

COMFORT, CARE,  
COMPASSION



# Touch Base Newsletter

June, 2018

## Death Café Comes to the Bay

Death Café is a global phenomenon started in 2013 in the UK by Jon Underwood, based on the work of Bernard Crettaz.

The objective of Death Café is to “increase awareness of death with a view to helping people make the most of their (finite) lives”. People gather around a table in small groups, drink tea, eat cake, and discuss death. There is no agenda and discussions are group-directed. To date, there have been over 6000 Death Cafés in 56 countries.

Dawn Cruchet has been a wonderful mentor for me. Her brain and mine seem to work together very compatibly; she suggests something and we run with it!

Dawn has had an interest in Death Café for a while and we finally advertised and facilitated “Death Café Comes to the Bay”. On Wednesday

May 30th, 19 people gathered in the Fireside Lounge at the Ash Grove Inn to meet friends and strangers, eat dessert, drink tea and coffee, and discuss Death.



### Here are just some of the topics discussed:

- Personal experiences with death and what we have learned.
- The importance of planning ahead — so much easier for family; “a gift to those you leave behind”.
- The issue of control at end-of-life.
- The importance of inviting people to discuss their grieving vs acting like it’s over after a period of time.
- Treating dying people with an attitude of expectation that they still may want to “do things”, i.e., the book *I’m Not Dead Yet*.
- The importance of planning for dependent loved ones and including them in the discussion and plan.
- Cultural rituals: Latin Americans’ ‘Day of the Dead’ and Christians’ ‘All Saints Day’ are both celebrated on November 1st.
- The difficulty for distant family to attend a Celebration of Life and cemetery interment when it is a one-day gathering rather than a three-day wake and funeral.
- Some useful resources were shared of which some are familiar to hospice volunteers:
  1. *Guide to Living and Dying* by Starhawk
  2. *Dying Well* by Dr. Ira Byock
  3. *Being Mortal* by Atul Gawande
  4. *When I’m Gone : Practical Notes for those You Leave Behind* by Kathleen Fraser

Maybe we will see you at Death Café in the Fall.

*Karen*

### MONTHLY STATISTICS

2018	April
Active Volunteers	99
Total Reporting Hours	293
Total Reporting Kms	3,768
Total # of Families Served	51

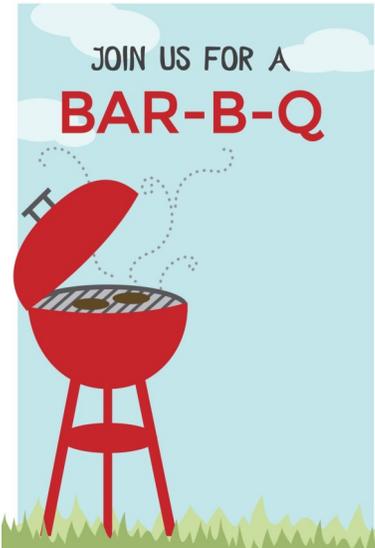
Be the sun to brighten  
someone’s life.







## Lisa's Notes



**Volunteer Appreciation BBQ  
Wednesday, June 27 @ 5 pm  
at the St. Francis Gazebo**

We hope many of you can attend to celebrate another wonderful year. Regardless of your level of availability

and hours given in the past year, we really hope you will come and enjoy like-minded people and allow us to thank you with food! Remember first and foremost that you are ambassadors for hospice palliative care and help us educate the community about the programs and services we offer and we know you are all doing that very well. Another good reason to come is that this will count towards our insurance requirement to engage with you at a minimum of two times per year.

Come relax, eat, socialize, and share stories with some great people. We promise great food, lots of smiles and, we hope, laughter.

Please RSVP to Michele so we know how much food to order.

The following excerpt is merely for your enjoyment!

From the Archives of SFMH Auxiliary Minutes—*Once upon a time there were four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody didn't do it. It ended by Everybody blaming Somebody when, actually, Nobody could accuse Anybody!*

Thanks to you, our volunteers, *this* cannot be said about MVHPC.

## 4th Annual Butterfly Release Event — July 29th

MV Hospice Palliative Care is hosting its 4th Annual Memorial Butterfly Release from 1 to 3 pm on **Sunday, July 29, 2018** at Water Tower Park, Barry's Bay.

Butterflies have always been a symbol of hope and the uplifting of spirit for humans. Releasing a butterfly can be an emotional and healing experience that can comfort family and friends at when they are suffering

at times of loss. It provides an intimate moment with a Monarch butterfly as it emerges and unfolds its wings, then takes flight, sometimes immediately, sometimes after a few moments.

Come out and celebrate the life of a loved one by releasing your own live Monarch butterfly.

**RESERVE your butterflies by July 6th** by contacting the St. Francis Valley

Healthcare Foundation [www.sfvhfoundation.com](http://www.sfvhfoundation.com) Butterflies are \$35 each or \$100 for a package of 3.

Please help spread the word to anyone you think may benefit from the experience.

We are looking for volunteers to help that day, so please contact the Hospice Office if you can assist with this event.



## 28th Annual HPC Education Day —The Healing Arts of HPC

MVHPC volunteers were awarded bursaries to the HPC Education Day, thanks to the OutCare Foundation. Connie Colton and Renee Paterson attended a fun-filled and inspirational HPC Education day in Ottawa on May 10th. The theme this year was ‘The Healing Arts of Hospice Palliative Care’.



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### Important Dates and Upcoming Events

June 27th	5 pm	MVHPC Volunteer Appreciation BBQ <b>RSVP REQUIRED BY JUNE 21st</b>	SFMH Gazebo
July 29th	1-3 pm	4th Annual Butterfly Release Event	Water Tower Park, Barry’s Bay
September		Next Touch Base meeting	Details to follow.

### Grief Support Group will be available in Fall, 2018

Madawaska Valley Hospice Palliative Care (MVHPC) was pleased to offer a 6-week Grief Support Group for anyone who has experienced the death of a special person.

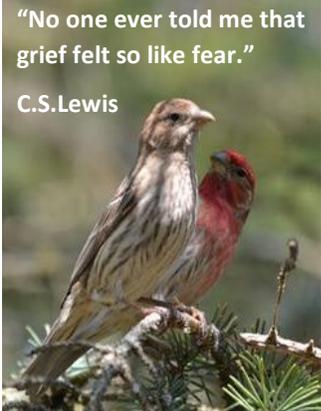
MVHPC provided a safe, confidential, and non-judgmental place (the Fireside Lounge at the Ash

Grove Inn, Barry’s Bay) for these Thursday afternoon sessions led by Dawn Cruchet.

Attendees could talk about their loss experience, share memories of their special person who died, and discuss grief-related concerns.

MVHPC will offer another 6-week Grief Support Group in the Fall, 2018 should registrations show the need.

For more information and to register, people simply call the Hospice Office. Office hours are 8 am to 4 pm from Monday to Friday.



“No one ever told me that grief felt so like fear.”

C.S.Lewis

### In Praise of MV Hospice Volunteers



All volunteers are wonderful! It shines through everyone that works there. So much peace — amazing for my dad — he was against it at first, then he got calm with all the struggles.

You guys are amazing! You have a good piece of my heart! You made it [end-of-life journey] a positive experience.  
*Katie and family*



IDEA

We are always looking for suggestions for our newsletter. Please contact Michele Michaelis by phoning the office or sending an email with your ideas.