

Hospice News

Les Nouvelles de la Maison

A letter from the Executive Director

When we set out to design and build the Sudbury Hospice, we wanted to create a home away from home for people in the end stage of life, a place where everyone feels welcome, with the touch and smells of home. Comments and testimonies received from residents, families and visitors say that we have achieved this goal. Families know they can visit anytime, day and night, that they will be listened to, and their loved ones will be supported and cared for. They are also comforted to know that their children are welcome and that they have their own play area to find some reprieve.

Many words have been used to describe the Hospice, referring to it as "a prelude to Heaven", "Heaven's waiting room", "a little piece of paradise" and "a home". Many wonderful words have also been said about our compassionate staff and volunteers — our caring angels. Our hospice is blessed to have such dedicated individuals who are there because they want to make a difference in the lives of people living with a terminal illness. Their warm presence helps facilitate the grieving process.

Families and friends of the hospice have been very generous. Many have given In Memoriam donations in lieu of flowers, with the Levesque family even holding a family estate auction to benefit the hospice. Although there is no cost to access our services, families and friends have made many cash or in-kind donations, including donations of small appliances and supplies; delicious food and desserts; colourful slippers; magazines and books; movies and CDs; beautiful paintings and exquisite quilts to brighten up our walls and bedrooms.

Numerous community groups have continued to support us financially. Local businesses, corporations and the media have sponsored our programs and services, as well as our fundraising activities, including our upcoming third annual RBC Hike for Hospice in May; our first Vale Inco Wheels for Hospice in July; and the second Bayshore Drive for Dignity golf tournament in August.

We have had many celebrations at the hospice, from our tree-planting ceremony, our naming opportunity with Vale Inco and our open house in August, to our official opening with the Honourable David Caplan, minister of health and long-term care in October.

Our hospice family is expanding. In the first six months since the opening of the Maison Vale Inco Hospice on Sept. 15, 2008, more than 60 residents have lived their final journey with us, staying an average of 22 days, surrounded by family, friends and a caring staff. They are often thought of and always remembered.

Lettre du directeur général



Le rêve d'une maison de soins palliatifs pour Sudbury est vraiment devenu réalité. La petite Maison La Paix, qui a vu le jour en 1996, est devenue aujourd'hui une grande maison de 11 000 pieds carrés, avec 10 chambres à coucher, et toute l'espace voulue pour bien prendre en charge les personnes en phase terminale. En septembre 2008, la propriété du 303 rue Cedar a été vendue pour aider à défrayer les coûts de la nouvelle maison, et ceci grâce à la générosité des Sœurs de la Charité d'Ottawa qui nous ont offert la maison en 2003. Quelle différence! On est passé d'une maison au centre-ville avec vue sur deux murs de briques à une maison avec vue sur deux lacs, jumelée d'un magnifique lever de soleil sur le lac Bethel et d'un majestueux coucher de soleil sur le lac Ramsey. En plus, grâce à l'appui de la communauté et de Vale Inco, on est aujourd'hui sans dette.

Nous avons créé un endroit qui célèbre la vie et qui est rempli de vie, car on vit jusqu'à la mort. Nous permettons aux résidents et leurs familles de profiter pleinement de ces derniers instants privilégiés, d'être présents les uns pour les autres. Nous offrons la possibilité aux familles de passer du temps de qualité avec leurs êtres chers, sans qu'elles aient à se préoccuper des soins à prodiguer. Ceci permet parfois à ces familles de se rapprocher, de recréer des liens parfois brisés par l'usure du temps ou l'éloignement, et fournit quelquefois un soulagement aux familles, comme l'a témoigné Jeannine P. Son père (Ray) fut le dernier résident de Maison La Paix et le premier résident de la Maison Vale Inco Hospice, avant même qu'on ouvre nos portes à la communauté. Au cours de cette semaine qu'il séjournait avec nous, Ray et sa famille nous ont beaucoup appris sur le fonctionnement de notre nouvelle maison, sur les petits changements à y apporter. Il restera gravé dans notre mémoire, tout comme ceux et celles qu'on a accompagnés depuis.

*Léo Therrien, Executive Director/directeur général
info@maisonsudburyhospice.org*

« On vous remercie d'avoir été des anges envoyés pour aider la famille durant les derniers jours de notre père. Votre bonté et générosité ont soulagé Dad et nous aussi. Souvenez-vous qu'il y a des anges qui vous soutiennent à votre tour dans vos moments difficiles. »

Jeannine P.

A word from Gerry Lougheed Jr., Past-chair

My all-time favourite movie is Field of Dreams. It is the wonderful story about a corn farmer, Ray Kinsella Jr., who hears the voice "if you build it, they will come." He listens to the voice. He transforms a common cornfield into a magical baseball diamond. And they do come.

Near the end of the movie one of the phantom baseball players, who is Kinsella's estranged father, asks, "is this Heaven?" The son answers, "no, this is Iowa." The elder Kinsella states, "well, Heaven is where one's dreams come true." And the son looks around at the realization of his dream and says "then this could be Heaven."

The construction of the hospice was the realization of a dream to complete the continuum of cancer care for our community. It also, as many family members who have been at the hospice with loved ones have said, is a bit of Heaven. From the beauty of the location, to the caring people who work and volunteer there, the Maison Vale Inco Hospice is a special — almost sacred — space in Sudbury. The capital campaign significantly surpassed the original objective of \$2.3 million, by raising more than \$4 million. The donors understood the importance of building a place of care when cure was not the outcome. It was appropriate that Vale Inco provided \$250,000 for the naming

opportunity. It is a name that has built our neighbourhood of this global village. It is the foundation of employment for generations of Sudburians and the economic engine that drives local commerce.

The Vale component is most fitting as it reminds us of the sentence from the 23rd Psalm, "Yea though I walk through the valley of shadow of death, I fear no evil." Our hospice is the valley where people journey with the light of love in the darkness of dying.

On behalf of the campaign, I would like to thank everyone for realizing this Field of Dreams and helping make a Heaven on earth.

"My mom, Paulette B., felt like a queen during her final days here. She once admitted to me that by being here she truly felt that for the first time in her life she was on a well-deserved holiday where she did not have to do a thing. Thank you for all the care you provided my mom. I am truly grateful."

Monique B.

Un mot du président du conseil d'administration

Déjà sept mois que nous avons aménagé le nouvel édifice de la Maison Vale Inco Hospice. Et dire que quatre ans plus tôt, nous n'avions qu'une idée que nous explorions: est-il une bonne chose que de planifier une maison de soins palliatifs pour Sudbury. Le 4 octobre 2005, le gouvernement de l'Ontario confiait à Maison La Paix de mettre sur pied une maison de soins palliatifs. L'étude de faisabilité commandée à cette fin ne serait pas terminée avant un autre mois! Il fallait se mettre à la tâche.

"Oui, Sudbury a besoin d'une Maison de soins palliatifs." C'était là la devise de la campagne de prélèvement de fonds. Grâce au dévouement et à la généreuse participation de tellement de gens qui ont pris à cœur le projet, tant au Conseil d'administration, qu'à la direction et le personnel, qu'aux bénévoles, qu'aux organisateurs, qu'aux représentants des différents paliers de gouvernement, qu'aux nombreux bienfaiteurs et participants aux comités de travail, on peut dire : "Oui, Sudbury a sa Maison de soins palliatifs." Et Sudbury peut en être fier! Le temps du rodage terminé, nous pouvons, en ce moment, respirer plus à l'aise. Ce n'est pas dire que tout est terminé.

De fait, au conseil d'administration, nous réfléchissons déjà à la suite qu'il faut donner au projet. Quels comités faut-il maintenant mettre en place? Tout en nous référant à d'autres maisons de soins palliatifs, nous reconnaissons le besoin de nous assurer que le bâtiment soit de premier ordre; nous prévoyons mettre sur pied un comité d'éthique, il faut assurer que les soins prodigues et les services offerts soient de première qualité. Il faut aussi assurer la survie financière de la Maison,

ce sur quoi nous continuons à compter sur votre appui.

Depuis quatre ans, beaucoup s'est réalisé. Que le même entrain se maintienne pour assurer une maison de soins palliatifs sans pareil. Merci à toutes personnes qui sont avec nous.

Gérald C. LaJeunesse

Board of Directors Conseil d'administration 2008-09

Gérald LaJeunesse Président
Berthe Lafrenière Vice-présidente
Danielle Lapalme Secrétaire
Monique Dubois Trésorière
Gerry Lougheed Jr. Past-Chair
Bertha Paulse
Micheline Groulx
Vicki Kett
Sherry Drysdale
Jacqulyn Moffatt
Mgr Noël Simard
Jean Cousineau

Marketing and kitchen maven: living a dream



At some time, in some way, we must all face the end of life. And most of us share a common hope – that when death comes to us, or to a loved one, it will be peaceful and free of pain. We hope to face death surrounded by those we love, feeling safe, comfortable and cared for.

My passion to work in palliative care is no longer a dream but a reality. I feel privileged to be a member of the hospice team. In my role as marketing coordinator, I am responsible for promoting our many events as well as providing community education about our programs and services.

In my other role as kitchen coordinator, I get to combine my love of cooking with my love of music. Cooking our residents' favourite meals and playing music for them is just icing on the cake. Food and music... what better way to show love, kindness and true caring?

*Jennifer Grooms, Marketing and kitchen co-ordinator
jennifer@maisonsudburyhospice.org*

Health care at the hospice



I'm Elaine Klym, the resident care co-ordinator for the hospice. I am a registered nurse certified in hospice palliative care. I manage the Residential Care Program, which provides all of the nursing and personal care for the Hospice. I assess potential residents for the hospice by visiting them at home or in the hospital to determine if they are appropriate for the hospice and to make sure we can meet their needs.

We have a registered nurse and registered practical nurse on-site 24 hours per day, seven days per week. We also have a personal support care worker on a 12-hour day shift. Our nursing staff is skilled in pain and symptom management, and in supporting residents and their families through the dying process.

There is no cost to stay at the hospice, but all residents must be clients of the Northeast Community Care Access Center (NECCAC). We have two physicians, Dr. Mark Dubé and Dr. Linda Tenhunen, who visit residents here on a regular basis and are on call to us 24 hours a day. They assume the care of all of our residents to ensure their pain and symptoms are dealt with in a timely manner, with great skill in palliative care and even greater compassion. We also have a Medical Director, Dr. Andrew Knight, who is available to us for consultation, as well being on-call, with Dr. Pablo Cano.

*Elaine Klym, Resident care co-ordinator
elaine@maisonsudburyhospice.org*

Staff/Personnel

Léo TherrienDirecteur général/Executive director
Elaine KlymResident care co-ordinator
Sylvie DaviauCoordonnatrice du programme de jour et des bénévoles
Thérèse Coleman ..Assistante administrative
Jennifer Grooms ...Marketing co-ordinator
Janique PerrinCoordonnatrice des soins spirituels

Nursing and personal support staff Personnel infirmier et préposées

Judy Balaz	Jacqueline Dupuis
Christine Spencer	Chantal Lalonde
Nathalie Denis	Robin Maracle
David Dubois	Venantie Mukankubana
Guylaine Dumont	Mona Phoenix
Marguerite Goodfellow	Teresa Talarico
Kerry Halvorson	Linda Brabant
Desirae Papa	Lori-Jo Flood
Joan Roellchen-Pfohl	Chantale Gaillard
Donna Tilbury	Corey Heerschap
Jacqueline Charest	Julie Sloan
Steven Dupras	Brandy Saunders



Hospice staff / Personnel de la Maison

Étudiant(e)s en placement students

Pierre Larabie
JoAnne Marcotte
Santana Nebenionquit
Myriam Roellchen-Pfohl

Maison Vale Inco Hospice

1028, chemin South Bay Road
Sudbury ON P3E 6J7
T: (705) 674-9252
F: (705) 674-5393
info@maisonsudburyhospice.org
www.maisonsudburyhospice.org



COME HIKE WITH US!
VIEW MARCHER AVEC NOUS!

Hike for Hospice Palliative Care
La Marche pour les soins palliatifs



"I want to let you all know how deeply grateful myself and my family were for the kindness and warmth that you all showed my father Menno F. in the final weeks of his life. I was humbled by the selflessness and generosity of everyone that cared for him and thanks to the calm and beautiful environment your hospice creates, my final memories of my father will be happy ones."

Menno and Paula F.



"I'm so thankful for this beautiful house and its fabulous staff. It made it possible for all of us to be able to spend this very valuable time with Claude. Thank you so much, you are like angels on earth!"

Denise G.



Volunteer program full-steam ahead



Hello, my name is Sylvie Daviau and I'm the new volunteer and day program co-ordinator. I started working here in December and I am very happy to be part of this wonderful team. I have a vast knowledge of palliative care and volunteer co-ordination. I come with 17 years of volunteerism and work with Maison La Paix as the resident care co-ordinator and at Access AIDS Network as the support services co-ordinator. I have already met some wonderful individuals who give of their time to make a difference in the lives of our residents and their families, and I look forward to meeting new volunteers from all walks of life.

Volunteer Program

Our volunteers are an integral part of the work we do at the hospice in providing support and a caring environment for our residents and their families. Right now we are looking for individuals who would like to volunteer their time in the following teams: kitchen, reception, fundraising, residential care and day program.

Day Program

The day program is for patients in the community who are living with a terminal illness, as well as their caregivers. Please note that the day program will consist of a day in English and a day in French. If you are interested in participating or know someone who is, please contact me. We hope to get the program up and running by the end of May 2009.

Here are some complementary therapies we are looking to provide (therapists must be certified): reiki, pet therapy, relaxation therapy, music therapy, art therapy, meditation, acupuncture, massage therapy, yoga, tai chi, foot massage, manicures and pedicures, gilded visualization, and arts and crafts and legacy work, just to name a few. Interested certified therapists are invited to contact us.

Volunteer training opportunities

Our residential care and day program volunteers must complete 30 hours of hospice palliative care training, which is delivered by Warm Hearts, palliative caregivers. The next session begins May 1, 2009. If you are interested, please contact me at (705) 674-9252 ext. 231 or sylvie@maisonsudburyhospice.org.

Programme de bénévoles

Nous sommes présentement à la recherche de bénévoles pour les équipes suivantes: cuisine, réception, levée de fonds, soins résidentiels et programme de jour. Nous recherchons aussi des thérapeutes agréés pour offrir des thérapies complémentaires.

Programme de jour

Le programme de jour sera offert deux fois par semaine aux personnes de la communauté qui vivent avec une maladie incurable et les membres de leurs familles, soit une journée en français et une journée en anglais. Si vous êtes intéressés ou connaissez quelqu'un qui est intéressé à y participer, s'il vous plaît me contacter. Le programme commencera à la fin du mois de mai.

Formation pour bénévoles

Les bénévoles du programme de jour et en soins résidentiels doivent participer à un cours de formation en soins palliatifs de 30 heures avec De tout cœur, des soins palliatifs. Si vous êtes intéressés, s'il vous plaît me contacter au poste 231. La prochaine session (en anglais) commence le 1 mai, 2009. Une session de formation sera offerte en français à partir du 8 mai, 2009 si le nombre le justifie.

A big thank you to our volunteers Un gros merci à nos magnifiques bénévoles

Rose Bailey
Michael Bellmore
Denise Bradley
Cynthia Breadner
Marion Brewer
Kim Byrne
Liz Chorkawy
André Clement
Sharon Crawford
Huguette Côté
Lorraine Cousineau
Diane Doyle
France Durocher

Louise Edmunds
Lucille Frick
Paul-André Gauthier
Andrea Goggins
Pamela Humphrey
Fernande Houle
Kerri Jones
Denise Keymolen-Cooper
Edward Klym
Kylie Klym
Ron Langin
Fran Larivière
Suzanne Martel

Julia Maynard
Pauline McDonald
Colin McKerrel
Andrew McMillan
JoAnne Marcotte
Ben Mercer
Marie-Lou Morin
Yvonne Nadeau
Brad Norquay
Tania Osawabine
William Osawabine
Marlene Paquette
Monique Paquette

Lucie Parenteau
Liz Peekstop
Allison Ransom
Laurie Riach
Sylvie Rodrigue
Lise Rousseau
Brandy Saunders
Rita Stringer
Franca Zadra
*St. John's Ambulance
pet therapy program*

Spiritual care meets need of patients, families and staff



Je profite de l'occasion pour me présenter à ceux et celles qui ne me connaissent pas déjà. Je suis la coordonnatrice du programme des soins spirituels.

J'offre des soins spirituels aux résidents et leurs proches, ainsi qu'au personnel et aux bénévoles, tout en respectant leurs croyances et pratiques personnelles. Je suis disponible le lundi, mercredi et vendredi au poste 227 en plus d'être en appel si le besoin se fait sentir.

The Spiritual Care program responds to the spiritual and religious needs and interests of residents and families. The residents' preferred spiritual and/or religious observances are supported and may be complemented by other practices, such as meditation, prayer and visualization. Spiritual care also supports end-of-life decision-making; grief and bereavement; issues of death, dying and loss; compassion fatigue; sacramental ministry; and funeral planning.

Lieu sacré/Sacred Space

Dans les derniers mois, nous avons mis beaucoup d'effort à préparer le lieu sacré,

une salle de recueillement qui se retrouve dans l'aile résidentielle de la maison. Les résidents et leurs proches, ainsi que le personnel et les bénévoles, y retrouvent un endroit tranquille pour prier, méditer, ou tout simplement pour faire place au silence.

With its inspiring view of Bethel Lake and a stunning fountain in memory of Mr. Ovila Fontaine, the sacred space remains an oasis of peace and serenity for residents, families, staff and volunteers.

Salle de jeux Ten Rainbows Foundation Children's Playroom

The Ten Rainbows Children's Foundation playroom provides a nurturing environment to support children who are experiencing the death of a loved one.

Ainsi, la maison offre aux jeunes visiteurs l'occasion de passer des moments auprès de l'être cher, mais également, un endroit propice pour se remettre des émotions intenses qui se vivent en telles circonstances.

Dans un dernier temps, je souhaite remercier les membres du clergé ainsi que les représentants de divers groupes religieux qui appuient le Programme des soins spirituels.

By providing sacramental ministry, worship services and pastoral visitation to their parishioners, community clergy and faith leaders help to provide a continuum of care to numerous residents.

Janique Perrin
Coordonnatrice des soins spirituels
Spiritual care co-ordinator



The Ten Rainbows children's room gives kids a place to play freely and to enjoy the time they spend at the hospice. It also allows them to express their emotions in a safe environment.



Léo Therrien, executive director, and Claudio Clarini, director of fundraising for the Ten Rainbows Children's Foundation, pose in front of the children's play room.

"For my children (ages five, nine and 12), this was their first experience with the death of a close loved one. You gave them a place to still act as children and experience it at their level. They were able to visit with family in the family rooms and still laugh and talk with grandpa in his room. Being able to bring in personal items, and create pictures and crafts in the children's room made the long days very acceptable to them. My husband and I knew they were safe if we were not able to be by their side for a few moments, much needed piece of mind for us. You certainly gave us light during our darkest hours."

Nancy A.-F.

Dons In Memoriam Donations — Jan. 08 - Mar. 09

RESIDENTS

Agnes Zimmerman
Aurèle Lavigne
Barbara Brabant
Barbara Mellow
Beverly McNamara
Walter Gringel
Wayne Wilson
William Osawabine Sr.
Yollandé Perron
Charlie Beanish
Claude Larocque
Vera Tramontini
Cyrille "Rolly" Poulin
David Gaudette
Evelyn Horner
Fernande McFarland
Frederica Bernier
Frederick Brown
Gaétan Laurin
Gaétanne Gervais

George Switzer
Gerald Armstrong
Hilda Bartak
Jacques Langdon
James Tucker
Jean Rousselle
John Brewer
Kenneth Hudson
Lee-Ann Hickman-Leclair
Léo Beaulieu
Leona Juska
Léonel Dénommé
Linda Brown
Lois Whitman
Lucille Perrault
Lyall Shane
Margaret Morin
Marie Cousineau
Marjorie Joan Powell
Mary Levesque
Mary Joan Morgan
Menno Friesen

Mildred Pitzner
Monica Fennell
Muriel Spencer
Norman Scully
Normand Castonguay
Ovila "Bill" Fontaine
Pamela Richards
Paulette Boyer
Ralph Murray Francis
Raymond Laakso
Raymond Lavoie
Regen Lalonde
Ruth Matheson

NON-RESIDENTS

Jim Egan
Hector Giroux
Hildegarde Letourneau
Michael Fielding
Michel Morin
Ray Mallette

Peggy Edwards
Rita Darrach
Robert Miron
Teresa Fera
Gaston Legault
Dino Palmero
Claire Roberge
Dr. Savela
E. Freelandt
Edna Lahiae - Leblanc
Eileen Gallagher
Emma Haggart
Fern Leblanc
Violet Lamothe
Bill Bennett
Bob Landry
Bob Ogilvy
Alvida Dignard
Anthony Pickford
Conrad Meilleur
Desneige Marcotte

Remembrance Service / Soirée commémorative

A remembrance service in honour of past residents of the Hospice
Une soirée commémorative en l'honneur des anciens résident(e)s de la Maison
7 p.m. April 15 avril, 19 h
Centre Marguerite Lougheed Centre (corner of Albert and Regent streets)
Friends and families are welcome. Please RSVP by April 15 by calling 674-9252
Les familles et ami(e)s sont invités. Veuillez nous aviser d'ici le 15 avril si vous désirez participer.



Upcoming Events / Activités à venir



RBC Hike for Hospice
Marche RBC pour les soins palliatifs
May 3, 1 pm — 3 mai, 13 h

Roulons pour la Maison
Vale INCO Wheels for Hospice
July 26, 10 am — 26 juillet, 10 h

Bayshore Drive for Dignity
Golf Tournament
August 15, 1pm — 15 août, 13 h
(Cedar Green)



NORTHERN LIFE
GREATER SUDBURY'S COMMUNITY NEWSPAPER

Le Voyageur



VALE INCO



Hospice to build boardwalk

This spring, our next big project is the construction of a boardwalk and gazebo on the shores of Bethel Lake, and a memorial garden in the front of the hospice. Residents and families will be able to contemplate life in this serene and peaceful environment, surrounded by gardens, flowers and trees, benches, a children's area and a variety of wildlife.

Anyone with a green thumb is welcome to come and support this new addition to our hospice. We are also looking for cash and in-kind donations to bring this project to fruition.

If you would like to receive our newsletter via e-mail please contact us at info@maisonsudburyhospice.org
Si vous préférer recevoir notre bulletin par courriel, s'il vous plaît nous contacter à info@maisonsudburyhospice.org