



Season's Greetings from Hospice

At this special time of year, it is my greatest pleasure to have the opportunity, on behalf of the Hospice Renfrew Board of Directors, staff and volunteers, to extend to you and your family a very Merry Christmas and many blessings in the New Year.



This year has been one of change and opportunity for our Hospice. We celebrated the retirement of two of our original and long-term employees — Executive Director Diane Caughey and Registered Nurse and Interim Volunteer Coordinator Darlene Meleskie. We recently welcomed Judy

Cobus to the expanded role of Manager of Volunteer and Community Development Services.

Our team of nurses and volunteers worked throughout the summer to re-paint and add new décor to the resident rooms and main level of the Hospice in preparation for a Fall open house that welcomed close to 100 community members to our home. This was all possible as a result of a generous and collaborative donation from six local Lions clubs in Renfrew County.

We are very fortunate to have the support of a dedicated team of staff and volunteers and a highly committed community who continue to support Hospice Renfrew in so many ways. Thanks to the people of Renfrew County,

local businesses and our community partners, the two major fundraising events — the Hike/Run for Hospice and the Aikenhead's Classic Golf Tournament — were highly successful. For this reason, we are able to continue to offer the highest quality of care for the residents and families who access our services at no cost. Your contributions and generosity do not go unnoticed.

From our family to yours, may you experience peace and joy this holiday season.

Maureen Sullivan-Bentz, BScN, MSc(A)
Executive Director

Community radio initiative helps raise needed funds for Hospice

It was an early Christmas present for Hospice Renfrew on December 5 when local radio station CJHR 98.7, Valley Heritage Radio, hosted a radiothon and open house for the community. As ever, "the Valley" proved its commitment to Hospice by donating more than \$52,000.



Hospice Palliative Care: It's about living well to the natural end of life

The following article, authored by Executive Director Maureen Sullivan-Bentz, appeared in the Fall 2015 issue of Health Matters magazine.

When a person is nearing the end of their life, and they are suffering, hospice palliative care is an option that families can consider. Hospice palliative care is about living well to the natural end of life. It is about ending the suffering, not about ending life.

Wish List

If you are planning a Christmas donation to Hospice this year, and would like to "target" your donation, our nurses have been asking for a trolley to use when taking dressings and other items to patients' rooms. Approximately \$100 would help buy this necessary item. A lot farther up the donation scale, \$1500 would help buy one of the two special mattresses still needed for resident rooms.



Physician-assisted death is a topic that has earned media space recently. Interestingly, research has shown that the demand for physician-assisted death is reduced by access to hospice palliative care. Hospice care relieves an individual's pain and suffering and often leads to a higher quality of life, a longer life, and less expensive care. This is one of the messages the hospice palliative care sector in Ontario has for the new provincial-territorial expert advisory group on physician-assisted dying.

The option of a physician-assisted death is often considered as a way to end suffering. A hospice palliative care environment can often ease an individual's suffering, thereby reducing the desire to die.

Hospice palliative care focuses on easing physical pain and symptoms. It also addresses the psycho-social suffering that often accompanies life-limiting illnesses. Physician assisted death is not considered to be in the continuum of hospice palliative care.

Hospice care is about managing pain and suffering, but also providing much needed support to the patient, the family and caregivers. This often leads to quality time right to the very end of natural life.

Reports by the Auditor General and Health Quality Ontario point to an immediate need for more hospice palliative care. Nearly 100,000 people die in Ontario each year and most could benefit from such care. The aging population is rapidly escalating the number of people needing hospice palliative care.

The most important work the government is doing now is working to improve access to hospice palliative care throughout the province in all care settings. It is desirable care and it is cost-effective care, especially when delivered in the home or in a home-like setting such as a hospice.

In our region, we are fortunate to have a hospice. Hospice Renfrew is a six bed residential hospice providing end-of-life care in a home-like setting to residents of Renfrew County. Hospice Renfrew also offers short stay admissions for pain and symptom management and respite care for people with complex, chronic illnesses such as chronic obstructive pulmonary disease, congestive heart failure and dementia.



Hospice welcomes new staff member

As an organization grows, so too do its staffing needs. Recognizing that Hospice needed to devote more effort to both fundraising and the management of its volunteer team, Hospice expanded the role of the volunteer coordinator and appointed Judy Cobus as Manager, Volunteer and Community Development

Services. Judy is a registered nurse with extensive experience as a nurse and team leader working in the acute care, primary care and community development health care sectors.

Do you have a story for us?

From time to time, we use on our website, in our newsletter, or provide to the media, families' stories of their experiences at Hospice Renfrew. We also report on successful fundraising ventures, such as Jack and Ethan McParland's yard sale for Hospice (right). If you have an experience of Hospice Renfrew that you would like to share with others, please contact Helen McGregor,

Hospice's Administrative Assistant, at 613-433-3993, ext. 2229, helen@hospicerenfrew.ca.



Open House Celebrates Lions Club donation to Hospice Renfrew

This article is adapted from the Eganville Leader of October 21, photos courtesy of The Leader.

Ottawa Valley service clubs have been extremely generous to Hospice since its beginnings. Recently, the area's six Lions clubs joined forces to donate \$30,000, a donation that was celebrated at an October open house where Lions Club members and area mayors and other dignitaries were treated to tours to illustrate how this infusion of funds had been used.

Hospice executive director Maureen Sullivan-Bentz said that after joining the staff in April, one of her first tasks was to begin planning renovations for the existing rooms.

"I remember our board chair, Connie Legg, saying to me, 'I thought it would be nice for you to start by putting your stamp on our Hospice'," she recalled.

At the same time, the area Lions clubs had decided that by combining their resources, a substantial donation could

be made to Hospice that could be used to fund a special project.

The refurbishment of the rooms became that project.

As the project progressed, a family member of one of the long-time members of the hospice team required admission to the facility.

"Our nursing staff and volunteers were very close to this family and wanted to make their experience here as enjoyable as possible," she said.

The room the family member was to occupy needed some tender loving care, but the quote for the job was too high and could not be done in time. This disappointed Ms. Sullivan-Bentz, but only briefly. Her spirits were lifted when two of the nurses volunteered to paint the room that night. The work was done overnight and before you know it, the artwork was changed, a new flat screen TV was added, new towels, a new lampshade and voilà, the room was ready for its special guest.



The completely refurbished rooms are beautifully appointed, calm and comfortable, and feel more like a home bedroom than an institutional room.

"And this, ladies and gentlemen, is the essence of our team of nursing staff and volunteers here at Hospice Renfrew," she noted. "They exemplify the key motto words for Hospice Renfrew: Care, Comfort and Compassion, each and every day in all of the big and small things they do just by being here and carrying out their work."

The work that started on that one room spread throughout the facility, she said, noting that after purchasing a few tools and supplies, staff and volunteers had painted the entire first floor of the facility.

"Thank you to the Lions clubs for recognizing the important services Hospice Renfrew is able to offer to the residents of Renfrew County," Ms. Sullivan-Bentz stated. "Our home has not had any improvements since opening its



Representing the six area Lions Clubs are, from left: Don Gougon, Arnprior; Tony Mercier, Beachburg; Barrie Nichols, Calabogie; John Bromilow, Renfrew; Melissa Vanderwal, Douglas; and Tony Fritsch, Denbigh/Griffith.

doors nearly nine years ago and it was in need of some maintenance and upgrading.

"Without your combined support, none of this work would have been possible and we are indeed grateful for your support of our hospice.

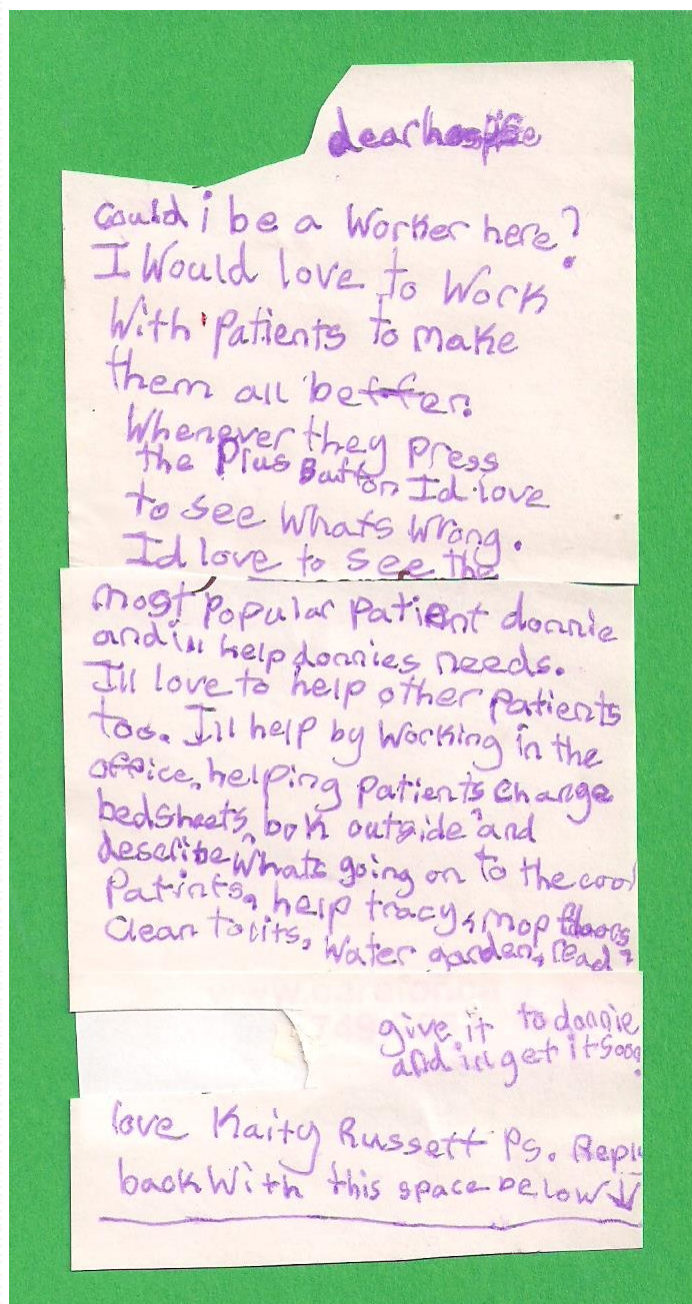
"To each and every one who has been involved in this special project, I thank you from the bottom of my heart," she added. "It is an honour to work with you and I am very proud of the great job you have done. It warms my soul."

While the Lions clubs were being recognized that day, Board Chair Connie Legg said they are part of the much larger community support the facility receives.

"We could not be here without the community at large. The hospice was built basically on a *Habitat for Humanity*-type project where local carpenters and builders donated their time and talents to build this facility. "And we're still supported by all the communities in Renfrew County," she added. "People are very generous and we couldn't keep our doors open without the community."



To acknowledge and commemorate the Lions clubs donation, Hospice Renfrew commissioned local clay relief artist-sculptor Richard Gill to create "plaques" for each of Hospice's six resident rooms. Each room carries the name of a different local tree and the name of the Lions club whose donation helped refurbish this room.



Hospice Renfrew is a special place. We know that. But sometimes we don't realize just how much it moves even our younger visitors. Such was the case with Kaity, who after visiting a resident, sent the note at left (on Post-It notes, taped to a page) to Acting Resident Care Manager Simone Howard, who responded: "Dear Kaity, I want to thank you personally for your very generous offer to work at Hospice Renfrew. I am glad you enjoy visiting Donnie and want to help look after her. She is a very special and kind lady. Unfortunately, you are still too young to work here. When you are older, and if you are still interested, the Hospice would certainly consider your application. You are a very special person to give of your time and be with Donnie. I hope I can meet you in person some day!"



A very special recognition to Simone Howard, Resident Care Manager (Acting) and her family for building such a beautiful 'Family Christmas Time' featured float....live baby animals and all! The float depicted the Hospice Renfrew family in such a meaningful way - grass roots, old fashioned, Merry Christmas. This is the start of a new tradition and the first of many parades we hope to be a part of in years to come.



Your Donation Makes A Difference

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.

Enclosed is my donation of: \$ _____ in the name of: _____

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.