

# Hospice Lennox and Addington Hearts and Hands



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Summer 2012

## Peggy's Place



WOW! We are having a hot summer! I hope you have been able to stay cool. It has been a great year at our trailer. This will serve as our spring and summer newsletter. Pictured above are the Adirondack chairs made by our good friend Maurice Tulett and painted by our summer student Ashley. We will be hosting a fundraising event in the spring where the chairs will be auctioned to the highest bidder. Watch for news of that event.

## HPCO CONFERENCE



Margaret Baldwin, Wendy Brockmeyer,  
Patti Bilow and Peggy Sunstrum

Four people from Hospice L&A attended the Hospice Palliative Care of Ontario conference in Toronto in April.



Margaret Baldwin & Patti Bilow  
Patti Bilow received the June Callwood Award of Excellence for her many hours and dedication to the Hospice movement. Patti works with clients and helps with fundraisers. Congratulations Patti.

.....  
I am pleased to introduce our 2012 summer student Ashley Backman.



Ashley joined Hospice in June. She will return to the University of Waterloo in the fall to resume her

studies in Arts, Business & Economics. Ashley is in charge of our annual Loonies for Hospice. Please be generous when you see the loonie strips at your bank. Ashley is also hosting a family friendly event on August 18<sup>th</sup> from 10am-1pm. "Clues for a Cause" will require families to work as a team to solve clues that will direct them to significant locations around town. At each station, the family will participate in a mini activity. They will receive a stamp in their "passport" and move on to the next clue. Tickets are only \$20.00 per family, available at our office.

## Youth Bereavement



Sarah Morrow is our new Youth Coordinator with our Bereavement Support Program at NDSS. Sarah

has experience working with youth in a group setting. The group will start in the fall. Welcome Sarah.

Cathy Seymour Colgate continues to run the bereavement program in the elementary schools.

The Child & Youth Bereavement program supports children and teens who have suffered a loss, or a life-altering crisis. We thank the United Way for their financial support of this program.



## AGM 2012

Our Annual General Meeting in June was held at the Airhart Room at the L&A Hospital. The election of officers took place and I am pleased to inform you of the **Board of Directors for 2012-2013:**

Margaret Baldwin, *Chair*,  
Jane O'Neill, *Vice*  
Rev Frank Hamper,  
*Treasurer*

*Directors:*

Marion Wannamaker  
Ellyn McEwen  
Kim Greene

Wendy Brockmeyer

I would like to welcome the 2 new Board members, Kim Greene and Wendy Brockmeyer. Kim is a supportive care worker

with the CCAC and Wendy is a June Callwood Award recipient, and active volunteer. We are still looking for a couple of Board members to fill our slate of officers. If you are interested or would like more info, please contact me.

**N D C F**



We would like to thank the Napanee District Community Foundation for their financial assistance in support of our Community Education and Awareness Campaign. The campaign, will launch this fall, and will focus on increasing community awareness to the many services Hospice L&A offers. Watch and listen for that.

## Golf Tournament 2012

Many thanks to everyone who made this year's tournament a success!



**Team Pat Dafoe**

Special thanks go to Patti Bilow, Miranda Moore,

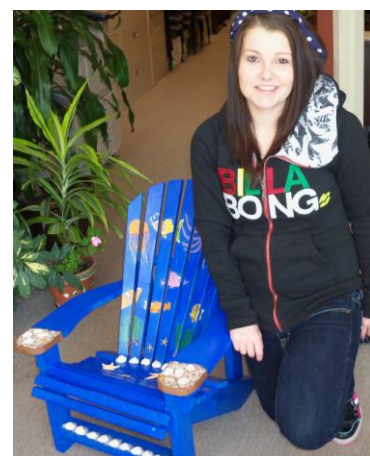
Wendy Brockmeyer, Marg Baldwin, Spud Wilson, Jeff and Jim Sunstrum for their hard work. Our thanks to Pat Dafoe, Cindy Haggerty, Shannon McCaffrey, Bombardier, MyFM, and the many businesses who supported our event.



**Team Meredith/McEwen**

A big thank you goes to Patsy and Cal from Briar Fox Golf & Country Club for their warm hospitality. Our golf tournament is the single biggest fundraiser we host. Thanks to all who helped with its success. We raised \$19,000 to help provide palliative care and bereavement support in our community.

Carissa Wannamaker did a fantastic job painting this chair for our silent auction table. Thanks Carissa.





## Dump the Plump 2012

We would like to thank all the participants in this year's Dump the Plump



Adam Guille took home \$1330 for his big win, or should we say loss, in the individual category. Adam lost 23% of his total body mass. Adam credits Dump the Plump for motivating him to reach his ultimate goal!



This year's winning team, the Mini Me Wannabees, consisted of Jim Agombar, Ken Viitamaki, Pat Hunt and Gill Douglas. Together they lost 199lbs and 18.48% of their total body mass. They took home \$400 for their efforts. Congratulations everyone!

### Facebook

Please "LIKE" us on Facebook to keep updated on all Hospice news and events.

## Longest Day of Golf



Dave Pinnell Jr., Jamie Cybulski

We want to give a very special thank you to these 2 handsome golfers, Jamie Cybulski from myFM and Dave Pinnell Jr. from Century 21, for teeing off (perhaps the hottest day of the summer) and playing "the longest day of golf". By the time the sun set, they played 145 holes at the Napanee Golf and Country Club and raised \$1912.00 for Hospice L&A. This money will jumpstart our Residential Hospice Fund. Thank you to the Napanee Golf & Country Club, and all who supported Jamie & Dave.

### Avenstone Gardens

Peter and Jane Good will once again invite you to visit beautiful gardens on Sunday's from 2pm until dusk in August.



Bouquet picked at the Gardens 2011

Please visit and pick a lovely bouquet, or two! Donations from the Flora

Vita - Flowers for Life Program help support the Douglas Thompson Children's Wish Fund. Please contact our office for more information.

### Memorial Tournament

We were thrilled to have been a part of the Terry Wright Memorial Hockey Tournament in April. It is a tournament where tribute is paid to hockey players who have passed on. Funds raised are donated to local charities, something that the late Terry Wright took pride in. Hospice volunteers worked in the time keeper's box.



John O'Connor, Marg Baldwin, Peggy Sunstrum, Kim Ayling, Bob Moses

John O'Connor and Bob Moses presented Hospice L&A with a portion of the proceeds. Thanks guys, we had so much fun. We can now add timekeeping to our resumes!!

### Attention Volunteers

We hope all volunteers are having a fabulous summer. Just a reminder that our monthly volunteer get-togethers will begin again on Tues. Sept. 25<sup>th</sup>. We will continue to meet the last Tues. of every month from 1pm - 2:30pm.

## Mourning Has Broken



Are you grieving the loss of someone you love?

You are not alone.

Our 8 week bereavement support group allows you to share your losses in a supportive, compassionate & confidential environment. Session will begin this fall. Call Peggy for more details.

## Palliative Care Course

Our fall Palliative Care Course will start on October 1<sup>st</sup>, 2012. It runs for 10 weeks, on Monday nights from 6:30-9:30pm.

This is an excellent opportunity for those who would like to become a hospice volunteer or learn more about end of life issues. We are in need of new volunteers, so if this is something that interests you, give us a call at 613-354-0833.



## The Douglas Thompson Children's Wish Fund

This fund was established by the family of the late Douglas Thompson to provide assistance and support to those under the age of 19 living with a life threatening illness. We were able to help 2 year old Harley this summer.

## 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.*



**Rev. Des McGrath**-July 19<sup>th</sup> 1909-remembered by A.& N Ryan and all fishermen world-wide.

**Anita Kinghan** July 2<sup>nd</sup> 1993 remembered by friend Peggy Sunstrum.

**Violet Robinson**-July 20<sup>th</sup> 2008 remembered by granddaughter Cindy Crowson.

**Michael Barrett**- July 19, 1975- remembered by Anne Roantree.

**Harold McClelland**- July 1, 1973, remembered by Joyce & family.

**Isabel Dean** -July 30,2004- remembered by daughter Heather.

**James Burns** July 22, 1999-remembered by daughter Dianne Dowling.

**Dianne Readman** July 31, 2010- remembered by Marie & Don Fairman & Family.

**Leonard Fleming**- Aug 04, 2006- remembered by

Regina, Amber, Jennie, Carina and Fleming Family.  
**Helen Marren**-Aug. 4<sup>th</sup> 1994- remembered by daughter Marie Fairman & Family.

**Margaret Ware**- Aug 12, 1982- remembered by daughter Meredith Ware.

**Terry Gray**- Aug 22, 2008 remembered by Mom & Dad, Karl & Donna Gayle Gray.

**Margaret Knight**, Aug 25, 2005- remembered by Marion & Larry Wannamaker.

**Donald Brooks**- Aug 27 - remembered by wife Vibeke Brooks.

**Noreen Brennan**- Sept. 18<sup>th</sup> 1996- remembered by daughters Darlene, Kurra & Krystal.

**Kaye Dunlop**-Sept. 27<sup>th</sup> 1985 and **Frank Havey** Sept 29<sup>th</sup>, 1991 remembered by Maureen Havey & Liza Blades

**Leland Wannamaker**- Sept. 29, 1990- remembered by Larry & Marion Wannamaker.

**Eberle Lorna Jean** - Oct. 20<sup>th</sup> 1998 - remembered by Friend Peggy Sunstrum.

**Frank Barrett** - Oct. 15<sup>th</sup> 2001 - remembered by daughter Anne Roantree.

**Rodney Dove** - Oct. 30<sup>th</sup> 2004 - remembered by wife Ann Dove.

**Howard Van Vlack** - Oct. 27<sup>th</sup> 2008 - remembered by the Van Vlack family.

Many thanks to the following people for their recent financial support:

Marian Forester	Tom Rankin	Christina McKerrow
Miriam Blue	Peter & Anne Rose	Rita Hilliard
Bert & Margaret Winter	Peter & Sue Wilson	Helen McRae
Linda & Wayne Garrison	The Olay Organization	M. & W. Cuthill
Dawn Switzer	Olive Brinson	Rena Swain
Mr. & Mrs. Short	Margaret Chenoweth	Heather & Frank Walsh
Empey Hill United Church	Kenneth & Carmelita Power	Douglas & Cheryl Free
Marjorie Rose	Don Pepper	Gayle Carlson
Rosemary Empey	Delbert & Marg Baldwin	Superior-Greenstone SB
Red Rock Public School	Henry Vander Wielen	John Kunetsky
Donna McErlain	Anne Trahan	RCL Branch 623
Elaine Badgley	Ralph Hudgins	Peggy & Jim Sunstrum
Kinette Club of Napanee	Ab & Nelda Ryan	Isabelle Saunders
Derryl & Debra Van Vlack	Deborah Kimmett	Jim & Carmel Bell
Caroline Claude & Serge Doucet	Bath & District Lioness	Napanee Lions Club
Barry Graham Chartered Accountant	Dianne Dowling	L&A Women's Institute

**And everyone who supported the following events:**

Hospice L&A's Annual Charity Golf Tournament

Longest Day of Golf 2012

Loonies for Hospice

### **Hospice Lennox & Addington**

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

Email: [peggy@landahospice.ca](mailto:peggy@landahospice.ca)

*Please accept my GIFT to help Hospice L&A*

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

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Please make cheques payable to: Hospice L&A

OR

If you would rather use a credit card to donate to Hospice, please go to

[www.canadahelps.com](http://www.canadahelps.com) and type in our name.

**Regular, monthly contributions may be set up if you wish to do so.**

Charitable No. 89098 5591 RR0001

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

# 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 _____