

WELCOME TO LIFELINES



We welcome you to Lifelines, our newsletter that will be coming to you four times yearly. We all know there are those in our lives who represent our own lifelines, people who make a positive difference in how we view ourselves and our sense of self worth. Friends of Hospice Ottawa both extends and receives lifelines which embody our mission, "to add life to your days, even when we cannot add days to your life". In this issue, stories about some of these Lifelines are shared with you, our essential community lifelines.

We have served Ottawa west urban and rural communities since 2004 by offering in-home volunteer support, two day away hospice programs, caregiver and bereavement support, transportation, volunteer education & support, and community education & advocacy, all without charge.

We believe that all individuals with life threatening illnesses 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.

We are delighted to report that we are progressing with plans to acquire a hospice home to house our growing core of community-based programs and, eventually, to house our residential beds in a location that best meets the needs of the community we serve, Ottawa West.

Some of our primary criteria in studying a prospective property has been to find one that is centrally located so that the majority of those who visit and access our services will have to travel as little as possible, will also have the best possible access to public transportation, and provides adequate space to accommodate 9 fully equipped residential rooms for our clients. We need to

raise the balance of funds necessary to acquire our future site by May 31, 2010. We would be grateful to hear from you if you can help us accomplish this goal in any way.

We must thank our current lifelines, Drs. Lucy and Rod Rabb, for housing our offices within their premises, and the Bells Corners United and St. John's Anglican Churches for providing wonderful space for our Tuesday and Thursday day away hospices, all without charge.

We will keep you posted on updates and look forward to welcoming the communities we serve to our new premises in the not too distant future. We hope you will find this edition of Lifelines uplifting, and welcome your comments and suggestions for future publications. Thank you.

You can reach me directly at:
(613) 866-5744.

Kathryn Logsdail-Downer,
Executive Director

IN THE WORDS OF A CAREGIVER

Eve Webb was introduced to our services in September 2007, 8 months after her husband, Reg, had been diagnosed with cancer. He and Eve had raised their children and were ready for the next phase of their lives. This turn of events caught them, sadly, by surprise.

Reg was, in fact, the first person to become a member of our Day Away Program in Richmond, after having already come to enjoy his hours at the program in Bells Corners.



Reg had been reluctant initially to attend and participate because of the common misconception that those at day hospice are a gloomy bunch because of their illnesses. This idea was quickly banished and Reg soon came to enjoy playing cards or often, just listening to the people there – a welcome distraction. People at day hospice made a real fuss over Reg and Eve was so glad to see Reg getting more enjoyment out of his life.

(Continued on page 4)

PAULETTE'S JOURNEY

In 1999, 2 years after Paulette Dizin was diagnosed with cancer, enduring surgeries, chemotherapy and radiation, she was advised to "get her affairs in order". Her physicians did not believe there was much hope for recovery. Paulette ignored this advice and continued on and in fact, she began volunteering in a cancer action group.

In 2004, after the discovery of another, more serious primary malignancy that was deemed inoperable, she was given the same advice. Paulette was undaunted by all the doom and gloom implied in her internet searches on the disease; she endured the chemo and radiation again, and continued on.

After a period of drastic weight loss – "Great to be able to buy almost any clothes because now everything fits!" – Paulette discovered her cancer had

returned and surgery was the only

option. Unfortunately, it was unsuccessful in 2006. A book could be written on the surgeries and procedures Paulette underwent, the close calls with death and the ongoing challenges that Paulette has experienced in the past few years, and still faces, but she might say "Well, let's just continue on..."

In May, 2007, Paulette heard about Friends of Hospice Ottawa but was worried about keeping company with people who were sick – maybe they would bring her spirits down!

All her apprehensions disappeared on her first visit to day away hospice. She loved it! Everyone there was friendly and nice, facing their conditions with hope and humour. "They may be ill, but they were living each day, and happy to be alive."

Paulette quickly came to know everyone and made even more true friends whom she shares hugs and

(Continued on page 3)



WHY I AM A HOSPICE NURSE

I have worked in critical care for the majority of my nursing career. I was used to the many patients who entered our hospital as a result of a significant event. One for which they could neither prepare nor anticipate. Some became critically ill and many came face to face with life-threatening events. Families were in shock and disbelief at the thought of losing their loved ones so unexpectedly.

While the doctors and nurses work very hard to sustain life, in some instances it is evident their loved one will not survive. Death becomes very real. In the past, at such times, the nurses in critical care would call upon the expertise of the Palliative Care team. I was intrigued by their compassion, expertise and dedication and was compelled to learn more about Palliative Care.

I wanted to be able to offer families and patients the dignity and time they so needed and deserved in those

last few precious hours of life. I enrolled in classes eager to learn all about this "thing" called Palliative Care in the hope that I may one day be fortunate enough to work in this field. Upon completing my studies I was blessed to be offered a position of Supportive Care Nurse with Friends of Hospice Ottawa.

I have had the opportunity to work with Friends of Hospice Ottawa for the past 2 years. Although unsure of what lay ahead when I accepted this position, this time has been the most rewarding of my entire nursing career. I am humbled and blessed to be with people as they allow us to help them navigate through their journey, and in doing so, teach us all about life and living. If you ask any hospice nurse why she does what she does, I am sure she will tell you she is called to do so.

It is a calling for me.

Carolyn Byck

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FACT:

Demand for our services has increased 500%, from 54 clients in 2004 to over 300 in 2008.

NOTICE: You have received our Newsletter in appreciation of your involvement with Friends of Hospice Ottawa. Please let us know if you do not wish to receive future newsletters or if you would prefer to receive them by e-mail.

Please call: (613) 838-4008 or e-mail: office@friendsofhospiceottawa.ca

PAULETTE'S JOURNEY

(Continued from page 2)

kisses with on every occasion. She has also added Anita to her ever-growing circle of friends. Anita is the volunteer with whom she is matched and enjoys their shopping expeditions.

Since yet another turn of events with her health last fall, Paulette can no longer drive and feels blessed that volunteers go out of their way to make sure she gets to Day Away and to her medical appointments.

Tuesday's Day Away in Bells Corners "makes me want to get up and get dressed – to wear something nice and put my makeup on." Paulette looks forward to her Tuesdays now and won't miss it if she can help it.

On some Tuesdays, there may be regulars who are not there. It has become important to Paulette that Carolyn informs everyone about the absences, whether

someone is at an appointment or in the hospital. Paulette is glad to know about this, and to add cheer to their day by visiting her friends when they are hospitalized.

Paulette also values the ceremony conducted with the Circle of Friends when one of their own has died. The opportunity to acknowledge the person and the loss, and to talk freely about it among her friends, is important to her. Paulette also believes it is important to others, allowing all of them to grieve and come to terms with their loss of a friend.

It isn't hard to see why Paulette makes friends everywhere she goes – there is much humour and wry joking about the upsides and the downsides of chronic illness. And she continues on, smiling...

6th ANNUAL HIKE FOR HOSPICE PALLIATIVE CARE

The Rotary Club of Ottawa Kanata Sunrise and Friends of Hospice Ottawa
Sunday May 2, 2010

Be part of a national event – at your local level
And walk with us to honour a loved one!

Contact Ruth Cameron to sign up or for more information at:
(613) 838-5744 or ruthcameron@friendsofhospiceottawa.ca
Visit our site for forms: www.friendsofhospiceottawa.ca



"Cooperation is the thorough conviction that nobody can get there unless everybody gets there." *Virginia Burden*

**THANKS TO OUR LIFELINES
SPONSOR:**
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DAY AWAY HOSPICE PROGRAM

1 day's cost: \$1033
1 day's therapeutic activities: \$150
1 week's meals: \$150
Your help: PRICELESS
CAN YOU GIVE US A DAY OR A
WEEK?



**VOLUNTEER
TRAINING SESSIONS**
STARTS MARCH 24 – SIGN UP TODAY
HELP MAKE SOMEONE'S DAY SPECIAL
– AND YOUR OWN!
CONTACT Holly Watson at (613) 838-4002



Become a Friends of Hospice Ottawa Lifeline

Membership Fees for 2010

Name: _____
Organization: _____
Address: _____
City: _____ Prov.: _____ Postal Code: _____
Telephone: (____) _____
Email: _____

- | | |
|--|-----------|
| <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 | |
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Please bill my: Visa MasterCard

Mail to: **Friends of Hospice Ottawa**
6206 Perth St., Box 719, Richmond, ON K0A 2Z0
For more information please call (613) 838-5744
Charitable Registration No. 86974 9606 RR0001

Credit Card # _____

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A DONOR LIFELINE

Mr. Patrick Sharp was a young English military man when he met Pattee Nunns, the pretty Irish girl around whom his world would revolve for the next 50 years. Together, Patrick and Pattee travelled the world with the military and wrote their life story.

In 1972, Patrick was seconded to National Defence here in Ottawa, which they came to love. After 2 years of living and working here, they returned to England, but Ottawa stayed in their hearts. Their efforts at making Canada their home were finally fruitful and they returned to Ottawa, their new forever home.

Patrick and Pattee raised 2 children and became part of the foundation of their community.

Pattee was a kindergarten teacher for 15 years in Bells Corners and helped out at seniors' luncheons while raising their son and daughter with Patrick.

In 2004, Pattee, who loved the outdoors but disdained hats, discovered she had skin cancer. After many months and many painful procedures, Patrick and Pattee came to terms with this fight that they could not win, and Pattee came back to live her remaining time in the peace and comfort of the home she and Patrick had made together.

Patrick, ever determined to ensure his Pattee was receiving the best possible care, researched medication dosages and prepared detailed notes to assist



the health professionals who came to their home to treat Pattee. Many agencies that assist in home support were involved with Patrick in Pattee's care, and in late 2005, Patrick heard there was a group who could help him further.

Patrick met with a nurse from Friends of Hospice Ottawa shortly after at his home. Pattee was soon involved in the Tuesday Day Away Hospice program held at Bells Corners United Church, where Patrick would sometimes join her for lunch.

The Day Away Hospice program quickly became an interlude they could both look forward to each week. Pattee especially enjoyed the board games, a pastime that Patrick was not keen on.

Patrick knows that Pattee was comforted by spending time with others who were also experiencing a major life event, but who didn't need to focus on it – the good company was enough. This regular program afforded Patrick the opportunity to run errands and complete other household chores because he knew Pattee was in good hands. Patrick believes this time helped keep Pattee balanced and happy.

Patrick credits one of our volunteers with establishing a caring relationship with them that endured through Pattee's final months and days. Patrick feels privileged to have managed the care of his one true love at the end, and we were privileged to have been entrusted to be a part of that time.

Patrick is a donor to Friends of Hospice Ottawa. We are grateful for this, and for all of our priceless lifelines.

FRIENDS OF HOSPICE OTTAWA
ANNUAL GENERAL MEETING

JUNE 3, 2010

HOPE YOU CAN JOIN US!

Please call Ruth Cameron for details
at (613) 838-5744

FACT: In 2008, Friends of Hospice Ottawa volunteers provided almost 30,000 hours of professionally trained care to clients and their families at home or in our day hospice programs.

★ ★ ★ ★ ★
4TH ANNUAL **GIRLS NIGHT OUT**
Friday, June 11, 2010
WAYNE ROSTAD - our MC
DAVE HALLETT - Premier hypnotist
★ ★ ★ ★ ★
SELLS OUT EARLY EVERY TIME
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Sponsorship Opportunities Available
CALL RUTH CAMERON AT
(613) 838-5744
★ ★ ★ ★ ★

IN THE WORDS OF A CAREGIVER

(Continued from page 1)

Apart from that, Eve, who was burning out from the at-home care that Reg needed, was grateful for the respite afforded by the Day Away program. Eve knew that Reg was having a good time with his new friends. The freed up time allowed her to recover some of her own energy.

On some days away, Eve would go to lunch with her friends or go shopping. Sometimes, she would just

return home for a nap so she could be refreshed for Reg's daily care. Eve wanted to be strong enough to carry out Reg's care herself, and was grateful for these interludes of quiet time.

After an unfortunate fall, Reg is now in hospital, and Eve is grateful for their friends at Friends of Hospice Ottawa who regularly visit him and continue to bring cheer to his life – and so, to hers. This is hospice.

Please Donate at: www.friendsofhospiceottawa.ca