

# The BRIDGE HOSPICE

A HOME • A BRIDGE • A JOURNEY

Care and compassion at end of life.

## A Farm • A Hospice • A Volunteer's Journey

Ken Partridge did so much in, around, and for The Bridge Hospice, it's hard not to bump into a memory of him at every turn.

A farmer by profession and calling, Ken's first contact with the hospice came in 2009. Organizers were interested in a vacant building lot that was owned by Ken and his siblings. Accessible to municipal services and offering a pastoral view of a barn, the site was just right for the new hospice home.

With the sale of the property, Ken went all in on the hospice project. While his wife Brenda applied her skills to help with startup and day-to-day operations, Ken mowed lawns and kept the yard immaculate. He did minor repairs, ran point behind the scenes at many fundraisers, gathered the daily mail, and last summer helped assemble a new garden shed. With zero fanfare, he did whatever he could – always with a twinkle in his eye.

He was an artful photographer, whose images of barns, birds and livestock showed his love of country life and now adorn hospice stationery.

Ken's health began failing in the last few years. One day while replacing a lightbulb, he quietly mentioned to staff that the Cottage Retreat was his preferred room, where he hoped he would end his journey when the time came. Months later, Ken's last wishes were realized, and he died peacefully in the

room overlooking his barn on November 19, 2017, with Brenda, his son and daughter by his side.

Brenda continues to devote long hours on the administrative side. However, she says experiencing the hospice as a family member was a revelation.

"We were surrounded by privacy yet love and constant care together in our quiet home away from home. The assistance given to our family will remain forever in our hearts when we think of Ken's final days."

For staff and volunteers at The Bridge Hospice, it was a tremendous privilege to care for "one of our own" – a fine country gentleman who together with his wife have contributed much to what the hospice is today.



***To honour Ken's memory, The Bridge Hospice has established the Ken Partridge Volunteer Award. Its first recipient will be named at the Annual General Meeting in June 2018.***



***En route to her first prom, volunteer Leah Kiar stopped to celebrate the occasion with Gail.***

## Gail's Gift of Grace

Gail Grundle was a hospice resident whose stay with us was unusually long. She arrived with little time left, but with care and luck, her condition stabilized and she was able to enjoy life's simple pleasures.

She greeted even the most difficult days with a smile – interested in everyone's well-being and relishing a good joke. With the luxury of time, her large circle of caregivers got to know Gail well. We all hope to show so much grace when the going gets tough.

For her husband Gerry, The Bridge Hospice alleviated the stress of trying to manage alone at home.

"Once Gail was at The Bridge, I felt a lot of relief. The greatest feature was that I knew I could depend on them. I saw that Gail enjoyed being there and was making a lot of new friends, and that made me happy. I visited Gail every day, and also had time to do the things I wanted to do to carry on. Everyone who visited said they couldn't believe what a beautiful and caring place it was."

## Message from the Chair



In June, we'll be celebrating five years since opening our doors to the first resident of The Bridge Hospice.

Our story began back in 2005, as a shared vision of three local nurses who'd seen the challenges of end-of-life in a rural region. They envisioned a special place, close to home, where

people could live their final days in dignity, safety and comfort – and where reassured loved ones could make the most of precious time with them. There would be no charge for services.

Today, hospice visitors are in awe that a small community was able to summon the will, finances, and human resources to build and operate this beautiful home. I must admit, I still am too.

Since opening in 2013, The Bridge Hospice has reached impressive milestones. In 2015, Saint Elizabeth Healthcare chose The Bridge Hospice for an innovative five-year partnership, providing nursing and personal support services around the clock. In 2016, the Government of Ontario recognized the hospice with funds for healthcare staffing, allowing us to focus fundraising efforts on operational costs. Government support is both gratifying and crucial to help us meet growing demand. The consistent financial support of the community has also enabled us to invest in staff to ensure that our services are of high quality and delivered with seamless efficiency.

None of this would be possible without inspirational volunteers, who have served every facet of hospice life from Day 1.

There is no ordinary day at The Bridge Hospice. We are privileged to have extraordinary interactions with our residents, their families, and community members. Recently we've expanded our outreach efforts to community groups – if you are interested in a presentation or a tour, we would be delighted to arrange it. Of special note this past year is an upsurge of support from a surprising demographic: young people. Student leaders from Percy Centennial and Campbellford District have come for tours and organized remarkable fundraisers to renew our children's play area.

As we celebrate five years of service, our hope is that you will continue to believe in and support this jewel created by and serving the community. Thank you.

– Dr. Jan Hux

Please join us!  
**ANNUAL GENERAL MEETING**

Wed. June 13, 2018 - 6:30 pm  
The Gathering Place,  
St. Paul's United Church  
60 Main Street, Warkworth

## Board of Directors

Jan Hux, Chair  
Dave Burnham, Vice-Chair  
Jill Hutcheon, Past Chair  
Gerry Hutcheon, Treasurer  
Craig Kerr, Secretary

### Directors

Carrie Cleverdon	Michael Kaufmann
Martin Edge	Kathleen Powe
Bill Hogle	Kent Tisher
Judy Kaufmann	



*Last fall, the students of Percy Centennial Public School launched the "Loonie Tower of Percy" fundraiser to benefit the children's area at The Bridge Hospice. Student leaders delivered 1,063 in loonies as well as a list of recommended toys and items for toddlers through to pre-teens. We were so touched by children helping children through a difficult time! Thanks to Sandra Allanson Kelly and all the remarkable students at Percy.*

### How to reach us

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People in the late stages of a terminal illness begin palliative care before coming to The Bridge Hospice – opting for comfort over cure, and stopping active treatments.

Choosing palliative care is more about taking control than giving up. With the assurance that their pain and symptoms will be managed, they want to live as fully as possible on their own terms in the time they have left.

In the days ahead, their physician or nurse practitioner (“provider”) will be there to guide and protect them, and see that final wishes are fulfilled. Their original provider may follow their patient to The Bridge Hospice, or care can be transferred to one of a team of dedicated palliative doctors – Drs. Bob Henderson, Iris Noland, Kelly Parks, and Kent Tisher.

All four practise family medicine, and together have a wealth of experience in palliative care. We asked them recently about facets of caring for people at end of life.



*“Having The Bridge Hospice as an option for so many who were not able to have the home death they wished for makes us one of the richest communities around. I have said to many of my patients and their families, the hospice is my happy place. I go there when I’ve had a bad day, whether I have patients there or not. It gives me peace, and it gives me hope.”*

*I thank the founders, the care providers, the volunteers, and the local communities who made it happen and continue to provide support. I also thank the families who have allowed me the privilege of looking after their loved ones. I am so proud to be part of such an amazing group of people.”*

– Dr. Kelly Parks



*“If death is something to be fought against to the ‘bitter end’, then there will always be a sense of failure when the patient dies. If, instead, provision of end-of-life care is seen as the last in the many stages of life that as providers we are privileged to witness and be a part of, then even when grieving, we can feel satisfied and fulfilled.”*

– Dr. Bob Henderson

# Doc Talk

What hospice doctors have to say...

## Having the conversation

The conversation about death and dying is not easy but needs to be had early and sometimes often. As physicians, we are gentle but honest and speak in plain terms. We give the details upfront – having the information helps people make a plan and set goals. The journey is going to happen, so having everyone as prepared as possible and on the same page is vital.

## Supporting loved ones

Family and friends are the patient’s support crew. We act as coach, educator, mediator and grief counsellor. At times it is our job to identify when they are not coping and make changes. It’s our job to be supportive and understanding, but most of all, to fulfill the wishes of our dying resident.

## Coming to The Bridge Hospice

Excellent palliative care cannot be provided without excellent teamwork. At The Bridge Hospice, every resident is cared for by Saint Elizabeth nurses and personal support workers (PSWs). PSWs are the backbone of our care. Daily and on-call nursing visits keep us updated constantly. Dedicated volunteers continue to be critical with their direct and indirect care support.

As physicians, it is tremendously reassuring to know that skilled and compassionate staff are at our patient’s bedside 24/7. This high standard of care also goes a long way to freeing the family to get some rest.

The reality is, death is inevitable, but a good death is not a given. Being able to provide that is the most rewarding part of medicine for us.

## Sip & Share Grief Hour

2nd Thursday of every month - 10:30–11:30 am  
The Bridge Hospice

If you are grieving and need a safe place to talk about your loss, please join us. This free drop-in program is led by trained volunteers from Community Care Northumberland (CCN).



# Walk, Golf & Run with us in 2018!

For registration, pledge & event details, see:

[www.thebridgehospice.com/events](http://www.thebridgehospice.com/events) - [www.facebook.com/thebridgehospice/](https://www.facebook.com/thebridgehospice/)  
[info@thebridgehospice.com](mailto:info@thebridgehospice.com) - 705-924-9222



8th Annual

## SPRING WALK & RUBBER DUCK RACE

Saturday, May 5

Warkworth Arena & Millennium Trail

Pledges, Kids' Activities, Team Pics: from 9:30 am  
 Duck Launch & Walk Start: 10:30 am

- no registration fee – please gather pledges or donate on the day



9th Annual

## GOLF TOURNAMENT

Saturday, July 14

Oakland Greens Golf & Country Club, Norwood - 12 Noon

- 4-person scramble
- contests, draw prizes, awards
- silent auction, raffle prizes
- scrumptious dinner

Fun on the course and off!

The Bridge Hospice



14th Annual

## W8 8-MILER, 5K & KIDS 1K

Saturday, October 20

Warkworth Arena - 9 am

- beautiful running routes on scenic backroads & trails
- the best in traditional country races away from the big smoke
- home-baked goods

A running classic!



A HOME • A BRIDGE • A JOURNEY  
Care and compassion at end of life.

## Vision

*Individuals nearing end of life are well-informed and supported and can expect exceptional care in the setting of their choice.*

## Mission

*We offer a tranquil, intimate home away from home, where people nearing end of life and their families receive exceptional care, guidance and support from professional care providers and compassionate volunteers.*

## Our Values



### Quality

*We believe in providing excellence in our care and in our hospice home and seek out opportunities to be innovative while enhancing services.*



### Professional Expertise

*We believe that our team has the wisdom, skills and passion to provide every resident with expert, compassionate end-of-life care.*



### Integrity

*We believe in speaking the truth, in openness and in being genuine. Our relationships are founded in trust, and we keep the promises we make.*



### Acceptance

*We believe in fostering an inclusive environment. We protect people's dignity, respect their wishes and are responsive to individuals' unique needs.*

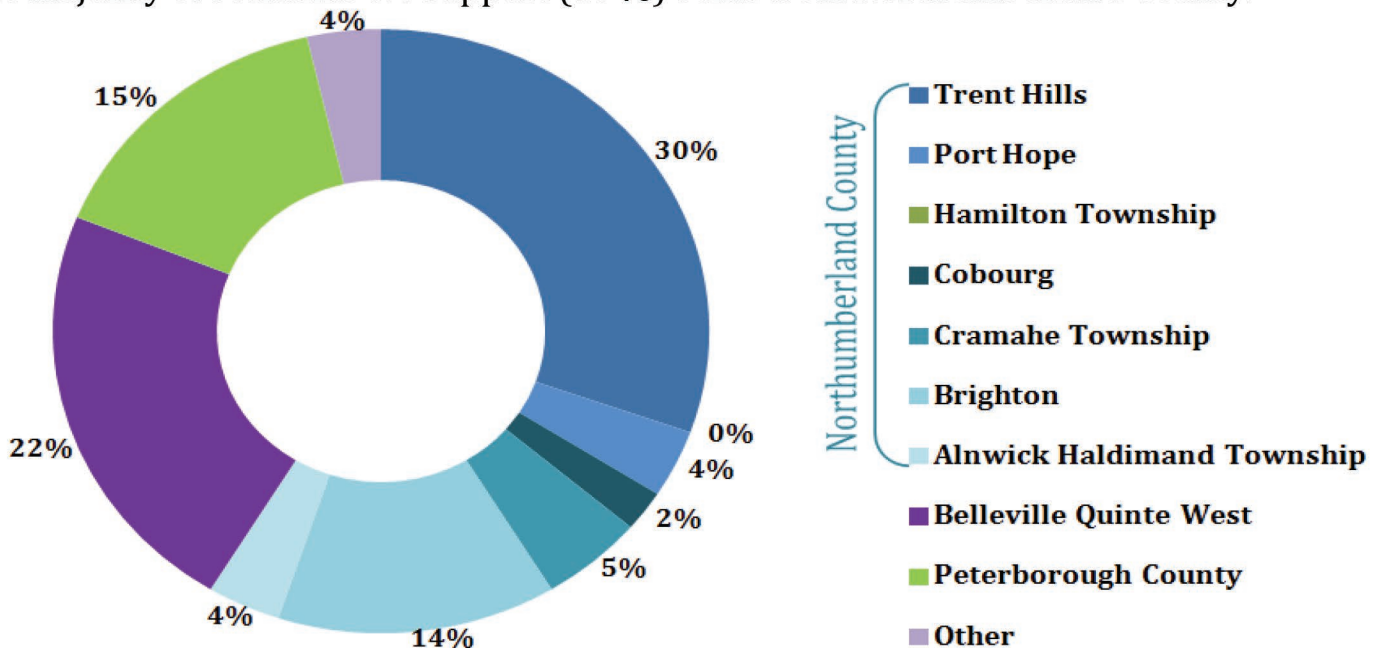


### Love

*We believe that every individual deserves our time and undivided attention. Your needs will always come first. We welcome everyone with kindness and the comforts of home.*

## Serving Northumberland County & Beyond

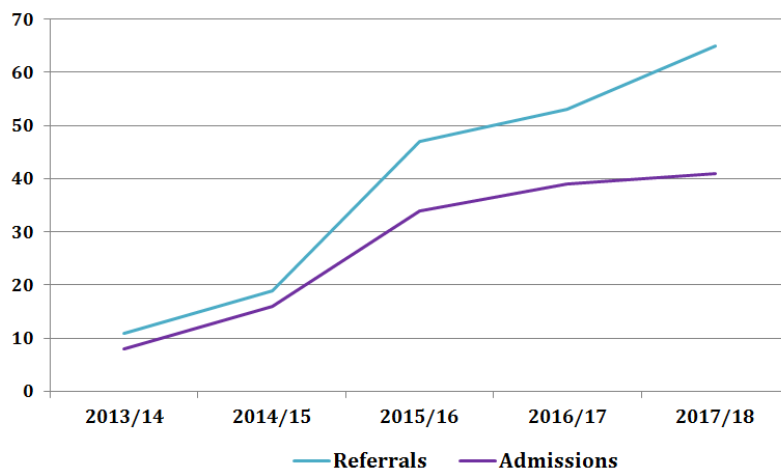
The majority of residents we support (59%) come from Northumberland County.



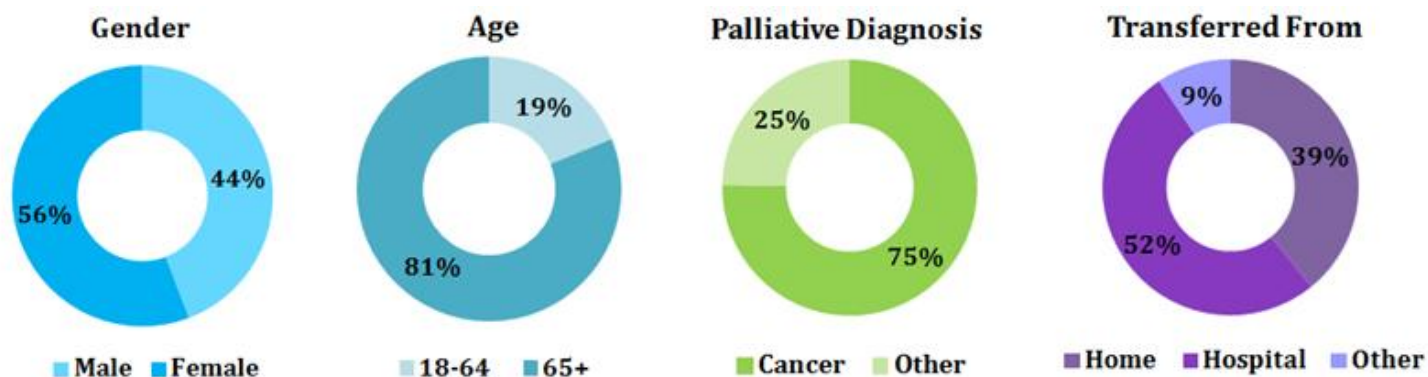
## Referrals & Admissions

To date we have supported over **140** individuals and their families with their end-of-life journey.

Over the past 5 years, we have seen an **83%** increase in referrals and an **80%** increase in number of admissions.

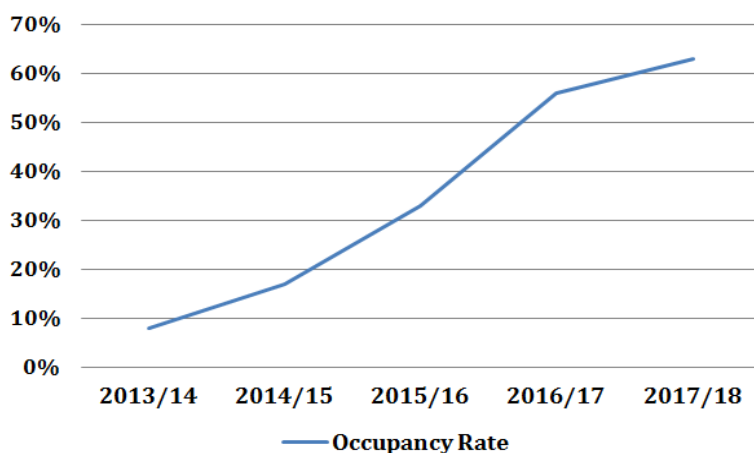


## Resident Profile



## Occupancy

Our average length of stay this past year was **12 days** but ranged from hours to months. Since opening in June 2013, we have seen an **87%** increase in our annual occupancy rate.



### Our Care

Under the direction of palliative physicians and nurse practitioners, exceptional end-of-life care is provided onsite **24/7** by Saint Elizabeth Nurses and Personal Support Workers (PSWs) - assisted by our compassionate volunteers.

### Our Volunteers

Volunteers remain at the heart of everything we do. They selflessly give of their time, talents and expertise in a variety of roles. Since June 2013 our volunteers have donated over **110,000 hours!**

### Our Funding

Direct health care costs (nurses and PSWs) are funded in part through the Central East Local Health Integration Network (LHIN) and augmented by Saint Elizabeth. **All other expenses (40% of total operational costs)** are raised through donations, grants and fundraising efforts.



# Please support The Bridge Hospice

The Bridge Hospice provides care at no cost to our residents and their families. How do we do it?

Approximately 60% of our costs are related to the provision of health care by our nurses and personal support workers. These costs are now funded through the Central East Local Health Integration Network (CE LHIN) and augmented through a partnership with Saint Elizabeth Health Care.

We rely entirely on donations and special events to cover the remaining 40% of expenses – including vital day-to-day operational costs.

**To make a donation, please complete and mail this form, or call us with your donation information, or give online through our website: [www.thebridgehospice.com](http://www.thebridgehospice.com)**

We also accept donations of securities and gifts through your estate. Please contact us for more information.



## Donor Information:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Donation Options:

☐ Cheque: \$ \_\_\_\_\_ ☐ Cash: \$ \_\_\_\_\_

☐ Credit card donation of \$ \_\_\_\_\_ Credit card: ☐ VISA ☐ MC ☐ AMEX

Name on credit card: \_\_\_\_\_

Credit card number: \_\_\_\_\_ Expiry date: \_\_\_\_/\_\_\_\_

☐ My donation is "in honour of" \_\_\_\_\_

☐ I would like The Bridge Hospice to notify the designated contact (family/friend) of my donation. I understand that only my name and mailing address will be provided.

☐ I prefer my donation(s) remain anonymous.

## Legacy Giving:

☐ I have already left a legacy gift (bequest) to The Bridge Hospice in my will.

☐ I would like more information about leaving a legacy gift to The Bridge Hospice.

*Thank you for supporting The Bridge Hospice. Your donation will be handled with great care.  
We respect your privacy. We do not share our donor information with other organizations.*

**The Bridge Hospice, 137 Old Hastings Road, Box 354, Warkworth, ON K0K 3K0**