



Warmhearts

"Palliative Caregivers are a specially trained team of warmhearts volunteers who comfort and support terminally ill individuals and their families, enhancing their quality of life."

Fall 2010
Volume 16, Issue 4

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Warmhearts
De tout cœur

Palliative Caregivers
Sudbury/Manitoulin
Des soins palliatifs
Sudbury/Manitoulin

Join Us for Our 9th Gala Silent Auction/Dance...

Salute to Unsung Heroes

Proudly supported by:
Greater Sudbury Police, Fire
& Emergency Services

Saturday October 23rd, 2010

Cocktails at 6:30 - Opening at 8:00

Howard Johnson

50 Brady Street

Tickets are \$35 each

Available at Warmhearts Palliative Caregiver Sudbury/Manitoulin Office, 303 York St., Suite 283 or by calling 677-0077

Gold Sponsor:



Music provided by ...

DJ Terry Rees

With a special performance by...

Jeff Wiseman & The City of Greater Sudbury Firefighters' Choir

Bronze Sponsors:



Mission Statement:

Palliative Caregivers Sudbury/Manitoulin is a volunteer community based, non-profit organization whose mission is to provide end of life support to clients and their families. Our mission is achieved through hospice volunteer visiting, advocacy, education, and bereavement support to clients and families within the Sudbury Manitoulin District.

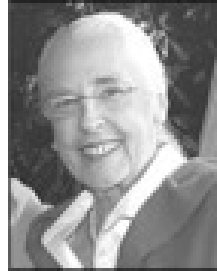
Notre Mission:

Des soins palliatifs Sudbury/Manitoulin est un organisme communautaire sans but lucratif composée de bénévoles qui ont pour but de fournir un soutien et des soins palliatifs aux clients qui sont en phase terminale et à leurs familles. Nous réalisons notre mission en offrant, des services de visiteurs bénévoles de soins palliatifs du district de Sudbury-Manitoulin, en intervenant en leur nom et en défendant leurs intérêts ainsi qu'en leur fournissant éducation et soutien en période de Deuil.

Sadly missed by friends at Warmhearts:

Sadly, over the last few months, **Warmhearts** has lost two of its dearest friends and most devoted advocates, Corinne Matte and Nick Sostarich.

Corinne was a board member for eleven years, serving as Chair from 2001 - 2003 and as Past Chair in 2004. Her strength and integrity helped guide the organization through some of its most difficult and formative years. Corinne's generosity and friendship are remembered by all who worked with her.



Nick served as a board member for thirteen years, and in his role as treasurer, at times helped steer the organization through stormy financial seas. His friendship, leadership and boundless good humour are deeply missed.



Nick would be proud his friends and colleagues chose to honour him by donating to the programs of **Warmhearts**, a cause dear to his heart. Even in passing, his legacy of stewardship is alive.

The volunteers, staff and board of directors of **Warmhearts** Palliative Caregivers Sudbury/Manitoulin would like to extend our condolences to the families of Corinne Matte and Nick Sostarich and to thank all who so generously honoured Corinne and Nick by donating to **Warmhearts** in their memory.

A Word from our Client Services Coordinator...

Madeleine Sauvé



What a fabulous summer we've had! I hope you spent it soaking in the rays and connecting with special people in your life! The past is gone, the future hasn't happened yet so all we have is the present moment. Make it count!

The referrals have been increasing lately! Thank you to all who have stepped up to the plate to provide support. You represent us in such a caring and professional way! If you have been away, please make sure to notify me when you are ready to take on a client.

We will be having our fall volunteer training starting the weekend of Oct. 29th, 2010. If you know of someone who may be interested in becoming a **Warmhearts** volunteer, please give them my number. The more volunteers we have the more support we can provide.

I leave you with this quote:

"Life is ten percent what you make it and ninety percent how you take it."

Ben Franklin

Old Friend donates Doll revenue to Warmhearts:

An old friend dropped by recently to donate the revenue raised from the construction of a delightful little doll. Linda Demkiw was actively involved with the Linda Owens Golf Tournament, a longstanding fundraiser which benefited the programs of **Warmhearts** for many years. Linda has been making this little doll for family and friends who are struggling with the challenges of a cancer diagnosis and treatment. Like any dear friend, this little doll is there to be hugged or to allow you to vent frustrations, and like all true friends sticks with you through thick and thin. Just looking at it makes you smile and what better gift can anyone give. Thanks so much Linda for your generous donation to **Warmhearts**.



From our Volunteer Coordinator...

Jeannette Carriere



Hi everyone,

Did you attend the Ribfest this year? Many of our volunteers were out there, setting up tables, selling tickets, cleaning off tables, etc... Organizers were very impressed with the work you did, and why shouldn't they be. We have an awesome team!!! Thanks to all of you who helped out.

Thanks also to those who supported our Warmhearts Walk for Palliative Care. To our sponsor Assante Wealth Management, our food, beverage and prize donors, our organizing committee who did a super job, to everyone who volunteered including Caroline Audette & Bob Wyness from St John's Ambulance and our pipers Stewart Gagan and Paul Macdonald. A special thank you to our honorary chair, Mayor John Rodriguez and to all of you who walked.

It won't be long before our annual Gala is upon us. This is sure to be a fun and successful evening so come out and join us. We're still collecting items for the auction table so give me a call if you have anything to donate or if you're looking for tickets. Are you interested in volunteering for this event? Give me a call at extension 226.

Do you know someone who would be a great palliative care volunteer? Training starts October 29th so spread the word.

A reminder of a tried and true Chinese Proverb:

***"If you want happiness for an hour,
take a nap.***

***If you want happiness for a day,
go fishing.***

***If you want happiness for a year,
inherit a fortune.***

***If you want happiness for a lifetime,
help somebody"***

Help us Reach Out...

Many people in our community may need our help but are unaware of the support offered by Warmhearts, Palliative Caregivers Sudbury/Manitoulin. If you know of someone who needs help, please pass along one of our brochures.

Our Warmhearts brochure provides an overview of the support and services we provide, at no charge, to help Individuals complete their lives with comfort, meaning, dignity and hope.

For copies, please call the Warmhearts office at (705) 677-0077 or visit our website at www.warmhearts.ca



Thank you, Valley East Youth Centre:

Warmest thanks go out to the Valley East Youth Centre for their recent donation in support of the programs of Warmhearts.

Shown here presenting a \$500 cheque to Maryann Lepage, WPCSM Executive Director are Cindy Scott and Susan Johnston. Your support is truly appreciated.



Happenings...

Wellness Through Self-Care Series:

Part of this year's *Wellness Through Self-Care* Series is focusing on wellness through dance and exercise.

October Sessions

In June Anne Boucher presented two sessions of **Egyptian dance**, also known as **Belly Dancing**.



This form of dance is a low impact activity with high impact benefits and is very beneficial for the body and mind. This ab-whittling exercise is suitable for everyone - all body shapes and sizes. No previous experience is needed. Its fitness with fun.

For those of you who missed those sessions, or want to continue, Anne will be presenting two more **FREE** sessions: on **October 7** and **October 28** from 6PM - 8PM. Both sessions will be held at our office (303 York Street). Please bring your exercise mat and dress comfortably. Don't miss this opportunity to try something different.

Preregistration is required.
Call **Christine** or **Mary** at **677-0077** to register.

November Sessions

The **ZUMBA Gold Fitness program** is an innovative, fun and exciting program. It was designed for the active older adult, those new to Zumba, and/or people who are not used to intensive exercising. The main difference between ZUMBA Gold and ZUMBA fitness class is ZUMBA Gold is done at a lower intensity, not as fast, but it certainly is as much fun. The same great Latin styles of music and dance are used. This amazing program is very easy to follow, so anyone at any age will be able to do ZUMBA Gold Fitness class. Dances



that are highlighted in this program include the Merengue, Salsa, Cha Cha and others.

Certified Instructor, Lise Edwards, will hold three **FREE** sessions at our office.

Tentative dates: Nov. 3; Nov. 17; Nov. 24.

Time: 6 - 7 PM.

Preregistration required as space is limited. Call **Christine** or **Mary** at **677-0077** to confirm dates and register.

December Sessions



Experience a fun non-impact workout with our **Balance Ball** session. This core workout focuses on using an exercise (balance) ball to strengthen all of the muscles in the abs and back. It helps strengthen your core, adds variety to home workouts and comfortably supports your body for abs work, sculpting sequences and other fitness routines. These moves will also challenge your balance, stability and overall coordination, making this a multi-purpose workout.

Suitable for everyone. **Bring your balance ball and exercise mat.** Learn how to properly use your balance ball from a certified instructor. **FREE** session on December 1ST at our office. Class 6 - 7 PM.

Don't have a balance ball? Be one of the first ten people to arrive at 5:30PM (you'll need time to inflate the ball) and you will receive a **FREE** balance ball.

Call **Christine** or **Mary** at **677-0077** to register.

“See You All at These Exciting Sessions.”

Fundamentals of Hospice Palliative Care Course:

The next session of the **Fundamentals** course will be held Wednesday evenings, 6 - 9 PM from January 19 to March 23, 2011. Watch for posters and more information about registration at your office and / or your email later this year.

Contact **Christine** for further information at **677-0077, ext. 227**. I have been busy revising the course and manual and hope to see many of you there.

Don't think you need this education?

Consider this: Throughout our professional and personal lives, all of us will be involved, directly or indirectly, with a dying person(s). It could be a patient. A friend. A family member. It could even be you yourself. The knowledge and skills you will learn in this course will benefit both you and those you help. In addition, the knowledge and skills you gain are highly applicable to other aspects of your work and personal lives far beyond the dying process.

**Hospice Palliative Care Education
is about LIFE**

Christine Legge, Reg.N, B.Sc.N., B.Ed.

Memorial Gathering:

Memorial Gatherings are held every three months on **Monday** evenings at **7 pm** at the Church of the Ascension, Sparks Street, Sudbury. Please enter the church through the front entrance. Light refreshments are served.

**The next 2010 Memorial Gathering dates is
November 29th**

Families are invited to bring an item or picture, a treasured memento of their loved one to the gathering. We look forward to seeing you.

Save the Date:

**2011 Videoconference -
Spirituality and End of Life Care, on
April 13, 2011**

Watch for more information in the New Year. See you there.

Christine Legge

Counting on Our Community...

Plaque presentation to William Day Construction:

Each year, as part of our Donor Recognition program, Warmhearts is honoured to present plaques to eligible donors as an expression of our gratitude and appreciation for the generous support received throughout the year. We are pleased to share one of these moments from the 2009-2010 program.

Shown here accepting on behalf of William Day Construction Ltd. are Kevin Eady and Bill Day. Muriel Anderson presenting. William Day Construction was awarded a plaque for their generous support of the 2009 Annual Gala Silent Auction / Dance, an annual fundraiser that raises much needed funds as well as community awareness of the support offered by Warmhearts volunteers.

On behalf of our clients and families, our sincere thanks to William Day Construction for their generous support.



Upcoming events...

WELLNESS THROUGH SELF-CARE

OCTOBER 7 & 28 6 - 8 PM

Anne Boucher will once again present two **FREE** sessions of **Egyptian dance**, also known as **Belly Dancing**. No previous experience is needed. Its fitness with fun. Both sessions will be held at our office (303 York Street). Please bring your exercise mat and dress comfortably. To register call Christine or Mary at 677-0077.

GALA SILENT AUCTION/DANCE

OCTOBER 23 6:30 PM

This marks the 9th year for our Gala Silent Auction/Dance, proudly supported by Greater Sudbury Police, Fire & Emergency Medical Services. It will be held Oct. 23rd at the Howard Johnson hotel, 50 Brady Street, Sudbury. The evening includes a mouth watering selection of hot and cold hors d'oeuvres, the music of DJ Terry Rees and a performance by the Firefighters Choir. Tickets are \$35 each and are available now. Please call 677-0077 ext 226 or 222 to purchase your tickets.

VOLUNTEER TRAINING SESSIONS

OCTOBER 29 6-9 PM
FRENCH TRAINING SPRING 2011

Applications are being accepted for our English & French volunteer training sessions. The courses run for 30 hours and will be offered in English beginning October 29th and French in the Spring of 2011.

Applications are available online at www.warmhearts.ca or call our Volunteer Coordinator, Jeannette Carriere at 677-0077 ext. 226.

WELLNESS THROUGH SELF-CARE

NOVEMBER 3, 17 & 24 6 - 7 PM

This amazing program is very easy to follow, so anyone at any age will be able to do the **ZUMBA Gold Fitness class**. Certified Instructor, Lise Edwards, will hold three **FREE** sessions at our office, 303 York Street. Preregistration is required. Call Christine or Mary at 677-0077 to confirm dates and to register.

VOLUNTEER RECOGNITION & CHRISTMAS SOCIAL/POTLUCK

NOVEMBER 25 6:00 PM

Once again we invite all **WPCSM volunteers** to join us for our annual **Volunteer Recognition Evening** and **Christmas Social**. This is a great opportunity to reconnect with old friends and meet new ones. It also gives the Staff and Board an opportunity to extend our thanks for all that you do. Hope you can join us.

TREE OF REMEMBRANCE

NOVEMBER - DECEMBER

This year marks the 8th year for our annual Tree of Remembrance. Once again, thanks to the generosity of Mall Management, and the dedication of our volunteers, our tree will be set up in the Southridge Mall. Other locations to be announced. Ornaments are \$5 each and can be placed on the tree in memory of a loved one.

MEMORIAL GATHERING

NOVEMBER 29 7 - 9 PM

Client family members, caregivers and PCSM volunteers are invited to attend the next memorial gathering on Monday evening, November 29 at the Church of the Ascension, Sparks St. Families are invited to bring an item or picture, a treasured memento of their loved one to the gathering. Light refreshments will be served.

WELLNESS THROUGH SELF-CARE

DECEMBER 1 6 - 7 PM

Experience a fun non-impact workout with our **FREE Balance Ball** session. Suitable for everyone. **Bring your balance ball and exercise mat**. Learn how to properly use your balance ball from a certified instructor.

Don't have a balance ball? Be one of the **first ten people** to arrive at **5:30PM** (you'll need time to inflate the ball) and you will receive a **FREE** balance ball.

Call Christine or Mary at 677-0077 to register.

FUNDAMENTALS OF PALLIATIVE CARE

JANUARY 19 6 - 9 PM

Watch for posters and for more information about registration at your office and/or your emails later this year.

Call Christine at 677-0077 ext. 227 for more information.

Room Rentals at CNIB:

Our friends at CNIB are accepting bookings for Room Rentals for upcoming meetings and events. There are three rooms available, offering a variety of amenities to accommodate groups of various sizes and needs. The facilities are centrally located with free parking and are ideal for meetings, seminars, conferences and special events. All rooms are wheelchair accessible and catered meals are welcome.

All revenue from the rental program goes toward funding vital CNIB programs and services. To book your next event at CNIB, please call 705-675-2468 or visit the CNIB office at 303 York Street, Sudbury. For more information and to view pictures please visit our website at www.warmhearts.ca/home/news and click on Room Rentals insert.

Warmhearts Palliative Caregivers Sudbury/Manitoulin Board of Directors

Jane Keown, Chair
Marissa Holla, Vice Chair
Mary Lou Trowell
Barb Desjardins, Treasurer
Angela Paquin
Santina Marasco
Steve McNeil
Gord Nicholls
Sue Lamoureux
Loretta Tompkins
Kimberly Donaldson
Dianne Musgrove
Jim Palys

Warmhearts, Palliative Caregivers Sudbury/Manitoulin

April 2010

Donor Recognition

March 2011

Major Benefactor (\$10,000 & over)

Estate of Richard Dixon

Benefactor (\$5,000 & over)

EZ Rock 105.3 fm

Patron (\$2,500 & over)

Bishop Alexander Carter Foundation
USW Local 2020, Roger Morin Pres.
USW Local 6500, Rick Bertrand
President

Sponsor (\$1,500 & over)

Sunshine Bus Foundation

Contributor (\$1,000 & over)

Assante Wealth Management
O.C.P. Construction Supplies Inc.
Retail Wholesale Department Store
Union - Derik McArthur, Pres.
Sudbury Community Foundation
USW - Leo Gerard, Intl. President
Ken Neumann, Nat. Director
Yallowega Belanger Architecture

Compassionate Friend (500 & over)

Chevalier de Colomb Cons. 5005
Cooperative Funeral Home
Dr. Alcide Cazabon
Dr. Ed Najgebauer
Dr. Eoin & Joanne MacCallum
Knights of Columbus, Council 6074
Mike Toppazzini
Mine Mill CAW, Richard Paquin Pres.
Peter McMullen
Ross Sostarich
Sharon Kitching
USW, Dominion, Local, Northern
& United Insurance
Valley East Youth Centre

Caring Friend (\$250 & over)

All Seasons Travel
Bruce Frick
Chevalier de Colomb Cons. 9619
Chevalier de Colomb en Fiducie
EMCO Corporation
Jim Stewart
Linda Demkiw
Richard Lindquist
Russel & Roberta Boyles
Tremblay Bookkeeping
USW District 6 - Wayne Fraser, Dir.

Friend (\$100 and over)

Alfred Michel
Angela Paquin
Battistelli's Your Independent Grocer
Bett Appraisals Ltd.
Bruce Haddad
Christine Tworo
Conrad & Sheila Houle
Cosmos Glass Corporation
Dixon Electric (1983) Ltd.
Don & Bonnie Blasutti
Donald Hulke
Dr. Alan Vance
Dr. Andrew Adegbite
Dr. Fadel Ishak
Dr. Oluremi Ogundimu
Duncan Fregren
Emily Barisas
F. F. Wright
Frick Investments Inc.
Garson Lions Club
Gerry Lougheed

Friend *continued*

Glen & Paula Davidge
Greg Steinke
Hollandia Landscaping
Hoyun & Young Lee
Jim Busch
Jocelyn Roy
Karen & Vince Pollesel
K. D. Jakelski
Linda Morris
Lynne Bray
Madeleine Michel
Mansour Group
Mary Dukovic
Maureen Tonon
Murray Predon
Nick Mannon
Northfast Limited
Paul McKay
Peter Bianco
Peter Dubeau
Philip Zylberg
Pixatron Photo Studio
Rachel & Jerry Toppazzini
Robert & Barbara DelFrate
Royal Canadian Legion Br. 336
Shaw's Pharmacy, Claire Shaw
Sostarich Family
Suzanne Caty
The Shop
Verna Morgan
Vip Palladino
Walden Lioness Club
Wayne & Nancy Maher
William Day Construction
Woodbridge Foam Corporation

Foundation of Hope

Internal Campaign 2010

Angela Paquin
Barbara Desjardins
Darrel Shields
Denise Smith
Dennis & Ann Mount
Greg Steinke
Helene Dufoe
Hoyun & Young Lee

Jane Keown
Jeannette Carriere
John Purdon
Kendall Yeomans
Linda Barazzuol
Linn & Douglas Fosten
Loretta Tompkins
Margaret Van Exan

Marissa Holla
Maryann Lepage
Mary Depatie
Mary Lou & Norman Trowell
Sharon Stephens
Toula Sakellaris
Violet Roy



New Additions to Our Library...

*Explaining death to children can be challenging.
Here are a few books that can be useful. These are
available to borrow from our library.*

I Miss You :

Written by psychotherapist and counselor, Pat Thomas, this reassuring picture book explores children's feelings and questions about death in a simple but realistic way. (29 pages)

Lifetimes:

Authors Bryan Mellonie and Robert Ingpen explain life and death in a sensitive, caring and beautiful way. They talk about beginnings, and endings and about living in between to explain that dying is as much a part of living as being born. (37 pages)

Water Bugs & Dragonflies :

Doris Stickney wrote this as part of Pilgrim Press' **Looking Up** series. This thoughtful and inspirational booklet can help you find the right words, caring thought, or comforting reflection to communicate compassion when explaining death to young children. (23 pages)

Christine Legge



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Des soins palliatifs
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303 rue York Street, Suite 283
Sudbury, ON P3E 2A5

Tel/tél: 705 677-0077
Fax/télécopier: 705 677-0083
Toll free/sans frais: 877 590-8883
Web: warmhearts.ca
Charitable # 13488 1010 RR0001