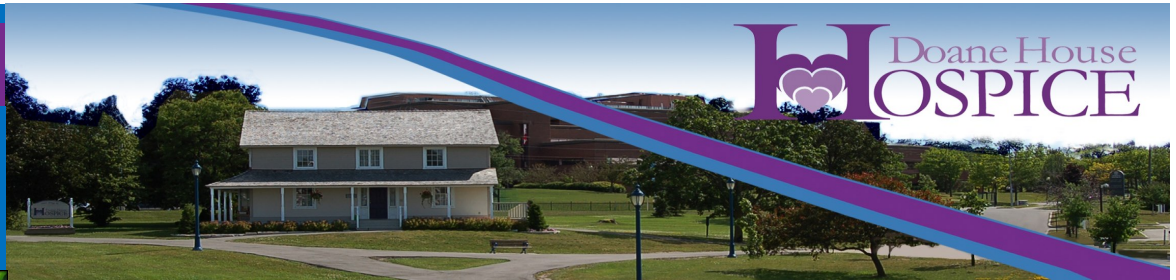


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Doane House
HOSPICE



Break Free from the Birdcage



When a devastating health diagnosis uproots life's normalcy and routine, our lives are sent spiraling out of control, dramatically shifting priorities. Grappling with a diagnosis, engages a series of struggles and while the medical field clinically outlines the future health path, the emotional vulnerabilities are left to one's own resources. Enter Doane House Hospice! All aspects of life matter! Life is meaningful and life is living! That is the mission Doane House Hospice staff and volunteers proudly encompass though the non-medical programs it offers its clients.

Through the eyes of one of our clients, we share her story of how Doane House Hospice's Mind Body Connection program offered hope and healing to her, during her first diagnosis and was an integral part of her treatment plan. Being a married, working, and nurturing mother of two young sons means a certainly busy, hectic and rewarding life. Add a breast cancer diagnosis to the mix and life is sent into a whirlwind for everyone. From avoiding the reality of such a diagnosis, hearing her 4 year old ask if mom will die, and for her husband to worry of how to care for my wife, each member of the family had life as they knew it turned upside down and be faced with the harsh reality of living with a loving mom and wife whose life is now threatened.

The routines of daily life involved new roles for the young boys who readily assumed more household responsibilities, while internalizing the fear of losing their mom. Talk about growing up quickly! A loving husband's watchful eye always ensured that his vow of commitment "in sickness and health" was confirmed daily. All this, while trying to continue a life of normalcy. But how does normal behaviour remain constant in an abnormal situation? Especially when breast cancer, after a few years of remission, returns and has now metastasized.

Doane House Hospice was the first place she sought! Having received sessions in Yoga and Relaxation and Visualization in the past, she needed the breathing and meditation coping strategies back to "get me through the initial shock of the diagnosis... in addition to reminding me of all the programs available to me and my family." The meditation helps ground her and slow down her thoughts and anxiety. She feels she is in a safe, comfortable environment where she is able to freely discuss her fears, anger, and deepest thoughts. It is throughout these sessions working with the facilitator and group members that she is able to reframe her thoughts. "I rely on Relaxation and Visualization to help me maintain an even keel and remind me to live my life despite my diagnosis"

Each family member became involved in the programs at Doane House Hospice. Her husband receives caregiver support and her two sons are involved in the art therapy program. This program provides her sons the opportunity to express their feelings, thoughts and questions through the use of simple materials such as clay, paint, oil and chalk pastels. So often words cannot be iterated, but one can speak volumes through various modalities. It's important for family members to have a safe place in which to come and to be with other people who understand what they are experiencing. Peer support is invaluable! All these support programs have helped her to feel that she is "living well" with a chronic metastatic disease. Knowing her family is also journeying with her, provides comfort.

*Your illness
does not define you.
Your strength and
courage does.*



HealthyPlace.com

DOANE HOUSE HOSPICE

Doane Nation

Charitable Registration no.: 14033 7437 RR0001

A Salute to: The 2015 Recipient of the June Callwood Award



Christine Kerr, joins the Outstanding Circle of Volunteers.

Christine, when she's not volunteering, loves a good book and quality time with her family. She also enjoys the outdoors and connecting with nature – it replenishes her with the energy to do all she does.

Christine self-describes as empathetic, a good listener and somebody who 'loves a great dialogue.' She believes in community because "we all need each other desperately." Her sense of community stems from living in an intentional community for twenty five years – she carries those values still – they led her into volunteering.

Christine is a six+ year veteran volunteer at Doane House Hospice. The reason she chose to volunteer at DHH is very personal. Christine's sister, Cathy, was her best friend. When Cathy contracted a progressively debilitating disease, Christine spent four years as her long distance care giver. She travelled back and forth to provide support and navigate services as her condition deteriorated. devastated.

When Cathy ultimately succumbed to her disease, Christine was devastated.

Weeks after, Christine was still crying every day. After six months she realized she needed help. She reached out to support groups and met others who helped her realize her grieving was normal. She reflected on her difficult journey of care giving and grieving and wanted to find purpose in it. She contacted DHH the same day.

Christine worked with the Oasis Program when she first joined the volunteer ranks at DHH. The perfect 'step in' program, she calls it, where people dealing with life-threatening illnesses have a place to come to 'let their hair down' with others going through the same thing.

Christine went on to help at Workshops and the Art Therapy Groups. She later transitioned to Talk Groups. She now facilitates the Bereavement and Caregiver Groups. She tells me, "it's an incredible privilege to be allowed to work with people traversing this terrain. It's a very difficult process for them to open their hearts in my presence. They're doing the work – I'm happy to provide a safe space."

The transition that happens over the 8 week workshops can be dramatic, she explains, "from raw pain to a place where they can breathe again, gain some perspective from empathetic others and realize whatever they feel, it's ok."

"The process works! It absolutely works!", she tells me with enthusiasm and conviction. I know she's right. It does work but it is people like you, Christine, that make it work!

Heartfelt thanks, Christine, from all of us. We honor you and appreciate you for your great contribution to Doane House Hospice.



That's exactly what Karen Maio and her family did at Thanksgiving as the winner of "A Brand New Car!" Doane House Hospice, teaming up with NewRoads Mazda, kicked off its third annual "New Roads to Hope" campaign on June 17, 2015. As one of its

major fundraising initiatives, Doane House Hospice staff, volunteers, clients, and NewRoads eagerly set out to sell a limited number of 3000 tickets. Talk about great odds! Our volunteers set up their booths, throughout the town. Many thanks to Home Hardware on Davis Drive and SuperCentre in Aurora, who welcomed sellers and buyers alike. With tickets selling at \$20 each or a book of 5 for \$100, not only are the chances of a win significant, but more importantly, all proceeds are directly channeled into the free services and programs offered at the Hospice.

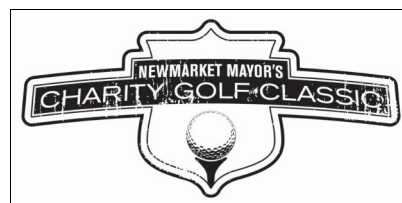
Following three months of sales, the draw was held on Friday, October 9, 2015 at NewRoads Mazda on Mulock Drive in Newmarket. Wayne Connor, General Manager, and Juliet Irish, Executive Director of Doane House Hospice, with a strong party of supporters and prospective winners, announced Karen Maio, the grand winner! Hopefully, she was seated when the surprising telephone call was made! And good karma for her, as she is also a client volunteer with Doane House Hospice. Good deeds do not go unnoticed! A prize to the seller of winning ticket, Jean Anderton, and for top ticket sales, Margaret Cooper, was each donated by the Relaxation and Visualization team of the Hospice for a job well done!

Keep a keen eye out for next year's car raffle and drive on the road of hope!

Towns of Aurora & Newmarket helped support DHH in 2015 through their golf classics



A big thank you to both Mayor Dawe and Mayor Van Bynen without this support our programs would have been reduced. 525 Clients say Thank You!



Why I Volunteer

By Diane R



Like so many in our communities across Ontario, I'm a volunteer and have been actively helping my causes of choice for over 17 years. It began with joining the parent group at my son's school when he was in grade 1. As a working parent, I felt a sense of being disconnected from a very important aspect of my child's life and felt the need to engage with educators and other parents as a means of balancing that out. I was rewarded by being embraced by others who were in the same position I was; looking for a way to make a difference in their child's lives in a new and meaningful way. Through the years, I served on committees, helped out at pizza lunches, book fairs and fun fairs as time allowed and learned about the environment that both my children were in each day in a way that I would not have if I hadn't taken the steps to get involved.



My children both played soccer and in the same spirit that led me to get involved before, I volunteered to help at family days and soon found myself being recruited to coach a girls team (who, ME??). I took the challenge to heart and learned how wonderful it was to be embraced by happy young ladies, give words of comfort and encouragement when things didn't go so well and to have former players greet me on the street

with "Hi Coach!" I coached and managed teams for 5 years and treasure all the signed shirts, pictures and awards of thanks. For something I didn't feel I wanted to do, I will always look back on it with a joyful heart.

When my mother passed away, I experienced a sense of needing to create meaning from this loss and the transition it created in my life. The questions was...WHAT can I do to achieve this? A series of events led me to contact Doane House Hospice (DHH) and inquire how I could help others through similar periods in their lives. As well, the more I began learn about Palliative Care and Hospice, the more I felt there was something needed and necessary in the work this field carries out. In getting to know the various programs DHH has to offer, I've also passed an interest in Art Therapy along to my daughter. The one step I took to call has led to so many more for, not only myself, but my family as well.

I feel it's not just to be called volunteering but **contributing**...to your community, to society and to the individuals whose' lives you touch. Whatever way we can help, with whatever time or resources we have to offer, we can look back with gratitude and say "I made a difference".

Golf Tournament to a TEE

Blue skies, warm weather, and warmer hearts welcomed golfers this year at The Club at Bond Head. Doane House Hospice held its 13th annual fundraising tournament on June 17, 2015, hosting sixty-six avid golfers who rallied together displaying their passion for the game while supporting the mission Doane House Hospice proudly values within the community.

After breakfast, golfers took to the course to vie for a win at the hole-in-one prize of \$10,000 sponsored by Aviva. Great efforts were made by all, but come back next year for another shot!!!

Happily, there were more prizes to be won and many golfers retrieved their choices from a wide selection of gifts. In addition, following the luncheon, awards for 'success at the game' were recognized to the worthy recipients. All awards and gifts were generously donated from our in-kind sponsors.



Another successful tournament was most gratifying for Doane House Hospice and achieved with the continued valued support. A most heartfelt thank you from the staff, Board of Directors, and clients.

Enjoying this balmy 'winter' weather reminds us that the golf season will soon arrive. Continue perfecting your golf swing for your chance to win next year's 'hole in one'.

Visiting Volunteer Program

In 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 at Doane House Hospice 10:00am—1.30pm. 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

A SPECIAL THANK YOU TO ALL OF OUR GENEROUS SPONSORS IN 2015
Because of your sponsorship we were able to provide the programs and services
Supported 525 clients and their families. We have to raise \$250,00 annually
To be able to provide these services free of charge. Thank you to all the Individual
donors, you make a difference!

Gold Sponsors

Allied Global, Apple Self Storage, K.J.Beamish Construction Co. Ltd., Beswick Group, Forest Contracting, NewRoads Automotive Group, Progressive Waste Solutions, TorCan Waste Management



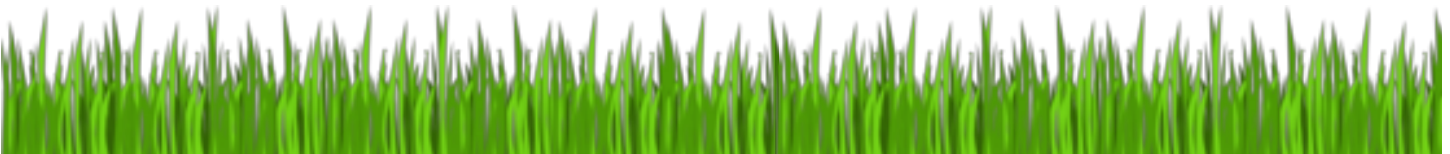
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Tena Quip Foundation - Palliative Programs
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The Town of Newmarket – Wellness Program
The Aurora’s Mayor’s Golf Classic – Palliative programs
Newmarket Bingo World – Bereavement

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Thank you to our Summer and Placement Students for all their hard work and commitment during 2015. Boris Ip, Stephanie Ruiz, Pippa Dillon-Fordyce and Cassandra Ferragine. We wish them well in their future endeavours.



If our table could talk!

Wow, the stories we could tell ! Every week at our Oasis Day Program up to 20 Clients come together for friendship and camaraderie and share their lives which are sometimes, sad, challenged, but more often than not are happy and inspiring. This is all done over a nutritious hot meal donated by our 2015 Lunch Sponsors: Sunrise of Aurora, Hollandview Trail Retirement Community and Pickle Barrel of Newmarket.



**Tee-Off
for
Hospice
June 2016**



**Who doesn't like a
round of golf, great
weather, good food
and all that fresh air!**



stay tuned!...

**Hike for Hospice
May 1, 2016**



Hike for Hospice is a unique, National fundraising event. On that day, from sea-to sea, hospice palliative care organizations work together to raise funds and awareness in their community!

This is an important fundraising event! We hope to "grow" our Hike and want to see more teams participate. Help us by promoting a company team. It's great team building and raises awareness for our corporate partners while supporting the cause.

Or, we encourage any individual(s) who want to meet new friends, to come alone and/or bring their dog(s).

more info to come...

***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!!***

Wish List
New Vacuum Cleaner
New Large Crockpot
New coffee mugs (white)
Boxes of Kleenex

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

YES! I would like to help Doane House Hospice

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

Signature: _____

Name: _____

Mailing Address: _____

Email: _____ Telephone # _____