



# Hospice Halifax

A PLACE LIKE HOME

Notes and News

Issue #6

February, 2017

Hospice Halifax is a non-sectarian, not-for-profit, registered charitable organization, dedicated to supporting people affected by life-limiting illness, death, grief, or loss. We are also committed to expanding awareness about the strengths of hospice care.

Our goal is to open a 10-bed freestanding residential hospice, to be located at 618 Francklyn Street in Halifax. This hospice will be the first of its kind in HRM and will provide a place within the community where people facing end of life can be cared for in a home-like setting and where their family and friends will also receive support. Hospice Halifax will provide supportive or palliative care - comfort treatment aimed at relieving disease-related symptoms but not curing the disease.

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## Feeling the Love Scoops Winter

### February gala hits the mark

The temperature outside the Westin Hotel was frigid but you'd never have known it inside. Revellers emerged from down coats, toques, and boots in their party attire like brilliant butterflies and the ballroom was soon filled with colour and laughter.

They ate, they danced, they toasted, they posed for photos. They bought draw tickets, and they were very generous in signing up to buy items on the "shopping lists" on each table. These lists described dozens of items that will help make our hospice a home, from bedside lamps and big fluffy towels to hospital beds.

Patrick Ledwell emceed the evening in fine style. The fact that people were still dancing into the wee hours is a true tribute to the music of the Mellotones, and Sasha Muise & the Double Sharps.

But the highlight of the night was the phenomenal Audrey Parker, our guest speaker. Diagnosed with stage four cancer and planning her end-of-life celebration, Audrey shared an uplifting and positive message with us about the final chapter in her journey.



This year, about 475 people attended Feeling the Love, raising an amazing \$62,000! What a boost to our building development.

It takes a lot of work to put on a gala event such as Feeling the Love. We were fortunate to have many very generous sponsors, a team of super organizers, and an army of volunteers behind the scenes to ensure that everything ran smoothly.

A big thank you to everyone who made the 2017 Feeling the Love such a success. We truly could not do it without you!

## Ken Penrose Remembered

Support for people dealing with dying and grief is the very heart of the work of all hospice organizations. Sometimes this work comes close to home for us as well.



Ken Penrose, a long-time volunteer with Hospice Halifax, died last month. Ken volunteered for over six years as part of our facilitator team for the bereavement support group.

He received his grief education and facilitation training in Ontario, leading 22 bereavement groups before coming to share his knowledge and compassion with us. He valued hearing about group members' and fellow facilitators' experiences, often taking the time to pause and genuinely reflect on their words.

Ken had first-hand experience of the grief journey and frequently shared with group members some of his own experience in caregiving and grieving the death of his wife, Marg, to whom he was married for 40 years.

From time to time, Ken brought in resources and presentations for group discussions. This often sparked candid conversations among group members as they considered the similarities and uniqueness of their experience of grief. He also talked about the value of music while grieving and how he personally found the music of Canadian singer-songwriter Sarah McLachlan very helpful in the early days of his own grief process.

Ken wasn't only a bereavement support volunteer though. He could be counted upon to turn out for any work party or project, especially during the Pryor House years. Betty Morton recalls that Ken's thorough scouring of the house for items to donate to a Hospice yard sale resulted in a number of his companion's very nice clothes ending up on one of the sale racks. Fortunately, the error was discovered before any of the early bird shoppers discovered a really good bargain!

Ken was a delightful person and a great volunteer. We were fortunate to have known him and to have had his participation for so many years. We will miss him greatly.

## Hike for Hospice

### Are you building your team yet?

The snowbanks are melting, the days are longer and the occasional brave chickadee is singing as though it's already spring. May 7 will be here before we know it. Are you signing up friends, family and co-workers for your Hike for Hospice team? It's very easy and the registration forms are just a [click away](#). Everyone gathers pledges, and friendly rivalries develop for the largest number of walkers and the most pledges.

In 2016 the hike raised over \$36,000. Our goal for 2017 is to raise \$40,000.

For more information on how to recruit a team or about the Hike, please contact Erin at [care@hospicehalifax.org](mailto:care@hospicehalifax.org).

## Fundraising concert a great success

### YGS delights audience

With hands clapping, toes tapping, and heads bobbing, the audience in the pews at Bedford United Church on January 26 for the You Gotta Sing Chorus concert got right into the spirit of the music.

Director Vanessa Lindsay-Botten and the choir presented a broad range of music, ranging from sweet and evocative to jubilant and joyful. The audience had several opportunities to sing along with songs that came from a wide variety of cultures and traditions to evoke the concert's Rivers and Resonance theme.

A great time was had by all, and we were delighted that the event raised \$1,600 to go toward our hospice.

A huge thank you to Vanessa, to the You Gotta Sing musicians, and to all our members and friends who attended the evening. Wouldn't it be wonderful if all fundraising could be such fun?

## Another date for your calendar

### Hospice AGM coming up

The Hospice Halifax AGM will take place on Tuesday, March 28, 5:30 p.m. at our offices 618 Francklyn Street. All members are welcome. If you haven't had a chance to be in touch recently, here's your chance to hear the latest news, see the new design ideas and meet the board.

## Enjoy a meal

### Rotary's tasty Bite is back



Mark your calendars for March 7. Rotary's fundraiser was such a success last year that they are doing it again.

It's so simple. Check out the [participating restaurants](#) and the eligible times of day. Make a reservation or take a chance and pop in during those hours. Take a friend - or several. Order anything on the menu. Enjoy your meals. That's all there is to it.

The restaurants donate part of their revenue for that day and everyone wins.

The event boosts customer numbers for the restaurant at a time of year when business may be a bit slower. The restaurant gets a tax receipt for their donation. And Hospice receives all the funds raised.

Thank you to the Rotary Clubs of Dartmouth, Halifax and Sackville for this great idea and for choosing us as the recipients for the second year in a row.

So, here's an opportunity to spend time and enjoy a delicious meal with family or friends. Why not try a restaurant you've never visited before? Bite 2017 might be the start of a great new relationship!

## Bereavement Support

### Weekly drop-in sessions

Every Saturday morning (excluding holiday weekends), men and women who are grieving the death of a loved one gather in a confidential environment to share their concerns, triumphs, and day-to-day experiences. Trained facilitators guide discussion as the participants desire and provide information about grief and loss. Coffee and tea are served.

These free, year-round group sessions take place from 10 a.m. to 11:30 a.m. at 618 Francklyn Street in Halifax. Everyone is welcome on a drop-in basis; there is no need to sign up.

If you are interested in a bereavement support group but cannot attend on Saturday mornings, please call us at [902-446-0929](tel:902-446-0929).

## Community Connector

### Death Matters Workshop

Death Matters is a facilitated workshop that provides opportunities to explore, document, and share end-of-life wishes with loved ones. Available as private consultations or as workshops with 8 to 12 participants, these sessions help people plan for end of life, prepare health-care directives, and explore funeral and burial preferences.

To schedule a workshop or for more information, including costs, please go to <https://deathmatters.ca/>. Or contact Dawn Carson, at [deathmattersns@gmail.com](mailto:deathmattersns@gmail.com) or [902-488-6601](tel:902-488-6601), or Deborah Luscomb, at [deathmatters21@gmail.com](mailto:deathmatters21@gmail.com) or [902-403-7590](tel:902-403-7590).

It's never too soon to contemplate and prepare for death.

## Become a Member

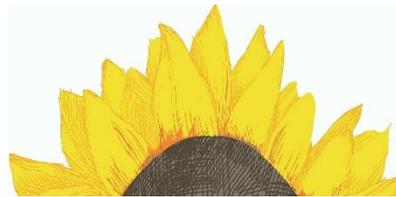
### Or renew your membership

Hospice Halifax is on the verge of bringing a great idea to life, and the next few years are going to be very exciting. Why not show your support for everything Hospice stands for by becoming a member? The annual fee is only \$20.

Membership entitles you to vote at our AGM. And the more members we have, the stronger our voice is.

To become a member, go to our website at <http://hospicehalifax.org/index.php/volunteers/become-a-member/> or contact our offices at [902-446-0929](tel:902-446-0929). It costs only \$20 - although we also accept top-up donations. If you already are a member, renew now so that you can vote at the AGM on March 28th.

We'd love to have you join us.



### Did You Know?

**All of us are involved in care-giving in one capacity or another. As Rosalynn Carter, former First Lady of the United States, put it, "There are only four kinds of people in this world: those who have been caregivers; those who currently are caregivers; those who will be caregivers and those who will need caregivers."**

Please visit our website at [www.hospicehalifax.org](http://www.hospicehalifax.org).

Donate to our cause at [www.hospicehalifax.org/index.php/donate-now/](http://www.hospicehalifax.org/index.php/donate-now/).