

NEWSLETTER

Increased Support for Clients

Hospice Quinte is excited to announce an expansion of our grief and bereavement support services. A \$40,000 gift from the federal government's 'Emergency Community Support Fund', procured through United Way Hastings & Prince Edward, means Hospice Quinte will now offer supportive counselling services, in addition to our existing peer support program. This will further assist those who may be bereaved and grieving the loss of a loved one during these already difficult times.

"COVID-19 has certainly impacted our organization, our volunteers and our clients. We have seen a significant rise in the need for increasingly complicated grief and bereavement support during this difficult time. Now, with this much-needed support from the Government of Canada and our friends at United Way, we are able to expand our existing program and better serve the community by adding a Bereavement Support Specialist to our team," shares Jennifer May-Anderson, Executive Director of Hospice Quinte.

Hospice Quinte's Bereavement Support Specialist will support clients through the process of dealing with the death of a loved one. They will assess clients' needs and provide supportive counselling by telephone or video conferencing, individually or in groups, to bereaved and grieving individuals across the Quinte region.

"The work that Hospice Quinte accomplishes in our community is tremendous. A very tough diagnosis is always easier to face when there's care and consideration



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surrounding patients, and their families, at every step of that journey," stated Bay of Quinte MP Neil Ellis. "It's great to know that the \$40,000 in funding which Hospice Quinte will receive through the federal government's Emergency Community Support Fund will make their job—of providing that support to palliative patients during the ongoing COVID-19 situation—a little bit easier."

"This pandemic is creating stresses on many families," says Brandi Hodge, Executive Director of United Way HPE. "Grief is complex at the best of times; the pandemic prevented many families from being with their loved one during their final hours and that can be overwhelming for those left behind. We're grateful that Hospice Quinte is providing this service so people can start to heal; we're proud to support it through the Government of Canada's Emergency Community Support Fund."

Preparing for Death in the Home

"There's no place like home." For most of us, home is where we want to be. It's where we feel most comfortable, content and happy, and where we gather with friends and family. It's natural then that some individuals experiencing end of life want to spend their last days and moments at home in a familiar environment. For them, it is a much preferable option than dying in a hospital or long-term care facility. A 2014 survey revealed that for those Canadians that have a preference, 75% would prefer to die in their home, and the number is even higher amongst Canadian seniors, with 93% still living at home and wanting to stay there as long as possible.

For those facing a terminal illness, and their caregivers, it's important to explore all of the options available to you, and to understand all of the challenges and benefits of experiencing a death in the home.

First, it's important to understand the level of commitment required to provide care for a terminally ill individual.

Second, as much as a home death might be desired, it may not be ideal in all circumstances.

Ultimately, where the death will occur will be the decision of the patient and their family. What's most important is that this time of life be as easy as it can be for the caregiver and the person who is experiencing their end of life. It is recommended, however, to keep the decision flexible to change as time goes on. This will help to minimize feelings of guilt should the setting be required to change to appropriately suit the condition of the patient.



Regardless of your choice, Hospice Quinte is available to provide support to you, your family and your loved one during their end of life experience, through our In-Home Visiting hospice services and Caregiver and Bereavement Support groups. All Hospice Quinte services are provided at no charge by compassionate and well-trained volunteers and staff.

We invite you to listen to the entire 'Hospice Quinte: Changing Lives' podcast episode, along with our many other episodes that feature important information about end-of-life issues, bereavement, grief, hospice palliative care and Hospice Quinte's services and events. Both 'Hospice Quinte: Changing Lives' and 'Heart to Heart with Hospice Quinte' can be heard on 91.3 FM Loyalist Radio, found on our website at hospicequinte.ca/resources/changing-lives-podcast and downloaded or streamed wherever you listen to podcasts.

Further Support from our Community



Our *Heart & Home Building Campaign* has been boosted by a recent donation from Burke Funeral Home/Arbor Memorial for \$3,000! Jeff Tureski, Burke Funeral Home Manager and Hospice Quinte Board member, presented Jennifer May-Anderson, Executive Director, with their donation. Thank you to Burke Funeral Home/Arbor Memorial for supporting the future of hospice palliative care in our region!

Did You Know?

When asked to choose amongst several options for enhancing end-of-life care, doctors in the 2018 Health Care in Canada Survey chose enhanced hospice palliative care as their top priority for going forward (Canadian Hospice Palliative Care Association).

Please help us spread the word about the future Hospice Quinte Care Centre by sharing this newsletter with a friend or family.



Hospice Quinte



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