



Hospice Halifax

A PLACE LIKE HOME

News and Notes

Issue #8
April, 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.

Quick Links

Contact Us

(<http://hospicehalifax.org/index.php/contact/>)

Become a Member

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

Subscribe to our Newsletter

(<http://hospicehalifax.org/index.php/subscribe-to-email-list/>)

Facebook

(<https://www.facebook.com/HospiceHalifax/>)

Hike for Hospice

Sunday, May 7, 2PM
Nova Scotia Power Bldg.
Halifax Boardwalk

Still lots of time to register and build a team! It's the perfect way to kick off National Hospice Palliative Care Week

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

27th Annual Conference

Nova Scotia Hospice Palliative Care Assoc.

June 1-3, Atlantica Hotel Halifax

This year's theme: *A Good Death: Conversations, Challenges and Compassion*

<http://nshpca.ca/wp-content/uploads/2014/01/NSHPCA-2017-Save-the-Date.pdf>

April is National Volunteer Appreciation Month

We need you!

Every day across Nova Scotia, volunteers of all ages give their time, energy, and expertise to help improve the lives of others. National Volunteer Appreciation Month provides an opportunity to celebrate these generous people.

For instance, during National Volunteer Week — running this year from April 23rd to 29th— the Province of Nova Scotia presents Provincial Volunteer Awards to volunteers nominated by organizations and communities. This year's ceremony takes place on April 18th at the Westin Nova Scotian Hotel, in Halifax. And in May, the Premier hosts the 43rd Youth Nominee Luncheon to thank volunteers aged 13 to 24 who were nominated by Community organizations, their schools, and their peers.

Hospice Halifax is especially dependent on volunteers, people who work hard in roles that are obvious as well as those that are less apparent. They serve on the Board of Directors, they get the word out about what we're doing, they staff fund-raising events, and much more. When our residential hospice is operational, their role will become even more important.

Celebrating our volunteers

Cléo Burke, Bereavement Facilitator



Cléo Burke had not been intimately involved with death until she returned to Nova Scotia 10 years ago to be part of the care team during her grandmother's final illness. She says initially it was a polarizing experience for the family, some of whom agreed with her grandmother's wishes while others did not. Ultimately, all the family was in accord but the process and the time with her grandmother caused Cléo to think deeply about the trajectory of her own life. After several years as a classroom teacher, she went back to school to do a master's degree in counselling. She worked for several years at the IWK Children's Hospital but realized that this was not a good fit for her. There was still something missing.

Cléo found her answer in yoga. "I grew up physically active in dance and sports but my body was not necessarily something I was listening to or relating to," she says. She decided to do a yoga therapy program for her own interest, without any specific intention of using it. But she quickly realized she had found her place. "Yoga brought together all the things I'd been seeking and I'm really excited to have been able to make it a focal point of my life." Today, Cléo has her own psychotherapy and counselling practice. She also teaches yoga and trains yoga teachers.

Her interest in palliative care was still there, however. Last summer, when Kyla Friel, Hospice Halifax's volunteer coordinator, decided it was time to expand the Bereavement Support program to weekly sessions and put out the call for Volunteer facilitators, Cléo knew she was ready. As a trained counsellor she needed only orientation to be able to participate in the Hospice program. She takes part in the Saturday morning sessions about once a month and says she continues to learn and grow through the process.

"I find bereavement support a very rewarding thing to do. I really enjoy it."

A big thank-you to Cléo and all our bereavement facilitators for their generous gift of time and compassion.

Bereavement Support

What's it like?

This is how Cléo Burke describes a typical Bereavement Support Group:

We start with an opportunity for everyone to introduce themselves and say what brings them. Then it's opened up for discussion. We focus on providing support for members, rather than providing the type of traditional counselling that some of us are familiar with. We all know why we are there and that helps remove any hesitancy.

An ideal session is very member led. There are two facilitators who are actively listening and we will guide the discussion if needed. But when the members become really engaged they facilitate the conversation among themselves. These are probably the most impactful sessions for participants because they're talking and sharing what's real for them.

Topics can range but almost always there is some discussion about the feelings members receive in their everyday world that they should "just get over it", or "it's time to stop talking about this."

Colleagues, friends and even family members sometimes make sweeping assumptions about what loss is like or what grieving people need. These attitudes can be difficult to deal with. For the bereaved person it can be confusing. Can I still talk about my loss? When? With whom?

At hospice there's open permission. It's a safe and welcoming space. We know what we're going to talk about and it's liberating. Participants listen and affirm. They share strategies they have found helpful.

Some members attend every week. Others come less often but regularly. A few participate only sporadically. Some of the people who come regularly say that this is the only place where they can talk freely about their loss experience.

When our hospice is operational, we will continue to offer Bereavement Support. It may become even more important as the community learns through exposure to hospice how loss is often not well supported in our linear, 'fix-it and move on' society.

Thank you, Kyla and all the volunteers for making this program possible.



Did You Know?

Canadians give a *lot* of hours to volunteering — according to Statistics Canada, a total of almost 2 billion hours in 2013 alone. And the results for young people, often dismissed as being self-involved, tell a different story. Fifty-three percent of 15 to 24 year-olds volunteer, contributing an average of 126 hours a year.

Hospice's AGM

The highlights

Hospice Halifax's annual general meeting, held at the Franklyn Street office on March 28, was short and sweet. Board chair, Dr. Jane Henderson, welcomed members and reviewed the highlights of the past year, many of which have been covered in this newsletter.

Treasurer Paul Bent presented the financial report, noting that, despite extra expenses incurred with the Franklyn Street building, including building feasibility studies, we achieved a break-even year and accomplished a lot of the necessary financial preparation for a big year ahead. CEO Wendy Fraser thanked the board of directors and members of the 11 subcommittees for their hard work during the year, stressing the vital role of volunteers on and outside the board. She also paid tribute to the support staff, Executive Assistant Erin Raine, Volunteer Coordinator Kyla Friel, Capital Campaign Manager Joh Mabley, and Capital Campaign Assistant Sandi Corbin, whose work often goes on long after their official hours.

Three new board members, Cynthia Dorrington, Tena Taylor, and Jim Torbert, were approved and welcomed (see the accompanying article), and retiring members Chris Lirette and Michael Speraw

were thanked for their service. Members also passed a special resolution enabling Bob MacKinnon to serve an additional three-year term (He had reached the limit under the bylaws.)

A full list of board members and their profiles are available on the website. (<http://hospicehalifax.org/index.php/about/meet-the-board/>)

Before the meeting adjourned, Wendy announced that a volunteer appreciation event will take place on May 24. Details will be announced closer to the date.

Changes to our newsletter

Small but mighty

Did you notice anything different about the appearance of our March newsletter – and this one as well? Any differences you noticed may be small, but for us they're big.

As of March, we started using a new program to mail out "News and Notes". This program has a lot of bells and whistles and gives us more flexibility in terms of how we configure the newsletter. It also means we can more easily reach our ever-increasing readership.

Perhaps the biggest change from the perspective of our readers is that links to our website and others now appear as orange "buttons". Simply clicking on a

button will take you to a sign-up sheet for the Hike for Hospice, or to public service announcements (PSAs) designed to spread the word about Hospice Halifax, or to information about a community partner's event – even to the donation page on our own website.

But how we're doing all this is not set in stone. Let us know if something could be easier for you. Or if you have ideas about how we can refine the newsletter's appearance. Or maybe there are other types of information you'd like to see? We'd love to hear your comments and ideas.

Hike for Hospice

Still time to sign up

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.

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

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 onward.

To Register:
[http://chpca.convio.net/site/TR/Hike/Hospice SocietyofGreaterHalifax?fr_id=1715&pg=entry](http://chpca.convio.net/site/TR/Hike/HospiceSocietyofGreaterHalifax?fr_id=1715&pg=entry)

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!

AST's Annual Gala Dinner

It's a sweet story

On Friday, May 5th, the Atlantic School of Theology (AST) will host its annual gala dinner at the Lord Nelson Hotel, in Halifax. This year's guest speaker will be Tareq Hadhad, a new Canadian of Syrian origin.

Tareq and his family have been chocolate makers for over twenty years. After coming to Canada in 2015, they founded their company Peace by Chocolate, where they continue to make fine chocolates.

The goal of their company, located in Antigonish, is to sponsor peacebuilding projects and support the local economy by providing jobs. At the 2016 United Nations Leaders Summit on Refugees, Prime Minister Trudeau presented Peace by Chocolate as an outstanding example of

how newcomers contribute to their communities. The reception begins at 6:00 p.m., followed by dinner at 7:00 p.m. Tickets are \$150 a person; tables of 10 are \$1,500. All proceeds go toward supporting AST's students and faculty and the goals of the school.

For more information, email Linda Skinner at Imoxsoms Skinner@astheology.ns.ca or call 902-496-7940.

Hospice welcomes three new board members

And says farewell to two

At Hospice Halifax's recent AGM, three new members were officially welcomed onto our Board of Directors.



Cynthia Dorrington is the owner of Vale & Associates Human Resource Management and Consulting Inc., a boutique consulting firm specializing in strategy and advisory services as well as training and development for organizations. As President, Cynthia does consulting work with small to medium-sized organizations across various industry sectors with companies experiencing challenges such as mergers/acquisitions, business growth, culture change, and succession planning.

Jim Torbert is actually returning to the Board of Directors, where he served in the organization's early days. Professionally, he has worked with architectural firms across North America and has been working specifically in the area of health services since the 1980s. He has developed master programs, master plans, and functional programs for over 75 facilities across the Atlantic Provinces and in Trinidad. Jim developed the facility programming for the hospice in Kentville, Nova Scotia, and has just completed a feasibility study for the hospice proposed for Amherst.



Tena Taylor has been a practicing community pharmacist for over 25 years and currently owns and works at the Shoppers Drug Mart on Mumford Road in Halifax. Through this work she has acquired experience providing support for families and clients dealing with end of life. Tena has also been a director and officer of the Pharmacy Examining Board of Canada and sits on an ISANS committee that works to break down barriers for internationally trained pharmacists.

Two other board members, Chris Lirette and Michael Speraw, have retired from the board, but the good news is that both have agreed to continue to be involved on committees. We thank them for their time and dedication as board members and look forward to working with them in new capacities.

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.

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/.