A year in review
and a bright future ahead thanks to you!

Celebrating our successes
On September 26, 2016, many Hospice Care Ottawa supporters attended our Annual General Meeting held in the Aberdeen Hall at the May Court Club of Ottawa where we celebrated our many accomplishments over the last year. Thanks to our many volunteers, donors, and staff, we provided high quality palliative and end-of-life care to over 1,300 people living with a life-limiting illness; opened the doors to La Maison de l’Est in Orléans allowing us to expand our community programming to French speaking clients; and started construction on ‘Hein House’, the residential wing of the Ruddy-Shenkman Hospice.

Welcome
John Laframboise was welcomed in his new role as Chair of our Board of Directors. We also unanimously voted in three new Board Members: Robert Cushman, Sandy Foote and Catherine Lane. Unfortunately we said goodbye to our past Board Chair, Janet Dunbrack, who was our strong leader for the last few years.

Praises for hospice
We were pleased to have John Fraser, MPP Ottawa South, Parliamentary Assistant on Palliative Care to the Minister of Health and Long Term Care as the guest speaker at our AGM. John is a strong advocate for palliative and end-of-life care in Ottawa. He has experienced the care first-hand when his father spent the last three weeks of life at the May Court Hospice. He praised the staff and volunteers for their kind words and deeds, stating, “If there are rest stations between heaven and earth, the May Court Hospice is surely one of them.”

Future planning
Lisa Sullivan, Executive Director of Hospice Care Ottawa, was delighted to report that, thanks to input from many community stakeholders, we have developed our 2016-2019 Strategic Plan. Our plan will help ensure that we continue to provide excellent care while expanding to meet the increasing demands in our community. Our focus will also be on public awareness and fiscal stability to ensure we can continue to provide hospice care into the future.

We can’t do it without you
Hospice Care Ottawa exists because it is a caring and financially sound option for palliative and end-of-life care. Hospice Care Ottawa provides all of its programs and services at no cost to individuals and families we serve. However, this means we need to fundraise over $1.8 million this year alone to operate. By making a donation or supporting one of our fundraising initiatives you can ensure compassionate, client-centered care continues where and when individuals need it most. Please donate today.

Please support end-of-life care by making a donation to Hospice Care Ottawa. You can either mail in the donor card on page 4, call 613-260-2906 ext. 222 or donate online at www.hospicecareottawa.ca

DID YOU KNOW...
All of our programs and services are provided at no cost to individuals living with a life-limiting illness.

Anyone can make a referral to our Community Hospice Care programs (Day Hospice Programs, In-Home Support and Bereavement Care). For more information or to make a referral call 613-591-6002 ext. 23

Residential Hospice Care is available to individuals who are within the last days to weeks of life and require 24 hour care. Individuals must be clients of the Community Care Access Centre. Referrals are sent from a health care provider to our Regional Central Triage System hosted at Bruyère Continuing Care. For more information call 613-260-2906 ext. 229.
Dear Staff, Volunteers and Supporters,

Like the many families who came before us, our story starts with the devastating news that our loved one has a terminal illness and ends sadly with their passing. Though it was, and continues to be, an emotional time, I have some photos to remind me of some of the magical days we spent at the May Court Hospice.

Mom was initially hesitant to leave the hospital and go into a hospice. She was convinced that hospices were cold, unfriendly institutions where people went to die. When we walked into the May Court Hospice she quickly realized how beautiful the place was, filled with warmth and care. The nursing staff were so wonderful as mom settled in. They answered all of her questions and made mom feel like she was in control and making all the decisions. Mom's face was beaming!

One memorable day at the hospice was shortly after Mom's arrival. JP, a close friend of Mom's, and I took Mom for a tour. Mom loved to paint so we stopped to look at each of the art pieces that lined the halls and the Art Room. She loved them all. She saw the puzzle table and, with a twinkle in her eye, suggested that she and JP work on it together. We visited all of the lovely sitting rooms while listening to the volunteer playing the piano. She was full of hope and you could see she was finally happy!

Mom returned to her room where she slept peacefully for a while. When she woke she asked me if this was the place I had wanted her to come to. I smiled and answered yes....She looked at me, smiled back and said thank you. Sadly, Mom never made it out of bed again but the memory of that magical day carries us through the difficult days. When I think of Mom, I see her as she was that day, happy and full of hope, for this, I owe you all a great deal of gratitude.

If there is a Heaven on earth then surely it’s the Hospice! It's staff, doctors, nurses, and the army of volunteers who interact with the residents and their families as well as those who serve quietly in the background – you are the Angels. You inspire us and give us hope. We were truly blessed the day we walked through the doors of the Hospice and I will forever be eternally grateful to all of you for your compassion and wonderful care you not only gave to Mom but to JP and I as well. May your kindness be returned to you tenfold.

Bless you all!

Mom and her dear friend, JP shared a tender moment in the solarium, her favourite room at the Hospice.

Mom enjoyed touring the beautiful Hospice in her 'Rolls Royce' of chairs. When she was ready to go she'd give the signal to her chauffeur (me!) and we were off!
Hein House at the Ruddy-Shenkman Hospice
Construction is well underway!

Our dream for a residential hospice in Kanata is almost a reality! Construction workers are on site and this time next year we will have 10 hospice rooms and two palliative respite rooms operating at Hein House. We do, however, still need help to cover construction costs. Please consider a donation to our Ruddy-Shenkman Residential Hospice Building Fund today.

You can donate using the donation form on the back of this page or call us or go online www.hospicecareottawa.ca

Teeing off for Hospice

Despite a bit of rain, the women of Carleton Golf & Yacht Club and their guests enjoyed a great Mad Hatter Tee Party on July 15, 2016 while also raising funds for Hospice Care Ottawa. The organizing Chairperson, Laurel Onfrichuk chose Hospice Care Ottawa as a thank you for the exceptional care shown to a family member in Day Hospice and Residential Care.

A total of $9,000 was raised!

The tournament would not have been possible without the generosity of the major sponsors and a dedicated, hardworking organizing committee. Thank you!

The sun was shining as golfers enjoyed a day on the course while raising $30,000 at Holes for Hospice, a golf tournament held at Loch March Golf Club on September 16, 2016 in support of Hein House, the residential wing at Hospice Care Ottawa’s Ruddy-Shenkman Hospice. A big thank you to John Laframboise and his team at Kelly Funeral Homes for organizing such a successful event. We are so grateful for your support.

Leaving a Legacy of Care

Dorothy McParland dedicated her life to helping others. Since 1957 she was a member of the Religious Hospitallers of Saint Joseph of the Hotel Dieu of Kingston with her friend and ‘sister’, Margaret Voisin. After a career in obstetrics, Dorothy retired from nursing but continued assisting many people in need, some of whom she welcomed into her home. Margaret recalls Dorothy as the most generous person. She was someone who tried to live a good Christian life and continually helped others.

When Dorothy passed away this summer, Hospice Care Ottawa was notified of a gift that Dorothy had left through her Will. Margaret said that Dorothy was never directly impacted by hospice care but that she was aware of the compassionate support a brother of one of ‘their sisters’ had received at the May Court Hospice. With so much information about Medical Assistance in Dying in the media, Dorothy wanted to ensure that others knew there are other answers if you are suffering. Dorothy understood the importance of palliative care in her community and thanks to this generous estate gift, her legacy will live on ensuring those who are living with a life-limiting illness can receive compassion and comfort which is the focus here at Hospice Care Ottawa.

If the future of hospice programming is important to you, please consider leaving a gift in your Will to Hospice Care Ottawa. For more information, please contact Susan McIntosh at 613-260-2906 ext. 224 or Susan.McIntosh@hospicecareottawa.ca

CONNECT WITH US

Stay connected to Hospice Care Ottawa through your favourite social media

Do you have a story for us? If you have an experience with Hospice Care Ottawa that you would like to share please contact: Kristina Voth-Childs at 613-591-6002 ext. 26 or Kristina.Voth-Childs@hospicecareottawa.ca

You have received our newsletter in appreciation of your support of Hospice Care Ottawa. If you do not wish to receive future newsletters or would prefer to receive them by email please contact Kristina at the coordinates above.
Upcoming Special Events

Mark your calendars!

Delivery of our services is made possible through the support of a small dedicated staff, over 1,000 volunteers and generous donors like you. Please consider supporting our special events.

YES! I would like to support Hospice Care Ottawa

DONOR INFORMATION for charitable tax receipt:

Name: __________________________________________________________
Address: ________________________________________________________
City: ______________________________ Prov.: ________________________
Postal Code: _______________________ Tel.: __________________________
Email: ___________________________________________________________

☐ Check this box if you wish to receive correspondence by email

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

☐ 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 join us as we gather to remember people in our lives who have died. Shine A Light card ornaments will be available at our events. The name of your loved one can be written on the card that will be hung on our Memory Walls. A beautiful tree will be lit in their honour. These serene evenings will include peaceful music, readings and friendship.

December 1, 2016, 7-8:30 p.m.
St. Paul’s Anglican Church, 20 Young Road, Kanata
Master of Ceremonies, Steve Madely

December 5, 2016, 7-8:30 p.m.
May Court Hospice, 114 Cameron Avenue
Master of Ceremonies, Rob Clipperton

Everyone is welcome to share in this time of remembrance. Donations are welcome but not required.

To RSVP or to have a Shine A Light ornament personalized and displayed, please fill out the below form and mail to us by November 28 or call Lesley at 613-260-2906 ext. 222

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 or by calling Lesley at 613-260-2906 ext. 222
Charitable Registration # 11896 3701 RR0001