

The BRIDGE HOSPICE

UPDATE



FROM OUR FAMILIES...

"Words cannot begin to describe my admiration and appreciation to all the volunteers for your loving care and compassion of my wife. A heartfelt thank you and may God bless each and every one of you special people."

"They took such excellent care of our mother during her last few weeks. The family truly thanks all the wonderful caregivers for their support and compassion through this very difficult time."

CHAIRMAN'S REPORT

Wow! Here it is the end of March and we still have snow banks and ice to contend with! This time last year we were in our shirtsleeves. I have it on good authority that despite appearances Spring will come, so hopefully by the time you are reading this we will be watching the grass and trees come to life.

Much has happened at The Bridge Hospice since our last newsletter. As promised, we accepted our first resident last June and have had several residents and their families with us since then. It's gratifying to see that all the hard work, time and money that has gone into realizing our vision has born fruit. The overwhelmingly positive feedback we have received from the families and friends of our residents tells us that we have done the right thing and as a team we have been able to ease the suffering of the dying and the grief of those remaining.

Our ongoing close relationship with the Central East Community Care Access Centre and their service providers has ensured a high standard of nursing and personal care. The wonderful group of volunteers under the guidance of Gwen, our Executive Director and the Volunteer Coordinating Committee continues to amaze with their willingness to

give their time and love to those who come to us for help. There are many volunteers who, while not directly caring for residents, ensure the other necessary tasks – the cleaning, office and administrative work, committee meetings and caring for the physical plant – are all done. Thank you! It wouldn't be possible without you.

Our Annual Meeting will be held June 12, and we invite everyone who is interested to join us that evening – whether you have been involved in the past or not. Come and meet our team and learn how you can be a part of this undertaking.

As we've mentioned before, we receive no funding from government. We continue to rely on the generosity of our community, both near and far, to raise the funds necessary to allow us to continue this important work. On behalf of the board, I thank you for your support in the past and in future.



Sincerely,
Bob Henderson, MD
Chair, Board of Directors

BOARD OF DIRECTORS 2013 – 2014

Dr. Bob Henderson
Chair

Danielle Rinsma
Vice-Chair

Jill Hutcheon
Secretary

Vicki Vannieuwenhuyze
Treasurer

Roxann Hill

Dr. Jan Hux

Martha Murphy

Barb Phillips

Bob Rowe

Hank St. Onge

Eric White

Your update includes...

ED Report.	2
Who is a Volunteer?	2
Educational Presentations	2
Tours.	2
Did You Know?	3
Celebrations	3
2014 Events.	4
New Bridge Builder Program	4
Donation Options	4

Please Join Us! Annual General Meeting, Thursday, June 12 at 7 pm.
St. Paul's United Church, "The Gathering Room" in Warkworth.
Everyone is Welcome!



EXECUTIVE DIRECTOR'S REPORT

Spring is the start of a new year at the hospice. It is an opportunity to reflect on changes over the past year and to celebrate our accomplishments.

In June 2013 the vision of many became a reality when the first resident was admitted to the hospice. What is particularly rewarding is the positive feedback we are receiving from those who have journeyed at the hospice.

I would like to extend a heartfelt thank you to our volunteers for they are the backbone of the hospice. Their dedication and time shared make a difference in the lives of everyone who comes through our doors.

Volunteers are not paid – not because they are worthless, but because they are priceless. (*Author Unknown*)

National Hospice Palliative Care Week will run from May 4th to 10th, 2014 under the theme, “Busting the Myths about Hospice Palliative Care.”

MYTH: Receiving hospice palliative care means you'll die soon.

FACT: Hospice palliative care is not just for the final days or months of life. Its holistic approach includes pain and symptom management, caregiver support, spiritual care, bereavement and much more.

MYTH: Hospice palliative care is just for seniors.

FACT: Hospice palliative care is provided to people of all ages - from infancy to adulthood. As a matter of fact, Canada has six hospices dedicated to pediatric palliative care. Adults in their prime also die, and we need to ensure that they and their families are properly supported and prepared for the end of life, no matter their age.

MYTH: I can only get palliative care in a hospital.

FACT: Palliative care services are offered in many places, including hospitals, long term care facilities, hospices and in your own home.

Speak Up Campaign – Start the conversation about end of life care.

Imagine – one day, without warning, you find yourself in a hospital, unable to communicate. Who would speak for you and make health care decisions for you?

“It is never too early to begin, but it can be too late.” (*Ted Hicks, Comox Valley Hospice Society Volunteer*)
www.advancecareplanning.ca

Regards,
 Gwen Cleveland
 Executive Director

gwen@thebridgehospice.com
 705-924-9222



WHAT DO ALL OF THESE PEOPLE HAVE IN COMMON?

Hairdresser | Master Weaver | Sheep Farmer
 Law Clerk | Retired Teacher | Artist | Home School Parent
 Doctor | Nurse | Teenager | Organist...

They are part of The Bridge Hospice Volunteer Team!!

www.thebridgehospice.com/volunteers

FROM OUR VOLUNTEERS...

“I feel so uplifted because I have made a difference.”

“The last days or hours of someone's life are precious and sacred. To be present with an individual and their family at this time is an honour.”

“The sharing and caring makes an impact on our own lives.”

SPEAKERS' BUREAU

It is our privilege to provide educational presentations about The Bridge Hospice, hospice palliative care, advance care planning, and end of life care. If your group is looking for a speaker, we are ready to assist you. You may choose a topic or if you prefer, we will help you design a presentation to suit your needs. All presentations are offered at no charge. To schedule a presentation please call the hospice.

TOURS



To book an individual or group tour of our residential hospice, please call 705-924-9222.

TEN THINGS TO KNOW ABOUT THE BRIDGE HOSPICE

- 1) Hospice palliative care means living well with dignity and comfort to the end of life.
- 2) Each resident stays in a private room.
- 3) Residents are offered food and drink on a frequent basis.
- 4) All required meds are administered at The Bridge Hospice.
- 5) Here is no fee for services provided at The Bridge Hospice.
- 6) Care is provided 24/7 by caregivers with the support of the resident's physician, nurses, personal support workers and other health care professionals as required.
- 7) Our caregivers have received mandatory hospice palliative care education and are supervised by a registered nurse.
- 8) Visitors are welcome at any time.
- 9) The Bridge Hospice offers complementary therapies for residents.
- 10) The Bridge Hospice receives no government funding. Because of the generosity of our donors, we are mortgage and debt free.



WE ARE CELEBRATING...



We rely on Grant Programs and were successful in receiving over \$45,000 for the following projects:

- Paving of driveway and parking lot
- Lighted emergency paths
- Venting units for exterior doors in resident rooms
- Automatic standby generator system
- New outdoor lighted signage
- Educational presentation equipment (laptop computer, digital projector & screen)
- Educational program support & printed materials
- Communication strategy for Hospice Awareness in Trent Hills

**Happy 90th
Birthday
to our
Patron &
Volunteer
Dr. Bob S.**

*Your Canadian
Tire \$\$ helped purchase a
new coffee pot and your
Sharpe's Market grocery
tapes help to defray our
postage costs.*

Thank You

HOW CAN YOU GET INVOLVED?

4th Annual Bridge Hospice

Walk-a-thon

& NEW Scavenger Hunt

PRIZES

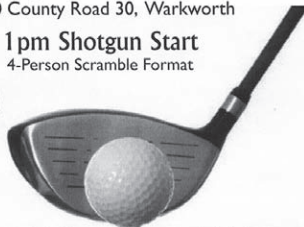
Saturday
May 3, 2014

10 am - Warkworth Arena

For information & pledge sheets:

www.thebridgehospice.com/events

BRIDGE HOSPICE

5th Annual
Golf TournamentPine Ridge Golf and Country Club
4020 County Road 30, Warkworth1pm Shotgun Start
4-Person Scramble FormatHOLE IN ONE:
Win a membership to
Pine Ridge Golf and
Country Club.

All proceeds support The Bridge Hospice

www.thebridgehospice.com**\$100** per golfer
includes golf, cart, steak dinner and \$50
charitable tax receipt**\$25** per person
includes steak dinner (no golf)

Pay by cash, cheque (made out to The Bridge Hospice) or VISA, Mastercard

To register for golf or purchase your dinner, contact:

Barb Phillips
705-924-3763
whisperingpinesstudios@gmail.comMichelle Simson
705-696-2770
michellesimson@bell.netRegistration/Payment Deadline: July 5th, 2014
No refunds after deadline!

The Bridge Hospice



10th Annual

Running EVENTS

1 km | 5 km | 13 km

Road & Trail Running Events

Saturday, October 25, 2014
Registration 8 am at Warkworth ArenaRegister on-line at runnerslife.ca or
download registration form from
W8runningevents.caQuestions can be directed to
W8 Race Director, Bryce Miller at
bryce@W8runningevents.caCHIP TIMING BY
SPURSTIMINGRUN for Fitness
and SUPPORT
The Bridge Hospice
pledge forms available at
www.W8runningevents.cawww.W8runningevents.cawww.thebridgehospice.com/events

NEW!

BRIDGE BUILDERS' PROGRAM

Bridge Builders are individuals, groups or businesses committed to supporting The Bridge Hospice with an annual donation of at least \$250 for a period of three years or more.

We invite you to consider becoming a Bridge Builder by choosing the bronze, silver, gold or platinum level.

Platinum Bridge Builder Annual payments of \$2,000 or more for at least 3 years

Gold Bridge Builder Annual payments of \$1,000 - \$1,999 for at least 3 years

Silver Bridge Builder Annual payments of \$500 - \$999 for at least 3 years

Bronze Bridge Builder Annual payments of \$250 - \$499 for at least 3 years

www.thebridgehospice.com/the-bridge-builder-program

HOW TO DONATE

Please find enclosed a cheque for \$ _____

An on-line donation is being made through Canada Helps – www.thebridgehospice.com/how-to-donate

Please charge my credit card for a donation of \$ _____ ☐ VISA ☐ MasterCard

Credit Card #: _____ Expiry Date: _____

Charitable Tax receipts issued for all donations of \$20 or more.

Canada Revenue Agency – www.cra-arc.gc.ca/charities

Registered Charitable Organization #829872969 RR0001

The Bridge Hospice
Box 354, 137 Old Hastings Road
Warkworth, ON K0K 3K0
705-924-9222