

# 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](http://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.

## Hike for Hospice Care Ottawa

PRESENTED BY TRACY ARNETT  
 REATLY LTD., BROKERAGE

Mark your calendar for our annual **Hike for Hospice**. It will take place virtually on **Sunday, May 2, 2021**.

Register today to help raise funds for Hospice Care Ottawa or make a donation. Your support will provide end-of-life hospice care at no charge to families. Special care that is much appreciated.

Turn to page 4 for more details.

## COVID-19 : Facing Challenge with Compassion

The changes that COVID-19 brought on came swiftly and frequently. It's hard to believe that it's been over a year since we began sporting full personal protective equipment (PPE), juggling remote work with family responsibilities, restricting visitors and volunteers, physical distancing, coordinating virtual physician visits, and preparing for outbreaks, new procedures and policies. We have all been continually and uniquely challenged, yet we've found a way.

*"In some ways, my quality of life has improved and even been enhanced as I realized the frailty and uncertainty of life even more with the pandemic. It has taught me to try to live life to the fullest each and every day."*

Yoko, Registered Nurse at Hospice Care Ottawa



Linda, PSW, dressed up for the holiday season to bring joy in hospice residence.

Pandemic or not, hospice care workers face hardships each day. Our staff, volunteers and physicians are innately adaptable, decisive and fiercely compassionate. Nobody was ready for the world to change overnight, and it has been far from easy, but we are strong and we will persevere, together.

Like many, we miss meaningful, human connection the most. However, prioritizing communication has helped us address this creatively, like organizing garden and window visits for patients to see loved ones who cannot come into the site. Virtual events and mental health resources have helped us feel more connected and supported and, as always, a little humour and positivity goes a long way!

*"Our thanks to all the staff for running such an amazing and comforting place.*

*The gentleness of the care provided will always be remembered."*

Feedback from a family member whose loved one received care in hospice residence during the pandemic

Families continue to express their appreciation for our care, and we are ever grateful to them for their continued trust. Thank you for helping us take care of our patients, our families and ourselves.

Be kind, stay calm, and wash your hands!

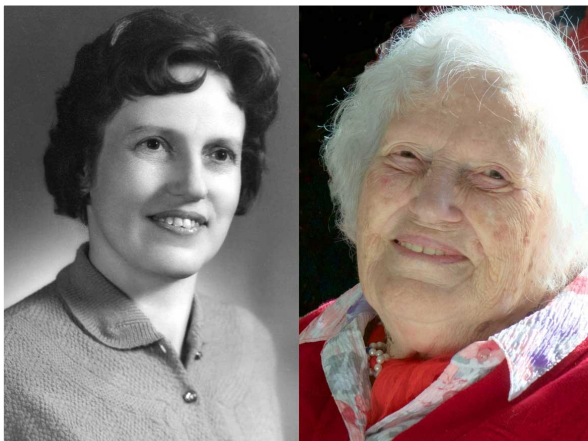
Lisa Sullivan  
 Executive Director, Hospice Care Ottawa



Hospice staff and volunteers, dressed in full PPE, celebrated Nurses Week and Florence Nightingale's 200th birthday by dancing down the halls.

## A Gift in Honour of Christine Dahms

When Christine Dahms heard about the May Court Hospice, then located in the former rectory of All Saints Anglican Church in Sandy Hill, she wanted to offer her support. Before her retirement, she had been a teacher with a lifelong passion for art. She firmly believed that anyone could be an artist, and her enthusiasm was contagious.



Christine Dahms, an artist and volunteer, helped to create the art program at hospice.

Her offer to help set up an art program for the May Court Hospice was gratefully accepted. Christine really looked forward to being among those closer to the end of life. She was elated when someone who had never dared to try watercolour was inspired to do so. Some of the resulting artworks were printed and sold as cards or calendars - a bit of a fundraiser for hospice and proud records for the artists.

After the May Court Hospice moved to the current Cameron Avenue location, Chris retired as an "art whisperer". During her long years in retirement homes, she continued to paint in various mediums. The last summer of her life, she enjoyed sketching in the beautiful gardens of Rideau Place on-the-River. Christine died last March, just before the pandemic restrictions affected us all. She was 103. Her family and a good palliative team facilitated her last weeks of care in comfort.

Because of Christine's stalwart interest, daughter Judy has donated a generous gift to Hospice Care Ottawa in memory of her mother.

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.

## Maria's 50 km for Hospice Care Ottawa



Maria-Elisa Tabunar is a Registered Practical Nurse at Hospice Care Ottawa. Being a runner, one of her goals for 2021 is to run 50 km while raising funds for hospice to ensure more families can receive compassionate end-of-life care. She is registered for the Tamarack Ottawa Virtual Race Weekend and her goal is to run 50 km one day this May. You can help Maria reach her \$5,000 goal by making a donation at <https://raceroster.com/events/2021/34303/tamarack-ottawa-virtual-race-weekend-2021/pledge/participant/10821848>.

### 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.

### 2020-21 Board of Directors

Catherine Lane - *Board Chair*

Benoît Hubert - *Vice Chair*

Stephen Whitehead - *Past Chair*

Stephanie Elyea - *Treasurer*

Ioanna Sahas Martin - *Secretary*

Bruno Carchidi

William Cuff

Robert Cushman

Josiane Gomez

Barbara Hogberg

Sylvie Lalonde

Barbara McNally

Susan Murray

Wendy Nicklin

Melissa Salvatore

Holly Wagg

### Ex Officio Members

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

Lisa Sullivan, *Executive Director*

Dr. Daniel Vincent, *Medical Director*



## Delivering Comfort

This past holiday season, our team wanted to do something special for our clients in the community who have been left isolated without a Day Hospice or Volunteer In-Home

Support program. Something to remind them how much we care.

With the generosity of many volunteers, staff and donors, the team compiled 85 community comfort kits. Each included either a quilt or throw, knit items, a mug with tea, an activity booklet and small gift like an ornament, candle, etc. Also included was a package of delicious goodies made by our cooks, Heather and Margo. These kits were personally delivered by volunteers and the positive feedback received from clients was more than we expected.

*"Thanks to everyone who works and volunteers, both physically and virtually. We can feel the empathy and love. Please let everyone there know how much the holiday care package is appreciated."*

*Feedback from a comfort kit recipient*



Volunteers and staff filled and delivered 85 community comfort kits to our clients living in the community.

## Volunteer Highlight • Anne-Louise Todd

*How COVID-19 has impacted my role*



Anne-Louise Todd has been volunteering with Hospice Care Ottawa for six years, providing care to many clients in the community.

I started volunteering with Hospice Care Ottawa six years ago. Up until March 2020, I supported many palliative patients in person through the In-Home Support program and drove guests to and from the weekly Day Hospice programs.

COVID-19 has certainly impacted my role as a volunteer. The Day Hospice programs are on hold so no weekly drives and we are not permitted to enter into our clients' homes. I truly miss interacting with the volunteers, our Day Hospice guests and the hospice staff. Mostly, though, I miss the ability to have physical contact with clients and guests.

Throughout the pandemic the residences remain open to provide end-of-life care. During the warmer months I volunteered as a garden monitor. This allowed visitors to spend time with their loved ones in a safe manner.

I continue to support my in-home client virtually through regular telephone calls. Our topics of discussion are endless and we enjoy singing songs together. Our phone visits let her know that I truly care for her even though I cannot be in her home by her side. Many times, I have stood outside her house waving and dancing while I hold my custom-made cardboard signs while she watches "the show" from her window.

While this past year has brought many changes and challenges to my role as a volunteer, a highlight was delivering a comfort kit to my client on Christmas Day. It was such an honour to see her in person, at a distance, and she was so thrilled to receive the bag full of beautiful gifts. What has not changed is my commitment to support her as best I can through this pandemic and to continue to make her smile.

Thank you for the privilege of being a Hospice Care Ottawa volunteer.



Congratulations to the May Court Club of Ottawa, our Sustaining Benefactor, who were the recipients of the June Callwood Outstanding Achievement Award for Voluntarism presented by the Province of Ontario Ministry of Heritage, Sport, Tourism and Culture Industries! This award is well deserved as their members do so much for our community and Hospice Care Ottawa. Thank you for all that you do, May Court Club of Ottawa!

## 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 Events

*Mark your calendars!*

**Virtual Hike for Hospice**  
Sunday, May 2, 2021

**Holes for Hospice Golf Tournament**  
Late summer, 2021  
Stay tuned for details

**Virtual Annual General Meeting**  
Monday, September 20, 2021

For the most up-to-date information about our events, visit our website  
[www.hospicecareottawa.ca](http://www.hospicecareottawa.ca)

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



Lace up for Hospice Care Ottawa! Hike with us...virtually!

Hike for Hospice is an annual event to raise funds and awareness for Hospice Care Ottawa. To ensure our clients, volunteers, staff and supporters are safe, we are hosting our hike virtually again this year. Complete your hike any way you like: in your neighbourhood, on a local trail or even on your treadmill!

1. Register at [www.hospicecareottawa.ca](http://www.hospicecareottawa.ca).
2. Share your online fundraising page with family and friends.
3. Complete your 5 km hike any time on or before May 2.  
Be sure to make a hike poster, snap a photo of you hiking, share on social media and tag @HospiceCareOttawa.

Together we can reach our goal of \$135,000, which will provide compassionate and supportive care to individuals with a life-limiting illness and their families.

For more information or to make a donation, visit [www.hospicecareottawa.ca](http://www.hospicecareottawa.ca) or call 613-260-2906 ext. 222.



• Thank you to our sponsors and supporters •



## YES! I would like to support Hospice Care Ottawa

- I would like a 2021-22 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](http://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, 2021 to March 31, 2022.**

*Remember:* You must have a current 2021-22 membership to vote at our Annual General Meeting on September 20, 2021.

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.

