

# Greetings from the Valley Hospice Foundation!



NOVEMBER 2022

[ValleyHospice.ca](http://ValleyHospice.ca)



Photo Credit:  
Susan Markham Starr/Garden Party 2022

## MESSAGE FROM THE CHAIR

With autumn already in full swing the Valley Hospice Foundation is excited to continue their commitment to serving our community.

It has been just over 2 years since our Valley Hospice began to welcome patients and their families. We are now exploring new territory and working with Nova Scotia Health towards introducing additional programs that will enhance the end-of-life experience for residents and their families. We are working with Nova Scotia Health to support a new music therapy program for the residents of Valley Hospice, and we couldn't do it without the continued support of our community.

We are grateful for people who find purpose in standing up for issues they believe in and contributing positively to their communities. Valley Hospice Foundation is a volunteer led registered charity, and I am pleased to introduce Sue Thomas, Leo Glavine and Colin Marshall as our newest members serving on the Foundation Board.

Our Board and fundraising teams have been busy creating fun ways to support our work. Our HoliStay Raffle is back for a second year, with chances to win amazing prizes featuring Nova Scotia get-a-ways, activities and

leisure products. The raffle wraps up during our annual Holly Days, Holiday Party on November 19th. We hope you will join us in supporting our goal of offering music therapy.

While we still feel some of the challenges from the pandemic, we thank the staff and volunteers who continue to support and inspire our community with their compassionate care.

Earlier this summer it was special to welcome back the wonderful Hospice and Palliative Care volunteers after several months of pausing the volunteer activities due to the need to keep everyone safe. The volunteers are trained to support patients in the Hospice, and to visit with those being cared for in their own homes. They also take care of the Hospice gardens, help with meals, and perform several other duties.

We wish to thank each of you in our community for standing by us through this truly unique time and for following along on our journey of compassionate care for those in need. We hope you find joy and time to relax with friends and family in the coming holiday season!

- *Martha Stewart, Chair*

# MUSIC THERAPY

*“Music is an art imbued with power to penetrate into the very depths of the soul.” - Plato*

Valley Hospice was developed to provide care and comfort to individuals as they approach the end of life. This involves caring for the individual’s physical, emotional, psychological and spiritual needs. It also involves providing support to those who love or care for the individual as they participate in this journey and as they deal with the loss of the individual.

Hospices where music therapy is being offered find that it draws from the hospice resident’s culture, religious beliefs, and cherished memories to create an experience that is deeply personal and meaningful. Most people have had the experience of music resurfacing positive life memories and emotional experiences. Music therapy uses clinical and evidence-based musical interventions to use musical memories to help elevate mood, support life review and reduce anxiety.

Music therapy can provide hospice residents and/or their families with space to explore their emotions and prepare for the road ahead. These opportunities for self-reflection can lead to enhancing, rebuilding or healing relationships with family, friends, and loved ones. Music therapy has also been found to reduce loneliness, affect one’s ability to relax, promote comfort,

Music therapists draw from an extensive array of music activities and interventions. The resident is assessed by the Music Therapist and the recommended activities become part of an interdisciplinary care plan. The music therapy may involve singing, musical reminiscence and life review, creating legacy compositions, guided imagery with music, using music to promote movement and communication or peace and relaxation.

Music Therapy would be helpful in addressing many aspects of wellbeing in the hospice residents, families, caregivers, and persons who are bereaved. The funds raised in the Holistay Raffle this year will be allocated to hire a part-time music therapist to work with the residents of Valley Hospice and their families and caregivers.



## THROUGH A DAUGHTER’S EYES...

Most people want their mothers to experience the best of what life offers and the daughters of June MacCarthy were no exception to this rule. Susan Tidman describes her mother June as an active woman who was charitable and community driven. She loved competing on the curling rink and cheering for her grandson as he competed on the Valley Wildcats hockey team. At age 87 June was still interested in gardening and hosting family events.

Through 2021 June’s health started to slip. While she had help in the home, June’s daughters became increasingly concerned about their Mom’s care and her ability to mobilize. A member of the Valley Hospice care team came to the house to discuss the Hospice with June and her daughters. They were surprised to learn that palliative care is not just about the last days of a person’s life, it is about all the “planning, exploring options, and sharing information” that helps the individual and their family members to make the best possible decisions about the care of their loved one. Susan commented that this “new, improved approach to palliative care” was not about the “death’s door experience” but rather about engaging everyone in a planning process.



*Abby, Donna, Susan, June and Christie  
3 generations of strong women!*

In August, June's daughters supported her decision to move to the Hospice. Everyone wanted what was best for June and, "we felt from the beginning that the Hospice was a five-star facility". "We loved the suite where Mom lived, we liked that we could stay there with Mom for as long as we wanted, and we appreciated the chef coming by each day to ask Mom what she wanted to eat. We had total confidence in everyone who worked at the Hospice". "Perhaps the best thing of all" commented Susan, "was that we didn't have to be Mom's caregivers anymore, we were freed to be her daughters"

"Everyone enjoyed the fact that Mom's patio door could be opened to welcome the late summer breezes", and that June's potted flowers from home could join the colorful flowers found just outside the door. "We loved the tranquility, the sun, the flowers and the birds"

June died at Valley Hospice in October of 2021. As the staff formed an honour guard for June, Susan said that she saw tears in people's eyes, "The caregivers in Valley Hospice have a real relationship with the residents- the care was simply off the charts!"

## AN OPEN GARDEN DAY... THANK YOU!

What a wonderful day we had on July 17 in the gardens at the North Mountain home of Joe and Susan Ueffing, all in support of our Valley Hospice. Now a tradition, this event began by chance as a virtual garden party during the early days of the pandemic. Gardens are so important to the environment of the Hospice, so naturally we were thrilled that Joe and Susan wanted to open their home gardens to help the Hospice. Even a little rain did not keep away close to 100 guests. \$5000 was raised. We wish to thank the Rotary Club of New Minas Sunrise, Benjamin Bridge, Valley Search and Rescue, volunteers and our wonderful guests and hosts, Joe and Susan.



***We look forward to seeing you in the garden again next year!***

### 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 enclosed 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

# LEARNING OPPORTUNITIES IN VALLEY HOSPICE

Since opening its doors in 2020 Valley Hospice has welcomed Practical Nursing students from Nova Scotia Community College who wish to explore applying their skills and interests in palliative care. This is done in their second year of study through a 160-hour Preceptor Placement. Each student is assigned to an LPN who is part of the Valley Hospice care team. The NSCC student's learning is supported by this experienced preceptor.

Students have shared that their experience at Valley Hospice gives them a broader insight into what happens in a hospice and palliative care in general. One student shared with her instructor that, "The Valley Hospice truly is the best facility I have seen so far in health care. The staff are like family, and everyone is so friendly. The building is more like a home and the staff aim to make it feel like a home for the patients." She stated that she might not have considered working in palliative care but after her experience she knows that "palliative care is my passion".

Valley Hospice welcomes NSCC Practical Nursing students to explore their interest in working in palliative care. Their experience also results in them becoming ambassadors for Valley Hospice helping to raise awareness of the valuable and unique services it provides.



*Debbie Brown LPN (preceptor) & MacKenzie Brawn PN student on her last day at Valley Hospice*

## VALLEY HOSPICE FOUNDATION BOARD OF DIRECTORS

Martha Stewart, Chair  
Gerry Morey, Vice-Chair  
Mike Townsend, Treasurer  
Wayne Woodman, Secretary

Leo Glavine  
Gail Gordon  
Lynne Harrigan  
Colin Marshall

Chris Maynard  
Terri Milton  
Sue Thomas

## 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](mailto:info@valleyhospice.ca).  
Valley Hospice Foundation, 150-3 Exhibition Street, Kentville NS B4N 5E3

