And the winner is ... North Perth Community Hospice! — these were words of sweet music to those of us at the May 29th meeting of 100 Women Who Care North Perth. As the person who nominated Hospice I was especially delighted to know that they would be receiving more than $10,000 to assist with the cost of programs offered to support family members dealing with the grief of losing a loved one. 100 Women is a concept which has a charitable tax number can be nominated by any member of the group. The committee ensures that the organization is eligible. Then, 3 names are randomly selected to have a representative from those groups do a 5 minute presentation outlining their mandate and specific need. Following the presentations, the group vote and by the end of the meeting one charity walks away with a healthy financial boost to their organization.

Women of North Perth learn about these programs and services being offered throughout our community. They learn exactly where their donations are being used and that they are making a difference! For North Perth Community Hospice it means that programs such as the Tear Soup program which was instituted last winter, now has funding to continue. Newly bereaved people often talk about the loneliness of meal times/his program offers a shared meal once a month with other individuals adjusting to their new normal, in an environment where there is compassionate support and shared understanding.

For NPCH the $10,000 also means that time can be spent with clients, not fundraising. It allows opportunity for new resources and initiatives to increase the quality of services. NPCH commits to offering community education events and funds have allowed for children’s grief educator, Andrea Warnick to come to Listowel in September! Although NPCH receives some funding from the Ministry of Health, it consistently falls far short of what is needed to serve the ever increasing number of people referred for Hospice support. As a visiting volunteer with NPCH for the past 5 years, I have witnessed this growing need, as well as the dedication of staff to go above and beyond in an effort to meet these needs. Thank you to all involved in the 100 Women Who Care North Perth Chapter for putting your money where your heart is.

Susan James  
Visiting Volunteer for NPCH
Message from the Chair, Danette Beare

Gratitude. I would like to offer my sincere gratitude to all who have contributed to North Perth Community Hospice in the many different ways. Supporting our Annual Spring Social, the Pro Am, the Butterfly Release, the Christmas Memorial; Visiting and Support Volunteers, Board of Directors, and Community for their ongoing financial assistance. Each of you compliments and ensures our services remain in North Perth for the many individuals and families who have, and are reaching out to North Perth Community Hospice during your time of need. Thank you for trusting us and allowing us to help you at such a difficult time in your life.

I am appreciative to our Visiting Volunteers who devote their time. Receiving the training and education to ensure they are able to provide the best care to those in need of our services.

Thank you to our Staff, Kourtney and Cathy as they adjust to their new roles with us. Currently, we are anticipating another successful Pro Am Tournament at the Listowel Golf Club. ProAm generously contributes proceeds to North Perth Community Hospice; another effort to which I extend my gratefulness!

As well, NPCH is moving to 135 Main Street West, Listowel which requires some renovations to meet our needs. We are extremely grateful to Ward & Uptigrove for the years we have been within their office space, but we are looking very forward to our new space. We are excited to be able to soon provide some of our initiatives on site, including the Tear Soup Dinners. Any financial contribution earmarked for this project would be greatly appreciated.

I hope each one of you will experience gratitude, well-being and joy this summer as you share happy and perhaps sad times with your friends and families. Yours truly,

Danette Beare

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” ~ William Arthur Ward
NPCH is pleased to announce we will be MOVING to 135 Main Street West Listowel, ON

Our services, email, and telephone number will remain unchanged.

Please follow us on Facebook, Facebook.com/NorthPerthCommunityHospice — Or — Our website www.northperthcommunityhospice.org

For all of the exciting details as we announce them!

The Sid and Margaret Henry Fund
This fund was established in 2007 by Jim, Jane, Don and David Henry, in honour of their parents and their life in Listowel. The income generated from this fund supports educational opportunities for Hospice staff, volunteers, and members of the community. If you are interested in making a contribution to the Sid and Margaret Henry Fund, please contact the foundation office at 1-877-271-1004.

The Stratford Perth Community Foundation is a registered charitable public foundation which serves the charitable sector in Perth County. The Foundation matches acts of caring with community needs by providing efficient and flexible donor services, grants to a broad range of community needs, and leadership in understanding; as well as responding to current and emergent community needs. Thank you to Stratford Perth Community Foundation and the Sid and Margaret Henry Fund for your yearly donation to NPCH.

5 - 55 Lorne Avenue East, Stratford ON, N5A 6S4 email: info@spccf.ca | website: www.spccf.ca

8th Annual Memorial Butterfly Release
Friday, September 8, 2017

As we enjoy all of what these beautiful summer months offer, we are starting to make plans for our Memorial Butterfly Release this fall. Our Memorial has become a familiar event for community members. Creating a wonderful way for families to gather together and remember loved ones who have died.

When you think about the butterfly and its life cycle, it contains a great deal of spiritual meaning. Starting out as an egg, it hatches into a caterpillar. Then it enters the next stage where it becomes a cocoon or pupa. Finally the magnificent butterfly emerges in all its winged glory. In many ways, the butterfly serves as a metaphor for its spiritual journey. Its metamorphosis represents our own spiritual transformation. Butterflies do serve as important spiritual messengers. It is often up to the interpreter to decide the true meaning.

The service will be held at the amphitheatre in Listowel Memorial Park beginning at 7:00 with registration and butterfly pick-up at 6:30 p.m. There will be signs in place along the road to help point families to our release site.

Each butterfly costs $20 but there is no limit to the number of names to be remembered with each butterfly. We encourage everyone to pre-order their butterflies by Tuesday, September 5th. This will allow us time to have the names to be remembered printed in our brochure in advance of the service.

We invite all families and individuals to join us as we create memories together.

Please Mail Butterfly Order Form to:
North Perth Community Hospice | 105 - 135 Main Street East | Listowel ON | N4W 2B5

# of Butterflies ___________ @ $20 each    Total enclosed $__________

Donor Name: __________________________________________ Phone Number: __________________________________

Email Address: ________________________________________

Full Mailing Address: ____________________________________

Names to be remembered: (please print as many names as you wish)
__________________________________________________________________________________
__________________________________________________________________________________

Release - 7 p.m.
HOSPICE HIGHLIGHTS
SUMMER 2017

Director’s Comments
by Kourtney Richardson,
Director of Hospice Services

Gratitude is such a fitting theme for us here at NPCH and comes at a very timely manner. Working in the non-profit sector sometimes comes with unique challenges and forces strategic planning and thinking from all involved. Consistent with life in general, we easily become bogged down in the politics and the frustrations, and can be made to feel trivial by the decision makers of the world. It’s easy to feel mundane and sadly, fighting the good fight can make one weary. When you feel you have no control of an outcome, you can fall victim to your circumstances. That’s where gratitude comes in. You are the driver of your life, You can take your power back and shift your mindset. In a world that’s so easy to make you feel defeated, you need to choose gratitude. Gratitude is not simply an emotional response; it is also a choice we make. You choose to be grateful, or you can choose to be ungrateful—taking your gifts and blessings for granted. I often ask individuals: what ruined the picnic: the rain? Or your attitude about that rain? The answer ultimately is both. You likely felt disappointed it rained and since you cannot control the weather, you feel it is to blame for your feelings. However, by choosing to have this mindset, you give away your power. You allow something else to be responsible for the way you feel. If someone or something else is responsible for the way you feel; you make them responsible for changing the way you feel. Thus, giving away your power. We cannot undo what has happened, we can only control our reaction. You can choose to let the rain ruin your picnic or you can choose to enjoy the day despite the rain! You can choose an attitude of gratitude. I think I’ve always understood gratitude but I don’t think I ever really practiced it. That is, until working in a field that brings it to the forefront daily. From the families who welcome us in and allow us to support, to our team of volunteers, to our generous and supportive community. I feel gratitude daily. No one is perfect and I don’t always do a great job. I get bogged down in the politics and frustrations when life feels trivial, but more times than not I can take a deep breath and choose to rise above. We are fortunate to have so many skilled volunteers as part of our Board and Visiting Volunteer program. They all bring their own strengths and talents.

Palliative Services
Provided by NPCH

- Our Visiting Volunteer Program provides support for individuals and families faced with life limiting or terminal illnesses or who are bereaved.
- Supports are tailored to the needs of the Individual and family. Supports can increase at any time.
- Respite, legacy planning and comfort care are an example of ways Volunteers enrich the lives of those they support
- Supportive guidance for conversations on how to discuss life limiting illnesses with children and all family members are available upon request.
- In agreement with Listowel Memorial Hospital, Hospice support is available for palliative care patients and families while in the hospital.
- Our office has a resource library, available to the public, that includes books, tapes, CD’s and videos about death and grief for both adults and children.

8-Week Grief Recovery Method®
Grief Support Group

The Grief Recovery Method® is a heart-centered, action-orientated program. It will allow you the opportunity to share and connect with others who have also experienced a significant emotional *loss. The support group is a safe, non-judgmental environment that will allow you to share the feelings you experienced after your loss and guide you into courageously taking *new actions to complete the pain, isolation and loneliness associated with those feelings.

*Loss of any kind; open to all forms of grief not just related to bereavement

Where: To Be Determined
When: Wednesday October 4 – November 22, 2017 (every Wed for 8 weeks)
6:30-8:30 pm *not a drop-in style format — total commitment is crucial for healing

For additional information or to RSVP:
North Perth Community Hospice
P: 519-291-5141 E: npch@wightman.ca

37th Annual Show N Shine

NPCH was very honored to be chosen as the Comanchero Car Clubs annual Charity of Choice. July 9th during their 37th Show and Shine. The event is held in the Listowel Memorial Park. It was a beautiful day and a spectacular display, as 190 entries lined the ball-park diamond. Registration and admission were both free, making it truly designed for all car enthusiasts to come together and enjoy the day. The Comanchero Car Club is a non-profit organization that continues to commit itself to the betterment of our community. Proceeds from these initiatives are made available to various charitable organizations. Our hats off to the Comancheros for their commitment and dedication year after year!
North Perth Teddy Bear Play Day

On June 24th, we were delighted to be a part of the North Perth Teddy Bear Play Day celebrating summer. The theme this year at our activity centre was “Cereal Bird Feeders”. Children were delighted to gather around the sensory table full of cereal O’s, stringing the cereal onto pipe cleaners and then shaping the decorated ornament that would suspend from a tree or balcony near their home to feed birds!

Thank you to everyone who helped to organize such a wonderful day for the children of our community, and a special thanks to Jereelyn for her helping hands.

From Left to Right: Catherine and her niece Charlotte; Kourtney and Madilynn busy making their bird feeders and McKayla and her little brother Mikah participating in the fun!

2017 Spring Social : A Tremendous Success!

Thank you everyone who came out to this year’s Spring Social on April 6th at the Listowel Golf Club! It is always so great to see the tremendous support the North Perth Community Hospice continues to receive from our community. It was a wonderful evening of food, games and laughter.

NPCH offers its sincerest appreciation to Matt Richardson, our Master of Ceremonies for the evening, and Alex Petter and his team at Culinary Fool Catering. The generosity of our attendees raised over $8000 for the NPCH! We cannot thank everyone enough for coming out and spending your time with us. The event will take place again in April 2018 at the Listowel Golf Club. We look forward to seeing you next year for another great evening!

“Gratitude brings warmth to the giver and the receiver alike”
~Robert D. Hales

Many don’t realize the impact our community’s support and generosity has on our organization. Without families reaching out, financial contributions made through attending any of our fundraising events, the donation of prizes for these events, or the volunteer efforts, we simply could not do what we do. So, thank you, to each and every person who has ever supported, and to those who continue to support NPCH. We appreciate you and your contributions do not go unnoticed. YOU are making a difference, YOU matter to us.

Wishing everyone a fun-filled summer of making memories!

Warm Regards,

Kourtney

NPCH would like to take the time to recognize the fundraising initiatives of our skilled volunteers and to all the community organizations that contribute to making our events the successes they are and contribute to keeping these services available in our community.

Yearly Fundraising Events:
April: Spring Social
July: Pro Am Golf Tournament
December: Christmas Campaign

Yearly Memorial Services:
September: Butterfly Release
December: Christmas Memorial

SPECIAL THANKS to STOP 23 Auto Sales of Listowel for the Test Drive for Hospice event and their donation to Hospice, The Comanchero Car Club for their yearly donation from their Show and Shine event, Eaton’s Funeral Home for their ongoing support and donations, The Listowel Kinettes and The Funeral Directors Association of Ontario for supporting our SafeTALK event, Susan James for her ongoing donations from her meditation practice, our local churches for their ongoing contributions, our anonymous donor who makes a significant contribution and to all our donors!

Thank you

Regarding our mailing list ……

North Perth Community Hospice protects your personal information and adheres to legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. We hope you find this newsletter informative. If, at any time, you choose to be removed from our mailing list please contact the office at 519-291-5141 and we will honour your wishes.

Due to the rising cost of postage, please send your email address to: npch@wightman.ca if you would like to receive your newsletter by email.

The real gift of gratitude is that the more grateful you are, the more present you become.

Robert Holden

Page 8

Page 5
Managers’s Comments by Cathy Corcoran Manager of Hospice Services

Gratitude is an interesting concept. It’s one of those wonderful attitudes that everyone accepts you should do, but we rarely talk about how to do it. It’s sort of like saying you should “live in the moment,” it’s easy advice to give, but you’ll rarely hear people explain how they actually do live in the moment. Gratitude and appreciation should be the intellectual tools we use to remind ourselves of the good stuff, helping us to see the things that don’t make it onto our lists of problems to be solved.

According to Derrick Carpenter, The Science Behind Gratitude, the benefits of practicing gratitude are nearly endless, People who regularly practice gratitude by taking time to notice and reflect upon the things they’re thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. During my self-reflection of gratitude, I came across the following list written by Jeremy A Smith, editor of the on-line magazine, Greater Good, capturing six habits of highly grateful people. As I read, I was able to appreciate the practical actions individuals who view life through a grateful lens exercise.

Once in a while, they think about death and loss - Contemplating endings really do make you more grateful for the life you currently have, according to several studies.

They take the time to smell the roses – And they also smell the coffee, the bread baking in the oven, the aroma of a new car – whatever gives them pleasure. Savoring positive experiences makes them stickier in your brain, and increases the benefits to their psyche – the key is expressing gratitude for the experience.

They take the good things as gifts, not birthrights – what’s the opposite of gratitude? Entitlement - the attitude that people owe you something just because you’re so very special. The antidote to entitlement is to see that we did not create ourselves – we were created, if not by evolution, then by God; or if not by God, then by our parents. Likewise, we are never truly self-sufficient. Humans need other humans.

They’re grateful to people, not just things – people will glow in gratitude. Saying thanks to someone might make them happier and it can strengthen an emotional or a social bond – in part by deepening our understanding of how we’re interconnected with other people.

They mention the pancakes – grateful people are habitually specific. They don’t just say “I love you!” Instead, the skilled grateful person will say: “I love you for the pancakes you make when you see I’m hungry!” The reason for this is simple: it makes the expression of gratitude feel more authentic, for it reveals that the thinker was genuinely paying attention and isn’t just going through the motions.

They think outside the box – No one ever feels grateful that he or she has lost a job or home or good health or has taken a devastating hit. In such moments, gratitude becomes a critical cognitive process - a way of thinking about the world that can help us turn disaster into a stepping stone. We can learn to find a reason to feel grateful even to people who have harmed us.

The homeless person, reminding us of our advantages and vulnerability, the boss, for forcing us to face new challenges.

In my life, I can honestly say I take a great many things for granted, that I have legs to walk on, eyes to see with, arms I can use to hug my children. My children! I forget all the time how much they’ve changed my life for the better. I think we subconsciously begin to take for granted anything we no longer must strive to attain or achieve, we readily move on to the next conquest, or milestone. There is something to be said about constantly challenging ourselves, it helps us grow and reach our own personal goals; however, I encourage each of you to find occasions in your day when you are perfectly content within the moment. Relish that moment, find and share gratitude, and simply smile.

Today, in this moment, I am thankful for my family, and my friends. I am thankful for my position within a team that continually demonstrates an inspired approach to compassionate care, and the wonderfully supportive community that allows us to continually do so. I am thankful for the path life has given me, for it has lead me to reflect and share my thoughts of gratitude with you.

With sincere appreciation,

Cathy

Board of Directors
Danette Beare
Jane Pettapiece
Beverly Dadson
Dina Kitzner
Elyse Critchlow
Ian Docker
Tim Almond
Jeff Dow
Lainie Dietz
Lois McLaughlin

Executive Committee
Danette Beare—Chair
Tim Almond
Vice Chair
Jeff Dow
Treasurer
Cathy Corcoran
Secretary

Visiting Volunteers
Sandra Arlein
Gloria Cameron
Esther Cressman
Linda Doubleday
Diane Hymers
Mary Eilen Jacklin
Susan Johnson
Maria Krabbe
Shirley Lynch
Alma Martin
Jodi Snell
Laura Tryssenaar
Taylor Westman
Sandra Schalk
Susan Qureshi

NPCH representatives accepting donation from 100 Women Who Care North Perth