

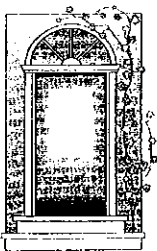
# *Dundas County Hospice Companion*

## **DID YOU KNOW?**

**Anyone at all can refer directly to us.  
Simply call 613-535-2215**

**We take referrals at  
ANY stage of a life threatening illness.**

**All our services are FREE.**



### **DUNDAS COUNTY HOSPICE PROVIDES:**

- Trained Volunteers
- Volunteer Training Course
- Support Groups for Men & Women
- Caregiver Support Group
- Bereavement Support
- Library
- Equipment Loan Cupboard
- Service 7 days a week
- Day Hospice/Men's Breakfast

**"You are as important on the day that you die as the day you were born" - Cicely Saunders**

# HOSPICE ACTIVITIES

**Training Course:** We offer a 10 week/30 hour Hospice Palliative Care Course primarily for visiting volunteers. Graduates of the March 2009 and September 2009 courses are: Rhonda Manczuk, Linda Stevenson, JoAnne Hoftzyer, Ineke VanDodewaard, Karin Scheerder, Alice Douma, Kay Porteous, Cheryl Jynski, Rhonda Carruthers, Jill Binette, Aurelie Foote, Sharon Hamelin, Bonnie Lennox, Doreen Markell, Diane Seguin, Noreen Timlin, Stepheny Vatour. Congratulations to all. Next course Fall 2010.

**Volunteers:** Volunteers are caring, generous and kind people. Each year, Dundas County Hospice shows our appreciation for all their hard work by having an evening of musical entertainment, snacks and a motivational speaker. We are proud of our volunteers who, in 2009, gave approximately 6700 hours of their time to 152 clients, fundraising, board, office, etc.

**Library:** Over 200 books and 20 videos are available for loan at any time to anyone requesting the information. Some topics covered are Hospice Care, Caring for Loved Ones at Home, Specific Illnesses, Therapies and Dealing with Illness. Some of our titles include: After the Rain, Words of Comfort, Words to Heal, Humor Your Stress and The Meaning of Life, Children & Grief.

**Equipment Loan Cupboard:** Through generous donations of both funds and equipment, we are able to offer our clients a variety of equipment to make life easier. Some of the items include several electric lift chairs, shampoo aids, privacy screens, room monitors and specialty comfort pillows.

**Bereavement Program:** In addition to individual volunteer visiting for bereaved persons, Dundas County Hospice offers seminars on helpful topics open to everyone. As well, Hospice offers bereavement support groups for those in need.

**Messages and Memories:** ♥ Clients, their caregivers and/or family members are welcome to borrow video equipment to record special events with loved ones or tape their own individual messages. If you wish, a Dundas County Hospice volunteer is available to assist you in capturing your memories.

**Day Hospice/Men's Breakfast Club:** Since it's inception, these programs have been very popular with our clients. Attendance is still regular and clients are very positive. The day consists of an activity (crafts, speaker, and a nutritious meal, etc.) Occasionally, an outing is planned.

**Caregiver Support Group:** In addition to caring for our clients, we feel that it is important to support those who are instrumental in keeping their loved ones at home for as long as possible. This is a huge commitment on their part and they often need support to prevent burn out and help to cope with stress. These support groups currently meet monthly.

## **VOLUNTEER OF THE YEAR**



**BOB PITRUNIAK** has been an enthusiastic and much valued volunteer with the Dundas County Hospice Board of Directors for many years. He has served as Chair, Vice Chair, general board member and is currently Co-Treasurer. Bob is also our IT expert as well as lending his valuable experience on our fund raising team. Thank you Bob. We all appreciate your hard work!

## **OUR DUNDAS COUNTY HOSPICE TEAM**

### **CAROL FROATS, B.A., Executive Director:**

Carol is always busy being sure that the office stays organized, writing grant applications and reports, as well as serving on various committees as our representative. Carol advocates for Hospice with a strong and passionate voice.

### **BEA VAN GILST, R.N. Director of Client Services:**

Bea assesses new clients, then matches them to the volunteers. The Day Hospice Support Programs are organized by Bea as well. She is especially appreciated for her quiet, compassionate approach to our clients. Other duties include infection control and supporting the volunteers.

### **JAN CLAPP, R.N., Palliative Care Course Facilitator:**

Jan was one of our founding board members in 1992. She has retired from CCAC and is enjoying her work in facilitating the Volunteer Course. Jan also volunteers on our Newsletter Committee.

### **SPECIAL THANK YOU:**

To retiring Board Member Janice Casselman. To new Board Member Crystal Dowson

---

## **Dundas County Hospice is a Non-Profit Organization**

*All Hospice services are provided without charge to the client and their family, so that no one will go without support. Your financial gift will help. Thanks for your donations.*

### **Gift Idea:**

We greatly appreciated donations received this past year that were in lieu of a gift for a special person's birthday, anniversary or Christmas. Income Tax Receipts are issued to the Donors and the people honoured are sent a card informing them of the donation and the Donor's name.

### **Memoriam Donations:**

All money received from "In Memoriam" donations is used for direct client care only.

### **Fundraising:**

Your generous response to our fundraising events has enabled us to continue our Hospice Services in 2008/09. We thank you for your continued support. June 2010 is set for our annual Golf Tournament, and the bi-annual Hoedown is set for October 16, 2010.

MISSION STATEMENT

**Our Office has moved  
But not far! 😊**

Dundas County Hospice strives to maintain an active program that serves and offers support to terminally ill patients and their families. The program operates in collaboration with like-minded community agencies and service groups.

Thanks to the generosity and wonderful co-operative spirit of the Board and Staff of the J.W. MacIntosh Seniors' Support Centre (*Williamsburg Non-Profit Housing Corporation*), Dundas County Hospice has a beautiful new office at the east end of the building in the freshly built addition. Not only is our new space cheery and bright, it is larger than the old office and offers significantly more privacy. We are thoroughly enjoying our new accommodations and are grateful to the J.W. MacIntosh Seniors' Support Centre for their assistance and co-operation.

2009 - 2010 STAFF

**Executive Director:** Carol Froats, B.A.  
**Director of Client Services:** Bea Van Gilst, R.N.  
**Course Facilitator:** Jan Clapp, R.N.

2009 - 2010 BOARD

**Chair:** Nelly Leightizer  
**Vice-Chair:** Sandra Jennings  
**Volunteer Liaison:** Diane Wilson  
**Secretary:** Marilyn Boissonneault  
**Treasurers:** Jane McIntosh  
Bob Pitruniak  
**Medical Advisor:** Dr. C. Adamson  
**Members:** Diane Annable Betty Guy  
Wendy Dale Mary Gibson  
Crystal Dowson

*Board members come from all walks of life.  
Anyone interested in becoming a board member  
please contact the office.*

Stop in to see us at:

4324 Villa Drive, Williamsburg

Phone: (613)535-2215

Fax: (613)535-1749

Office hours: Monday to Friday ~ 8:30 am to 4:00 pm

E-mail: info@dundascountyhospice.ca

Web site: www.dundascountyhospice.ca

I would like to help: DUNDAS COUNTY HOSPICE

YEAR: 2010

4324 Villa Drive, Box 228, Williamsburg, Ont. K0C 2H0

Phone: (613) 535-2215

- My donation of \$ \_\_\_\_\_ is enclosed.
- Please send me a receipt for Income Tax Purposes.
- I would like to volunteer my time and energy.
- I would like more information about hospice programs.
- I would like to become a Dundas County Hospice member (fee - \$10.00).

*Please make all cheques payable to:  
DUNDAS COUNTY HOSPICE  
Charitable Registration No.  
89131 6382 RR0001*

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_