

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

In-Home Support...just a call away!

We believe that all individuals coping with a life-limiting illness deserve quality and compassionate care. Our staff and volunteers are professionally trained to meet the physical, emotional, social and spiritual needs of clients and their families and support their care choices while living at home.

Friends of Hospice Ottawa’s in-home volunteer support plays an important role in our hospice/palliative care, especially for those who are isolated in our community. Not everyone has access to the support of family and friends. Our carefully screened and trained volunteers offer emotional and practical support through conversation, companionship, outings, transportation and other activities. They are able to provide client support in their own home, which may also include retirement homes. Volunteers meet our clients’ special needs and preferences while providing emotional support or respite to family or friend caregivers.



Anyone can make a referral to Hospice — you, a family member, caregiver, friend, physician or other health care professional. When you contact Friends of Hospice Ottawa, I will arrange to meet with you and/or your loved one to determine your needs and appropriate level of support. At that time we will either match you with one of our trained volunteers or connect you with our community partners to best meet your needs.

This program is available seven days per week, and assistance and advice is available via pager 24 hours a day. In 2009 our volunteers supported 192 in-home clients and drove over 61,000 kilometers on behalf of Friends of Hospice Ottawa! Although our In-Home support program costs \$200 per day, this, and all our services, are provided to our clients without charge.

Your donations are welcomed to help us fund and expand our programs. If you would like to sponsor 1 or 2 or more In-Home days, please contact the office for more information.

Carolyn Byck, RN, CHPCN (C)

CAPITAL CAMPAIGN UPDATE

The Campaign Steering Committee, under the leadership of Rabbi Reuven Bulka, Campaign Chair and Linda Schumacher, Campaign Director, has been fundraising since February 2010. While significant progress has been made and some very generous donations received, we are still far from reaching our goal to acquire a hospice site.

Recently the Champlain Local Health Integrated Network (LHIN), the funder of health care in our region, released

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IF YOU GIVE TO THE UNITED WAY AT YOUR WORKPLACE:

As an Employee or Retiree, 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 our name and Charity registration number 86974 9606 RR 0001

United Way
Ottawa



Centraide
Ottawa

In-Home Volunteering

Being a volunteer in our society is an important and vital position to hold. I have been a volunteer most of my adult life – lending support in politics, women's shelters, school programs and in business associations.

Now I am a one year graduate of the Friends of Hospice Ottawa Palliative Care Volunteer Visiting Training Program. By January 2010, I was driving clients to and from their medical appointments.

During the past few years I have lost two of my sisters as well as my parents – and that truly has left me with a very big void in my life. I enjoy my volunteer work with Friends of Hospice Ottawa: in some ways it helps to fill that void.

Last March I met my first in-home client. I remember parking at the end of her street because I was 20 minutes early. I was nervous, and wondered who and how she was and what we would do! Our Hospice nurse, Holly, had met with her and told me a bit about her. It was agreed that I would visit with her for 4 hours each week.

I sat in my car and tried to remember all the important details I had learned during my training. I reminded myself that I was there to be supportive, helpful and non-judgmental. I was to offer empathy, but not sympathy, and glad that I remembered the difference! I was pretty sure that I understood my role as a volunteer, but I was meeting someone new so I was naturally a little apprehensive.

I rang the doorbell right on time and was met at the door by both husband and client. We three had coffee together and then my new client and I began doing the chores she wanted done. My first impressions were of a bright, intelligent, articulate lady used to a busy life of work, writing, gardening and travelling! I was amazed at how quickly the time went by. Much later she told me how apprehensive she was about allowing me, her in-home supporter, into her life. She told me she almost telephoned the office to cancel my next visit!

We quickly realized that one 4 hour visit each week was not the best fit, so we began to meet twice a week for two hours. Our visits were unstructured – sometimes we went out for lunch, sometimes we just stayed in and visited, depending on how she was feeling. I truly enjoyed her company and was quickly realizing that although I was there for her, I was learning a lot about myself. This was her journey and I listened and learned. During our 6 months together, she maneuvered through surgeries and treatments, discomfort and pain with grace and strength. I feel privileged to be a witness to the progress she has made.

My client and I often comment on how well we were matched – a difficult feat accomplished by Holly. Matching a client with a volunteer is critical in providing a successful opportunity to enjoy life! I am honoured to be the one who has accompanied her on her journey.

Karen Whiteside, Volunteer.



Karen Whiteside,
In-Home Volunteer

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Friends of Hospice Ottawa

Email:

office@FriendsOfHospiceOttawa.ca

Website:

www.FriendsOfHospiceOttawa.ca

555 Legget Drive, Tower B, Suite 140

Kanata, Ontario K2K 2X3

Tel: 613-591-6002

Fax: 613-591-7002



HOSPICE ASSOCIATION OF ONTARIO

Thank You to our Sponsor



KELLY FUNERAL HOMES

Thank you United Way Ottawa for supporting our Volunteer In-Home Support Program

CAPITAL CAMPAIGN UPDATE cont'd

statistics that Ottawa West has the highest need of any area in the region for hospice beds, a minimum of 26. Ottawa West has NO hospice beds.

A residential hospice does not appear over night and requires commitment of adequate operational funds from the government. Currently we are collaborating with Bruyere Continuing Care and The Hospice at May Court to seek funding to provide hospice beds across Ottawa, including the urgent need in Ottawa West.

Meanwhile this organization continues to provide as many services as possible for those dealing with life threatening illness so that they can remain in their own homes with appropriate care. It is our staff and volunteers that provide these services including day away hospice; transportation to and from appointments and treatments; caregiver respite; bereavement support; and who advocate on our clients' behalf, searching out additional resources to ensure quality of care.

Much emphasis today is placed on the cancer 'survivor'. However, at least 30% of cancer sufferers do not survive nor do the many persons in our community with illnesses for which there is no cure. These are the people that Friends of Hospice Ottawa serves and who need your help.

The purchase of a site will be the foundation for the expansion of current services and the introduction of new means to adding quality of life to those in our community dealing with life limiting illness and their families who support them. They need your help and they need it now.

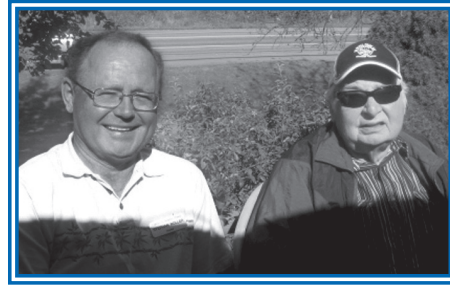
Donations can be made on the attached donation/pledge form. Should you wish to support the Capital Campaign please note that on the form.

With thanks for your continued generosity.
Beth Ada, Board Chair



Board President Beth Ada unveils Friends of Hospice Ottawa's 'Giving Tree' at our Fall Open House. Created by artist and hospice volunteer, Brenda Stocker, the Giving Tree acknowledges donations to our Capital Campaign and program support beginning at \$500. Copper, bronze and gold leaf inlays will record your gift. Please call the office for information.

Drivers are always needed!



Transportation Volunteer Stephan Roller (left) and client Laurie relax on Laurie's deck after their weekly trip from the Civic Campus of the Ottawa Hospital.

Stephan Roller has been a Friends of Hospice Ottawa volunteer since he completed his training in the fall of 2006. He is one of our group of drivers who provide the crucial support of transportation and travel companion to our clients. Stephan regularly drives two or three clients a week to their appointments, whether it is to Day Hospice or to hospital or medical appointments. He readily indicates that he embarked on his volunteer journey with Friends because he wanted to 'be with' and provide company to the clients of Friends of Hospice Ottawa. In Stephan's words "I was assigned this task perhaps because it was the simplest activity to begin with or because that was what was needed". Certainly the need is there. The Hospice is constantly looking for more drivers!

Stephan will tell you that driving a client presents its own challenges, but the rewards are many. He points to those clients he drives that cannot hear well or cannot speak clearly. Communication is so important in putting someone at ease, and hearing and speaking issues make it much more difficult for both driver and passenger.

"It is important to stay relaxed and to ensure that you are able to both pay attention to the road and pay attention to what your client has to say. Meeting these special people, people who cope with grave difficulty on a day to day basis, is my reward." Stephan feels that the time he spends with his clients adds a special dimension to and complements his busy life.

One of Stephan's current clients travels to the Civic Campus three times a week – something he has been doing for a very long time. Stephan and two other volunteers from Friends of Hospice Ottawa have been sharing the responsibility of driving the client home.

Friends of Hospice drivers are required to have a minimum of 15 hours of training in our Hospice Volunteer Palliative Care Training Program – although most of our drivers complete the full 30 hour course. Our fall training program is in full swing, but if you would like to apply for the spring training program, which will run from March to May 2011, please call our office at 613-591-6002, ext. 25.

Please Donate Through Our Website: www.friendsofhospiceottawa.ca

Fundraising Is So Important!

This last quarter year has been a busy one for our Fundraising Director, Ruth Cameron. She has spent the past few months managing several of our regular events to ensure that Friends of Hospice Ottawa is able to continue to offer top quality programs.

In May our annual Hike for Hospice was held at Andrew Haydon Park. We were fortunate to enjoy a beautiful day on the 5 kilometer route with many friends and volunteers. The children had a great time playing in the play area specially designed for them and complete with slide, climbing apparatus, a clown, a city fire-truck and balloons! The Fair atmosphere extended to some of our greatest supporters including City of Ottawa Councillor Marianne Wilkinson, MPP Lisa McLeod and Friends of Hospice Ottawa Corporate Campaign Honourary Chair, Rabbi Reuven Bulka. Local sprinter and Olympic Medalist, Glenroy Gilbert, along with his children, led us on our 5 km journey through the park. We hope you will join us in 2011 on National Hike for Hospice Day – Sunday, May 1st!

June not only brought spring flowers, but also our very popular (and 6th annual) Girls Night Out at the Richmond Arena. Entertainer Dave Hallett and country music star Wayne Rostad created a great evening for the sold-out crowd of 800 women! The local firemen were again in attendance, escorting each and every woman to their table (...and sometimes more than once)! This event is the jewel in Ruth's cap – a ton of work but our



Event Planning Director, Ruth Cameron & Olympic Medalist Glenroy Gilbert & family pose with the Giant Tiger before heading out on the Hike for Hospice 2010.

biggest fundraiser of the year netting over \$60,000.00 for our programs and services. If you have never experienced this event then jot down the date, June 10, 2011, and book your tickets early!

In conjunction with Group Theatre Productions and with the support of the McGarry Funeral Homes, Friends of Hospice Ottawa presented an Opening Night Reception for the stage adaptation of "Tuesdays With Morrie" held at the Ottawa Little Theatre in early August. The reception included a chance to meet the cast at a Dessert Extravaganza by AJs Catering.

Our very successful Christmas Luncheon and Fashion Show is a highlight in November! This event, held at the

Holiday Inn Select, is one of our most popular events. We are grateful to Act 11 for providing the fashions and accessories for this fun event.

March 5, 2011 heralds our newest fundraiser, the Friends of Hospice Ottawa Stop N' Shop Party held at Bells Corners United Church. For only a \$5.00 entry fee you can browse through the many booths and shop for yourself...or for someone else! Refreshments and fun will be plentiful at this unique Multi-Vendor Home Party with access to gifts not found in area stores! Doors open at 10 a.m. until 3 p.m. and a percentage of all purchases will go to Friends of Hospice Ottawa. Call Ruth for tickets! Ruth is always looking for assistance with fundraising and if you are interested in helping out at these worthwhile events, please pick up the telephone and call the office!



Become a Friends of Hospice Ottawa Lifeline

Annual Membership Fees

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 City: _____ Prov.: _____ Postal Code: _____
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| <input type="checkbox"/> One Year Individual | \$ 25 ⁰⁰ |
| <input type="checkbox"/> One Year Organization | \$ 150 ⁰⁰ |
| <input type="checkbox"/> Donation | \$ _____ |
| <input type="checkbox"/> Tax Receipt Please | Please bill my: |
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 140 - 555 Legget Dr., Tower B, Kanata, ON K2K 2X3
 For more information please call (613) 591-6002
 Charitable Registration No. 869749606RR0001

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