

HOSPICE

LENNOX & ADDINGTON

Hearts and Hands



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December 2014

Kim's Corner...

What a year this has been!!! I am pleased to share with you that the Hospice L&A has successfully settled into our new home at Lennox and Addington County General Hospital. For those who have not visited us yet, we can be found on the second floor, in room #218. We would like to thank everyone at LACGH for their warm welcome. Rest assured that even though our physical location has changed, Hospice L&A will continue to operate as its own separate identity; committed to continuing to provide the same reliable support to our community. With record numbers of families requiring Hospice services, this partnership will provide the opportunity to enhance services through the sharing of knowledge, expertise and resources.

Kim Suntrum,
Executive Director



Seasons Greetings!

Christmas is a time for family, friends and cherished memories of those we love. The Board and staff of Hospice Lennox and Addington extend warm Holiday wishes. May the New Year bring you Joy, and the promise of Hope, Peace and Happiness.



Merry Christmas!

Board of Directors

Margaret Baldwin, President and Chair
Jane O'Neill, Vice President
Wendy Brockmeyer, Treasurer
Rev. Frank Hamper, Secretary
Marie Fairman, Director

Volunteers Needed!

Hospice offers essential palliative care and bereavement support to members of the community.

If you would like to give back to your community, please consider becoming a Hospice L&A volunteer.

Palliative Care Course

We will be offering a Palliative Care Training Course this spring. Please contact Melanie if interested in learning more about Palliative Care and Bereavement Support.

Melanie: 613-354-3301 ext. 205
melanie@landahospice.ca

Mel's Message

As each year draws to a close, I like to reflect on the past year to review the achievements and challenges it presented. Overall, this past year was a very successful year. We have added several new volunteers to our amazing team, increased both our library and equipment resources, we launched a new program with our partner and we helped even more families than we did in the previous year.



Each of these successes comes with its own challenges. How do we serve more people? How do we attract more volunteers to meet the needs of our community? How do we raise funds to buy the resources and equipment we need? As we have already proven this year, we must work together to meet these challenges.

I would like to take this opportunity to thank each volunteer, each client, and each donor for their generous contributions to Hospice. I would also like to thank LACGH, The Rotary Club and the Napanee District Community Foundation for their contribution. We all worked together this year to improve palliative care in our community.



Bereavement Support Group



Every grief is unique, but you are not alone.
Others are where you are, feeling the same pain.

We routinely offer bereavement support groups.
Our group offers 8 weeks of caring support and allows you to share your losses in a supportive, compassionate and confidential environment.

Contact us for more information.

Curling Bonspiel 2015

Our 10th Annual Curling Bonspiel will be held on
Saturday January 31st, 2015.

This year we will be re-naming our event:
The Hospice L&A Memorial Bonspiel.

Each year we will remember those who have
benefited from Hospice services;
loved ones that we have lost.

This year we will be honouring
Marguerite Murphy and Ken Clancey.

Registration is now open.

Entry fee is \$200/team and will include
two 6-end games, lunch, a catered supper, prizes
and of course lots of fun!

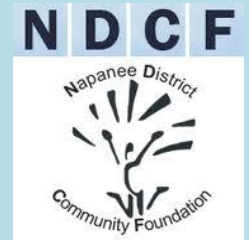
Contact Kim to register your team!
613-354-3301 ext. 203
kim@landahospice.ca



Find us on **facebook**

New in 2014: Hospital Bed Loan Program

We are pleased to announce that thank you to the generosity of The Rotary Club of Napanee and the Napanee District Community Foundation that we have been able to purchase 5 hospital beds. We would also like to thank Medigas Kingston for their support of this program. The beds are loaned, free of charge, to families in need in our community. We are happy to share that we have helped 15 families, saving them over \$8000 in rental & delivery fees since the launch of this program this past spring.



Community helping Community!

Drive One 4 UR Community...

We recently received a visit from Mark Pringle. Mark delivered a cheque for \$620 to Hospice Lennox & Addington. The funds



were raised back in September at a Drive One for UR Community event hosted by Pringle Ford. The event was in support of Hospice services in our community! Thank you Mark, and Pringle Ford, and

all those who braved the nasty weather and test drove a shiny new Ford vehicle! We appreciate your support!

Thank you!

Wishes Do Come True...



The Douglas Thompson Children's Wish Fund - for children under the age of 19 that have been diagnosed with a life threatening illness.

Contact Kim for more information:
613-354-3301 ext 203 or
kim@landahospice.ca

Upcoming Events:

January 31st, 2015

Spring 2015

March 31- April 4 2015

May 30th, 2015

10th Annual Curling Fun-Spiel – Memorial

Palliative Care Course begins

Terry Wright Memorial Old-timers Hockey Tournament

11th Annual Hospice Golf Tournament



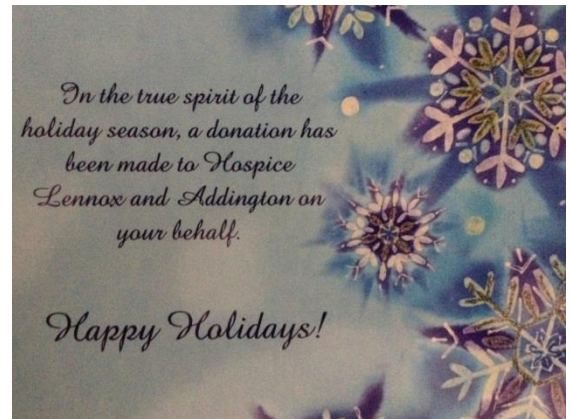


Avenstone Open Gardens

This past summer, once again, Peter and Jane Good invited us to visit their beautiful gardens. Every Sunday in August, from 2pm to dusk, the public was welcomed to enjoy the tranquility and beauty of the surroundings. There was no charge for the opportunity to pick-your-own flowers, but visitors were encouraged to donate to local Hospices if they so wished. All donations made at Avenstone Open Gardens are given directly to Hospice Kingston or Hospice L&A (Douglas Thompson Children's Wish Fund). We are happy to share that this year, thanks to the generosity of the Good's and all their guests, The Douglas Thompson Children's Wish fund received just over \$2000! Thank you!

Holiday Giving...

Have you started your holiday gift shopping yet? Do you have people on your list that you have no idea what to buy them? This holiday season please consider making a donation to Hospice Lennox and Addington on their behalf. The recipient will receive a card letting them know that a donation has been made in their honour, and you will receive an official donation receipt! Makes a great employee or teacher gift!

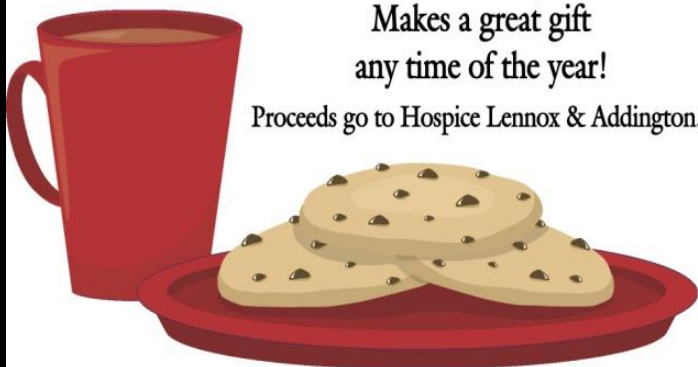


ON SALE! Comforts of Home Cookbook

\$20 each
2 for \$30

Makes a great gift
any time of the year!

Proceeds go to Hospice Lennox & Addington.



Leave a Legacy: Reasons to Plan a Gift

Every day, people are supported and lives are enriched by the work of Hospice L&A.

Financial assistance is essential to support and sustain this support. Many people generously give their money, time and energy to Hospice L&A and are unaware that by leaving a gift in their will or estate plan to us, they can continue to help provide supportive palliative care and bereavement support to the community.

Choosing to leave a gift from the heart brings meaning, dignity and purpose to a life well lived. All of us at some point will support someone through a life-threatening illness or will suffer the loss of a loved one. Your gift is your opportunity to support the community services that Hospice Lennox and Addington provides long after you have gone.

Surprisingly, a gift can also be a very practical addition to a financial or estate plan when tax issues are taken into consideration – even for those who think they may not have tax issues. Talk to your financial planner today!

**"You make a living by what you get,
But you make a life by what you give."**

- Winston Churchill

Donations:

Donations to and support of Hospice is greatly appreciated. Recent financial support was received from:

Bert & Margaret Winter
Geoffrey J. Griffin
Amherst Island Women's Institute
Jean Derbyshire
Marg Werry
Heather Dean
Parish Nursing Interest Group

A.O.T.S. Men's Club
Bob & Wendy Brockmeyer
Ron & Marlene McNeely
Patricia Dafoe Insurance Agency Inc.
Peggy Rice
Ed Caton
Erika Dilworth

Thank you to those who donated in memory of:

Jack McPherson, Marguerite Murphy, Ted Smart, George Van Alstyne, Mary Dale, Jane Hunt,
Paula Winn, Douglas Walker, Joyce Thompson and Lillian Cherry

and everyone who supported the following events:

Avenstone Gardens
Drive One 4 UR Community event



Remembrance Column



C. Murray Dean – Nov. 16, 2004. Remembered by daughter, Heather Dean.

Audrey Crowson - Dec. 4, 2007. Remembered by son, Grant and his wife, Cindy.

Rae Gauthier - Dec. 10, 1994 Remembered by daughter, Peggy Sunstrum and family.

Cora Suntrum - Dec 24, 2001 Remembered by son, Jim Sunstrum and family.

Maurice Sheridan - Dec 22, 2005 Remembered by wife, Roxanne and many former students.

Virginia Gimson – Jan. 13, 1990. Remembered by granddaughter, Peggy Sunstrum and family.

Margaret Wilson – Jan.20, 2006. Remembered by husband, Ron and children, Lynn, Brant, Erin & Steve.

Douglas Thompson – Jan.21, 2000. Remembered by Madelon Kelly.

Barry Roantree - Feb 10, 2004. Remembered by Anne and family.

Douglas Reid - Feb 20, 2006. Remembered by wife & best friend, Faye.

Danielle Chapman- March 8, 2005. Remembered by Keith.

Mac Thompson - March 13,2003. Remembered by wife, Judy Thompson.

Michael Van Vlack - March 13, 2010. Remembered by the Van Vlack Family.

Dennis Marren - March 16, 1993. Remembered by Marie Fairman & Family

Kale Murphy - March23, 2006. Remembered by Aunt, Pat Dafoe.

Gerda Peterson - March 27, 2003. Remembered by Vibeke Brooks.

Doris Wilson – March 30, 1980. Remembered by son, Ron Wilson

If you have received a hardcopy of this newsletter and wish to receive an electronic colour copy in the future, please provide us with your email address.

Remembrance Column Submission

Name: _____

Phone or Email: _____

____ I give permission to have my name and the name of my loved one printed in Hospice L&A's newsletter under *Remembrance Column*.

Signature: _____

Please feel free to photocopy if more space is needed.
Submissions can be mailed to or dropped off at our office.

Name of Loved One: _____

Relationship: _____

Remembered by: _____

Anniversary Date: _____

Making a Donation to Hospice Lennox and Addington

How to make a donation:

Online: Please visit www.canadahelps.org and search "Hospice Lennox and Addington"

Email: Make a secure donation online with interact e-transfer (please use *hospice* as the password). Send to info@landahospice.ca

Mail: We accept cheques made payable to Hospice Lennox and Addington at:

Box 531
Napanee, ON
K7R 3S5

Charitable No. 89098 5591 RR0001

Donations are tax deductible and receipts will be issued for donations over ten dollars.

I enclose a gift of (please circle): **\$500** **\$250** **\$100** or \$ _____

Name: _____ Phone: _____

Address: _____
