

A MESSAGE FROM THE CHAIR...

On March 29 the Board had a very valuable meeting with Sandy Johnson and Marilyn Craft from Hospice Greater Saint John. Sandy is the Executive Director and she gave us lots of positive feedback on our plans to establish the first residential hospice in HRM as well as ideas on raising the funding to do so. Saint John has Atlantic Canada's first stand-alone hospice but it is not a residence yet. We decided that we would have a friendly 'competition' to see who could get

there first!

That same evening at our AGM, Sandy gave an excellent presentation on the history and status of Hospice Greater Saint John. She has "been there, done that" and her talk was an inspiration to all of us.

Our AGM was well received this year and there was lots of helpful discussion on our plans for next year.

By the time you read this our Board will have had two meetings and

our activities for this year will be well underway.

We had a very successful Hike for Hospice and we are working on kicking off a fundraising campaign, specifically for the first residential hospice, in the next few months.

Thank you everyone for your support!

RICK MACDONALD
Chair

HIKE FOR HOSPICE...

On Sunday May 6, 2007 people all over Canada got together in their communities to participate in the annual Hike for Hospice. Here in Halifax the weather forecast had been calling for sun all weekend. Everyone was very excited; volunteers had been planning for this hike since early in the new year and we all remembered the wonderful weather we had in 2006 – we were looking for a repeat in 2007, but on the day we had to make do with cool cloud.

Hospice Halifax would like to thank everyone who participated in this year's hike, either by hiking or by sponsoring a hiker. In a time when people are being pulled in all charitable directions, we are so proud to have a membership that believes in what Hospice Halifax is doing and not only supports efforts, but promotes the organization to friends and family. We were very encouraged to see so many young families coming out to hike with us that day.

However, when all was said and done, the 2007 Hike for Hospice in Halifax was a confirmed success with over 50 participants raising over \$11,000 for the society. The money will be spent raising awareness of issues surrounding death and dying, and to help get us started toward our very own residential hospice in HRM.

The hike couldn't have happened without some very dedicated volunteers. As Chair of the 2007 Hike for Hospice Committee, I would like to thank the following members and friends who gave so freely of their time for so many months to organize this event: June Bourque, June Edwards, Paulette Edwards,



Jan Evans, Karen Hazeldon, Mary Hickey, Cyndel Kelly, Karen Lloyd, Kathleen MacKinnon, Ann Matthews, Betty Morton and Michelle Pinfold.

If anyone is interested in volunteering for next year's Hike, please get in touch with our secretary, Betty Morton; she will keep your name on her list and call you when the time is right. Many hands make light work.

LORI MORTON
Chair of Hike for Hospice Committee

SPREADING THE WORD...

This year we have made strong inroads in creating awareness about who we are, what we are trying to achieve and why. To continue to bring attention to our cause, we have developed a general power point presentation which can be given to groups of any size. In April of this year, thanks to Yvonne Manzer of the QEII Social Action Committee who organized the talk, I gave this presentation to twenty-two staff members of the QEII Palliative Care and Social Work Departments. Then again, in conjunction with Palliative Care Week and thanks to Angela McFadden, I was able to make the presentation to a similar group of approximately eleven medical professionals and volunteers from the Dartmouth

General Hospital. The presentation was very well received by those who attended, and through discussions following the talk with both groups, it was encouraging to learn that these medical professionals not only strongly believe in Residential Hospice for our community, but are also prepared to offer their support as advocates for the cause.

It is critical to our success that we bring our message to as many people as possible, especially before we launch a Capital Campaign. So I encourage everyone to offer this presentation to any group with which you are involved. We particularly need to broaden our horizons within the Department

of Health provincially, as well as Capital Health District, so if anyone has a connection or an affiliation within these areas, the board would appreciate an introduction or an opportunity to make a presentation.

As public speaking is not my strong point, I could use some help. I would like a team of two or three people to form a Speakers Bureau, to help spread the message and make formal or informal presentations as required. If you like public speaking or are willing to help with these talks occasionally, please let me know by phone or e-mail. Betty at 465-2058, or e-mail to secretary@hospicehalifax.com

OUR OWN OFFICE...

Exciting news - we will soon have a physical presence instead of being just a phone number and a P.O. box.

The Board has decided the time is right to invest in opening an office where members can meet to share ideas, committees can work together on projects, volunteers can help to move things along, and people of the community can be invited to come and learn about us. This idea has been under discussion for some time now so when the Epilepsy Society of Nova Scotia decided to reduce costs by sharing their existing premises with another non-profit organization, the Board accepted the offer to share their space for the 12-13 months remaining on the lease. After looking at the offices at 5880 Spring Garden Rd. (Medical Arts

Bldg.), it was agreed that they would suit our purposes very well.

The Board believes that there are many advantages in doing this. Besides giving us meeting rooms and providing a space for our materials, it will also give us a much higher profile: we will be in a central, accessible location in a building occupied by mainly medical professionals. It will also give us a great opportunity to learn from a well established and experienced non-profit group.

If all goes according to plan, it is the Board's hope to invite members and guests to a Grand Opening sometime in August, so watch for your invitation.



Some of our hikers travelled several miles to participate: Kay Keddy, a volunteer with Shoreham Village Home for Special Care, and her husband Ed, arrived from Chester to give their support. Here's Ed striding along with Betty, somewhere on the hike route.

Note: We will be looking for volunteers to staff the phone, check e-mails and do other general administrative duties for a few hours each week. Anyone interested in assisting in this regard, or in helping to get the office established, please contact Betty at 465-2058 or by e-mail at secretary@hospicehalifax.com

GEORGE CARLIN'S VIEWS ON AGING...

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be sixteen!" You could be thirteen, but hey, you're gonna be sixteen! And then the greatest day of your life...you become twenty-one. Even the words sound like a ceremony. YOU BECOME TWENTY-ONE. YESSSS!!!

But then you turn thirty. Oooohh, what happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. There's no fun now, you're just a sour-

dumpling. What's wrong? What's changed?

You BECOME twenty-one, you TURN thirty, then you're PUSHING forty. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH fifty and your dreams are gone. But wait! You MAKE it to sixty. You didn't think you would.

So, you BECOME twenty-one, TURN thirty, PUSH forty, REACH fifty and MAKE it to sixty. You've built up so much speed that you HIT seventy! After that it's a day-by-day thing: you HIT Wednesday!

You get into your eighties and every day is a complete cycle: you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the nineties, you start going backwards: "I was JUST ninety-two." Then a strange thing happens.

If you make it over one hundred, you become a kid again. "I'm one hundred and a half!" May you all make it to a healthy one hundred and a half!

A Poem

*Do not stand at my grave and weep,
I am not there; I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sun on ripened grain.
I am the gentle autumn rain.
When you awaken in the morning's hush,
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry,
I am not there. I did not die.*

Mary E. Frye

INSPIRING GUESTS...

Our Annual General Meeting was graced by two inspiring visitors: Sandy Johnson and Marilyn Craft came from Saint John, NB to tell about their recent success in establishing a hospice there. Sandy's Power Point presentation was full of information – far too much to include here – but some of the salient points were as follows. To make successful presentations for donations – government or business- we need to know our local death statistics: how many might use the hospice, where people are dying at present, the reality of our ageing population for future planning. As well, we need a fully developed plan for the acquisition of our hospice and its operation. An

essential requirement is making connections with important individuals in government, business and the health care system – people who can put the Hospice case forward, where it counts.

The Saint John funds were met through help from the United Way, grants and donations, and some government assistance. Important also were short term efforts, like our own, such as Angels Remembered, an annual Hike for Hospice, plus a Valentine's Gala and card game nights.

A major hope for funding is the Federal Government's Wait Time Reduction Fund. The use of hos-

pice beds for end-of-life situations rather than using acute care beds in hospitals can provide faster medical coverage and reduce costs for patients requiring short term medical procedures. We have a good cause to project and we must now take our plans to the government to try and get funding for a pilot project to prove the soundness of our plans.

We need to support our vision with volunteers, ideas and money. Let's have the next hospice in Atlantic Canada in the Halifax/Dartmouth area – and soon.

JOHN OWEN

EDITOR'S NOTE...

This issue is rather a mixed bag: business [AGM], leisure [the hike, although the stalwart hikers who accepted the challenge of the Killa Hilla may use a different term], exciting developments [the opening of the office], and as a change from our usual fare, a poem submitted by Brenda Coish-Ginn, and

some light-hearted remarks from George Carlin, suggested by Betty Morton. I hope that this all makes for enjoyable reading. We want to make our newsletter as diverse as our members, so please don't hesitate to send suggestions for articles and stories; you might even try your hand at writing a line or

two on a favourite topic and perhaps see your creation in print.

Hoping to meet you at the special events throughout the summer,

JAN EVANS
Editor

UNITED WAY DONATIONS...

A big thank you to the four people who made donations through their employers and ensured those funds went directly to the Hospice Society. We recently received a cheque for \$1045.00 from the United Way for those contributions, which included a sum from Nova Scotia Power matching an employee's donation.

If your company has a similar program for donating to the United Way, please keep us in mind; every dollar donated will help us to reach our goal.

...THANKS FOR SUPPORTING THE HIKE

The society also wants to give special thanks to Historic Properties, Timothy's World Class Coffee, ETC Press, Superstore Main Office and Quinpool Road store, the UPS Store on Wyse Road, Iris's Flowers, and Tom Forrestall, who helped us out at this year's event. Companies and people like these help to make this a great community in which to live.

HIKE PREPARATIONS



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WELCOME TO THE NEW BOARD MEMBERS

Pamela Gray
Fred McGinn
John Owen

THE SOCIETY WELCOMES THESE NEW MEMBERS

Joni Hockert
Jennifer Mac Donald
Paddy Muir
Wendy Roberts

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