



Grey Bruce Hospice Foundation Newsletter

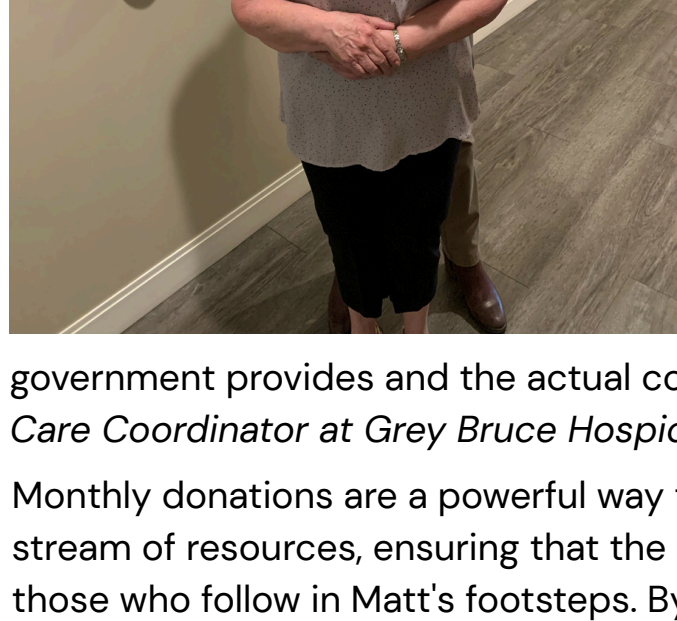
Dear Hospice Supporters: Happy Spring!

As we welcome the warmth of spring, it's heartening to see the world come alive again. With the sun shining brighter and temperatures rising, people are stepping outside, embracing the energy and positivity that this season brings. At Chapman House, the atmosphere is buzzing with activity, and we have plenty of exciting updates to share in this newsletter.

But before we dive into all the happenings, I'd like to take a moment to share a touching story about one of our dedicated monthly donors and volunteers, Barb Fitzsimmons. Her journey of giving is a beautiful reminder of the profound impact we can have on others' lives. Let's celebrate her commitment and the difference it makes in our community. *(Pictured above; Matt Fitzsimmons)*

Barb Fitzsimmons' son Matt decided to enter Grey Bruce Hospice, Chapman House, in December 2022 after battling for 4.5 years with Glioblastoma. This choice not only provided Matt with comfort and pain control but also offered solace to the entire family during a difficult time.

Barb was deeply impressed by the medical staff's genuine kindness and compassion. They treated Matt with dignity, ensuring he felt seen and respected throughout his stay. The volunteers, too, played a vital role, extending their care not just to Matt but to all family members who visited. For five weeks, Chapman House became a home, a sanctuary filled with love and support, where laughter and memories could still flourish amidst the heartache.



After Matt's passing, Barb recognized the importance of keeping his memory alive. Inspired by her experience, she became a Hospice Hero, dedicating herself to ensuring that Chapman House remains a beacon of hope for others in need by giving monthly. Her journey exemplifies the spirit of giving back, as she now supports families navigating similar experiences.

Barb's commitment highlights a crucial point: consistent funding is essential for maintaining the high level of care that families like hers rely on. A Hospice Hero is defined as a monthly donor who contributes \$50 a month, totalling \$600 a year. This amount covers the daily shortfall of funding for a hospice bed, as it helps bridge the gap between what the government provides and the actual costs of care. *(Pictured above; Ann Elford Clinical Care Coordinator at Grey Bruce Hospice and Barb Fitzsimmons).*

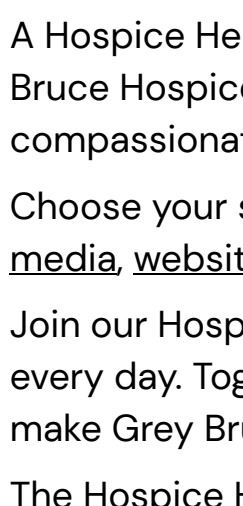
Monthly donations are a powerful way to support hospice care. They provide a steady stream of resources, ensuring that the doors of Chapman House remain open for those who follow in Matt's footsteps. By becoming a monthly donor, you contribute to a legacy of compassion, making a lasting impact on the lives of families facing similar journeys.

Please consider being like Barb and becoming a Hospice Hero today! Your commitment can help ensure that every family has access to the compassionate and dignified care that makes such a difference during life's most challenging moments. Together, we can honour memories, provide comfort, and continue the vital work of hospice care.

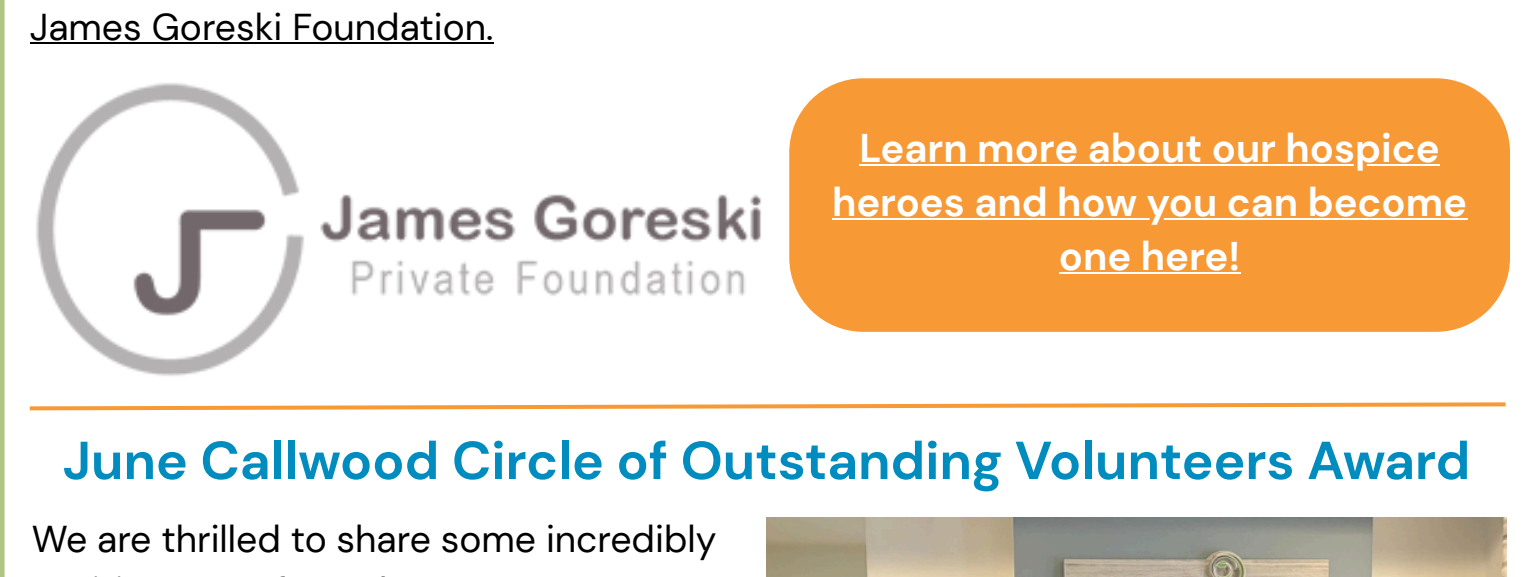
Thank you, Barb.

Amy McConachie

Donor Engagement & Fundraising Manager



Amy McConachie



Become a Hospice Hero!

A Hospice Hero is someone who makes a \$50 or more monthly donation to Grey Bruce Hospice in dedication to a loved one or special occasion. Your support ensures compassionate, no-cost palliative care for those who need it most.

Choose your special day, and each year, your dedication will be featured on our [social media](#), [website calendar](#), and in-house.

Join our Hospice Hero community and help provide comfort, dignity, and peace—every day. Together, we can celebrate the compassion, care, and dedication that make Grey Bruce Hospice such a special place.

The Hospice Heroes Initiative has been made possible thanks to the generosity of the [James Goreski Foundation](#).



James Goreski
Private Foundation

[Learn more about our hospice heroes and how you can become one here!](#)

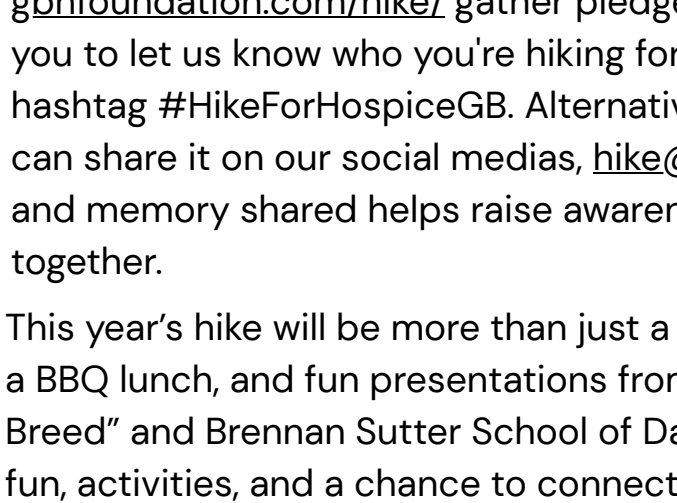
June Callwood Circle of Outstanding Volunteers Award

We are thrilled to share some incredibly exciting news from the Grey Bruce Hospice community — our very own volunteer, Brenda Hawthorne, has been named a recipient of the June Callwood Circle of Outstanding Volunteers Award.

This prestigious honour is awarded by Hospice Palliative Care Ontario (HPCO) to volunteers who have demonstrated exceptional commitment, compassion, and dedication to hospice palliative care.

Brenda's warmth, empathy, and consistent presence at Chapman House make her a treasured member of our team and a steady source of comfort for patients and families alike. *(Pictured above from left to right; Charlene Barrett; Clinical Admin Support, Paul Rowcliffe; GBHF Chair, Taegan Fearnall; GBH Volunteer, Tony DiFrancesco; Facilities Coordinator, Brenda Hawthorne; GBH Volunteer, Amy McConachie; GBHF Manager, Patti Golem; Human Resources Coordinator, Tanya Shute; Hospice Director).*

Brenda has been an active volunteer at Grey Bruce Hospice since 2017, generously giving her time, heart, and energy to support those at the end of life. Whether she's offering companionship to a resident, assisting staff, or simply sitting quietly with someone in need, Brenda embodies the true spirit of hospice care. Her humility, kindness, and reliability do not go unnoticed, and her nomination for this award was met with enthusiastic support from both staff and fellow volunteers who deeply value her contributions.



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[Interested in becoming a volunteer? Click here to learn more and apply!](#)

Upcoming FUNdraisers!



Hike for Hospice Countdown is On!

The countdown is on — just three weeks until Hike for Hospice 2025 kicks off on Saturday, May 24th at Harrison Park in Owen Sound! This annual event brings our community together to celebrate, honour, and remember loved ones while raising crucial funds for Grey Bruce Hospice. Whether you're hiking in memory of someone special or simply showing your support for compassionate end-of-life care, your participation helps us continue to provide no-cost hospice services to families across both Grey and Bruce counties.

Getting involved is easy and meaningful — you can create or join a team today at [gbhfoundation.com/hike/](#) gather pledges, and share your story. We also encourage you to let us know who you're hiking for by tagging us in your posts and using the hashtag #HikeForHospiceGB. Alternatively, you could email in your "Why" to us so we can share it on our social medias, hike@gbhfoundation.com. Every photo, message, and memory shared helps raise awareness and brings our community closer together.

This year's hike will be more than just a walk — it's a full celebration! Enjoy live music, a BBQ lunch, and fun presentations from the Grey Bruce Kennel Club's "Meet the Breed" and Brennan Sutter School of Dance "Hopping for Hospice". There will lots of fun, activities, and a chance to connect with local supporters.

Mark your calendars, rally your team, and help us make this year's Hike for Hospice our biggest and most meaningful yet!

Not able to attend Hike for Hospice? No problem! You can still make a meaningful impact by donating to Grey Bruce Hospice Foundation below.

[Donate Here](#)

Game On For a Great Cause!

The North Stars Junior B Lacrosse Team is hitting the floor for their 3rd annual game in support of the Grey Bruce Hospice Foundation — Hike for Hospice! ❤️

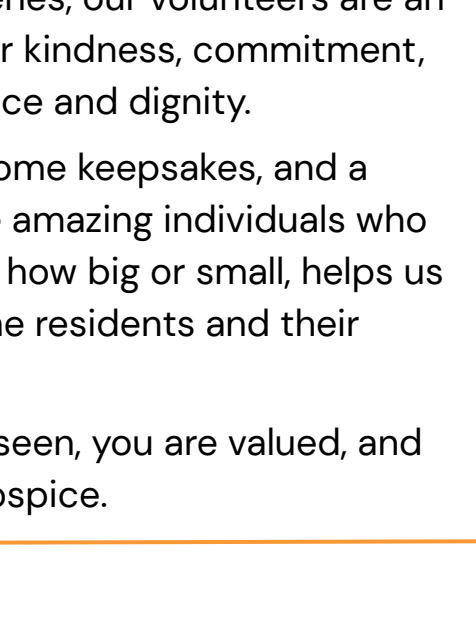
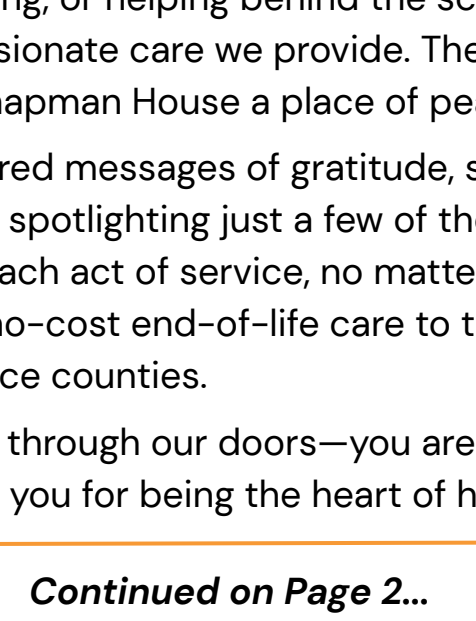
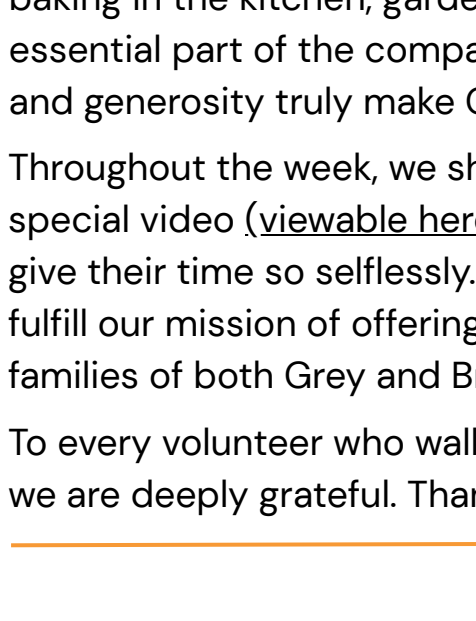
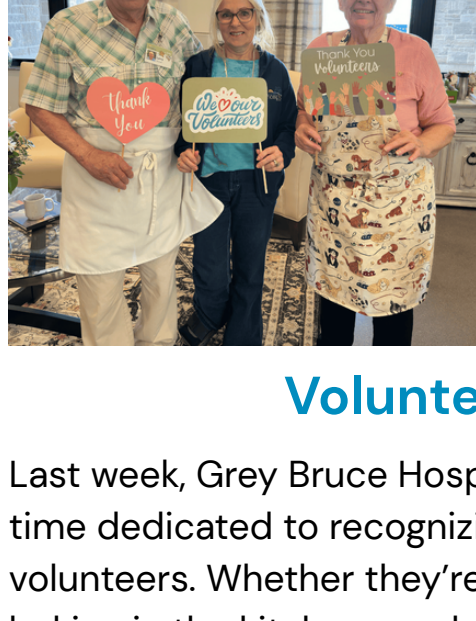
📅 May 24th at 7 PM

📍 [Durham Community Centre](#)

💰 \$10 Admission

🎯 All admission proceeds AND the Bucket Pass Frisbee Toss proceeds will be donated to support compassionate, no-cost end-of-life care through Hike for Hospice. 🙌

Come cheer loud, toss a frisbee, and help make a difference. Let's fill the stands and show what local love looks like! 🙌



Volunteer Appreciation Week at GBH

Last week, Grey Bruce Hospice proudly celebrated Volunteer Appreciation Week—a time dedicated to recognizing the heart and soul of our organization: our incredible volunteers. Whether they're offering comfort at the bedside, supporting families, baking in the kitchen, gardening, or helping behind the scenes, our volunteers are an essential part of the compassionate care we provide. Their kindness, commitment, and generosity truly make Chapman House a place of peace and dignity.

Throughout the week, we shared messages of gratitude, some keepsakes, and a special video ([viewable here](#)) spotlighting just a few of the amazing individuals who give their time so selflessly. Each act of service, no matter how big or small, helps us fulfill our mission of offering no-cost end-of-life care to the residents and their families of both Grey and Bruce counties.

To every volunteer who walks through our doors—you are seen, you are valued, and we are deeply grateful. Thank you for being the heart of hospice.

Continued on Page 2...

You or Your Loved One Has A Terminal Diagnosis...

Now What?! Join The Conversation

What Does It Mean To “Get Your Affairs In Order”?

Lawyer Andrew Drury, LL.B,
Explains Power of Attorney, wills, & other legal matters.
May 15th 1:00 – 2:30 PM

What is Advance Care Planning?

Palliative Nurse and Hospice Clinical Manager Ann Elford
Explains Advance Care Planning
May 22nd 1:00 PM – 2:30 PM

How Do We Share This Diagnosis With Family & Friends?

Palliative Care Social Worker, Mandi Lamb
Explores how to safely share the news.
May 29th 1:00 PM – 2:30 PM



Join us in person at Chapman House or remotely from home

Register today:
(519) 370-7239 ext. 112
bereavement@greybrucehospice.com

“Now What?!” Conversations

Receiving a terminal diagnosis—whether it’s your own or a loved one’s—can leave you feeling overwhelmed and unsure of what comes next. You’re not alone.

Grey Bruce Hospice invites you to join us for a special three-part conversation series designed to offer guidance, comfort, and clarity. Led by experienced and compassionate professionals, these sessions provide a safe space to explore your questions and begin navigating the road ahead with support.

Dates: May 15th, May 22nd, and May 29th

Attend in person at Chapman House or join us online

To register, call 519-370-7239 ext. 112 or email bereavement@greybrucehospice.com

Together, we’ll take the next steps—one conversation at a time.

GBH Has a New Director!

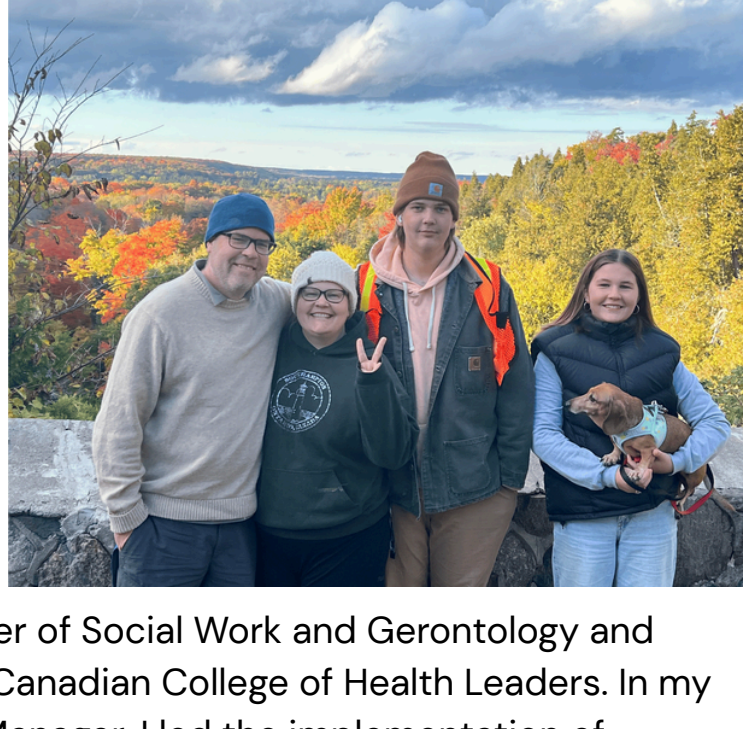


My name is Tanya Shute, and I am grateful to have the opportunity to introduce myself as the new Hospice Director at Grey Bruce Hospice – Chapman House. I am excited to join an organization that has built a strong reputation and legacy of providing compassion and quality care to residents across Grey and Bruce Counties. I was drawn to working at Chapman House as it has always stood out to me as a place of peace and comfort for individuals and families navigating some of life’s most difficult moments.

In the first few weeks, I have already seen firsthand the commitment to providing comfort and support to residents and families through the end of life. I have also seen many moments of joy in sadness. This is a very special place, made up of a remarkable team of staff and volunteers—those who have skills, time, and hearts that are unmatched with anything I have experienced in my 30 years in healthcare.

The other notable piece for me has been the thoughtfulness and generosity of donors who are dedicated to making a positive impact in our community. I want to extend a sincere thank-you to the incredible team, donors and community members. Your commitment is not only vital...it’s inspiring. The impact you make is felt in every gentle conversation, every moment of comfort, and every family who leaves here with peace in their hearts. It is truly our Vision in action- community supporting community to live well with dying.

A bit about me.... I am originally from Thunder Bay and moved here in 2013 with my husband Matt and our two kids, Lachlan and Solenne. My family has always been involved with various community pursuits, and I expect you will have a chance to meet them at upcoming Grey Bruce Hospice events—such as Hike for Hospice on May 24th! We reside in Leith with our Miniature Dachshund, Nuppu and Maine Coon, Pulla (the pets’ names are a nod to my Finnish heritage). My academic background includes a Master of Social Work and Gerontology and Certified Health Executive(c), through the Canadian College of Health Leaders. In my previous role as Regional Health Services Manager, I led the implementation of Behavioural Supports Ontario across the northwest, including the launch of a 32-bed Specialized Behavioural Transition Unit. I was the Senior Friendly Hospitals Lead for a multi-sector health organization and NWLHIN Lead with the RGP’s of Ontario to build capacity around geriatrics and interprofessional care in FHTs and CHCs across the province. Other roles include sessional lecturer at the post-secondary level for 5 years, Faculty Chair for the Department of Gerontology and Coordinator for the Palliative Care & Dementia Studies Certificate Program at Lakehead University. In my time as Director, Integrated Health Strategies & Partnerships, I led the Canadian Index of Wellbeing for Grey & Bruce Counties through the University of Waterloo and most recently, I held the position of Director of Community Health at the South East Grey Community Health Centre, where I worked for the past 9 years.



As I settle into this role, my focus will be on listening — to your stories, your ideas, and your hopes for the future. Together, we will continue to uphold the values that make Chapman House so meaningful, while exploring new ways to care for our community.

Grey Bruce Hospice – Chapman House is an absolute gem, and will remain a trusted, compassionate presence for generations to come. There is a trending hashtag #iykyk (if you know, you know). Albeit a bit corny, I feel like the essence rings true for Chapman House –it is such a special place, and I would encourage your call or email to learn more about how you can get involved. I’m truly grateful to be joining this remarkable team and I look forward to connecting with many of you in the months ahead!

Warmly,

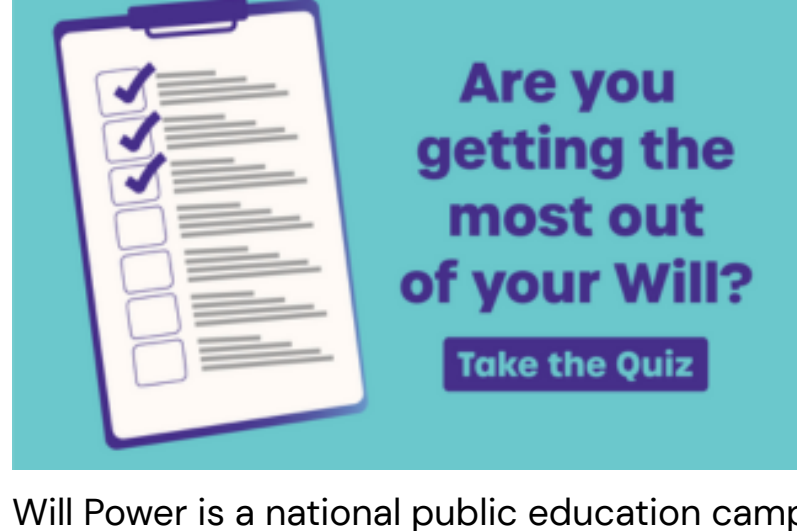
Tanya Shute

Hospice Director

Grey Bruce Hospice – Chapman House

tshute@greybrucehospice.com

519-370-7239 x108



Will Power is a national public education campaign designed to inspire Canadians to think differently about charitable giving, and empower them to create positive change through their Wills. Have you considered including Grey Bruce Hospice in your Will?

You can discover your Will’s potential by taking a quick quiz on [our Will Power site](#).

Challenge your friends and family to take the quiz and uncover the hidden potential within their Wills. Your legacy has the power to change lives.



Plan for Your Future with

Advance Care Planning

Advanced care planning is an important process that encourages you to reflect on your wishes, beliefs, and values regarding health and personal care. It also involves considering who you would like to make decisions on your behalf if you ever become unable to consent to your own care.

At Chapman House, we invite you to stop by and pick up one of our free advanced care planning workbooks, available in our front lobby at any time. We believe it’s never too early to start planning for your future, and these resources can help guide you through this essential process.

To learn more about advanced care planning, visit advancecareplanningontario.ca.

Take the proactive step today for peace of mind tomorrow!

Complimentary Therapies

at GBH

At Grey Bruce Hospice, “complementary therapy” refers to a variety of gentle, supportive practices designed to promote relaxation, comfort, and overall well-being. These therapies—rooted in mind-body techniques and therapeutic touch—are not intended to replace conventional medical care or provide a cure. Instead, they serve as a valuable addition to the compassionate care already being provided, helping to nurture the mind, body, and spirit of our residents and their families. Offered within Chapman House, these therapies are available to those receiving end-of-life care, as well as their loved ones, as part of our holistic approach to hospice support.

Whether it’s a calming massage, the gentle presence of a therapy animal, or the soothing benefits of reiki or acupuncture, complementary therapies can bring moments of peace and ease to those navigating the end-of-life journey. These offerings help to reduce pain, alleviate anxiety, and improve quality of life—supporting individuals wherever they are in their experience with care and compassion.

If you are a registered provider who would like to share your time and skills with our residents and families, we would love to hear from you. We are currently welcoming volunteers in massage therapy, reiki, acupuncture, animal therapy, and other wellness practices. Please reach out to Charlene Barrett at cbarrett@greybrucehospice.com to learn more about becoming part of our supportive community.



Have an event you’d like us

to speak at?

If you belong to a club, social group, or church and would like a representative from Grey Bruce Hospice to speak about Chapman House, we would love to hear from you!

Please reach out to Amy McConachie at amcconachie@gbhfoundation.com.

Together, we can educate and share the invaluable services that Chapman House provides to our community.

Pictured Above: Amy speaking to Grey Bruce Kennel Club members on Advanced Care Planning /Hike for Hospice involvement and services Chapman House provides.



Follow Us On

Social Media!

Stay up-to-date in real time to hear all about events, special moments, and exciting new things happening at Grey Bruce Hospice.

