



Bethell Hospice
FOUNDATION

Accolades

FROM THE BTHELL HOSPICE FOUNDATION • FALL 2018 ISSUE

Caregiver Profile

Karen Rammage

Karen Rammage, one of our wonderful Personal Support Workers at Bethell Hospice, was recently named this year's winner of the PSW of the Year Award from the Ontario Personal Support Worker Association.

Karen also tied for first place for the Frances Montgomery Award from Hospice Palliative Care Ontario, awarded annually to a Personal Support Worker demonstrating excellence in hospice palliative care.

PSW of the Year nominees are evaluated based on professional knowledge, patient care, advocacy, team support and going beyond the call of duty. Karen's nomination described her as

"one of the most special PSWs I have ever worked with, demonstrating her caring spirit with each and every resident, considering it a calling to be able to provide care to the residents in their final days or weeks of life."



In addition to the usual PSW duties, Karen is an expert hair cutter and stylist, and helps residents to look and feel beautiful to their dying breath. She also understands how hard it is to find food that tastes good at end of life, and has been known to make detours to pick up and bring in residents' favourite foods.



Karen supports families by sitting down with them, spending time getting to know them as well, and offers to sit with their loved ones and hold their hands if they are anxious or feeling alone. As a life-long learner, Karen continues to take advanced PSW courses to enrich her knowledge and keep her at the top of her scope of practice. Through it all, Karen demonstrates a limitless energy, a wonderful sense of humour, and a passion of making others' lives better.

Karen has been with Bethell Hospice for the past six years, first coming to the hospice on a work placement from her PSW certificate program at Georgian College in Orangeville, where she graduated with honours and as Valedictorian of her class. Karen credits her college placement as the reason she ultimately chose to work in hospice palliative care. "I did my placement at Bethell Hospice, and loved it. I was offered a position here before I graduated, and gladly accepted."

Karen credits her success to the team at Bethell Hospice.

"It is truly an honour to be recognized in this way. I want to thank all my wonderful co-workers and all our awesome volunteers for the support they've always shown me."

Here when you need us



Hike for Bethell Hospice



Hike for Bethell Hospice Raises Over \$160,000

Over 400 community-minded individuals gathered in Inglewood on May 6 to Hike for Bethell Hospice.



Hikers received commemorative hike t-shirts, filled the memory board with photos and remembrances of friends and family members, and participated in a great silent auction.

Thanks to all our sponsors and participants for your tremendous enthusiasm and support!

PRESENTING SPONSOR



Meadowvale
Cemetery, Cremation
and Funeral Centres



The Simple Alternative
Funeral Centres
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PLATINUM COMMUNITY PARTNERS



Ledson Properties Inc.





Top 2018 Hike Fundraising Teams



Parade of Perseverance
Boardwalkers
Pops and the Perambulators
Niki Butterfly Team
Honest to God
Jaeger
George's Angels
Girls in the Woods
Team Maria Pontes
Team Black



Save the Date for Next Year's Hike – Sunday, May 5, 2019

Upcoming Community Events in Support of Bethell Hospice

Cycle for Bethell Hospice Team at the Healing Cycle Ride

Sunday, September 23

Pull on your shorts and tackle the 10k, 25k, 50k or 100k cycling route. Please note that you **must** select the **Cycle for Bethell Hospice** team in order for your registration and donations to support Bethell Hospice Foundation.

Registration & Information – thehealingcycle.ca
or contact Cycle for Bethell Hospice Team Captains,
Anton Vermunt anton.vermunt@gmail.com or
Bruce Stewart brucestewart@outlook.com



McMichael: The Luxury of Lincoln Meets The Art of Canada

Thursday, September 27



Organized by the amazing team at Fines Lincoln, this new fundraising event in support of Bethell Hospice Foundation is sure to sell out quickly, so get your tickets early. Spoil yourself with an evening at the McMichael Art Gallery, including cocktails and hearty hors d'oeuvres, music from a live jazz quartet, a great silent auction, and private tours of the galleries.

Ticket Price – \$100 per person
Event Runs 6:00 p.m. to 9:00 p.m.

Tickets – Fines Lincoln **905-857-1252**
Information – Fines Lincoln info@finesfordlincoln.ca

Don Olson Classic

Saturday, September 29

Organized by Scott Skimming, Linda Olson and all our friends at 310 Running, this event is now in its sixth year, and has raised \$33,000 to date for Bethell Hospice Foundation. Enjoy a beautiful trail run (or walk) through Albion Hills Conservation Area, a finisher's award for every participant, and generous prizes in a variety of categories. Choose from a 5K route for all ages or a 2.5K route for athletes 14 & under. Entry for both races limited to 500 participants and last year's race sold out, so register early.

Check-In Begins 8:00 a.m., First Race at 10:00 a.m.

Registration & Information – 310running.com/don-olson-classic/
Early Bird Pricing Available Online



Your continued support ensures that Bethell Hospice will continue to provide compassionate care at **no charge** to residents, community program participants or their families. **Thank you all for your support.**

Bethell Hospice Foundation Christmas Bazaar

Saturday, November 17

This popular event, organized each year by our Board of Directors, is the perfect way to usher in the holiday season. Since its inception in 2014, the bazaar has raised over \$61,000 in support of Bethell Hospice Foundation. Join us at the Inglewood Community Centre for a great selection of handmade items, homemade baking & jams, jewellery, and unique gift ideas, as well as a fabulous silent auction. Be sure to come early for the best selection.

Sale Runs 9:00 a.m. to 3:00 p.m.

Information or to Donate Items – Lynn Dobson cl.dobson@hotmail.com



C E L E B R A T E

Light & Love at Bethell Hospice



Celebrate Light & Love Tree Lighting

Thursday, December 13

To honour and remember your loved ones, please donate to our *Celebrate Light & Love* holiday campaign, and join us for our beautiful Tree Lighting Ceremony. All those remembered are honoured and their names read aloud. This very touching, annual event raised a record \$160,000 last year, with over 360 individuals honoured. Please dress for the weather, as this is an outdoor event.

Tree Lighting 7:00 p.m.

**Donations gratefully accepted, \$30 - \$500 & up,
and are fully tax receiptable**

Light & Love Donation and Information –
Fundraising Office **905-838-3534**

Online Light & Love Donations After October 1 –
foundation.bethellhospice.org



Bethell Hospice Foundation Benefits from Osprey Valley Open

This summer, Osprey Valley became the first-ever GTA golf course to host an official Mackenzie Tour – PGA Tour Canada event.



The 2018 Osprey Valley Open took place from July 19 – 22, with Tyler McCumber taking home the trophy with his first PGA Tour Canada victory.

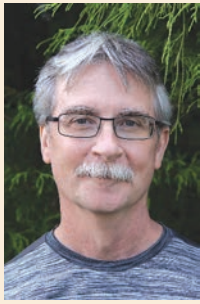
Each stop on the Tour designates local charitable recipients, and the Osprey Valley Open selected Bethell Hospice Foundation (along with two other local charities) to benefit from the tournament's philanthropy. Through the establishment of a Charitable Community Trust, with an inaugural amount of \$50,000, the Osprey Valley Open will provide ongoing endowments to each organization.



Endowments provide crucial funding for the future, and this gift will ensure that Bethell Hospice remains a strong and vibrant part of our community fabric in the years to come.

Thank you to everyone at Osprey Valley for your belief in the importance of palliative care in our community.





Resident Profile

Dave Craughwell

Fifty-two year old Dave Craughwell was a resident of Bethell Hospice from March 18 – 25, 2018.

Dave's wife, Anita Schenk, and daughters, Kaitlyn and Meghan, were kind enough to share these memories, excerpted from Anita's blog:

March 18

Dave arrived at Bethell Hospice this afternoon, a beautiful, serene environment in Inglewood. Dave is happy, content and glad to be here. He has a room with big windows, door to outside, big bathroom, mini fridge, TV, adjustable bed and chair, as well as a pull-out couch for me. Even [our dog] Luna can come and visit. Not gonna lie, it has been an incredibly difficult, emotional weekend...I can't even put it into words. But this place, and the people within, make this awful time, the best that it can be.

March 25

Bethell Hospice is truly an amazing facility. I've spent most nights here on a comfy pull-out couch (never thought I would ever use the word comfy with pull-out couch). Earlier this week, we took Dave outside in his bed, when he couldn't get to the wheelchair anymore. Dave has had a sore tailbone, so the staff brought him a mattress that moves every 15 minutes to put pressure on different spots. On Thursday, the music therapist came into his room, and played cello and guitar to Dave's chosen word – calm – putting him into a deep, restful slumber, literally for hours.

"The people – volunteers and nurses – are so incredibly kind and caring. I can't even put into words how amazing they are."



May 24

It is hard to believe, but two months ago, we were at Bethell Hospice. It is a memory filled with sadness, but also gratitude for the place and people within it.

"It was Dave's idea to go to Bethell and, reflecting upon our week there, I truly cannot imagine our family having been anywhere else."

On May 6th, over 40 of us walked as the *Parade of Perseverance* in the Bethell Hospice Foundation fundraising hike. What a team, and what a terrific way to honour Dave! The most astounding part is that this strong and amazing Parade collectively raised \$20,000 – yes, twenty thousand dollars – for Bethell Hospice. Dave would be completely flabbergasted! And he would be so proud of all of us. So, thank you to all of the donors and walkers. We plan to make the Hike an annual event, and we really hope to see many of you again next year. It is such a worthy cause, and a great way to remember Dave.



"The staff is amazing to not only the residents, but their families as well! I will never be able to express how grateful I am that my grandma's last days were spent in a place where you can see how much the staff truly do care. It was a real blessing."

Posted to our Bethell Hospice Foundation Facebook by Karleigh Anne



Please Join Us for the

Bethell Hospice Annual General Meeting

September 18, 6:00 p.m. – Caledon Country Club, 2121 Olde Baseline Road, Caledon

Information – Kamaljeet Dhillon 905-838-3534, ext. 2224

RSVP – info@bethellhospice.org

Bereavement Support

Bethell Hospice provides bereavement support both in our residence and in the community.

To learn more about individual bereavement support or to join a group, please contact our Intake Coordinator, Dorothy Rankin, at

905-838-3534, ext. 2240 or by email
intake@bethellhospice.org



Interested in Volunteering?

We have volunteer opportunities in the kitchen, gardens, reception, resident support, in-home visiting, complementary therapies and event support.



To learn more about Bethell Hospice's Volunteer Program and how you can get involved, please contact our Volunteer Coordinator, Shebina Amlani, at

905-838-3534, ext. 2247 or email by samlani@bethellhospice.org

Donate Now!

Bethell Hospice programs and services are only partially covered by our Ontario health care system. Each year, 40% of the funds necessary to operate Bethell Hospice must be raised through local fundraising efforts.

I would like to contribute:

- | | |
|--|---|
| <input type="checkbox"/> \$10,000 (Bethell Benefactor) | <input type="checkbox"/> \$500 (Companion) |
| <input type="checkbox"/> \$5,000 (Leader) | <input type="checkbox"/> \$250 (Friend) |
| <input type="checkbox"/> \$2,500 (Partner) | <input type="checkbox"/> \$100 (Donor) |
| <input type="checkbox"/> \$1,500 (Supporter) | <input type="checkbox"/> Other Amount _____ |
| <input type="checkbox"/> \$1,000 (Mentor) | |

First Name: _____ Last Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

(for tax receipt and communication)

DONATION OPTIONS

- ☐ I have enclosed a cheque (payable to Bethell Hospice Foundation)
- ☐ Please charge my ☐ Visa ☐ Mastercard ☐ American Express
- One Time Gift, Monthly, Bi-Monthly, Annually (please circle one)

Card # _____ Expiry Date: _____

Name on Card: _____

Amount: \$ _____

Signature: _____

- ☐ I would like my gift to remain anonymous.
- ☐ I have included Bethell Hospice Foundation in my will.

To donate today, please complete form and mail to:

Bethell Hospice Foundation
P.O. Box 75, Inglewood, Ontario L7C 3L6
or go to foundation.bethellhospice.org to give securely online

Charitable Registration #82636 7948 RR0001 Tax receipts are issued for all gifts of \$20 or more.

Donations should be payable to:

Bethell Hospice Foundation

P.O. Box 75, Inglewood, Ontario L7C 3L6

For more information, please call:

Tel: 905.838.3534

Email: foundation@bethellhospice.org



Bethell Hospice
FOUNDATION

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Here when you need us