

HOSPICE

LENNOX & ADDINGTON

Hearts and Hands

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Winter 2015/2016



Season's Greetings!

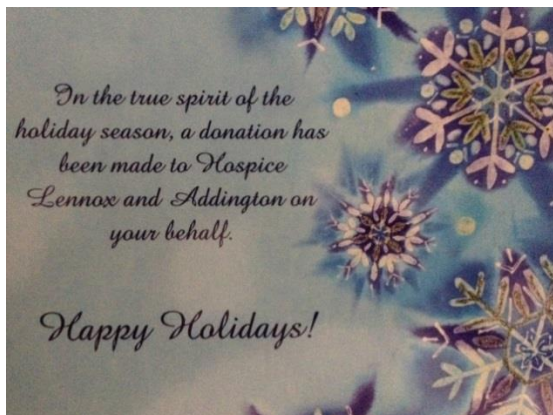
Christmas is a time for family, friends and cherished memories of those we love. The Board and staff of Hospice Lennox and Addington extend warm Holiday wishes. May the New Year bring you Joy, and the promise of Hope, Peace and Happiness.



Merry Christmas!

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.



Board of Directors

Margaret Baldwin, President and Chair
Frank Hamper, Vice President/Secretary
Albert Mulligan, Treasurer
Beth McPherson, Director
Elaine Badgley, 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

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 Melanie for more information 613-354-3301 ext 205

Find us on **facebook**

Hospice L&A's **11th Annual Bonspiel**



Join us for our Memorial Bonspiel on
Saturday January 30th, 2016

Where: Napanee Curling Club

Two Games (6 ends each)
Prizes * Fun* Lunch
Catered Dinner

Entry: \$200.00 per team

For details call Hospice at 613-354-3301 ext 203
or e-mail: info@landahospice.ca

Hospital Bed Loan Program Update

Thanks to the generosity of The Rotary Club of Napanee and the Napanee District Community Foundation that in 2014 we were able to purchase 5 hospital beds.

The beds are loaned, free of charge, to families in need in our community. Medigas Kingston has supported this program since its launch by providing storage, cleaning and delivery of the beds.

We are happy to share that to date we have helped 21 families, saving them almost \$22,000 in rental & delivery fees!



Community Helping Community!



Avenstone Open Gardens

This past summer, once again, Peter and Jane Good invited us to visit their beautiful gardens. Sundays in August, 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 Peter, Jane and all their guests, The Douglas Thompson Children's Wish fund received almost \$1700! Thank you!

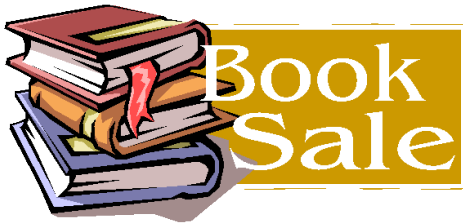
Upcoming Events:

December 1 st , 2015	Volunteer Appreciation Christmas Luncheon
December 9 th 10am	Bereavement Drop-in Support Group
December 22 nd , 2015	Blue Christmas Service
Dec 25 th – Jan 1 st	Hospice Office Closed
January 21 st , 2016	Hospice Quinte Workshop ~ Mr. John Saynor
January 30 th 2016	11th Annual Curling Bonspiel – Memorial Event
Spring 2016	Palliative Care Course
April 5 th – 9 th 2016	Terry Wright Memorial Hockey Tournament
May 28 th 2016	11 th Annual Hospice Golf Tournament

Monthly:

Volunteer Get-togethers ~ Bereavement Drop-in Support Group





For the Month of November Kawartha Credit Union is hosting a used book sale. Proceeds from this sale will be donated To Hospice Lennox & Addington. There is still some time left to make your way in their Napanee branch and pick up a new-to-you read!



Thank you to all of our volunteers!

A special thank you to all those who have donated lovely crocheted lap blankets and shawls for our clients!



Grieving, Praying, and Healing

Date: Tuesday December 22nd, 2015

Time: Service at 11am

Place: Airhart Room, L.A.C.G.H.

All are welcome to attend

You are invited us for lunch (sandwiches, sweets and coffee/tea) following the service.

Luncheon Cost: Freewill Donation

Please R.S.V.P:

613-354-3301 ext. 203 or melanie@landahospice.ca

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:

Troy & Dawn Lau
Bob & Wendy Brockmeyer
Camden Braes Golf & Country Club
Diane Myers
Delbert & Margaret Baldwin

Divine Hair Studio
Heather Dean
Selby & Empey Hill Men's Club
Bath & District Lioness Club
David Smyth

Thank you to those who donated in memory of:

*Jim Brough, Kim McGee, Roger Peterson, Wilma McFarlane
and Barbara McNevin*

and everyone who supported the following events:

Avenstone Gardens

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 Sunstrum - 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 – March 23, 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

When someone you love receives the diagnosis of a life threatening illness your life is turned upside down.

Your days, weeks, and months become one of doctors' appointments, and tests.

This time is very challenging both for clients, caregivers and families. You tread into unknown waters, trying to navigate through the health care system.

Hospice Lennox and Addington can help. For over 25 years our staff and volunteers have been providing compassionate physical, psychological, social, and spiritual support to our community; assisting families living with a life-altering illness.

THE NEED FOR YOUR SUPPORT!

We are asking for your financial support to help us continue to provide valuable services to our community. The need for Hospice support is increasing, with no increase in base government funding to help meet this growing demand.

We are responsible to raise over half our yearly budget from fundraising, memorial donations, and your generous financial assistance. We trust that you feel palliative care and bereavement support are an important and valued resource.

HOW CAN YOU HELP?

You can help by making a cash or asset donation. You may also leave a legacy through a bequest (gifts made in your will) or by designating Hospice L&A as a beneficiary in a new or existing life insurance policy. Consider becoming a Hospice volunteer; our next training session will be held in the spring.

HOW CAN YOU DONATE TODAY?

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: Hospice L&A, 8 Richmond Park Dr. Napanee, ON K7R 2Z4

Please make any cheques payable to "Hospice L&A"

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

Charitable No. 89098 5591 RR0001

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

Name: _____ Phone: _____

E-mail: _____

Address: _____