

HOSPICE



LENNOX & ADDINGTON

Hearts and Hands

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Summer 2015

Kim's Corner

Well, it has been a very busy summer. All of our programs continue to be very busy with many new referrals coming in each week. We celebrated our 25th Anniversary of providing Palliative Care and Bereavement Support to our community this past June; thank you to everyone that celebrated with us! We have had some fun raising funds to help support our services; The Terry Wright Memorial Hockey Tournament, the 11th Annual Hospice L&A Golf Tournament, Trivia Night and Jamie & Dave's Longest Day of Golf. I say it often, but it bears repeating, we are fortunate to live in such a great caring community! Thank you to everyone who supports our organization; those who provide direct compassionate and supportive care to families in our community to those who dedicate hours of their time advocating and raising funds for palliative care services! We are truly grateful for each and every one of you!

Mel's Message

It's hard to believe that I recently celebrated my second anniversary with HL&A. Over the past two years we have witnessed a lot of changes and growth. I am proud to say that each year we have been able to reach out to more families than the previous year. A lot of hard work, dedication and support from volunteers, board members, the community, our community partner (LACGH) and Hospice staff (both current and previous) have all contributed to our continued success. As the fall commences we will be very busy with the start of another Palliative Care Course and a Bereavement Group. We are a small but mighty team. Thank you to everyone for your continued support.

Congratulations to volunteer
Meredith Ware
for being inducted into the
**June Callwood Circle of
Outstanding Volunteers!**



Interested in Volunteering?

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

Hospice L&A will be offering a Palliative Care Course this fall. The 30 hour course will consist of 5 full day classes. Classes will run once a week for the 5 weeks.

Specific dates T.B.D.

Contact Melanie for more information:

613-354-3301 ext 205 or

melanie@landahospice.ca

Hospice L&A's 25th Anniversary

This past June hospice hosted its 25th Anniversary of providing palliative care and bereavement support to members of this community. Over the past 4 years alone, Hospice has experienced a 40% increase in the number of clients we are serving. We currently provide services for over 170 clients each year, engage more than 30 active volunteers, employ 2 full time staff, and are governed by a volunteer Board of Directors. Hospice L&A has evolved over the past 25 years. However, our mission has not changed. Our goal continues to be to assist and support clients, caregivers and families living with a life threatening illness and offer bereavement care after loss. With our communities support, we are committed to continuing to provide reliable compassionate care for many more years to come!



Bereavement Support Group



Are your grieving the loss of a loved one? You are not alone. You will be provided the opportunity to share your feelings in a supportive, compassionate & confidential environment. Group open to both men and women. The eight week group sessions will begin on September 9th. The group will meet every Wednesday from 10am-noon. There is no cost to participate in this program. For more information please contact Melanie at 613-354-3301 ext. 205 or melanie@landahospice.ca



We are pleased to welcome Miranda Moore as our **Summer Student**. Miranda joined Hospice in grade 12 as a co-op student and returned 3 years later to work this summer. She will return to Carleton University in the fall to resume her studies in social work and women's & gender studies. Miranda organized our annual Loonies for Hospice fundraiser; sticky Loonie strips were placed in various banks and businesses around town. This photo of Miranda was taken at Avenstone's first open garden this season. *"It was a huge success with lots of people and lots of fun; we hope to see you there this Sunday!"*

SUNDAY OPEN GARDENS at Avenstone

AUGUST 9, 16, 23, 30 from 2-6 pm

We invite you to visit our garden and cut a bouquet of flowers. There is no charge, but a donation to local hospices is welcome.

Hospice Kingston
Hospice Lennox & Addington
(Douglas Thompson Children's Wish Fund)

Avenstone is 20 minutes northwest of Kingston
Off County Road 4; 1 km north of Camden East
393 Bethel Road, Stone Mills Township

Spread the word. Bring a friend.
www.gardeningandgiving.ca

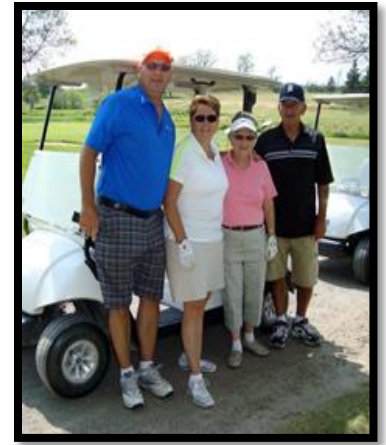


come into the garden...

11th Annual Golf Tournament

We would like to thank all who made our 11th Annual Charity Golf Tournament a huge success. A special thank you goes to our wonderful volunteers for their hard work. Thank you to our all our sponsors and the many businesses and individuals who made donations. To Cal and Patsy Dunville and the staff at Briar Fox Golf Club, we appreciate your warm hospitality. Thank you to the golfers who came out to enjoy the day, have some fun and support Hospice Lennox and Addington. The event made almost \$15,000 to bring our 10 year total to \$114,000! 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 Pat Dafoe

Longest Day of Golf

Thank you to Jamie Cybulski and Dave Pinnell Jr. who raised \$4500 in their combined efforts of Trivia Night and the Longest Day of Golf, bringing the three year total to \$9500! We thank everyone who supported these events. A special thank you to Jamie & Dave for your ongoing support!

Loonies for Hospice

Thank you to this year's participants:

AM Sports, BMO, CIBC, Country Traditions, Divine Salon, Gray's IDA, Kawartha Credit Union, Scotiabank, Sports Madhouse, TD Canada Trust, Wallace's...and everyone who donated!

We exceeded our goal and raised \$1,333.65



Dave Pinnell & Jamie Cybulski

Upcoming Events:

August 2015

September 2015

September 2015

Fall 2015

Avenstone Open Gardens – Sundays in August 2-6pm

Bereavement Support Group – starts September 9th, runs for 8 weeks

Volunteer Get Together September 24th

Palliative Care Course – 30 hour training course.

NDCF Grant

This past spring, The Napanee District Community Foundation awarded Hospice a \$2000 grant allowing us to conduct an off-site Palliative Care Training Session.

This session was offered in Odessa; aimed at recruiting volunteers in the East end of our county. The course was successful, with several new volunteers completing their orientation with Hospice L&A. Thank you to the N.D.C.F for your ongoing support of palliative care services in our community!



Find us on [facebook](#)

Terry Wright Memorial Hockey Tournament

This past spring the T.W. Memorial Hockey Tournament raised \$2100 to help support palliative care services in our community! Thank you!



John O'Connor, Kim Sunstrum, Melanie Bramburger and Bob Mosses.

Thank you to everyone that supported this tournament. A special thank you to John O'Connor for your leadership and to Bob Mosses for inviting Hospice L&A to be involved with this great event!

Camden Braes Golf & Country Club kindly supported Hospice L&A this summer with a significant donation. Linda Wolfram Fraser tells us that any time Camden Braes Golf & CC has a ladies event they try to raise money to help local women fighting cancer. Their largest fund raisers are the Ladies Scramble in June and the Ladies Golf Tournament in September. Camden Braes has a goal for the money raised, and that is to let local women...the daughters, sisters, mothers, girlfriends know that they care and they want to do something to help and make a difference. Funds raised were used to purchase Vidoma Naturals Care Packages, an iPod for music therapy, a ROHO cushion and informative resources - all used to make a positive impact on women fighting cancer.



"Team Jan" at Camden Braes

Donations

Napanee Lioness Activity

Patricia Dafoe Insurance Agency Inc.

The Estate of Paula Winn

Marg & Delbert Baldwin

Keith Chapman

Donna & Gary Hodson

Camden Braes Golf & Country Club

Elaine Badgley

Diane Myers



Thank you to those who donated in memory of Percy Knight, Jim Clark, Madeline Brady, David Bremner, Diane Milne, Faye Murphy, Grant Badgley, Nadine Wales, Matt Fairman, Harold "Nick" Nicol, David Lochhead, Mike Gordon, James King, Murray & Isabel Dean, Wilmont Craig, Fred Farrell & Carson Brooks

and everyone who supported the following events:

*T.W Memorial Hockey Tournament
11th Annual Charity Golf Tournament
Longest Day of Golf/Trivia Night 2015*

Loonies for Hospice 2015

Thank you!

Remembrance Column

Rev. Des McGrath - July 19, 1909

Remembered by A&N Ryan and all fishermen worldwide.

Anita Kinghan - July 2, 1993

Remembered by friend Peggy Sunstrum.

Violet Robinson - July 20, 2008

Remembered by granddaughter Cindy Crowson.

Michael Barrett - July 19, 1975

Remembered by Anne Roantree.

Harold McClelland - July 1, 1973

Remembered by Joyce and family.

Isabel Dean - July 30, 2004

Remembered by daughter Heather Dean.

James Burns - July 22, 1999

Remembered by daughter Dianne Dowling.

Dianne Readman - July 31, 2010

Remembered by Marie & Don Fairman and family.

Leonard Fleming – Aug. 4, 2006

Remembered by Regina, Amber, Jennie, Carina and Fleming Family.

Helen Marren - Aug. 4, 1994

Remembered by daughter Marie Fairman and family.

Margaret Ware - Aug. 12, 1982

Remembered by daughter Meredith Ware.

Terry Gray – Aug. 22, 2008

Remembered by Mom & Dad and 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, 1996

Remembered by daughters Darlene, Kurra and Krystal.

Joanne Casselman - Sept. 18, 2001

Remembered by daughter Kim Sunstrum 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.

Murray Dean – Nov. 16, 2004

Remembered by daughter Heather Dean.

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.

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: _____

E-mail: _____