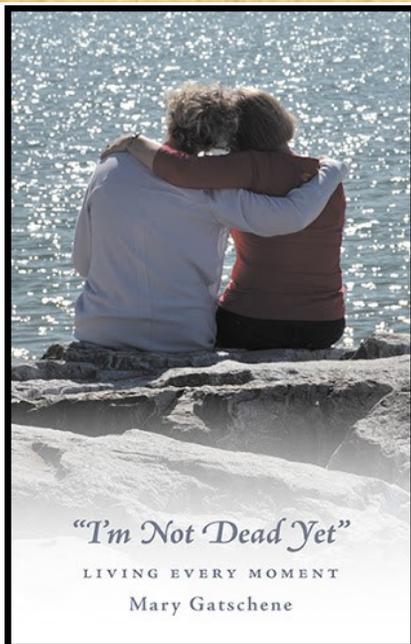


NOTES from KAREN



If you get the Gazette you may have read the article, “Comfort to the Caregivers of the Dying”. It was a very informative article interviewing Mary Gatschene (Shalla) She is a home grown Barry’s Bay lady who moved to Kitchener to do her nursing education and currently lives and works there.

I had a lovely phone chat with her and we hope to meet when she is back in Barry’s Bay. She would be a wonderful guest speaker for Touch Base and has written a book about her experiences working with hospice patients and families. I have enjoyed reading her book and recommend it to all of our volunteers.

As I work with families, volunteers and healthcare professionals, I have struggled to describe the difference between Hospital Palliative Care and Hospice Palliative Care. In both settings we strive for excellent pain and symptom management. We support patient and family emotionally and spiritually. So what is the difference? I feel Mary has captured the essence of what HPC is about in her book, “**I’m Not Dead Yet**”. In it she tells short stories about how patients and families lives have been enhanced by simply finding out what would brighten a day and what would fulfill a wish or a desire. It’s getting to know people and taking a wishful comment and turning it into a reality. I highly recommend reading her book. It will give volunteers the motivation to turn the desires of our patients into positive actions that help people to live life until they die. We will be purchasing a number of copies to have in the office for volunteers to borrow and I will be including it in volunteer training to have as reading material for new volunteers. I hope you will drop in and pick up a copy to read.

Happy reading *Karen*

MVHPC

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JULY STATISTICS

of **ACTIVE** Volunteers: 95
of Volunteers Who Worked with Families: 40
of Families Served: 49
Total Reporting Hours: 379
Total Reporting Kms: 3,565
of Bereavement Follow-up Team Members: 35
of Families Receiving Bereavement Follow-up: 10

MESSAGE from LISA



To our Volunteer Team,

~ As you are hopefully enjoying the, far too few, sunny days this summer with your friends and family, the MVHPC staff have been preparing for our fall volunteer education and reviewing our MVHPC programs.

Based on volunteer feedback to date, we wish to engage you more in the decisions that will affect your role.

We invite you to participate in the next Volunteer Touch Base scheduled for Thursday Sept 7th at 5:30, for those who wish to have a light supper and social time (cost \$10), or 6pm for the meeting. **If you want to be part of the light supper, contact Michele before Sept 4th.** We want as many of you as possible involved in the discussion about the following topics:

- ◆ Volunteer teams and scheduling
- ◆ Structure, time and future content of Touch Base – we will present some ideas and will ask for yours. We normally have 5 Touch Base events plus a couple of workshops.
- ◆ Bereavement Program

Also, please note that with this newsletter, I have attached our newly amended MVHPC Abuse and Harassment policy and I need all volunteers to sign and date the signature page that you have read and understand the policy and either return it to me hopefully when you attend the Sept 7 Touch base or when next coming into the office. ***I would appreciate everyone's diligence on this as this is an insurance requirement for your benefit.***

Please make the effort to attend our next Touch Base and have a say in how we grow, improve and move forward as a team. *"Unity is strength...when there is teamwork and collaboration wonderful things can be achieved."* Matti Stephaneck

NEW VOLUNTEERS NEEDED

We will be making a huge push for new volunteers in September and October for our November training dates—Nov 6,9,13,16th. We need your help to spread the message and to encourage anyone that has shown interest in our program. We continue to grow and yes sometimes we are quiet, but many times we struggle to find enough people to cover the requested shifts and therefore want to recruit at least one or two more people from each of our catchment communities. Anyone interested should contact our office.



VOLUNTEERS QUESTIONS ANSWERED

1. Are we allowed to attend some of the classes as refreshers during the next Volunteer Training Session?

Call the office to let staff know that you would be interested in a specific session. We then can see if the size of the class allows for extra participants.

2. After a patient discharge from Residential Hospice, part of the clean up involves removing the Sharps Container. I am aware that the container goes in the utility room but do we have to call anyone to let them know we put it there?

NO, you do not have to call anyone but you do have to ensure that the container is closed securely and check “task completed” on the “Volunteer Upon Death Checklist”.

IMPORTANT DATES AND UPCOMING EVENTS

DATE & TIME	TOPIC	LOCATION
Sept 7th, 5:30 supper/6 meeting	Touch Base Meeting—see Lisa’s note for more details	SFMH Lakeview Room (formerly Old Physio)
September 29th 10—noon (lunch provided)	Review of Bereavement Program—come have your say on how we move forward	Education Room, Clinic Building
October 9th	World HPC Day—a day of action to celebrate and support HPC around the world	
November 6, 9, 13, 16	Volunteer training for new volunteer recruits	Education Room
November 8, 2017	Touch Base—Elder Abuse presentation from Elder Abuse Ontario	SFMH Lakeview Room (formerly Old Physio)

SUCCESSFUL 3rd ANNUAL MEMORIAL BUTTERFLY RELEASE EVENT

The release of butterflies is a healing experience that can comfort family and friends suffering from a loss. It provides an opportunity to celebrate the life of a loved one and cherish special memories as they watch their own butterfly emerge, spread it’s wings and fly away.

Aside from the butterfly release (284 monarch butterflies), the afternoon included live soft music and an inspirational message from our guest speaker, Dawn Cruchet (Grief Educator and Counsellor).

Special thanks to all the volunteers, Opeongo Senior Centre, and sponsors who helped make this annual event a success.

Proceeds from this event will help support hospice/palliative services in our local community.



IN PRAISE OF MVHPC VOLUNTEERS

40+ VOLUNTEERS ATTEND APPRECIATION BBQ

On June 21st, an appreciation BBQ was held by MV Hospice staff to say a big “THANK YOU” to all the volunteers (the MV Hospice family) who are the heart of the our organization’s growth and success.

We are greatly dependent on all our volunteers. Each volunteer contributes his/her own skills and does a variety of things to help, such as: visiting clients in homes or long term care facilities, baking, cooking, fixing equipment for our Loan Cupboard, assisting with yard work, gardening, sewing, playing music for others—just to mention a few.



Without your amazing hearts, generous souls and skills beyond compare, our community would be substantially less connected and enormously less beautiful. Thank you for being a part of the MV Hospice family!

VOLUNTEER HOLDS YARD SALE AND DONATES TO SFVHF

In May Dorothy Hannah had a yard sale at her home St. Francis Valley Healthcare Foundation (SFVHF). away to the “free” sale at the Yakabuski arena in



and raised \$100 which she donated to the Leftover items (mostly clothes) were given June. You have a big heart Dorothy!!

MVHPC VOLUNTEER RECEIVES CAREGIVER AWARD



Congratulations to Dorothy Hannah who was selected from 80 caregivers as the “Caregiver of the Year” at Bayshore Home Health in Pembroke. Dorothy’s replied, “I felt very honored to be chosen and want to thank everyone at Bayshore for their support as well. Many times I fill in for other caregivers who are sick or off work so I feel so thankful that I have my health yet so I can help when needed. It is a good feeling to know you are helping others. I have a great love for others and when I can pass it on to others it makes me feel even better. It’s good when we can all work as a team. The reward was a complete surprise and I was in shock for a few minutes and then I was thinking the greatest reward is helping others, especially when they say, ‘Thank you’ and ask, ‘When can you come back?’”

Dorothy has been part of the MVHPC team since the first volunteers were trained in 2012.

QUILT DONATION MADE TO MV HOSPICE

To the Madawaska Valley Hospice,

This quilt, lovingly crafted by Quilters Curves, is donated to the Hospice by the Haskins family with heartfelt thanks and appreciation for the care and kindness extended to Jim and Loraine and family during Jim’s final weeks and days.

The quiet visits of the team to Jim and

Loraine meant so very much.

The image of Jim tucked up cozily under a warm quilt from the Hospice is something we will cherish always.

Forever grateful, The Haskins family

