

SPRING 2023

# HOSPICE MATTERS

Official Newsletter of Hospice Care Ottawa

## The Benefits Of Day Hospice Programs



When Laurie received a diagnosis of end stage liver disease in 2017, her doctor said she had two years to live. Thankfully, a community nurse conducting a home visit helped get Laurie into the day program at May Court Hospice. Six years later, Laurie is sharing how the weekly program is positively impacting her life.

“If the hospice program hadn’t been there for me in the beginning, things might not have turned out as well as they have. Hospice offers a safe haven and is totally supportive and accepting of the client and their limitations.”

Every week, Laurie joins in the group activities at May Court Hospice, which include art, music, puzzles, a therapy dog, a hot lunch and even a fresh haircut. “People think hospice is a quiet, solemn place, but its quite uplifting. It’s a place to go and get out of the house, and out of your own world with your own consuming thoughts.”

On living with a life-limiting illness, Laurie says “When you are told you are going to die, and time is running near, you cocoon yourself. You want to preserve time for what’s most important. I started to really look inwards and take note of what I want, who I want to be, what I want at the end of my life, and what’s important to me. I am very blessed to have access to such a valuable resource.”

Laurie expresses how hospice offers support that other places don’t. “In hospice, we are all living with a life-limiting disease. There’s no judgement in the group. A life-threatening disease can be so many things. Not everyone has a cancer diagnosis.”

Could hospice be a model for society? A place where it’s acceptable to be yourself at whatever stage you are at in your hospice journey?

“Your personality and background might be different from someone else’s but that doesn’t matter. You’re brought together by disease and you get to experience life as it is in the moment.”

Thank you for your continued support. You are making a difference for people like Laurie.



### This issue:

The Benefits of  
Day Hospice Programs  
Page 1

Mended Fences,  
Final Days  
Page 2

Board of Directors  
Page 2

Volunteers  
Help Us Glow  
Page 3

Our Family  
Support Team  
Page 3

Events &  
Fundraising  
Page 4



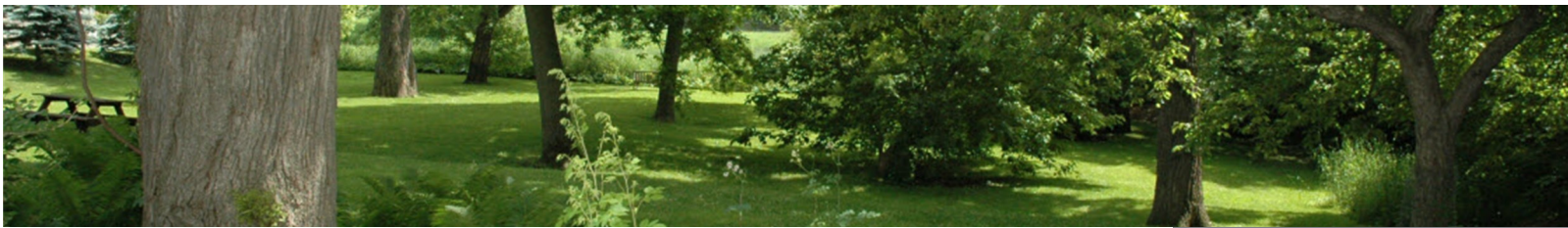
The May Court Club of Ottawa  
Sustaining Benefactor

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## Mended Fences, Final Days

### *The Story of Cheryl & June*



My relationship with my mother wasn't an easy one. We had been estranged for fourteen years. But five months before her diagnosis, we reconnected. I'm so thankful that we did.

Shortly after my mum, June, received the diagnosis, she went into hospital. Only eight weeks after that, mum was transferred to Hein House.

We were so fortunate this was available to us. Our time there was more than we could have ever received at a hospital or on our own. Staff and volunteers rallied around us. They helped mend fences.

June was a big personality, interactive, and determined to get out of bed. The staff had to work hard, and all they asked of me was to trust them, and be present when needed. I had to trust that when I was away, June would be well cared for, and that was quickly apparent. They knew exactly what we needed, when we needed it.

Mum and I had decided early on I wouldn't be there for her death, but I arrived shortly after. I was greeted with love and hugs. There were pancakes made by a volunteer named Mary, to whom I'll always feel connected and appreciative.

Hospice Care Ottawa staff and volunteers know the caretaker role. Their care and decision making allowed me to focus my emotional energy on my mum. The hospital had been full of sounds, beeps and people everywhere. In comparison, hospice is quiet, peaceful, and private. I was given the space to get my mum through the last part of life.

I am quick to tell everyone about my experience at Hospice Care Ottawa. I've been a **Partner in Comfort** monthly donor since 2018 and support fundraising events like Homes for the Holidays and Hike for Hospice. I do this because we all need to ensure this wonderful care and support is available to our community now and in the future.

Help us Spring to 250 and become a **Partner in Comfort** monthly donor today. Scan the QR code to sign up.

To read more stories like Cheryl & June's, go to our Story Page at [www.hospicecareottawa.ca/stories](http://www.hospicecareottawa.ca/stories).



### 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.

### Board of Directors

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### Ex Officio Members

Christine Beelan, Past President,  
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Dr. Daniel Vincent,  
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## Volunteers Help Us Glow

### *Behind the Scenes with Barry Sims*

One of the many magical aspects of May Court Hospice are the lights that hang from the ceiling in the hallways. Running from one end of the building to the next, they are like shimmering emeralds caught in a fishing net. Their charm invites you to be enchanted with the magical moments that happen in hospice.

Behind the design is someone who put a lot of thought into it. Barry Sims, a long-time volunteer, worked on the original installation of the hallway lighting, and has done so much more, transforming and maintaining space for hospice and palliative care.

Barry has been volunteering since Hospice Care Ottawa was Hospice All Saints. It was at a fundraiser that he learned he could lend his talents to lighting, painting and other jobs at the hospice. Barry jokes that he's a "go-fer", as he likes contributing to the background. Painting floors, walls, re-varnishing. There are all types of work that need to be done.

Barry is a big help at Hike for Hospice, arriving on the day of the biggest fundraiser of the year, ready to roll up his sleeves and pitch in. When asked what keeps him committed, Barry replies that it's good to feel useful.

Thank you, Barry, and every volunteer who gives their time. If you would like to volunteer at one of our three locations, email: [volunteer.services@hospicecareottawa.ca](mailto:volunteer.services@hospicecareottawa.ca).



## Our Family Support Team



*Left to right: Shirley Chennette, Erika DeSchiffart, Rachel Levine-Katz, Helen Harrington, Vanessa Cardinal*

When someone you care about has died, you are faced with a difficult and challenging journey. You may feel pain, fear, lost, fatigue or a sense of loneliness but you do not need to grieve alone.

Hospice Care Ottawa is available to provide support through this process. Our staff and trained volunteers are here to listen and support. Our services are available to those experiencing a death through a life-limiting illness who live in the city of Ottawa and include:

Bereavement Groups in English and French, Partner/Spousal Support Groups, Adult Loss of Parent Group, Bereavement Retreats, Grief and Bereavement Walking Groups, Drop-in Groups and Counselling. For more information visit our website at [www.hospicecareottawa.ca/bereavement-care](http://www.hospicecareottawa.ca/bereavement-care).



## WE CAN'T DO IT WITHOUT YOU!

The stories that fill our pages are made possible thanks to our donors, sponsors, volunteers and staff. Please support our fundraising efforts by signing up, sponsoring and donating today at [www.hospicecareottawa.ca](http://www.hospicecareottawa.ca) or with your enclosed reply coupon.

## Coming Together In Person! Come Hike With Us!



# Hike for Hospice Care Ottawa Saturday June 3

presented by



Kelly Funeral Homes  
Capital Funeral Home & Cemetery  
by Arbor Memorial

With additional sponsorship provided by:



FASKEN  
Law Firm | Avocats



### Event Details

Registration & Check-In: 8:30 a.m.

Opening Ceremonies: 9:40 a.m.

Hike: 10:00 a.m.

Location: Field House, Carleton University  
1125 Colonel By Drive

This annual tradition brings together families and friends to hike In Honour and In Memory of someone special. Our biggest fundraiser of the year raises awareness and funds for our vital programs and services, supporting people with life-limiting illnesses and their families.

Register today, invite your friends and family to join you, donate or volunteer and help us to continue providing comfort when it matters the most.

**SIGN UP TODAY** at <https://hospice-care-ottawa.givecloud.co/hike-for-hospice>  
Or scan the QR code here:



We are looking forward to seeing you again in person for our 2023 fundraisers! Thank you for your ongoing support and commitment.



Register today by visiting our website or calling Bruno Carchidi, Tournament Chair at 613-620-2969



**Save the date!**

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 [info@hospicecareottawa.ca](mailto:info@hospicecareottawa.ca).

### CONNECT WITH US



**YES, I want to continue to support Hospice Care Ottawa!**  
Please see new reply coupon enclosed with postage paid envelope.