



Helping Hospice

From the Editor

Happy New Year! We sure hope you had a wonderful Christmas holiday with family and friends and that 2019 is a rewarding year for you.

Our Newsletter is a little late this quarter, but I hope you'll forgive me? Being a volunteer, life and other commitments sometimes get in the way of calendars and self-imposed deadlines. Maybe I'll get better at that this year?

Yet another winter storm is bearing down on us as I write this, which only serves to remind me how wonderful it is to live in New Brunswick! And, how fun it is to be sitting inside writing this newsletter as I look outside at all the snow!

But unlike many of our clients who sit inside, day after day, I can get up from this computer and go out if I choose, interact with friends and other volunteers, and live a full and independent life. I'm very grateful for that, and because I'm able, that's why I volunteer for Hospice.

The Big Picture

It doesn't seem possible that 2018 is over already and another exciting year is ahead of us for Hospice Miramichi. We finished the year with two very successful fundraising projects; our Home for the Holidays/Angels Remembered event and the second round of our Helping Hospice 50/50 Bucket List Draw. Pair this with a record-breaking pace for the Hospice Shoppe and our organization is well on its way to reaching the fundraising goals that we have set for the year.

The credit for this goes to the countless hours of volunteer work that has been contributed, in some cases quietly and behind the scenes, by you. On behalf of the Board of Directors I want to thank you all for the time that you chose to spend with Hospice Miramichi. No matter what your contribution is, please understand that it is appreciated and, more importantly, necessary for the success of our services and for the support that we give to one segment of our community that needs it the most.

As we move into 2019, the hurdles for our success will be larger and our contributions will have to be greater but as long as we can remain focused on the end result; we will succeed.

As we finish the Christmas Season and move into the New Year, I want to wish you all of the successes you desire in 2019 and thank you from the bottom of my heart for your continued contribution to Hospice Miramichi.

Together we will all realize that the mantra that I have lived by for the last 30+ years is truer now than it has ever been; "... all things are possible... some things just take longer."

All the best to you and yours.

So, if you would like to volunteer with Hospice Miramichi, we'd love to hear from you! We always need:

- Drivers, to help drive clients to medical appointments, both within Miramichi, and to Moncton or Bathurst;
- Outreach, to visit our clients in their homes, relieve caregivers, and help make someone's day;
- Day Hospice, to help our clients enjoy crafts, music, activities, meaningful discussions, and share a lovely mid-day meal;
- Hospice Shoppe, to help serve our customers, price and display our stock, and raise funds for Hospice;
- Distribution Centre, to help sort and price all of the wonderful donations from our very generous donors;
- Office Reception, to help answer the phones, help with computer work like spreadsheets and contact lists, Facebook postings, and generally be a girl/man Friday, etc.

If you have 3 to 4 hours a week for any of these volunteer roles, please give Connie a call at 773-7607, and she'll be very happy to tell you all about how you can help!

WE NEED YOU!

SO, BECOME A VOLUNTEER
TODAY!

Paul R. McGraw,
Acting Chairman
Board of Directors

Connie's Corner

Happy New Year! It is so hard to believe that we are celebrating 2019. My mother often said to me "the older you get the faster time flies" and she was right. In the blink of an eye 2018 was gone. 2018 proved to be another successful year for Hospice Miramichi.

This year we held 2 six week Grief and Bereavement sessions facilitated by volunteer Social Worker Nancy Flett. Post course evaluations were positive and the attendees were very appreciative of the support. As people do not only grieve in the Spring and Fall we are considering hosting a weekly grief support coffee club.

We hosted 2 volunteer training programs in 2018. The volunteers who have taken the program are able to visit clients in their home through our Outreach Program or assist in carrying out activities with clients who are attending our Day Hospice program. Both programs have proved to be of benefit to participants. If you, or anyone you know would have the time to devote 2-6 hours a week to brighten the lives of individuals in your community who are experiencing the effects of progressive life limiting illnesses please contact the office at 773-7607 and ask for Connie.

Volunteer training will be scheduled for the month of February. Dates will be posted online. We are also looking for volunteer artists and crafters who would be able to alter their craft to accommodate the needs of our clients with physical impairments. Requests for transportation to appointments have increased in 2018. The requirements for volunteer drivers is a valid NB Driver's license, \$1,000,000 liability insurance and a clean driving record. Volunteers are required to use their own vehicle (or client vehicle if available and in good working order) for appointments in an around the Miramichi area. If the appointment is out of town Hospice Miramichi will rent a vehicle and pay for the gas. Those volunteers wishing to use their own vehicles will have the cost of gas compensated. If anyone is interested in driving clients to appointments, including transportation to and from Day Hospice please contact the office at 773-7607.

In 2019 we will need to develop more of a presence in the community. The

Notes from Shane:

A great big "Thank You" to everyone who donated throughout 2018! And a special "Thank You" to all of you who signed up to become one of our "Everlasting Donors".

Because all of the programs and services of Hospice Miramichi are free to those who need them, we are always in need of monetary donations. And, regular monthly donations through our Everlasting Donor program really do help tremendously with our budgeting and income and expense management. So, if you haven't already signed up to contribute monthly, it's as easy as giving me a call at 773-7607, or going online at www.hospicemiramichi.com and clicking on the "Donate" button.

What you may not know is that you can also leave a lasting legacy to Hospice in your will. "Planned Giving" as it's called, is a terrific way to feel like you've made a lasting contribution to Hospice. So, when you're reviewing your will and your bequests, think of including Hospice in your charitable donations, which will help to reduce your final tax bill. If you'd like more information about Planned Giving, just give me a call!

And don't forget that every donation to Hospice is tax-deductible. I'll be mailing out your tax-receipts (keep your fingers crossed....) by the third week of January. Even Hospice Shoppe

plan is to host public information sessions in several areas throughout the community which will focus on the outlying areas. We will also need to educate health care providers on the benefits of the early introduction of the palliative care approach, which includes Hospice Miramichi. In saying this if you or anyone that you know belongs to a senior's, church or community service group and would like to request a presentation please contact the office.

Our online presence will be heightened as well. Starting in February we will be posting online recorded information sessions focusing on chronic illness and debunking the myths associated with palliative care.

Upcoming fundraisers include the third Helping Hospice 50/50 Bucket List draw for a chance to win up to \$5000 scheduled for April 30, Coffee Houses at Saltwater Sounds (1738 Water St.) and an evening of entertainment February 2nd at the Loggieville Community Center featuring Connie & Paul and Sonny Newman followed by a dance featuring Raglan Road. Tickets for this event are \$15 and are available at the Hospice Shoppe, Hospice office, Country Floral and Mill Cove Coffee.

Looks like 2019 will be a busy one...

Connie Doucet RN, CHPCN(C)
Executive Director Hospice Miramichi Inc.

Day Hospice

Welcome 2019! We've had a very eventful year at Day Hospice, from learning to tie salmon flies and having backyard BBQs, to having manicures done and baking sweets, our group has been into a little bit of everything this year! This quarter in particular started with some of our clients carving Halloween pumpkins for the very first time, and ended with decorating our own Christmas tree and enjoying a beautiful Christmas Dinner prepared and served by CUPE 1418, Sub Local 6, complete with Christmas carols to



donations of clothing and housewares generates a tax receipt if your donated items sell in the Shoppe. So, even if you can't donate money to Hospice, when you donate gently-used items for the Shoppe or as fundraising items, you will still get a tax receipt to help reduce your income taxes!

Thanks again for helping Hospice through your generous donations!

Items we Need:

Hospice is always in need of things to help make our work easier and more affordable and more fulfilling for our clients, so if you have any of these items at home, or know someone who has them, or would like to donate money to help us purchase them, please drop them off or give Shane a call at 773-7607 - we'd be ever so grateful!

- Storage Totes of all sizes
- Pricing Guns
- Cotton fabric and Notions (see the article on Helping Hands)
- Artwork and collectibles (for silent auction items)
- Musicians to provide musical entertainment (for Day Hospice)
- Volunteers to teach new skills like languages, dancing, oil painting, etc. (for Day Hospice)
- Food, casseroles, desserts for our Day Hospice Program

follow. We are happy to begin a new year, with much to look forward to in the coming months!

This year we have been happy to welcome some new faces to our Hospice family, and have said farewell to some of our dear friends who have moved to be closer to their loved ones. They will certainly be missed but we wish them all the best in their new homes where we know they will make new friends.

“Tomorrow, is the first blank page of a 365 page book. Write a good one.”

— Brad Paisley

We plan to make our 2019 book a book worth reading! This year is bound to bring with it many “firsts” for our group. It is not uncommon to hear our group say that they've tried something new at Day Hospice. Sometimes it may be something as small as baking homemade gingerbread cookies or carving a pumpkin for the first time, other times it may be that they've had the chance to watch our salmon eggs hatch or release 300 salmon fry into the river. It is very important to try new things, and that does not change as we grow older. In fact, trying new things in later years is particularly important as it;

1. Keep the brain healthy - by challenging the mind with a new activity
2. Promotes self-discovery – “You never know until you try.” By trying new things you open the door to the possibility of finding new hobbies and talents you may not have tried before.
3. Increases Happiness – trying a new activity can be extremely fulfilling.
4. Creates the opportunity for social interaction- an active social life provides many benefits to older adults, such as improving cognitive function and reducing the risk for depression.
5. Provides a sense of accomplishment- Finally trying something you've always meant to try will leave you with a great sense of pride and accomplishment.

What stories will your book hold this year?

Of course we would like to thank our wonderful volunteers, as none

Fundraising Events:

We're always looking for new ideas to help us raise funds, so if you have any ideas or would like to help out with a fundraiser, please give Shane a call or email volunteer@hospicemiramichi.com - we'd love to hear from you!

Here are some of the events and fundraisers we're hosting over the next few months:

February 2nd: An evening of music, dancing and fun with Raglan Road and more! The fun begins at 7pm with Connie & Paul performing, then 7:45 with Sonny Newman, and Raglan Road at 9pm. There will be a cash bar, our 50/50 Bucket List tickets for sale, and an Arms-Length Auction, all at the Loggieville Community Centre - check our Facebook page and web site, www.hospicemiramichi.com for more information. And, please like and share our posts and sell tickets!

April 30th - 50/50 Bucket List Draw. Our last draw sold out and the winner, Reg MacLean won \$5000! We need volunteers to help us call previous ticket purchasers to buy tickets again. This will save us from freezing while we sit in places around the river selling tickets! So, if you can volunteer to help us out, please give Shane a call, 773-7607, and he'll put you in touch with Deborah who's organizing it.

TBD - Stay tuned for more information about Coffee Houses @ Saltwater Sounds, and a musical concert and art show @ 14 Howard Street!

of these things would be possible without their great efforts. We would also like to thank Mr. Fallon's writing class for spending time with our clients, as well as the King Street choir for including us on their caroling list this Christmas. These intergenerational events bring so much joy to our group!

Nicole Cormier
Activity Director

The Hospice Shoppe

The Hospice Shoppe continues to hum along like a well-oiled machine, thanks to it's team of dedicated volunteers!

As an essential contributor to the funding of Hospice Miramichi's programs and services, we're always looking for ways to increase our sales.

As such, we've introduced a Customer Appreciation Draw where for every \$10 spent, the customer gets a ballot, and the winning customer receives a \$25 Hospice Shoppe Gift Certificate. The response has been very positive, and our last winner in December was Mikayla Young, who was very happy indeed to receive her prize!

We also continue to regularly change up the displays and layout of the store to keep it fresh, inviting and welcoming. This winter we're putting the focus on Menswear, by moving that section up to the front of the store and holding a January sale, which we hope encourage our customers to think of us first for affordable menswear. We're also focusing on our pricing to keep it appealing for bargain shoppers, and rotating our stock more often to ensure there's always fresh, new stock on the racks and shelves. We're also changing our linen display to better showcase our linens, duvet covers, tablecloths and curtains.

Unlike our other Hospice fundraisers, the Hospice Shoppe provides "sustainable" funding, and Hospice Miramichi really relies on that



PIG-COLLAGE

income stream. That's why our volunteers and our generous donors are so important to us! Without them, Hospice wouldn't be able to help those in our community struggling with the effects of progressive life-limiting illnesses, at no cost.

What that also means is that we're always looking for more volunteers and donors! If you know of anyone who has a spare morning or afternoon each week and would like to volunteer at the Shoppe, we'd LOVE to hear from you, so please give Connie a call at the office: 773-7607. All you need to do is fill out an application form, have a current police check run (it's free), and come for a brief training session at the Shoppe, and you'll be ready to have some real fun helping your community!



And, as for becoming a donor, Shane can assign you a donor number, which will mean that all of your items that sell at the Shoppe will be tabulated and you will receive a tax slip each year that can be used to help reduce your tax bill! We always need quality, lightly used ladies' and men's clothing and shoes, small furniture, housewares and decor items (sorry - no electronics or appliances!). Shane can also give you a list of the items we can accept, and those we prefer not to accept. Of course, our dedicated volunteers in our Distribution Centre will sort through and price your items, but if they know we can't sell them in the Shoppe, we carefully pack them away and donate them to other local charities so that your donations can help those who need it most.

So, if you haven't been in the Hospice Shoppe lately, come on down to 1737 Water Street in Chatham and check us out. We hope to see you soon!

“Helping Hands for Hospice” Craft Group

Our little craft group, that started last spring, is not so little any more! We've grown to about a dozen crafters, who have been very busy having fun and making beautiful hand-crafted items for sale in our Hospice Shoppe and at Hospice events. We've got quilters, knitters, and crocheters who have devoted their time and talents to helping raise money for Hospice, and to date they've helped raise over \$4000 by making everything from placemats, keychains, sweaters and mittens, mug rugs and wine bags, sea glass art, and about 400 angels for our Angels Remembered campaign! If you attended our Home for the Holidays Event at the end of November, you will have seen our marketplace where our hand-crafted items were displayed and sold, and you will have appreciated the quality of the items and the meticulous care each crafter took when making them. They were a tremendous addition to our event! And, if you've been down to the Hospice Shoppe, you will have seen that we have dedicated a display space near our sales desk where their work is offered for sale.



What you may not know about Helping Hands is that all of the wonderful items we have made have been with our own personal stash of supplies and equipment; in effect, we have generously funded this wonderful fundraiser out of our own pockets. To help generate some much-needed funds, one of our members sold donated books which helped us purchase some quilting supplies, fabric, and fleece to make mittens. We were also very fortunate just before Christmas the Rotary Club of Chatham donated \$1000 so that Helping Hands could buy 3 sewing machines and a cordless glue gun! That was a HUGE help because it means the ladies won't have to lug their own sewing machines to and from Hospice when they want to sew. But, we could always use some more help!

Some of the items our crafters need are:

- Lace curtains/tablecloths, wired ribbon, and other ribbon for making angels
- 100% cotton quilting fabric, "fat quarters", 100% cotton batting
- fleece for mittens
- cotton yarn, and other craft yarn
- cotton thread, buttons, and floss for appliqué
- gift certificates from Michaels and Fabricville



And of course, we can always use more crafters! So, if you'd like to join a group of fun ladies and share your crafting talents, just drop in on Wednesdays from 10a.m. to 2p.m. at 14 Howard Street - we'd love to see you!



Special Thanks:

A great, big, special thanks goes out to the members of Miramichi Peewee Wild hockey team and their families who have "adopted" Hospice Miramichi as their charity of choice for the remainder of their hockey season! They'll be collecting donations for Hospice at all of their games, and we really appreciate all their efforts! Here's a picture of the team accepting the Chevrolet "Good Deeds" window decals and helmet stickers. Thank you everyone!

Events Update:

Our 2018 "Home for the Holidays" event was tremendously successful this year, so a great big "Thank You" goes out to all our sponsors, donors and volunteers! Thanks to Angie MacColl of Country Floral who decorated many of our magnificent trees, we were able to offer 16 pre-lit and pre-decorated trees for auction, along with several other beautiful items for sale. Our Angels Remembered Memorial Tree this year was also spectacular! At 12 feet tall, and generously donated by Linda and Norman Richardson (again!), it was adorned with angels and garland and the names of hundreds of "angels" our donors honoured. This year, in addition to offering sleigh rides



(which were always full of happy and laughing children and families!), we also offered pictures with Santa, which was a huge hit! Thanks to Nate Hall for donning his red suit and beard, and Grace Trowbridge who took all the photographs!

Another event we had this Christmas was a potluck dinner and White Elephant Gift Exchange for all of our volunteers! About 30 of our volunteers were able to make it and join in the fun. The food was amazing and the gift exchange a real hoot! The White Elephant Gift Exchange is where you can “regift” items you wouldn’t use yourself, or gift something you already have that isn’t quite to your taste. We had things like wine decanters and pottery and door wreaths, puzzles and more as gifts and the volunteers could “steal” someone’s gift they wanted rather than open a new unwrapped one. There were lots of giggles and only a few pouts as people exchanged (and stole!) gifts, and everyone went home happy and looking forward to our next one. If you happened to miss it, don’t miss it this coming December - we’d love to have you join us!



Mark your Calendars:

February 2nd: Raglan Road Fundraiser, Loggieville Community Centre, 7pm-12am, Tickets \$15, Cash Bar, 50/50 Bucket List Tickets, Arms-Length Auction.

April 30: 50/50 Bucket List Draw



Helping Hospice

Hospice Miramichi Inc.

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