

November 2016  
Edition

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www.doanehospice.org

Doane House  
HOSPICE



## Picture This!



Doane House Hospice has provided art therapy since 2001; in anticipatory grief and bereavement, this modality facilitates communication in an open, safe, and non-threatening environment. Our initial target audience was children but the program has since evolved to include the newly diagnosed, caregivers, and the bereaved. Our art has been exhibited around the community and is offered for sale. Please contact if you are interested in purchasing one of our many art pieces for your home or office.

*This client shared her story beginning with her sole immigration to Canada. Now, she is a newly diagnosed client of Doane House Hospice, and her family is now here to support her.*

### Art Therapy at DHH

As a registered psychotherapist & professional art therapist, Anahita's expertise is instrumental in helping people use the language of art for communication. Especially in cases of trauma, people often find it difficult to express themselves during a challenging, emotional time. Instead of asking a specific question, you let the client share through images, shapes, and colours. It creates the conversation naturally, and makes a bridge to start the communication.



*This teen was experiencing anticipatory grief. She created two worlds in her painting, connected by a bridge. The bridge depicts optimism.*



*Having been married for nearly 60 years, this caregiver was struggling with anticipatory grief at the impending loss of his wife. The art therapy was a great way for him to express himself because he was numb and speechless.*

Anahita begins with an assessment of each individual's unique needs. She lets the inspiration come to the client organically, but sometimes she finds that some need more guidance (so she provides direction). During the art therapy process, she learns her client's motivation and goals, supporting them through subsequent sessions.

Anahita values the art therapy process as it helps individuals express their inner thoughts and feelings. She notices that during the sessions, people start to explore and understand their subconscious. This helps the client deal with their conscious feelings once they bring their repressed memories and feelings to the surface.

*(cont'd, pg 3)*

DOANE HOUSE HOSPICE

# Doane Nation

Charitable Registration no.: 14033 7437 RR0001

### 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:

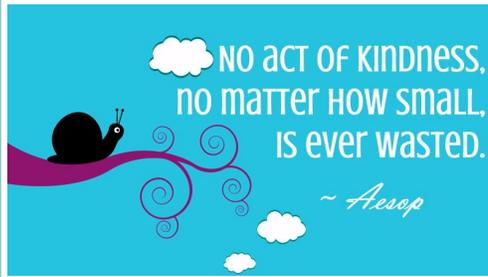
- Individual Support
- Group Support
- Family Support
- Walk and Talk

### Mind-Body Connection

- Peer Support
- Visualization & Relaxation
- Yoga
- Complementary therapies

**Assessment is required for all programs.**

**Call 905-967-0259 for more info.**



**Volunteers are the cornerstone of our organization. Thank you for everything you do, sharing your time with our clients and families. To keep up with the increase in clients using DHH's services, we are looking for more dedicated and committed individuals to join our team. Call 905-967-0259 for more info. ♥**



**Volunteer Training:** In-class and online options available. Check out the volunteer stories below to see how rewarding it is to volunteer with DHH!

**Joan B:** "When I retired, I wanted to do something that would allow me to give back to my community and to make a difference to people who are in need. I continue to volunteer for DHH because the staff that work there are the most dedicated, compassionate and enthusiastic people I have ever met. I am very proud to tell people about DHH and promote them and talk about them to everyone I meet."

**Carol F:** "I am a retired palliative care nurse and after retirement felt I still had a lot to give to the hospice community. Some people may feel hospice is a sad place...but to be able to help people during this last journey in life is very rewarding. We see lots of smiles...and yes sometimes share a few tears too, but it is wonderful to be a part of an organization that brings people with similar problems together."

**Leslie E:** "It is indeed a pleasure and a privilege to spend time with clients. I find volunteering here very fulfilling and now have a client that I see regularly as well. The people that volunteer and work here truly care about the well-being of the clients. It is wonderful to be involved with the hospice."

**Susan H-H:** "Journeying alongside a palliative loved one does 'stir the juices' towards advocating for change and ways of bettering outcomes for others. I recognized that here, as a volunteer within this vibrant, progressive organization, I might be more successful in my efforts to advocate for improvements in hospice palliative care and bereavement support for individuals and for the broader community. I continue to be both proud and rewarded by supporting DHH."



## Picture This! (cont'd from pg. 1)



Anahita also shares how rewarding this work is, learning a lot from her clients: “I admire the way they look at the world around them, even when in a challenging part of their life. It always inspires me how those difficult moments can lead them to see more of the beauty of the world. Some of them become more relaxed and more mindful of the blessings and gifts they have in their life, like family and nature.”

This program is made possible in part through the contributions of the Newmarket World Bingo.

*An eight year old boy receiving anticipatory grief therapy drew this red fox in many of his paintings. When his mom passed away, he drew it on a raft leaving the land. He shared that the red fox could be his mom who, like the fox, was beautiful.*



## Fresh off the Press:

Doane House Hospice is happy to report that the 10-bed residential hospice that is opening by the end of 2017 has been named:

### The Margaret Bahen Hospice for York Region.

This residential hospice will complement the established community hospice services being offered in York Region for the past 30 years. We will continue to work collaboratively with the residential hospice to ensure our communities are able to access optimal hospice care. Thank you to the Bahen family and the community partners for making this a reality.

## Thank you for your support! (Dec. 1<sup>st</sup> 2015 - Nov. 30<sup>th</sup>, 2016)

### Corporate Donations

- Catholic Women's League of Canada St. John Chrysostom
- Trinity Anglican Church
- Saint Elizabeth Community Enterprise
- Taylor Funeral Home
- Rotary Club of Newmarket
- Sorley & Still Barristers and Solicitors
- York Energy Centre

### Third Party Events

- Smith, Williams, and Bateman Inc.
- Pfaff Motors Inc.
- Canada Cuts

### In-Kind

- Bagel World
- Barb Dymott
- Chip and Malt
- Curtain Club Richmond Hill
- Hollandview Retirement Community
- Merry Maids
- Molisana Bakery
- Pickle Barrel
- Region of York Quilters' Guild

Our sincere thanks also to all our wonderful individual donors, monthly givers, in-memoriam donors, without whom we could not continue to provide free programs and services to the community. Please do forgive us if we have omitted anyone.

### Sponsorship

- Priestly Demolition
- GFL Environmental Inc.
- Taylor Funeral Home
- Roadhouse and Rose Funeral Home
- Excellutions Ltd.
- VandenBosche Jewellers
- East Side Mario's - Aurora
- DLA Piper (Canada) LLP
- Boston Pizza
- Magna International Inc.
- Benson Kearly IFG
- Remax Realtron Realty Inc.
- Newmarket Hydro
- 4 Office Automation Ltd.
- Metrus Properties
- Bill Gosling Outsourcing
- Aurora Smile Centre
- Simone Performance
- Norbram Group Benefits
- Thompson Funeral Home
- Qualicare Newmarket
- Progressive Waste Solutions Canada Inc.
- Simon & Sons Aluminum
- The Town of Newmarket
- Newmarket Nissan
- Apple Self Storage
- Tuor Networks Inc.
- Remax Hallmark Lind Group Realty
- Amica Newmarket Inc.
- K.J. Beamish Construction Co. Ltd.
- Tetra Tech QI Inc.
- The McClelland Financial Group
- Gem Health Care Services
- Chaggares & Bonhomme
- York RapidLINK Constructors
- Forest Contractors Ltd.
- TorCan Waste Management Inc.

### Grants

- The Awesome Foundation
- Jackman Foundation
- The Leonard and Gabryela Osin
- North Newmarket Lions Club
- 100 Men Who Give a Damn
- Tena Quip Foundation

UPCOMING EVENTS

Visit [www.doanehospice.org](http://www.doanehospice.org) for more information on all upcoming events!



"New Life" is available for sale.

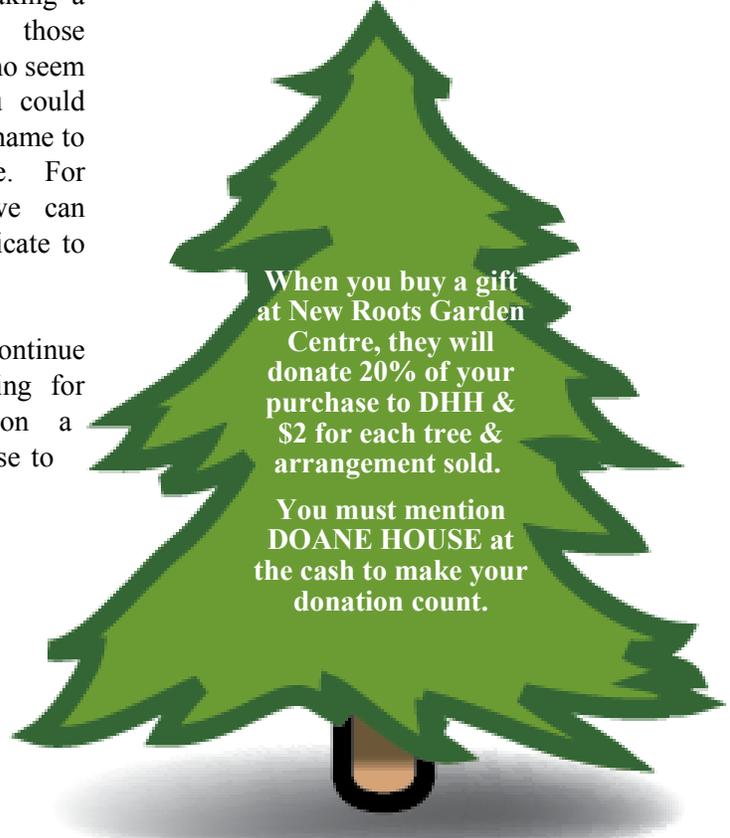
As December 31<sup>st</sup> approaches, why not think about making a holiday donation? For those loved ones in your life who seem to have everything, you could make a donation in their name to Doane House Hospice. For donations over \$20, we can email a thank you certificate to the recipient if desired.

Your gift will help us continue to offer Hope & Healing for clients and families on a journey they didn't choose to take.



All programs and services are offered free of charge. We believe in family-centred care and we are here for you.

*No one has ever become poor by giving.*



When you buy a gift at New Roots Garden Centre, they will donate 20% of your purchase to DHH & \$2 for each tree & arrangement sold.

You must mention DOANE HOUSE at the cash to make your donation count.

## 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](mailto:admin@doanehospice.org)