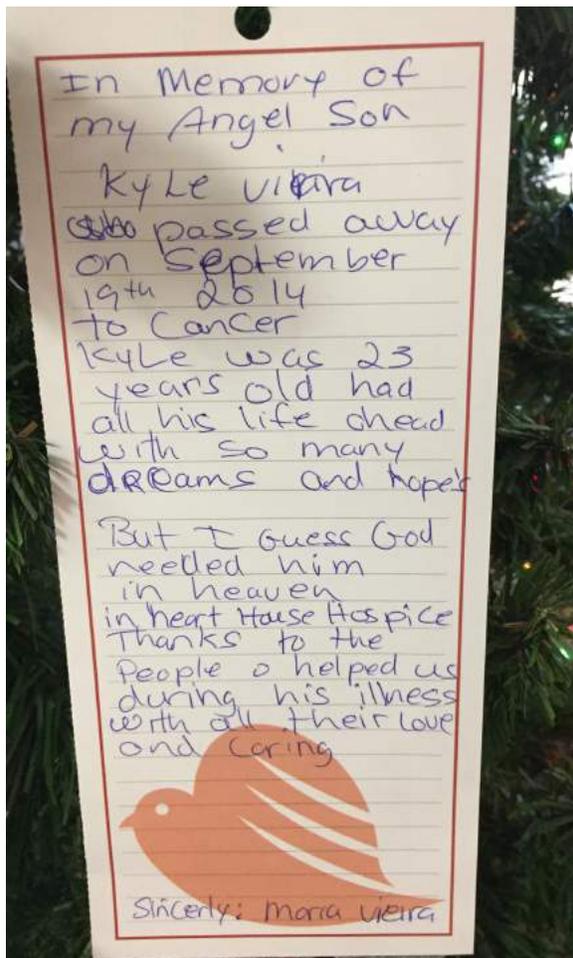




FROM OUR HEART TO YOURS



It is with sincere gratitude that we extend our thanks and appreciation to all our generous donors. Our Holiday Tree is adorned with many “Dove Cards” expressing wonderful memories of loved ones passed. Each message reminds us that the work we do to support people at end-of-life is priceless.

There is still time left, before the end of the year, to send in your “Dove Card”. It is a wonderful way to honour those we love.

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!

“We will never forget the special care and kindness you gave our daughter during her illness until the time she passed away. May God bless you and your generous volunteers in all your wonderful work.”

~ Heather



**How far that little candle throws his beams!
So shines a good deed in a weary world.
William Shakespeare**

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

Last month we sent you our year-end direct mail letter. In that letter Karen revealed: *"If people hadn't supported Heart House Hospice over the years, that crucial support wouldn't have been there for Barclay and me."*

She was talking about 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 already responded, please accept our heartfelt thanks.

If, however, you set the letter aside to deal with later, you can make a difference by mailing back the enclosed pledge form in the pre-paid envelope.

You can also donate online at www.hearhousehospice.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 our 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

THE IMPORTANCE OF SILENCE

Recently I presented the "Mind-Body Medicine" series at Nance Horwood Place. We discussed a variety of mind-body therapies including Tai Chi, Meditation, Spirituality and Prayer; All are designed to slow the mind and take the focus off of worry and negative thinking – so that the individual is awakened to the beauty of the present moment.

One of the participants shared about hearing Dr. Wayne Dyer talk about the importance of silence. Often when we worry about something, we drown out our worries and feelings with noise and activity. That night, I went down to my basement (where distractions are at a minimum) and I stayed silent. It was a beautiful gift!

Try giving yourself the gift of silence and see what beauty emerges.

Nancy Umphrey, Health & Wellness Coordinator



SATURDAY MARCH 25, 2017

Contact Shelley Maynard
for tickets and sponsorship details
905-712-8119 X 233 ~ hearhousegala.com



HOLIDAY THANKS TO THE FAMILIES WE SERVE

As we approach the holidays, we reflect on the impact those of you we have met over the years have had on us personally and professionally. We often think of you, those of you who are caregivers, those of you who are no longer with us, those of you we have yet to meet. We would like to thank you for opening your doors to us and welcoming us when you were at your most worried, most frightened, most vulnerable. You have told us your stories; you have shared your concerns, your fears, your tears, and at times even your laughter. We are so honoured and grateful to have been even the tiniest part of your story.

In inviting us into your homes and your lives you have taught us how to be better counsellors, Sharing your dreams and struggles has helped us to bring hope to those we will be meeting in the future. We have learned what might be helpful, what might hurt you. We have learned when to talk and when to be quiet, when to stand back and when to move towards you, when to agree with you and when to challenge you.

We think of you all, those who are still with us and those who are alive only in our memories. Each of you has had a profound and lasting impact on who we are, who we are becoming, and who we wish to be. You have changed us and for that we are grateful and we thank you. We remember you all, and take a little part of you with us, as we continue in this work for which we are so thankful.

Amanda, Anna, Gagandeep, Karen and Leora
Your Hospice Counsellors



YOGA FOR THE GRIEVING CHILD

Kids grieve differently. You have likely observed children at a funeral reception, playing chase, eating sandwiches and laughing away. Kids have difficulty processing the unfamiliar feelings of grief. They cannot understand that one day, they will be gone too. So they resort to another more comfortable activity, to avoid the unbearable reality of their mortality. Kids feel intensely, but these emotions are so unfamiliar, they have trouble processing them. Children understand at about age six that death is permanent.

Recently Heart House Hospice hosted a wellness workshop for grieving children with their parents. Children were introduced to some self-care activities including guided meditation, yoga, finger holds to manage emotions, healthy snacks and memory jars.

Why is yoga such a perfect fit for kids? Kids relate to animals. Even the youngest child can visualize a dog stretching after a nap, performing downward dog to maintain a healthy spine. Doing a stork pose enables them to appreciate the patience and concentration required to stand on one leg. Yoga acts directly on these postural habits of sadness. The poses flood the brain with serotonin and the “feel good” hormones of the pituitary. Yoga breathing quiets the busy brain, slows the breath rate, allowing a sense of peace and calm.

Our group had fun learning and practicing yoga together, instilling thoughts of acceptance, forgiveness, loving self-care and kindness. It was a joy to teach children’s yoga and a good reminder of the resilience of kids, especially those experiencing the grief of losing a loved one.

Namaste,

Karen Danard
Engagement Coordinator

A MESSAGE FROM THERESA GREER EXECUTIVE DIRECTOR

The Holidays Can Be Difficult For Our Families

The holiday season is upon us. Families are facing the reality of a last holiday with a loved one or the first holiday season without a loved one.

Recently my family attended a Celebration of Life for Andrew Ford, the 33 year-old friend of our son who died of cancer. Seeing his family and friends living with the loss of someone so young evokes all kinds of emotions – sadness, anger, incongruence, compassion – and for me, resolve. My resolve is to make quality end-of-life care a habit. Death comes to all of us, and for many far too early. We need to do better.

The Habit of Excellence

Aristotle said: “We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” To develop the habit of excellence, Heart House Hospice has three strategic goals: i) Maintain current program offerings; ii) Position agency for sustainability when new facility is built; iii) Be recognized as a Centre of Excellence. We continue to commit to developing best practices and deliver services that meets the goals of care for individuals and families.

Thanks to the Ontario Trillium Foundation

This year we received three grants from the Ontario Trillium Foundation that allowed us to continue to grow three of our programs. Help Us Understand Grief (HUUG) program offers in-home visits to support children and youth who are living with the dying or death of a family member. Our Health & Wellness Program offers “Spa Days” (therapeutic touch, reiki, aromatherapy, and hand and foot massage) to individuals, caregivers, and participants in our Day Program. We have also hired an additional hospice counsellor this year to support the growing needs in the South Asian community.

Community Generosity

The demands for our programs continue to grow and we have already served 27 percent more individuals and families than last year. Quality hospice services rely on the contributions of volunteers, staff and a generous community. Our skilled volunteers provide in-home support and respite, complementary therapies, fundraising assistance, admin support, day program and board governance. Our staff works tirelessly to meet the needs of the people we serve. We rely on the generosity of a caring community including individual donors, service clubs, foundations, faith groups, community champions who host events for us and beyond. Annually, Heart House Hospice needs to raise \$595,000 to provide our myriad of hospice services. You can tell that it takes all of us to support people at end-of-life.

During this holiday season, I encourage you to look around you to your circle of family and friends and extend kindness to those who are finding this season a difficult one. You may also want to share with them the free “The Grief Journey” series we offer. Details are below. Together, we help people make the most of every moment.



The Grief Journey: 6 Week Educational Series

Wednesday Evenings ~ 6:30 pm - 8:30 pm, Jan. 25, 2017 - March 1, 2017

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

- Jan. 25 - Commonalities of Grief
- Feb. 1 - Self-Compassion
- Feb. 8 - Six Needs of the Mourner
- Feb. 15 - Self-Care: Possibilities and Practices
- Feb. 22 - Self-Knowledge: Values & Strengths Inventory
- March 1 - Self-Knowledge: Reinventing Your Purpose

Explore aspects of the grief journey. Each person's grief journey is unique, however we can learn to navigate the journey in ways that support healing and renewal from those who have walked before us. Participants are encouraged to attend all sessions to get the most benefit.

To register or if you have any questions about this series, contact:
Alexandra Horsky, BA, M.Div., Bereavement Counsellor
905-712-8119 x 247 ahorsky@hearhousehospice.com