

Become a member of the Circle of Care

What is the Circle of Care? It is comprised of donors to the Valley Hospice Foundation who have made a commitment to a monthly donation of any size.

Why is it named the Circle of Care? The circle represents the passage of time and the seasons of life - we start life requiring care and we often end life requiring care.

Why might I consider monthly donations? Monthly giving is easy. The donation is taken from your VISA or bank account on a specified day and you do not have to think about it again. A monthly donation can make a big impact over the year and you will get a tax receipt acknowledging all your donations. Monthly giving also ensures that the foundation has available funds to allocate towards current priorities. Join the Circle of Care by using the form included or visit Valleyhospice.ca to set up your gift online.

Cheryl Smith, a retired nurse of 40 years, expresses that her monthly donations to the Valley Hospice Foundation remind her of the importance hospice care will have in our community.

"Upon retirement, I wanted to give back to our community by supporting the Valley Hospice Foundation. Having spent 40 years as a nurse providing care to people at the beginning of their lives, it seems very fitting to now support end-of-life care. To me, the two are closely intertwined."



SAVE THE DATE!

A HOLIDAY GALA, Old Orchard Inn,
November 23, 2019 – 6pm to midnight
Please join us for a festive evening of
dinner and dance, featuring **BLUESMOBILE!**

K-TOWN COMEDY CLUB
(Paddy's Pub, Kentville)
February 29, 2020

HIKE FOR HOSPICE
May 3, 2020

valleyhospice.ca

Greetings from the Valley Hospice Foundation!

PHOTO: JAMIE ROBERTSON

It is an honour to provide you with this update from the Valley Hospice Foundation and the new residential hospice currently under construction in the Annapolis Valley.



Circle of Care – Monthly Giving

I would like to join the Circle of Care by making a monthly gift of:
☐ \$100/month ☐ \$50/month ☐ \$25/month ☐ \$15/month ☐ other \$_____ /month

☐ I authorize the Valley Hospice to debit the amount indicated from my bank account each month.
I have enclosed a cheque marked VOID for bank coding.

☐ I authorize my monthly gift with my credit card. Please see information on the reversed side of this form.

Signature: _____

You may change or cancel your monthly gift at any time by calling **902.679.3471** or emailing info@valleyhospice.ca.
Valley Hospice Foundation, 23 Earnscliffe Avenue, Wolfville, NS B4P 1X4



Why Hospice?

Many people would say they want to die at home with their loved ones beside them, but there are many cases where their families cannot provide that care at home. For those families, the hospice will provide a comfortable, home-like environment with specially trained staff and volunteers to care for them.

The Valley Hospice is located in a wooded area near Valley Regional Hospital. It sits on a knoll overlooking Brooklyn Street and the Town of Kentville.

It has been a busy year since the official sod turning for the new hospice, and the excitement continues to grow as the physical building takes shape. Construction of the new residential hospice is on track and plans are underway

for opening early in the spring of 2020. Together with our partner, the Nova Scotia Health Authority, we have worked hard to create a welcoming place where compassionate care will be provided as persons with life-limiting illnesses are supported to complete their life's journey.

The hospice has 10 private bedrooms, an open concept living, dining, and kitchen area, with a fireplace, gardens, and room for a family member to stay overnight. There will be no cost associated with admission to the Hospice.

Many have carried the torch for the dream of a hospice in the Annapolis Valley. We thank you, our Valley community, for your continuous support and generosity!



"There's so much more to end-of-life care than you could ever imagine," says Sebastian Joseph. "We tend to think that there's something sad about new beginnings – that you're closing the door on a chapter in your life. But the beauty of palliative care is that when you have to make those difficult decisions – the staff are there to help, and you won't feel alone."

Cementing a father's legacy...

When P.C. "Joe" Joseph passed away six years ago from a rare form of central nervous system lymphoma in the brain, the Valley Hospice was not an option for his family.

"When my dad needed desperate help, our only option was to go to the hospital and hope to keep him calm; to provide more relief than we could at the family home," says Sebastian Joseph, one of Joe's two sons.

Although Joe was unable to experience hospice care, the Joseph's received help from a strong support system of friends and family, which allowed them to provide great care for Joe. He passed away peacefully at his home on Monday, July 29, 2013.

The Joseph's are now community advocates and supporters for the Valley Hospice, understanding that not all families have the resources to provide the level of care needed for a loved one to pass away comfortably at home. Sebastian explains that they feel it's critical for communities to have infrastructure like hospices to support families.

Because of Joe's love for golf, they now hold an annual memorial golf tournament at the Eagle Crest Golf Course for close friends and family in his memory, and in support of the Valley Hospice Foundation.

"My dad loved to golf and was a member at Eagle Crest for many years. Throughout the entire journey of his illness, he'd go through chemo, then two or three weeks later he'd be on the golf course for a week before going back for the next round of chemo," says Sebastian.

This year marked the 6th annual P.C. Joseph Memorial Golf Classic, which usually brings in between 30-40 golfers each year and has raised thousands of dollars for the Valley Hospice.

"You can feel the love and support at the golf tournament. We walk through the course at Eagle Crest, look over at the next hole and see my best friend and his parents, or my next-door neighbour, or my mom and dad's friends golfing beside us," says Sebastian. "We celebrate silly awards – like best golf-cart driver, best dressed, and give out a sportsmanship award called the P.C. Joseph award, in honour of my dad."

To the Joseph family, the golf tournament is about more than raising money. Their intention is to demonstrate that everyone can be involved within the community.

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Would you like to host an event of your own in support of Valley Hospice? We can help! Visit our website valleyhospice.ca or contact Dale at **902.679.3471**.



You make a difference!

Valley Hospice Foundation raises funds to support non-medical services including professional development for the care team, volunteer services, complementary therapies and bereavement support. We also believe that the spiritual, cultural and emotional aspects of care are best served in an environment where hospice residents have access to nature. In addition to fundraising for these programs and therapies, this year our fundraising is focused on finishing the hospice grounds with small private patios, gardens, a play area for children and a small walking trail.

Hospice Palliative Care Volunteer Visiting

Joanne Whitenect is one of the Valley region's palliative care volunteers.

"I visit my client once a week. We play crib and talk about politics. His face lights up when I come in the room – I can tell he's glad to see me," says Joanne. "Being a palliative care volunteer is important because there comes a time when you should focus more on the companionship and comfort of clients, while providing support and breaks to their loved ones."

To join our volunteer team please contact: susan.miles@nshealth.ca or **902.542.6303**

Grief and Bereavement Support

The Friends in Bereavement grief support groups provide support for those grieving the death or approaching death of a loved one at no cost to participants. Twice a month sessions take place in Kentville, Berwick and Bridgetown. To learn more, contact Jennifer Longley at (902) 681-8239.

"Everyone is different, everyone has been hurting, everyone deals with their hurt in a different way-but sharing, laughing, crying and realizing that you are not alone is a real catharsis."

- *Anonymous participant of the Friends in Bereavement Retreat – Brier Island, NS.*

Yes, I wish to support the Valley Hospice and Palliative Care in the Annapolis Valley!

I would like to make a one time gift of:
☐ \$1000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ Other: \$ _____

☐ I wish to make my gift monthly (*please see reverse of this form*)

☐ Cheque is enclose payable to: Valley Hospice Foundation



Name: _____

Address: _____

Phone: _____

Email: _____

METHOD OF PAYMENT:

☐  ☐ 

Card # _____

EXP _____ CSV _____

Cardholder's Name _____

Signature _____

☐ I would like my gift to remain anonymous

Charitable registration number: 894902923RR0001