



FROM OUR HEART TO YOURS

This time of year is filled with many celebrations Hanukkah, Eid, Diwali, Christmas, just to name a few. These celebrations center around family and friends. For many it is the time to remember family and friends who are no longer with us. Remembering is important as it is in those memories that we find the strength to move forward and in remembering we memorialize and recognize the legacy of the individual.

Our memories can take us in many directions. There are the memories of wonderful times, places visited and special moments. Sometimes the memory brings sadness in the reality of loss or regret. And in that sadness can also be joy in remembering the person and how indeed the individual did touch our life. What a wonderful tribute

to the legacy of the individual in that memory.

As the holiday season envelops us, it is important to remember that every moment makes a difference to those we love. Take the time and remember those who have died AND take time to spend with special people who touch your life.

We hope you will enjoy reading the impact that your contributions make in the lives of those who benefit from Heart House Hospice programs.

All the best to you and yours for 2017!

Theresa Greer
Executive Director

“If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.”

~ Author Unknown



Every sunrise is an invitation for us to arise and brighten someone's day.

Richelle E. Goodrich

HERE'S WHY YOU ARE AT THE HEART OF HEART HOUSE HOSPICE

"I really appreciated the visits from you and the peace of mind that comes with your promise to continue to support my Mom after I die."

"Thank you so much for being there during the most difficult time in my life. I will never forget you."

"Thank you for all you have done for my daughter. She is playing with her friends again and no longer stands alone by the wall at recess. She is no longer afraid to visit the cemetery and talks about her Daddy all the time."

All of these words of appreciation are thanks to the support of donors like YOU. We cannot do it without YOU.

Your support helps Heart House Hospice provide compassionate care to people who choose to live out their last days at home with loved ones...in dignity and peace.

If you have yet to make a donation to Heart House Hospice this year, you can donate online at www.hearthousehospice.com or by calling Peter Mathewson at 905-712-8119 x 230.

With your support we can continue to provide palliative care to those who need it the most in their hour of greatest need.

With Gratitude,

Lisa Hoekstra, Director of Development



There are many ways to show your support:

- **Give Today** – to support hospice services in your community
- **Monthly Giving** – give a little each month as a member of our Monthly Giving program
- **In Memory** – make a donation in memory of a loved one who has passed away
- **In Honour** – recognize someone special as a caregiver, family or friend

1 HOUR ART THERAPY SESSIONS AVAILABLE



Art Therapy combines the creative process and psychotherapy to help with self-exploration and understanding. Using imagery, colour, and shape as part of the creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to talk about.

You do not need an artistic background or talent to participate in Art Therapy since it is about the therapeutic process and not the final product. Art Therapy may be helpful to cope with anxiety, stress and difficult feelings.

To book your 1 hour session (available every Friday except the first Friday of the month from 1 pm to 7 pm) Transportation may be available. Contact Nancy Umphrey, Health & Wellness Coordinator, for more details: 905-712-8119 x 237 or nhumphrey@hearthousehospice.com

COPING WITH THE HOLIDAYS SEMINAR

Providing strategies and information to reduce stress and build self-compassion
DECEMBER 7, 2017

7 PM – 8:30 PM

Location: Heart House Hospice
855 Matheson Blvd. E., Unit 1
Mississauga

You are invited to explore strategies for getting through the holiday season while on a grief journey. No matter the circumstances or timing of your loved one’s death, the holiday season can raise lots of feelings and memories about past holidays that make navigating the month of December especially challenging.

At this free seminar, we will explore:

- Commonalities of the grief journey
- Review of family traditions and social obligations
- Reflection on expectations and limits
- Reflection about meaning and memory
- Self-care and compassion (including a guided meditation)

RSVP by phone or email:

Peggy Moore (905-712-8119 x 232)

mmoore@hearhousehospice.com

OR

Alexandra Horsky (905-712-8119 x 247)

ahorsky@hearhousehospice.com



HEART HOUSE GALA 2018

AN EVENING TO RAISE AWARENESS FOR
COMPASSIONATE COMMUNITY HOSPICE CARE

MARCH 3, 2018

Versailles Convention Centre

www.hearhousegala.com

Heart House Hospice will be hosting its annual gala on Saturday, March 3rd, with special guest emcee Anwar Knight. Anwar, optimist and broadcaster with CTV News will be guiding our guests and local dignitaries through an evening of fine dining, entertainment, dancing and an opportunity to further support Heart House Hospice through silent and live auctions.

Sponsorship Opportunities

Leverage this unique opportunity to spotlight your business, to reach your target market, while helping to make a difference. This special event will allow you to engage with potential customers, create brand awareness and highlight your support of your community.

Attend the Gala

Gather your colleagues, friends and family for an evening where you will be entertained and touched by the experiences of those who have benefited from the services offered by Heart House Hospice. To purchase a table or tickets, visit www.hearhousegala.com or contact Shelley Maynard at 905-712-8119 x 233.



Anwar Knight

CHECK OUT OUR VIDEO EDUCATION SERIES FOR CAREGIVERS

www.hearthousehospice.com/videos
AVAILABLE IN ENGLISH, PUNJABI, URDU AND HINDI

Dying is a natural part of life, but many people do not have experience caring for someone in their final days and find themselves navigating through new and unfamiliar territory. This video series was developed with this in mind.

Practical Care

- Comforting Your Loved One When They are Dying
- Importance of Communication
- Managing Medications
- Changing an Occupied Bed
- Re-positioning
- Transferring Someone In and Out of Bed
- What Dying Looks Like During Final Weeks of Life
- What Dying Looks Like During Final Days of Life
- Closure After Death Occurs

Education/Information

- Wills and Powers of Attorney
- Funeral Planning
- Challenges of Being a Caregiver
- Cultural Myths vs Reality
- Grief and Bereavement
- What to do When a Loved One Dies – A Practical List



Information, Education, Counselling, Advocacy

For Residents of Peel (Mississauga, Brampton and Malton)

While illness can affect how a person lives, often there is much that can be done to improve one's comfort and well-being. Hospice care promotes quality of life, living well, and relief from pain and discomfort. We help you live well for as long as possible.

Hospice Counsellors are a part of your care team. We provide emotional support and can help you and your loved ones address some of the following questions:

- What will I want or need as my illness progresses?
- How will my illness affect those that I love?
- What decisions will I have to make?
- Who can I talk to about my concerns?
- How do I prepare myself and those I love for what may be ahead?
- How do I talk to my family and friends about my wishes and preferences for end of life care?
- What options and supports are available to me and my family, and who will help us figure all this out?

Dying happens. It can be sad, messy, intense, beautiful, normal and scary all at the same time. Hospice cares when dying happens. We are here. Let us help.



Tel: 905-712-8119
 1-855 Matherson Blvd. E.
 Mississauga, ON L4W 4L6

Join the Quality and Excellence Committee

Have you been a caregiver to a palliative individual?
 Have you used one or more of our services actively?
 Do you have experience with community hospice care? Are you bereaved for more than 4 months?
 You can help propel Heart House Hospice on our path to excellence.

Required Commitment: expected start date: January 2018, monthly meetings, 1-2 hours, late afternoon/evening, and willing to share from your personal experience

Please contact Jodi Pereira at 905-712-8119 x 224 or jpereira@hearthousehospice.com