care sector.

✦ In the past five years, Hospice King - Aurora has provided caring support to almost 700 individuals and their families.

✦ Hospice King-Aurora volunteers provided 4,000 hours of service in 2004, a value to the community of over \$70,000.



## Friends of Hospice - 2005

Dust off your dancing shoes—it's Jitterbug Ball time! Mark your calendars now—you won't want to miss the

### 3rd Jitterbug Ball. Saturday November 19th Maple Downs Golf Club Dufferin Street, Richmond Hill

Tickets are \$150, and a limited number will be available. You can reserve yours now by calling the Hospice office, or emailing us at [info@hospicekingaurora.ca](mailto:info@hospicekingaurora.ca)

We are looking forward to an evening of exceptional dining from the kitchen of **Chef Stephen Jackson**; wonderful music by **The Royz Band** and great fun.

Our MC for the evening will be **Lance Brown** and as always our auction items will be outstanding!

Come and share this evening with friends and supporters of our hospice.

### Unable to attend, but would still like to help?

If you are able to supply or arrange for an item for our auction, please contact Kathryn Corcoran at 905-859-4253.

There are also opportunities available for **sponsorship** of the Jitterbug Ball. Do you know a corporate or private donor who would like to support HKA? If so, we need to hear from you. All help gratefully accepted.



### Voices for Hospice

Hospice King-Aurora and Doane House Hospice will join together to celebrate **World Hospice Palliative Care Day** with a performing arts concert on October 15th at Trinity Anglican Church, Aurora. Volunteers are required to help organize and/or perform in this annual, international event. Call HKA at 905-773-0155 for more information.

**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.**

## Hospice King-Aurora's Board of Directors

The **Board of Directors** meets monthly to provide governance to the organization—to set policy, manage administrative and financial issues, to ensure that the organization's mission remains consistent, and to investigate and recommend initiatives to promote programs and services in the communities it serves. All members of the Board of Directors are volunteers, offering their time and expertise to provide leadership to staff and volunteers. The Board has established a committee structure to ensure that all interested volunteers are able to contribute to the overall direction of the organization. New members are welcome. There are currently vacancies for people with an interest in communication and fundraising. Contact Lynn McLarnon, Executive Director at 905-773-0155 for more information.

### BOARD OF DIRECTORS 2004-2005

Diane Salois-Swallow,  
Chair

Gwenyth Berry

Mary Chant,  
Past Chair

Greg Cook,  
Treasurer

Kathryn Corcoran,  
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Lynn McLarnon,  
Executive Director

Pat Ransom,  
Visiting Services &  
Complementary Therapies

Sandra McComb-Durant,  
Bereavement Services

Linda Adler, Bookkeeper

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## A Message from Lynn McLarnon, Executive Director

The results of the fall/winter 2004 Annual Appeal campaign are in. Thank you to all our loyal supporters and to those of you who made a donation to HKA for the first time this year. Your generosity is very much appreciated.

A full list of our donors for 2004 will be published in Hospice King—Aurora's Annual Report, available in May.

This year's campaign fell short of our goal for a very good reason—the Asian Tsunami! It is a credit to us all that our community is able to come together to help those across the globe in a tangible way. We know that you will remember

Hospice King-Aurora in the future and continue to support the programs and services we provide to our own families, friends and neighbours.

There are many ways in which to offer support, Perhaps now would be a good time to consider sponsoring a **Third Party Event** in support of Hospice King-Aurora.

Third party events are a creative and important part of Hospice King-Aurora's fundraising efforts. As 2005 gets underway, we ask all our supporters to think about an event you might like to hold this year in support of Hospice King-Aurora. All events, large

and small, contribute to our hospice's success. We'll be glad to help provide suggestions, planning support and any information you need to make sure your event is a great success.

Thanks for your continuing support!

We gratefully acknowledge financial support from:

**W.P. Scott Charitable Foundation**



**Hospice King-Aurora respects your privacy.** We do not rent, sell or trade our mailing lists or any other personal information. We use information collected to assist us in providing you with appropriate services, and to keep you informed and up-to-date on our activities. If at any time you wish to be removed from any of these contacts, please contact us and we will gladly accommodate your request.