

“While we cannot add days to your life, we can add life to your days.”

Chris Warburton – Welcome News from our New Board Chair

This newsletter is the first opportunity for me to address the community since I was elected Chair of the Board of Directors at the Annual General Meeting in June of this year. I would like to take a moment to introduce myself.

I was honoured to join the Board of Friends of Hospice Ottawa by the former Chair, Beth Ada in 2009. At that time I was Chair of the Board of the Youth Services Bureau of Ottawa where Alex Munter was then the Executive Director. I retired in 2008 after 25 years with Algonquin College where in my latter years I was vice president responsible for student services and human resources.

In my time with Friends I have been amazed by the enormous commitment to hospice care by staff, volunteers, board members and members of the community in our area. As we approach the festive season it is helpful to look back at the progress made over the past year and the promise for the future.

As many of you know, last year Bruyere Continuing Care, the Hospice at May Court and Friends of Hospice Ottawa entered into an agreement to enhance hospice services in Ottawa for the benefit of patients and their families and to work towards sustainable funding for hospice services across the region. The three agencies established Ottawa Hospice Services Transition Committee



Chris Warburton (Board Chair)

(OHSTC) and with the approval of the Champlain LHIN in January 2011 received funding to hire a project manager and resources. Since then the OHSTC has been meeting regularly to develop the business case for the new structure based on the principles of providing a home-like environment and grounded in community volunteerism. The new agency would also build on the strengths of existing organizations and respect the culture of these organizations. Moving forward must also be based on sustainable funding. This principle has been endorsed by the Champlain Hospice Palliative Care Council.

Another piece of welcome news is that a generous builder has donated a site on Moodie Drive to build accommodation for ten beds which would address the needs in Ottawa West. Once we have a more complete picture of the development of this site we will be able to update and revise the business case of the Hospice Ottawa West Campaign to reflect the Ottawa Hospice Services plan and the requirements of the Ottawa West facility.

These are exciting developments for the hospice movement and through the collaboration of all stakeholders we will be in a better position to meet the goal of enhanced services consistent with our guiding principles.

We will keep you informed as these developments move forward. Best wishes for the coming season.

Remembering Loved Ones

Our annual **Memorial Tribute Service** will be held on **December 1st at 7:00 p.m.** at the **Bells Corners United Church**, 3955 Richmond Road, Bells Corners. To everyone who has lost someone dear to them, we invite you to attend this non-denominational service to remember and honour those with whom we have shared precious time this past year. If you wish, bring a photo of the person you are remembering. Refreshments will be served following the service. We would be honoured by your presence. *Kindly RSVP to Holly Watson at 613-591-6002 Ext.23.*

IF YOU GIVE TO THE UNITED WAY:

You can direct your United Way gift (cash or payroll deduction) or any portion of it, to Friends of Hospice Ottawa.

On your pledge form, please include:

Friends of Hospice Ottawa

555 Legget Drive, Suite 109-Tower A

Kanata, ON K2K 2X3

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The Privilege of Giving this Holiday Season

Now that the festive season is approaching, Friends of Hospice Ottawa would like to take this time to wish everyone in the Ottawa West communities we serve a holiday full of joy and fellowship. We extend our heartfelt thanks to the many individuals and local businesses which have generously supported us throughout the year. Without continued community support, it would not be possible to sustain our programs and services which are provided to our clients free of charge.



It is a great privilege to be able to enrich the lives of our clients, those in our communities who are dealing with life-threatening illnesses, their caregivers as well as the bereaved. It is especially meaningful to be able to do so during the holiday season, for example:

- The regular visits and support of our trained volunteers in many cases make it possible for our clients with life-threatening illnesses to remain at home with their families for the holidays;
- The twice-weekly day hospices Friends of Hospice Ottawa provides to our clients year round (a day away in a comfortable home setting) become holiday-themed and provide cheerful activities, home-cooked meals and companionship at this very social time of year;
- The transportation services our volunteers provide for medical appointments, grocery shopping and other daily-life activities, are available to assist those who wish to do some holiday shopping or go on small outings in their community;
- The support and respite Friends of Hospice Ottawa provides to caregivers, gives them the extra time they need to socialize outside the home and to complete their holiday preparations;
- The companionship and support our volunteers provide to the bereaved is never more appreciated than during the holidays, a difficult time to be without the ones you love.

If you would like to share the privilege of giving to others in the community this holiday season and show your support for our programs and services, Friends of Hospice Ottawa would greatly appreciate receiving a donation in whatever amount you can comfortably afford. Donations can be made by mail, or through our website: www.friendsofhospiceottawa.ca.

Thank you to our *Lifelines* Sponsors



KELLY FUNERAL HOMES



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Friends of Hospice Ottawa would not exist without the donations of our generous supporters.

Friends of Hospice Ottawa Day Hospice – A Client’s Perspective

George, who is in his 80’s, is a gentleman whose old-fashioned good manners and tales of his days as a young police officer put a smile on all the faces of the Day Hospice volunteers. George has been coming to Day Hospice for the past two years, a day he said he would not miss. Tuesdays, for George, are days of friendship and laughter; are days to share with others who are also dealing with serious, and life-threatening illness. From the time he is picked up in the morning by Gordon, his Friends of Hospice Ottawa volunteer driver, until he returns home in the late afternoon, George says he feels renewed having been “surrounded by genuinely caring people” and, he added, “also by charming ladies”.

As an ALS patient, George is especially grateful to Carolyn and Holly, our two Support Care Nurses, who are always available to discuss any concerns that have arisen. In George’s words “They understand and know me as a whole person, and what my challenges are.” This brings a feeling of comfort to him as he knows he is facing difficult days ahead.

George’s family members are also grateful for the services provided by Day Hospice and they know how much he looks forward to his Tuesdays.

George’s closing words on Day Hospice were “*The whole day is special.*”

Gail is a quiet, lovely lady with a smile that lights up a room and a twinkle in her eye as she pulls up a chair to the card table after lunch. She has been coming to the Day Hospice for the past two months and says that Tuesdays are days to distract from serious illness; uplifting days where she is surrounded by caring people.

Gail especially likes the way that Day Hospice unfolds; beginning with coffee and tea in the Shalom room in the morning and with time to talk, time to listen, time to share stories, time to relax and just be and time to forget, for a moment, the chemo, radiation, and medications. For Gail “The camaraderie is wonderful, the volunteers caring and having a nurse to talk to is so special”.

Gail’s closing thought was that, for her, *Day Hospice is life-giving.*

Standing Ovation at the first annual Lennox Sterling Memorial “Holes for Hospice” Golf Tournament

The crowd of golfers and dinner guests were brought to their feet for a standing ovation when the announcement was made that over \$47,000 raised from the recent golf tournament held at Loch March Golf Club was going towards the Friends of Hospice Ottawa Capital Campaign.

It was indeed a fitting tribute to the late Lennox Sterling of Richmond who just a year earlier had entered hospice care, a final step in his battle with cancer. It was this exposure to hospice care and how it made the final days for both Lennox and his family so much more meaningful and memorable that prompted his wife Kathleen to be become involved with Friends of Hospice Ottawa, first as a volunteer and now as a member of its Board of Directors.

We congratulate and send an enormous thank you to the tournament co-chairs, Kathleen Sterling and Ian McLaren, and their friends for organizing such a memorable and successful event. We wish them the very best of luck next year when the tournament will be held on Thursday, September 13, 2012.



Kathleen Sterling (Co-Chair), Kathryn Logsdail-Downer (Executive Director), Ian McLaren (Co-Chair)

Friends of Hospice Ottawa Capital Campaign

The services provided by Friends of Hospice Ottawa aim to help those suffering from life-threatening illnesses remain in their own homes as long as possible. Friends of Hospice Ottawa has grown to an organization comprised of six staff and 175 volunteers serving about 150 clients at any one time. Friends of Hospice Ottawa continues working towards establishing a permanent hospice home to better serve Ottawa communities. The ongoing Hospice Ottawa West (HOW) Capital Campaign has raised close to \$500,000 towards this goal. If you would like to help us, please contact Ruth Cameron at 613-591-6002 ext.27.

Please Donate Through Our Website: www.friendsofhospiceottawa.ca

Upcoming Friends of Hospice Ottawa Events

The Reading of Charles Dickens

“A Christmas Carol” will be held on **Saturday, November 19th** at St. Paul’s United Church, 3452 McBean Street, Richmond at 7:00 p.m. with light refreshments to follow. Tickets are \$10 and half of the ticket proceeds will go to Friends of Hospice Ottawa.

A Christmas Concert with the Capital Chordettes

and special guest, **Senator Mike Duffy**, will take place on **Saturday, November 26th** at St. Paul’s Anglican Church, 20 Young Road, Kanata, at 7:30 p.m. The Capital Chordettes, an award-winning all-women a capella barbershop chorus, asks you to ‘tune-up’ for Christmas and will be inviting you to sing-along for a portion of the concert. The concert will be followed by an all-you-can-eat dessert party which will include raffles for gift baskets. We hope to see (and hear) you there!

Our second **Stop ‘N Shop**, a fun-filled shopping experience featuring unique vendors with products not found in stores, will be held on **Saturday, March 10th, 2012** at the Bell Corners United Church, 3955 Richmond Road, Bells Corners, from 9:00 a.m. to 4:00 p.m. *We are now accepting vendor applications from Home Based Businesses and Crafters. If you are interested in promoting your ‘one-of-a-kind’ products to over 300 shoppers, please visit our website.*

For more information or to purchase tickets for events, please contact Ruth Cameron at 613-591-6002 ext. 27 or foho@rogers.com



Presents a

Christmas Concert

WITH THE **Capital Chordettes**



AND SPECIAL GUEST,
Senator Mike Duffy

Saturday, November 26, 2011—7:30 pm
St. Paul’s Anglican Church, Kanata

Join us for a wonderful concert, sing-along followed by a scrumptious home-made dessert buffet (all you can eat!).

Tickets:
\$25 adults, \$20 seniors and \$15 for students

For ticket information contact **Ruth Cameron** at **613-591-6002 ext.27** or purchase your tickets at **Act II Fashions, 471 Hazeldean Rd. Kanata, 613-831-8386**

www.friendsofhospiceottawa.ca

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Friends of Hospice Ottawa Wish List

- Portable Indoor Shower for in-home clients with special needs
- Floor lamps for Day Hospice
- Food vouchers for Day Hospice
- ‘Astra’ knitting yarn for ‘Hug Me Bears Outfits’
- Volunteer Knitters
- Canadian Tire Money
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All of our services are provided without charge. Your donations help us fund and expand our programs and services

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