

Hospice Lennox and Addington Hearts and Hands



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February 2012

Peggy's Place



Oh...winter peace!
I trust you had a good Christmas and a great start to the New Year, 2012. I just returned from a week in Cuba where the temperature was between 24 & 29 C each day.



Good Vacation.
I am pleased to report we will receive funding from the Kingston Frontenac Lennox & Addington United Way for our Child and Youth Bereavement Support Program over the next year.



United Way
Kingston, Frontenac
Lennox and Addington

In 2010 the United Way funded 105 critical programs and services that helped over 74,000 people. We are very grateful for their continued support of our programs.

Child & Youth Bereavement Program



Volunteer Gladys Spicer & facilitator Cathy Seymour Colgate at a session wind-up celebration.

We continue to provide palliative care and bereavement support to our community. We are always looking for volunteers, so if you have a few hours to spare... please give us a call.

A Message from the Board Chair



On behalf of the Hospice Board of Directors, I would like to express my sincere appreciation to our wonderful, caring and loyal Hospice friends for their continued support. It is thrilling to see the growth of our programs under our dedicated staff and volunteers. Health care is changing in Ontario. As we move with these changes, we will strive to provide the best palliative & bereavement support to our clients. With your support we will continue to grow and serve our community with dignity, care and compassion.

Margaret Baldwin

Fan Van

Virginia Thompson will be taking two Fan Vans to the Soul Pepper Theatre. Monies raised will go to the beautification of the Denys Mailhiot Memorial Garden in Bath. Denys and Brian Jackson did a benefit for Hospice some years ago. He died two and a half years ago.

May 30 You Can't Take it With You...with Eric Peterson, Nancy Palk and Diego Matamoros

Sept. 15 The Sunshine Boys...with Eric Peterson and Oliver Dennis

Tickets for the trip will cost \$125, and include roundtrip coach ride, tickets for the play(s), meeting some of the cast, and a boxed early supper. Please contact Virginia for info. 352-5168.

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

Thank you everyone who is participating this year in our annual Dump the Plump Contest! We have

107 individual entries. We are very pleased to report that the winner in the individual category will take home a whopping \$1338.00!!! There are 9 participating teams. The winning team will take home \$450!

Good luck everyone!!!!!!

Curling Funspiel 2012



Colleen King, Josh Dafoe, Mrs Murphy(fan), Cam and Pat Dafoe's team.

We would like to thank the following people for another successful fun day: the 22 teams of curlers, (including several first time curlers!) Co-operators: Patricia Dafoe Ins. Agency Inc., Canadian Tire Gas Bar, Woodcock's Automotive, Lynja Injection Services, Dr. Doug Alkenbrack, Len's Bakery, Metro, Kingston Frontenacs, No Frills, Don Currier, the bartenders, Cedar Crest Catering and Volunteers Wendy Brockmeyer, Patti Bilow, Audrey Elliott, Marg Baldwin, Shirley MacDonald, Jim and Jeff Sunstrum. Thanks to Lana

Jaeger for the entertainment and to Moira and Mark for donating their 50/50 winnings!

2012 1st Place Team:



Scott, June, Jen and Paul (3 generations of Dickson's!)

It was a fun filled day. Thanks to all who made the day enjoyable. I bet there were some sore muscles on Jan 22!! Hope to see you again next year.

Palliative Care Course

Our spring Palliative Care Course will start on March 12th. 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. The course includes several guest speakers discussing a wide variety of interesting and informative topics. There is a nominal fee of \$40 for the course. Call: 613-354-0833 or email: kim@landahospice to register.

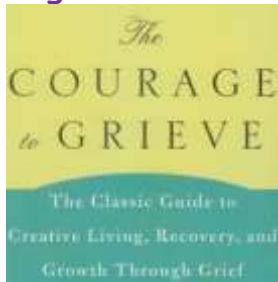


I saw my first robin today, Feb 16!! Spring is on its way. YEA!!!

Lending Library

A special thanks goes out to Sue Dalton. Sue has kindly volunteered to update and organize our lending library to make it user friendly! Please visit our office if you wish to borrow a book on a variety of end-of-life or bereavement topics.

Peg's Pick



The Courage to Grieve by Judy Tatelbaum

This is an excellent book on all aspects of grief and grief resolution. We have it in our lending library. Life is change. We undergo change, loss, and grief from birth onward. Every venture from home, every move, every job or status change, every loss of a person, pet, belief, every illness, every shift in life such as marriage, divorce, or retirement, and every kind of personal growth and change may be cause for

grief. These are what Elisabeth Kubler-Ross calls the "little deaths" of life.

Volunteer Get-Together
Volunteers, you are the heart of our organization. We have set aside the last Tuesday of every month from 1-2:30pm just for you!



We will use this time to share, support and keep everyone updated. Please pop by and meet your fellow volunteers!

Golf Tournament 2012

Please watch for details coming soon regarding our Annual Golf Tournament!

Mourning Has Broken

Hospice will offer a Bereavement Support Group starting in March. 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.

Our Heart Felt Thanks...



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
Bert & Margaret Winter
Bob & Donna Armstrong
Brain Woodcock
Brian & Norma Fitchett
Byron D. Collins
Christine Silver
David & Jordan Van Vlack
Deborah Kimmett
Delbert & Margaret Baldwin
Dianne Dowling
Don Pearson
E. & M. Hughes
Frank & Deena Streek
Frank Hamper
Frederick & Joan MacKay
Geoffrey J. Griffin
Grace United Church
Grandview W.I.
Heather Wright
Hilda Asselstine
Jamie Bridge
Jim & Peggy Sunstrum

Joyce McClelland
Karen & Larry Searle
Keith Chapman
Marie Fairman
Marie Taylor
Marion Wannamaker
Marjorie Pearce
Mark Taylor
Maurice Tulett
Moira Sickling
Paddi Sinclair
Patricia Dafoe Insurance
Rob Baxby
Ron & Marlene McNeely
Rotary Club of Napanee
Shelly & Doug Alkenbrack
Tessa & David Brunton
Virginia Freeman
The United Way

Donations to the Douglas Thompson Children's Wish Fund

Virginia Thompson
Amanda Schultz
This fund was developed
by the family of the late
Douglas Thompson for
children and youth under
the age of 19 who are
living with a life
threatening illness.
Referrals can be made by
contacting our office.

Donations in Memory of:

Andrea Collins
Andrew Phippen
Brad Sinclair
John Grose
Mary Belle Hambly
Mary Jackson
Roger Vaudry

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- March 23,
2006. Remembered by
aunt Pat Dafoe.

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

Doris Wilson-March 30,
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.



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

Happy St. Patrick's Day!

Note: If you currently
receive a paper copy of
this newsletter & wish to
receive it in full colour via
email please let us know
by emailing:
kim@landahospice.ca

Hospice Lennox & Addington

Box 531, 91B Dundas Street East, Napanee, ON, K7R 1J1

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

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 _____ |