

Hospice Matters

Hospice Care Ottawa

May Court Hospice

114 Cameron Avenue
 Ottawa, ON K1S 0X1
 613-260-2906

Ruddy-Shenkman Hospice / Hein House

110 McCurdy Drive
 Kanata, ON K2L 2Z6
 613-591-6002

La Maison de l'Est

879 ch. Hiawatha Park
 Orléans, ON K1C 2Z6
 613-424-6560

www.hospicecareottawa.ca



Providing Hospice Residence Care for 20 years!

On January 22, 2001 the May Court Hospice admitted its first patient into the Hospice Residence Program. This was the first program of its kind in Ontario at the time.

Happy 4th Anniversary Hein House

On September 26, 2017 we opened Hein House, the residence wing at the Ruddy-Shenkman Hospice. This is the first full-service hospice in Ottawa West. Since opening 731 clients have received end-of-life care.

A year in review

Staying strong to keep caring for others

Highlights

On September 20, 2021 we hosted our Annual General Meeting (AGM) virtually. While the past 18 months have been a challenge, with COVID-19 being all-consuming, we are grateful to be so well supported. Thanks to our resilient staff, dedicated volunteers and the incredible guidance from our senior leaders and Board Members, we provided high quality care to 939 individuals.

Despite three minor outbreaks, our residences remained open to provide end-of-life care. And while the pandemic paused our in-person community programming, our staff and volunteers have creatively provided phone and virtual supports such as special online events for art, music, support groups and yoga.

Welcome

At the AGM we unanimously voted in new Board Member Jocelyne Contant. We said good bye to Board Member Holly Wagg. Thank you Holly for sharing your enthusiasm and strong background in fundraising these past three years.

Striving to decrease barriers

This year we have started on our journey of equity, diversity and inclusion. Our goal is to be representative of more cultures and communities. We want all

to feel comfortable accessing care. We were happy to have Erin Beckwell as our guest speaker. Erin is a social worker and consultant who has spent her career working in the areas of health, education and community development. She provided creative ways to engage with communities and thoughtful ideas for looking beyond patient care and being responsive culturally and socially.

Looking forward

As we address the residual effects of COVID fatigue, our focus over the coming year will be to continue providing quality care and ensuring safe and healthy

work environments for our treasured employees and volunteers. Retaining and recruiting employees is of utmost importance. Advocating for sustained funding will also be a main priority.

We can't do it without you

Hospice Care Ottawa is only able to continue to grow and better serve our community thanks to you. Together we will persevere to bring clients and families compassionate, patient-centered and culturally responsive care when comfort matters most.

Thank you.

Lisa Sullivan, Executive Director



Hospice residences have remained open to provide end-of-life care. Volunteers lovingly maintain our gardens so visitors can have a beautiful space to spend time with their loved ones.

A 50 Year Legacy

September 4, 2021 marked John Laframboise's 50 year anniversary with Kelly Funeral Homes. Throughout his career he and Kelly Funeral Homes by Arbor Memorial partnered with many organizations in the Ottawa community. Hospice Care Ottawa has benefitted from John's knowledge, leadership and generosity since he first joined the Board of Directors in 2006. His contributions are invaluable. From serving as our Board Chair and being a Hospice Ottawa West (HOW) Campaign cabinet member, to organizing the Holes for Hospice golf tournament from 2016-2020 and being the top individual fundraiser for the Hike for Hospice for many years. Thank you John for understanding the importance of hospice care in the community. We are incredibly grateful.



John Laframboise, former Hospice Care Ottawa Board Chair, at the opening of Heintz House, the residence wing of the Ruddy-Shenkman Hospice in 2017.

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.

Our Vision

Promoting quality in life, compassion in death, and support in bereavement to people in need across Ottawa.

Our Care

Our care is person-centred and focused on physical, emotional, and spiritual comfort. We proudly recognize and welcome the diversity of our community and strive to be inclusive of all. All services are offered at no charge to clients and their families. Care and support are available at home, in community locations, and in our 24-hour residences.

Our Core Values

Compassion and respect guide all of our actions and decision-making.

Inspiration comes from the courage and strength of those we serve.

Excellence in person-centred care is integral to all our work and relationships.

Community grounds all our work. We embrace and encourage collaboration, partnership and diversity.

2021-22 Board of Directors

Catherine Lane - *Board Chair*

Benoît Hubert - *Vice Chair*

Stephen Whitehead - *Past Chair*

Stephanie Elyea - *Treasurer*

Ioanna Sahas Martin - *Secretary*

Bruno Carchidi

Jocelyne Contant

William Cuff

Robert Cushman

Josiane Gomez

Barbara Hogberg

Sylvie Lalonde

Barbara McNally

Susan Murray

Wendy Nicklin

Melissa Salvatore

Ex Officio Members

Dorothy Scorsone, *Past President, The May Court Club of Ottawa*

Lisa Sullivan, *Executive Director*

Dr. Daniel Vincent, *Medical Director*

Indigenous Drummers at the May Court Hospice



The sun shone on Saturday, July 24 when an Indigenous Elder and two drummers sang traditional songs in the gardens of our May Court Hospice. This special event was arranged for a client receiving end-of-life care in hospice residence. The afternoon started with a smudging from an Elder and the scent of sweet grass spread over the gardens. The beat of the drum along with the songs were enjoyed by many staff, volunteers and other residents along with their loved ones. The last song, a travelling song, wished everyone well as they went on with their day.

Holes for Hospice raises \$22,500

On August 25, the Ottawa District Funeral Service Association hosted the annual 'Holes for Hospice' Golf Tournament in support of Hospice Care Ottawa. Though it was a hot day, many golfers safely enjoyed a day on the greens at Cedarhill Golf and Country Club.

A big thank you to Bruno Carchidi, from Tubman Funeral Homes, and his team for organizing this successful event. Also, thank you to the many sponsors, donors and golfers who supported the event.



The May Court Club
of Ottawa
Sustaining Benefactor





Kelly Rider and her Mom, Barb, at the National Arts Centre in 2019. This was the last time they went to the ballet together before COVID-19.

Threads Woven Through like a Tapestry

Barbara Rider—A donor profile

Barbara Rider was a lovely woman who always had a smile on her face and gave back to her community through volunteering whenever her talents were needed.

When Barb died suddenly on June 10, 2021, it came as no surprise to Kelly, Barb's daughter that a portion of her mother's estate was to go to Hospice Care Ottawa.

Barb had seen the importance of hospice care in our community. In 2010, Barb's mother died peacefully at the May Court Hospice. When Barb's husband was dying of cancer, she did not want him dying in hospital, so she worked with the community nurses at hospice and the palliative care doctors to keep him at home throughout

his illness. After he died at home, Barbara accessed bereavement services at Hospice Care Ottawa. She later became involved as a volunteer, helping out at special events.

"When I think of Barb it makes me smile," says Ruth Cameron, former Special Events Coordinator at Hospice Care Ottawa. "When doing fundraising events Barb would help out any way she could. She made beautiful quilts for our auctions and even used her sewing skills for items needed in the hospice residence."

Before Barb's husband passed away, they updated their Wills to include a percentage of their estate to be donated to Hospice Care Ottawa. For some family members, hearing about a gift in a Will to a charitable organization can come as a surprise. Talking about estate planning can be a difficult conversation to have, but Kelly understood what Hospice Care Ottawa meant to her mom and knows it simply was the right thing to do.

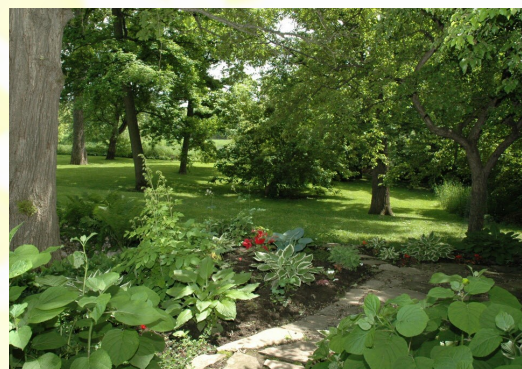
"Just do it, have the discussion," Kelly says about talking about a charitable gift in your Will. "Know you are doing good for all who enter Hospice Care Ottawa. At some point, you or someone you know will need hospice care."

Barb Rider was much loved. If you needed anything, Barb was there, caring, always with a smile, always ready to help in any way. She was one of a kind and will be missed by her family, many friends, and those whose lives she touched along the way. Barb's legacy of caring for others will live on through her bequest to Hospice Care Ottawa.

If you share Hospice Care Ottawa's mission to support individuals and their families through their end-of-life journey by providing compassionate high quality care, please consider making a gift by remembering Hospice Care Ottawa in your Will. For more information contact Sue at 613-260-2906 ext. 224 or susan.mcintosh@hospicecareottawa.ca.

Kind feedback from a family who received care...

"My daughter and I cannot express the gratitude we felt having had my husband, her father, spend his last two days in your care. We could never have had the quiet restful last hours with him that we did, without your help. The kindness and empathy from all of you is beyond anything we would have expected. We are eternally grateful that the end of his life was spent there, rather than where and how we expected it to be. The staff and volunteers accommodated our endless enquiries and fears; held our hands and gently guided us through a process we knew nothing about. They were there when we didn't expect but needed them, at all times. What a pile of gems you have there. Angels who walk among us. You made our future mindset and memories much more pleasant and will cherish them, as they allow us to carry on in peace."



Your support is truly appreciated!

All of our programs and services are provided at **no charge**. With roughly 60 percent of our funding provided by the government, we must raise over \$2 million each year to ensure programming continues. You can help ensure that care and comfort is available when comfort matters most. Please make a donation or support one of our upcoming special events.

Upcoming Special Events

Virtual Homes for the Holidays

Launches Thursday, November 18, 2021

Holiday PopUp Shop

November 19, 20, 21, 2021, 10 am to 4 pm
Hellenic Event Centre, 1315 Prince of Wales Dr.

Giving Tuesday

Tuesday, November 30, 2021

Virtual Shine A Light of Remembrance Ceremony

Monday, December 13, 2021

For the most up-to-date event information visit
www.hospicecareottawa.ca

CONNECT WITH US

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You have received our newsletter in appreciation of your support of Hospice Care Ottawa. To change your mailing preferences please call 613-591-6002 ext. 240.

TAGGART PARKES FOUNDATION PROUDLY PRESENTS



virtual
Homes
for the
Holidays

2021

Launching November 18, 2021

Virtually tour inside six exquisite homes decorated for the season and visit the in-person Holiday PopUp Shop!

For more info call 613-591-6002 ext. 232 or visit www.hospicecareottawa.ca

Thank you to our major sponsors









YES! I would like to support Hospice Care Ottawa

DONOR INFORMATION for charitable tax receipt:

Name: _____

Address: _____

City: _____ Prov.: _____

Postal Code: _____ Tel.: _____

Email: _____

I want to stay informed about Hospice Care Ottawa with email updates

I wish to make a tax-deductible contribution of: \$ _____

METHOD OF PAYMENT:

My cheque is enclosed, payable to **Hospice Care Ottawa**

Please charge my Credit Card: Visa MasterCard AmEX
Credit Card #: _____ Expiry Date: _____

Name on Card: _____

PLEASE DIRECT MY DONATION TO:

Hospice Care Ottawa Programs & Services

Shine A Light of Remembrance

(Please fill out the information below if you wish to have an ornament hung at Hospice Care Ottawa this holiday season)



My Shine A Light of Remembrance donation is in honour of: _____

On behalf of (list of all names to be displayed): _____

Thank you!

Please mail to **Hospice Care Ottawa, 114 Cameron Avenue, Ottawa, ON K1S 0X1**

You can also donate online at www.hospicecareottawa.ca

or by calling Lesley Doucette at **613-260-2906 ext. 222**

Charitable Registration # 11896 3701 RR0001