

Hospice Matters

Hospice Care Ottawa

May Court Hospice
 Old Ottawa South

**Ruddy-Shenkman Hospice /
 Hein House**
 Kanata

La Maison de l'Est
 Orléans

www.hospicecareottawa.ca

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Stay connected to Hospice Care Ottawa through
 your favourite social media



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.



A Message of Hope

From Lisa Sullivan, Executive Director

“Where flowers bloom, so does hope.”

– Lady Bird Johnson

It can be challenging to remain positive after all we have endured these last two years, especially during the winter months. So, I encourage you to let the approaching new season be a reminder that there is always hope for a better and warmer future.

What are you hopeful for this spring? I am hoping for the end of the pandemic, and a kinder, more empathetic and inclusive world.

Here’s to our exceptional staff, volunteers and supporters who continue to sustain us and allow us to put compassion first. Here’s to our upcoming *Hike for Hospice* event in May, and the opportunity to reconnect with the outdoors and our loved ones. Here’s to keeping spring in our hearts!

Hike for Hospice Care Ottawa

**PRESENTED BY TRACY ARNETT
 REALTY LTD., BROKERAGE**

Mark your calendar for our annual ***Hike for Hospice.*** It will take place virtually on **Sunday, May 1, 2022.**

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.

Skirl of the Pipes

Claire has been supporting Hospice Care Ottawa since her beloved husband Robert (Bob) died at the May Court Hospice on September 8, 2010. Bob was 53 years old.

Bob was a Glaciologist and sea ice expert who spent many years facilitating navigation in sea ice, and who spent many years travelling and working in the Arctic. He was instrumental in developing FedNav’s ICENAV system, which is vital to shipping in ice infested waters.

It was very fitting that Claire’s first major fundraiser was a viewing of the remarkable movie “Wonders of the Arctic” at the IMAX theatre at the Museum of History. The movie was dedicated to Bob and the evening was a sellout, raising over \$10,000 for Hospice Care Ottawa.

One of Claire’s many talents is playing the bagpipes, which is not surprising for a lass from Glengarry County. Many may have heard her pipe at the *Hike for Hospice.* **(Continued on page 2)**



For years, Claire has played the bagpipes to start participants on their *Hike for Hospice.*

Our Incredible Hospice Team

Hospice Care Ottawa is so grateful for the amazing staff and volunteers who share their time, talents and compassionate caring. On our social media accounts, we have been highlighting just some of our wonderful team members. We love hearing their special stories and what brought them to hospice. Here is Linda's story...



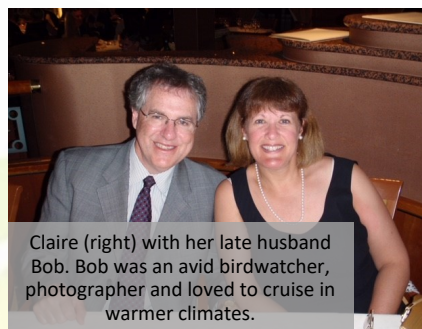
Hello. I'm Linda, a lead Personal Support Worker at the May Court Hospice and I call this place home. Since 2006, I have welcomed and befriended residents in either official language. I quickly establish a kind-hearted relationship, provide daily care and console them. The hospice journey is a route I have travelled many times. After working many years in accounting and business management, I felt a higher calling and changed careers. I knew I could apply myself to help others in a more effective manner. Recently during Advent, I organized an "ELF TEAM" to distribute warm memories of Christmas past with music and laughter. Many families have written to me to express their appreciation. I know I have found my calling working at Hospice Care Ottawa.

Skirl of the Pipes (Cont'd)

(Continued from page 1) Claire's memory of the day Bob was admitted to hospice was one of comfort, kindness and reassurance that Bob was in good hands. Claire could step back and be a loving wife again instead of a caregiver. She remembers the feeling and speaks of it to this day with great emotion.

From *Hike for Hospice* to participating in the annual *Holes for Hospice* golf tournament to being a *Partner in Comfort* monthly donor and leaving a legacy gift in her Will, Claire is committed to continue supporting Hospice Care Ottawa.

We very much appreciate Claire's support which helps Hospice Care Ottawa to provide palliative and end-of-life care at no charge to individuals and their families.



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

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

Lisa Sullivan, *Executive Director*

Dr. Daniel Vincent, *Medical Director*

A "Magical Experience" at Hospice

By David Hale

On June 7, 2021, my Mom, Elizabeth Hale, passed away at Hein House at the Ruddy-Shenkman Hospice. Before this experience, I honestly never thought about hospice care or the role its operational and nursing staff would play in someone's end-of-life journey. I always just assumed someone goes to the hospital and slowly fades away into their afterlife. What never crossed my mind is how slowly that process can sometimes go, taking days, weeks, or even months, and how both the "patient" and, equally importantly, their families need to be supported during that time.

When I think back to my Mom's end-of-life journey, and her time at hospice, it is a beautiful memory; which seems like an oxymoron, given the circumstances. In truth, it was the nursing staff and volunteers that made the experience so memorable and "enjoyable". I watched as they quickly bonded with my Mom, my young daughters, and our other family and friends (even if they were sitting outside for a window visit). They were more than healthcare professionals and volunteers, they were counselors, companions, waiters and waitresses, and also magicians. One of the "magical experiences" the staff created for our



Elizabeth Hale having a popsicle party with her granddaughters on the patio of Hein House.

family was allowing my girls to have a popsicle party with their grandmother, a person who played such a significant role in their young lives but who they will almost certainly forget as they get older. This popsicle party is a memory I cherish and this photo is one we will use to help our children understand their grandmother's love for them one day. It was a beautiful moment made possible by the care of your staff.

As a way to thank everyone at Hein House, our family and friends made donations to Hospice Care Ottawa in memory of my Mom. We felt this was a special way to honour her memory and ensure that others can experience the same care in the future.



The May Court Club of Ottawa

Sustaining Benefactor

The May Court Club of Ottawa is Canada's oldest service club. The club was founded in 1898 by Lady Aberdeen, wife of the then Governor General of Canada, who encouraged young ladies to help those less fortunate than themselves.

Over the years, The May Court Club of Ottawa has helped to meet local needs with the first free tuberculosis dispensary in Canada, aid during both World Wars, and other service to the Ottawa community.

In 1998, The May Court Club of Ottawa and The Hospice at All Saints, entered into an agreement for the use of 114 Cameron Avenue, now known as the May Court Hospice, that includes rent-free accommodation and an annual grant to the Hospice. Since that time, the partnership of the May Court Hospice and The May Court Club of Ottawa has proved remarkably successful. The May Court Club sees its facility used as an important part of its community outreach and a volunteer opportunity for its members. The Hospice has a serene and attractive home which provides compassionate care and support to individuals and their families.

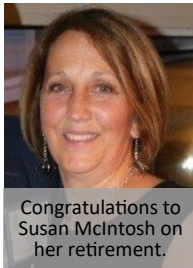
Hospice Care Ottawa is tremendously grateful to and proud of its association with The May Court Club of Ottawa and in officially acknowledged the club's great contribution by recognizing them as *Sustaining Benefactor* of Hospice Care Ottawa in 2017.

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 and/or supporting an upcoming event. For the most up-to-date event information or to make a donation, visit our website www.hospicecareottawa.ca

Staff Update

Congratulations to Susan McIntosh who retires April, 2022. Sue has worked as our leader of Fund Development and Communications for seven years, overseeing many successful fundraisers and creating a warm, welcoming environment for staff, volunteers and donors. Sue epitomizes what hospice care is all about—warmth, compassion and caring. All the best Sue.



Congratulations to Susan McIntosh on her retirement.

We are delighted to welcome Hilary Evans as our new Director of Fund Development and Communications. Hilary comes to us with a strong background in fundraising and has a lot of experience working with clients and families living with chronic illness.



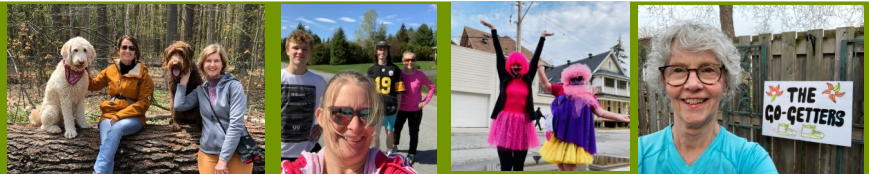
Lace up for Hospice Care Ottawa! Hike with us...*virtually!*

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.
2. Share your online fundraising page with family and friends.
3. Complete your 5 km hike any time on or before May 1. Personalize a Hike t-shirt and/or make a poster, snap a photo of you hiking, share on social media and tag @HospiceCareOttawa.

Together we can reach our goal of \$170,000, 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 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 2022-23 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, 2022 to March 31, 2023.

Remember: You must have a current 2022-23 membership to vote at our Annual General Meeting on **September 26, 2022.**

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.

