



A HOME • A BRIDGE • A JOURNEY

Care and compassion at end of life.

A BIKER, A ROCKER, AND A WHOLE LOTTA LOVE

Dying is a very special journey – for those at end of life, and those closest to them. At The Bridge Hospice, it's our privilege to guide, offer comfort and good company, and help fulfill wishes any way we can.



While at the hospice, Phil did one last check of his beloved bike.

Phil's Final Ride

Phil was a trucker-biker-poet who spent his last weeks at The Bridge Hospice. During his stay, he received many visits from his wide circle of friends, and even made new ones. He asked us to share these words with everyone.

"This place is over the top – I couldn't ask for more. Feels like I'm in the Royal York or Taj Mahal. When I was at home, I wasn't resting, couldn't eat, and in pain all the time. I didn't want to do anything.

Since I got here, I have relaxed. The caregivers have made it better for me – they make me want to try harder. The care that each person gives is so genuine. It's like having a devoted grandmother looking after you – true love, respect and consideration." –P.B.

Jay & Christine's Last Waltz

They met as children in Montreal, then reconnected many years later. With the sudden onset and rapid progression of Jay's illness, Christine became his primary caregiver. Jay spent his final weeks with us last fall.

"Jay was sweet, romantic, sensitive and fearless. He worked as a stunt man and actor, but his heart was with music. He played many instruments but his favourite was the guitar. He was self-taught and incredibly talented. He loved two things, probably in this order: his guitar and me!

We had a long-distance relationship until last August 2018. In that month, he began showing signs of confusion, memory loss and behavioural changes. It was a frightening time. Jay was 54 years old. A month later, with the discovery of a mass on Jay's frontal lobe, we were told he had just 3–6 weeks to live. He was admitted to The Bridge Hospice in Warkworth in September.

Everyone at the hospice was incredibly kind, compassionate, humorous, and loved Jay like he was one of their own. All of them, from the Director Kerri to Dr. Tisher, the nursing staff, PSWs and volunteers, were outstanding.

Prior to Jay's illness, I had no idea about palliative care, and I would not have been as strong as I was without the support of everyone at the hospice, our family and friends. Jay's musician friends came and played guitar or sang to him and I knew that, even near the end, Jay could hear the music he so loved.

I was with Jay from the beginning of August until October 23, 2018, when he died at The Bridge Hospice. It was his birthday. Jay was a showboat and it was just like him to go out with a bang. Life is so short. Surround yourself with people who love you because that's all that matters in the end." –C.G.



Jay and Christine reconnected "for life" five years ago when he invited her to Campbellford to see his band perform at the Legion.

Chair's Message



We are well into our 6th year of welcoming residents into our hospice home. To date we have helped approximately 190 people in their end-of-life journey. We get tremendous feedback from family members about how grateful they are that The Bridge Hospice was available in their time of need. They felt very good about the care their loved ones received. I can attest to this from personal experience.

We have a great outreach team of volunteers, spreading the word about what we offer. Our goal is that everyone in the community is made aware of the hospice, and that it be considered as an option in the end-of-life discussion.

The hospice could not function without the dedication and caring support of our staff, doctors, nurses, PSWs and all the volunteers who spend countless hours doing their many jobs. Thank you for all you do!

We also could not survive without the generous support of our donors. There is a substantial operating cost to keeping our doors open, and it is made possible through the generous support of our donors. We receive tremendous community support for our three annual fundraisers (see back cover). Thank you to all our donors and community groups.

The Bridge Hospice is a wonderful organization to be part of, and if you have the time and inclination, it would be great to have you join our volunteer team. The rewards are enormous.

– Dave Burnham, Chair

Board of Directors, 2018–19

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You're Invited!

ANNUAL GENERAL MEETING

**Tuesday, June 18, 5-6:30 pm | King Edward Park Community Centre
75 Elizabeth Street, Brighton, ON K0K 1H0**

AGENDA

5:00 pm: Volunteer Appreciation
6:00 pm: Annual General Meeting
6:30 pm: Break*
7:00 pm: Special Presentation

**light snacks & refreshments will be served*

SPECIAL PRESENTATION

Dr. Sandy Buchman

"Hospice palliative care – What does dying well look like?"



Dr. Buchman is a passionate palliative care physician and educator. He also provides care for homeless patients at Journey Home Hospice in Toronto. Dr. Buchman currently serves as President-Elect of the Canadian Medical Association.

PLEASE NOTE: All are welcome; however, registration is required specifically to attend our Guest Speaker Presentation beginning at 7 pm – please RSVP by June 3 at 705-924-9222 or info@thebridgehospice.com.

Meet The Bridge Hospice Outreach Team



It's the Outreach Team's mission to spread the word far and wide about what The Bridge Hospice offers. Thanks to them, many more people in service clubs, church and seniors' groups better understand hospice and have come for a tour to see it for themselves.

The Outreach Team consists of co-leads Moira Mooney and Carol Currelly-Burnham, and Jill Purcell, Dennis Gebhardt, Tom Harris, Robin English and Rosemarie Dormon.

If you know of any small groups or organizations interested in learning more, please contact the Outreach Team directly through outreach@thebridgehospice.com

Perhaps You've Heard...

Have you heard The Bridge Hospice charges a fee for service? **Not so – we do not charge a penny!** Here are a few more misconceptions we'd like to clear up.

Myth: We don't feed our residents.

Reality: Of course we do! No one goes hungry at The Bridge Hospice.

The reality is that people nearing end of life have very little appetite, if any. As much as people want to see their loved ones eat a full meal, it can actually cause them great discomfort, depending on the progress of the disease.

We do serve light, soft foods as appropriate and safe. We ask family to bring favourite foods so we have them on hand if our resident requests them. The beauty of our kitchen is that families are able to make themselves completely at home – preparing meals, dining together, and finding some normalcy at a challenging time.

Myth: Hospice must be a grim place to be.

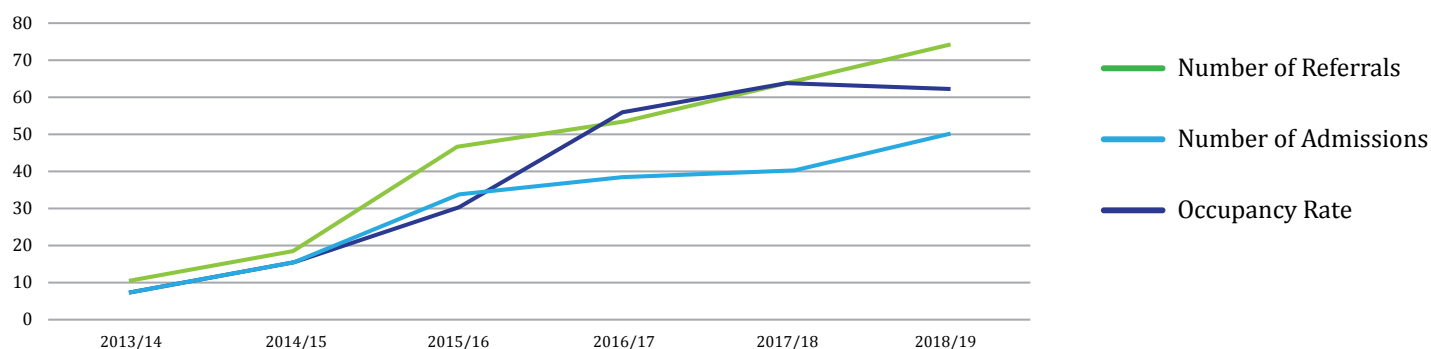
Reality: Not at all.

Visitors entering the hospice for the first time – family members or people on a tour – tell us time and again how bright, relaxing and genuinely friendly it feels. It may sound trite, but this is a place with normal conversations, comings-and-goings, and all the comforts of home. While time at hospice can be unquestionably difficult, it can also hold light and love.



Our staff and volunteers are committed to helping every resident enjoy his or her final days in a manner of their choice, and also support their loved ones through the journey.

My, How We've Grown



Our Care

Under the direction of palliative physicians and nurse practitioners, exceptional end-of-life care is provided bedside 24/7 by SE Health (formerly Saint Elizabeth) nurses and personal support workers -- assisted by our dedicated volunteers.

Our Volunteers

Volunteers remain at the heart of everything we do. They selflessly give of their time, talents and expertise in governance, special events, resident care, gardening, administration, finance and property maintenance.

Our Funding

Direct healthcare costs (nurses & PSWs) are currently funded in part through the Central East Local Health Integration Network (LHIN) and augmented by SE Health. The remaining operational costs are raised through donations, grants, and fundraising efforts.

Walk, Golf & Run with Us!

Every year, from first buds to blazing autumn leaves, hardworking hospice volunteers organize three important fundraisers.

Proceeds from the Spring Walk & Rubber Duck Race, Golf Tournament, and the Dave Down Bridge Hospice Run (formerly W8) help us provide excellent end-of-life care and heartfelt support to loved ones at no charge. Each event brings together this wonderful community – supporters, past residents' families, SE Health staff, volunteers, sponsors, neighbours and perfect strangers – to get moving and stay connected. Please join us!

For registration, pledge & event details:

www.thebridgehospice.com • www.facebook.com/thebridgehospice/

Questions? info@thebridgehospice.com • 705-924-9222

FUNDRAISING



Fundraised \$*

Government \$

*includes donations, special events, major gifts & grants



10th Annual

GOLF TOURNAMENT

Saturday July 13

Oakland Greens Golf & Country Club, Norwood

10:30 Registration, Noon Shotgun Start

- 4-person scramble
- Contests, draw prizes, raffles, awards
- Light lunch & scrumptious dinner

Fun on the course!

Official sponsor:



THE DAVE DOWN BRIDGE HOSPICE RUN



15th Annual

THE DAVE DOWN BRIDGE HOSPICE RUN

8-Miler, 5K & Kids 1K

Saturday October 19, from 9 am
Warkworth Arena

- Beautiful routes on scenic back roads & trails
- Home-baked goodies & prizes
- 15 years of grassroots small-town racing at its best!

A running classic!

Thank you to our official
2017-18 sponsors:



10th Annual

SPRING WALK & RUBBER DUCK RACE

Saturday May 3, 2020

Flock to Warkworth Arena from 9:30 am

- A beautiful coming-together of hospice supporters, volunteers, families & friends on an early Spring morning
- Delightful ducks & forget-me-not walks

For kids of all ages!

Official sponsor:

