



Hospice Halifax

A PLACE LIKE HOME

Notes and News

Issue #7
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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.

Quick Links

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[hospicehalifax.org/index.php/
donate-now/](http://hospicehalifax.org/index.php/donate-now/)



Volunteers Needed

We are seeking a human resource professional and a group of musicians to play in a parade. Read on for more information

Annual General Meeting

March 28, 5:30PM
618 Francklyn Street

Come meet the members of the Board of Directors, hear about the progress we've made in the past year, and enjoy some tasty snacks.

cooling from mature trees, and cross ventilation. We were delighted to learn it really is possible to have an energy-efficient building *and* windows that open.

By incorporating some passive-house technologies, hospice will lower operating costs while providing a quiet comfortable environment with excellent air quality.

Many details of the design are still being fine-tuned, but the final plan will also incorporate some of the best heritage features of the current building. The exterior roofline and building proportions pay tribute to the existing Edwardian houses. And we anticipate Anne's creativity will find a novel role for an elegant cast-iron fireplace or a classically turned newel post.

We are also pleased to thank Conquest Engineering, Cornell Video Inspection, and TriEx Construction publicly for donating to Hospice Halifax the fees for their expert services involved in the geotechnical assessment. This was an unexpected and very generous gesture, for which we are most grateful.

A donor recalls his father's hospice care

[Read his story on our website](#)

Last year, Hospice Halifax was the grateful recipient of a generous donation from Dr. Brad McRae, Director of the Atlantic Leadership Development Institute in Halifax. His father had received hospice care in California some years back, and Brad wanted to show his appreciation. He did so by giving us IBM stock that he in turn had been given by his father when he graduated from high school.



The care that the hospice personnel provided made an impression on Brad that lasts to this day. He has documented the experience in a piece titled "The Passing", which readers can view on our website.

For instance, Brad recalls one hospice worker stopping by every morning to see how his father and the family were doing. She explained to them what to expect at each stage of his father's illness and what they would need to do. "The hospice workers went way above and beyond," said Brad. "Really, hospice could not have been any more hospitable."

When Brad decided to donate the stock, its value had grown significantly since the time he received it. Selling it would have resulted in a large amount of capital gains income, so he donated the stock itself directly to Hospice Halifax. That way he avoided paying tax on the capital gains *and* he received a tax credit for the fair market value of the securities. As we've mentioned before, such in-kind donations of securities are highly beneficial from a tax standpoint, compared to making a cash donation of equivalent value.

Today, Brad is a registered psychologist, consultant, and best-selling author. As director of the Atlantic Leadership Development Institute, his goal is to raise the quality of leadership in the private, public, and volunteer sectors. The institute achieves this by training select groups of high-potential future leaders. Participants address real-life problems that are

relevant to their actual work environments. Other programs also enable participants to improve their decision-making, negotiation, and presentation skills.

[Read Brad's Story](#)

<http://hospicehalifax.org/index.php/the-passing/>



Did You Know?

Numbers from Statistics Canada suggest that, by 2036, 3.3 million Canadians will be over the age of 80. Yet according to the Canadian Institute for Health Information, only 16 to 30% of Canadians who die currently have access to or receive hospice palliative and end-of-life care services.

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 — although we also accept top-up donations.

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

[Become a Member Now](#)

<http://hospicehalifax.org/index.php/volunteers/become-a-member/>

Or contact our offices at 902-446-0929. If you already are a member, renew now so that you can vote at our AGM on March 28th. We'd love to have you join us.

Building your Hike team?

Less than two months to go

Sunday, May 7th, is the big day, and 2 p.m. is the time! You won't need boots, bug spray, or any special gear at all for the annual Hike for Hospice and Palliative Care. The 3-km Halifax waterfront boardwalk route is level, scenic, and very family friendly.



Who would make a good team? Anyone you know. Make it a family event, a neighbourhood event, a corporate event, or a friend event.

Special talents needed

Sound like anyone you know?

We're a growing organization with big plans and lots of ideas. This means we often have to look to the community to find volunteers with specific talents. Here's our current wish list:

Human Resources: Our HR committee is developing job descriptions and policies. We are looking for someone who has this type of expertise and might be interested in joining our HR committee for a commitment of 1 to 2 hours per month.

Parade Musicians: It might sound like a strange thing for us to be seeking, but there's a good reason. Hospice Halifax hasn't participated in any of the big civic parades so far — but we'd like to. No big floats or elaborate set ups; just a colourful banner and as many enthusiastic volunteers as possible. But what would really set the tone and get those volunteer feet marching in time is a musician or two who can play New Orleans-style music.

Know anyone who might fit these descriptions? Please send them our way: volunteer@hospicehalifax.org

Hospice vs. Palliative Care

Is there a difference?

As our hospice grows closer to reality, the community is becoming involved and, of course, questions are arising. We find that sometimes there is confusion about what the word "hospice" means and how it is different from palliative care.

Hospice care is designed to relieve suffering and improve the quality of life for people who are dying from advanced illness, and to provide support for their family and friends. Hospice care is generally the same as palliative care, except that it is delivered in the community rather than at a hospital, and it has a strong volunteer component.

Team registration:

\$150 (free if team raises \$500 or more)

Individual registration:

(Free if \$100 or more is raised)

Adult \$25

Ages 5 to 16 \$10

Children 5 and under: free

Register Now

http://chpca.convio.net/site/TR/Hike/HospiceSocietyofGreaterHalifax?fr_id=1715&pg=entry

No time to organize a team? No problem; just come solo. You'll find plenty of friendly faces and people to walk with. Everyone is welcome. The walk starts at 2 p.m. but there will be fun stuff happening from 12.30 on.

There's a prize for the highest fundraising individual and one for the group that raises the most money. There's no prize for costumes, but if you feel inspired to accessorize your spiffy Hike t-shirt (free when you register) with a tutu, tuxedo, or a ten-gallon hat, you'll certainly add to the festive spirit.

The route starts and ends at the Emera building on the waterfront. And to finish the afternoon, there's a BBQ.

See you at the Hike!

In fact, the two types of care are two sides of the same coin. Hospice care focuses on providing comfort at the end of life (with little attention, if any, to treatment), while palliative care focuses on providing medical care once someone has been given a life-limiting diagnosis. Palliative care support can be given early in the disease trajectory and may include treatment.

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.

NSHPCA Conference

June 1-3, Atlantica Hotel

The Nova Scotia Hospice Palliative Care Association's 27th Annual Conference will take place June 1 to 3 at the Halifax Atlantica Hotel. Hospice Halifax is pleased to be collaborating in the presentation of the conference.

This year's theme is *A Good Death: Conversations, Challenges and Compassion*. Highlights include the 2017 Gillian MacMichael Award winner and the Canadian Virtual Hospice.

If you are interested in contributing to the success of the conference, please consider volunteering for the event. There are a limited number of discounted registrations available for those who volunteer for a majority of the conference.

Tasks may include:

- Room set-up
- Workshop monitors: hand out evaluations, direct participants, assist the presenters
- Registration desk: greet and direct guests, register guests, handle money, distribute receipts and name tags
- Exhibit room: assist and direct exhibitors upon arrival on Thursday June 1st and June 3
- Assisting with some administrative duties prior to the conference
- Participating in a volunteer meeting on the afternoon of June 1

If you would like to assist the committee in any other way, please let us know and we will surely find a spot for you. For more information, contact info@nshpca.ca.

Paper always a possibility

As we've mentioned in previous issues of News and Notes, many members and friends of Hospice Halifax prefer to receive an electronic copy of the newsletter rather than a mailed copy. That also enables us to get the news out faster. However, if anyone would prefer a printed copy, please just let us know by emailing care@hospicehalifax.ca or calling 902-446-0929.

Please visit our website at www.hospicehalifax.org.
Donate to our cause at www.hospicehalifax.org/index.php/donate-now/.