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Looking Forward, Looking Back

Here in the Yukon, the term 'hospice' refers to a philosophy of care rather than a specific place where people spend their last days. Since Hospice Yukon began in 1989 staff and volunteers have worked to best serve the community's needs for end-of-life and bereavement support. As these needs have evolved so have our services.

As Hospice Yukon embarks on its twenty-fifth year we thought it fitting to step

back and take a snapshot of what we're doing. In this newsletter you'll read about how our programs have grown and changed from the perspective of volunteers, palliative support, education, policy and leadership.

Looking back on our organization's history there are many people who have been involved for well over a decade or more. This speaks to the health of Hospice Yukon, as well as the quality of the programs we offer.



Barb and Trish 24 years ago!

Here's to the next twenty-five years of offering compassionate Hospice care to Yukoners!

Remembering the Early Days

By Val Pike

My very first memory of Hospice in the Yukon is being invited to a meeting to learn about the Hospice movement. I didn't have a clue what that meant! I was a very young Head Nurse and the only thing I knew was from the Hospice movement in England and the work of Elisabeth Kubler-Ross. But I went with an open mind and the next thing I recall I was on the Board of Directors for Hospice Yukon. Wow, how did that happen?

There were years of finding and then moving locations, hiring staff, saying good bye to staff, setting up and taking down Lights of Life trees, potluck AGMs and many, many board meetings. There were lots of warm smiles, hugs, laughter and lots of tears! Sad moments, joyful moments, heartwarming moments... all good stuff!

Where does the time go? I am not sure, but fast forward three decades and Hospice Yukon is a major part of our community. This organization has established strong roots in our community, quietly helps so many people and asks for little in return. They are amazing and I am so pleased that I went to that meeting in the old hospital to learn more about Hospice and to help my community deal with death and dying in a healthy way.

Congratulations on the 25th anniversary of Hospice Yukon and thank you to all those folks who have played a role in the history of Hospice in the Yukon!

Mark your Calendar...

Annual General Meeting
Wednesday May 21
7:30pm
Golden Age Society
4061A 4th Avenue
RSVP 667-7429



The Future at a Glance

By Stacey Jones



Stacey Jones, Hospice Yukon
Executive Director

According to Statistics Canada, seniors are the fastest growing age group. It is estimated that seniors could make up fully a quarter of the Canadian population by 2036. That is nearly double what it was in 2009.

Population projections also show that the number of seniors (people aged 65 and over) in the Yukon will more than double from 3.5% last year to 8% in 2036.

Statistics can be overwhelming when thinking about how best to prepare for the future. It is difficult to predict exactly how the changing demographics will impact the services that Hospice provides, or what the future financial climate might be.

However, we expect that our client numbers will increase as will the need for support. It is possible that the programs and services we offer today will look different in the future.

There will be greater demands on the health care system and fewer caregivers. We will need to do our best to identify the gaps and try and fill them.

The good news is that as a small organization we are able to adapt relatively quickly to the changing needs of our community.

What are we currently doing to prepare for an aging population where chronic illness is on the rise?

At Hospice Yukon we feel that educating people about healthy grieving and how to support one another will have a positive impact on our Yukon community. We work with other health care providers, both governmental and non-governmental, to educate and advocate for quality care for those who are nearing the end of life or have lost a loved one.

We are a small organization with few staff and many volunteers. We continue to work towards becoming more efficient so that we can focus on program delivery, not administration. This means improving our business processes, and incorporating newer technology to our programs.

To continue to be a high performing organization we rely on members of our community. We are working hard to grow the capacity within our organization by providing ongoing training for our volunteers and staff to better support people and facilitate programs.

Our goal is to reach all parts of Yukon's diverse population in a compassionate way so that people feel supported by what we have to offer and

come toward us in times of need. To this end we are improving our marketing strategies and are about to engage in a branding exercise.

As with all things in life, the future is uncertain, but what we do know is that Hospice Yukon will continue to support those who need us in the best way we can. We are looking to the future with eyes wide open and are staying abreast of global, national and local issues and challenges.

It is our vision for the next 25 years and beyond to enhance the quality of life for all Yukoners facing death and bereavement through compassionate support, public education and informed advocacy.

I would like to take this opportunity to thank our supporters, donors, volunteers and the Yukon Government for your unwavering support since Hospice opened its doors in 1989. You make it possible to provide Yukoners with compassionate care during what can often be the most difficult experience in one's life.

Warm regards,

Stacey Jones,
Executive Director

"Our goal is to reach all parts of the diverse Yukon population in a compassionate way..."

Hospice Board Evolves in Leadership

By Lori Eastmure

It is an all too common question: “What do boards of not-for-profit organizations actually **do**?”

Most would agree that boards are necessary and provide accountability. But other than the basic board requirements - to hold monthly meetings, adhere to its by-laws and constitution, and account to its membership - the rest of the details can be quite obscure.

Some boards responsibilities are as basic as the above. At the other extreme are boards that assume a managerial role into the daily operations of the organization.

A board that under-performs is a poor representative of its membership. A board that over-performs compromises the vitality and expertise of the organization (the staff). Both illustrate a board lacking a leadership role.

Since 2000 the Hospice Yukon Board has operated under a *policy governance* model. Under this leadership model a board’s primary responsibilities are to its members (the community), and it delegates the operation of the organization to the Executive Director.

The responsibilities of the Executive Director are clearly defined in a set of policies that describe attainable and measureable outcomes

necessary to a well-functioning organization.

The Executive Director is held accountable by the board to show evidence of how the policies are being met.

The Board monitors the organization by being well-informed of how the organization is fulfilling its due diligence and therefore has no need to meddle in its operations.

This leaves the Board free to turn its attention to its own responsibility of representing the community it serves.

It is through community linkages and with input from the organization itself that the board sets a long-term vision for the provision of Hospice support and services.

As we join in celebrating the accomplishments of a proud twenty-five year history of this organization the Hospice Board is also celebrating its own coming of age.

What we have learned through our association with policy governance is that empowerment leads to leadership and that both evolve quite naturally when we create relationships based on trust, transparency, accountability and respect.

Good leadership requires time to develop and

opportunities to practice.

Congratulations to the staff and volunteers for twenty-five years of outstanding service to our community in Hospice care.

The Hospice Board of Directors: Denise Chisholm, Lori Eastmure (co-chairs); Deah Sutton, and Meghan Callan (secretary/treasurers).

If you would like to know more about the Hospice Yukon Board please consider attending one of our monthly meetings.

You can read about policy governance leadership (the Carver model) for not-for-profit organizations at www.carvergovernance.com

“Leadership and learning are indispensable to each other.”

John F Kennedy



Meghan Callan, Deah Sutton and Lori Eastmure, Members of the Hospice Yukon Board of Directors (missing: Denise Chisholm)

Volunteers at Hospice

By Barb Evans-Ehrlich



Barb Evans-Ehrlich,
Program Manager at Hospice
Yukon

I have been involved with Hospice Yukon since it began in 1989 both as staff and as a volunteer. Some things have stayed the same but there have been many changes too.

Before Hospice opened its doors a steering committee met to determine what Yukoners needed.

They anticipated volunteers would spend much of their time supporting the many losses of Yukon First Nations as well as bereaved Yukoners who had family dying in other parts of Canada.

Initially, volunteers supported grieving clients one on one and provided support to family and friends in situations of crisis, such as deaths through car accidents and suicide.

Gradually, infrastructure grew and those needs became supported by other professionals and the role of Hospice Yukon changed.

Yukoners increasingly wanted resources to better handle losses on their own and to care for others going through loss.

It was a natural progression for Hospice to create loss education tools and present them to the public in different forms. We developed public education sessions (Living with Loss), and a well-resourced library with handouts, books and DVD's in both English and French. The resources on our

website and Facebook reach a larger audience of Yukoners that may not use our in-person services.

A newer area of need we are addressing is the support and education of frontline workers - nurses, paramedics, social workers, teachers and others who experience a heavy work load of loss in their professional lives.

We also educate managers and supervisors on the value of compassionate policies that support employees and create a caring workplace.

We are constantly tailoring our client services to meet the changing needs of the public.

For example, we know the healing power of walking in nature so we offer a Walking Group to encourage grieving people to get out and walk in small groups.

The Quiet Retreat Days give clients a few quiet hours to create and heal and be with their grief – a gift in our busy lives.

The telling of stories has been a wise part of our history since the beginning of time and is being re-discovered as a great medium for sharing and healing. Providing different ways for people to tell their stories we offer digital story-telling workshops that inspire the making of short videos in memory of loved ones and we have resources for creating life review books.

Our volunteers have evolved along with these changes and are as diverse as our many programs.

We have volunteers who support Hospice's operational side, including Board members, computer technicians, and maintenance volunteers who help keep our cozy old house in good shape.

Our client-centered volunteers include educators, facilitators, Healing Touch practitioners, and vigilers. All are trained for their unique roles.

Healing Touch currently uses our largest number of trained volunteers. They offer this relaxing and complementary energy therapy to bereaved, palliative and professional clients.

There are more policies around volunteer involvement now than there were 25 years ago. As the world has changed we need more accountability.

But the volunteers who enable Hospice Yukon to meet the needs of palliative and grieving Yukoners haven't changed. They still come with large generous hearts wanting to serve others.

Often volunteers come to us because they have had a profound experience through the death of a loved one. They want to help others experience the best that can be had in those difficult times, and help

“Hospice volunteers want to help others experience the best that can be had in difficult times, and help them know they are normal and can heal.”

them know they are normal and can heal. The Beatles tune that says “we get by with a little help from our friends” says it well.

We all need reminders that ‘to be’ in the present moment is important. Volunteers take this concept seriously and practice it in their service.

With all this change and evolution what has remained the same?

The need for a person to be acknowledged and deeply accepted without judgment. I think there will always be a need for this kind of listening and companionship.

Hospice Yukon volunteers will continue to respond to the changes and trends in offering caring and compassionate support to palliative and bereaved Yukoners - you can count on that.



Enjoying nature and companionship in the spring walking group

A Volunteer Reflects

By Mary Armstrong

My attraction to Hospice began after my Uncle's death in 2001.

I took a volunteer training workshop, which was personally challenging and gave me an understanding of my own vulnerabilities and the various journeys in life we all experience .

This workshop hooked me. Throughout the past 13 years I have had many opportunities to give in small ways to those who are dying or grieving a loved one's death.

The faces at Hospice have changed over the years but the focus is still on supporting our community.

My volunteering experiences have encompassed children's and adult grief groups, art therapy, self-care workshops

and Healing Touch workshops.

In these workshops I have helped lead and I have also been a participant.

I am active with the walking groups held twice a year, offering clients an informal way to share their grief and walk the Millennium Trail.

Other parts of my volunteer experience over the years include: Lights of Life set-up and tree-sitting, vigiling (sitting with the dying), palliative care, self-care workshops for health care workers, interviewing potential volunteers, participating at strategic planning meetings, and organizing and cooking food for various Hospice events .

Because of my volunteering with Hospice I was nominated for and received the City of Whitehorse Volunteer of the

Year award in 2007, allowing me to speak about the important community service that Hospice provides.

The fact that Hospice is a very flexible organization keeps me involved.

There are times when life presents challenges and it leaves less time for volunteering. But once over that mountain, Hospice awaits with loving open arms.

Hospice has taught me many coping skills when I have grieved for my loved ones and when faced with stressful issues in my life.

I see volunteering with this organization as a two way street both in giving and receiving. I am blessed to have Hospice in my life.

“I have had many opportunities to give in small ways to those who are dying or grieving a loved one's death.”



Volunteer Mary Armstrong

Awareness through Education *By Anne Macaire*



*Hospice Yukon Counsellor,
Anne Macaire.*

Death and grieving are part of the fabric of life. All over the world customs, rituals and traditions have supported us through times of loss and transition. However, with the development of science and modern medicine, a shift occurred in the western world in which many have come to see death as a failure, or unnatural.

This change in attitude has had a huge impact on how we talk about death and how we support one another in our grief. Denying that death is a natural part of being human has led to fear, insecurity and an inability to embrace the experience with compassion.

At Hospice we see the consequences of this denial. We hear stories of confusion and frustration with end-of-life care. Many people shy away from even thinking about what they want at the end of life and letting family know how they feel about it. Wills are left unwritten.

As a counsellor, I witness firsthand how painful it can be for people to make decisions when their loved ones are no longer able.

When the subject of death is avoided, it is also reflected in how we support one another. We live in a culture that values getting 'back to business' as quickly as possible, even when grieving is the most important work to be done. Many clients

come to Hospice because they lack support in their community and workplace. To have healthy communities we need to be there for one another during our times of loss and grief.

Over the last few years Hospice has placed increasing emphasis on awareness and education around death and grief, striving to empower people in all aspects of the end-of-life journey.

"Living with Loss" is a two-hour information session that normalizes the grieving experience, enabling people to access their inner resources and to better care for themselves and others.

We offer this presentation to the general public, to those in addictions programs, to the communities via video-conferencing, and others.

We teach about grief, loss and self-care to health care students at Yukon College, and we are a part of the Yukon Palliative Care training program for health care professionals. We see the far reaching effect of these programs as they touch the lives of these caregivers and the people in their care.

Each spring we offer Loss, Grief and Healing in the Workplace for Frontline Workers. This two-day educational workshop explores responses to loss as well as how we care for ourselves. Self-care is central to our philosophy of wellness,

and we share practical tools for reducing stress and developing resilience.

We have developed a workshop for Managers called Loss, Grief and Healing in the Workplace. Managers and supervisors play a key role in creating a compassionate workplace where loss and grief are acknowledged and supported. Knowledge of the grieving process and understanding how best to support staff in crisis are skills that all managers and supervisors should have.

At Hospice we are placing increasing emphasis on education in our current and future programming because we see the positive effect it has in the lives of Yukoners in supporting themselves and each other.

Death and grief are part of the rich tapestry that makes us who we are. Profound and yet commonplace, personal and yet universal, this journey offers us many choices. It is not easy.

We believe that having open conversations about this difficult subject helps us to better understand and cope with our experiences.

With this greater awareness we can come to care for ourselves and others with compassion, making this a journey that embraces life in all of its fullness.

"We live in a culture that values getting 'back to business' as quickly as possible, even when grieving is the most important work to be done."

Hospice Palliative Support

By Trish Eccles

Palliative services at Hospice Yukon consist of our Vigil program and our Healing Touch program.

Our Vigil Program began in 2001. Historically, when a person was dying, the family, friends, and clergymen would gather around them to offer their presence and support, not just to the dying person but to one another as well.

In our modern times, some dying people may have few or no family members nearby to keep vigil. Our Vigil volunteers sit by the bedside of a dying person during the last week or days of their life, usually when they are no longer eating or drinking.

This is a great support to families so that they can take a break to have a meal or a shower. If an individual has no family then it is a wonderful support to the staff at WGH and the Continuing Care Residential facilities.

Our service is offered with the expressed consent of the person dying – or if that is not possible because of health issues – with the consent of their loved ones.

Sitting at the beside of a dying person has proved to be a rich and meaningful experience for volunteers who wish to provide a measure of normalcy around this natural progression of life and are able to be comfortable with

sitting quietly or perhaps reading or holding a hand.

Sometimes volunteers also end up sitting with family members to answer questions, to listen and to offer support when they are struggling to accept the death of a loved one. We have heard this is much appreciated by family members.

Volunteer training includes learning about the process of dying and the changes that often occur in the body, as well as family dynamics and the needs of the dying.

Our Healing Touch program began in 2009. In creating our program we consulted with staff from the Nanaimo Community Hospice Society and Fraser Health Hospice Palliative Care in B.C., who offer similar complementary therapies.

Healing Touch services are offered to our palliative clients and their loved ones. Hospice Healing Touch volunteers offer sessions to people in the hospital, in their home and in the continuing care facilities.

Many of our palliative clients say that Healing Touch helps reduce their pain, helps them to sleep better, reduces their fear and anxiety and brings them an overall sense of peace. One client describes it as 'good medicine'.

We also offer Healing Touch to bereaved clients at Hospice.

In combination with the counseling services and some of our other programs at Hospice, Healing Touch is a great support to people who are grieving.

Many of our clients say that coming to Hospice for Healing Touch is a way for them to dedicate time for their grief and their own self-care.

Healing Touch is also available to professionals who experience death and loss through their work, and offers a way to support them in their grief in the workplace.

There are times when front-line health workers can be overwhelmed by multiple deaths, or when a resident dies who has lived in the facility a long time and is like a family member.

Our Healing Touch program has been very well received in the community and we receive referrals from Homecare, the Yukon Palliative Care Program, WGH, Doctors and the continuing care residential facilities.

Hospice Healing Touch volunteers have a minimum of Level 1 Healing Touch as well as Hospice Volunteer training.

Many volunteers will say that offering a session is as good as receiving one, and they find it to be a very gratifying experience.



Hospice Palliative Services
Coordinator, Trish Eccles.

"Vigil volunteer training includes learning about the process of dying and the changes that often occur in the body, as well as family dynamics and the needs of the dying."

A Client's Story

By Nicole Wynnyk

My name is Nicole Wynnyk. I'd like to share my Hospice journey with you.

In 2009 I was diagnosed with bladder cancer. The diagnosis was shocking, but initially I was told not to worry - it was a treatable cancer. Shortly after the pathology report showed it was actually a rare neuro-endocrine cancer with a very bleak prognosis. I was told to get my affairs in order and chemo would start immediately.

The progression was painful and I ended up at Whitehorse General Hospital for the next four months. It was during that time that I was introduced to people who were key to my treatment and to my spirit. Margriet from the Yukon Palliative Care Program brought in Dr. Danusia Kanachowski who followed and supported me over the next four years. Margriet also shared what services Hospice provides and asked if I would like to speak with someone.

One day in hospital as I lay on my side, curled in a ball, Trish came through my door. At that time the nausea and bladder spasms were overwhelming. Something about Trish's peaceful presence put me at ease as she introduced herself as being from Hospice.

The day I met Trish was my first experience with Healing Touch. She asked what I hoped for from this treatment. I wanted relief from the intense nausea.

As I lay hearing nothing but my breath I quickly fell asleep. When I woke after what felt like a few minutes I discovered that not only 40 minutes had passed but so had my nausea.

That was the beginning of a very special relationship. Trish began organizing HT volunteers to support me through my chemo treatments. When I was transferred to VGH for my bladder removal Trish arranged for HT volunteers whose occupations ranged from OR nurses to gourmet chefs to help me with my care. They came daily until I was transferred back to Whitehorse.

My care with Hospice Yukon continued for the next year and a half when I was well enough to return to work part time.

Later on I received the news that the cancer had spread to my lungs and liver. I was told once again to go home and put my affairs in order. I was absolutely numb from the news. I asked if I would make my son Tyler's graduation and was told "no promises".

So in March 2011 surrounded by family, friends, my community and Hospice we celebrated my life.

I continued the chemo treatments for the next year but they seemed to have little impact. I also started regular appointments for Healing Touch with Trish every Thursday morning at Hospice.

I am grateful to say that I did get to see my wonderful son Tyler graduate and be valedictorian for Vanier Catholic Secondary School and go on to work for Finning in Whitehorse.

On one of my weekly visits with Trish I knew clearly what I wanted to share but couldn't find the words. She suggested I see my doctor, which resulted in a CT scan showing the cancer had metastasized to my brain. Once again things looked bleak, my family was called, and a large mass was removed from my front left lobe. To everyone's surprise (include my own) I awoke from the surgery without deficit and returned home 3 days later and resumed chemo once again.

With this renewed chance I reviewed my bucket list. With support from my doctors and Hospice I was able to check several things off, including a visit to my uncle in Florida, and seeing my daughter Jocelyn graduate. She too was one of the valedictorians representing Vanier Catholic School with a full hockey scholarship to SAIT in Calgary.

My last wish was to make my parents 50th wedding anniversary. My compromised health made this a challenge but with support and careful planning from Danusia, Dr. Kolton and Hospice I was able to make that happen. It was a trip with many special moments.

"The caring energy of the Hospice volunteers brought me peace and calm, and relief from my pain."

My arrival at Saskatoon airport was met with love and joy from many including a high school sweetheart, my big brother, and my Uncle John from Florida.

I was so grateful to share in the wonderful celebration of my parents love for each other that has endured 50 years of joy, sadness, laughter, good times and hard times.

Although it was great, the trip did take its toll and my flight back to Whitehorse took me straight from airport to hospital.

Trish and Hospice were there for me once again. Trish and the many caring volunteers - Clara, Jennifer, Judy, and Carlotta - came to offer regular Healing

Touch sessions to me at WGH.

The caring energy of the Hospice volunteers brought me peace and calm, and relief from my pain. I recall an occasion where I hadn't shared with Trish before the session about a chest pain that I had. During the session as Trish put her hand upon my heart the pain that radiated through my chest to my back disappeared. It took my breath away. I placed my hand on Trish's and began to cry.

With my cancer journey these last four years and the steady decline in my health this year I am so grateful for the love and support Hospice has given to

not only me but my family.

There were moments that I didn't know if I could continue this fight but found great comfort in my treatments with Trish and the other amazing, beautiful volunteers from Hospice Yukon.

An important lesson I've learned from Hospice is that while giving is good, I needed to learn to receive.

I will be forever grateful for this and the other lessons and gifts of love and support I received from Hospice until the end.

Love and Gratitude Always,
Nicole Wynnyk



Nicole Wynnyk and her dog, Honey

Nicole Wynnyk died on November 2, 2013 with her sister Mary and her son Tyler at her side.

Nicky taught a lot to those of us who had the opportunity and privilege to offer her Healing Touch. Despite her long and difficult journey with cancer she was almost always cheerful and positive and forever thinking of others. Her physical capacity to endure her various treatments was remarkable. She would commute from Marsh Lake to Whitehorse, usually driving herself, and arrive at Hospice for her Healing Touch appointment with a smile on her face and say, "I'm having a really good day today."

Nicky faced her life and her death with her eyes wide open and never shied away from her reality. She was the epitome of making every day count before you die. All of us at Hospice who had the opportunity to meet her and offer her Healing Touch were deeply moved by her spirit.

Before Nicky passed away she asked if Carlotta, Judy and I would wash her body after she died. The three of us were truly honored. Miraculously, we were all here in town when she died and able to honor her request.

Nicky will forever hold a place in our hearts.

Trish Eccles

Death over Dinner Review

By Deb Higgins, Program Coordinator



Enjoying great food and conversation at our first Death Over Dinner

In our last newsletter (Fall 2013) I wrote about a website - www.deathoverdinner.org - that aims to help us start having conversations about end-of-life issues and death.

The website offers tools to plan and carry out a dinner where you can have some interesting, personal and enlightening conversation on what can be a very difficult topic.

So, we gave it a try and I'd like to share a bit about what we learned. The first thing we did was to decide on who and how many to invite. We decided to have six guests in total, which was a good number; big enough to bring in diverse perspectives, and small enough to still feel intimate.

We invited a mix of people so that everyone would know someone, and would also be introduced to someone new.

Now for the food. There are many options, from hosting at a restaurant, holding a potluck, or doing it all yourself. One of our

volunteers is a great cook and was keen to host the evening and do all the cooking including drinks, hors d'oeuvres, main course, salad and dessert. The food was a definite highlight!

Joan did as much of the food preparation as possible beforehand so that she wouldn't miss any of the conversation. She was glad to have done this—the conversation was lively, intimate and covered a lot of ground!

We put some thought toward how to 'dive in' and how to keep the conversation flowing in case we stalled out. This is where the Death Over Dinner website comes in handy. We selected a few of their online resources and sent the links around to our guests to read one week before our dinner.

We also used their suggested opening of doing a round table introduction with a 'raise of the glass' and lighting a tealight to remember someone you admire who is no longer with you and briefly share the impact they had on you.

This was a nice way to set the tone for the evening, bringing in a sense of gratitude, remembrance and purpose. We all learned something about each other in this simple opening ritual.

From there the conversation flowed quite naturally, and over the course of the evening we touched on many topics relating to death and dying, including our own fears and wishes, family

issues, cultural norms and traditions (both past and present), personal losses, books we had read on these topics, and on and on.

Once the door was cracked open there was no shortage of material to talk about. Four hours quickly slipped by, and we could have kept going.

In planning your own evening I would recommend allowing for no less than three hours. Even those unaccustomed to talking about these issues will likely have plenty to discuss. I think because this universally human topic is so often swept under the rug, once we get going it's hard to stop! The conversation is refreshing in its openness.

All six of the participants in our Death Over Dinner were so enthused by our evening together that each has made their own plans to host a Death Over Dinner with a different circle of friends or family.

So many of us know we need to have these conversations, especially about what we hope for at the end of life. But they are hard to start and if you haven't done it yet you are not alone.

The Death Over Dinner website makes it easy to plan and it can be used for any size or purpose of gathering.

Please let us know if you take part in one or host your own... we would love to hear about it!

"Four hours quickly slipped by and we could have kept going."

From the Hospice Library

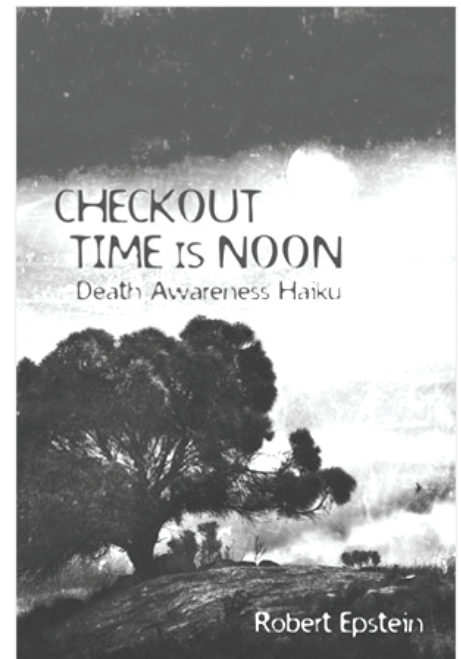
Excerpt from **Checkout Time is Noon - Death Awareness Haiku, by Robert Epstein:**

shaft of light	checkout time is noon
I look around and see	I turn in the key
my shadow gone	and everything else

“Death is inextricably related to life; they are not separate. To be intimate with death is to be intimate with life. To live fully it is necessary to embrace one’s own mortality. This is the fundamental message of philosophers, writers and poets through the ages. Contemplating death is thus in no way morbid.

If nothing definitively can be said about death, then why do I write haiku about death? I want to lean into the well of impermanence; though I cannot see the bottom, I let my intuition sense what is there.

Although I have written dozens of haiku about death I continue to be surprised by what intuition unearths. More often than not, I am surprised and delighted by the hidden connections that my intuition reveals to me about this wild, crazy, precious world we have been thrown into.”
Robert Epstein



Have You Visited Our Library Lately?

The Hospice library keeps on growing! Thanks to a generous annual grant from Holland America we continually expand our resources including books, CDs and DVDs with the latest on death, bereavement and wellness.

Our library contains resources on a range of topics including: spirituality, self-help, wellness, meditation, loss (spouse, child, parent, sibling, pet), mourning, palliative care, end-of-life preparation, illness (cancer, AIDS, dementia), suicide,

traumatic death, First Nations, supporting children and teens, men’s grief, workplace loss, stories (fiction and non-fiction), poetry and more.

We also have some excellent titles in French, thanks to donations from L’Association Franco-Yukonnaise.

Our selection of CDs gets bigger every year and includes guided meditations, music, spiritual teachings and readings.

The library is open weekdays from 11:30am to 3pm. Pop in and enjoy a quiet space while you browse the books at Hospice House.



This will be our last
paper newsletter.

To ensure you
receive our next
newsletter
electronically,
please call us or
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administrator@
hospiceyukon.net



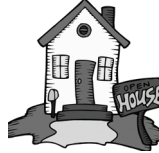
What's Happening at Hospice?



Help us Celebrate 25 years of Hospice care in the Yukon!

Open House May 7, noon-6pm

Drop by for a visit, a bite to eat and see what's new at Hospice.

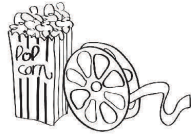


Annual General Meeting May 21, 7:30pm Golden Age Society

Hear about our year in review, enjoy a short film and slice of cake too!

Movie and Silent Auction October 16, Old Fire Hall

Please join us for an evening of film and excellent silent auction items



Groups and Services

Spring Walking Group

Tuesdays May 6 - June 10, 6 - 7:30pm

Loss, Grief and Healing in the Workplace for Frontline Workers

May 28 & 29, Vista Outdoor Learning Centre

Quiet Day Retreat

Saturday June 14, 11am - 4pm

Healing Touch

Appointments available Tuesdays
3:30, 4:30 or 5:30pm

Counselling

Appointments available Wednesday through Friday

*To register for any of these programs please
phone Carlotta at the front desk, 667-7429
or email administrator@hospiceyukon.net*

www.hospiceyukon.net

Please visit us online at www.hospiceyukon.net

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