



Spring/Summer 2008

**It's not the years in your life that count.  
It's the life in your years.  
Abraham Lincoln**

## **HIKE 2008: ANOTHER SUCCESS ...**

The day began with sunshine and warmth, giving hope that the 2008 Hike for Hospice would be a grand event!

Upon arriving promptly at ten to decorate and prepare for the event, I was almost saddened by the lack of bodies around the Historic Properties base of operations. Slowly, the bodies began to arrive, and in no time there was an abundance of eager volunteers and our stealth leader, Betty Morton was on hand to keep things under control. Additional volunteers arrived from Amex to help hikers find their way along the routes, as well as get themselves on the track.

Our introduction to online sponsorship proved to be a huge success, with many meeting their goals and a few industrious members even exceeding their goals. Phil Cox was our number one fundraiser for the hike again this year with Carolyn Fougere and Paulette Edwards following a close second and third.

Even with half the number of hikers from 2007, we were able to exceed our fund raising dollars by a few thousand [a total in excess of \$15,000] which is no small feat for such a small feat.

As Chair of the 2008 Hike for Hospice, I'd like to send a heartfelt thank you to Bayshore, American Express, Historic Properties, Timothy's Coffee, as well as our steadfast members who



continue to support our worthwhile cause. Betty Morton also deserves a special thank you from me, for her unfaltering belief in the Hospice Society of Greater Halifax, her unbridled dedication to the cause and her ability to make us all feel good about our efforts as big or as small as they may be. Thank you Betty.

STEPHANIE MUNROE  
2008 Chair Hike for Hospice

**Before he died, Clarence Birdseye,  
whose company produced the first  
frozen vegetables, asked that his  
tombstone read:  
"Rest in peas"**

**From the Globe and Mail's Morning Smile column**



**Hospice Society's  
New Chair, Profes-  
sor Fred McGinn of  
Dalhousie Univer-  
sity**

*"I am also very  
pleased to state that  
the Board has added  
four new members  
who will make us  
stronger with their  
respective medical  
and business  
expertise."*

## MESSAGE FROM THE CHAIR ...

It is an honour to write to you as the new Chair of the Hospice Society. I hope to continue the success of past Chairs, Rick MacDonald and Lely Abud. Under their respective leadership the Hospice developed from a belief, shared by a small group of concerned individuals, that more choices are needed to provide comprehensive end-of-life care in the Halifax region.

Since that first meeting in May 2001, the Hospice's mission of "Living fully, dying well" has been embraced by a growing group of dedicated members who have placed the organization on the brink of achieving its goal of creating a residential hospice for those with months left to live for whom home is not an option. It is a huge undertaking, but one the Board and its members believe is truly within our grasp. Let me explain the reasons behind our optimism:

Each year since its inception, the organization has made great strides. However, this was an exceptional year! On the fundraising front, we continued to gather financial support and community recognition through our two annual fundraisers: Angels in Memory Tree Campaign led by June Bourque and Hike for Hospice under the leadership of Stephanie Munroe.

From an operational perspective we made two major gains this year: First, we established an office space at 5880 Spring Garden Road, Suite 306, and second, the Hospice Society hired its first Director, Gay Harley, who began working part-time in January.

These two significant developments have provided the Hospice Society with the community visibility we require to implement our Capital Campaign.

In addition to these positive results from the past year, I am also very pleased to state that the Board has added four new members who will make us stronger with their respective medical and business expertise. Although they only joined the Board at our recent annual meeting, our new members have already made considerable contributions to the development and implementation of our strategic plan for the coming year.

Accomplishing a large goal requires developing and keeping momentum. This past year witnessed the significant expansion of the Hospice Society, bringing us closer to realizing the vision set out seven years ago in the living rooms and kitchens of the founding members. In physics, momentum is how hard it is to stop a moving object. Our task, in the coming year, is to keep our goal of a residential hospice moving forward so that it becomes impossible to stop. This will require the efforts of each one of us, and then some. Please help us to reach new members by speaking to friends and family about the work being done by the Halifax Hospice Society. If they want to help us keep our momentum, they can become involved by contacting us by email: [hospice@eastlink.ca](mailto:hospice@eastlink.ca)

or telephone: 446-0929.

FRED MCGINN

Chair

## PIONEERS OF HOSPICE ...

***“What they saw of the process of dying changed their lives. They were appalled, not by the natural act itself, but how our society hides it, denies it, misunderstands it and fails utterly to cope with it.”***

So reads the introduction to a documentary about the founders of the modern hospice movement, a remarkable story told through interviews with the pioneers themselves.

Dame Cicely Saunders, nurse, social worker, doctor and founder of St. Christopher's Hospice in England in 1967, the first purpose-built hospice in the world, believed that dying is "as natural as being born." The hospice was concerned with research and teaching, control of pain and compassionate care and although religion played a part, neither patients nor staff were necessarily Christian. Dame Cicely was convinced that large doses of pain-killing drugs would help a patient at the time they were most needed, contrary to the beliefs of some of the medical profession of the day. Her creed "You matter because you are you, and you

matter to the last moment of your life" was the basis of her life's work, and that has helped to change society's attitude to death and dying.

Florence Wald, nurse and former Dean of Yale School of Nursing, founded Connecticut Hospice, the first hospice in the U.S., in 1974. She had heard Cicely Saunders describing her experimental work using drugs and tender care with dying cancer patients, as well as talking about the very problems she had herself encountered. A supporter of the civil rights movement, she believed that better care for a dying patient was also a human right.

Elisabeth Kubler-Ross, a Swiss-born doctor who moved to the U.S.A. in 1958, was not a founder of the hospice care movement, but worked extensively with the dying and lectured on the appalling treatment of terminally ill patients. She wrote more than twenty books on the subject and proposed the Five Stages of Grief, a sequence of emotions both the dying and the bereaved

are believed to experience.

Balfour Mount, a Canadian physician and surgeon, coined the term "palliative care" and is regarded as the father of palliative care in North America. He was greatly influenced by Cicely Saunders and, after visiting St. Christopher's Hospice, helped to set up a similar ward at Royal Victoria Hospital in Montreal.

The trials and tribulations we face building a hospice in Nova Scotia pale in comparison with those experienced by Dame Cicely Saunders, Florence Wald, Elisabeth Kubler-Ross and Balfour Mount. And yet these pioneers tell their stories with humility, humour and a great deal of common sense.

**This film is a must-see. If anyone would like to host a group showing, perhaps as a fundraiser with tea and a discussion, the video can be made available by contacting the office.**

JAN EVANS  
Editor

## PROGRAMS & SERVICES REPORT ...

Bereavement support drop in group is fully underway. It is held every 1st and 3rd Wednesday 4:30 to 6:00pm, at the Hospice Office.

Thank you to all of the facilitators who volunteer time for this worthy service. The word is getting out to the community and we see a definite need for this service.

We hope to run structured 4-6 week grief program. The list of interested participants is growing so I am sure a program will be offered very soon. If there is anyone interested in facilitating our structured grief support groups, please contact the society.

Our committee is down to three members. We are looking for members who would like to help

develop programs and services offered by the Hospice Society of Greater Halifax.

As we move forward and work toward opening a residential hospice, providing services and programs to the community is essential.

CAROLYN FOUGERE  
Chair of Programs & Services Committee

*Living Fully. Dying Well.*

## SPECIAL THANKS TO...

### **Royal Bank of Canada**

for the \$500 donation from the Employee/Pensioners Volunteer Grant Program  
in acknowledgement of the volunteer hours given to the Society by  
Ann Matthews

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### **Bayshore Home Health**

### **Aviva Canada**

### **Timothy's World Class Coffee**

### **Historic Properties**

### **Century 21 Classic**

### ***Your generosity helped to make***

### ***"Hike for Hospice 2008"***

### ***a huge success.***

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### **United Way Donors**

A big thank you to the members who made United Way donations  
and ensured the funds went directly to the Hospice Society.

Those contributions amounted to \$3,755.

If you donate to the United Way, please keep us in mind;  
every dollar given will help us to reach our goal.

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### **An Anonymous Philanthropist...**

...who has contributed \$10,000 to the Society.

We applaud you.

## HOSPICE SOCIETY OF GREATER HALIFAX

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## CALLING ALL MEMBERS...

Our plan to have a fund raising auction this Fall is a first for the Society and its success will depend in a large part on you, the members. Not only are we looking for antiques and artwork, committee members and volunteers, but also for some storage room to house the donated items prior to the event.

We want to be able to offer good quality items for auction, so sort out your basement and attic for the pieces you've squirreled away and consider donating them for an exceedingly good cause. We do, of course, reserve the right to refuse unsuitable items.

If you'd like to volunteer, or donate an item, or have any suggestions regarding storage, please contact us at the office.

## WHAT'S HAPPENING?

1st & 3rd WEDNESDAY OF THE MONTH: Drop-in Grief Support Group, at the Hospice Society office, 4.30 – 6pm.

THIS FALL, date TBA: Auction of Antiques and Artwork.

OCTOBER 26 to 29: 2008 Canadian Hospice Palliative Care Conference, Charlottetown, PEI. See website [conference.chpca.net](http://conference.chpca.net).