



What is Hospice Care?

Adapted Article from
Heart Lights
Evergreen Hospice

Managing the last year, months and days before someone dies is something Canadians are rather quiet about. Yet, knowing what to expect when someone has received a diagnosis of a life threatening illness is invaluable in helping individuals live every day to the fullest. Having caring people provide support for both client and family goes a long way toward easing the sense of being overwhelmed. The misconceptions that surround hospice care, however, often prevent those who would benefit the most from those services from seeking them out.

Perhaps the real story on what hospice care is might help individuals and their family and friends when they are faced with the diagnosis of a life threatening illness.

Hospice care is a “way of caring” or a philosophy of care.

Doane House Hospice (DHH) provides non-medical in-home support services for its clients with the intent of relieving distress and improving the quality of life. Some of DHH’s programs, such as the Oasis Day Program, the Mind Body Connection wellness program, the Caregiver and Bereavement Support groups and the unique Art Therapy programs, are offered outside the home environment, in the community, but the philosophy is the same; offering care that improves the

quality of life of the individual and his/her family.

Hospice Care is available from the time of diagnosis of a life threatening illness onward through difficult treatments to help maintain the best quality of life for client and their family members. For many of us, looking after a seriously ill family member is a new role. DHH helps ease the adjustment to this new stage of life.

Hospice can help a family deal with the diagnosis of a life-threatening illness and remain hopeful.

We go through a grieving process that may include anger, denial, blaming and depression. DHH can help the individual and their family work through the many emotions that accompany the actual diagnosis. Even when we measure life in months instead of years, there is still a lot of living to do. People may redefine the meaning of hope. They might hope to reconnect with out-of-touch family members or live each day as it comes. Hope might be having the pain diminished or remaining at home rather than going into a hospital. Hospice can provide the emotional and physical support clients and their families need to welcome each new day.

Hospice accepts referrals from anyone in the community.

A doctor’s referral is not required. Friends or family members, neighbours, colleagues or members of a faith community can contact DHH at any time without a referral from a doctor, as long as the client is interested in the services and aware of the referral.

Picture This!®

Art created in the
Art Therapy Program



Doane House Hospice

17100 Yonge Street,
Newmarket, Ontario
L3Y 8V3
905 967 0259

Mission

We are dedicated to enhancing quality of life through the provision of non-medical support for those affected by or caring for an individual with a life-threatening illness.

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A Message from the Executive Director

As another year draws to a close this newsletter edition will capture some of our highlights.

2014 brings a new excitement to Doane House Hospice (DHH), as we are going to be celebrating our 25th Anniversary supporting the community. This obviously is bitter sweet, as it's sad to think that we need programs and services like these, but grateful to know that they exist for those who need the support.



The main article in this edition touches on "What is Hospice Care" and how families could benefit from accessing these services.

So, with 2014 being such a milestone for DHH as you can imagine we have a few things planned, January will see the launch of "Doane Nation" our quarterly newsletter, keeping you abreast of what is happening through out the year. We have our tried and tested fundraisers like, Hike 4 Hospice, Tee off for Hospice, to name a couple, but there is so much more that we would like to share with you so please watch this space or visit us on www.doanehospice.org

I would like to take this opportunity to Thank everyone who supports Doane House Hospice whether it's by donating your time, sponsoring our cause, participating in events or giving in kind....Thank You, Thank You, Thank You, because of your generosity of heart we are able to offer our clients and their families the highest quality of care they deserve!



What is Hospice Care? cont.

Hospice care works in conjunction with the individual's medical and nursing team.

DHH works with the patient's medical team to help the client manage the treatment prescribed. When a cure is not possible, hospice care focuses on comfort-oriented care that neither hastens death nor prolongs life.

Hospice care is for all individuals with any life threatening illness.

Hospice care is not just for people with cancer or only for the elderly. The philosophy of care applies to all people of all ages with all conditions. All age groups are supported by the staff and trained client-volunteers from DHH, our average client age is 56 years old.

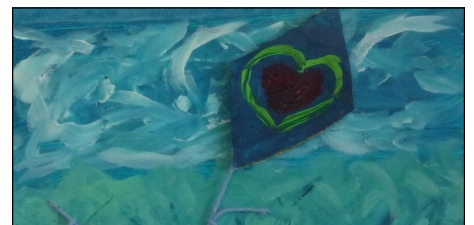
Hospice provides support for the client and the family.

DHH works with caregivers to ensure that they receive the support they need to continue caring for their family member. It can be as simple as providing respite care so that caregivers can do daily errands. Sometimes DHH doesn't meet the "patient" as he or she lives in another part of the province or country, and it is the distant family member requesting support.

Hospice can help even when family members are not available to provide care.

Hospice care is offered at no charge to the client and his/her family.

Although Hospice operating costs are supported through a small grant from the Ministry of Health, 80% of our costs are covered by generous community donations and local fundraising events.



The Art Therapy Program is sponsored in part by:

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Join us every Friday from 3 - 6 pm for an afternoon of fun; bring your friends and get into the spirit of BINGO! Try your luck in winning one of the many prizes while supporting Doane House Hospice in our fundraising efforts.

H4H



2013 saw the inaugural Hike 4 Hospice in Newmarket. Hike 4 Hospice is a National Hike and our teams and

individual walkers hiked in good company as many thousands of clients, staff, volunteers and supporters of Hospice and hospice palliative care hiked across the country on the same day.

This type of event not only raises much need funds that DHH needs to be able to continue offering free of charge programs and services, but also raises the awareness for the community that might not know we exist.

So why not come out and join us, 1st weekend in May, 2014 and bring your pooch.

Thank you to all our sponsors and volunteers who made this happen!

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IN-KIND SPONSORS

Cobs Bakery, Eddystone Meats, Global Pet Foods, John Abel, Melissa Clark, Metro, Natures Emporium, No Frills, Tennis Canada, The Royal Pathways, Tom and Jerry's, Poochinis, Sinclair Dental Co. Ltd., Starbucks, and Upper Canada Mall.

Hike 4 Hospice kicked off Hospice Palliative Care week, and to show support that week local wing establishments held a night called "**Wings of Hope**" and donated the proceeds to DHH. Thank you!

The Healing Cycle

This is our 4th year of participating in this extremely well organized sponsored cycle. This year we teamed up with YRP. One of our volunteers Steve Ross, took up this challenge and talked five of his colleagues into riding for DHH, it had to have been the hottest day of the year but despite that one of our riders Detective Greg McGuire was honoured with being the fastest time in the 25km ride and has the trophy to prove it! This year we would like to build our team from 8 to 25, one person for every year we have been in the community; if you ride, will you do it for us!



The Hoedown

This year's application to Hoedown was as a collaborative.

DHH, Hospice Georgina and Hospice Richmond Hill. The funds received from this wonderful community event are to support the Wellness programs across the three organizations. These programs give hope, empowerment and strength to clients receiving treatments for their life threatening illnesses. No matter where you live, Richmond Hill to

Georgina we have you covered!

Thank you Hoedown!



Doane House Hospice Programs

Visiting Volunteer Program

Within 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 Program

The Oasis Program provides a safe environment for social interaction and activities that illness can often restrict. Offered every Thursday and Friday at Doane House Hospice 10:00am — 2:00pm. 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

The Leonard and Gabryela Osin Foundation

Our sincere thanks goes to The Leonard and Gabryela Osin Foundation, whose generosity this year for the Oasis Day Program has helped us meet the demand for our program. This past year has seen an increase in clients by 37%. It's because of your kindness that we can make a difference in peoples lives Thank you!

Toskan Casale Foundation Youth Philanthropy Initiative

We would like to thank Cassandra Disanto and Susan Procopio from Villa Nova School, whose project on DHH made us this years YPI award recipient. In 2001 Julie Toscan – Casale created the Youth Philanthropy Initiative (YPI) This is a high school program providing students with a real philanthropic learning experience that researches and benefits local community based social service agencies. Since it's launch the program has enabled young philanthropists to donate over \$5 million. Awesome and thank you once again!



Wish List

- 8 week Art Therapy group;
- ◆ Sponsor a day at Doane;
- ◆ 8 week Saturday Yoga course.
- ◆ Publisher Software
- ◆ New Computers

Volunteer Profile: Gary Gilbert

Doane House Hospice holds memories of friendship, shared meals, tears and laughter for clients, staff and volunteers.



Gary Gilbert's memories of the house reach back to childhood. His mother was a Doane, born in the house in 1886, and he spent quite a bit of time at the house as a boy. He helped his uncle on the farm, spent time with his grandparents and was always around at threshing time.

Just as the process of threshing has changed over the years so have the occupants of the house. In 2001 an agreement was reached between the Hospice (formerly called Hospice Newmarket), the Town of Newmarket and the Region of York to relocate the house, which had been vacant for a few years, to its new location at the corner of Yonge and Eagle Streets. Originally located on the west side of Yonge Street, just north of Clearmeadow Boulevard in Newmarket, the move and restoration took a tremendous amount of support and work from a dedicated community of volunteers, corporate sponsors and a grant from the Ontario Trillium Foundation. Over a period of eighteen months, the house was lovingly transformed back to its former glory and moved one block north of its former location. Gary was there to witness the move and, three years ago, decided to reignite his connection to the house and volunteer some of his time.

Gary found his perfect fit as a driver for the Oasis program. As the program name suggests, Oasis is a place for clients to relax and be refreshed. It provides a safe environment for social interaction and activities that illness can often restrict. Illness can also restrict client's mobility and the

volunteer drivers are a very important part of the program. Clients rely on them for safe transport to and from the program – without them, many clients would not be able to participate in this program that they find so beneficial. Each Friday, and the occasional Thursday, Gary picks up his clients and brings them to the program. He enjoys their conversations and appreciates the opportunity to get to know them. Gary shares his upbeat personality generously and is honoured to be a part of the hospice community, taking care of the clients in an atmosphere full of companionship and compassion.

Doane House Hospice staff and clients are extremely grateful to Gary and rest of the volunteer driver team who 'keep their wheels turning' to provide this very important service.

Thank You!

Our thanks to the following companies who have provided delicious lunches for the clients in our Oasis Day Program.





Doane House HOSPICE

Come and honour your loved ones and raise much needed funds for Doane House Hospice!

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DATALINKS
ENTERPRISES LIMITED

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TOR-1 CAN
WASTE MANAGEMENT INC.

Sponsors:
> COBS Bakery
> EDDYSTONE MEATS
> GLOBAL PET FOODS
> LIONS CLUB OF NEWMARKET
> MEL...
> NATURES...
> ROY...
> SIN...

Hike 4 Hospice
\$10 REG. 12+
Fairy Lake, Water St., Newmarket



WINGS FOR HOPE
Wednesday, May 8th, 2013

The Lion & The Crow's Nest
Moxie's Bar & Grill
St. Louis Bar & Grill
Buffalo Wild Wings (Friday)



Hope and Healing Through Connection

YORK REGIONAL POLICE
Supporting Doane House Hospice



YORK REGIONAL POLICE
June 23, 2013
Supporting The Healing Cycle

The Healing Cycle
June 23, 2013

YORK REGIONAL POLICE
June 23, 2013





Doane House Hospice Staple Events

2014

JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



Tee off For Hospice

JUNE



The Healing Cycle

JULY /AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



For Doane House Hospice to be able to continue offering its programs and services free of charge to our community, we need your support and participation in the above staple events.

Why not hold a 3rd party event on behalf of Doane House Hospice?



TOR-1 CAN
WASTE MANAGEMENT INC.

DATALINKS
ENTERPRISES LIMITED

Blooming Wellies
Flower Boutique

\$40

**FOOD
CELEBRATION**
in support
Doane House Hospice

cash bar
entertainment
silent auction

905
967-0259

CANCELLED

Sunday, October 20, 2013, 5 pm - 9 pm

Madsen's Greenhouse Banquet

World - Bangkok Thai Cuisine - Bijoy's Restaurant -
SBS Bread - Cookery Catering - Golden Maki - Mandarin -
Mamma Mia Trattoria - Romano Panini - Saporì Di Calabria -
The Buttery Restaurant - Tin Roof Restaurant - Treat Yourself
Cakes & Catering-

SOS!

In October we were forced to cancel a major fundraiser the annual "Food Celebration". As an organization that depends heavily on events to raise the required funds for the annual budget this was devastating. The implication this has is that we may have to cut back on programs and services if extra funds aren't realized.

DHH's newsletter is distributed to all individuals, groups and others who have made a donation to or who have an affiliation with Doane House Hospice. We do not share any of this information, but if you would like to be removed from our mailing list please email info@doanehospice.org

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 us help others.

YES! I would like to help Doane House Hospice

- ☐ Please contact me regarding volunteer opportunities with Doane House Hospice
- ☐ I enclose a contribution in the amount of ☐\$25 ☐\$50 ☐\$100 ☐Other_____
- ☐ Please charge my VISA/MasterCard/American Express \$_____ Card number _____ Expiry _____

Signature _____

Name _____

Mailing Address _____

Telephone Home _____ Business _____

E-mail _____

This donation is in memory or in honour of _____



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for
\$750.00**

**SPONSOR
AN 8
WEEK
ART THERAPY GROUP
for \$850.00**

