



Hospice Matters

Spring 2014

A Note from the Board Chair Dr. Janet Webb

Advanced Health Care Planning or Death and Taxes

As the saying goes, the only two things you can't avoid are death and taxes. Perhaps then it is fitting that in April HPCO runs it's "Speak Up" campaign as we are busy filling in our tax forms. The "Speak Up" campaign is about having a discussion with those close to us about our health care wishes in the event that we are unable to speak for ourselves. Part of advanced care planning would include whether you want to be resuscitated or not but it goes beyond that. Other things that can be discussed could be being fed by a tube into your stomach or having a breathing tube and being on a ventilator. Would these decisions be different if you had little hope of full recovery or if you already suffered from another disease such as cancer or dementia? As you can see these topics don't make for easy dinner conversation. However, too often these discussions have not taken place, leaving family members trying to guess what you would have wanted if you became incapacitated with an illness.

It's important that you identify a substitute decision maker who you would like to have make your health care decisions in the event that you become unable. It is probably best to have this in a legal document that uses the term Power of Attorney (POA) for health care. Once you have decided upon an individual or individuals, you need to let them know your wishes in regards to your health care. Some people will write a "living will" that documents this information. It is also a good idea to have a conversation with your primary health care provider as they will be able to help you understand some of the implications of various medical treatments and how beneficial they may or may not be for you. Finally, our advance care health plans need to be updated. As we get older or our health declines we may not want aggressive medical treatments.

So as tax season rolls around every year, remember to "Speak Up" and make sure that your decisions about your future medical care is known.



Welcome
Spring!!!
.....at last...





Congratulations Pam Jennings!

Since 1994, each year Hospices across the province nominate one Volunteer who exemplifies the spirit of hospice volunteerism to receive the June Callwood Award. This year, The Heart of Hastings Hospice nominated Pam Jennings.

Pam joined our Hospice in 2006, shortly after arriving in Canada from Australia. Since that time she has been willing to help out wherever and whenever requested. Her ability to adapt to numerous environments is such an asset to our Hospice. Pam assists with fundraising, visits patients in their homes, and cares for patients and their family members in our residential hospice.

Pam’s unwavering patience, commitment, kindness and determination allows the patient and their family to feel relaxed and secure with the care she provides. Pam has truly enriched the lives of others by living from the heart. Thanks Pam and Congratulations!!



A Note from Donna Frair, Director

We are pleased to announce that The Heart of Hastings Hospice has just achieved a **two year Accreditation award** from the Hospice Palliative Care Association of Ontario. This follows an extensive survey process, and it is the highest rating awarded. These results indicate that we have comprehensive and appropriate policies and procedures in place, and that we are managing our organization within the guidelines and standards set by this provincial association. Many thanks to the Heart of Hastings Hospice Board for their continued support and commitment, ensuring that we have the resources available to maintain this excellent level of operations.

The Heart of Hastings Hospice has also recently signed a “Memorandum of Understanding” with Quinte Healthcare Corporation. This is an agreement to become affiliated with QHC, primarily concerning the way that our LHIN funding is received (which covers a portion of our Visiting Program expenses). This agreement does not involve our Residential Hospice program, nor does it affect the way that we conduct our hospice operations. There is also no change in the way we do our fundraising, budgeting, managing staff and volunteers, and we will continue to provide our supportive palliative care and bereavement programs at no charge. **We remain an independent, not-for-profit charitable organization, and intend to continue to support our communities by “improving the quality of life for those diagnosed with life-limiting illness”. We thank all of our Volunteers for helping us achieve this mission.**

QUOTE OF THE DAY...

“From the standpoint of daily life, however, there is one thing we do know: that we are here for the sake of each other; above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fates we are connected by a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon labors of my fellow man, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.” –Albert Einstein

DATES TO REMEMBER



Hike for Hospice May 4th
2014, registration at 10 AM,
walk start at 11 AM, at The
O'Hara Mill and Conservation
Area

Penny/Coin Drive
May - June 2014
Golf Tournament
June 14th 2014
Victorian Tea
July 26, 2014



RECIPE

HARVEST COFFEE CAKE

Crumble the following
ingredients:

- 1 $\frac{1}{2}$ cups flour
- 3 $\frac{3}{4}$ tsp baking powder
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup unsalted butter
- $\frac{1}{2}$ tsp salt

Add to above:

- 2 cups chopped apples
- 1 $\frac{1}{2}$ cups raisins or
dates

Whisk the following
ingredients and add:

- 2 large eggs
- 2 tbsp milk
- 1 tsp vanilla

Batter will be very thick.
Sprinkle top of cake with sugar
and bake 55-60 mins at 350F

Best regards to you and your
staff in the wonderful work that
you do!

Ruth and John Mitchell

Thank you so much!!

.....to **Hastings Cable Vision**, for donating cable
television for our Residential Hospice

....to **Mike and Wendy Sniderhan** for sharing the
proceeds of maple syrup sales

....to **Corporate Sponsors and the Land O'Lakes
Curling Club** for the proceeds of the Curling Bonspiel
held on March 23

....to **Crowe Valley Lion's Club** for a generous donation

....to **all of our Community Supporters, Family
members and Friends**, your donations will help us
continue to provide supportive palliative care and
bereavement support at no charge for our services.



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Anyone can call us!

Supported by:



A note from Hospice Service Coordinator Marie-Claire

I would like to express my gratitude to be working at the Heart of Hastings Hospice since December 2nd 2013 as a Hospice Service Coordinator. I have met all of the wonderful volunteers who are truly passionate with helping others in their difficult journey with end-of-life issues and death. Their support for the family and the patients is tremendous. I cannot thank you enough for all of your kindness and compassion.

A note from Administrative Assistant Nancy

I am the newest addition to the staff at Heart of Hastings Hospice. I was hired in February and feel very blessed to be given this opportunity to work with such caring Staff, Board Members and Volunteers. Hospice not only touches people's lives but changes how people view end of life. The Volunteers tug at my heart strings continually and make me want to be a better person, more understanding and stop to enjoy everything life has given me. I look forward to the future of Hospice.



SPRING TRAINING SESSION

May, 6, 8, 13, & 15TH 2014

10:00 a.m. TO 4:00 p.m.

...FOR OUR **NEW** VISITING
VOLUNTEERS...

For more information, please call
613-473-5125