



Hike for Hospice- May 29th

Spring has arrived and that means it is time for our annual Hike for Hospice! We will be celebrating our 12th annual Hike for Hospice on Sunday May 29th. We are excited to offer both an in-person hike and a virtual hike this year! The choice is yours.

The in-person hike will take place on Sunday May 29th at the Ferguson Forest Center. For those who wish to participate virtually you can hike anywhere you wish!



We want you to get active and raise much needed funds to support the Beth Donovan Hospice and its services. Every dollar raised by the Hike for Hospice remains in our community to help offset the operational costs and allow us to keep our programs and services free of charge.

Register today as an individual participant or as a team. We encourage you to challenge others to register as an individual or team and compete for highest fundraising. Bring your whole family with you including your pet as part of our Woofs and Wags and receive a free goodie bag for your pet! (Limited number of goodie bags for pets)

To register, please visit: www.bethdonovanhospice.ca

SUPPORT YOUR LOCAL COMMUNITY HOSPICE AND HIKE YOUR WAY!

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Upcoming Events

Volunteer Education: The Privilege of Supporting End of Life, April 5th at 5:30

Death Café, April 12th from 6:30– 8:00 pm

Caregiver Coffee, the last Tuesday of the month at 1:00pm

Bereavement Support Group, the 2nd Wednesday of the month at 5:30 p.m.

Meditation- Sunday, Tuesday, and Thursday at 7:00 pm and Thursday at 2:00 pm – all via zoom

National Advanced Care Planning Day, April 16th

Guided Journaling Wednesdays, via zoom, at 7:00, April 20 to June 22

Volunteer Appreciation Dinner, April 26th

Book Club “Take Over” in Merrickville, May 10th at 10:00am

Hike for Hospice, May 29th at the Ferguson Forest Centre

At Your Own Pace – Walking Club, May 30th at the Ferguson Forest Centre

Book Club Open House, June 15th at 1:00 pm

For more information please call the office at 613-258-9611 ext 0 or email program@bethdonovanhospice.ca

At Your Own Pace...

Beth Donovan Hospice will be offering a bereavement walking group this spring for anyone interested. As a part of BDH's growing Support Network, the volunteer led group will facilitate connection, a sense of community, and all the health benefits of gentle exercise and fresh air.

The walking group will be led by volunteer, Joan Brown, who knows firsthand how important it is to connect with others and get outside. Joan started volunteering at BDH 5 years ago as a way “to give back what was so freely and generously given” to her and her husband Trevor. Trevor attended our weekly Day Hospice Program, and as his illness progressed, they were both able to access other valuable services including In-Home Visiting, and Counselling.

The idea for the walking group sprang from Joan's own experiences with grief, and what she needed after the death of her husband. She admits that she didn't have a lot of energy after Trevor died but that she did want to get out of the house and be with people who could understand her. “I needed someone who understood that I couldn't ‘just’ get over it.”

Joan wants to emphasize that this will not be a “speed walking” group and that the focus will be on connection and fresh air. If you are recently bereaved and looking for a reason to get out of the house with other like-minded people, join our weekly walking group where we will make our own rules while casually strolling through the Ferguson Forest Centre. Don't feel like talking? Okay. Need to cry? That's fine. Need to talk? Feel free. You set the tone. You set the pace.

The group starts May 30th and will run for 8 weeks. We will meet at 1:00 pm at the Ferguson Forest Centre. For more information and to register please contact counselling@bethdonovanhospice.ca



National Volunteer Week

April 24th to the 30th is Canada's National Volunteer Week. This is a time to celebrate Canada's 24 million volunteers! Volunteering does seem to be an inherently Canadian thing to do. Volunteers care about their community and the people who live there. They have compassion for others and want to see improvement and connection for everyone. Volunteering is an essential part of good citizenship and an important building block of any good community.

Many of Canada's non-profit organizations rely primarily on volunteers to offer their programs and services. At BDH we are lucky to have a wonderful group of compassionate and capable volunteers who enrich the lives of our clients and make our community a better place. We are very thankful for all our dedicated volunteers, and we look forward to seeing all of them at our annual Volunteer Appreciation Spring Gathering.

On April 26th from 5:00-7:00 we will gather in appreciation of the efforts of our volunteers who provide compassionate support and care to our clients and their families. Please RSVP to program@bethdonovanhospice.ca

June Callwood Volunteer of the Year Award Recipient – Patrick McGahey

We are thrilled to announce that Pat is our 2022 Volunteer of the Year. It is an honour to recognize him for his commitment to hospice and his 26 years of service with BDH.

The June Callwood Award was established in 1994 by the Hospice Association of Ontario, joined in 2011 with Ontario Palliative Care Association to form Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, the Award Patron, long-time advocate of hospice, community activist, author, and recipient of the Order of Canada. June was a recipient of this award in 1995.

Pat is a dedicated and loyal volunteer who is always ready to help. He has demonstrated his willingness to do good by assisting in many different roles at hospice. Whether he is promoting hospice services, taking care of property maintenance, providing bereavement support, or driving clients, he does so with an integrity, constancy and natural kindness that is appreciated by all. Pat's quiet willingness to help wherever possible and his devoted volunteer career at BDH is truly admirable.

If you are interested in becoming a volunteer with Beth Donovan Hospice, please contact us at program@bethdonovanhospice.ca



Volunteer Education

On March 23, 2022, we had seven new volunteers arrive at BDH to begin the volunteer training program. For the next six weeks the group will meet on Wednesday afternoons for two hours. During this time the group will have the opportunity to learn about Beth Donovan Hospice, all our programs, and the many volunteer roles. These volunteers will also be completing thirty hours of online training required by Hospice Palliative Care Ontario. The training provided by BDH is intended to augment the learning provided by HPCO by bringing together the guidance of HPCO and specific roles of our BDH volunteers. It also allows for the volunteers to make connections, ask questions, and engage in meaningful discussions.

If you are interested in becoming a volunteer with the Beth Donovan Hospice, but not sure where you would like to donate your time, contact us at [www. program@bethdonovanhospice.ca](mailto:program@bethdonovanhospice.ca). We would love to have the opportunity to talk to you and explain all the different volunteer opportunities!

The VAC committee continues to offer Continuing Education Sessions that support the important work of our volunteers. We were thrilled to offer Compassion Cultivation Training, facilitated by Shireen Mansouri MD CCFP(EM) FCFP. Shireen is a family physician who is a certified Compassion Cultivation Teacher. She is interested in exploring Compassion Cultivation as a potential antidote to empathic distress and burnout. The course was aimed at helping people move through life and its challenges with a steady mind, from a place of connection and inner strength. We hope to offer another session of Compassion Cultivation in the future. For more details contact counselling@bethdonovanhospice.ca

The next education offering will be “The Privilege of Supporting End of Life.” This education session will be an active discussion, in a café style setting, where we will explore what we believe hospice to be and what we want it to become in the context of end-of-life care. The session will take place on April 5th at 5:30. Please register at program@bethdonovanhospice.ca

National Advance Care Planning Day

Every year, April 16th marks Advance Care Planning Day across the country. This year’s theme is “Life happens...Be Ready.” Now is the time to reflect on and communicate your values and your wishes for future personal care if you are unable to speak for yourself.

Imagine you have been in a serious car accident and have lost the ability to speak. Do you know who would make health and personal care decisions for you? We can’t always predict if, or when, we will need to rely on others to make health or personal care decisions for us, or when we will be called on to make these decisions for someone else.

In Ontario, Advance Care Planning (ACP) includes confirming who your substitute decision maker(s) (SDMs) is and communicating your wishes, values, and beliefs about care to help your SDM(s) make health and personal care decisions for you if you become mentally incapable of doing so for yourself.

Want to learn more? Beth Donovan Hospice has a team ready to provide you with the information you’re looking for. Book an appointment in-person or virtually with one of our ACP facilitators or book group workshops-small or large. These sessions are free of charge with tools and resources included.

Beth Donovan Hospice encourages you to set aside time on April 16th with family, friends and loved ones to discuss ACP. We are happy to help you get your conversations started and additional resources to guide the conversations can be found at www.speakuontario.ca.

Beth Donovan Hospice hosting Dr. BJ Miller as Guest Speaker

With generous support from the OutCare Foundation, BDH is preparing to host “An evening with Dr. BJ Miller, MD.” Dr. BJ Miller is one of the pre-eminent speakers on patient-centered care, palliative and end-of-life care. Drawing on his expertise as a physician and as a patient, he is a proponent for a healthcare system that maximizes quality of life and that minimizes unnecessary suffering.

We are excited to have the opportunity to hear such a distinguished hospice advocate share some of his insight as a palliative care physician at the University of California, San Francisco Cancer Center and former executive director of San Francisco's Zen Hospice Project from 2011 to 2016. He's the co-author, with Shoshana Berger, of the new book "A Beginner's Guide to The End: Practical Advice For Living Life And Facing Death," and he started a new project, the Center for Dying and Living.



Miller's own life was profoundly reshaped at age 19 by an accident that involved the live wires of a parked commuter train. As he tells it, the experience began his “formal relationship with death”—his own death. After navigating the bridge between life and death for decades, Dr. Miller now speaks internationally, inviting us to “realize that the things that matter most at the end of life tend to be non-medical” and see how death has become more complicated and daunting than it needs to be. He encourages patients and providers to enter into a partnership with each-other, where each takes responsibility for their part in the process.

The October 13 event is open to the public and will take place at the Carleton Dominion Chalmers Centre in Ottawa, with a meet and greet from 6-7 pm, and a presentation and Q&A from 7-9 pm. General admission tickets are \$50, with a half-off price of \$25 for Hospice Volunteers. For tickets please go to www.bethdonovanhospice.ca Admission to the event will be limited.

Rural Community Hospice Day

Beth Donovan Hospice invites you to attend the Rural Community Hospice Day being held in Kemptville, Ontario on Friday, October 14, 2022. We welcome you to join us in sharing the unique experience of Hospice Palliative Care in small communities. With the theme of Strengthening our Community Through Connection & Education, we will focus on sharing knowledge and expertise with one another. Themes for this event include: Improving palliative care in your community, showcasing programs and services, Developing engaged and committee volunteers, and Promoting community outreach.

We are excited to have David Kennedy join us as our keynote speaker. David is a trained trauma and grief counsellor with a long history in Hospice Palliative care. He has traveled the world to observe firsthand, death and grief practices in many cultures including Mongolia, East Africa, and the Caribbean. Through storytelling, David will share his rural community hospice experiences and speak to the power of connection.

The event will run from 8:00 am – 4:30 at the North Grenville Municipal Centre in Kemptville. Tickets are \$25 and include lunch and snacks. For more information please visit our website at <https://www.bethdonovanhospice.ca/> for registration and ticket purchases. For more event details, please contact Melissa Hill, Manger of Clinical Services at 613-258-9611 x5 or dayhospice@bethdonovanhospice.ca

Many thanks to our Presenting Sponsor OutCare Foundation.

Grief Literacy

For the first time in Canadian Public Policy history, attention has turned to grief in large part due to the ongoing pandemic. The Canadian Grief Alliance's estimates that there are more than five million Canadians grieving and the number continues to rise. Many of us grieve the death of a loved one, though there are a myriad of non-death losses that countless more Canadians are experiencing.

Grief literacy is defined *as the ability to understand loss and act upon that understanding*. The grief literacy movement aims to increase everyone's ability to recognize grief and become more proficient in supporting ourselves and others.

Understanding and normalizing grief can benefit everyone, and it starts with you. There is so much shame and stigma surrounding grief. Recognizing and acknowledging your own grief acknowledges that grief is a normal, natural response to loss and there is nothing to be ashamed of. Compassion starts with the Self and naturally extends to our community. When we can be compassionate with ourselves in our own grief, we can be compassionate with others.

For more information on how to become an advocate in grief literacy, visit the Dying with Dignity website to find a webinar series on grief and healing. https://www.dyingwithdignity.ca/grief_literacy_webinar_series_summary

Death Cafe: Hosted at the Beth Donovan Hospice

Have you ever heard of a Death Cafe? Have you ever attended one? The premise is simple: people gather, drink tea, eat cake and discuss death, not to be morbid, but rather to raise awareness and to help people make the most of their lives. There is an emphasis on listening and sharing, and the focus is that life is finite, and we want to talk about that. We all have interests and concerns about bereavement, loss, grief or dying. Let's have that conversation.

The Death Cafe movement started in 2011 when Jon Underwood and Sue Barsky Reid held their first in London. Inspired by Swiss-born Bernard Crettaz, it was to open up discussion about death and death-related subjects. Death Cafes are now held all over the world.

It is important to note that Death Cafes are open to all and are conducted in a respectful manner that prioritizes confidentiality. There is no set agenda, no objective or theme. It is not a grief support group nor a counselling session. There is no intention by the organisers to lead participants to any conclusions, buy any products or take any course of action. They are not religious and are always 'not for profit' events.

Our goal at the Beth Donovan Hospice is to normalize discussions about death and dying so that we all feel a little more comfortable doing so while we are alive. We invite you to join us at the Hospice for a Death Cafe on Tuesday April 12th at 6:30pm.

To reserve your spot at the Death Cafe, and for more information please contact the Beth Donovan Hospice at 613-258-9611, or visit our website: www.bethdonovanhospice.ca

Greetings from the Board of Directors

Greetings from the Beth Donovan Hospice Board of Directors,

Spring is upon us! The weather is warming and the days are getting longer. The anticipation of better things to come is in the air. There is cautious optimism that we are moving into a more familiar place in our day-to-day routines after two years.

We have managed to move through all the ups and downs with determination, hope and compassion from Sue, hospice staff and volunteers to our clients, families, and the community.

Plans are being made, events are in the works, and people are gathering again. The annual Hike for Hospice is being held in person at Ferguson Forest or virtually on May 29. Details are on the website. Come and join us, enter a team, or sponsor someone!

The planning committee is hard at work organizing An Evening with BJ Miller on October 13 and Rural Community Hospice Day on October 14. Sponsorships are welcome for both events and tickets are available through the website. This promises to be an awesome double feature!

The Board is working hard on governance and fund development to support ongoing hospice work and broader programs.

We are anxious to see how the Healing Garden and Labyrinth have fared over the winter. New additions are awaiting warmer weather... stay tuned for more!

Wishing you a safe and healthy spring,
Lynne Turnbull, on behalf of the BDH Board of Directors



Beth Donovan Hospice – a history of heart

To write this article I scoured the pages of many files collected during the lifetime of Beth Donovan Hospice. In its infancy, this article was intended to outline some current history of the hospice so that the community might better understand and appreciate its development and contributions. But what I discovered within the pages of all these documents is not the typically trite and dry history but rather a history of real people, real courage and real love that far surpasses any building with which the hospice might be associated.

Do you remember first ever Beth Donovan Hike for Hospice? As far as the staff recall it was May of 2011. The hike was and continues to be an important way to raise both funds and awareness of hospice services while providing the opportunity for individuals to walk in honour of someone they love. This year's Hike takes place on May 30th 2022.



Perhaps you also remember the Beth Donovan Hospice Bowl-a-thon and Spaghetti dinner? The Big Fork, Little Fork? Chill'in and Grill'in? Do you remember the Butterflies of the Heart campaign? Or the Harvest Moon extravaganza? What about Taste for Hospice or the Hospice Hoedown? Or maybe over the years you've been part of one of the many community groups that have

A history of heart Continued

made donations hospice. We will forever be grateful to all of the third-party fundraisers who work so hard to support hospice. We appreciate the Mud Heroes, Ceilidh Girls, the Curling Clubs, Bike-a-thoners and workshop facilitators who have used their creativity and heart to fundraise for our community hospice.

The bottom line is that BDH has worked hard for its community and been embraced by its community for decades. The number of community members who have served as volunteers, committee members, board members, supporters and donors are countless. And Beth Donovan Hospice is strong because of this history of giving.

Network of Support: some upcoming programming

Book Club

BDH book club will be holding an open house on June 15th at 1 pm at the hospice, our book club discusses books both fiction and non, related to illness, death, grief, families, joy and suffering. It is a great way to meet other volunteers who love reading. Our book for June is a book by Francis Itani called *The Company we Keep*. Looking forward to getting to know you better!

Meditation

Meditation is something anyone can do! There are many forms of meditation, but simple mindfulness is one of the easiest to implement. The standard approach is to sit or lie down comfortably, close your eyes, and focus on your breathing. It can be learned in just a few minutes, and the benefits can be felt immediately. Sunday 7:00 pm, Tuesday 7:00 pm, Thursday 2:00 pm and Thursday 7:00 pm. Everyone is welcome for any or all of the sessions. Newcomers can obtain the zoom link by emailing peggy.vandervoort@bethdonovanhospice.ca.

Guided Journaling

Journaling is good for you. And not just for your mental health but for your physical health too. A growing body of evidence suggests that expressive writing can improve immune response, reduce stress, lower blood pressure, and improve sleep. BDH is offering a Guided Journaling class on Wednesday evenings at 7:00pm via zoom. The class is open to everyone, and you can join at any time. Class starts on April 20th. Please contact Amy at volunteeramy5@gmail.com to register.

At Your Own Pace...

A walking group with a focus on connection and fresh air. If you are recently bereaved and looking for a reason to get out of the house with other like-minded people, join our weekly walking group where we will make our own rules while casually strolling through the Ferguson Forest Centre.

The group starts May 30th and will run for 8 weeks. We will meet at 1:00pm at the Ferguson Forest Centre. For more information and to register please contact counselling@bethdonovanhospice.ca



Support your Local Community Hospice and Hike YOUR Way

LACE UP THOSE WALKING SHOES AND JOIN US FOR THE 2022 BETH DONOVAN HIKE FOR HOSPICE!

Walk, Run, or Hike 1K, 3K, or 5K.

Virtual Hike
OR
In-Person Hike at Ferguson Forest Center
Registration starts at 10 am

Register and Fundraise Online!

Register Online at: [Beth Donovan Hike for Hospice](#)
Register as a team or individual.

Limited # of swag bags for those who register and post a picture of their dog on the online registration!

ALL COVID RESTRICTIONS WILL BE FOLLOWED.

