

Hospice Lennox & Addington Hearts and Hands

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Summer 2013

Kim's Corner

Well, it has been a busy summer all around. Melanie and I have been very active delivering services and programs for our community. We have been privileged to have been able to help support many families over the past few months. We are looking forward to coming together with all our dedicated volunteers at September's volunteer get-together on September 24th!



Personally, I have been able to spend some quality time with my family, and have even enjoyed a few summer evenings boating on the beautiful Bay of Quinte.

Mel's Message

This has been a very exciting and busy summer for me. Joining the Hospice team has been very rewarding and challenging. I am so excited to work with such a wonderful team of board members, staff and volunteers. We have had a lot of referrals this summer and have added some new wonderful volunteers to our team. To add to the excitement of my new career, on June 29, I married my best friend, Adam Bramburger. Our ceremony was at St. Pat's church with the reception at South Fred Hall. It was a beautiful day.



Board of Directors

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

Directors:

Kim Greene
Marie Fairman
Tracy Kent-Hillis

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

Starts on September 25th and runs for 5 weeks. The course prepares volunteers and informs those who wish to know more about end-of-life issues. There is **NO CHARGE** for the course. Contact our office for more details.

Bereavement Support Group



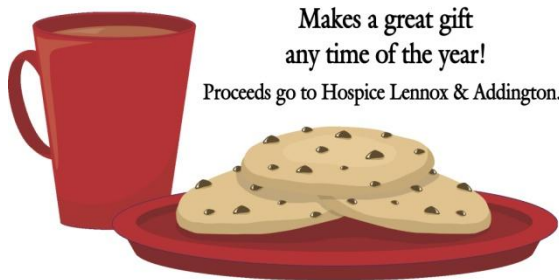
Every grief is unique, but you are not alone. Others are where you are, feeling the same pain. This group offers 8 weeks of caring support and allows you to share your losses in a supportive, compassionate and confidential environment. The bereavement support group will run again in October.

Please call Kim or Melanie for more information.



We are pleased to introduce our **2013 Summer Student** Hannah Barstow. Hannah joined Hospice at the end of May. She will return to the University of Toronto in the fall to resume her studies in music. Hannah is currently organizing our annual Loonies for Hospice fundraiser. Our sticky Loonie strips were placed in various banks and stores around town. Hannah is also organizing our **“Comforts of Home”** cookbook fundraiser which is a compilation of recipes from friends and supporters of Hospice L&A. Each recipe is a tried and tested favourite of its donor. The book will be available for sale in mid-August.

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.

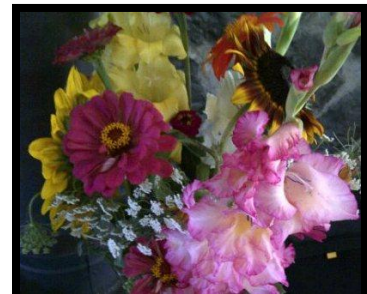
Tupperware Fundraiser

Hospice receives 40% of all sales through this fundraiser. Orders can be placed until August 30. Please look for our fund-



raiser online at www.tupperware.ca or contact Betty Jo Penner, Tupperware Consultant at 613-354-8181 or BettyJoPenner@my.tupperware.ca to place your order today!

Avenstone Open Gardens



Peter and Jane Good will once again invite you to visit their beautiful gardens on Sundays in August from 2pm until dusk. Please visit and pick a lovely bouquet or two! There is no charge for the bouquets but visitors are encouraged to donate to local Hospices if they so wish. All donations made at Avenstone Open Gardens are given directly to your choice of: Hospice Kingston or Hospice L&A (Douglas Thompson Children's Wish Fund). Avenstone is located 15 minutes west of Kingston, Ontario. Exit off Hwy 401 onto County Road 4 North. Drive 1km north of the village of Camden East, then 2km east to 393 Bethel Road.

9th Annual Golf Tournament

We would like to thank all who made our 9th Annual Charity Golf Tournament a huge success. A special thank you goes to Marg Baldwin, Patti Bilow, Wendy Brockmeyer, Miranda Moore, Jeff & Jim Sunstrum and Dominique VanderLinden for their hard work. Thank you to all our sponsors and the many businesses and supporters who made donations. A special thank you to our event sponsors: Cindy Haggerty & Shannon McCaffrey of Re/Max Finest Realty Inc. and Patricia Dafoe of The Cooperators, Insurance Agency Inc. Also, a thank you to our Platinum sponsor: TransCanada.

To Cal & Patsy Dunville and the staff at Briar Fox Golf & Country Club – the course was beautiful and the meal fantastic! Thank you to the golfers who had faith that the rain would hold off and came out to have some fun and support Hospice. We had an awesome day! We raised \$15,000 to bring our 9-year total to \$86,000! Your generosity and support is greatly appreciated. All funds will be used to help carry on with palliative care and bereavement support services in our community. THANK YOU SO MUCH!



Team LACGH



Dave Pinnell and Jamie Cybulski

LOONIES 
 **for Hospice**

Thank you to participants:
Scotiabank
TD Canada Trust
Kawartha Credit Union
CIBC • Wallace's Drug Store
Gray's IDA • Country Traditions
...and everyone who donated!

THIS YEAR WE RAISED

\$ 830

Longest Day of Golf & Trivia Night 2013

Thank you to Jamie Cybulski and Dave Pinnell Jr. who raised just over \$3000 in their combined efforts of Trivia Night and the Longest Day of Golf. These funds have been invested in hopes of one day opening a Residential Hospice in our community! We thank everyone who supported these events.

Dump the Plump 2013

Thank you to this year's Dump the Plump participants, and congratulations to the winners!



Mike McNeill (left) was the big winner (or loser!) this year, and took home \$537.50 for losing 19.02% of his body fat.

Team Medicine Cabinet (right) lost a combined 7.38% of their body fat. Pictured here is Kim presenting them with a \$500 prize!



Save the Date:

September 24, 2013	Volunteer get-together, 1-2:30pm
September 25, 2013	Palliative Care Course begins
October 29, 2013	Bereavement Support Group begins
February 8, 2014	8 th Annual Curling Fun-spiel
March 31-April 5, 2014	Terry Wright Memorial Old-Timers Hockey Tournament
May 31, 2014	10 th Annual Charity Golf Tournament

Thank You!

We would like to thank Computer-Ease for their patience and ongoing technical support. We couldn't stay connected without them!

Find us on

facebook

Annual General Meeting

This year's AGM took place in June. With the election of officers, we welcomed two new board members: Marie Fairman and Tracy Kent-Hillis. We also said a fond farewell to board members Marion Wannamaker and Elyn McEwen. There is still room on our slate of officers. If this interests you, or you would like more information, please contact us.

NDCF Grant

The Napanee District Community Foundation has awarded Hospice a \$3000 grant to continue with the Child and Youth Bereavement Support Program. The program is provided to children in elementary and secondary schools who are dealing with a significant loss in their lives. It provides a safe space to share and learn about grief.



www.kawarthacu.com

Hospice Lennox & Addington will receive a \$1000 donation from Kawartha Credit Union's 2013 Community Involvement Program. Thank you!



We would like to thank the United Way community for their ongoing support!

United Way
Kingston, Frontenac
Lennox and Addington

Donations

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

Kim Ayling	Napanee Lioness Club	T.W. Memorial Hockey
Heather Dean	Melanie McGarvey-Bramburger	Tournament
Andrew Godin	Robert's Press	Marion Wannamaker
Ralph Hudgins	Albert & Nelda Ryan	Ted & Sharon Yeomans

And everyone who supported the following events:

9th Annual Charity Golf Tournament
Longest Day of Golf 2013
Loonies for Hospice 2013



Coming Soon

Hospice will soon be opening our *Hearts and Hands Gift Shop*. Our fundraising items will be showcased in our office and online.

Items will include: "Comforts of Home" Cookbook, Bereavement Bears, Angel Ornaments, care baskets, bereavement baskets, holiday baskets, and more!

Memorial Garden

Thank you to Liz Graham and Jan Hobin for maintaining our memorial garden in Conservation Park. The garden was planted in memory of two beloved Hospice board members, Andrea Collins and Joan Elm.

Remembrance Column

Noreen Brennan - Sept. 18, 1996

Remembered by daughters Darlene, Kurra & Krystal.

Joanne Casselman - Sept. 18, 2001

Remembered by daughter Kim Ayling and family.

Kaye Dunlop - Sept. 27, 1985

and **Frank Havey** - Sept. 29, 1991

Remembered by Maureen Havey & Liza Blades.

Leland Wannamaker - Sept. 29, 1990

Remembered by Larry & Marion Wannamaker.

Frank Barrett - Oct. 15, 2001

Remembered by daughter Anne Roantree.

Lorna Jean Eberle - Oct. 20, 1998

Remembered by friend Peggy Sunstrum.

Howard Van Vlack - Oct. 27, 2008

Remembered by the Van Vlack family.

Rodney Dove - Oct. 30, 2004

Remembered by wife Ann Dove.

Lorna Burns - Nov. 1, 2010

Remembered by daughter Dianne Dowling.

Bob Dowling - Nov. 1, 2010

Remembered by wife Lillian 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. 20, 2003

Remembered by wife Bev Martin.

Tim Havey - Nov. 23, 1975

Remembered by Maureen Havey & 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.

Cora Suntrum - Dec 24, 2001

Remembered by son Jim Sunstrum and family.

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, 91B Dundas St E
Napane, ON, K7R 1J1

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: _____
