

NEWSLETTER

Operation Cheer!

For those in our community who are coping with a terminal illness, and for their families and caregivers, the new challenges imposed by COVID-19 can be extremely overwhelming during an already challenging situation. While Hospice Quinte can't be there in person with our clients, we thought we would bring them a little comfort and joy. Enter, Operation Cheer! Through the generosity of many local businesses, we had the rewarding experience of creating gift baskets and delivering them to the doorsteps of 32 clients. "It's our pleasure to provide our clients with a little bit of cheer during this difficult time. We continue to stay connected with our clients as much as possible to reassure them they are not alone at this time", shares staff member, Lisa McMurtter. "Our heartfelt thanks to Hospice Quinte and your staff for thinking of us." - Elinor Campbell and John Geen, Operation Cheer Recipient.



Elinor Campbell

Progress Continues...

We are pleased to share that our tender for the new Hospice Quinte Care Centre was released to the qualified contractors on April 23rd, with the closing date on May 20th. Once all tender applications have been reviewed, the selected applicant will be sent to the Ministry of Health for final approval. We continue to plan for ground-breaking in July 2020.

Hospice Quinte is also pleased to welcome Sandi Ramsay as our new Donor Relations Manager! Sandi has grown up in the Quinte region and spent the last 18 years working in a variety of capacities for many businesses and organizations in the areas of fundraising, marketing, and communications and has a comprehensive local network. Please join us in giving a warm welcome to Sandi!

Our office remains closed to the public, but we are still here for you and your loved ones - by phone and email, offering as much support as we can at a safe distance. We also have a wealth of information and resources available online anytime for caregivers, the terminally ill and the bereaved, at hospicequinte.ca.

Special Thanks

Hospice Quinte is greatly appreciative of all our donors, especially during uncertain times. Each donation brings us one step closer to reaching our destination - the Hospice Quinte Care Centre. Thank you!

Dear Hospice Quinte:

Enclosed please find a small donation for your work and building fund. I know that this pandemic has impeded fundraising for so many charities.

We feel your work is important and it is needed in this area as human beings like a good book we too come to the end. It is important to end our journeys well with dignity, pride and peace of mind. God bless you and your work.

Sincerely

Marie Harrett
Trenton, Ont.

Changing Lives Through Podcasts

Have you listened to our weekly 4-5 minute 'Changing Lives' podcast? Our podcasts bring you important information about end-of-life issues, bereavement, grief, hospice palliative care and Hospice Quinte's services and events. Some topics have included *Attending Funerals & Memorials with Children*, *Grief & Valentine's Day*, and *Coping with Tragedy in the News*.

We are proud to share that our 'Changing Lives' podcast is in the Top 3 in North America, and the only Canadian organization in the Top 10. Our podcast has also had over 6,000 downloads!

During these unprecedented times, we wanted to share insight from our *Coping with Tragedy in the News* podcast. Whenever we turn on the news or scroll through our social media feeds, it's hard not to be reminded of all the terrible things going on in the world.

For some individuals, it can feel important to stay up to date with the latest news and world events, but it's also crucial to practice self-care when what we're constantly being exposed to is overwhelming us or affecting our mental health in a negative way.

Finding healthy ways to help cope with feelings of anxiety and depression that all of the tragedy we're exposed to can bring on, however, is not out of reach. Here are a few tips you might try if you ever find yourself feeling overwhelmed while staying informed.



1. Be conscious and considerate of your mental wellbeing

There is a much higher risk factor for anxiety and other related issues if an individual has suffered a traumatic experience.

2. Find more suitable news

Look for more information on the subject as a whole, instead of focusing on the heart of the tragedy itself.

3. Understand what you can't watch

It doesn't make you an irresponsible or unempathetic person to intentionally avoid exposing yourself to certain news stories or world events.

4. Remember that it's not about you

It's natural to be empathetic and evaluate how the situation relates to or affects us personally. However, separating from it and reassuring yourself that you're safe, is taking care of yourself.

And finally, whenever possible, reach out to someone to talk to. Friends and family are often our most important and unutilized resources.

We also host 15-minute interview specials called 'Heart to Heart with Hospice Quinte'. In these specials, we discuss important topics with local professionals such as *Financial Planning for End of Life* and *Wills & Estate Planning*, and much more.

If you'd like to listen to entire episodes, both 'Hospice Quinte: Changing Lives' and 'Heart to Heart with Hospice Quinte' can be heard on 91.3 Loyalist Radio, and downloaded or streamed wherever you listen to your podcasts.

Hospice Quinte would like to express our appreciation for all the Personal Support Workers (PSWs) for their heroic measures during COVID-19 and celebrate their contribution to society on PSW Day – May 19th.