

Hospice Care Ottawa

May Court Hospice

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

Ruddy-Shenkman Hospice

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



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.

Remembering Kayla

One family's hospice journey continues through the Hike for Hospice

Kayla, a young mom, was diagnosed with lung cancer in January, 2017. After a short hospital stint, doctors started her on a treatment plan, most of which she could have at home. When Kayla's health began to decline, her family was put in touch with Dr. Katerina Spacek, a palliative care doctor who came into the home to help make Kayla comfortable and inform them of the different options for hospice care. The family decided that transferring Kayla to the Ruddy-Shenkman Hospice was best. Once a bed became available in Hein House, she was admitted.

"We were surprised with how beautiful the hospice was," recalls Kayla's husband, Jordan. "The staff and volunteers were super nice and very helpful. They made a difficult situation as easy as it could possibly be."

With Kayla being so young, many friends and family came to visit during her three week stay. "We were able to have many visitors and we made good use of the big family kitchen and beautiful outdoor spaces," said Kayla's mom, Annette. "We always felt welcome, we didn't feel like we were intruding."



Kayla spent her final days at Hospice Care Ottawa. Her loved ones honour her memory at the Hike for Hospice.

Jordan visited the hospice often with Leighton, their son who was nearly two years old. "We felt fortunate to be at the hospice with the beautiful nature trails and outdoor spaces. Everyone helped to make our time at hospice easy and allowed us to spend quality time with Kayla."

As Kayla was nearing the end of her life, the staff brought in a cot and set it up beside her bed so Jordan could spend the night. "This special gesture was above and beyond and I won't forget it."

Kayla died peacefully on September 30, 2018 at the age of 27.



In 2019, *Kayla's Fight Club* was one of the top Hike for Hospice fundraising teams, raising over \$5,300 to support Hospice Care Ottawa. These funds stayed right in our community to provide the same compassionate care to other families, like Kayla's.

Hiking in Kayla's memory

When Kayla was sick, her family and friends hosted fundraising events in support of lung cancer. After she died, they turned their focus to raising money for hospice. "We want other families to get the same care that we got – it was just so special," said Jordan.

As soon as Annette heard about the Hike for Hospice, she definitely knew they would participate as a team to honour Kayla. "We are lucky to have Hospice Care Ottawa," said Annette. "We need to support it."

Jordan was immediately on board. "Hospice and dying is definitely something that you don't want to think about," he said. "Once it affects your family and you need hospice care you realize how fortunate we are to have such amazing facilities in our city that provide wonderful end-of-life care and a special place for people to die peacefully."

Hike for Hospice 2020 will take place on May 9. Register today and help raise funds to ensure hospice care is available to those who need it. Turn to page 4 for more details.

New Strategic Directions Established for Hospice Care Ottawa

"Continue to focus on what you do well!"

The year 2020 brings with it some new plans for Hospice Care Ottawa. Thank you to everyone who provided input into the making of our new five year Strategic Plan. You shared many great ideas and reminded us clearly to continue to do what we do well and to remember our community roots.

Based on the feedback from our community, the key strategic directions developed for the next five years are to:

1. **Provide exceptional client and caregiver experience.** This will include making sure our clients and caregivers have input and are actively involved in their care and health decisions, ensuring our employees and volunteers feel supported and satisfied and accrediting our programs with Hospice Palliative Care Ontario.
2. **Increase access to our services.** We will continue to strive for increased services for Francophone people in our community and we want to reach more diverse communities (e.g. Indigenous, multicultural and LGBTQ). While MAiD is not a medical procedure that Hospice provides, we will develop a policy to allow the MAiD procedure on site by external health care providers.
3. **Strengthen community involvement.** We will ensure our community volunteers, partners and donors are recognized and feel valued. Our focus will be to increase our profile and be a partner in our health care system and transformation.
4. **Ensure financial sustainability.** Our government advocacy will focus on increasing operational funding to at least 80% of our costs. We will need to fulfill our financial and fundraising goals for a balanced budget annually in order to continue to provide our much needed hospice care.

Our new strategic plan is available on our website at www.hospicecareottawa.ca. There will be lots more exciting plans to come so stay tuned. And please share any further ideas you have!

Thank you for continuing with us on this journey.

Sincerely,

Lisa

Lisa Sullivan
Executive Director, Hospice Care Ottawa

All of our programs and services are provided at **no charge**.

You can help us continue to provide care and comfort.

Please make a donation or support one of our upcoming special events.

Go to page 4 for more information.



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.

2019-20 Board of Directors

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David and Reta celebrating their 45th wedding anniversary.

I once again became his wife - My Hospice Journey

By Reta Hamilton

My husband, David, was diagnosed with cancer in October 2013. Our simple daily living became very challenging.

As a Hospice Care Ottawa volunteer, I was aware of the programs they offered to people with a life-limiting diagnosis. When I initially presented the idea of him attending the Day Hospice program, David expressed reluctance and asked for space to think. Once he realized that a driver would bring him to and from the hospice and he would get to socialize with people other than me he was "all in". David's major concern was always not being a burden to me. The program, in his mind, took pressure off me.

In December, 2017 he began attending Day Hospice each Wednesday at the Ruddy-Shenkman Hospice. Day Hospice became a thing of joy to him. He loved people and could be his amazingly extroverted self with no constraints. It allowed him to share his ginormous mental library of jokes. The supply was inexhaustible! He often spoke of friends he made and how loving and kind the staff were. Day Hospice became the highlight of his week.

Along with the weekly respite Day Hospice provided to me, I participated in the Caregiver Evening Out at the May Court Hospice. It became my oasis where every breath and thought was not regulated by cancer. It was a space where I could accept being cared for and for a space of time - to forget.

As David's health declined, he was admitted to Hein House, the residence at the Ruddy-Shenkman Hospice. He spent his last two and a half days there – it was a time of great joy. I once again became his wife. He left this world with grace and dignity on August 31, 2018. For that I will be eternally grateful to the staff who treated him with such simple compassion and respect.

Do you know someone who has been diagnosed with a life-limiting illness? We can help.

Anyone can make a referral to our Community Hospice Care programs. Call 613-680-0306.

Note: Admission to hospice residence care is done through a referral by a healthcare provider.

Become a *Partner in Comfort* Monthly Donor

There are many reasons why becoming a monthly donor to Hospice Care Ottawa is a win-win-win for everyone. Here's how it works:



INVESTING Monthly giving is consistent and reliable funding, which is helpful for us to forecast and to invest in our current and long-term programs.



COST EFFICIENT You receive only one tax receipt at the end of the year. This reduces paper usage and postage costs. You're helping us to be 'green'!



THE ULTIMATE GIFT You're allowing compassionate and supportive care to be provided to individuals with a life-limiting illness and their families, when and where it is needed.

To become a Partner in Comfort, give us a call at 613-260-2906 ext. 222 or visit hospicecareottawa.ca/donate
Every gift makes an impact!

We need your support...

With roughly 60% of our funding provided by the government, we must raise over \$2 million each year to ensure programming continues. Please consider making a donation or supporting an upcoming event.

Upcoming Special Events *Mark your calendars!*

Hike for Hospice Care Ottawa
Saturday, May 9, 2020

Holes for Hospice Golf Tournament
Wednesday, September 2, 2020
Loch March Golf & Country Club

For the most up to date information about our special events visit our website www.hospicecareottawa.ca

To host your own community event in support of Hospice Care Ottawa contact Martha at 613-591-6002 ext. 232



Saturday, May 9, 2020

Lace Up! We can still Hike in support of Hospice Care Ottawa!

To ensure our clients, volunteers, staff and supporters are safe we have switched to a virtual hike to practice social distancing.

Simply register online, share your fundraising page with your family and friends, collect donations and join us virtually for a 5km walk.

To register for the Hike or make a donation visit www.hospicecareottawa.ca or call 613-260-2906 ext. 222

• Thank you to our Sponsors & Supporters •



Wednesday, June 24, 2020
Sala San Marco, 215 Preston St.
 Doors open: 5:30pm • Dinner: 7:00pm
 Gather your friends and family for a magical evening in support of Hospice Care Ottawa. Guests will enjoy a delicious meal, auctions, a wine draw and a dazzling show by local magician and entertainer Mr. Smiley.

Early Bird Tickets*: \$80 per person
Tickets: \$90 per person
 *Buy your tickets before May 22, 2020 to save \$10 per person

For more info or to purchase tickets call 613-260-2906 ext. 222 or visit www.hospicecareottawa.ca

POSTPONED

YES! I would like to support Hospice Care Ottawa

- I would like a 2020-21 Hospice Care Ottawa Membership: **\$25**
- I wish to make a tax-deductible contribution of: \$ _____
Total: \$ _____

DONOR INFORMATION for charitable tax receipt:
Charitable tax receipts will be issued for donations of \$25 or more

Name: _____
 Address: _____
 City: _____ Prov.: _____
 Postal Code: _____ Tel.: _____
 Email: _____
 I want to stay informed about Hospice Care Ottawa with email updates

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: _____
 Contact me about the *Partners in Comfort* monthly giving program

Thank you for your support!

Please mail to **Hospice Care Ottawa, 114 Cameron Avenue, Ottawa, ON K1S 0X1**
 You can also donate online at www.hospicecareottawa.ca/donate
 or by calling Lesley at **613-260-2906 ext. 222**
 Charitable Registration # 11896 3701 RR0001



It's time to renew your annual membership! Memberships are valid from April 1, 2020 to March 31, 2021.

Remember: You must have a current 2020-21 membership to be able to vote at our Annual General Meeting on Monday, October 5, 2020.
 Fill out the information on this form and send it back to us with your \$25 and you'll be helping us continue providing palliative and end-of-life care in Ottawa.