

## FAREWELL FROM LELY...

Dear All,  
The second year of my mandate as the chair of the Hospice Society comes to an end. And it's time for a change. As many of you know, last January Martin and I relocated to the South West of Nova Scotia which would make it impossible for us to keep up with the activities of our busy board. Also, I feel that a change in ideas and perspectives will be beneficial to the Society. I feel that – with the help and support of all of you- we accomplished quite a bit in the last two years. Our society is more organized, we

have more members and more of our members are engaged in supporting activities of the Hospice Society in the community. We have had more visibility and we're gaining credibility. Our bank account has more money than before, yet not quite enough for our hospice residence. All said and done, I'm confident that the society will be passed to the new chair in good shape and blooming energy. It's my hope that the experienced members of our board- who have already kindly volunteered for another mandate- will make the

transition smooth and will help the new board and chair to keep our goals and mission. Martin and I will continue to be members of the Hospice Society and we'll look forward to working with you all, in any way we can, in order to establish our network of Hospice residences. Many thanks to you all. It has been a great honor. Please keep up with the good work!

LELY ABUD  
Chair

## ANGELS IN MEMORY...

Fundraising can be a challenge, but it is also an incredibly rewarding experience. Financial success comes when things go as planned, and is a direct result of a team's efforts and the cause at hand. We happen to think we have a terrific cause, but one that requires continued and increased focus if we are to achieve our goal of residential hospices in our community.

Having now one fundraiser under my belt, I can say without a doubt that the spirit, focus and camaraderie of the fundraising committee is unlike any working group I've ever been a part of. The combined personalities, strengths and individual talents inspire and amaze me, even now as we move into the planning stages of the hike.

I don't know if it's a coincidence that my group happened to be all women, but hey, talk about a sisterhood! The planning meetings, no matter whose dining room they were held in, always involved fabulous home-baked goods alongside the coffee and tea, while at Betty's, if the constant crash of the ocean in her back yard wasn't enough to relax you, I don't know what is! Short of the music, we were having our own version of the maritime kitchen party on a weekly basis, while getting the job done.

On February 18th, the Angel Tree fundraising committee got together for a pot-luck to toast the event and briefly discuss ideas for next year. A special thanks to Peg-

gy McCalla for offering her lovely home to host this first annual post-fundraiser pot luck!

I would like to encourage all of you to think about getting more involved with the fundraising committees. We've had a great year, things are really moving but in a lot of ways we are still learning and there is always room for fresh ideas and new leadership. And remember, many hands make light work!

JUNE BOURQUE  
Chair of Angels in Memory



## HIKE FOR HOSPICE 2007...

It seems like just last week that we were lacing up our runners to take on either the Waterfront Waddle or the Halifax Hoof but here we are again - it's time for the 2007 Hike for Hospice. Last year we raised an unbelievable amount of \$9,000 with only 70 participants. This year we've set our sights even higher: we are aiming for \$18,000 to further the goals of the Hospice Society of Greater Halifax and we hope to have as many people as possible attend.

This year's hike will take place Sunday May 6, 2007 (everyone mark their calendars) with participants meeting at Historic Properties in downtown Halifax. We will have three routes to accommodate every fitness and energy level: for those of us that prefer a leisurely stroll down the waterfront, we'll be doing the Waterfront Waddle again (1km) and for those that are

a bit more adventurous, there's the Halifax Hoof, a 5km trek that takes you through some of the most beautiful streets in Halifax, around Citadel Hill and back to the waterfront. However, the new route this year, Killa Hilla, will allow you to go up and around the Citadel and rejoin the Hoofers on Sackville Street. You can make the decision on which route is best for you on the day of the hike.

We would like our membership to accept the challenge and help us achieve our \$18,000 goal. All you have to do is raise as much money as you can and you're on your way; if you can rustle up a team from your work, or another group or organization that you belong to, even better.

This year we are interested in targeting Corporate Sponsorship for our Hike, so if anyone out there

knows of a business that you think would be interested in either sponsorship or in entering a team of participants, please email your information to: [hike@hospicehalifax.com](mailto:hike@hospicehalifax.com) and we will provide the tools needed to help us reach our goal.

The Hike for Hospice couldn't happen without a group of very dedicated people within our membership who are willing to give their time and talent to do 'behind the scenes' work. For those who want more information on any aspect of this event, please email us at [hike@hospicehalifax.com](mailto:hike@hospicehalifax.com) or call Lori Morton at 902-434-8271.

Thank you for your support. See you on Sunday May 6, 2007!

LORI MORTON  
Chair of Hike for Hospice

## EDUCATION WORKING GROUP UPDATE...

We would like to thank Lely and Martin for their valuable contribution to our group over the last year. We wish them the very best as they settle into life in Barrington Passage.

The Education Group, in partnership again this year with the Halifax Regional Library, is organizing to offer film showings during National Hospice Palliative Care Week, May 7th-13th, 2007, at various branches in the HRM. The film under consideration is "Facing the Fears: Making the Journey." Our aim is to introduce the types of hospice and palliative care that is available in our community and to identify those that we need to work towards getting, for example,

a hospice residence. It will be followed by a short discussion about the Hospice Society: who we are and what our goals are. Details of place and time will be available soon.

As well, this group is discussing several initiatives to provide information and training to our members. We are looking towards the future to ensure that Hospice Society volunteers are prepared and ready to provide care and support to Hospice residents and their families, once we have our free-standing residence. We will keep you posted on this.

The Grieving Circle is on hold presently (hopefully temporarily). We have an updated list of talented

facilitators. It would definitely help to have a Grief Group Coordinator (or two, to share the duties) to lead the activities. This program has been a very important service the Hospice Society offers to the community. We have a strategy about how we would like to implement the program but we need the management to lead the way.

Any Hospice Society member who is interested in education and would like to participate as a member of our group - we encourage you to join. There are many excellent educational projects we could work on with your effort and ideas!

BRENDA COISH-GINN  
ANGELA MCFADDEN

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

## FUN WITH FUNDRAISING...

Fundraising is one of the most important tasks of any non-profit organization, and it is also one of the most challenging for several reasons: many people don't like to ask for money, there are only so many funds to go around and there are a lot of organizations looking for those funds. Therefore a society such as ours needs to be really creative to get its share of the pot.

We are currently working towards embarking on a campaign that we hope will raise enough capital to purchase a building and have operating funds for the first year. To have a successful capital campaign the public has to be aware of who we are and what we are trying to do. That's where the smaller fundraising events come in, such as Hike for Hospice or Angels in Memory, which are great for raising awareness about our goals.

Before I retired I worked in an office of 17 people and we raised hundreds of dollars just by doing little things like organizing a car wash, or having jeans day every Friday [staff members who wanted

to wear jeans paid \$2 each for the privilege]. Another time we raised \$325 by having a boxed lunch auction: each participant made a boxed lunch and wrapped it up so that no one knew what was in it. We then auctioned them off at noon time; everyone really enjoyed seeing what surprise lunch items they had purchased. People just love to buy tickets on things. I heard from one of our members that at their office they raffled off two dozen fancy cookies made by one of the staff members; they made over \$300 [apparently this woman makes really great cookies and decorates them beautifully].

If you don't work in an office, you can still have some fund raising fun. Within your circle of friends you could host a small social gathering for cards, coffee and dessert where people pay a few dollars to attend; lots of fun. Most people don't mind giving a few dollars if they are getting something in return, especially when the money is going to a good cause. We would love to hear from you about any creative ideas you may have; you

could have fun just thinking of unique ways to raise money.

**Just as a reminder, here are some other ways you could help raise funds for the society:**

If you donate to United Way through work or otherwise, self direct your donation to the Hospice Society of Greater Halifax.

If you work, ask if your employer has a program to encourage volunteering, such as matching what you raise for charity. Or if you do volunteer work, perhaps your employer will donate to that organization.

If you enjoy special hobbies or crafts, perhaps you could donate some of your work for an auction, raffle etc.

Make a donation in memoriam.

And of course volunteer/participate in our regular annual events, Angels In Memory Tree and Hike for Hospice.

*To quote Helen Keller: "I am only one, but still I am one. I cannot do everything, but still I can do something."*

BETTY MORTON

## GOOD NEWS FROM SAINT JOHN...

This is an inspiring story which will surely give us food for thought about fundraising for our own hospice in the Halifax area.

For a New Brunswick hospice society, 2006 began with donations of \$105,000 from the Lawson family and others, for the sole purpose of buying and renovating a hospice house in their community. Within a few months the Hospice group, a non-profit charity dependent on

donations, had borrowed a further \$117,000 in order to buy the property and raised enough funds not only to pay off the loan, but also to make renovations.

As well as donations from various companies and groups, ranging between \$500 and \$50,000, a vast amount was raised by the "sale" of virtual bricks: 2,000 individual donors contributed \$120,000.

Hospice Greater Saint John, on behalf of the community, is now owner of Atlantic Canada's first stand-alone hospice, "Bobby's Hope House", named in honour of Bobby Lawson, who made it possible.

Congratulations to Saint John! Many thanks for sharing your success story and giving us the inspiration to do as well in Nova Scotia.

## THE ANNUAL GENERAL MEETING ROLLS AROUND AGAIN...

This year's AGM will be held on March 29th, at the same location as last year: the Dalhousie Student Union Building, room 303. So please mark your calendars and, if possible, bring a friend. It's your opportunity to show support and celebrate all we've accomplished together over the past year. It will also give you the opportunity to meet the Board of Directors and to discuss what our focus should be over the next twelve months.

As a team we can accomplish our goal of a free standing residential hospice for our community; other groups across the country have already done it, and we can too. Our guest speaker can attest to that, as she shares the success story of Hospice of Greater Saint John with us. We are really happy and honored to have Sandy Johnson, Executive Director of Hospice Saint John and the chair of their board, Marilyn Craft, joining us

that evening. We look forward to hearing Sandy speak. Hope to see you there, and don't forget to RSVP either by phone to 835-0558 and leave a message, or e-mail to [secretary@hospicehalifax.com](mailto:secretary@hospicehalifax.com). If you didn't receive your invitation in the mail, please let us know so that we can update our records.

BETTY MORTON  
Secretary

## EDITOR'S NOTE...

Although we must bid a sad farewell to Lely and Martin, we wish them every success and happiness in their new venture; our loss is Barrington Passage's gain. On the positive side, however, the new chair will inherit a flourishing society, thanks in no small part to Lely and her team.

As you've probably noticed, the emphasis of this newsletter is on fundraising. Now I must admit

that I have never considered myself a fundraiser; asking people to donate or sponsor is not my forte, and as a member of the communications group I did not expect to ever "fundraise". However, I have now been involved in several events, including the Hike for Hospice and the Angels in Memory, and I realise that there are many functions, other than asking for donations, in the act of fundraising. And it can be fun. The plan-

ning and scheming required gives the opportunity for groups of people to get together, and where there's involved people, there's often fun and laughter. So don't let the word "fundraiser" put you off; there really can be fun in fundraising! Head shave, anyone?

JAN EVANS

Hike for Hospice 2007



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### THE SOCIETY WELCOMES THESE NEW MEMBERS

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