



What we have done for ourselves alone dies with us. What we have done for others and the world remains and is immortal

Albert Pine

In order for us to move forward, we often must look behind to remember where we have come from. Hospice Kawartha Lakes has a rich history of individuals who had a passion and forged ahead; by first recognizing a need for palliative care, and secondly making it a reality. This reality still exists today and will continue into the future. Today I think of Verna Curtin, Dianne Thibert, and many others, who spent endless hours advocating for hospice services in our community.

In the spirit of ensuring hospice services are sustainable in Kawartha Lakes for the long-term, Hospice Kawartha Lakes has commenced discussions and planning for an integrated hospice service with Community Care City of Kawartha Lakes (CCCKL).

Thank you to those of you who came out to our Open House in November and took the time to provide us with your valuable feedback on the integration process.

The following are some proposed features of an integrated hospice service raised during our recent discussions:

- All programs will continue to exist
- Services will continue to be delivered from our current building
- All staff will have equivalent jobs
- Donors will still be able to donate to Hospice services
- Board representation on CCCKL board

To access up-to-date information, please visit our homepage at www.hospicekl.ca and click on the [Facilitated Integration](#) link that will take you to the Central East LHIN website.

What can you do?

Speak with me directly, call, send me an email, and provide your feedback and comments for the planning team.

The **DRAFT Integrated Hospice Service Delivery Model will be posted on-line Dec. 3rd until Dec.10th so please assist us by providing your feedback!** The final plan will be subject to approvals prior to the end of December.

HKL Welcomes New Bereavement Coordinator



We are pleased to welcome Michelle Griepsma to our team at Hospice Kawartha lakes as our new Client Care Coordinator for the Grief and Bereavement Program.

Michelle comes to us with a background in funeral service as a Family Service Counsellor, having assisted with the planning of funerals and providing grief and bereavement support as part of aftercare programs. Early in her work with the funeral home, it became apparent that a connection with Hospice and other community agencies was vital to fully help families during one of the most stressful and vulnerable times of life. She connected with Hospice Peterborough as a volunteer offering her services in teleconference planning, scrapbooking of memories, cardmaking, fundraising and community outreach.

"The group of people, both volunteers and staff, who work in Hospice and Palliative Care are the most caring and compassionate of people. We are not; however, immune to grief and we need to support each other consistently as we fulfill our roles in service to those in need."

Grief is a topic of conversation that we, as a culture, tend to avoid. The topic is far from unimportant as estimates run as high as 76 million dollars in lost productivity due to grief and loss in the workplace.

Michelle also brings to us her 10 years of experience as a Fertility Care Practitioner assisting couples with infertility challenges and reproductive loss.

Please join us in welcoming Michelle to our team.



**You matter because you are you.
You matter to the last moment of your life,
And we will do all we can,
not only to help you die peacefully,
but to live until you die.**

Dame Cicely Saunders

Hospice Palliative Care Training

Have you got a friend who would make a great client care volunteer?

Our next Hospice Palliative Care Training for New Volunteers begins Tuesday January 25th from 6:30 – 9:30pm. Call Carolyn for details.



Did You Know...

You can refer your clients, friends and family to a FREE "Living a Healthy Life" workshop

The "Living a Healthy Life with Chronic Conditions" six-week self-management workshop empowers people to live well while dealing with conditions like diabetes, heart disease, arthritis, lung disease, and other chronic health issues. Participants will develop new tools and skills that break the "symptom cycle," to feel better, and do more of the activities they love and enjoy.

- Would they like to make changes around diet or exercise but don't know where to start?
- Would they like to feel better and do more of the activities they enjoy?
- Do they live with chronic pain, fatigue, or depression?
- Would they benefit from learning strategies for better managing their medications and communicating with their doctor?

For more info. visit www.healthylifeworkshop.ca or Call 1 866.971.5545

Join our Hike for Hospice Committee! Call Jill at 324-2811 x1