

Community Hospice in York Region is 34+ years strong!



In 1983, a group of concerned individuals came together to address a need in the King community to offer support to those at end of life. It was one of the first community-based hospices established in Canada and the first in York Region. Over the next 6 years, other communities across York Region saw the benefits of providing hospice care. Hospice is a philosophy of care with the intent of relieving distress and improving the quality of life for individuals and families coping with a life-threatening illness, and the bereaved.

As a society, we are unfortunately very good at suppressing the need to reach out for help, and this is no different when one has been given a life-threatening diagnosis. Having caring people provide support to both the individual and family goes a long way in helping ease the feelings that overwhelm them at this time. This is where community hospice comes in, offering a family-centred care. This is where community hospice comes in, offering whole family approach.



Hospice offers non-medical programs and services that support those living with a life-threatening illness: support begins at diagnosis and carries on through treatment with a focus on the well-being of the client and family. Community hospices

provide a variety of wellness programs including yoga, meditation, tai chi, and mindfulness. Complementary therapies for registered clients can include reiki, healing hands, and reflexology. Day programs provide a safe environment for social interaction and activities that illnesses can often restrict. In-home visiting volunteers can provide companionship as well as practical help with day-to-day needs, appointments, shopping, and outings. Not everyone is comfortable talking; by using art therapy, our clients are able to express their feelings, thoughts and questions in a safe and supportive environment. As part of an interdisciplinary health care team, we also provide support to clients who are coming to end of life.

"Nothing I can say can come near to [letting] you know how much loving support and guidance Hospice has meant to me."

Hospice also supports those who care about the client. Looking after a seriously ill family member is often a new role, but one that can

be supplemented through many of our services. Hospice also offers grief support for those who are bereaved or experiencing anticipatory grief.

Did you know? You don't have to be referred by a doctor. Individuals and families may refer themselves, though doctors, discharge planners at the hospice, the Community Care Access Centre (CCAC), friends, volunteers, etc. can also make referrals.



To execute all programs and services offered, there is a small professional team of nurses, social works, counsellors, art therapists, and administrators. And then (of course!) our dedicated volunteers who are the cornerstone of each organization and generously give their time and compassion to support not only the clients but the organization as a whole. As per Hospice Palliative Care Ontario accreditation requirements, hospice volunteers go through an interview process, screening, and training before starting on their incredible journey.

The 5 community hospices of York Region are: Doane House Hospice (Newmarket, north Aurora, Bradford, and East Gwillimbury), Evergreen



Hospice (Markham, Stouffville, and Thornhill), Hospice King Aurora Richmond Hill, and Hospice Vaughan (Woodbridge and Vaughan). We are pleased to welcome the addition of the Margaret Bahen Residential Hospice for York Region. A 10-bed hospice in Newmarket will certainly complement the established community hospice services, giving York Region clients continuity of care while providing the comfort and dignity deserved when approaching end of life.

The hospices of York Region have formed a partnership with the operators of the Margaret Bahen Residential Hospice: Better Living Health and Community Services. This collaborative group of hospices are working closely together to share resources which will support best practices as well as some fundraising initiatives. "Better Together" is excited about being one of the charity recipients of this year's Magna Hoedown on September 15-16! Please visit this link: <https://snapd.com/Hoedown/BetterLiving>. Opportunities like this are important as they give hospice a louder voice and a bigger presence in the community.

Community hospices receive a small amount of government funding for only the in-home volunteer program. The remaining programs and services are funded through the generosity of our communities, individuals, faith communities, service clubs, companies, and grants so that

we are able to continue offering free-of-charge support. Hospice is unfortunately a word people shy away from and don't want to know about until they need one! But it doesn't have to be that way – we are here for you.

"Hospice matters. The end of life deserves as much beauty, care, and respect as the beginning." – Anonymous.

Be the ONE WHO MAKES A DIFFERENCE

RECRUITING HOSPICE VOLUNTEERS

FOR MORE INFORMATION: VOLUNTEERS@MHPHPCO.CA
WWW.DOANEHOSPICE.ORG
WWW.HOSPICE.CA

Margaret Bahen Hospice for York Region

Doane House HOSPICE

A young man walked along the beach toasting starfish back into the water. When told, "There are too many, it won't make a difference", he rescued another starfish and said, "It made a difference for that one."