

December
2014 Edition

17100 Yonge Street
Newmarket, ON L3Y 8V3
905 967 0259

www.doanehospice.org



DOANE HOUSE HOSPICE

Doane Nation

Charitable Registration
No.: 14033 7437 RR0001



A Message from the Executive Director

Hope and Healing through Connection

As the year draws to a close, so do the DHH celebrations around serving the community for 25 years. The celebrations were bitter sweet: sweet that we have been a sustainable organization over that time and grown to where we are today supporting approximately 600 clients plus their families: bitter in that the need is ever increasing for hospice care.

Unfortunately as we see our client numbers grow, we are also seeing a younger demographic accessing our services. The youngest client in the art therapy program is 3 years old and experiencing anticipatory grief, and our eldest client in the palliative program is 100 years old. Our average age, sadly, is 59 years old!

DHH staff has been busy this year participating in working groups through the Central Local Health Integrated Network, around hospice palliative care services in the region and how to better serve our clients. Community/ visiting hospices play a crucial role in the continuum of care for an individual diagnosed with a life-threatening illness. The support offered is for newly-diagnosed clients going through surgeries, chemotherapy, radiation and hopefully on to the road to remission; but for others, it's about supporting someone working through their advanced care plans or helping them have difficult conversations with their families; it's about living until you die!



To be able to continue supporting our clients, we have to raise 80% of our annual budget which is proving to be more challenging than in the past. So, to that point, we held a few **fundraising** events. We kick started the year by drawing the inaugural NewRoads to Hope Chevrolet Cruze car raffle; what an amazing feeling, making someone's day by calling and saying "the winner is . . . Dawn Kamino."

In May we laced up our training shoes for the annual Hike 4 Hospice, a lovely event which brought out clients, volunteers, families and community support, including the Lions Club Newmarket, preparing the BBQ lunch, & title sponsor, Torcan Waste Management. Following closely, was our Tee off for Hospice golf tournament, our signature event over the past few years. The fall offered us an opportunity to collaborate with three other charities, hosting the Dream Halloween gala, closely followed on its heels by the shop 'til you drop Craft and Gift Show. It's because of events like this that we are able to provide the programs and services we offer.

Wishing you and your family greetings of the season—Juliet Irish

Our Light of Hope 2015 Wish List



10'x 12' New Area Rug for our living room

Brushless Snow Shovel with rechargeable battery

A Month of Therapeutic Yoga for Clients—\$500

A Day at Doane named after your Company—\$750

8-Week Art Therapy Group—\$850

Hospice Care Accessible to all in our community

For more information, contact Juliet Irish at 905-967-0259.

Thank you to our 2014 Special Event Sponsors

Allied International Credit (Allied Global)
 Amica at Newmarket
 Apple Self Storage
 Aurora Smile Centre
 Beswick Group
 BFI Canada Inc.
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 Qualicare Newmarket
 Real Canadian Superstore
 Roadhouse & Rose Funeral Home
 St. John Ambulance
 SilverCity
 Sobey's
 Starbucks
 Steve & Adele's No Frills

Ted DiCerbo
 The Royal Pathways
 Tennis Canada
 Thompson Funeral Home
 Town of Newmarket -
 Mayor Tony Van Bynen
 Vic Priestly Contracting Ltd.

Program Supporters

Lions Club of Newmarket
 The Leonard & Gabriela Osin Foundation
 Sunrise Senior Living
 Hollandview Trail
 Kingsway Arms
 Newmarket Bingo World

Our sincere thanks also to all our wonderful individual donors, monthly givers, in-memoriam donors and in-kind donors without whom we could not continue to provide our free programs and services to the community.

2014 Snapshot of Special Events



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

Mind-Body Connection

- Peer Support
- Visualization & Relaxation
- Yoga

Assessment is required for all programs.

25th Anniversary Transformation - 85 individuals from Keller Williams Realty Centres came together to spruce us up inside and out !! What an amazing community event. Thank you to Marvin Alexander for his vision.

Hike 4 Hospice



Dream Halloween

Tee off for Hospice



Hospice Craft & Gift Show

Chicken Soup for Leslie's Soul

Memory Bears



Serenading Caregivers

Summer Student

Volunteer Profile - Suzanne Henderson

2014 Recipient of the June Callwood Circle of Outstanding Volunteers

Suzanne Henderson is many things. She is the proud owner of a black lab named Ben. Likely, she and Ben enjoy regular walks around her Aurora neighbourhood. She practices yoga so I assume she is fairly flexible or becoming more-so. She belongs to a women's group and book club and I would wager that she is well-regarded by all. She's an avid reader, so to me that suggests she is imaginative and curious about the world.

She is also a dedicated volunteer. I know exactly what that means. She has a big heart.

Suzanne has been lending her generous time and efforts to Doane House Hospice for almost five years now.



As an Oasis group facilitator and visiting in-home volunteer, her contribution is largely on the front lines of client care. She has also been involved in the art therapy program and is an enthusiastic fundraiser.

In preparation for this profile, I spoke with Suzanne by phone. What I noticed right away was her humility and easy going nature. She described Doane House as a "nice place to be." She spoke of the sense of community and love she feels when she's at Oasis Program. "It's really comforting to be around people who are so caring," she tells me. Her warmth and sincerity is easily detectable even over the phone. It's interesting that she gets comfort from those she is there to comfort. We often receive that which we give to others. Life is kind that way.

When asked what piqued her original interest in volunteering, Suzanne is thoughtful and confides that her motivation mostly came from a desire to "nurture others." Five years ago she was coming to the end of her tenure as her sister's nanny. She found herself without charges to care for and newly available hours to fill. Around this time she kept noticing a DHH ad in *The Month Ahead*. Soon after she stopped into the lovely old house on Yonge Street she had passed so many times over the years. The rest, as they say, is history.

Suzanne is in and out of Doane House many times a month and represents DHH when she visits homes directly. We are grateful, Suzanne, that you chose Doane House as a place where you could make a difference.

You have! *Thank you!*

Our Mission

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

2nd Annual NewRoads to Hope Car Raffle

September kicked off our 2nd Annual "Win a 2015 Kia Forte". This raffle has great odds - 1 in 3000 chance of winning. Just in time for the holidays. Thank you to NewRoads Kia of Newmarket for this great partnership. For everyone who has purchased a ticket, stand by your phone on December 24th at noon.



Santa may be coming early!!

UPCOMING EVENTS

Visit www.doanehospice.org for more information on all upcoming events!

When: Sunday, May 3, 2015
 Where: Fairy Lake, Newmarket
 Registration: \$25.00, children under 12 free
 Includes: BBQ, Entertainment,
 Refreshments and Yoga warm-up

HIKE 4 HOSPICE



Doane House Hospice
 Provides support to individuals and their families
 coping with a life-threatening illness, and the bereaved

Support us today by registering individually,
 In teams or pledging a donation! 905-967-0259

www.doanehospice.org

**2015 - 13th Annual
 Golf Tournament**
 8:00 am
 Registration
 8:30 am Tee-Off

905-967-0259

TEE-OFF FOR HOSPICE
 Watch this space for more updates on this great
 tournament!



Have you thought about being a Monthly Doane'ator?

By making a predetermined contribution from your credit card, giving becomes much more convenient for you because it saves writing and mailing cheques and the cost of postage. You can donate what you are able and change or cancel your donation at any time. For Doane House Hospice, it provides a predictable stream of income, allowing us to cut down on mailing and administrative costs. A tax receipt will be issued annually.

\$10 a month can make all the difference!!

YES! I would like to help Doane House Hospice

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



YES! I would like to help Doane House Hospice

- Please contact me regarding volunteer opportunities with Doane House Hospice
- I would like to be a monthly donor
- I enclose a contribution in the amount of \$25 \$50 \$100 Other_____
- Please charge my VISA/MasterCard \$_____ Card number _____ Expiry _____

Signature _____

Name _____

Mailing Address _____

E-mail _____

To help sustain the Art Therapy Program and to honour the client's journey, we sell prints of their art, framed or unframed, and on watercolour paper or canvas. Please see website for available options.



ART THERAPY PROGRAM at Doane House Hospice

"Art Therapy is a wonderful way to deal with what is too painful for words. Although a little intimidating at first, it provided me with tools that I can continue to use. I am so grateful for access to such a variety of materials and non-judgmental support. Thank you! You have made a great difference in my life."

(Adult Art Therapy Trauma Recovery Group)

The Art Therapy Program at Doane House Hospice offers individual sessions and groups to those impacted by grief, loss, new diagnoses, and other emotional stresses.

Art Therapy addresses the emotional and social aspects of grief and loss through the language of colour, painting, texture, and other creative processes. The professional art therapist encourages and motivates each individual to deal more effectively with the emotional, spiritual, and physical impact of grief on their lives.

For more information please contact
Doane House Hospice:



905-967-0259

