



Lanterns of Love: A Magical Evening at Kemptville Creek

On October 10, more than 100 community members came together at Kemptville Creek for Beth Donovan Hospice's very first "**Lanterns of Love**"—an evening filled with love, remembrance, and a sense of community. With the sun setting and the Northern Lights glowing above, we released beautiful biodegradable lanterns, each carrying heartfelt messages, onto the water.



It was a truly magical sight. The lanterns, glowing softly with natural beeswax candles, created a river of light that danced along the creek. Each one represented cherished memories and hopes, and it was incredible to see them float together.

The evening began with everyone writing their personal dedications on the lanterns while Sharon Baird's harp music set a peaceful mood. As we let the lanterns go, Hugh MacKenzie from the Kemptville Pipe Band played from the Prescott Street Bridge, adding an emotional and moving touch to the night.

The turnout and the warmth of the community were truly heartwarming and because of this incredible response, "**Lanterns of Love**" will now become an annual tradition.

Thank you to everyone who joined us and to the volunteers and musicians who made this special night possible.



BDH Board of Directors

Lynne Turnbull, Chair
Maureen Taylor Greenly, Vice Chair
Peggy Vandervoort, Past Chair
Hugh O'Neil, Treasurer
Cindy Desjardin
Victor Desroches
Linda Carnegie
Lise Kreuger

BDH Staff

Sue Walker
Executive Director
Janet-lee Ferris
Volunteer Coordinator
Sara Craig
Manager of Clinical Services
Melissa Hill
Palliative Clinical Coach
Megan Dillenbeck
Integrative Counselling Therapist
Beth Fitzpatrick
Administrator
Darlene Collin
Outreach Coordinator

Upcoming Events

Lights of Love Community Memorial Event Dec 2nd, 6:00 PM St. John's United Church

Caregiver Coffee: monthly meet ups listed on website event calendar.

Yoga and Sound Bath on the Theme of Grief Dec 8th 1:00 PM at Hospice

Volunteer Gathering Dec 10th from 5:30 PM- 7:30 PM

ASIST Suicide Prevention Training Jan 25th & Jan 26th

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

For more information and to register please call the office at 613-258-9611 program@bethdonovanhospice.ca

Cooking for One- With Linda Carnegie

In October, Beth Donovan Hospice hosted the *Cooking for One* workshop with volunteer Linda Carnegie, and it was a big success! Participants learned to cook simple and delicious meals, perfect for those cooking for themselves, in a warm and supportive environment.

Linda's guidance made the class both fun and informative.

Participants learned how to decide what to cook, economical shopping tips, and how to use leftovers effectively. They also prepared meals to take home and freeze—perfect for easy, healthy options later.



73's Unlock the beds Campaign

The Kemptville 73s have proudly joined the effort to support the #UnlockTheBeds campaign, which seeks to bring hospice beds to North Grenville. Volunteers from Beth Donovan Hospice are present at every 73s home game, collecting signatures for a petition to demonstrate strong community support for this vital initiative. Fans are encouraged to visit the volunteer table, sign the petition, and learn how they can help make this vision a reality.



Beth Donovan Hospice's Executive Director, Sue Walker, has already taken a critical step by submitting an Expression of Interest to Ontario Health. This formal submission is the first move toward securing approval and some funding for hospice beds in North Grenville, addressing a significant gap in local palliative care services.

Should these hospice beds be awarded to the area, significant fundraising will be required to support their development and ongoing operation. Community contributions will play a vital role in making these beds a reality, ensuring that individuals and families facing life-limiting illnesses have access to compassionate, local end-of-life care.

The partnership with the Kemptville 73s highlights the power of community collaboration in driving meaningful change. By supporting the #UnlockTheBeds campaign, the 73s and their fans are helping to bring hospice care closer to home. Be part of the effort—sign the petition at the next home game or visit www.cancer.ca/hospice to have your voice heard.

Beth Donovan Hospice Awarded Clinical Coach Position

Early this year BDHospice was awarded a Clinical Coach position through the Ontario Health East Region to implement the Palliative Community Model of Care recommendations. Melissa Hill, BDHospice's Manager of Clinical Services has transitioned to this role and is embedded in community health organizations (CHO) to implement this important work across the East Region. Clinical Coaches will provide mentorship, coaching and free education to support building palliative care competency across various health organizations in Ontario.



The Health Service Delivery Framework's Model of Care for Adults in the Community provides clear, evidence-based recommendations on ways organizations can improve palliative care. The recommendations were informed by direct patient and family/care partner experiences and engagement with health care professionals, First Nation, Inuit, Metis, urban Indigenous, across health care sectors and Francophone planning groups.

Recommendations focus on improving the patient pathway holistically, from earlier palliative care needs identification, accessible care coordination, and role and responsibilities of care teams involved in patient care. going to support hospice programs.

The overarching goal is to increase awareness about the Model of Care, to build knowledge, and increase organizational change because Ontarians have the right to access high quality palliative care no matter the setting or where they are in their health care journey.

Exciting Changes at Beth Donovan Hospice: Welcoming Amy Tibben to a New Role

We are excited to share some news about a familiar face at Beth Donovan Hospice! Amy Tibben, who has been an integral part of our team in many capacities, will be transitioning into a new role starting this January.

Amy's journey with us began as a volunteer, where her dedication and passion for hospice care quickly became evident. She later stepped into the role of Assistant Volunteer Coordinator and then transitioned to Outreach Coordinator. During her time in this role, Amy's interest in palliative care deepened, inspiring her to return to school to pursue her master's in psychotherapy.

Now nearing the completion of her training, Amy will return to hospice in January as an intern. She will be offering one-on-one counselling sessions and will be facilitating groups, workshops and programs.



We are incredibly proud of Amy's journey and grateful for the many ways she has enriched our hospice community. Her transition into this new role marks another chapter in her dedication to providing compassionate care and support. Please join us in welcoming Amy as she steps into her internship and continues her invaluable work at Beth Donovan Hospice. We are so fortunate to have her on this journey with us!

A Look Back at 2024: A Season of Gratitude for Our Third-Party Fundraisers

As 2024 comes to a close, we at Beth Donovan Hospice are filled with gratitude as we reflect on the incredible support we've received from our community. Thanks to our dedicated third-party fundraisers, over \$30,000 was raised to help keep our programs running and provide compassionate end-of-life care to those who need it.

In June, *Ah Capella*, organized by Mary Moore, brought us together with their beautiful music. The concert featured Village Voices Chamber Choir, Cuppa Joe Vocal Jazz Quartet, and The Humming-Birds Vocal Women's Quartet. Their harmonies filled the room with warmth and joy, reminding us of the power of community and shared experiences. Later that month, the *Peacock Family Annual Glengables & Stonehaven Charity BBQ* brought friends and neighbors together in a day filled with laughter, delicious food, and community spirit. The Peacocks generously provided all the food, time, and effort to host the event, raising money for Beth Donovan Hospice and CHEO.

In August, a dedicated group of ladies from eQuinelle organized the *Par for Care* golf tournament. Despite the rainiest day of the summer, the all-women's tournament went on with smiles and determination. It was a day of friendly competition, camaraderie, and support, and the funds raised will make a big difference in our hospice programs.

In September, *On Horseback for Hospice*, organized by Kathy Moffet of Rideau Breeze Stables, brought 32 riders together to support our grief and bereavement program. The scenic trails and the camaraderie among the horse community and riding teams made the day truly special.

These events are more than just fundraisers—they are the lifeblood of our hospice. They bring people together, raise much-needed funds, and spread awareness about the importance of hospice care. As we look back on 2024, we are deeply grateful for everyone who supported us. Your kindness and generosity make it possible for Beth Donovan Hospice to offer care, comfort, and compassion. Thank you for making a difference, and for being a part of our journey. Here's to a 2025 filled with hope, care, and community.



Healing Hearts "A collaborative book on grief and healing"



The Beth Donovan Hospice is excited to announce their newest project, "Healing Hearts," a co-creative, collaborative book with art, writings and photographs from clients, volunteers and staff from the Hospice. The intention of the book is to uplift, validate and bring healing and support to people who are grieving. It is a heartfelt and colorful 40 page book with content from 19 contributors from our community, all who have bravely shared a part of their grief journey in order to help others. Our hope is that anyone who is grieving can find comfort from the art and expressions of grief and healing in the book.

No matter where you are in your journey with grief, may your heart be uplifted, may you know how valid your pain is, and may you know how much support there is at the Hospice and in our community for grieving and healing. We hope this book feels like a warm hug from us to you. The book is for sale for \$20 with 100% of the proceeds going to support programming at the Beth Donovan Hospice. For more information or to purchase a book,

please contact Megan at 613-258-9611 x4 or counselling@bethdonovanhospice.ca

June Callwood Award

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.

Each hospice in Ontario that is a HPCO organizational member, was invited to nominate one volunteer from within their organization who exemplifies the spirit of hospice volunteerism. The Beth Donovan Hospice chose Lois Crowder as our June Callwood Recipient.

Lois is a selfless and caring volunteer who is kindly thought of by others. Lois is a wonderful volunteer who is always thinking of ways to ensure her clients and other volunteers are feeling appreciated and supported. She is always the first one to greet a client by name and is always there to lend a hand no matter how busy she is. Lois has a smile and presence that lights up any room, along with her great sense of humour. Her in-home visiting clients and our day hospice clients truly enjoy her company. Lois is a kind, compassionate and engaging volunteer.

Congratulations Lois!



Look Ahead: Network of Support Programs – January 2025

Grief and Loss Workshop: Living with the Sorrow of Addiction (Virtual Only)

Join facilitator Wally Clare for a four-part virtual workshop exploring the complexities of grief and loss related to addiction. This program will address how addiction complicates grief, ways to distinguish grief from depression, managing self-judgment, and the benefits of sharing experiences with others. Sessions take place on Wednesday evenings, January 22, 29, February 5, and 12, from 6:30 PM to 8:00 PM. To register visit www.bethdonovanhospice.ca

Yoga, Reiki & Sound Bath

Kick off the new year with relaxation and self-care at a Yoga, Reiki & Sound Bath session. This calming and restorative event will be held on January 5th at St. John's United Church. To register, visit our website or contact diana@yogawithdiana.ca for more information.

Drop-In Grief Group

Our Drop-In Grief Group continues bi-weekly on Wednesdays at 2:00 PM. This supportive space provides an opportunity to connect with others who are also navigating the grief journey, sharing experiences, and finding comfort together. For more information, email counselling@bethdonovanhospice.ca.

Therapeutic Art Program

A new session of our Therapeutic Art Program begins in January. This creative program helps participants express emotions and find healing through art. For more information or to register, please contact Melissa.hill@bethdonovanhospice.ca.

Day Hospice

Day Hospice remains a cornerstone of our weekly programming, continuing every Thursday from 10:00 AM to 3:00 PM at Beth Donovan Hospice. This program offers a welcoming and supportive environment for individuals living with life-limiting illnesses to connect, participate in activities, and find respite. For more information or to register, email dayhospice@bethdonovanhospice.ca.

Caregiver Coffee Support

The Caregiver Coffee Support Program provides a safe space for caregivers to connect, share, and find encouragement. If you or someone you know could benefit, email caregivers@bethdonovanhospice.ca for details on upcoming sessions.

Cooking for One

This practical and supportive program will return in February. Cooking for One offers tools, tips, and community for individuals adjusting to cooking on their own. Stay tuned for dates and registration details. counselling@bethdonovanhospice.ca

Advance Care Planning Info Sessions

We are preparing a new series of Advance Care Planning information sessions to help individuals and families make informed decisions about future care. Stay tuned for dates and more information about this important program.

To find out more, self-refer, or register for any of our programs, visit www.bethdonovanhospice.ca or call 613-258-9611. We look forward to supporting you in the new year!

Greetings from the Board of Directors!

As we move into the colder weather, preparing for winter, I find myself reflecting on the past year. The time has flown by and the Hospice has been so busy! Everyone seems to be moving at top speed to ensure we are delivering programs and meeting community needs.

The energy and creativeness of the staff and volunteers is amazing, all in an effort to support our community when it matters most, and the community response is wonderful! Now that the gardens are put to rest and the patio furniture stored, my hope is that everyone will find some time to rest and reflect, hibernate a little, and ensure some self-care is prioritized.

We have some great plans in the works for next year and we'll let you know all about them as we get closer to spring. The board has been working hard on governance and accreditation matters, doing whatever we can to best support Sue and her staff in their amazing work!

If you see us out and about at the various community events, please stop and say "hi".
Happy holidays everyone!

Lynne Turnbull -Chair
Both Donovan Hospice Board of Directors



Canada Post Strike: Support Hospice Online This Holiday Season

The holidays are a time of giving, connection, and compassion. However, with Canada Post on strike, traditional donation methods might be delayed. At Beth Donovan Hospice, we're ensuring that nothing stands in the way of bringing comfort and care to those facing life-limiting illnesses or loss.

With Canada Post on strike, traditional donations might be delayed, but you can still bring comfort and care to those in need this holiday season. Beth Donovan Hospice's donation campaign is online!

Scan the QR code below or visit www.bethdonovanhospice.ca to make a secure, immediate impact. E-transfers can also be sent to sue.walker@bethdonovanhospice.ca

Your support funds vital programs like Day Hospice, Grief Support, and Medical Equipment Lending, ensuring joy, connection, and dignity for families facing life-limiting illnesses or loss.

This season, give the gift of compassion—donate online today and make a difference.

