

## SHARING SPACE...

We've moved, and we are thrilled at the opportunity to share premises with the Epilepsy Association of Nova Scotia, who have been occupying the offices at 5880 Spring Garden Road, Suite 306 on their own for a number of years; when they decided to cut costs, it was the perfect opportunity for us to become a more visible presence in the community. The space comprises a shared reception/meeting area and two separate offices for our use. Several committee meetings have already taken place there, and we have enough volunteers to staff the office for a half day, five days a week. This will begin in mid September, when a list of names and office hours will be published.

The open house on August 29 was a successful celebration; everyone enjoyed refreshments and chatting with board members and guests from the QEII palliative care and social work departments, and also from the IWK. Their show of

support means a lot to us.

A big THANK YOU to the Epilepsy Association of Nova Scotia for sharing their space. We look forward to a very happy relationship with a mutual sharing of ideas, information and fun.

For more information about the Epilepsy Association of Nova Scotia, visit their website [www.epilepsyns.com](http://www.epilepsyns.com)

*Hospice Halifax Board Members  
L to R, front row to back  
Pamela Gray, Carolyn Fougere,  
Rick MacDonald [chair],  
Michelle Pinfold [treasurer],  
Betty Morton [secretary]  
Fred McGinn, Phil Cox,  
John Owen  
Absent: Roger Seward*



## SHARING IDEAS AND STRATEGIES...

Moving forward we recognize more and more the importance of sharing ideas and knowledge with others who have expertise in the areas we deem significant in our strategy for success.

Through the summer, as part of this process, three members of our board, Rick, Roger and I, had a successful meeting with Darrell Dexter, Leader of the NDP Party of N.S., Lori Errington, Researcher for the NDP Caucus, and Dave Wilson, Health Critic for the NDP. During this meeting we talked about our goal of establishing residential hospice facilities within our com-

munity, and about our hope of becoming part of the overall health care strategy for Nova Scotia. Mr. Dexter shared with us his considerable knowledge on the subject of health care and the current crisis in which we find ourselves; we were impressed with his knowledge and grasp on the current situation. Mr. Dexter has publicly shown support for the initiatives of the Nova Scotia Hospice Palliative Care Association in their effort to improve end of life care; we thank him and his colleagues for sharing their time, thoughts and suggestions with us.

At our board meeting in July we were fortunate to have as guests Krista McMullin, President, and Dr. David Henderson, Vice-President, of the Nova Scotia Hospice Palliative Care Association. They provided a lot of information about the Association and their on-going efforts to increase awareness, lobby government for support, and fund-raising initiatives such as the Daisy Campaign (watch for it in May during Palliative Care Week; we hope to be a part of this). They also talked about the Colchester Hospice Society with which they are both involved, and generally

gave us much food for thought by sharing their experience and knowledge with us.

I would also like to thank Dr. Paul McIntyre, Head of Palliative Medicine and Service at Dalhousie University and Capitol Health, and member of our advisory board, for giving me his invaluable time.

## SHARING TIME...

### OFFICE STAFF

Now with the new office set up we need warm bodies to occupy the space. So far we have had several volunteers who have offered to spend a half a day a week to take on some of the administrative duties. It is our hope that we can establish regular office hours everyday so that people can drop in for information or to chat. Once we get a schedule set up, those hours will be posted. If you or anyone you know has a little time to share with us please call me at 465-2058

### ANGELS IN MEMORY 2007

Hi to everyone! Hope you all had a great summer. As the weather starts to cool, it's time to turn our thoughts to our next fundraiser for 2007: Angels in Memory. Our goals for this event are threefold: raising funds, raising awareness about our society and grief support.

As you may know, we are confirmed to set up once again at City Centre Atlantic. We will be handling the gift-wrapping station as well, with all proceeds going to hospice. In addition, we are looking to secure 2 more locations for trees this year, to help increase our visibility in HRM, so we're going to need an extra effort from everyone in terms of volunteering. Whether it's spreading the word through your workplace, community or circle of friends, the success of all

He provided constructive suggestions on connections we should try to make.

Finally I would like to thank Mary Hatcher, Executive Director of The ALS Society of Nova Scotia for sharing her valuable time with me. Mary has recently moved here from Alberta where she was Chair

or e-mail [secretary@hospicehalifax.com](mailto:secretary@hospicehalifax.com).

We are also looking for people who would be willing to commit some time for special projects such as the following:

***Start a Hospice Society scrapbook***

***Research grant opportunities***

***Write text for our website***

***Contact church groups, service clubs to recruit volunteers***

***Make connections to arrange for speaking opportunities***

***Distribute materials to doctors of-fices, funeral homes etc.***

of our fundraisers depends on our membership involvement. We will be phoning everyone who volunteered last year so if you haven't heard from someone yet, you will very soon!

We have a small committee now working on preliminary items, including acquiring the venues. Our next big task is volunteer coordination, which will prove to be more crucial this year if we do indeed set up a third location. Our goal is to cover Dartmouth, Bedford and Halifax. That said, once we have our pool of volunteers, we will need 2 captains per location to stay on top of the schedule and make sure the site's needs are being met, supplies being replenished, proceeds collected etc. on a daily basis. This is an important position and can be alternated from

of the Alberta Hospice Palliative Care Association for a number of years; she has a wealth of knowledge of non-profit organizations.

BETTY MORTON

Secretary, Board of Directors.

### ***Help plan and organize special events***

Again please contact me if you have any interest in any of these projects or have any ideas and suggestions.

I once read that volunteering is the truest form of philanthropy, as we only have so much time in our lives; to give that freely to others is truly generous.

BETTY MORTON

Secretary

day to day, depending on everyone's work schedules.

As we experienced last year, this event is a form of grief support. Our intention is to have ALL volunteers be more informed about hospice to answer questions, and to get some training to respond appropriately when a donor becomes emotional. You will hear more from the committee on that as the event draws closer.

If you are interested in being on the committee or helping to increase our volunteer pool, please leave a message at the hospice office. It would be great to see some new faces involved in this event so that we can continue to adapt as it grows!

JUNE BOURQUE

Chair of Angels in Memory

## HAPPENINGS...

### NEWS FROM THE EDUCATION GROUP

As the summer winds down, the education committee is gearing up for the fall. The group comprises Carolyn Fougere (Chair), Paul Kaups, Angela McFadden and Brenda Coish-Ginn. We are currently organizing an Adult Bereavement Group to run in conjunction with the Children's Bereavement Group managed by the IWK. We hope to run this six week program from October 17 through to November 27. The bereavement group will be for the parents and /or relatives of the children in the IWK program. We then would like to hold Grieving Circle drop in sessions to follow this program. If anyone is interested in facilitating future programs please let us know.

CAROLYN FOUGERE  
Chair Education Group

### VON Palliative Care:

VON is offering a two day course to complement its annual 7 week winter class,  
Fri- Oct. 12 & Sat. - Oct. 13/2007 from 8:30 – 5, to be held at the VON of Greater Halifax, Board Room , at Halifax Shopping Centre. This course is for nurses and volunteers; there is a \$20.00 charge for volunteers. If you are interested call Donna Hanczaryk at 455-6654

## SHARING INFORMATION...

Sandy Johnson, Executive Director of Hospice Greater Saint John, has always shared the information that she receives from her sources across the country, so we asked if we could include the following article in Hospice Happenings. The



**Hospice Halifax Education Group**  
L to R  
*Angela McFadden, June Edwards,  
Paul Kaups,  
Nick Zwaagstra [IWK Bereavement  
Co-ordinator], Gina Mermelstein,  
Carolyn Fougere [chair],  
Brenda Coish-Ginn*

or e-mail [donna.hanczaryk@von.ca](mailto:donna.hanczaryk@von.ca)

### Canadian Hospice Palliative Care Association:

Nov 4 to 7 – National Conference, an interesting educational event held in Toronto. Visit [www.chpca.net](http://www.chpca.net) for more information.

### Angels in Memory:

Dec 2 to 15. See June's article for more information.

### Silent Auction:

This social event is in the development stages, but we are planning a fun-filled evening later this year during which guests can bid on pieces of art donated to the Society. We have one painting and two prints so far, but we are looking for more treasures: perhaps a piece of needlework, or some pottery, a sketch or a watercolour. All

donations will be gratefully received and considered. Contact the office to arrange for delivery or pickup.

### We're looking for a slogan:

A catchy phrase that can be used during fund-raising campaigns is what we are after; here's an example: HOSPICE: HERE TO HELP. Send your ideas to Hospice Happenings or the office; the winning entry will appear in the spring edition of the newsletter.

### Donation:

A good friend of Betty's holds an annual bocci ball tournament for friends and neighbours in her Toronto backyard, the proceeds going to charity. This year \$300 was donated to Hospice Halifax in memory of two Nova Scotians who died last year: her brother George Bendelier and friend Bob Crosby. Thanks Peg – we really appreciate it.

### Be sure to take a look at our website:

JoAnne Murphy who has a family and works full time, has volunteered to modernize the sadly out dated site. We really appreciate the time she squeezes in to do this for us, but it is a slow process and there is still some information and forms that are obsolete. However, donations can now be made on line [we have received two already], and past issues of Hospice Happenings are available for your reading pleasure.

A Residential Hospice is a home away from home – a place to live and die in peace and dignity surrounded by loved ones and cared for by a team of qualified professionals and volunteers. It offers compassionate, quality care for

... add life to your days."

people who can no longer be cared for at home, but who do not require the expensive and highly medical/technical care delivered in an acute care hospital.

### Who Would a Residential Hospice Serve?

Most people living with a life-threatening illness would prefer to live out their final days at home - most die in hospital. The breakdown often happens in the last weeks or months of life when families are exhausted and cannot afford to hire 24-hour nursing care.

### What Are the Costs of a Residential Hospice?

We hope that there will be no fee for Residential Hospice care. We are planning on Government and Hospice covering the daily cost of care to the patient/family in a shared funding model.

Would a Residential Hospice Replace the Palliative Care Unit?

No. The Palliative Care Unit would

remain at the Saint John Regional Hospital to offer advanced pain and symptom management and expert end-of-life care to over 200 people annually who have uncontrolled symptoms and acute palliative care needs.

### How Does Residential Hospice Help Support Access to Acute Care Services?

Moving people with a palliative illness from acute care hospital beds to a Residential Hospice will help government reduce wait times to acute care hospital beds. Our proposed 10-bed Residential Hospice will have the capacity to care for approximately 150 patients per year, patients who will otherwise occupy acute care hospital beds for the remaining weeks or months of their lives. These acute care hospital beds can then be used to address wait times for joint replacements, cancer treatments and sight restoration, reducing

wait times and enhancing access.

**The following is the situation in HRM, as reported by Angela McFadden, the Palliative Care Resource Nurse and the Palliative Care Volunteer Coordinator at Dartmouth General Hospital:**

**In the Halifax/ Dartmouth area there is only one Palliative Care Unit; there are ten beds in the unit. The majority of Palliative Care is provided in acute care beds and at home. The number of people diagnosed with a terminal illness is steadily increasing and given the present situation, patients find themselves on any number of acute care units. For those who can't remain home for any number of reasons, hospital admission is the only available option. Private rooms are not always available and the various units can be busy and noisy. Wouldn't it be nice if there was another option such as Hospice?**

## EDITOR'S NOTE...

*Our theme for this issue is sharing: ideas, information, space, time. As volunteers we can appreciate the importance of each of these aspects of sharing, but for the hospice society they are absolutely crucial. We don't have to reinvent the wheel; other associations have experienced the journey we are now on and are only too willing to share their ideas and information with us. It's up to us to take advantage of this knowledge. The new shared office space*

*is allowing us to add a business face to our society, with the added benefit of sharing the know-how of another charity group; we have ended our nomadic ways and we can now grow roots. Then there's time. There's never enough in our busy, individual worlds, but perhaps a good place to start sharing time would be to search the attic for that piece of artwork that is beautiful, but really doesn't*

*"go" with the new couch; someone may be keen to bid on it for display in their home or office. Or put on your thinking cap and come up with a catchy slogan; nothing's too silly to be considered.*

JAN EVANS  
Editor

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**"When you can no longer add days to your life, add life to your days."**