



Fall 2011

Wish List 2011

- New Digital Camera
- Mind-Body Connection Sponsors
- Sponsor a Day at Doane & Group Art Therapy Sponsorship
- Industrial Carpet
- Interactive Website
- New Volunteers (training provided)
- Board Member (Fundraising)

The Healing Cycle

Founded in 2005, the Healing Cycle Foundation is a volunteer-based, registered charity that honours life by raising and stewarding funds to hospice palliative care services that provide compassion and uphold dignity for those living with a terminal illness and their loved ones.

They believe that dying is a part of living and that it is critically important for society to make a very difficult life passage both manageable and meaningful for people facing death, as well as for their loved ones. We value quality end-of-life care and believe that patients and their loved ones should be supported – physically, emotionally, socially and spiritually throughout the hospice palliative care process.

100% of all donations go directly to supporting hospice palliative care in Ontario.

So true to form, Juliet felt positive about Doane House Hospice (DHH) putting together a team and raising funds in a healthy, positive way. That's not quite how it ended. Juliet had not ridden a bike in approximately 25 years, and was the sole cyclist for DHH. Wearing her t-shirt with pride, she put one spoke in front of the other and rode 10km of a possible 160, raising \$1,505 for DHH.



She has committed to riding 25km next year but has put out a challenge to all DHH volunteers, staff, and followers to have a full team riding in the 10km ride. So why not sign up now, and start practicing for June 2012. The exercise really was fun, and what a reason to do it!

The Art Therapy Program Sponsored in part by:

Bingo World Newmarket

Thank you!

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

Picture This!

By purchasing a piece of art created in our Art Therapy Program you not only support Doane House Hospice but also validate the work created in the program.

SPONSORED BY:



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 Day Program

The Oasis Day 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

Workshops

- Newly Diagnosed

Mind-Body Connection

- *Peer Support & Relaxation*
- *Yoga*
- *Please keep an eye open for future MBSR (Mindful Based Stress Reduction) & Brain Fog Workshops TBA*

Assessment is required for all programs.

A Message from the Executive Director



I hope that you have all enjoyed the lovely hot summer. We are keeping everything crossed for a nice long fall but it won't be long before we are digging out again!

DHH is experiencing another busy year with the Stronach Cancer Centre up the road, we have seen an increase in referrals, which is bittersweet. Sad to think that people need our services, but reassuring to know that there are places like DHH that support individuals and their families coping with a life-threatening illness from diagnosis.

This year has been challenging for us as our government funding hasn't been increased. Our commitment is to serve 167 clients annually, which we surpassed a few years ago and are serving approximately 400 individuals and their families annually.

In the past, DHH has been very event dependent to raise the required 80% of our budget, but over the past few months we have had to look at this differently as we have seen a drop in event participation. It's funny when the chips are down how things happen - as you head further into the newsletter you'll see how some outside influences have come to our rescue this year.

As many of you are aware DHH has an amazing art therapy program, and we exhibited some of this art at the Southlake Regional Health Centre from July 18th to August 28th. Not only does this bring awareness to the value of art

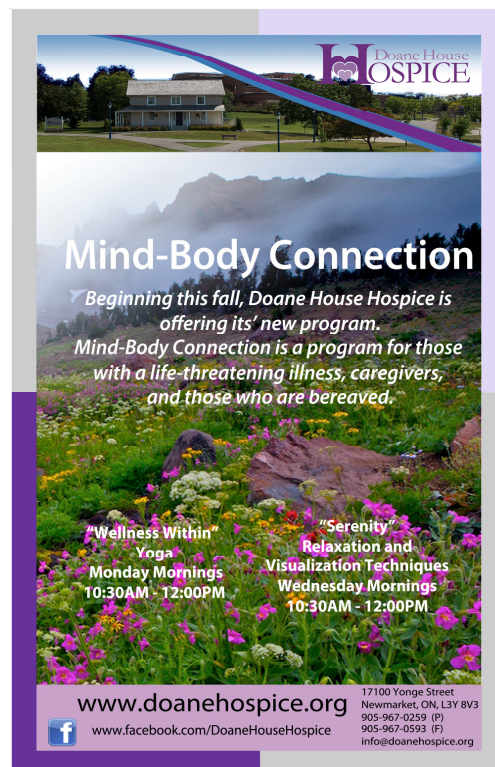
therapy, but also provides much needed funding to allow us to sustain the program.

Well, once again due to funding issues our nine year partnership with Wellspring has come to an end, it finished as of the end of August. We see on a daily basis what benefits these programs offer to our clients and thank the Wellspring facilitators and staff for their dedication in providing the yoga and relaxation & visualization.

It was therefore a priority for DHH to secure funding to be able to ensure that these programs could continue. We would like to thank Mr. Brett Richards of Connective Intelligence for his generous sponsorship of our new program called Mind-Body Connection.

Starting in September DHH will be offering yoga and R&V. Once we secure further funding we will add brain fog and mindfulness-based stress reduction to the Mind-Body Connection program. For this we require other partners to help us. If anyone would like to discuss this opportunity further, please do not hesitate to contact me.

Juliet Irish, Executive Director



Doane House HOSPICE


Mind-Body Connection

Beginning this fall, Doane House Hospice is offering its' new program. Mind-Body Connection is a program for those with a life-threatening illness, caregivers, and those who are bereaved.

"Wellness Within"
Yoga
Monday Mornings
10:30AM - 12:00PM

"Serenity"
Relaxation and
Visualization Techniques
Wednesday Mornings
10:30AM - 12:00PM

www.doanehospice.org
17100 Yonge Street
Newmarket, ON, L3Y 8V3
905-967-0259 (P)
905-967-0593 (F)
info@doanehospice.org

 www.facebook.com/DoaneHouseHospice

Care With Flair

In May we held our Care with Flair fashion show. A big thank-you must go out to the community, especially Anna Zucco, Brenda McArthur, and Rita Baxter, who made this happen. We had a wonderful line-up of models from volunteers to staff and clients. For some it was really stepping out of their comfort zone and for that we thank you for supporting Doane House Hospice.

Thank you to participating fashion houses Olsen Europe, Rosner, InJoy, Old Navy, Esther's Bridal Wear, and Girls & Pearls, as well as Cedar Grill for bringing the Mediterranean to us. We would also like to thank the Alliance Church for providing such a perfect venue. You all looked beautiful and that includes all the males! See you next year,



Tee Off For Hospice

Another successful golf tournament, our participants are diligent followers of DHH and come back year after year which we so appreciate, maybe in hopes to see Juliet play again!

Huge thanks to our sponsors: Allied International Credit; BFI Canada Inc. (Progressive Waste Solutions Ltd); The JBL Group; Simone Imports Performance; Home Hardware Aurora; and the many hole sponsors.

We had wonderful prizes and a good time was had by all. So watch this space for a surprise announcement for the 2012 Tournament.

Farewell Aly...

Doane House Hospice said au revoir to Aly Miller, our Volunteer/Case Manager. Her care and compassion were matched by her experience and expertise. Doane House staff, clients and volunteers can reflect on Aly's hidden talents evident on the Care with Flair runway and her beautiful accapella serenade heard during the Volunteer Appreciation Dinner. Volunteers will miss her most thorough e-newsletters. Aly's energy and enthusiasm will be remembered fondly.



AGM



22 Years in the Community

Annual General Meeting

will be held on

Monday, September 12th, 2011
at 6:00 p.m. at Doane House Hospice
17100 Yonge St., Newmarket

All Welcome

For info call 905-967-0259

Healing Art Article

Loss inspires paintings in art exhibit



Healing Art. Doane House Hospice art therapist Alison Jane adjusts one of the pieces of art in the Picture This! Exhibit at Southlake Regional Health Centre. *STAFF PHOTO/TERESA LATCHFORD*

For more information, visit www.doanehospice.org

Anne Hill stands in Southlake Regional Health Centre's art gallery, glimpsing at the souls of the artists whose work hangs on the walls. The art exhibit, Picture This!, is a collection created by clients who used Doane House Hospice's art therapy program to work through bereavement. Two of Ms Hill's own works, one of a tree and another of a tricycle, are included. "It is just all so powerful," she said, gazing at the pictures lining the hallway that leads to the cafeteria. She joined the program after her son died, explaining there was so much going on in her mind, all she wanted to do was scream. She wasn't able to put words to her feelings. "Putting it on paper or canvas let me say things that were impossible to say," she said. "Now, I can look back at how I changed as I worked through the program." She hopes the exhibit will give passersby hope and inspiration.

This is the first time art from the program has been publicly displayed outside the hospice, Executive Director Juliet Irish said. Southlake's Cancer Centre refers many people to the hospice's art therapy program and the partnership seemed appropriate. "Having their art displayed really validates their work," hospice art therapist Alison Jane said, noting it shows there is some positivity in grief — you can heal and progress.

The collection features 21 reproductions of original art that can be purchased as water colour or canvas prints to support Doane House.

The exhibit ran until Aug. 28

Volunteer Appreciation Dinner The Beat Goes On....!

A great time was had by all at this year's Volunteer Appreciation Dinner. In addition to a marvelous spread, we enjoyed a unique experience being part of a drum circle facilitated by Liz Levine. It was a great opportunity to play many different percussion instruments, including some extremely interesting ones, making an incredible array of sounds. The drum circle culminated in a session where instruments such as the ocean drum (illustrated here) took us on a really relaxing journey.



Ontario Now Has One Vision, One Voice, and One Association!



The Hospice Association of Ontario and the Ontario Palliative Care Association are now one organization called Hospice Palliative Care Ontario!

On Sunday, 10 April 2011, the members of HAO voted unanimously to complete the merger process by renaming the corporation, expanding the objects of the organization, appointing eight OPCA directors to the board and welcoming the OPCA membership into the newly created Hospice Palliative Care Ontario.

More good news!!! Doane House Hospice received our recertification of accreditation in April of this year! Good job all round!

Upcoming Events



Sept. 10, 2011 – Wild Wild West Hoedown

Selected this year as one of the 20 recipient charities, DHH is excited about being part of this great event. We sold out of event tickets early but still have raffle tickets for sale..... So what would you do with \$50,000? That's the first prize but to able to win you have to buy a ticket so call DHH!!



Oct. 15, 2011 – Rotary Club of York Gala

We have been chosen to be one of the two recipients of this year's 10th anniversary gala. Reaching Within to Embrace Humanity Fundraising Gala. It will be held at the Grand Ball Room, Sheraton Parkway Toronto North Hotel 6pm to late. Please consider purchasing a ticket for this lovely event, and support DHH, or if you might be interested in sponsorship please contact us.



Nov. 5th, 2011 Guy Fawkes' Pub Quiz Night 5 pm + at The Roast of Sharon

Celebrate the British Tradition of Fireworks Night by joining us for a night of fun and entertainment. Stimulate your grey cells by competing in our Pub Quiz. Why not get teams together to see who can triumph!

Doane House
HOSPICE
2nd ANNUAL
UNIQUE CRAFT & GIFT SHOW
Saturday, November 26th, 2011
10:00 am – 4:00 pm
905-967-0259



Nov. 26, 2011 – Unique Craft & Gift Show 10 am—4 pm Glenway Golf Club

Doane House Hospice is once again holding our Craft & Gift Show at the Glenway Golf club. All proceeds from this exciting event will help support the client programs at DHH, so for more info, go to "www.facebook.com/DoaneHouseHospice" and click on 'Events' on the left-hand side, or call 905-967-0259. We hope to see you there!



Come and enjoy the best wings in the area and vote for your favorite! The winner will be awarded the coveted 'Big Bertha' trophy!

Sunday, February 26th, 2011
4 - 7 pm at the
Newmarket Community Centre
200 Doug Duncan Drive
Call: 905-967-0259



Feb 26th, 2012 – The Big Wing Thing 4 pm – 7 pm Newmarket Community Centre

Love wings? This event is a must for all wing lovers as local restaurants compete to win the coveted Big Wing Thing trophy for best wings in town!



April 28th, 2012 The Pet-Tastic Show Newmarket Community Centre 10 am – 4 pm

Why not show your pet how much you love them by shopping at the exciting range of vendors at our new Pet-Tastic Show!

Toskan Casale Foundation Youth Philanthropy Initiative

In 2001, Julie Toskan – Casale created the Youth and Philanthropy Initiative (YPI), a high school program providing students with a real philanthropy learning experience that researches and benefits local, community based social service agencies. Since its launch, the program has enabled young philanthropists to donate over \$4 million.

So how does it work?

Grade 9 or 10 students participate in the initiative once the school has been approved. After an introductory workshop, students work together in groups and study the diverse social needs of their community. They research local, grassroots, social service organizations that aim to help members of the community faced with that specific need. One charity is selected after students analyze a number of factors, including its mission, budget, fund allocation and impact on the community. To gain greater insight into the charity, students set up site visits and conduct interviews with charity workers and members of the community who use the services provided by the charity.

With research complete, groups put together a presentation on their charity and how a grant would help it achieve its mission and better serve its clients. One group from each class is chosen to conduct final presentations in front of their entire school and a judging panel, the majority of who are fellow students. The team with the most compelling presentation wins a \$5,000 grant. The grant is awarded directly to the chosen charity. Thanks to the efforts of all involved, students gain an education in philanthropy, a charity receives support and a community gains awareness of an important issue. How fortunate for DHH!

This year we were lucky enough to be a double recipient a team from Pickering College in Newmarket and a team from St Andrews College in Aurora worked tirelessly on their projects researching different aspects of DHH.

The clients that were interviewed and seen in the videos were really touched that these young people were interested in their stories and how professional and inspiring their work was. In fact, DHH was able to use these videos at community events to promote awareness and volunteerism.

Thank you to both teams for capturing the essence of what DHH represents in a sensitive and powerful way. This funding actually came at an opportune time as DHH was looking at having to cut back on some of their programming so from all the clients, volunteers and staff keep up the good work and we would welcome next years grade nine and ten students.



Kayli Demirli
Sarit Illitzky
Jamie Kellock

Matthew Guizzetti
Andy Lee
David McMillan
Marc Romanin



St. Andrew's College

Oasis Lunch Sponsorship

Our sincere thanks to Kingsway Arms at Aurora Retirement Centre for providing delicious lunches for our Thursday and Friday Oasis Day Program once a month. This donation makes such a difference to us and is much appreciated by the clients.

Please do contact us if you know of anyone who would also be interested in providing lunches once a month.



Kingsway Arms

Summer Student



We would like to thank Matthew Lyte, who was our summer student through the Canada Summer Jobs program. Matthew tried to drag (kicking and screaming at times!) the DHH staff into the 21st century through social media. So please visit us on Facebook (www.facebook.com/DoaneHouseHospice) and Twitter (www.twitter.com/DoaneHospice) and like/follow us to keep up with what's new in our community!



The staff and volunteers of DHH would like to wish Matthew well in his final year at Georgian College.

Volunteer Profile: Una Walshe



Una Walshe's amazing relationship with Doane House Hospice began when she started volunteering over ten years ago when it was called Hospice Newmarket, and programs ran from St. John's Chrysostom Roman Catholic Church, and she has been an inspiration ever since.

Over the years, Una has dedicated her time to the hospice clients, making sure they're comfortable and doing, as she puts it, "whatever they are happy doing". When asked what she enjoys most about volunteering with Doane House, Una passionately responds; "I love going in [to the Oasis Day Program]. I love being there. I love asking them what they want and serving them. And I feel good about being there. If I helped just one person at the end of the day, I feel good." And it's because of this passion and dedication, and so many other outstanding qualities, that Una was the recipient of the 2010 June Callwood Circle of Outstanding Volunteers award.

This annual award was established by the Hospice Association of Ontario in 1994 to recognize and honour hospice volunteers. The award was named for the late June Callwood, who herself was a volunteer and founded Casey House Hospice.

To Una, it meant a great deal to be recognized and honoured for her contribution and dedication and to be inducted into June's Circle; "it meant a lot to me. I had followed June Callwood throughout her life; she is someone I admire a lot. I was really honoured to get this award". Una keeps her award close to her heart; proudly displayed on a pendant around her neck.

Thank you Una for all your hard work, commitment, and compassion. Thank you for making a difference in so many people's lives.

The Leonard and Gabryela Osin Foundation

Our sincere thanks to The Leonard and Gabryela Osin Foundation for their generous donation and continued support of the Oasis Day Program. We could not continue to provide this service without such gifts. The average age of the ODP clients is currently 61 years of age (the ages ranging from 40 - 81 years old).

Please see our Winter 2011 newsletter for a full list of our generous supporters.

Small Steps for Big Causes

Fundraising! The word alone stresses me out. It reeks of 'commitment' 'soliciting' 'organization' 'rejection'. But I believe in fundraising. I want to give; I really do. I have a cause that I care deeply about, Doane House Hospice, and I'm also looking for a needy cat shelter to donate to at the moment. Back to the question of fundraising... My theory is: when a task seems too big to tackle, break it down into small steps and take one at a time.

It began a couple of weeks ago when my husband and I were invited to friends of ours for drinks. Actually it was for a game of euchre, but that never got off the ground. There were eight of us there. I decided to make a loaf of bread that afternoon, a huge twisted loaf, which turned out 'glossy magazine' perfect. (That's not always the case). I arrived at our friend's house with the loaf beautifully wrapped in cellophane with a poster that read: "Draw - 1 ticket for \$3 or 2 tickets for \$5".



I made \$31 from 6 people that night (someone threw in an extra loonie) which I proudly handed over to Doane House first thing Monday morning.

So now my mind's reeling. I've got my annual girl's party coming up next month and yes, you guessed it, I'm making a loaf of bread, I'm making some of my signature spicy beans which I'll present in a cool dollar store dish, I'll package some of my husband's phenomenal curry nuts, and I'll scrounge up lots of other interesting stuff. And it'll be a win-win for all: the prize winners will be smiling, Doane House too, and I'll be happy knowing that it sometimes only takes small steps to help giant causes.

Every time you gather people together for a workshop, a party, a barbeque, remember to seize the moment to fundraise. Simply tap into your talents: Are you a gardener? Divvy up your plants and raffle them in a nice pot. Do you cook? Have a draw for your wares like I did for the bread. Are you an artist? People love having something created by an artist they've met in person. Get resourceful. Break the ice. Have a blast. I kinda like the word 'fundraising' now; I think of it more like 'fun-raising'!

Lesley Marcovich!!!



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 _____

Tax receipts will be issued for \$20.00 or more

Mission

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



Board of Directors

Debbie Johnston, President/Chair	Dr. Natasha Zajc	Howard Goldby, Past President	Daniel Reid
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DOANE HOUSE HOSPICE

17100 Yonge Street Newmarket, On L3Y 8V3
Tel: 905-967-0259 Fax: 905-967-0593
www.doanehospice.org

Charitable Registration No.: 14033 7437 RR0001

