

Every Moment Matters

A newsletter for supporters and friends of Jessica's House Hospice

"Thank you to all the wonderful staff at Jessica's House. Such caring, understanding and compassionate staff making such a difficult time much easier. Such a beautiful place for loved ones."

-The Mills Family

End Of Life Planning

Do you remember last month's article about starting your end-of-life planning process? The ideas were to think, learn, decide, talk and record.



This month, take some time to consider your options and consider some decisions.

One big question is, where, assuming you have the choice, do you want to die?

Many people often say at home. But that is usually not practical, given how much work your loved ones would have to do to manage your end-of-life journey. One unique aspect of Hospice care is that your loved ones can focus on being with you without the burden of providing care.

Here are some other ideas to think about:

Do you want to donate your organs or body to science?

Do you want a funeral, a celebration of life, nothing at all or something completely different?

If you want something different, you need to talk to your family right away.

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End Of Life Planning

How do you want your remains handled – burial, cremation or something else?

Some people wish for a burial at sea or for a part of their ashes to be sent into space. These have complications and costs. Talking to your family is vital.

Do you want a gravestone or to scatter your ashes?

In Canada, you can scatter ashes on unoccupied crown land, the Great Lakes, lakes or rivers managed by the federal or provincial governments, on your property or private property with the owner's permission.

What else is important to you?

The key is to know who will look after your plans. In your will, you can appoint a substitute decision maker to ensure your wishes are respected.

Your estate trustee will handle the funeral arrangements, burial gravestone or the special plans you have made.

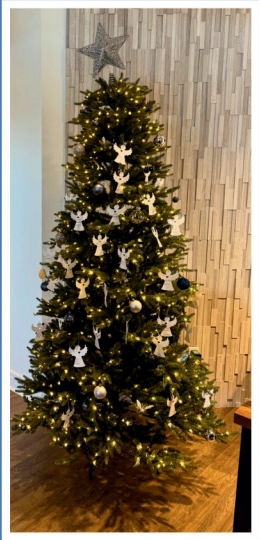


Does your substitute decision maker or executor/executrix know where all your papers and plans are stored?

Now is the time to gather all the materials your decision-makers will need. You can create a box at home to store all the information, including instructions for personal care, love letters or a legacy project, and information about your legal papers. Just don't hide it in a place no one can find!

An alternative to a physical box is to create a digital storage plan. The key is having a digital password storage application on your personal computer. One Password is at the top of Consumer's Reports list as an excellent password storage program, and it is a Canadian company. As the name implies, you create one complicated password to log in, and then it creates and stores random and complex passwords for everything else. All someone needs to access your bank records, social media accounts, financial information, or plans is your "one password."

Honour Their Memory: Fill Out a Tribute Angel for Your Loved One



On **Sunday, November 17th, from 4-5 p.m.**, come to Jessica's House Hospice and honour the loved ones you miss especially during the holiday season.

Write their names on a tribute angel and place it on our Tribute Trees as everyone gathers to reflect and remember together.

Enjoy warm hot chocolate, snacks, and musical guest Holly Clausius in Jessica's House Hospice backyard.

At 4:30 p.m., there will be the lighting of our holiday lights and words of remembrance creating a moment of comfort and togetherness.

If you're unable to attend the event day, you're welcome to come visit JHH to add a tribute angel anytime until December 31st.



It Was a Night To Remember!



The Handbags for Hospice event was a wonderful success, because of YOUR generosity and support. You raised over \$155,000 to continue to make every moment matter for residents and families at Jessica's House Hospice.

Guests enjoyed exciting auctions, fun games, and delicious food and drinks—all while making a big difference for Jessica's House Hospice.

Your generous donations from the evening will continue to provide comfort and care for residents and their families along with updating the furniture in each of the resident rooms. The current sofas, recliners, and bedside chairs will be replaced with leather options to ensure even greater cleanliness, durability and comfort for residents and their visitors.

A special thank you to all the donors, sponsors, attendees, event contributors and the entire community for providing such a gift to our community along with YOUR continued support.

Looking forward to seeing everyone again next year!

Do you want to race?

What do you say when a kid asks a staff member do you want to race them? If it's in the back garden of JHH when their grandmother is in a room near the end of her life, you say, "Yes, please."

As Executive Director of JHH, I regularly see grandkids, or in some cases, kids of our residents in the building. This mixing of kid energy and end-of-life care creates a family bond.



When families gather at JHH, your gifts have made sure we don't lose sight of the kids who are visiting, especially the younger ones. There is a kid's room that kids of all ages can visit to take a break from the overwhelming emotions of saying goodbye to someone they love.

When the adults need time together, the kids can run around in the back garden, visit the kid's room or break out the colouring books on the dining room table.

In this case, the grandmother could visit with her daughter, while her six other grandkids would visit for a few minutes and then head for races out back.

The ability for a family to gather and let their kids process grief is not possible in the same way at a hospital.

Now because of your generosity Jessica's House Hospice will provide children with a "Bereavement Bag". It will include a book, bubbles, colouring book and crayons and other workbooks to support children losing their loved one. A goal for the future is to not only support children one-on-one but to gradually be able to support them in groups. I will share more details about that in the future.

-Tracy Snell
Executive Director

Hope For the Holidays: A Bereavement Workshop

An opportunity for grieving people to come together and learn coping strategies for surviving the holiday season.



Where: Exeter United Church 42 James St., Exeter ON

When: Thursday, December 5th from 3pm-5pm

Who: Anyone is welcome to attend this free workshop, registration not required

Stay Connected!



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Support Jessica's House Hospice

☐ YES, I want to support Jessica's House Hospice

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Donate online at jessicashousehospice.ca

Or mail to 70776 London Road., Exeter, Ontario, N0M 1S1

Registered Charity No.

766 285 480 RR0001

*Tax receipts will be issued for all donations.



Jessica's House Hospice
70776 London Road
Exeter, Ontario
N0M 1S1

Amount:

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$200

☐ Other: _____

I would like to make my gift by:

☐ Cheque
(payable to Jessica's House Hospice)

☐ Visa ☐ MasterCard

☐ One-time Donation

☐ Monthly Donation

Card # _____

Expiry Date: _____

CVV: _____

☐ I would like to be an anonymous donor

☐ This gift is in memory of: _____