

HOSPICE

LENNOX & ADDINGTON

Hearts and Hands

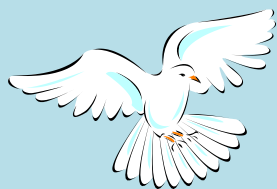
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December 2018

Seasons Greetings...

The Board and staff of Hospice Lennox and Addington extend warm and joyous holiday wishes. Amid the hustle and bustle of the holiday season, may you find time to pause, to reflect, and rejoice in the true meaning of the season. May the New Year bring you the promise of Hope, Peace, and Happiness.



Bereavement Support Group



Are you grieving the loss of a loved one? You are not alone. In our group sessions you will have the opportunity to share your losses in a supportive, compassionate, and confidential environment.

Sessions run for 8 weeks and will begin in the Spring. To register please contact Melanie at 613-354-0833 Ext 205 or melanie@landahospice.ca

There is no cost to participate in this program

2018/2019
Board of Directors

Frank Hamper
Margaret Baldwin
Albert Mulligan
Diane Remington
Beth McPherson
Elaine Badgley
Kevin Duncan
Burry Wiseman

A graphic for a 'Blue Christmas' service. The background is a dark blue night sky with a bright sun or star in the upper right corner, casting rays. Small white stars are scattered across the sky. In the foreground, there are dark silhouettes of mountains. On the right side, several white doves are flying upwards in a V-shape. The text 'Blue Christmas' is written in a large, elegant white font, with 'Blue' in a cursive script and 'Christmas' in a serif font. Below it, the subtitle 'a service of remembrance and hope' is written in a smaller, white serif font.

Blue Christmas

a service of remembrance and hope

Grieving, Praying, and Healing

Date: Tuesday December 20th, 2018

Time: Service at 1:00pm

Place: Airhart Room, L.A.C.G.H.

All are welcome to attend

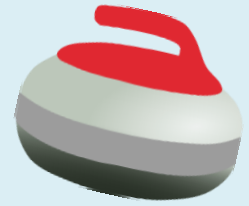
You are invited to join us for
light refreshments following the service.

Please R.S.V.P:

613-354-3301 ext. 205 or melanie@landahospice.ca



Hospice L&A's 14th Annual Fun-spiel



Saturday January 26th, 2019
Napanee Curling Club

Two Games, Top Teams receive a Prize, Lunch and Catered Dinner

Entry: \$220.00 per team

To register call Hospice at 613-354-3301 ext 203
or e-mail: info@landahospice.ca

EVENT SPONSORED BY
PATRICIA DAFOE INSURANCE AGENCY INC.



“The tear in my eye is to let you know that others feel your sadness. The heart within my paw represents the love that surrounds you. The tissue is for you. It is filled with compassion.”

Thank you to Camden Braes Golf & Country Club who donated 100 Empathy Bears to Hospice L&A. The bears provide comfort to many of our clients.

Special thanks to everyone that donated meal replacement drinks to our client in need!



Some Ways to Cope with Grief during the Holidays

- ❖ Set realistic expectations for yourself - decide if you can still handle the responsibilities you've had in the past.
- ❖ Surround yourself with people who love and support you - Share your plans with family and friends and let them know of any intended changes in holiday routine.
- ❖ Try to avoid "cancelling" the holiday despite temptation - allow yourself some time for solitude, remembering, and grieving, but balance it with planned activities with others.
- ❖ Allow yourself to feel joy, sadness, anger - allow yourself to grieve - it is important to recognize that every family member has their own unique grief experience and may have different needs related to celebrating the holidays. No way is right or wrong. Experiencing joy and laughter does not mean you have forgotten your loved one.
- ❖ Find a way to honour your memories. Create a special way to memorialize your loved one - light a candle, create a memory box, hang a special ornament, serve their favourite dish, play music that reminds you of them, or make a donation in their honour.
- ❖ Take care of yourself - avoid alcohol or other substances to medicate your mood. Write in a journal, exercise, eat healthy, take a nap, do what you need to do to de-stress and feel comforted.

Save the Date!



15th Annual
Hospice Golf
Tournament

Saturday, May 29th, 2019

Briar Fox Golf & Country Club



**2019 Rotary Cash Calendars
for sale!**

Calendars cost \$20 and \$5 from each purchase goes to Hospice L&A

Can be purchased from the Hospice office, Nailology, and Smart Florist.



Interested in Volunteering?
Watch for new volunteer
education dates coming in the
Spring of 2019!

Donations

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

Lillian Dowling
Dan & Jane Murphy
Elaine Badgley
Judy Wall
Gary Bradshaw
Delbert & Margaret Baldwin

James & Shirley Zehr
Rob MacDonald
Margaret & Bert Winter
Virginia Freeman
Bob & Wendy Brockmeyer
Janice & Jack Smith

Roger & Suzanne Oliver
Peter & Jane Good
Selby & Empey Hill Men's Club
Terry Richmond
Judy Greer
Adam & Melanie Bramburger

Thank you to those who donated in memory of:

Jean Seton, Kale Daniel Murphy, Leo Hulsmans, Leonard Hinch and Tom Baldwin

And everyone who made a donation to our equipment loan program.

Remembrance Column



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 Sunstrum - Dec 24, 2001 Remembered by son, Jim Sunstrum and family.

Virginia Gimson - Jan. 13, 1990. Remembered by granddaughter, Peggy Sunstrum and family.

Margaret Wilson - Jan.20, 2006. Remembered by her family.

Douglas Thompson - Jan.21, 2000. Remembered by Madelon Kelly.

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 Derryl, Deb & family.

Dennis Marren - March 16, 1993. Remembered by Marie Fairman & Family

Andy McGarvey - March 21, 2014. Remembered by Adam & Melanie Bramburger.

Kale Murphy - March 23, 2006. Remembered by his parents Dan & Jane Murphy and aunt Pat Dafoe & family.

Many whom have passed & left vacancies in my life.
Remembered by Virginia Freeman.

Would you like to remember someone in our Remembrance Column?

Please fill out the information below and send it to us:

I, _____, give permission to have my name, and the name of my loved one, printed in the Hospice Lennox & Addington newsletter in the Remembrance Column.

Name of Loved One _____ Anniversary Date _____

Remembered by _____ Relationship _____

Signature _____ Date _____

WE NEED FOR YOUR SUPPORT!

Hospice Lennox and Addington can help. For over 25 years our staff and volunteers have been providing compassionate physical, psychological, social, and spiritual support to our community; assisting families living with a life-altering illness. We are asking for your financial support to help us continue to provide valuable services to our community.

HOW CAN YOU HELP?

You can help by making a cash or asset donation. You may also leave a legacy through a bequest (gifts made in your will) or by designating Hospice L&A as a beneficiary in a new or existing life insurance policy. Consider becoming a Hospice volunteer; our next training session will be held in the fall.

HOW CAN YOU DONATE TODAY?

Online: Please visit www.canadahelps.org and search "Hospice Lennox and Addington"

Email: Make a secure donation online with interact e-transfer (please contact us with the password to accept)
Send to info@landahospice.ca

Mail: Hospice L&A, 8 Richmond Park Dr. Napanee, ON K7R 2Z4. Please make any cheques payable to "Hospice L&A"

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

Charitable No. 89098 5591 RR0001

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

Name: _____ Phone: _____

E-mail: _____

Address: _____

City/Town: _____ Postal Code: _____

This donation is made in memory of: _____