

# Spring Greetings from the Valley Hospice Foundation!

May 2021



Valley Hospice Foundation,  
150-3 Exhibition Street, Kentville NS B4N 5E3

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## Thank you for being a part of the Valley Hospice family!

With spring upon us we, at the Valley Hospice Foundation, take a moment to reflect and thank you for being part of our Valley Hospice family. Together we are writing a good news story for our community.

It has been over 7 months since opening the doors of the Hospice residence. Along with the uncertainties of 2020 there are many stories that have inspired us. Stories that demonstrate the true value of the specialized care that patients and families are receiving at the Valley Hospice.

All of us have been affected in one way or another by the events of the past year– at the very least keeping our distance has been difficult. While there are restrictions at the Hospice we are fortunate that families and friends have been able to spend quality time with their loved ones.

Most of you are aware, that in late December we experienced an unfortunate flood in the Hospice. We are proud of the team of professionals who responded quickly and diligently. The Hospice team made sure that the care of the Hospice residents was never compromised. There were cheers and tears when we welcomed our residents back to their Hospice home.

We keep moving forward, working together with our partners, staff, volunteers, and you to ensure the best end-of-life experiences for palliative patients and their families. We draw from the lessons learned in the first months of being open to be sure that the Valley Hospice continues to be a warm and welcoming place for those who will live their final days there. Thank you for your support!

- Martha Stewart, Chair



## Living at Valley Hospice

Judy Doré was born and raised in Halifax. She married and moved to Avonport where she raised her two sons and is now also "Grammy" to a treasured teenage grandson.

Judy was in and out of hospital and knew that the end of her life was not too far off, but it still surprised her when her physician suggested that she get her "affairs in order". At the time, she was not able to get out of bed on her own, nor was she able to put shoes on her swollen feet. She lived every day with a sense of stress and tension about what would happen to her.

It was recommended that Judy consider going into the Hospice as she came to the end of her journey. She had never heard of Valley Hospice, but she knew that deciding to go to the Hospice meant that she was nearing death. While she could accept this, she wanted to make sure that her family was comfortable with this move. After speaking to her siblings and sons she made the decision to become a resident in Valley Hospice.

The story Judy shared of her declining condition was hard to square with the excited, nicely dressed woman who walked in for our interview.

"You see", she said with a smile, "that I am wearing a new pair of shoes for this meeting".

Judy continued, "I'm still dying, but not like I was before. I saw that I no longer needed to be concerned about those things that worried me before and there was no reason for my family to worry about me either. She went on to say that "the doctors visit every day and they keep my family in the loop, the nurses are amazing and the food is so good. My family can also visit anytime they want." She pauses for a moment and goes on, "I open my eyes every morning and I am so grateful to be in the Hospice - it is like a miracle! The residents and staff are like family, and people care about the 'whole of me'.

Yesterday I sat on my patio in the sun watching the squirrels and the birds. If you really love your family member who is dying, this is where you want them to be."

**Dr. Balfour Mount, the patron of Valley Hospice Foundation, explains that high-quality palliative care "enables a shift from preoccupation with suffering and anguish, to a growing acceptance of integrity, wholeness and inner peace." These words hang on a plaque in the entrance of the hospice.**

**Judy's journey is a testament to this approach to end-of-life care.**

## Hike for Valley Hospice and Palliative Care – Home Edition! May 1 – 30, 2021

### *Who will you be hiking for?*

We are moving our hike to your home. Our annual group Hike for Hospice was cancelled but you can still get outdoors and show your support of Hospice and Palliative Care in the Annapolis Valley.

***We invite you to start at home and complete your hike or bike by the end of May.***

Go to our website: [ValleyHospice.ca](http://ValleyHospice.ca) and click on *Hike for Valley Hospice* to register your "hike" or support a participant or make a donation and use the links to join our Facebook Group.

Inspire others by snapping a picture and share using the hashtag **#hikeandbikeforvalleyhospice**.



## You make a difference!

Hospice is a philosophy of care that not only eases patient's pain and symptoms but attends to their emotional and spiritual needs as well as those of their loved ones.

### Gardens that nurture...

This philosophy lends itself well to the blending of gardens and nature for the Hospice.

It's no secret to those who garden that it is an almost sacred, therapeutic task. A garden can be invigorating with its constant movement and aroma, but it can also be a source of solace, a place for prayer and meditation, or even a conversation starter.

Our residents often want to get outside and they love that from inside their rooms they are able to see into an area of textures, and colors, and watch the birds and squirrels frolicking.

The groundwork has been laid for our gardens and patios. But there is more to be done. We envision more plantings of bulbs for spring showing, colorful annuals near the bedrooms, and eventually simple pathways and quiet nooks. Currently there are plans in the works to add a much needed garden and storage shed where outdoor furniture, hoses, seasonal items and planters can be stored.

**Allowing for our gardens to evolve is just one way your gift helps the Hospice.**



## 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

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Charitable registration number: 894902923RR0001



**Tara Millett**, one of two cooks at Valley Hospice starts the day by preparing a breakfast of choice for the residents.

This is followed by baking cookies and as you know nothing smells quite as good as home-baked cookies and hot coffee mid-morning.



## Cooks bring Comfort

When people are upset or lonely they often crave "comfort food". While the food may be different for each person, the sense of comfort it brings is common. Sometimes the foods remind us of fond memories or occasions, often just the smell of the food cooking connects us to times gone by, times spent with good friends or close relatives. It is that kind of comfort that the cooks at Valley Hospice aim to provide to the residents.

Everyday for Tara is different because it revolves around who is currently residing in the Hospice and what they want to eat. The main meal might be crusted haddock with tzatziki sauce or chicken breast with apple and peach chutney. The menu rivals the choices offered at better restaurants. Down-home favorites include baked beans and fishcakes. If a resident would prefer something that is not on the menu the cooks will create something they like. I heard from a resident that the pizzas are wonderful, the salads beautiful and the desserts amazing!

One day with seven residents in the Hospice Tara prepared six different dinners! Residents can choose a special meal if they wish. One resident wanted prime rib roast, and all the Hospice residents benefited from his special meal on the night it was served.

Tara loves working with the Hospice residents to create meals that bring them comfort. "I feel like I am working where I am meant to be", she commented, "I matter here, and I enjoy being part of a team providing care. When I come to work I think to myself- this place is magic!"

## 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**.  
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