

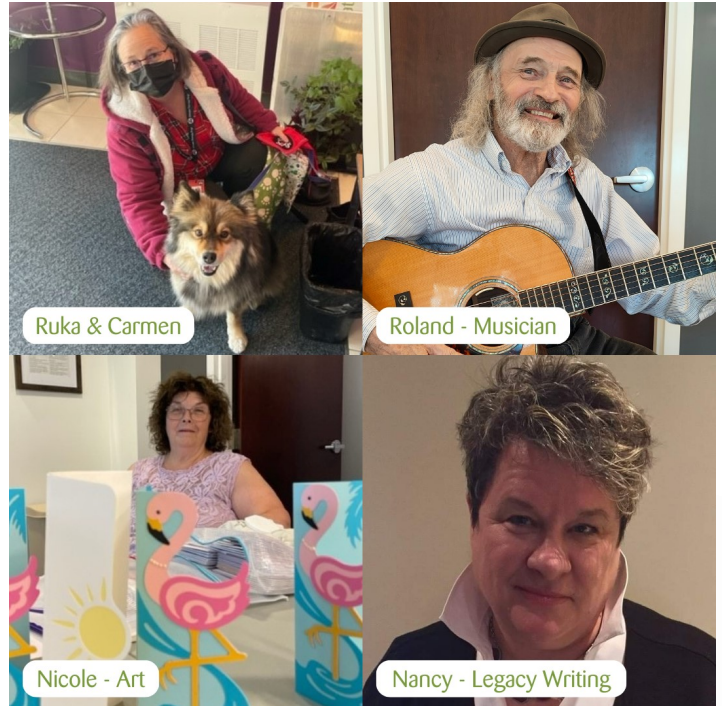
Hospice Matters

Happy Anniversary!

It has been one year since our La Maison de l'Est site re-opened! On October 19, 2022, we were so happy to welcome back our volunteers and Francophone guests, and we have since seen a continuous increase in our programs. It took a village to re-open La Maison de l'Est!

We want to give a special shout-out to Diane, Lucille, Lyne, Louise, Richard, Connie and Marlene for setting up our new Day Hospice program. We also want to thank our volunteer drivers Margaret, Pierre, Sylvie, Jeanne and Jean-Gilles, ensuring our guests' safety each time.

We've had new volunteers (pictured right) join us to help create additional entertaining activities and are thrilled to see more amazing things to come in the future.



Ruka & Carmen

Roland - Musician

Nicole - Art

Nancy - Legacy Writing



Knitting Together in Shared Grief

In the summer of 2022, Douglas spent two months in Hein House at Ruddy-Shenkman Hospice before he sadly died at age 45. His young family reeling from losing their husband, father, brother, son, and so much more, came up with a plan to work together in their shared grief.

Over the year, friends and family members decided to knit different squares in pink, purple and grey to create a beautiful blanket. Each person took time to reminisce about Doug while knitting, finding it very therapeutic. The final step was getting it all knit together.

This past summer, his wife Janice, pictured here on the left with sister-in-law Donna, brought in the blanket. Janice shared how grateful they are for the care and support Douglas and the whole family received. Thank you to staff, volunteers and donors — you are making a difference.

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114 Cameron Avenue
Ottawa, ON K1S 0X1
Tel: 613.260.2906
Fax: 613.260.5510

Ruddy-Shenkman Hospice
110 McCurdy Drive
Kanata, ON K2L 2Z6
Tel: 613.591.6002
Fax: 613.591.7002

La Maison de l'Est
130 Rossignol Drive
Orléans, ON K4A 0N2
Tel: 613.424.6560
Fax: 613.424.6570

A Walk in my Shoes with Anne - Reception Volunteer & Trainer

Anne Brackstone has been a familiar face at May Court Hospice for over 15 years. She is a wife, mother of 3, grandmother to 7, she is living with Parkinson's disease, and much more, plus she volunteers at HCO.

Anne trained and worked as a nurse in England. During this time, she had the privilege of meeting Dr. Cicely Saunders who founded the first modern hospice - St. Christopher's Hospice in London. Dr. Saunders was responsible for establishing the discipline and culture of palliative care, and this meeting inspired Anne's passion for palliative care.

She came to Canada in 1969, continued her nursing career here in Ottawa, and taught in palliative care after pursuing a Master's in Education. When Anne's 53-year-old mother went into St. Christopher's Hospice, Anne experienced hospice care from the perspective of a daughter. She cherishes how they cared for her mother at the end of her life. This furthered her conviction that everyone should be able to die with dignity in the comfort provided in a hospice setting.



Since retiring, she joined the family of Reception Volunteers. We are very proud of the work of Reception Volunteers, and Anne describes the role so eloquently. "We make the first impression to residents and visitors and set the atmosphere at Hospice. We ensure visitors are appropriately met, greeted and screened. We contact the Residence when new residents arrive and assist in the resident's final journey when the funeral home arrives. We accept drug deliveries, receive flowers, sort the mail and so much more".

Lucky for us, Anne also helps train new Reception Volunteers, which fits nicely with her background in education. She enjoys their eagerness to be part of the organization, and finds onboarding very satisfying. You can see her at May Court Hospice reception on alternating Sundays.

Thank you to our approximately 100 reception volunteers at both sites. And a special thank you to the May Court Club Members who volunteer at reception as well. We appreciate you!

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.

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Legacy Donor Spotlight - Tony & Susan Greig

Over his 15 years volunteering at May Court Hospice, Tony figures he has probably served 250 people in the Residence. Tony met with me and shared that he remembers each of the four people he sat with as they died. For those whose loved ones arrive shortly thereafter, Tony is able to explain their loved one's last moments with utmost care and compassion. It is so important to the family members to know their person did not die alone.

Tony has many stories from his time volunteering in Day Hospice, Residence and at Grief and Bereavement Walks. One day, standing up by the living room with others at Day Hospice during a walk-out, the person's daughter saw him there and lit up saying, "Thank you, thank you", giving him the biggest hug. He feels she was just sharing her affection for everyone for the care they had received. We know seeing Tony's friendly, familiar face has brought this type of comfort to so many during difficult times.

Tony received the HPCO June Callwood Award for volunteering in 2022. He is known for his positive, pleasant and helpful manner with residents, guests, families and staff, and we know his caring and compassionate manner flows through in exactly the right moments. Tony also gives memorial donations in honour of those he has served, and helps get his volunteer hours funded by his previous employer CN Rail.



When asked how working in hospice has helped him contemplate his own mortality, Tony knows it has helped him greatly. As we chatted I wished he could share his perspectives with my parents of a similar age. When asked how his wife Susan supports his hospice work, he shared she is very supportive and then he thoughtfully added, **"Sue sees me come home feeling better than when I left"**.

Now, at 80 years old, Tony and Susan met with their lawyer to update their Wills and estate plans. They have no children, and while they have many nieces and nephews, they are all older and doing well for themselves. They feel that by focusing their estate planning on one beneficiary, they will make a significant impact. Tony and Susan believe more places like HCO should exist and everyone should have this special, compassionate care available when needed. They want their legacy gift to help HCO continue on for other families for years to come. We are honoured that Tony and Susan will be leaving a gift by Will to HCO for use at May Court Hospice.

By sharing their intention to make this future gift during their lifetime and agreeing to share their story, we can ensure their desires for this gift are honoured and recognize this wonderful philanthropy during their lifetime.

Do you want to share your vision for the future of HCO and/or learn how you can share more care with a gift of stock/securities or gift by Will? I'd love to chat with you too. Please contact me at 343-961-7037 or at hilary.evans@hospicecareottawa.ca.



On September 6th, one of the hottest days of the summer, more than 130 dedicated golfers, sponsors, and volunteers came to **Holes for Hospice**.

Our golfers played many hours through the heat and stayed cool thanks to our complimentary popsicle stand. This popsicle stand was in remembrance of Elizabeth Hale and her granddaughters' popsicle party that took place at Hein House. This special stop on the course reminded everyone why we were there that day – to raise significant funds for HCO!

After golf, teams enjoyed a lovely dinner, live and silent auctions. Thanks to everyone's generosity, we raised \$50,630! Thank you to our sponsors, including our returning major sponsors, the Elizabeth Hale Family, the Graham Family Foundation, Elite Exteriors, and many more. Thank you to our volunteer planning committee led by Tournament Chair, Bruno Carchidi, and our day-of volunteers. We're back next Wednesday, September 4, 2024!

Your continued support is truly appreciated!

Each year we must raise over \$2.2 million to ensure compassionate care is available when comfort matters most. Please make a donation with your new, convenient reply coupon enclosed with postage paid envelope or donate online. Plus, we hope to see you at an upcoming special event this holiday season.

Upcoming Events at a Glance

Homes for the Holidays Tour and Pop-Up Shop

Gather your friends and family and enjoy a weekend of Home Tours and holiday shopping at the Pop-Up Shop. Home Tour is Nov 17-19, 2023 and the Pop-Up Shop is open to the public, on Nov 17 (10-6) & Nov 18 (10-4) at Saint Elias Centre, 750 Ridgewood Ave. Scan the QR code on the right or visit www.hospicecareottawa.ca/homesfortheholidays2023

#GivingTuesday Campaign

Watch your emails for how you can help us reach our goal of raising \$150,000 for hospice care and compassion on Tuesday, November 28, 2023.

Shine A Light of Remembrance Ceremony

In person, at May Court Hospice Dec 4, and Ruddy-Shenkman Hospice Dec 7 (both 6:30-7:30 p.m.). Please RSVP by emailing Lesley.Doucette@hospicecareottawa.ca



HOME TOUR

	HOME TOUR	NOV. 17, 18 & 19 10AM - 4PM
	POP-UP SHOP	NOV. 17, 10AM - 6PM NOV. 18, 10AM - 4PM

SCAN HERE TO PURCHASE TICKETS





YES, I want to continue to provide care and comfort at Hospice Care Ottawa! Please complete your donation or your Shine a Light tribute gift online by [clicking here](#).

You have received our bi-annual newsletter in appreciation of your support of Hospice Care Ottawa. If you prefer to receive electronically or to update your mailing preferences, please email Lesley.doucette@hospicecareottawa.ca