

Hospice Lennox and Addington Hearts and Hands



91 B Dundas Street East Napanee K7R 1J1

Phone 613-354-0833 Fax 613- 354-1154

E-mail info@landahospice.ca Website : www.landahospice.ca

FALL /WINTER 2012

Peggy's Place



Hello, it is my favourite time of year. Fall reminds me of the many changes we go through in our life time.

As we experience joy, sorrow, excitement, disappointment know that it is all part of living. Change is happening all the time in our busy lives. It has been written there are five things we cannot change.

1. Everything changes and ends.
2. Things do not always go according to plan.
3. Life is not always fair.
4. Pain is part of life.
5. People are not loving and loyal all the time.

These are good things to keep in the back of our heads. Try to smile and laugh with a healthy dose of daily humour. Humour really is good medicine!

Remembrance Day



During November please wear a poppy in recognition of the many sacrifices made by Canadian veterans. We owe them so much

Thank you!

I would like to thank Tom Shelsrick from Computer Ease for his ongoing technical support. Tom has kept us "connected" for several years. I appreciate how he is able to answer all our questions, (even the simple ones!) Thanks Tom and his crew at Computer Ease. They are great guys. I would like to thank a very good friend to Hospice, Marlene McNeely. Marlene knits dishcloths for us to sell. They are great little dishcloths to use. They come in all colours and would make great stocking

stuffers. They are available at our office and sell for \$2.00 each. Thank you Marlene.



Kawartha Credit Union in Napanee supports Hospice L&A through their Community Involvement Program. Manager Cindy Campbell presents Peggy Sunstrum and Marg Baldwin with a cheque for \$1000.



Kawartha Credit Union...is making a difference in our community. Thank you.

LHIN Update

The Local Health Integration Network (from which we get 50% of our budget) has been holding

discussions with the Hospices in the South East LHIN region regarding integration opportunities. A residential Hospice is also on our radar. I will keep you updated as discussions unfold.

Accreditation

We are pleased to announce that Hospice Lennox and Addington has again been awarded the highest level of Accreditation with Hospice Palliative Care Ontario. Our provincial association provides us with direction, leadership, education and networking opportunities.

Community Awareness

N D C F



You may have heard Peggy on the MyFM airwaves or seen our ads in The Napanee Beaver. We have also been able to create, print and distribute new brochures on our Supportive Services, Bereavement Support, and our Child & Youth Bereavement Program. Thanks again N.D.C.F.!!!!



Loonies for Hospice

We are pleased to report that the generosity of the community helped us raise \$836.00 this summer.

Thank you to all who left loonies at your local bank. I'd like to thank our summer student Ashley Backman for all her work this summer. Good luck at University Ashley.

Avenstone Gardens

Many thanks go to Peter & Jane Good, as they opened their beautiful gardens to the public. Thank you to all who donated during their visit to the garden.



In total, the Flora Vita - Flowers for Life Program raised over \$1875.00 for the Douglas Thompson Children's Wish Fund. This fund provides assistance and support to those under the age of 19 living with a life threatening illness.



Our Child and Youth Bereavement Programs

continue in our local elementary schools and NDSS. Many thanks go to Cathy Seymour Colgate and Sarah Morrow for their dedication to this very successful program.

Curling Bonspiel

We will be holding our seventh annual curling bonspiel at the Napanee Curling Club on Saturday February 9th, 2013!

This event is always a lot of fun! The cost to enter is \$180 per team and includes two 6-end games, breakfast, lunch, dinner and a prize!

If you are interested in curling please contact us soon as spots fill up early.

Dump the Plump 2013

Don't be too upset if you over-indulge this holiday season...our annual weight loss contest can help you drop those extra pounds. The contest will begin in January and run until June.

Financial support

If you would like to support the work of Hospice L&A, donations can be made on line at:



or by mailing a cheque, to Hospice L&A. Your support is vital to us, and greatly appreciated.

Volunteers

We invite all volunteers to join us on the last Tuesday of every month from 1:00pm-2:30pm for sharing and information updates.

Golf 2013



Save the date.
Saturday June 8th, 2013 we will host our 9th Annual Charity Golf Tournament at the beautiful Briar Fox Golf & Country Golf Club. Watch for more details in the New Year!

Regal Gifts Fundraiser

This year Regal Gifts has created an online store just for Hospice L & A.

Anyone can visit our site:

www.hla.shopregal.ca

to view the catalogue and place orders online.

Products are shipped right to your door!

Talk about convenient!



If you prefer to flip through a catalogue, we have copies at the office. Please feel free to stop in and pick one up! We can also place the order for you if you would prefer. Ordering can be done right up until Dec. 31st!

Please recycle this newsletter.

Our Remembering Column...

When you lose a loved one, memories become treasures. For anyone fondly remembering a loved one, take a moment to treasure those memories...a time, a place, a song, a special event.



Lorna Burns – Nov. 1, 2010.

Remembered by daughter Dianne Dowling.

Shelly Kimmett – Nov. 2.

Remembered by friend Peggy Sunstrum.

Fred Fry R.C.A.F. Veteran – Nov. 11, 2002. Remembered by daughter Jacqueline Smart.

Wally Inwood – Nov.

14,2005. Remembered by Darlene, Kurra & Krystal

Bill Martin – Nov. 20th, 2003. Remembered by wife Bev Martin.

Tim Havey – Nov. 23, 1975.

Remembered by Maureen Havey and Liza Blades.

Bradley Sinclair – Nov. 29, 2011. Remembered by wife Paddi Sinclair.

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.

Maurice Sheridan – Dec. 22, 2005. Remembered by wife Roxanne and many students at NDSS, Ernestown SS and Cloyne SS.

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

Virginia Gimson – Jan. 13, 1990. Remembered by granddaughter Peggy Suntrum 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.



On behalf of the staff and Board of Directors I would like to wish you a very Merry Christmas. I hope you have love and peace in your heart and that you can enjoy the simple pleasures of life, family and friends. May 2013 bring with it a promise of health & happiness to all whom you love. Have a safe and happy Christmas holiday.

Peggy

Our Remembering Column

Date: _____

Name: _____

Address: _____

Postal Code: _____ Email: _____

Home Phone: _____ Work No.: _____

- I give permission to have my name and the name of my loved one printed in the Hospice L&A newsletter under *Our Remembering Column*.

Signature _____

(Please feel free to photocopy if more space is needed. Submissions can be mailed to Hospice L&A or dropped off at our office.)

Name of Loved One _____	Name of Loved One _____	Name of Loved One _____
Relationship _____	Relationship _____	Relationship _____
Remembered by _____	Remembered by _____	Remembered by _____
Anniversary Date _____	Anniversary Date _____	Anniversary Date _____