

MESSAGE FROM KAREN

Looking Back and Looking Forward

As I look back on 2016 I feel very blessed to have been allowed to work with so many wonderful people. First and foremost as Dawn says, we work with the experts, the patients and their families who are journeying through this most difficult time in their lives. I have shed many tears and felt my heart contract as I witness their struggles hoping that their association with our hospice volunteers and staff may ease this struggle even a little. I have witnessed the amazing generosity of our volunteers, giving a part of themselves and their time to others. I have the privilege to work with two beautifully gifted individuals who come to work enthusiastic and give above and beyond expectations. Our board of directors is very knowledgeable and committed to providing excellent HPC services to our community. Together we are providing an awesome rural HPC program.

Looking forward my hope is that every person or family that wishes HPC assistance in 2017 will be able to experience the benefits of Hospice Volunteers, early assessment, Advance Care Planning and Bereavement support. WOW that is a very high Goal. How on earth will we be able to achieve this?

If each one of us does a little it won't be too hard to reach this goal. Perhaps we just need to take a look at where we can better assist.

- Volunteers with physical limitations may need to look at the bereavement phone team
- Volunteers who stepped back for emotional reasons may find it is time to reengage.
- Volunteers who are living busy lives dictated by employment or family commitments may want to set aside 4 hours a month and say I can do that.
- Volunteers who procrastinate about committing to visit may say if I schedule in a specific time each week I will do it.
- Volunteers who feel very strongly about the injustice of illness especially dementia, will volunteer regularly at VM or SFMH.

If we all work together we can achieve this goal. Together we can make a difference at a crucial time in the lives of others.



Best wishes for an awesome 2017

Karen

DATES TO REMEMBER

DATE	TOPIC	LOCATION
January 27 th – 4pm-6:30pm	Touch Base Meeting MAID presented by Lisa Recap of Dec 7 th Renfrew County Education Day Security Code for Volunteers Memorial Open Question and Answer Discussion	Old Physio Room
January 26 th – 6:30-8:30 pm	OTN Thursday Evening Education Series Topic: ALS	Education Room
March, 2017	Touch Base Meeting Refresher on Advance Care Planning (ACP) Note: Invite spouses or interested family members to participate. NO MEMORIAL SERVICE AT THIS TOUCH BASE.	
April 22 nd	Mindfulness Techniques Workshop Led by Sheila Robertson for the Ottawa Mindfulness Clinic	
May 7 th – 18	National HPC Week	
May 10 th	25th Annual Hospice Palliative Care Education Day	Ottawa



OUR NEWEST GUARDIAN ANGEL

Margaret Ogilvie recently retired from the MVHPC board and was honoured for her service.

MVHPC has a total of 86 volunteers on our Active Roster.

Numerous volunteers are not available due to family commitments, working parttime or fulltime, personal health, etc.

We currently visit 5 patients at the hospital, 6 patients at Valley Manor, 2 at WTL and have 11 home teams, plus 1 patient in hospice.



Merry Christmas

During this season of giving, we give thanks to volunteers like you who give so much all year round.



MESSAGE FROM THE BOARD

Dear Volunteers,

The Board of Directors of Madawaska Valley Hospice Palliative Care (MVHPC) would like to welcome all of our newly trained volunteers and hope they enjoy a long and rich relationship with MVHPC as a volunteer in our program. It is great to hear so many of you have completed all their paperwork and police checks and are already volunteering. We truly appreciate all your time and effort and look forward to meeting you in 2017.

To our entire volunteer team we extend a very Merry Christmas and healthy, happy New Year to you and your family.

With Sincere Thanks,

MVHPC Board



MESSAGE FROM LISA

"No one is more cherished in this world than someone who lightens the burden of another." ~Author Unknown

I felt this quote was perfect for the December newsletter as it is the season to take stock of our blessings. Go back, read the quote again – **you are the cherished of which it speaks**. Everything you do as a MVHPC volunteer that helps another either directly or indirectly, does lighten their burden and has a lasting impact on them and the people that love them.

December is the season of giving and many people are moved to go the extra mile to show compassion, kindness and generosity during this time. I am so grateful that we have such a dedicated group of individuals who embody this year round as you understand that a deeper happiness comes from what we give than from what we get.

I am coming up to my one year anniversary as Program Director and I am so proud of all of your combined accomplishments, and delighted that our program continues to grow in both respect and numbers of families choosing to access our services.

It has been a great pleasure to walk side by side with you on this incredible journey and I am happy to be part of the MVHPC team.

I wish you and your loved ones a wonderful and safe holiday season and look forward to everything we can achieve together in 2017.

Merry Christmas!

SUCCESSFUL 3rd ANNUAL HOPE FOR THE HOLIDAYS EVENT



THANKS to everyone involved in helping us help others.



Live Music



Making Memorial Candles



Merry Christmas From Heaven

*Throughout the Christmas season,
Don't fall into despair,
Relive the special times we shared,
I promise I'll be there.*

*You'll find me in the stories
Of loved ones who stop by.
I am the flickering candle light,
My spirit did not die.*

*Continue with traditions,
And gather round the tree,
I want you to be happy...
You were everything to me!*

*So fill the house with warm thoughts,
And know that I'm a part,
Of the joy the season holds,
Here always in your heart.*



IN PRAISE OF MVHPC

"Thank you for making it possible for Tom Robinson and his family to stay at the Hospice from Nov 4 to Nov 8 2016, when Tom died peacefully. The whole experience was a blessing for all of us. We felt welcomed, at home, comfortable, supported. You made a difficult palliative job much easier, in fact, you made it possible. Our words cannot express how much gratitude we have for your service. Everyone was so kind and respectful.

We will treasure this memory. On behalf of Tom's family – Thanks so much – Lorraine Fokes"