

# THE NEWSLETTER

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The Edith Fox  
Life & Loss  
Centre  
613.476.1128

## Our 3rd Annual Fundraiser

a  
Bench  
&  
a few good  
chairs

### Your call to the bench...

**The 3rd annual Charity Weekend will be June 10th and 11th, 2006.** This year our fundraising event while retaining the theme will have a slightly different focus. There will be a shorter Saturday auction featuring an 'Old Treasures Market' along with the very popular 'Celebrity Pies and Preserves'.

On Sunday we will hit the Gardens, Decks & Docks beginning with breakfast at the Waring House and a talk on 'Xeriscaping' by Richard Gold, arborist and landscape designer from Kingston. A self-guided tour follows, of some spectacular gardens, decks and docks of Prince Edward County. For more detailed information please visit [www.edithfoxcentre.org](http://www.edithfoxcentre.org).

'Xeriscape' (zeer-eh-scape) is a term coined in 1978, by an environmentally sensitive planner in Denver, Colorado. From the Greek word 'xeri' and 'scape' meaning vista, Xeriscaping encourages water conservation by appropriate selection of plants & groundcover, etc. and the use of indigenous species.

To find out more about Xeriscaping join us on June 11th at 10:30 am at the Waring House Restaurant & Inn.

See page 4 for a schedule of the weekend events!



**A special thank you to Jennifer Lemieux**, Branch Manager of RBC Dominion Securities, Belleville Office - Jennifer was instrumental in securing \$3500 to help support "Lambs for Children in Prince Edward County. Jennifer helped out with one of our programs enjoying both the children and the bunnies. Thanks for being there and supporting our program. Your generous donation on behalf of RBC Dominion Securities is greatly appreciated!

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## What's New? The Supper Club...

A new concept for women who have experienced the death of a partner. Sudden death or even anticipated death of a partner early in life can be overwhelming, and the impact on daily living can be devastating. Re-adjusting and recreating your world takes time and patience.

The Supper Club Concept is for women who want to understand these layers of loss and who wish to discuss issues with women in a similar situations. Sharing a quiet, simple meal can help to ease the loss.

We meet for ninety minutes—a beginning and an end just like life itself. How we recreate our world with what we have known and what we have learned will be themes for the discussion.

The next meeting is scheduled for **June 28th** at 7:00 pm at the Centre - book with Kathleen at 476-1128.

Usually our society supports people well through the first days following a death through rituals such as attending the funeral, increased presence of family and friends, and community empathy. Neighbours may make meals, do yard work and care for children. Although people may feel better and go about daily life, they may revisit strong feelings of grief. In the midst of what may be the most intense emotional experience of a lifetime, grieving partners may also face

- change of identity
- loss of dreams
- financial loss
- social isolation
- increased family and household responsibility
- increased vulnerability to health problems

Survivors may experience a sudden lack of social identity because they are not included in a world made up of couples. With the earning power of one instead of two, they may have to alter their lifestyle. They also may discover that the role of being a partner greatly contributed to their sense of identity. The loss may not only include the partner and the relationship, but also the sense of self. Plans and dreams formed as a couple may no longer fit or be possible, so survivors may have to forfeit their future plans. Juggling these losses while assuming the tasks and role of the deceased partner becomes a

*(Continued on page 3)*

## BOARD NEWS



### Message from the President

It is a great privilege for me to be the first elected president of the Edith Fox Life and Loss Centre. Our founder, now CEO, Kathleen Foster-Morgan, was the Centre's first president until the Board of Directors was expanded. I was elected at the Annual General Meeting in January 2006. After more than 25 years in the non-profit sector in Canada and the United States, as well as being from the County I wanted to become involved with a charity that was important to me personally, was

getting started and could use my experience. Working with Kathleen and the dedicated volunteers over the last three years has been very gratifying, and I look forward to my new role.

Everyone experiences loss in their life. We can be quite philosophical about making this statement until we experience our own loss. Even the expected loss of a loved one is a major trauma, but unexpected loss, especially for children, is very difficult. Being part of a group, with guided support from a grief therapist in an environment that uses art, horticulture and the human-animal bond, can make a difference in how we manage loss and the positive results that we can find through loss.

At the Edith Fox Life and Loss Centre we provide the group environment, clinical therapeutic support and customized programs to help manage loss. This year, we are working with new partners locally, nationally and internationally who have similar interests and goals.

**Quinte Broadcasting- CJBQ** enables us to reach out to a wider audience in our region through the programs that Kathleen does with Peter Thompson. **RBC Dominion Securities** is one of our first major sponsors of both our June 10 & 11 event and our GALA dinner on November 18th. Internationally, discussions with the **Association of Death Education & Counselling** have been initiated to collaborate on professional training.

As well as recognizing RBC Dominion Securities we would like to thank the local sponsors and partners of this year's **Bench and a Few Good Chairs - Clearwater Designs, Currah's, Slickers, and Waring House Restaurant & Inn**. The Entrepreneurship Program students at Prince Edward County Collegiate are also making a significant contribution to the June event. Their enthusiasm and creativity are an inspiration to all of us. If you have supported the Centre, financially or as a volunteer, please accept the sincere appreciation of our Board of Directors. Please call if you would like to become involved in the Centre...

Experiencing loss is part of life.

The Centre can be part of your life too.

Thank you, Lana Lockyer Holmes

President

### 2006 Directors

The 2006 Board of elected directors includes Lana Lockyer Holmes, president; Evelyn Trites, treasurer; and directors, Rosemary Kent, Jennifer Lemieux, Scott MacDonald and Dr. Bonnie Robinson.

Kathleen Foster-Morgan, founder of the Edith Fox Life & Loss Centre, and President for the last two years is now the Chief Executive Officer. Kathleen is a clinical member of the Ontario Society of Psychotherapists. She obtained her Fellow in Thanatology with the International Association of Death Education & Counselling in Chicago, Illinois in 2005.

Board Advisors include Dr. Madeline Lambrecht, Of the University of Delaware, USA, Dr. Rosemary Hazelton, Toronto, and Dr. Norah Connell, Picton. Ambassador to the Board is Founding Board Member Carolyn Burn.

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### Celebrating Volunteers

At its Annual General Meeting, January 24, 2006, The Board of Directors of the Edith Fox Life and Loss Centre honoured Elizabeth Robb for her outstanding service to the organization since its inception in 2002. Elizabeth was the

founding secretary of the Board and the designer of the LAMB sweater sets, knitted by volunteers and sold to benefit the Centre.

Elizabeth has also been a key volunteer in the annual **A Bench & A Few Good Chairs** fundraising event that takes place the second weekend in June. This year it will take place June 10 & 11.

Elizabeth will continue in her role as a facilitator in the Lambs for Children program, an eight-week program for children between the ages of 6 and 11 who are experiencing grief.

In recognition of her service, Elizabeth was presented with a framed Peggy De Witt photo. Without the conscientious work of **all of our volunteers** we would not be able to operate the Centre and carry on with the many programs available to those suffering loss.

### A Special Thanks:

How many bunnies does it take to make LAMBS FOR CHILDREN work? ...LOTS. SPECIAL thanks to two special people! **Janet Richardson (CAS)** delivers her real miniature bunnies to the children, and we return them home well-loved and more real just like "The Velveteen Rabbit".

**Niall Eccles**, cartoonist, visited us this past session - what fun to have a "Real Artist" with a cartoon portfolio. Thank you both for sharing your generosity and time.



formidable responsibility. Adjusting to life after losing a partner commonly produces:

- feelings of sadness, despair, emptiness, anger and guilt
- restlessness and sleep problems
- a sense of inadequacy and concerns about health and well-being

The everyday world usually stops for survivors at the time of the death of their partner; however, long before they are ready to resume their responsibilities and schedules, surviving partners with children at home or with work commitments experience pressure to get on with their life and all that it entails.

Surviving partners who are in retirement may experience the emptiness of unstructured days. More disturbing for many than the push to resume activities is an emotional push to let go, to move on, or to re-partner.

For those people who have lost a partner after a lengthy illness, much of the grief may occur during the illness. They may experience relief for the end of the suffering or they may expect to feel relief, but find themselves unexpectedly feeling an enormous loss and an intense physical tiredness. The Supper Club can help.

## Our 2005 Stepping Stones - the work that made a difference...

### Programs and Research

- Lambs for Children— Prince Edward County increased to 3 programs per year
- The Book Club established on a 10 month basis
- Camp Star produces a live performance to bring the reality of a father's death to theatre-en-plein air
- Established contacts with Queen's University, Kingston
- Established research contacts with Dr. Dorothy Lander, St. Francis Xavier University, Antigonish, NS
- Participated in Board development and planning, Alayne Bigwin, consultant & facilitator.

### Public Education and Outreach

- In-service with Belleville Public Library—**Coping with Stress**
- In-service with educational groups—PEC public school principals and teachers, Hastings and Prince Edward Board youth counselors
- In-service with PEC Children's Aid Society
- In-service with Bereaved Families of Ontario—Kingston
- Coping with the Holidays - a seminar with Glenwood Cemetery—helping approximately 30 families
- Curling with Habitat for Humanity, Picton Curling Club
- Private meetings with politicians, Ernie Parsons and Daryl Kramp
- Attended Clinical Dialogue monthly meetings

### Marketing

- 14 hours of Public Radio with Peter Thompson **TALK-CJBQ**
- Frequent features in Gazette newspaper column and Belleville Intelligencer
- Featured article in Umbrella-Quinte Arts Council— **THERAPY & ART: working creatively**
- Established and launched website: [www.edithfoxcentre.org](http://www.edithfoxcentre.org)

### LOCAL Fundraising

- Georgette Fry & Shout Sister Choir— Picton United Church
- 2nd Annual Bench & A Few Good Chairs
- December "Lambs" sweater sale at Gilbert & Lighthall
- Waring House Restaurant & Inn— Sip and Shop Craft Sale

### Focus and Projects

We will only be successful if we can ensure adequate funding for our programs, services and research & development. Public awareness plays a huge role in conveying the criticality and benefits of what the Centre offers.

Recently, Kathleen attended Queen's University as part of the initiative through the QUIPPED (QUEENS interprofessional patient-centred education direction) project - the topics discussed strongly endorsed the use of arts & creativity as a crucial, innovative method of combining current thanatology (grief & loss) research with clinical practice.

**Our fundraising efforts are crucial to our sustainability - we thank all of our supporters!!**

"Without change there is no innovation, creativity, or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is inevitable."

[William Pollard](#)



embrace. experience. educate

# THE MAIN FUNDRAISING EVENTS

June, 10, 11th, 2006

November 18th, 2006

## A bench & a few good chairs Schedule of weekend events

www.benchandchair.org

**June 10**— Auctions and Markets  
**10:30 am**— Benches & Chairs, Garden-Themed items, Old Treasures Market (lots of bartering!) and **Spontaneous Live Auctions...hourly!**

**Lunch by Currah's** from **11:30-1:30**  
Refreshments, Slickers ice cream, Celebrity pies and preserves.

**June 11**— **Gardens, Decks and Docks!**  
**Hit the Docks!** Start at 10:30 am at the Waring House Restaurant & Inn for a Continental Breakfast and talk on "Xeriscaping" with **Richard Gold**.  
**Gardens open from 12:30-3:30**



SHANE EAGAN



PETA HALL



SUSAN WALLIS

**SOME of Our Wonderful COUNTY ARTISTS** - see them on June 10, buy their work and support our centre



DAVE GALE



DOUG JOHNSON

## Come Join us

**The Edith Fox Life & Loss Centre**  
Saturday, November 18, 2006

for

**THE GALA**



At the Ritchie Room  
Capers, Belleville  
Dinner & Dance

A Formal Affair



Celebrating 10 years of Lambs for Children  
More Information to follow.

## How You Can Support us & Our Programs

**Sponsor** a child in the Lambs for Children Program (\$500 per child)

**Sponsor** a child to attend CAMP STAR (\$300)

**Purchase** books for our Bibliotherapy Program (\$50)

**Make a Monthly Donation:**

\$25, \$50, \$100 or Other Amount

**Become involved** in our annual fundraisers, *A Bench and a Few Good Chairs & The Gala*

As a shopper, donor of "treasures", silent auction items, or as a volunteer.

**Remembrance:**

As we are a Federal registered not-for-profit Centre, you can elect to make donations to the Centre in memory of loved ones at any Funeral Home in any Province across Canada. We thank all Families who choose to help us help others at times of loss. (Charitable organization #87483 7404 RR001)