

Doane House Hospice Programs

Visiting Volunteer Program

Within clients' homes. Visiting Volunteers provide companionship, practical support and short-term relief for caregivers. Visiting Volunteers help with day-to-day needs such as appointments, shopping and outings. Contact can be maintained through regular telephone calls. Clients are interviewed by our professional staff and matched with an appropriate volunteer.

Oasis Day Program

The Oasis Day Program provides a safe environment for social interaction and activities that illness can often restrict. Offered every Thursday and Friday at Doane House Hospice 10:00am—2:00pm. Lunch Provided

Bereavement Program

This program offers education and support for both family and friends coping with the loss or illness of a loved one. The program offers a variety of formats, including:

- Individual Support
- Group Support
- Family Support
- Walk and Talk

Art Therapy

Offers a different approach to traditional talk therapy, using art to help children, adolescents, and adults express thoughts and emotions they may not know how to express otherwise.

Caregiver Support

This program is open to anyone caring for a loved one living with a life-threatening illness. Trained volunteers facilitate this group once a week for one hour.

Doane House Hospice also runs bereavement groups at various schools in our community

Partnerships programs Hosted by Doane House Hospice

Wellspring

- Peer Support
- Relaxation
- Yoga
- Chemo Brain

ALS Support Group - Meets monthly.

Volunteer Profile: Sara Cameron

Her art, her heart, and her inspiration



Sara Cameron with her puppies

Twenty-four year old Sara Cameron grew up at a very young age. And her experiences with loss and grief in her childhood and teenage years led her down a path to her chosen profession and to Doane House Hospice.

It seems Sara's path was set many years ago. Her mother was diagnosed with a brain tumour when Sara was 5 years old. Against all odds, her mom lived with the tumour for 13 years.

Sara's mother kept her illness a secret from her family and friends. Sara recalls that while her extended family was supportive to herself and her mother through the years, it was Sara, while living alone with her mom, who knew the truth without being told. Watching her mom's deterioration turned Sara into a very angry teenager. She was 18 years old when her mom was moved to Hill House Hospice, where she died 11 weeks later.

The time spent by her mother's side at Hill House changed Sara. She was inspired by the nurses, volunteers, and the compassion of hospice care. And she realized that just as her passion for art had helped her through the pain of her mother's illness, she could use her talent to help others deal with their grief.

And so began her journey on the path to becoming an art therapist.

Sara fulfilled her mom's dream for her – she attended university for 4 years, studying fine arts with a minor in psychology. Then she began her studies at the Toronto Art Therapy Institute and contacted Doane House Hospice about

doing her placement there under the mentorship of Jenn Sharko, Art Therapist.

Sara's activities at Doane House not only include art therapy with clients of all ages, but she also volunteers with the Oasis Day Program most Fridays. For Sara, Oasis is very rewarding, not only because of the perspective and inspiration it gives her, but because of the wonderful sharing that happens there.

All of us look forward to having Sara with us as she continues her placement in the months ahead. We are truly inspired by her talents and her passion for helping others deal with the grief of loss. We hope her story will inspire you, too.

The Art Therapy Program Sponsored in part by:

Bingo World Newmarket

**CIBC World Markets Children's
Foundation**

Ronald McDonald House Charities

Trinity Anglican Church

Thank you!

BINGO!!

Join us every Friday at 3:45pm at Newmarket Country Bingo for an afternoon of fun; bring your friends and get into the spirit of BINGO!

Try your luck in winning one of the many prizes while supporting Doane House Hospice in our fund raising efforts.

HBC Reward Points Welcome!

These points help Doane House Hospice purchase items needed for programs and events, and are very much appreciated.

Donations can be made at any HBC customer service desk or online at www.hbc.com. When making a donation, please quote Public ID number 8405277.

Thank you.