
Hospice Lennox and Addington

Hearts and Hands

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February 2013

Peggy's Place



Hello to all. I hope this newsletter finds you healthy and warm. I had the unfortunate experience of the flu this winter. It was nasty. It took me a long time to recover (that's not an age thing is it?) I hope you were able to escape it.



December was a sad month for many. The Napanee community lost several well-known and respected members, as well as the shooting at the school in the States. It reminds us that life is precious, and can change in a moment. Let's slow down and enjoy the journey.

Our spring Palliative Care Course will start on Monday March 18th and runs for 8 weeks. This is an excellent opportunity for those who would like to become a hospice volunteer or learn more about caring for someone with health issues. The course includes several guest speakers discussing a wide variety of interesting and informative topics. It also includes a visit to a crematorium and funeral home. If volunteering is something you have been thinking about, I urge to give me a call to find out more information. I hope the rest of your winter is good, and keep in mind...spring is right around the corner.

Peggy

A degree of chaos can be liberating to the creative spirit. Anonymous

Message from the Board Chair



As we move into our 23rd year of providing palliative care and bereavement support to our community, I am reminded of the many changes and challenges we have faced. I believe the future of Health care is one of ongoing change. With our dedicated board of directors, staff and volunteers, I am confident we will continue to meet the needs of our community. Your continued support of Hospice is greatly appreciated.

Margaret Baldwin



Moira Sickling sends the rock down the ice.

February 9th was our Annual Curling Funspiel. You will remember we had that huge dump of snow on the Friday before the bonspiel; but it turned out to be a great day. Many thanks to the curlers who found their way through the snow. Thank you to our supporters, The Co-operators: Patricia Dafoe, Don Pearson from Canadian Tire Gas Bar, Brian Woodcock from Woodcock's Automotive & Jamie Bridge from Lynja Injection Services. We want to thank all who helped make the day a success including the ice man, bartenders, and our volunteers Wendy Brockmeyer, Frank Hamper, Marg Baldwin, and Audrey Elliott.



Wendy and Frank

We enjoyed a wonderful meal from Spuds catering I bet there were some sore muscles on February 10th!! Hope to see you again next year.

Wilton Cheese Order

Our next cheese order will be placed in early March. We will be sending an order form to our current customers. Please contact us if you would like to be added to our list, or to place an order! Thanks in advance for your support!

Dump the Plump

Thanks to everyone who is participating in our annual Dump the Plump Contest! As you know, the biggest losers take home good old cash!! Good luck everyone!

Lending Library

We have a large selection of books and videos dealing with many topics facing families during difficult times. A full list of resources, arranged by subject, is available on our website: www.landahospice.ca



We welcome you to come in and browse through our selection. Our resources are available on loan, or if

you wish, you may use the privacy of our quiet sharing room. There is no fee to use our library.

Volunteer Get-Together Volunteers, you are the heart of our organization.



Please join us on the last Tuesday of every month from 1-2:30pm for our Volunteer Get-together.



United Way
Kingston, Frontenac
Lennox and Addington

The KFL&A United Way will help support our new Enhanced Volunteer Program. The program will focus on recruitment, training and retention of volunteers, and provide current volunteers with continuous educational opportunities.



Irish Blessing: *May you never forget what is worth remembering, or remember what is best forgotten.*

Happy St. Patrick's Day!

Golf Tournament 2013

Save the date: Saturday June 8th, 2013 as we host our 9th Annual Charity Golf Tournament at the beautiful Briar Fox Golf & Country Golf Club. Many sponsorship opportunities are available. This is our biggest fundraising event of the year. There are lots of ways to support it. Please contact the office for more information.



Jamie Cybulski and Dave Pennell Jr. will do the *Longest Day of Golf* on **Wednesday June 19th** at the Napanee Golf & Country Club. Last year they played 145 holes before dark. I think they are hoping to beat that this year. All money raised will be put towards a Residential Hospice in our area.



Jamie and Dave will also be hosting Trivia Night at the Napanee Legion on April 18th in support of their Longest Day of Golf. Watch for more details.



Your donations and support of Hospice are greatly appreciated! We could not do it without your financial support
Recent Donors Include:

Ab & Nelda Ryan
Adolphustown United Church Women
Barbara Francis
Bert & Margaret Winter
David & Jordan Van Vlack
Deborah Kimmett
Dominique VanderLinden
Donna Gayle Gray
Doug & Shelley Alkenbrack
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Henry Schultz
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Robert & Donna Armstrong
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Donations in Memory of:

Alan Francis
Brad Sinclair
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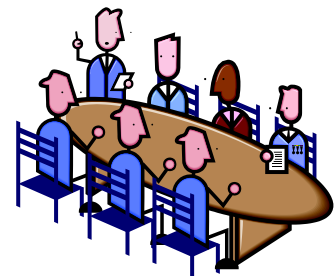
Donations can be made online at:



We would like to thank Kawartha Credit Union for supporting our Child & Youth Bereavement Program. The program is in several local schools under the direction of Cathy Colgate and Sarah Morrow. Our program is now at Southview Public School.



Our Annual general Meeting will be held on June 18, 2013. Everyone is welcome to attend.





Mourning Has Broken

Hospice will offer a Bereavement Support Group starting March 19th. 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. If you would like more information please call Peggy 613-354-0833

Our Remembering Column...



When you lose a loved one, memories become treasures.

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- March23, 2006. Remembered by aunt Pat Dafoe.

Gerda Peterson- March 27, 2003. Remembered by Vibeke Brooks.

Doris Wilson-March30, 1980. Remembered by son Ron Wilson.

Ed Dunlop-April 23,2005. Remembered by Maureen Havey & Liza Blades.

Joyce Van Vlack- April 23, 2008. Remembered by the Van Vlack family.

Robert Clark- May 5, 2007. Remembered by wife Joyce McClelland.

Andrea Collins -May 14, 2003. Remembered by husband Barrie.

Betty Wintle- June 15, 2006. Remembered by husband Gerry.

Gerald Abbott- June 17, 2005. Remembered by Heather Atkins.

Dennis Brennan- June 24, 2001. Remembered by Darlene, Kurra & Krystal.

Joanne Mountford- June 26, 2000. Remembered by best friend Geri Sheedy.

If you would like to remember a loved one in our Remembering Column, please fill out the attached form and return it to us.

Each person you meet is in a specific stage of their life, a stage you may have passed or not yet reached. Judging them by your standards and experience is therefore not only unfair, but could lead to unnecessary anger and frustration.

Anonymous

It is with sadness we announce the loss of a dear Hospice friend, Mr. Maurice Tullett.



Maurice made and donated Adirondack chairs to Hospice, for raffles or silent auctions. He was a delightful man, and we will miss his visits. He will be in our thoughts as we plan the event to showcase the work he loved to do. Please watch for more information on "Musical Chairs".

Hospice Lennox & Addington

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Email: peggy@landahospice.ca

Please accept my GIFT to help Hospice L&A

I enclose a total gift of:

- \$500**
- \$250**
- \$100**
- Or, I enclose a gift of \$_____**

Name_____

Address_____

City/Province_____ Postal Code_____

Phone #_____

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 and type in our name.

Charitable No. 89098 5591 RR0001

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

Hospice Lennox & Addington appreciates your support!

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 _____