

July 2016 Edition

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DOANE HOUSE HOSPICE

Doane Nation

Charitable Registration no.: 14033 7437 RR0001



Hike for Hospice presented by:



TOR CAN CAN-CRO
WASTE MANAGEMENT INC. INSTALLATIONS INC.



What a great turn out, despite the cold, damp weather, everyone put their best foot forward and walked in honour, in memory, or just because, in support of Doane House Hospice (DHH). We couldn't have done this without the support of our Presenting Sponsors: Can-Cro Installation Inc. and Tor-Can Waste Management Inc. The hike is a National Hike that not only brings much needed funds to each community but also great awareness to what hospice is and how it supports individuals and their families coping with a life threatening illness and the bereaved. All monies raised in this community stays in the community.

The day started out with a team of wonderful volunteers, eager to set the scene for the hike. Fairy Lake was awash with purple, laughter rang out as we set up Sheila Browns, Face Painting 4 you, station. Our resident musician John Abel serenaded the occupants of the park which certainly put people in the mood. Our very own "Yogi" was Ellen De Guerre, who warmed up the crowd prior to the start. Jan Mel from the Newmarket Camera Club, captured the family event beautifully and of course the team from the North Newmarket Lions who certainly perfected the art of BBQing, which is good, as we once again were the recipients of Eddy Stone Meats hamburgers – yummy!



Chris Ballard MPP for Newmarket-Aurora, John Taylor, Regional Councillor, and Kyle Peterson, MP, shared the responsibility of cutting the starting ribbon following a short inspirational speech by Chris.

This year we welcomed a partnership with St. Elizabeth HealthCare to showcase their reflection wall. Our participants were encouraged to write a short story of reflection in a created space. The project fuses research, storytelling and design to inspire conversations about death and dying. For more information visit:

https://issuu.com/hospitalnews/docs/043016_hn_editorial_final/51?e=8107642/35241076

What makes this hike a successful fundraiser for DHH, is the commitment by clients, volunteers, staff and supporters to gather pledges. Every dollar counts and goes directly to the clients programs and services. This year was our best hike to date, and we raised over \$20,000! Our top team was new this year — competitive competition is healthy! Congratulations to Team Lorenz who gathered over \$1,300.00 in pledges and Paul Lorenz graciously spoke to the crowd prior to the start, sharing his story and the value he has experienced from DHH.



Our sincerest thank you for the generosity of our sponsors: Can-Cro Installations Inc., Tor-Can Waste Management Inc., Tuor Networks Incorporated, and York Rapid Link Constructors. For a complete list of our sponsors and in-kind donors, please visit:

<http://www.doanehospice.org/past-events>





An Oasis, Not an Island

*"You never know how strong you are,
until being strong is your only choice."
—Bob Marley*

The Oasis Day Program is a diverse and inclusive group. They have been through so much together and support each other through one of the most difficult experiences a person can go through: a journey with a life-threatening illness. As part of the Oasis Day Program, the clients get together once a week to engage in social activities that illness can often restrict. Our Oasis group is a lovely mix of newer and older members, and all are valued in the group. Our clients' average age is 66 years old, and they come from a variety of different cultural backgrounds. These characteristics, however, seem to bring the group closer together rather than serving as points of divergence. This is the key to what makes Oasis such an important program; it's refreshing and inspiring how welcoming and accommodating the group is. Even though you may not share the same life-threatening illness, or experience it the same way as your peers, one thing is certain — as a member of this group, you will never face a life-threatening illness alone.

When asked what the group means to them, clients were very forthcoming about their experiences and feelings towards the Oasis program. Clients frequently expressed an appreciation for the supportive Oasis staff and volunteers, with one stating, "We get spoiled here, but it's very sincere." Another added, "Considering what we're going through, I think we deserve to be spoiled." The Hospice team puts so much energy and positivity into the facilitation of Oasis get-togethers each Thursday morning, and it really makes a difference.



Clients enjoy a game of bingo.

Fighting a life-threatening illness can be very isolating, and it is especially difficult when no one around you seems to understand what you're going through. Says one client, "[When] no one knows what to say, they don't say anything." At times, our clients have felt that their friends in the Oasis program were the only ones they could turn to for empathy and understanding: "There have been friends who [walked] away. It's like cancer's contagious." Even when family and friends stay connected and support as best they can, unfortunately, "as much as they want to help, they will never be able to understand what [you are] going through." One client shared, "When I have nowhere else to go, and I don't feel safe, I can always come here... You can let your hair down and be safe here." The supportive social network of the Oasis program greatly contributes to the positive camaraderie of the group. Often, having attended Oasis lifts one's mood: "I always enjoy coming [to Oasis]... I always feel better when I get home after coming here."



*A client enjoying the gorgeous
weather at the Cedar Valley picnic
on July 7.*

The ability to be true to yourself regardless of what is going on around you is an important aspect of this program. You can share the good, the bad, and the ugly about your journey with a life-threatening illness, this journey you didn't choose to take, and your group members will understand and support you unconditionally. Near the end of the interview, a client shared that her favourite thing about the Oasis program is the fact that "We can be real here." There was then a very poignant moment as her words resonated deeply with the rest of the group and many nodded in solidarity.

Community Helping Community

What a great start to 2016! DHH has to raise \$250,000 through community support to provide free programs and services to our community.

Thank you to:

Beta Sigma Phi - Christmas gift wrap (2015)

Newmarket North Lions Club

Newmarket Optimists' Club

100 Men Who Give a Damn

How exciting! DHH was the inaugural recipient of 100 Men Who Give a Damn in May 2016. For more information about this new group, please visit: <http://100menwhogiveadamn.org/>



A Salute to: The 2016 Recipient of the June Callwood Award Raymond Mark joins the Outstanding Circle of Volunteers.

Raymond Mark, our 2016 June Callwood Circle Awardee, is a psychotherapist with his own private practice, who specializes in grief counseling. He's also a committed DHH volunteer who generously donates one day each week to our bereaved clients. Three years ago, Raymond became curious about palliative care. Reading led to course work. A desire to give back to the community and volunteering with DHH seemed a natural fit. He enrolled in the five-week training program and was, initially, an Oasis Program Volunteer. It wasn't long before Raymond moved to where he felt he could make the strongest contribution – bereavement support.



Now, one day a week, Raymond does assessments and facilitates 1:1 counseling sessions with DHH clients. His empathy and professional skills help support our clients along their grief journeys. Raymond loves the atmosphere at Doane House Hospice and the people whom he describes as "marvelous." He feels humbled in being granted the opportunity to volunteer in the way he does and says he is honoured to be entrusted to supporting people in their bereavement.

Thanks Raymond, for making DHH a part of your week. You make a difference. Congratulations on being inducted into the June Callwood Circle. Well deserved!

Visiting Volunteer Program

In clients' homes, Visiting Volunteers provide companionship, practical support and short-term relief for caregivers.

Visiting Volunteers help with day-to-day needs such as appointments, shopping and outings. Contact can be maintained through regular telephone calls. Clients are interviewed by our professional staff and matched with an appropriate volunteer.

Oasis Day Program

The Oasis Day Program provides a safe environment for social interaction and activities that illness can often restrict. Offered every Thursday at Doane House Hospice 10:00am—1.30pm. Lunch is provided.

Art Therapy

Offers a different approach to traditional talk therapy, using art to help children, adolescents, and adults express thoughts and emotions they may not know how to express otherwise.

Caregiver Support

This program is open to anyone caring for a loved one living with a life-threatening illness. Trained volunteers facilitate this group once a week for one hour.

Bereavement Program

This program offers education and support for both family and friends coping with the loss or illness of a loved one. The program offers a variety of formats, including:

- Individual Support
- Group Support
- Family Support
- Walk and Talk

Mind-Body Connection

- Peer Support
- Visualization & Relaxation
- Yoga



What a Follow-Through on Tee-Off for Hospice 2016!

A month after our 14th annual "Tee-Off for Hospice" golf tournament, we still smile whenever we recall the day. We couldn't have asked for a better day in terms of weather (or participants, for that matter)!

This year, we welcomed **Newmarket Nissan**, as our title sponsor. Thank you to Eddy Wong, Vince Pecorella, and the rest of the team at Newmarket Nissan for being such an integral part of our event; your support and attendance were much appreciated and it contributed highly to the golf tournament's success.

Our event started on a high as Mayor Virginia Hackson sent the players off with a motivating address. The course and game were wonderful and we really appreciated the outstanding support from Todd, Chris, and the rest of the staff at Silver Lakes Golf and Conference Centre. The golfers were in great spirits throughout the day; it was touching to see the overwhelming enthusiasm for and commitment to our cause. This year, we had an ice cream truck, and it was amazing to watch all the golfers chowing down on the ice cream twists from Danny at Mr. Softee®. (We're told that for those who didn't play well, the ice cream truck made their day anyway!)

We are grateful to all our sponsors, the golf committee, all in-kind donors, and everyone who was in attendance at our most successful golf tournament to date. We're so thrilled that we met our goal for funds; we couldn't have made it without you! See you next year on June 14th, 2017!

For a complete list of sponsors and in-kind donors, please visit: <http://www.doanehospice.org/past-events>



UPCOMING EVENTS

Visit www.doanehospice.org for more information on all upcoming events!

Gearing up for
something
really exciting
this October!
Please stay tuned
for more details.



New Roads
to Hope!

Job Opportunities

Doane House Hospice
is looking for part-time:

- Client Services
Coordinator
- Bookkeeper

Please visit our website
for full job details.

Closes Friday,
August 5th!

Have you thought about being a Monthly Doane'ator?

By making a predetermined contribution from your credit card,
giving becomes much more convenient for you because it saves writing
and mailing cheques and the cost of postage. You can donate what
you are able and change or cancel your donation at any time.
For Doane House Hospice, it provides a predictable stream of income,
allowing us to cut down on mailing and administrative costs.
A tax receipt will be issued annually.

\$10 a month can make all the difference!!

Wish List

Vacuum cleaner

Paper Towel

Kitchen counters – laminate

Kitchen flooring – linoleum

Rice Cooker

YES! I would like to help Doane House Hospice

Doane House Hospice relies on the support of the community to provide its services. Please detach the form below and return it, letting us know how you can help

YES! I would like to help Doane House Hospice

- ☐ Please contact me regarding volunteer opportunities with Doane House Hospice
- ☐ I would like to become a Doane House Hospice monthly donor
- ☐ I enclose a contribution in the amount of ☐\$25 ☐\$50 ☐\$100 ☐Other_____
- ☐ Go to website to make on-line donation
- ☐ Please charge my VISA/MasterCard \$_____ Card number _____ Expiry _____

Signature: _____

Name: _____

Mailing Address: _____

Email: _____ Telephone # _____

To unsubscribe please email admin@doanehospice.org