



"People Come To Hospice To Live, Not To Die"

by Maureen Sullivan-Bentz, Executive Director



The journey along the palliative care continuum begins when a person is diagnosed with a life-limiting illness.

Most people associate the diagnosis of cancer with palliative care, however any chronic health condition including chronic obstructive pulmonary disease, heart failure, or kidney disease should rightly be considered

palliative illnesses as one is not expected to recover from these conditions.

Palliative care does not mean one should immediately begin planning for end of life. In fact, it is quite the opposite: palliative care starts with the diagnosis of palliative illness and your health care provider begins working with you to determine how you can live your life to the fullest and how to stay as healthy as possible for as long as you can. This is considered to be health promotion for people who are dying and is a holistic approach to managing your mental, spiritual, emotional and physical care. Palliative care may be combined with other treatments aimed at reducing or curing the illness, such as chemotherapy, surgery or radiation in the case of cancer.

With chronic illnesses, treatment may include physiotherapy, pulmonary rehabilitation and medication regime adjustments. All of these interventions are intended to help manage your diagnosis so that you may live life as fully as possible for as long as possible.

With the diagnosis of a life-limiting illness you may be unsure what to expect and you may begin to wonder about how you want to die. You may want some control about what you will want or need at the end of life. These things are important for you to discuss with your health care provider and your loved ones. This process is called advance care planning. It allows you to make your wishes and preferences known to those you love and care about well in advance of you not being able to make those decisions at the end stages of your life. Consideration

should include where you want to die. You may choose to die at home, in hospital or in a home-like environment that provides specialized care such as a hospice.

Recently, there has been much discussion and focus on controversial issues related to end-of-life care, such as euthanasia and physician-assisted suicide rather than a focus on accessible and quality end of life care. Fortunately, in Renfrew County every resident has the opportunity to access quality palliative care delivered by a specially trained team of health care providers at our residential hospice palliative care home, Hospice Renfrew. Many residents and families who have lived with us tell us "people come to Hospice to live, not to die" and this is what we strive to achieve in the care we provide each day.

Residential hospice palliative care is aimed at relieving suffering and improving the quality of life and dignity for persons who are living with, or dying from, advanced illness. In fact, research has shown that people who choose hospice palliative care live an average of 29 days longer with a better quality of life than those who did not opt for hospice near the end of life.

We also recognize that the grieving process begins when a life-limiting illness is diagnosed and continues throughout the journey from life to death. As such, family care and support continues beyond your loved one's time on earth.

Palliative care meets not only physical needs, but also psychological, social, cultural, emotional and spiritual needs of each person and family. It aims to help people to live out their remaining time in comfort and dignity. Quality hospice palliative care neither hastens death or prolongs life.

People choose to come to Hospice Renfrew to receive end-of-life care when it becomes clear that a cure is no longer likely and they want comfort care so they can live as fully as possible until the end. It can be an alternative to staying in or returning to hospital and some choose Hospice when their care needs exceed what can reasonably be



provided by family at home. People also come to our Hospice for short stays or on-site assessments for pain and symptom management or respite care with the goal of returning home.

Hospice Renfrew is about family, and living and celebrating life bravely, without regret.

When you walk through the front door of our home, it's rather like walking into your best friend's place. You are greeted by a friendly volunteer who will confirm your visit with the resident prior to allowing you in. This is to ensure that the resident's privacy and wishes are respected.

When you enter you feel the warmth and comfort of a beautiful home. It is bright and cheery and each day is filled with the aroma of freshly baked cookies and muffins prepared by our volunteer baking team. You often find the nurses making bacon and eggs for the residents in the morning. We serve breakfast for supper, supper for breakfast and anything in between. What the resident wants, the resident gets, whenever they want it! Our residents often share meals and special occasion dinners with their families and staff at our dining room table. It is not uncommon to see little children playing on our living



room floor in front of the fireplace. It causes us to appreciate the full circle of life – from birth to death, involving multiple generations.

At Hospice Renfrew we truly do celebrate life. A short time ago a family called to

ask if they could bring in a birthday cake and balloons to celebrate their Dad's 65th birthday which would be the following Monday. Unfortunately the man passed away over the weekend. Around noon on Monday the man's young grandchildren and wife came to Hospice carrying birthday balloons and a beautifully decorated birthday cake. His wife had called earlier that day to ask if they could come to celebrate with the staff as it was still her husband's birthday. She said she considered the staff to be part of their family and they wanted us to enjoy the celebration with them. And so we did, as we often do. The staff and volunteers gathered around our kitchen table and shared with them through their tears and their laughter.

This is just one of the many beautiful stories we have to share with you about what hospice palliative care is all about...it's about living, not dying.

For more information please visit our website www.hospicerenfrew.ca or call 613-433-3993 ex 2222 or email msullivanbentz@hospicerenfrew.ca.

Renfrew volunteers honoured

Every April, Canada celebrates National Volunteer Week.

In Renfrew, former CBC on-air personality and historian Mary Cook joined Hospice Renfrew volunteers, staff and board members to help pay tribute to the more than 7,000 hours of time donated by Hospice Renfrew volunteers, and regaled her audience with tales of "angels" she met in the course of her career.

In Toronto, at the 2016 Ontario Hospice Palliative Care Conference, Hospice Renfrew volunteers Mike and Sharon Gallagher were inducted into the June Callwood Circle of Outstanding Volunteers. The citation announcing the award noted: "The Gallaghers exemplify Hospice Renfrew's commitment to serving our residents and families with great CARE, COMFORT AND COMPASSION in everything they do as dedicated volunteer team members. Their love and compassion for the people they work with in our palliative community is something to behold.

"Mike and Sharon share the greatest strengths of their 45 years of their love for each other with our Hospice home. Whether Mike is digging holes, fundraising, or holding the hand of a resident, his calming presence and reassuring smile can't help but make one feel more at ease even in the most challenging situation.

"Sharon can be found in our kitchen baking while



At the 2016 Ontario Hospice Palliative Care Conference June Callwood Circle of Outstanding Volunteers inductees Mike and Sharon Gallagher (centre) with Hospice Renfrew Executive Director Maureen Sullivan Bentz (left) and Volunteer and Community Development Services Manager Judy Cobus (right).



At the annual Hospice Renfrew Volunteer Appreciation Dinner, Maureen Sullivan-Bentz (left) and Judy Cobus (right) joined Hospice Board and staff in honouring its 5-year volunteers, including (starting 2nd from left) Joan Sherlock, Gladys Curry, Catrina van Lindenberg, Mary Schmieder and Judi Brisco.

chatting with a family member. Her kind heart and contagious laugh will help ease the pain even when it seems unbearable. Always going above and beyond, their enthusiasm and compassion is greatly appreciated by the Hospice Renfrew Team.



The Hospice Renfrew team of staff and volunteers.

A little weather can't stop Hospice supporters!

Despite rain and cold temperatures, the support for Hospice Renfrew at the annual Hike for Hospice was a ray of sunshine, with a record \$99,000 raised. Teams sporting special t-shirts, moms with babies, dogs, even Cinderella, Prince Charming, Anna, Elsa and Captain America showed up with pledges in hand to hike in support of Hospice Renfrew. Many young families, organizations and individuals with no previous relationship with our Hospice also participated.

Hikers and runners were led by the Henneberry family, the Renfrew Pipe and Drum band, OPP and the Renfrew County paramedics. Fortunately the special events truck from Tim Hortons was on site to provide hot drinks to all our chilled hikers! We were

especially touched by the number of new large teams including Team Mason, The Henneberry Family and the Renfrew Youth Choir. Team Dunbar was once again the top fundraising team, bringing in over \$13,000.

All money raised by the Hike helps to offset the \$600,000 we need to raise every year to be able to keep our care completely free of charge.



At the Hike, Molly and Meara, whose Grandpa died at Hospice, raised money by selling lemonade from a stand specially built for them by their dad.



Believe it or not, this is one team! Team Mason, a new addition to the Hike, not only raised considerable funds at the Hike but has already staged another fundraiser for Hospice Renfrew.

Save the date!

Hike for Hospice 2017

May 7, 2017

Help Us Name Our Newsletter and Win

It's time our newsletter had a name, and we're asking our readers to help us.

Send your ideas to

Judy Cobus, Manager, Volunteer and Community Development Services,
Hospice Renfrew

456 Albert Street, Renfrew K7V 1V8
jcobus@hospicerenfrew.ca

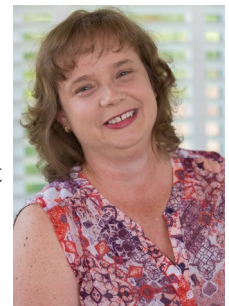
The winning submission will receive a \$25 gift certificate to a local business.

Hospice welcomes new Manager of Resident Care

Simone Howard has formally taken over as Hospice Renfrew's Manager of Resident Care, a role she has been performing for the past year.

Simone has been a registered nurse for over 25 years, and worked in the Renfrew and Eganville communities before joining Hospice Renfrew eight years ago. She was named Acting Manager last year to replace Mandy McGregor and now formally assumes the title.

Simone has accumulated a wealth of palliative care expertise over the course of her career and staff and residents at Hospice are assured that they have a truly caring and compassionate leader in Simone.



Hospice Renfrew named Community Organization of the Year by Chamber of Commerce

At its annual awards banquet, the night when it recognizes the best of the community, the Renfrew and Area Chamber of Commerce named Hospice Renfrew Community Organization of the Year.



Representing Hospice at the event were (above, from left): volunteers Pat Debenham, Liz Mosco, board chair Connie Legg, Executive Director Maureen Sullivan-Bentz and volunteer Valerie Dick.



The Province of Ontario, through Local MPP John Yakubuski, extended its congratulations to Hospice Renfrew on being named the Renfrew area's Community Organization of the Year.



Drop-In Bereavement Support Group

When: 3rd Thursday of every month

Where: Hospice Renfrew

459 Albert Street, Renfrew

Time: 7:00 pm

Our monthly peer support drop in program provides an immediate opportunity to connect and share with others who are journeying through the wilderness of grief. A peer support group, for all losses, is facilitated by trained volunteers who have also experienced grief and loss.

There is no cost to attend.

Light Refreshments will be served.



Your Donation Makes A Difference

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All of our services are provided at no cost to the resident or family. We are only partially funded by the Ministry of Health and Long Term Care for 60% of our nursing salaries. The remaining 40% of nursing salaries and 100% of ongoing operational funding of \$600,000 per year need to be generated through fundraising events, in memoriam donations or bequests through the generosity of people like you.

If you would like the recipient and/or family notified of your gift, please fill in their address:

Name: _____

Address: _____

City: _____ Prov. _____ PC _____

Please send receipt to: (a complete, legible address is required for a tax receipt):

Name: _____

Address: _____

City: _____ Prov. _____ PC _____

You can also donate on-line at hospicerenfrew.ca. Click on the "Donate Now" button on the front page.