

Hospice Matters

“SILENCE IS GOLDEN, SILENCE IS OKAY, SILENCE IS SOMETIMES PREFERRED.”



The first time Brendan Devlin heard this phrase was during a volunteer orientation at Friends for Hospice in 2005. Since then, Brendan has tried to apply this concept to his everyday life and various volunteer roles. Brendan became interested in volunteering at Friends of Hospice while escorting his father-in-law to treatment sessions while he battled cancer. He noticed the minimal companionship many cancer patients had while receiving their treatments at the hospital. Brendan wanted to contribute in some way.

Brendan started his volunteering doing In-Home Support. His first Client was a US/Vietnam veteran fighter pilot with a disease that soon robbed him of his voice. Brendan immediately forgot the silence rule. He was surprised to be invited back considering he talked his Client's ear off. As the sessions continued and Brendan began to listen to his client, he was amazed by the stories that were told. Another Client of Brendan's had Asperger's Syndrome and would speak for hours. Brendan would just sit and listen and for his Client and their caregiver, it was just the support they needed.

During the pandemic, Brendan also became a Residence volunteer in Hein House at our Ruddy-Shenkman Hospice. One of his most memorable experiences was when he sat with a Resident who was unresponsive and alone. His family was out of town and would not make it to his bedside when he died. Brendan, for the man's last hour, sat with him and noticed he was holding a rosary. Brendan said the Rosary with him and held his hand until he died. It was a simple gesture, but Brendan felt comfort knowing that the man had died with someone by his side.

Throughout Brendan's various volunteer roles at Hospice Care Ottawa, he has seen and listened to joy, laughter and happiness fill the halls of hospice. He doesn't consider it a sad place, but rather a place where family and friends can gather with their loved ones in their final days to create incredible memories together.

Volunteers constantly make a positive impact on our Clients, Guests and Residents. However, many of those individuals teach volunteers life lessons and give us different perspectives on life. Brendan has been able to learn from so many people here at Hospice Care Ottawa because of one phrase he learned many years ago - *silence is golden, silence is okay, silence is sometimes preferred.*

Congratulations to Brendan, who is this year's recipient of the June Callwood Award for the ongoing, compassionate care he provides in Residence, In-Home Support and in our Grief and Bereavement programs.

SPRING 2024 ISSUE

Staff Updates

Page 2

Coincidences and Full Circle Moments

Page 3

Upcoming Events

Page 4



The May Court Club of Ottawa
Sustaining Benefactor



STAFF SPOTLIGHT - LYNNE THÉVENAZ

Hospice Care Ottawa is very honoured to be welcoming Lynne Thévenaz back this month as the new Director of Francophone Services. Lynne has held a variety of community and clinical nursing roles throughout her career and worked at Hospice Care Ottawa from 2016 to 2019. During this time, Lynne was instrumental in setting up our la Maison de l'Est (MDE) community programs. "It is full circle having Lynne return to drive the new residential program at MDE, and ensure Francophone services across the organization are culturally appropriate and engaging", says Lisa Sullivan, Executive Director.



GET YOUR MEMBERSHIP TODAY!

MEMBERSHIP IS \$25 AND VALID FROM APRIL 1, 2024 TO MARCH 31, 2025.

BENEFITS INCLUDE:

- Voting privileges at the Annual General Meeting
- Newsletters sent to you by your preferred method (email or standard mail)
- Access to the latest information regarding Hospice Care Ottawa
- Invitations to all events held by Hospice Care Ottawa
- Pride in knowing you are supporting palliative and end-of-life care in the Ottawa community

Monthly donors also receive all membership benefits, so you do not have to renew. Please see reply coupon enclosed for information on how to become a monthly donor.



THANK YOU, DR. VINCENT!

Thank you, Dr. Daniel Vincent for six and a half years of wonderful dedication to Hospice Care Ottawa as Medical Director. Dan will be passing over his role as Medical Director this May. Dan has brought tremendous energy to the role, often seen jogging over to May Court Hospice to check in on Residents. He has been incredibly responsive and supportive to staff and the leadership team through the pandemic. Families often write about how helpful and comforting he was during their palliative journey.

Dan also participates on the Board and our QRM (Quality Risk Management) Committee; all this while maintaining his own practice, raising three kids, attending our events, and much more. Dan was very instrumental in helping us get funding for our new la Maison de l'Est (MDE) Residence and making connections in the Francophone community, so we are very fortunate Dr. Vincent will continue on as Medical Lead for MDE. Thank you so much, Dan!

Hospice Care Ottawa is looking forward to welcoming Dr. Jennifer Brodeur to the role of Medical Director later this spring.

OUR MISSION

Hospice Care Ottawa provides compassionate, high quality care to people and their caregivers from the time of diagnosis with a progressive life-limiting illness through their palliative and end-of-life journey.

BOARD OF DIRECTORS

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The May Court Club of Ottawa
Lisa Sullivan, Executive Director
Dr. Daniel Vincent, Medical Director



Mary Beth MacDonald (left) with her mom, Mary MacDonald.

Sometimes in life you experience coincidences, and sometimes there are so many you might wonder if it is just meant to be?

Mary MacDonald grew up right here in Old Ottawa South, two streets over from our May Court Hospice. Mary spent her childhood walking in Windsor Park, her Saturday nights watching movies at the Mayfair theatre, and summer days swimming at Brighton Beach. When Mary was raising her four children, they stayed in the neighbourhood, and enjoyed the same spots.

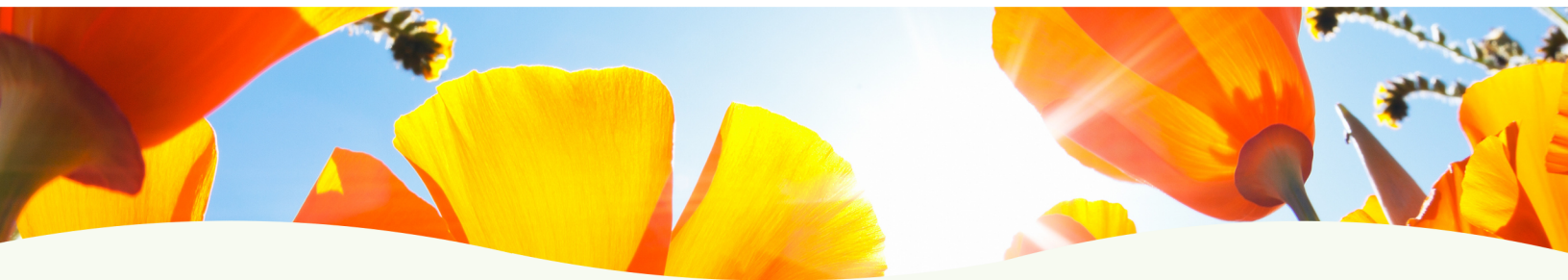
When Mary's youngest daughter Mary Beth was born in 1962, she and her mother spent a week at the May Court convalescent home to acquaint themselves as mother and newborn. This began their connection with Hospice Care Ottawa's May Court site.

When Mary Beth's father, Earle, took ill in 2018, he came to May Court Hospice. When he arrived, Earle was brought to room 5, overlooking the garden and river. Earle was carefully shaved, bathed and put in fresh pyjamas. Mary Beth was able to spend that night in a cot beside his bed. Everyone was so kind and caring looking after their needs. Mary Beth was offered soup for comfort, and kindness and compassion from everyone she encountered. Knowing he was well taken care of gave her peace of mind.

Before Earle died, he asked Mary Beth, "You promise you'll take care of your mother?" Mary Beth agreed she would. After her father died, Mary Beth and her family took part in the walk out. She described this experience as beautiful and helpful for everyone in the family. Walking her father out, surrounded by staff and volunteers, gave them a sense of peace and comfort knowing he was treated with such dignity and care. This helped them in the days and weeks following to move through their grief and to go on without him.

Several years later when Mary Beth's mother Mary became ill, the family found themselves back at our May Court Hospice and, wouldn't you know it, in room 5. Mary Beth and her family were grateful to be surrounded by comfort and care for Mary. Staff and volunteers were so kind, attentive to their needs, and lovingly supportive. This gave Mary Beth the gift of knowing she had fulfilled her father's last wish and taken care of her mother during her last days.

The coincidences and full circle moments for Mary Beth and her family at our May Court Hospice are remarkable. Thanks to the love and care provided by staff and volunteers, Mary Beth has shown her appreciation by making a generous contribution to Hospice Care Ottawa.



May Court Hospice
114 Cameron Avenue
Ottawa, ON K1S 0X1



Ruddy-Shenkman Hospice / Hein House
110 McCurdy Drive
Kanata, ON K2L 2Z6



La Maison de l'Est
c/o Résidence Cité Parkway
380 ave LeBoutillier
Ottawa, ON K1K 3W3

This year, with the opening of our third residential site la Maison de l'Est, we aim to raise over \$2.5 million to guarantee that compassionate care is readily available when it matters most. Your contribution, through our new reply coupon enclosed with a postage-paid envelope, or through online donations, would be greatly appreciated.



UPCOMING EVENTS



Hike *for* Hospice Care Ottawa MAY 4, 2024

PRESENTED BY

 Kelly Funeral Homes
Capital Funeral Home & Cemetery
by Arbor Memorial

Our signature event, Hike for Hospice Care Ottawa will be held at the Ron Kolbus Lakeside Centre this year. The 5 km hike will start at the main building, leading participants through scenic trails along the Ottawa River before returning for refreshments and closing ceremonies.

This year our goal is to raise **\$225,000** and we need your help! Contact Taylor Mueller via email at taylor.mueller@hospicecareottawa.ca and she can help you set up your fundraising page today!

OTHER SPONSORS



MARLAND TEAM
Royal LePage Performance Marked Realty, Brokerage



HOLES FOR HOSPICE

SEPTEMBER 4, 2024

Save the date - this year's tournament, presented by The Elizabeth Hale Family, will take place on Wednesday, September 4, 2024, at The Meadows Golf & Country Club.

Stay tuned for more info!



PRESENTED BY THE

Elizabeth Hale Family



HOMES FOR THE HOLIDAYS

NOVEMBER 15 - 17, 2024

Homes for the Holidays is a three-day tour of homes, beautifully decorated for the season by generous local florists and designers. Guests purchase a ticket, which allows them to tour the homes to view the unique architecture and floral décor. This year, everyone's favourite holiday shop, the Pop-Up shop is back with an exciting new location!

Stay tuned for more info!