



FALL NEWSLETTER

September 2025

Our Vision

Compassionate end-of-life care in an environment of choice.

Our Mission

South Shore Hospice Palliative Care Society promotes compassionate, accessible end-of-life care through partnerships, education, and the provision of resources.

About Us

Our Goals

- Promote the enhancement of community and staff knowledge related to current palliative care practices and services.
- Promote the expansion of existing palliative care services.
- Support the individual needs of palliative care patients and their families
- Promote and support the establishment of a free-standing Hospice for Lunenburg and Queens County residents.
- Promote and support the creation of designated acute palliative care beds in the South Shore Regional, Fisherman's Memorial and Queens General Hospital.

A Message from Our Chair

September is here and with it slightly cooler temperatures. The change in temperatures is rejuvenating and as the students get back to work after a summer break so do we.

The fall calendar is full of events most of which you will find highlighted in the events section. Our education committee is offering a number of information sessions throughout Lunenburg and Queens Counties, and we have several fund raisers planned.

We continue to work cooperatively with the palliative professional staff as the referrals to palliative care continue to grow. While the dedicated professional staff is working hard to meet the needs of their clients, for many patients the financial strain to remain in their homes for end of life is a constant worry. Our Beacon of Hope Fund has been offering support to these families. With Lunenburg and Queens Counties having the second oldest population in Nova Scotia, and with Nova Scotia having the lowest after-tax income in Canada we know those needs will not diminish. We hope that you will join us for our fund-raising activities this fall so we can better support these families.

We recently held a tech support workshop that was well attended. It also indicated to us the need to keep up to date with current technology. Although this is a huge challenge for everyone it seems especially so as we age. However, with health records and government documents being digital and access to care done virtually it is important to stay as current as possible. We will endeavor to offer more tech workshops this year as well as include what we think are relevant resources in our newsletter.

Chairs message continued on next page

Chairs message continued

At this year's AGM we say goodbye to two of our Board members, Liz Finney and Alan Scott. As one of our founding members Liz has helped us to get established and grow, sharing her considerable knowledge and expertise, working cooperatively to move our mission forward and develop our communications. Alan as treasurer has provided us with financial guidance and expertise and thorough financial reporting. Both will be missed, and we thank them sincerely for their dedication to the growth and well being of the Society. Our new Board members are introduced later in this newsletter.

Thank you to all who support our work.

Trudy

Trudy Johnson, Board Chair

Welcome

Help us in welcoming our newest Board members, Jessica Eisenhower and Michelle Wamboldt. Jessica will be taking over the position of board Treasurer, and Michelle will be looking after our Communications development.



...A.A. Milne

"Today was a difficult day," said Pooh
There was a pause.

"Do you want to talk about it?" asked
Piglet.

"No," said Pooh after a bit. "No, I don't
think I do."

"That's okay," said Piglet, and he came
and sat beside his friend.

"What are you doing?" asked Pooh
"Nothing, really," said Piglet. "Only, I
know what difficult days are like. I
quite often don't feel like talking about
it on my difficult days either.

"But goodness," continued Piglet,
"difficult days are so much easier
when you know you've got someone
there for you. And I'll always be here
for you, Pooh."

And as Pooh sat there working
through his difficult day, while the
solid, reliable Piglet sat next to him
Quietly, swinging his little legs...he
thought that his best friend had never
been more right.

LaHave Seafoods ~ Irving Oil ~ Mersey Seafoods

Hope for Hospice

Golf Tournament

Message from the Tournament Chair

On Friday, June 20th, our community came together for the 4th annual "Hope for Hospice Golf Tournament". It was a picture-perfect day at Osprey Ridge Golf Course and the spirit of generosity shone even brighter.

A full field of 27 teams enjoyed a day of fun, comradery and friendly competition....all in support of the Society and the work we do. Thanks to the incredible dedication of our players, sponsors and volunteers, the tournament was a huge success raising over \$52,700.

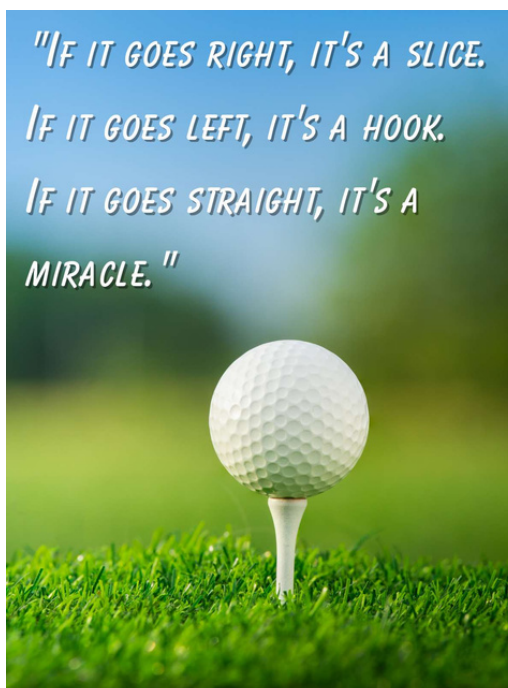
These funds will go directly towards supporting compassionate hospice and palliative care for patients and families on the South Shore. The success of this event is a testament to the strength and kindness of those who continue to make a difference year after year.

Thank you to everyone who participated, sponsored, donated or volunteered! Together, we are bringing hope, comfort, and care to those who need it most.

Sincerely,

Ruth Anne Zwicker

Tournament Chair



CONGRATULATIONS TO OUR WINNERS

Below: Paula and Malcom Pittman, relaxing in their new Adirondack Chairs, donated by MacPherson's in Liverpool



Above: Over All Winning Team of the day: Matt Flinn, Morgan Lunn, Tyler Wile, Owen MacIntosh won rounds of golf donated by Ashburn Golf Club

Below: Best Dressed Golfers: Kathleen Flinn, Terry O'Neil, Britt Mattheson, Marlene Wheatly Downe, enjoy lunch out with certificates donated by the Rope Loft, Chester



Chip Off Winner : Cheryl Horton receives her prize of 4 rounds of golf at Cabot Links and an overnight stay at Hillside Homes, generously donated by Kathleen and Greg Flinn and Cabot Links

Closest to the Line Winner - not pictured - Bryan Page received Insulated Mugs donated by TaylorMade

Unfortunately, we had no winners of the Two Hole-In-One prizes - \$25,000 cash prize sponsored by Bridgewater Insurance Agency, and a 2024 Suzuki King Quad LT 400 sponsored by Shore Cycle & Marine.

THANK YOU TO OUR EVENT SPONSORS

DIAMOND SPONSORS

LaHave Seafoods

Irving Oil

Mersey Seafoods

PLATINUM SPONSORS

NILU Gym & Fitness Center

Acadia Broadcasting/CKBW

GOLD SPONSORS

CIBC Wood Gundy
Belliveau Veinotte Inc.

The Cooperators
O'Regans Subaru

Carver Law
Freeman Lumber

SILVER SPONSORS

G. Cook & Sons Financial
Scotia MacLeod, Mark Sapp

Dexter's Construction
South Shore Ready Mix

Eacan Timber
MacPherson's Furniture

BRONZE SPONSORS

BMI Ltd.
Highliner Foods Inc.
Division 26 East Inc.
Gordon Stirrett Wealth Management

Financial Pages
Buck's Home Building Centre
Aqualitas

Land & Sea Contracting Ltd.
TC Moore Developments
Bridgewater Insurance Agency
Shore Cycle and Marine



Volunteer Visitation Program Update

Written by: Tara Jaskowiak, Volunteer Visitation Coordinator

Our Volunteer Visitor Program is really starting to take root, and we're seeing just how much it means to people receiving palliative care at home. Volunteers offer friendly visits, companionship, and a chance to connect - whether it's doing a craft together, a game of crib, or just sitting and chatting.

Right now, ten volunteers are matched with clients across Lunenburg and Queens Counties. They visit every week and are building wonderful relationships.

We also have one volunteer who visits with their therapy dog, Spruce. He's been a big hit. After a recent visit, one client said, "I feel more relaxed when he's here, even if he's just laying down there by my feet."

Two more volunteers are in the process of being matched, and we're continuing to receive new referrals through the Nova Scotia Health Palliative Care Team.

Looking ahead, we'll be recruiting and training more volunteers this fall (stay tuned for training dates). We're especially hoping to find more folks from Queens County who'd like to get involved. If you are interested in applying to be a volunteer visitor, please email Tara at vvc@southshorehospice.ca for an application. We are planning to start the training this fall.

A hug thank-you to our amazing volunteers and everyone who supports this program. You're helping bring comfort and connection to people when it matters most.



Pictured to the left is Spruce, our furry friend, enjoying some time in the snow.

Pictured to the right is Spruce and volunteer Justin.



Diversity in Healthcare

End of Life Care for Muslim Patients

In July, we were honored to have the opportunity to have a presentation delivered to our volunteers and staff by Bashir and Fatuma Kalisa of the Islamic Association of the South Shore. This session focused on understanding religious considerations in end of life care and how to align hospice and palliative practices with patients' faith traditions, beliefs, and practices.

Bashir and Fatuma underscored the importance of humility, active listening and partnership with patients, families and faith communities. With their presentation it encouraged volunteers and staff to integrate religious considerations into every aspect of end of life care and to advocate for policies and practices that uphold faith-informed dignity at the end of life.



Pictured here are volunteers, Phyllis Nickel and Linda Thompson, chatting with the Islamic Association of the South Shore representative, Bashir Kalisa, prior to the presentation.



Beading Workshop

Thank you to Board member and artist, Sally Oliver, for leading an enthusiastic group of volunteers through a beading workshop at the Society's office.

A variety of beaded products, from bracelets to pate knives and pens, are on sale at the Society's office.





Resources

Demystifying death - a palliative care specialist's practical guide to life's end

Even people who are comfortable discussing death - including the inevitable prospect of their own - might understand little about how it actually tends to unfold unless they've experienced it firsthand alongside a loved one. In this brief animation, author Kathryn Mannix, who worked as a palliative care physician for 20 years, offers viewers a sensitive, honest and practical guide to how death tends to progress under normal, or perhaps ideal, circumstances. Pairing her narration with gentle, flowing animations, the UK filmmaker Emily Downe's short makes a powerful case that there's deep value in discussing and understanding death well before it touches us.

[Click for Video](#)



Tech Woes

One of the issues brought up during tech drop-in was two factor authentication (2FA). While many people assume that only seniors have difficulty with technology, it's important to recognize that the challenges of setting up and using 2FA are not limited to any single age group. Many people, regardless of age, find the process confusing and overwhelming. This is why having someone help you navigate setting up an app like MyHealth is so valuable. Guiding a user through the steps, explaining why each step is necessary, and showing them how to find and input the authentication codes can make a huge difference. By offering support, we can ensure that more people can secure their accounts and protect their personal information, fostering a safer digital community for everyone.

[What is 2FA](#)

Here is an article about how technology helps older people. It shows how different tools and apps help with daily activities, health, and staying connected with family. Its a great article, whether you are a caregiver looking for ways to help someone you care about, or if you are a senior trying to live on your own, it explains how technology can make life easier.

www.careprovide.ca

[Click for Article](#)



Pictured above: Here is one of our Tech Gurus, Dawn, helping Wendy with her iPad

Practical Guide to Understanding Grief

A self-paced online course was offered through Healing Pathways, "The Practical Guide to Understand Grief", designed by Hilary Scott, of Healing the Loss. This course was designed to be a personal and professional resource to help understand grief more clearly, respond with empathy, and care for your well-being in the process.

The course was focused on, but not limited to, caregivers, first responders, wellness workers, educators, community members, and anyone who supports people through difficult or emotional experiences. It offered clear, compassionate tools for navigating grief in those we care about and in ourselves.



Talking with Children and Youth About Serious Illness

Submitted by: Shelley Mann, Education Committee Chair



This is a topic that is overwhelming to most of us, and one that we want to avoid. It's difficult and can be very emotional and where do we start? As adults, we want to protect our children from the hurt of knowing that someone close to them - friend, parent, grandparent - is very sick and may die. Children, even young children, and youth can sense when something in their world is "off". When they don't

know what is happening, they are more likely to worry and to make things up from the snippets of conversations that they hear. Experts believe that children and youth are better able to cope with difficult situations if they know what is happening and feel comfortable asking questions. It does not have to be one "big" conversation either. It is best if there are several conversations where the child has had time to process information and can come back to ask questions and share feelings and worries.

If you give children and youth the opportunity to process the information and then ask questions later, you allow them to work through their feelings with other family members, they feel less isolated and learn to trust what the adults are telling them.

Information should be provided that is timely, honest, accurate and appropriate to the age and stage of development of the child or youth. Using appropriate language is important too. Naming the disease rather than just "sick" is important. And it is ok say that the person may "die", rather than "pass away", which is ambiguous for children

You may want to start the conversation by asking the child what they have noticed already. A statement such as, "You may have noticed that Grandma doesn't come by as much as she used to and is very tired these days," may initiate the conversation. The child may bring up something you hadn't even thought about such as, "Can I catch the disease?" or "Who will look after me?" The child or youth will often give cues about how much information to give them. They need time to process it, and younger children can turn their attention very quickly to something else entirely like play. This is normal.

It's important to give information about what to expect to lessen the fear of the unknown. That would include treatment, hospital visits, and side effects of medication (like hair loss). Let the child know that they can ask questions anytime and check in with them regularly. A child's understanding of illness and death expands as they get older.

Infant to 2 years - very limited understanding of illness and death. They experience the world through their senses. They respond to being held, having a favorite toy or blanket, and keeping their routine.

Young Children (2-6 years) - beginning to develop an awareness of illness and death. They see it in the natural world - insects, animals, pets. They may not understand the permanency of death. Children may ask many questions about the illness and death. Answer them honestly and it's ok if your sadness shows. It teaches the children that it is part of grieving. You may need to explain rituals around death such as funerals, celebrations of life, and burial. Reading storybooks, playing and art can be helpful.

Older Children (6-12 years) - beginning to understand how the body works and what it means to have an illness. They do understand the permanency of death and that it usually happens to older people but can happen to anyone. Helpful activities are reading, art, playing, workbooks, writing, and support groups.

Youth (13-18 years) - understand that death is final and personal and that everyone will die eventually. The illness or death of someone close to them can affect their mood, behavior, attitude, sleep, eating habits and schoolwork. You may need to reach out often to check on them. Support groups may be helpful to know they are not alone. Also keeping a journal may be helpful.

As much as we want to protect our children from the losses in life, being honest and open with them about the very difficult times will help them develop a healthy way to absorb and accept those losses.

References: www.virtualhospice.ca
www.sickkids.ca



Compassionate Connection

Compassionate Connections is a place to share news, information, and helpful resources to support high-quality care to patients and families facing serious illnesses. This information is provided through Nova Scotia Health Palliative Care (PalliativeCare@nshealth.ca)

Palliative Care Network Newsletter - May 2025 | Information and Wellness Portal

[Click for Network Newsletter](#)

Upcoming Events



South Shore Hospice Palliative Care Society

ANNUAL GENERAL MEETING

September 23, 2025
Chester Art Centre, 60 Queen Street, Chester
7:00pm - 8:30pm



Guest Speaker, Andrea Weagle

Andrea Weagle didn't experience hospice care firsthand, but knows the difference that supportive care can make in a loved one's final days. Andrea shares her story of her father's final days in hospital, hoping that her voice will bring others the comfort and guidance she knows hospice can provide.

Please pre-register by:
Email: office@southshorehospice.ca
Phone: (902) 527-0000

www.southshorehospice.ca
office@southshorehospice.ca

821 King Street, Unit 7
Bridgewater, NS
(902) 527-0000

Annual General Meeting

Remember to save yourself a seat at our AGM on
AGM on
September 23, 2025
with guest speaker
Andrea Weagle

By Email: office@southshorehospice.ca
Phone:
(902) 527-0000
Or Online Registration :

[AGM Registration Here](#)



Teen Grief Workshop

This event, held at the Tantallon public library in Upper tantallon, Nova Scotia, is a unique workshop for teens aged 13 - 17 who have experienced a death loss to create connections through a special grief sharing art project. The session includes:

- visiting with a therapy dog
- moving our bodies with yoga exercise
- creating a special art project with special guest, Chelsea Kitsch, Art Therapist.

The focus will be on demystifying the grief experience and acknowledging losses while creating a sense of community with curiosity and respect.



**TEEN GRIEF SUPPORT WORKSHOP
WITH SPECIAL GUEST
CHELSEA KITSCH, ART THERAPIST**

SUNDAY SEPTEMBER 28 2025

TANTALLON PUBLIC LIBRARY

[For More Information and Registration
Form Click Here](#)

Upcoming Events

Remembering When Presents "The Ennis Sisters"

On October 3rd at 8:00pm, experience the incredible talent of this award-winning Irish-Canadian trio, renowned for their soulful melodies and captivating performances. Don't miss this special night of music, community, and compassion. Bring friends and family.

We would like to thank Gary Lohnes, for organizing this incredible opportunity and for his continued support.

Get your tickets from Gary Lohnes now before it's too late.
Call 902-688-2447 or click the link below.

[Get Tickets Here](#)

presented by ckbw 100

ENNIS SISTERS

12+ event

In Support of Hospice South Shore Hospital Palliative Care Society

Friday, Oct 3, 2025
8:00 pm
Doors Open 7:00 PM

Bridgewater Baptist Church
564 Glen Allan Dr. Bridgewater NS

Advance Tickets Only
Reserve: \$45.00

Contact Gary
902-688-2447
garylohnesh@bellaliant.net

Thank you to our sponsors

AC Belliveau Veinotte Inc. CHARTERED PROFESSIONAL ACCOUNTANTS

Anderssen Wealth Management

TD

BRIDGEWATER PHARMASAVE

castle building centres

Daniel S. McNeil CARPENTRY LTD.

www.rememberingwhen.ca

Printing Courtesy of Bridgewater UPS Store



Grief Notes Virtual Grief Groups for Children and Youth

October 2025 –
Ages 7-9 & 16-18

January 2026 –
Ages 10-12 & 13-15

Available for children/youth located in Nova Scotia, New Brunswick, and Prince Edward Island



IWK Grief Groups for Children and Youth

Join an 8-week virtual grief group for children and youth, that includes songwriting, mindfulness activities, and group discussions. For children and youths age 7-18 who reside in NS, NB, and PEI who have experienced the death of a significant person in their lives.

Group 1: 7-9 year olds begins October 8th

Group 2: 16-18 year olds begin October 20th

Group 3: 10-12 year olds begin January 12th

Group 4: 13-15 year olds begins January 21st

Upcoming Events

Advance Care Planning Sessions

"Advanced Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes and, to let others know what kind of health and personal care you would want in the future if you become incapable of making those decisions for yourself"

-Advance Care Planning Canada

Join us at one of our planned ACP Sessions
October 25 - Wesley United Church, Petite Riviere
10:30am - 12pm
November 26 - Liverpool Library 2pm-4pm



End-of-Life Cafes

Join us on **November 1** at our End-of-Life Cafe at Thomas H. Raddall Library. These cafes are a unique and powerful way to aim to change the way society views and discusses death. This gathering aims to break the taboo surrounding death and provide a safe space for individuals to discuss their thoughts, fears, and questions about mortality.

South Shore Hospice Palliative Care Society

END-OF LIFE CAFE

Join us in this safe space for conversation about death, dying and end-of-life issues.

Saturday, November 1, 2025
Thomas H. Raddall Library
54 Harley Umphrey Dr., Liverpool
2:00pm-4:00pm

All are welcome! No registration required

For more information, please call the library at (902) 354-5270 or contact the SSHPCS office at (902) 527-0000

821 King Street, Unit 7
Bridgewater, NS B4V 1B7
office@southshorehospice.ca

www.southshorehospice.ca

Hospice
South Shore Hospice Palliative Care Society



On-line Auction

November 25th - 29th

Facebook postings in October will present the wide array of auction items. Just in time for Christmas giving.

Contact Us

Mailing Address:

100 High Street, PO Box 159
Bridgewater, NS B4V 1V9

Office Address:

821 King Street, Unit 7
Bridgewater, NS B4V 1B7

Phone: (902) 527-0000

Email: office@southshorehospice.ca
www.southshorehospice.ca

HOW TO MAKE A DONATION

The work, programs, and events held by the South Shore Hospice Palliative Care Society are made possible by the generous support of our donors. Without them our work would not be possible.

ONLINE DONATIONS:

Donate securely using CanadaHelps.org

[**Donate Now**](#)



Cheques can be made out to South Shore Hospice Palliative Care Society and mailed to:

South Shore Hospice Palliative Care Society

100 High Street, PO Box 159
Bridgewater, NS B4V 1V9

DONATE IN PERSON OR BY PHONE:

Call or stop by the office to make a donation in person.

Monday - Friday 10:00am - 4:00pm

821 King Street, Unit 7

Bridgewater, NS B4V 1B7

Phone: (902) 527-0000

DONATE BY E-TRANSFER

Electronic fund transfers from your banking provider can be sent to:

treasurer@southshorehospice.ca