

The BRIDGE HOSPICE UPDATE



Mary arrives at The Bridge Hospice and is brought through the front door. Once inside, she knows she's in the right place, and why she chose to spend her last days here. The home-like atmosphere, the comfortable setting, and the presence of caring individuals bring her a sense of relief. She knows she'll be well looked after, and that her family will have extra time to spend together without worrying about her care.

The Bridge Hospice offers an option for people to live their final days in comfort, serenity and dignity. Located in Warkworth, our facility is Northumberland County's only residential hospice - with the closest being in midtown Toronto to the west and in Bancroft, Madoc and Picton to the east.

To date we have had 25 residents stay with us from across the region: Brighton, Campbellford, Codrington, Hastings, Havelock, Norwood, Trenton and Warkworth.

The Bridge Hospice lightens the heavy load for family caregivers at a time when care needs increase and energy and emotional resources are scarce.

"Thank you for taking such good care of our friend and neighbour. It takes a special and dedicated team of compassionate people with caring and giving hearts,

filled with warmth, kindness and love, to fulfill the needs of those nearing the end of their life."

Care is provided around the clock by a visiting team of professionals (physicians, nurses, personal support workers and others) and our educated volunteer caregivers. There is no cost to residents or their families. We are entirely supported by donations, in memoriams, fundraising events, grants and bequests, and receive no government funding.



Photo: Mary Weilandt

"The Bridge Hospice team 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 difficult time."

In the days, weeks and months following the death of a loved one, family members continue to find support through visits to the hospice. The hospice community becomes a second family.

"The Bridge Hospice, and everyone who works and volunteers there, not only made

mom's final days comforting, but also continue to be there for dad during this trying time. Thank you all."

Would you like to find out more? Come inside and take a tour...

– Kathleen Powe, Board of Directors

From Your Home... To Our Home

Welcome!

Tour The Bridge Hospice
Seeing is believing –
Groups & individuals welcome

Book a Speaker
Learn more about
the hospice option

Call 705-924-9222 to arrange

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Chair's Message

As we all come up for a little springtime air, it's wonderful to be able to reflect on the successes of the past year and look ahead to what the coming year has to offer.

Thanks to the continued support of so many, we have been able to provide compassionate end-of-life care here at the hospice to families in Northumberland County and region at no cost to them.

Access to quality palliative care is a right, not a privilege. The team at The Bridge Hospice has been in active discussions with the Ministry of Health and the Central East Local Health Integration Network to educate them about the realities of providing care in a small rural residential hospice. We are hopeful these discussions will lead to increased support, allowing us to expand the services we are able to provide. In the meantime, our wonderful volunteer team continues to offer the care that residents and their families need at a particularly difficult time in their lives.

The Bridge Hospice works closely with other community organizations including

the Campbellford Memorial Hospital, Central East Community Care Access Centre, Community Care Northumberland, and the Trent Hills Family Health Team. Each organization has a role to play in the provision of palliative care. Through regular meetings, we are better able to coordinate and communicate our roles. The feedback we receive from the families of residents continues to be uniformly positive.

The coming year will be another busy one, with fundraising activities such as the Walk-a-thon, Golf Tournament and W8 Running event. We will continue to work together with our community partners to meet an otherwise unmet need within the current health care system.

On behalf of the Board, I would like to thank our donors, volunteers, staff, community partners and physicians for what they have done in the past year, as well as what they will accomplish in the year to come.

*Sincerely,
Dr. Bob Henderson, MD
Chair, Board of Directors*

Please Join Us! **ANNUAL GENERAL MEETING, Thursday June 11 at 6 pm**
The Gathering Room, St. Paul's United Church, Warkworth

OUR MISSION

At The Bridge Hospice, we offer the people of Northumberland County and region a home where practical care, guidance and compassion are provided for those dying, and those who support them.

The Bridge Hospice bids farewell to Gwen Cleveland this month. Gwen is well known to many members of the hospice community – she served as our first Resident Care Coordinator and then took on the role of Executive Director as we transitioned into active operation.

Gwen played an important role in the start-up phase of the hospice, bringing her expertise in palliative nursing to the task of determining how care could best be provided at TBH. She then took a leadership role in training the volunteers who wished to work directly with residents. Through both her community outreach and her work at the hospice, she touched many of the families that we have had the privilege of serving. We wish Gwen every success in her future endeavours.

BECOMING A RESIDENT AT THE BRIDGE HOSPICE

If you or someone you know would like more information, please call us at **705-924-9222**.

View our website for admissions criteria and referral forms for healthcare professionals at **www.thebridgehospice.com/becoming-a-resident**

We welcome your inquiries and are here to help you in any we can.

Come On Inside...

Welcome to our kitchen – the heart of our home. Located next to our Resident Care Wing, it is bright and inviting, and easily accessible for families and visitors to use at their leisure. Envision the kitchen as an extension of your home, with small comforts like a favourite food or drink.

The large dining-room table has hosted full-course meals, large family gatherings, important family meetings, and even family reunions. When we receive a new resident, we receive their family and friends as well. We understand the importance of final days and the value of sharing food and drink together.

Near the end of life, intake of food and fluids decreases dramatically. Small amounts of easy-to-swallow soft foods, drinks, or even ice chips are often all that is wanted. These are always on offer, and families are welcome to bring favourite items from home and store them in specially designated areas.

Our kitchen is easy to navigate with clearly marked cupboards to help you find cookware, condiments, spices, dishes, cutlery and other kitchen items. Above the sink, a large window looks onto a treed pasture with a revolving cast of cattle, deer, birds and wild turkeys.

Photo: Mary Weilandt



For many, the kitchen is the place where new relationships begin. With every resident, our Bridge Hospice community grows. Often family members and friends make return visits, stopping by to share memories over a cup of tea or coffee.

Come visit us – you are always welcome.

– Ingrid Roberts
Resident Care Volunteer

BRING YOUR TALENTS – LEARN NEW SKILLS – JOIN OUR FANTASTIC TEAM

Can you... ?

*Help with fundraising,
home maintenance,
or special events?*

Could you... ?

*Learn new skills
to assist with care
of our residents?*

Would you... ?

*Give of your time
in a supporting role
of your choice?*



Support the hospice option and join us!
We offer an accredited course at no charge, flexible scheduling, a supportive team and rewarding work.

705-924-9222

www.thebridgehospice.com/volunteers

“As a passionate advocate for quality and universally accessible end-of-life care, I am a Bridge Hospice volunteer helping to advance this cause nationwide.”

– Michelle Simson
TBH Event Co-Chair
Former MP & Founding Member/Co-Chair,
Parliamentary Committee on Palliative and
Compassionate Care

**In honour of
Aureen Richardson
1931–2015**

*“I am thrilled to be able to play
a significant part in the development
of a much-needed residential hospice.”*

– Aureen Richardson
January 28, 2010

TBH
volunteers provide
35 hours of service
every day of the year!

*Our
Thanks
To...*

Northumberland County's
Medical Waste Subsidy Program

Canadian Tire's
Paper 'Money' Program

Sharpe's Food Market's
Grocery Tape Program

HAVE FUN! WALK, GOLF OR RUN!

5th Annual  **Walk-a-thon**

1K, 2K or 5K

NEW Rubber Duck Race

Try your luck -- buy a duck!

An Event for All Ages!

Saturday, May 9, 2015

9:30 am Registration
10:30 am Walk Start + Duck Race
Warkworth Arena

Official Sponsor:


For pledge forms, duck ticket locations, and more information:
www.thebridgehospice.com/events
705-924-9222

6th Annual  **Golf Tournament**

Saturday, July 18, 2015

Pine Ridge Golf and Country Club
4020 County Road 30, Warkworth

1pm Shotgun Start
4-Person Scramble Format



Free Gift for Golfers! Beat the Pro!

www.thebridgehospice.com/events

Co-Chairs: Barb Phillips Michelle Simson

The Bridge Hospice  **11th Annual Running EVENTS**

1 km | 5 km | 13 km
Road & Trail Running Events

Saturday, October 24, 2015
Registration 8 am at Warkworth Arena
On-line registration available soon.



RUN for Fitness and SUPPORT
The Bridge Hospice

www.W8runningevents.ca

For more information, go to www.thebridgehospice.com/events

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 \$ _____

Name on Credit Card: _____

Credit Card Type: VISA MasterCard Amex

Credit Card #: _____ Expiry Date: _____ / _____

Join Our Bridge Builders' Program! www.thebridgehospice.com/the-bridge-builder-program

Charitable tax receipts issued for all donation 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