

# Heart Lights

HOSPICE THORNHILL | EVERGREEN HOSPICE ~ MARKHAM STOUFFVILLE

JANUARY 2014



## HEALING through *Creativity*

BY GERRIE STORR

"Creativity takes courage," declared Henri Matisse, the early 20th century French artist known for his use of vibrant colour in his masterpieces.

Clients and staff at Evergreen Hospice and Hospice Thornhill are showing both creativity and courage these days. They have begun three creative initiatives, and a fourth has been 'field-tested' by staff!

### ART EXPRESSIONS

"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." Karen Young would agree with Vincent Van Gogh. Karen facilitates 'art expression' sessions for client programs offered by Evergreen Hospice. In addition to her regular sessions at The Living Room, Karen has provided her services for the bereavement clients as a final session following the eight-week support group series.

At Evergreen Hospice, Judy Rentenaar BSW, is also arranging for Karen to provide a series of sessions for bereavement clients in January. Karen and Judy share a background in art and a vision that art expression can be used for therapeutic purposes. As Judy explains, "Talk therapy doesn't always reach all parts of an individual." Art expression is another avenue to explore because it helps "things open up inside that express that grief."

Karen's enthusiasm for what she does for hospice clients is infectious. For her, this is the ideal volunteer job, as she shares her love of art with her love of working with people. Linda Yeatman, the Coordinator of The Living Room, says that Karen "makes you feel safe and comfortable."

### LOVING LETTERS

Adele Gould, a retired social worker and Hospice Thornhill client volunteer, is a firm believer in putting pen to paper to share positive feelings, thoughts, memories and experiences with loved ones. She herself has written several such letters and has immediately shared them with the recipients – an experience which she has found to be extremely satisfying and fulfilling. She is often surprised by the impact these letters have on the recipients.

As an extension of this endeavour, Adele has encouraged her hospice clients to do the same. Some clients like to share their letters with their loved ones in the present, while others choose to leave the letters as legacies for after their death.

Earlier this year, to allow more clients access to this service, she conducted a training program for hospice volunteers who wished to guide clients wanting to write Loving Letters.

### IN THIS ISSUE

Healing through Creativity.....	1
A Walk of Remembrance.....	5
Progress on Integration .....	6
Services of Evergreen and Thornhill .....	7

### Heart Lights

Evergreen Hospice	Hospice Thornhill
6060 Highway #7 Markham, Ontario L3P 3A9	220 Charlton Avenue, Thornhill, Ontario L4J 6H2
Phone: (905) 472-5014 e-mail: info@evergreenhospice.org www.evergreenhospice.org	Phone: 905-764-0656 email: info@hospicethornhill.org www.hospicethornhill.org
Charitable Number: 128026143RR0001	Charitable Number: 118963792RR0001
<b>Brian Foley</b> - President	<b>Shawna Gutfreund</b> - President
<b>Jan Pearce</b> - Executive Director	
Wendy Clark Design/Layout	

Evergreen is submitting an abstract to the annual Provincial Hospice Palliative Care Ontario Conference in April along with MOTUS O, for a workshop to demonstrate the technique called "Moving Stories".

Clients are invited to share stories about their lives (eg. values, inspirations, experiences, happy times and challenges) or to focus on aspects of their relationships with their loved ones (eg. what they appreciate, love or admire most about the person or special memories shared). Many clients want to include both aspects in their letters.

"The recipients of Loving Letters," Adele says, "have a tangible record written by an important person in their lives. The letter is not only a reminder of special times shared, but it also serves to validate the unique nature of the relationship and bring comfort when needed."

Check out Adele's blog at <http://adelegould.com>

## BEDSIDE MUSIC

Another creative innovation for the Hospice program is Bedside Music, offered by Kevin Komisaruk, a Lecturer in Performance with the Faculty of Music at the University of Toronto.

Kevin has brought his students to Hospice Thornhill to play music at The Gathering Place for over a year, and, this fall, the group visited Evergreen's Living Room. He also plays at the bedside for a number of clients in the community and in the hospital with wonderful results. He is looking for more individual clients to whom he and his students may offer the bedside option.

Kevin's interest in hospice programs came at a crossroads in his career as a musician. "I felt a need to prioritize performing that centred on the experience of the listener. Hospice was a natural environment in which to explore this."

In a private home, Kevin explains, the program "resembles very much a volunteer visit, except the medium of exchange is not social or conversational, but rather purely musical. The student arrives at the home, and, after a brief introduction to the family or to the client, an informal performance occurs. In a sense, it feels like an informal concert, except [this] experience [is] more intimate, meditative, and directly communicative. The amount of [time for the] music generally varies from 15 minutes to an hour, depending on how the individual responds."

The client does nothing to prepare for the session, "except perhaps to set aside the expectation [that] this [is] entertainment and diversion. Students are not there to play requests and entertain, but rather to invite the client into a meditative, communicative, transcendent space. The music is only the medium for the exchange; it is neither the focus nor the purpose. Generally, the effectiveness of the work can be enhanced by silencing telephones and by pausing the busy-ness of the home."

See [www.kktoronto.info](http://www.kktoronto.info) to learn more about Kevin's program.

## MOVING STORIES

The last initiative is a program called "Moving Stories." People's personal stories are spoken in word and then improvised back to them in movement and music. Jack Langenhuizen, of MOTUS O Dance Troupe of Stouffville, tells us that the program is modeled after one begun at the Banff Centre in Alberta in their 'Building Accountability' and 'Leading for Results' corporate programs. It is now used at the Kalein Centre in Nelson, British Columbia, where they demonstrate improvisational dance as a technique for the client/patient to process their grieving journey. Evergreen and Motus O hope to try the technique to aid in releasing the experiences for those working in the palliative care/bereavement field by engaging in image making to support care givers.

Jan Pearce, Executive Director, explains that, "The dance troupe met with staff in the early fall to see it in action, and we were all awe struck." All the staff recognized how powerful this could be to help clients work through difficult feelings and issues. Evergreen hopes to offer a session at The Living Room in the near future."



Four programs, four approaches, four creative ways to work with Hospice clients.

**"Life beats down and crushes the soul and art reminds you that you have one."** *Stella Adler, an American actress and celebrated acting teacher.* 

As these articles have noted in the past, finding permanent working space is an ongoing issue for Evergreen Hospice. To make the Art Expressions program work, for all clients, a large, bright area with storage space for the art supplies and a space for the artists to spread out to create, is essential.

# WELCOME *Judy*

JUDY RENTENAAR began with Evergreen Hospice in May of 2013 as the counsellor supporting both bereaved clients and those who are struggling with a diagnosis of life-threatening illness. Judy comes to us with extensive experience in mental health counselling as well as bereavement support. Judy has been with Evergreen almost 6 months but through my error of omission was missed in the previous publication of this newsletter. My apologies Judy and a very warm belated welcome!

*Jan Pearce*

## Volunteer Opportunities

Are you interested in volunteering at Hospice, or do you know someone who may be interested? There are many types of volunteer work that can give tremendous satisfaction while helping neighbours in your community. Volunteer opportunities include working with clients, office work, joining a fundraising or event planning committee, community awareness work, and much more! Call Virginia (Markham) 905 472 5014 x 107 or Tara (Thornhill) 905 764 0656 x 108 for more information and an interview.

**MANY THANKS TO**  
Joyce and Elson Miles for their  
very generous contribution to  
hospice care again this year.

## SUMMER STUDENTS

Again this year, Evergreen and Thornhill will be hiring a number of students - assuming we are successful in getting a grant from Summer Jobs Canada. We are looking for students with energy and enthusiasm, with preference given to those in Fundraising programs, business programs or those involved in volunteerism or health care. We can only hire a student who is currently attending school full time and is returning to full time studies in the fall. If you know anyone who might be interested, ask them to send a resume to [janpearce@hospicethornhill.org](mailto:janpearce@hospicethornhill.org)

**Interviews will take place in early April this year if we receive the federal grant.**

## Ways YOU CAN HELP Hospice...

There are many ways that you can help us continue our work in the communities of Markham, Stouffville and Thornhill:

1. Send a donation in honour of a friend or family member in lieu of a gift.\*
2. Send a donation in memory of a loved one who died.\*
3. Ask friends to send a donation in lieu of hostess gifts or birthday/anniversary presents.
4. Sign up to donate your Points from Shoppers Drug Mart or HBC Rewards. Contact Rebecca Simkin at 905 472-5014 to set this up.
5. Attend a fundraising event with your friends (see our gala ad this issue!).
6. Sponsor a hospice client activity or a special event.
7. Volunteer! See "Volunteer Opportunities" in this issue.

*\*We will send notification to your friend and a tax receipt to you.*



PRESENT

# AN EVENING IN *Italy*

Friday, February 28, 2014

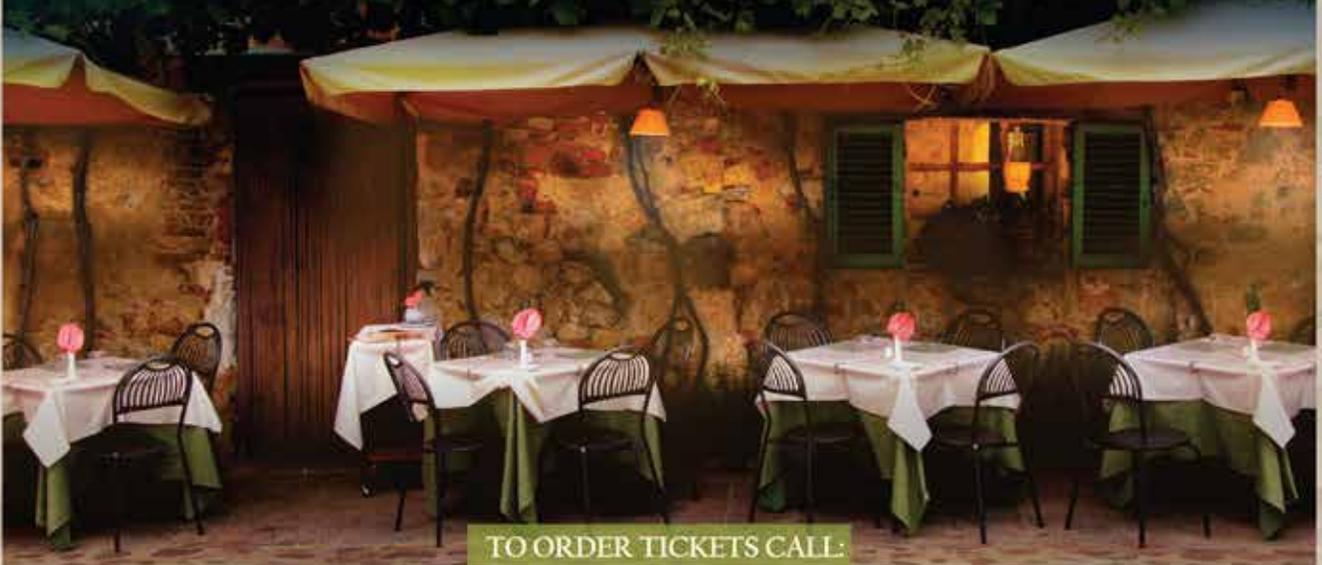
ANGUS GLEN GOLF CLUB

10080 Kennedy Road (North of Major Mackenzie)

Cocktails at 6:00pm ~ 3 Course Gourmet Dinner with Wine at 7:00pm

LIVE AUCTION ~ SILENT AUCTION  
RAFFLE ~ ENTERTAINMENT ~ DANCING

TICKETS  
**\$175<sup>00</sup>\***  
\*(\$200 after February 14th)



TO ORDER TICKETS CALL:

Tables for groups of 8 or 10 are available.

905 472-5014 OR VISIT  
[www.evergreenhospice.org](http://www.evergreenhospice.org)

\*A portion of your ticket is tax deductible.

Evergreen Hospice and Hospice Thornhill provide free-of-charge palliative care and bereavement support for children, teens and adults living in Markham, Stouffville and Thornhill.

**Sponsorship Opportunities Available**  
Please contact Rebecca Simkin at 905 472-5014

*Evergreen Hospice*  
Charitable Number 12802 6143 RR0001  
*Hospice Thornhill*  
Charitable Number 11896 3292 RR0001  
6060 Highway 7 E.,  
Markham, Ontario L3P 3A9



# { Save the Dates }

FRIDAY APRIL 4<sup>TH</sup> 2014

Jam Family Concert at Hospice Thornhill

SUNDAY MAY 4<sup>TH</sup> 2014

Hike for Hospice and Annual Garden Party at Hospice Thornhill

More details to come in the New Year!

## PROGRESS on INTEGRATION

The Boards and Staff of Evergreen Hospice of Markham Stouffville and Hospice Thornhill continue to work together to serve the combined area as we wait for the official designation of a new combined organization, with a new charitable number, which is now expected to occur in April 2014. At that time, we will assume our new name "Evergreen" and begin using our new logo which was unveiled at the Annual General Meeting on September 16. We are currently working on changing all our literature, informing all our partner agencies of the upcoming change and gradually getting everything in place for a smooth transition. If you have questions about the integration and its impact on you as a client, a volunteer or a donor, please call Jan Pearce at 905 472-5014

## YOUR GROUP Can Help Hospice Too

*(and we can help you!)*

ON October 26th, Jan Pearce was invited to share a Thanksgiving dinner with the people of Christ the King - Dietrich Bonhoeffer Lutheran Church in Thornhill to speak about Hospice. Jan shared a delicious dinner, good company and received a donation to help Hospice Thornhill continue providing critical services in their community.

*\*If your group would like a Hospice Speaker for an event please call Jan Pearce 905 472 5014*

## Mayor Bevilaqua comes through in Thornhill!

Thanks to the generosity of the Mayor of Vaughan, Hospice Thornhill was the grateful recipient of \$10,000 from his special Gala fund.

## Wish LIST

Some items we need at hospice:

- 1) counter top dishwasher
- 2) Gas BBQ



# A walk of **REMEMBERANCE**

**We couldn't have asked for better weather on Sunday October 20th for our annual Walk to Remember. A lively group of supporters joined our ranks to help raise over \$19,000 that day!**

We really appreciate our loyal walkers who collect funds from their friends and family and walk 1.5 or 5km to show their support. We depend on your efforts every year to help keep hospice services available to those who need them.

We know that many of our walkers were there to dedicate their efforts to someone special who has died, so we gave out white T-shirts to everyone to decorate with indelible markers. Lots of colourful decorations adorned their shirts when everyone finally went out to walk that day in the warmth and sunshine.

The winner of this year's grand prize, 25 CD's of their choice from Warner Music, is the person who made the most money for Evergreen Hospice and Hospice Thornhill. This year's winners are Don and June Ferguson, who gathered \$7120 in donations. Congratulations! Our Chairperson, Ann Burkholder, is delighted that someone else has finally beaten her to the big prize.

Thanks go to 'Wavy Dave' Haines for providing music, Lori Ferren for leading our warm-up exercises, and to all the volunteers who helped the event day go so smoothly. Our local Nurse Next Door home care services office kindly provided a nurse to help out just in case. Special thanks to our Chairperson, Ann Burkholder, for her dedication and effort once again to make this event successful.



*L to R Don Ferguson with Ann Burkholder and his wife June Ferguson.*

## **Many thanks go to our sponsors:**

### **COMFORT SPONSORS:**

Clintar Landscape Management, Dixon Garland Funeral Home, Dundee Wealth Management, Fab Consulting

**CARE SPONSOR:** Amica of Swan Lake, Teva

### **SUPPORT SPONSORS (IN KIND):**

AERYX Inc, Amica of Swan Lake, Black's Camera, Dixon Garland Funeral Home, Donna Gedir, Homewatch Caregivers, Ron Beer's Family Self Defense Centre, Running Free, Warner Music Canada. 📷



# COMBINED SERVICES of Evergreen Hospice and Hospice Thornhill



## In Home

Our volunteers can offer help with practical needs – whether it is reading aloud, respite for the caregiver, a compassionate listening ear or legacy work. Professional staff provide social and emotional support to clients of all ages.

## Family Caregiver Support

Friends and family receive help and guidance in caring for their loved ones and themselves. Caregiver focused support groups and calls can make the difference in managing the very special work of the family caregiver.

## For Seniors

We understand the concerns of seniors who are living with a life-threatening illness. Residents of nursing homes or seniors residences and their families can also receive social and emotional care on an individualized basis.

## Evergreen's Living Room/ Thornhill's Gathering Place

provide life-affirming activities for adult clients of all ages and respite for caregivers every week. Activities include yoga, exercise, art, legacy work, massage, and complementary therapies. Guest speakers and information sharing sessions help those individuals and their family members wanting to “take charge” of their own care. Share a delicious meal and conversation with staff, volunteers and others who are living with the impact of life threatening illness.

## Drop-In Bereavement Groups

Drop-in groups providing education and resources for individuals impacted by death are available at both locations regularly.

## Bereavement Correspondence Support

This educational bereavement program is distributed by mail for one year to all interested Hospice families

## Circle of Hope

An 8-week bereavement self-help group for adults who have lost a loved one. It is not a therapy group, but is based on the belief that sharing common experiences and concerns can aid in the healing process of the bereavement experience. Offered as required.

## Stormy Nights...Sunny Days

This bereavement support group for children aged 7 to 12 years provides an opportunity to meet in a structured, positive setting to explore feelings of loss and develop ways to cope with the changes in their lives.

## Short Term Individual Counselling

Professional hospice staff offers assessment, support and guidance in dealing with life threatening illness and the grief process.

## Speaker for Community Meetings

Speakers are available for meetings of service groups, faith groups and community groups about the services of the Hospice, palliative care, family caregivers and coping with grief and bereavement.

## The Evergreen/Thornhill Team and Extensions

### Executive Director:

Jan Pearce x 100 at Evergreen x 200 at Thornhill

### Administrative Assistant:

Lerryn Pitcher x 101

### Coordinators of Volunteers

Virginia Bidwell x107  
Tara Filteau x 108

### Supportive Care Coordinators:

Sharlene Boyle x102  
Patti Enright x 103

### Living Room Coordinator:

Linda Yeatman x 104

### Counsellors for Care and Bereavement

Bonnie Strand x 106  
Judy Rentenaar X 105

### Fund Development Coordinator:

Rebecca Simkin x 109

### Hospice Support Person:

Delrine Jones x 110



EVERGREEN HOSPICE/HOSPICE THORNHILL  
 6060 HIGHWAY #7  
 MARKHAM, ON L3P 3A9

Evergreen Hospice and Hospice Thornhill rely on the support of the community to provide their services.  
 Please detach the form below and return it, letting us know how you can help us help others.



## YES! I would like to help Evergreen Hospice or Hospice Thornhill!

Please contact me regarding volunteer opportunities with Evergreen Hospice  or Hospice Thornhill

I enclose a cheque payable to Evergreen Hospice  or Hospice Thornhill

for  \$50  \$75  \$100  Other \_\_\_\_\_

OR  Please charge my VISA/MasterCard/American Express \$ \_\_\_\_\_ Card number \_\_\_\_\_ Expiry \_\_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Telephone Home \_\_\_\_\_ Business \_\_\_\_\_

E-mail \_\_\_\_\_

This donation is  in memory of OR  in honour of \_\_\_\_\_

Tax receipts will be issued for \$20.00 or more.

Evergreen Hospice and Hospice Thornhill respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy.  
 The information you provide will be used to deliver services and keep you informed and up to date on the activities of Evergreen Hospice.  Please remove my name from your mailing list.



HOSPICE THORNHILL  
 220 Charlton Avenue,  
 Thornhill, Ontario L4J 6H2  
 Tel.: 905-764-0656



EVERGREEN HOSPICE  
 6060 Highway #7  
 Markham, ON L3P 3A9  
 Tel.: 905-472-5014

