Chatham-Kent Hospice

SUMMER 2019
NEWSLETTER

HAPPENINGS

When 50 Years Seems Too Short

Hospice gives a family the gift of peace

When Jim first met his younger sister's best friend, Ruth, he didn't know she would become the love of his life. First becoming friends, then husband and wife, Jim and Ruth shared a special bond. While they both grew up in Chatham-Kent, life and work took them away from the community. Ruth was an employee at Union Gas and was able to transfer wherever Jim's job would take him - from Brantford to Windsor to London. Regardless of where they worked, it was always their hope to come back and make a home in Chatham-Kent.

After 10 years of marriage Ruth and Jim were proud to welcome a new addition to their family – a son, Jared - and then, barely a year later, a second son, Andrew. Their small family doubled in size very quickly! After years of working and taking care of her family, Ruth retired from her work in 2009 but kept busy dedicating more time to her garden and sewing projects.

Their life, like everyone's, was not without its hardships and struggles. Jim & Ruth's oldest son was diagnosed with cancer while in his third year of university and passed away a short six months later. In the years following, Jim suffered two heart attacks and had to undergo heart surgery. Through it all Ruth was their rock. She looked after everyone and held their family together. As they approached their 50th wedding anniversary, Jim and Ruth began planning a trip to Hawaii – a trip they were, sadly, never able to take.

Unexpectedly Ruth was admitted to the hospital after having trouble breathing one day. Scans confirmed she had pancreatic cancer. While waiting for a biopsy, Ruth and Jim contemplated treatment options. After spending 10 days in the hospital, Ruth suffered a stroke which left her unable to speak. Although not able to share her feelings, Jim could sense Ruth's growing tension. It was the weekend but when a room opened up at Chatham-Kent Hospice, Jim knew Hospice is where they needed to be.

"Ruth did not need to be able to talk to let Jim know moving to Hospice was the right decision – he could feel her relax the moment they arrived, when the caring staff and volunteers began to get her settled in the suite. The final gift he would give Ruth was comfort and peace."

"If she could not be at home, Hospice was the next best place. I admire all the work the staff and volunteers do tending to each family while making you feel like you are the only one. When Ruth passed she was surrounded by her family and loved ones. During her farewell ceremony, we were able to pick the music and readings making it special - just for her."

Since Ruth's stay at Hospice, Jim has been motivated to give back. "I want to share our Hospice story with the hope it helps people better understand what Hospice does in our community. It brings peace to the resident and peace of mind to those left behind. I want other families to be able to share that gift with their loved ones."

Supportive Care UPCOMING EVENTS:

YOGA FOR HEALING

July 15 - August 12
5:30 - 6:30 p.m.
Butterfly Room

COFFEE TALK, DROP-IN BEREAVEMENT SUPPORT GROUP

2nd & 4th Tuesday of the month
10:30 - 11:30 a.m.
Great Room

CAREGIVER NIGHT OUT

July 18 - August 15
5:00 - 7:00 p.m.
Great Room

www.chathamkenthospice.com

You are Not Alone

The Well Within Supportive Care Program staff at the Chatham-Kent Hospice want you to know that you are not alone in your grief.

Grief is a natural condition – the human reaction to loss – and is experienced by all of us at some time in our life. Grief is often experienced as intense sadness, weepiness, confusion, exhaustion and distress. The emotional pain caused by grief can be overwhelming and often people feel that they have to deal with it on their own because as a society we don't like to talk about death, loss and grieving.

In 2018, the Chatham-Kent Hospice was successful in receiving an Ontario Trillium Foundation Grant in order to provide Grief and Bereavement services within the Hospice and to the community, including individual counselling, group counselling or wellness programs and resources free of charge.

100% of respondents from one of our early Bereavement program surveys reported that after their loss they experienced feelings of isolation. All participants acknowledged that taking part in the therapy program allowed them to feel less alone.

The Supportive Care team works with individuals and families to educate them about grief and to help accelerate the natural healing process by providing an empathetic, caring and therapeutic relationship.

While individual counselling can be of great benefit, many other groups and wellness programs are also offered by the Supportive Care team.

Supportive Care Grief and Bereavement services has a lifelong impact on participants, providing them with coping mechanisms, self-care strategies and healing practices.

If you have experienced the loss of a loved one and would like to participate in Supportive Care programming please contact Sally at: 519-354-3113 ext 2406 or sreaume@chathamkenthospice.com

SUPPORTIVE CARE TEAM
Melissa, Bridget, Sally and Candace

Volunteer Spotlight

“I really value my morning shifts in the kitchen preparing breakfast favourites - eggs and bacon, and even fried tomatoes. I feel a sense of self-worth when I am able to make meals the residents will enjoy. I love hearing their stories and getting to know all the families. Volunteering at Hospice is fulfilling, I feel I receive more than I give. It really is inspirational.”

- Joe, Hospice Kitchen Volunteer since 2016

We are always looking for energetic, caring people like Joe who enjoy cooking and baking to help us bring comfort to our families and their loved ones through food!

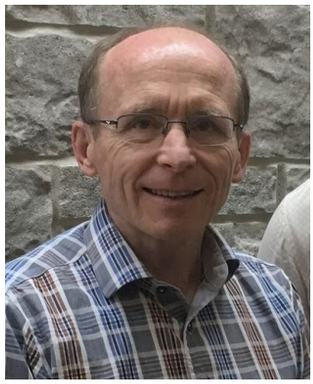
Want to join our team as a volunteer? Visit www.chathamkenthospice.com for more information.

Thank you, Dr. Mayo!

In just over three years Hospice's remarkable staff and volunteers have been able to care for over 600 residents and their families.

This milestone wouldn't be possible without the devoted work of all eight of our core Hospice physicians, kindly led by Dr. Robert (Bob) Mayo. It is with both joy and sadness we wish Bob the very best in his retirement as of June 2019. We realize how fortunate we are to have him - his wise counsel and leadership helped to ground us in compassionate care, for which Chatham-Kent Hospice is known.

We are pleased to announce Dr. Samantha Chandrasena as our new Lead Physician. Dr. Chandrasena is a physician with the Chatham-Kent Family Health Team and has been involved with the Hospice planning as well as serving as a core physician from the time we opened.



Dr. Mayo

Dr. Chandrasena

Chatham-Kent Hospice Foundation is moving forward!

With your feedback through our donor survey, community research, and thoughtful reflection, the Chatham-Kent Hospice Foundation Board of Directors has developed the organization's Strategic Plan for 2019-2022. This new plan will act as a roadmap as we work toward ensuring exceptional end-of-life care now and in the future.

For more information on the Hospice Foundation Strategic Plan visit us at our Community Impact Open House or online at www.chathamkenthospice.com.

Youre invited to our...
Community Impact Open House

Learn about the impact of your support!
- *Hospice Care Services*
- *Supportive Care Grief & Bereavement*
- *Volunteer Opportunities*

TUESDAY, JULY 16, 2019 | 4:00 - 7:00 PM
Katheryn Clements Hall | St. Andrew's Residence | 99 Park St, Chatham

Chatham-Kent Hospice
FOUNDATION

Gala 2019

Changing Moments Changing Lives

FRIDAY OCTOBER 25

Chatham-Kent John D. Bradley Convention Centre
565 Richmond St. Chatham
6:00PM Cocktails | 7:30 PM Dinner

Mitton's Jewellers Diamond Draw | Silent Auction | Live Auction
Tickets $125 (Donor Receipt of $75)
Tickets available at www.ckhospicegala.com | 519.354.3113
Chatham-Kent Hospice 34 Wellington St. E. Chatham

VICTORY LINCOLN

Chatham-Kent Hospice
FOUNDATION

We are grateful for your support of Chatham-Kent Hospice. If you would no longer like to receive a copy of this newsletter, please let us know by emailing: foundation@chathamkenthospice.com or calling 519-354-3113 extension #2403.

Charitable Status #: 809001597RR0001

Contact us to learn more or donate:

By mail or in person:
34 Wellington Street East, Chatham, Ontario, N7M 3N7

Online:
www.chathamkenthospice.com

Or call:
519-354-3113

Please make cheques payable to:
Chatham-Kent Hospice Foundation

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