



Maison
Vale
Hospice



Hospice News

Nouvelles de la Maison

Spring/Printemps 2014, Volume 8, N° 1

Celebrating five years / Cinq ans à célébrer



Thank you to everyone who has been a part of the first five years of Maison Vale Hospice's story. We look forward to all of the changes that will occur over the next five years.

Merci à ceux et celles qui ont contribué aux cinq premières années de l'histoire de la Maison Vale Hospice. De beaux projets s'annoncent pour les cinq prochaines années.

Integration of Maison Vale Hospice and Warmhearts Palliative Caregivers

Effective April 1st, 2014, Warmhearts Palliative Caregivers is fully integrated with the Hospice. We welcome the staff and volunteers of the Visiting Hospice Volunteer and Interdisciplinary Education programs as an integral part of the Hospice. Joint training sessions are offered in French and English for people who wish to volunteer in the community and at the Hospice.



Warmhearts De tout cœur

Palliative Caregivers
Sudbury/Manitoulin

Des soins palliatifs
Sudbury/Manitoulin

Intégration de la Maison Vale Hospice et De tout cœur

Depuis le 1^{er} avril 2014, De tout cœur est entièrement intégré avec la Maison de soins palliatifs. Nous souhaitons la bienvenue au personnel et aux bénévoles des programmes de visiteurs bénévoles et d'éducation interdisciplinaire. Des sessions de formation sont offertes en français et en anglais aux personnes désirant faire du bénévolat en soins palliatifs dans la communauté et à la Maison Vale Hospice.



Staff/Personnel

Kelly ArmstrongAdjointe en soins de soutien
Normand Blanchard ...Coordonnateur des soins de soutien
Josay BrochuPublic Relations Intern
Jeannette CarrièreNavigatrice de l'Équipe de soins partagés
Lory CentisPalliative Pain & Symptom Management Consultant
Sylvie DaviauCoordonnatrice des bénévoles
Nathalie DenisInfirmière autorisée, Équipe de soins partagés
Nathalie Depatie.....Coordonnatrice du développement de fonds
Lyle ForeshewDirector of Residential Care
Catherine Grabowski ..Quality Assurance Coordinator
Elizabeth HassBookkeeper
Jessica Holingshead....Fund Development Officer
Colette Pepin.Adjointe administrative
Michelle QuirionDirectrice de l'Équipe de soins partagés
Ian Reedman.....Interdisciplinary Education Coordinator
Léo TherrienExecutive Dir. général

Mission

Offrir un soutien et des soins de qualité aux personnes et à leurs proches dans un environnement familial, en intégrant les aspects physiques, psychosociaux, spirituels et pratiques des soins, afin de permettre à ces personnes de réaliser leur potentiel de vie alors même lorsqu'elles sont mourantes.

Mission Statement

To provide compassionate support and quality care to individuals and families in a homelike environment. We help residents realize their full potential to live even when they are dying, by attending to their physical, psychosocial, spiritual, and practical needs.

« Vous faites un travail extraordinaire! Tout l'amour que vous donnez aux résidents est un rayon de soleil dans leur vie. Mon amie est bien ici, comme chez-elle. »
Famille de la Maison

Board of Directors/Conseil d'administration

Sean Brouse	Léo Lefebvre
Michelle Cloutier	Kevin McCormick
Mark Hartman	Kim Morris
Abbas Homayed (Chair)	Bertha Paulse
Jane Keown	Lise Poratto-Mason
Vicki Kett	Loretta Tompkins
Sylvie Rodrigue (Interprète)	



Physicians/Médecins

Dr. Mark Dubé (Medical Dir. médical)
Dr. Nathalie Slaney

Nursing & PSW Staff/Personnel infirmier et préposés

Jenny Lea Beaudry	Sylvie Giroux
Lee-Anne Bedard	Deborah Greenwell
Jasmyn Beer	Kerry Halvorson
Rhea Belanger	Tabatha Haskett
Melinda Burke	Jean Hyland
Jacqueline Charest	Amélie Lambert
Mike Chenier	Tammy Leblanc
Sheryl Clement	Chantal Marchand
Anna Maria Crocetti	Vicki Morin
Shannon Dowdall-Smith	Desirae Papa
Roxanne Dupont	Nishanthiny Pathmanathan
Christina Emblin	Giselle Pitman
Bertrande Etienne	Riva Rabin
Jacynthe Farrell	Tracey Riley
Katie Fleming	Erinne Ritchie
Chantal Gaillard	Christine Spencer
Chantal Gaudreault	Tyler Wills
Nancy Gélinas	

Support Staff Personnel de soutien

Cindy McCue
Ben Mercer
Janet Smith

Supported by: / Financé par :



From the Chair of the Board

It's been an exciting year at Maison Vale Hospice. In September 2013, we celebrated our 5th Anniversary with a gala dinner at the Caruso Club. It was an opportunity to thank more than 500 staff, volunteers, and community partners who work tirelessly to make a difference in the lives of residents and their families.

We also had a busy summer with our three main fundraising events: the annual RBC Hike for Hospice in May, the KIA Butterflies & Memories in July, and the Desjardins Wheels for Hospice in August. They were all a huge success, thanks to our committees, staff, and volunteers who work hard to ensure that we meet our financial goals.

The integration of Warmhearts Palliative Caregivers Sudbury-Manitoulin into Maison Vale Hospice was one of our main highlights and memorable accomplishments this past year. This new model



provides an opportunity for us to improve the quality of hospice palliative care and provide appropriate, coordinated, effective, and efficient services in our community.

At the Hospice, we are fortunate to have an amazing Board of Directors. This group of dedicated individuals has contributed significantly to its success and direction, and I am proud to chair this board. We are equally fortunate to have a committed and professional staff that ensures our residents receive the highest level of care in their final days and their families get the support they require.

Finally, to all our sponsors, volunteers, hospice families, and all of our community partners, a big "thank you" for supporting the Hospice. Your generous and selfless contributions make a difference in so many lives.

Abbas Homayed

A Letter from the Executive Director

Maison Vale Hospice has gone through many changes since it opened its doors in September 2008. New hospice palliative care (HPC) programs have been added, leading to additional work spaces being created in the building for the new staff and volunteers. As well, new features were built in 2013 on the Walk of Life, including, among other things, the Teresa Arbour Deck, the Club Richelieu de Sudbury Enchanted Forest, and the United Commercial Travellers Tree Arches. At the front of the Hospice, the Susanne (Huneault) Lalande Fountain and Father Raymond Prévost Swing add beauty and tranquility. There are more dedicated projects coming in 2014-2015, and you are all welcome to come for a tour.



From the beginning, our aim was to make our community residential hospice a Centre of Excellence in HPC in Northeastern Ontario. Besides our residential care program, which has cared for over 800 end-of-life residents as of April 2014, the Hospice is now able to support clients, caregivers, and service providers in the community, thanks to its Shared-Care Team (SCT), which is funded through the NELHIN. Please welcome our new SCT Director, Michelle Quirion, who takes over from Elaine Klym, who has left us for adventures in Red Deer, Alberta. Elaine was instrumental in creating our haven of peace in Sudbury. Her great passion for HPC and her vast knowledge of pain and symptom management have led to the high quality care being delivered at Maison Vale Hospice and in the community. We wish her the best in her new endeavours. Her contributions in Sudbury are truly appreciated.

In 2014, the Hospice is taking on a new challenge, thanks to a partnership with Dr. Sean Murray and his Pediatric Oncology Team at Health Sciences North. Following extensive training and education of our staff and volunteers, the Hospice is planning to admit and care for one pediatric resident (aged 12-18) with a cancer diagnosis before November 2014. This pilot project, as well as all programs of the Hospice, will be reviewed as part of the development of our second Strategic Plan in the fall of 2014.

Lettre du directeur général

En janvier et février 2014, Horizon Santé Nord, en collaboration avec Maison Vale Hospice, De tout cœur, le Centre de santé St-Joseph de Sudbury et le Centre d'accès aux soins communautaires du Nord-Est, ont organisé deux forums sur les soins palliatifs et en fin de vie. Plus de 1 000 personnes ont participé aux deux soirées, qui avaient pour but d'amorcer une discussion sur les soins en fin de vie. Il est bien clair que la communauté sudburoise veut un dialogue sur des soins appropriés en fin de vie.

Depuis l'ouverture de la Maison de soins palliatifs de Sudbury en 2008, notre communauté a désormais accès à un plus grand choix de milieux de soins de fin de vie. Cela signifie aussi que des centaines de familles ont bénéficié d'un milieu de soins palliatifs où l'emphase est mise sur le résident et sa famille en tant qu'entité, et où la mort est discutée et vécue comme étant une partie intégrale de la vie.

Selon l'Association canadienne des soins palliatifs, « les soins palliatifs sont prodigués pour aider les patients et leurs proches à faire face aux problèmes physiques, psychologiques, sociaux, spirituels et pratiques de la maladie, ainsi qu'aux attentes, besoins, espoirs et craintes qui y sont rattachés. » On peut aussi dire que les soins palliatifs représentent tout ce qui reste à faire quand il n'y a plus rien à faire. En réalité, ce qui nous reste à faire en fin de vie est de prendre soins de nos proches, en paix et avec dignité, et d'être présent pour eux. L'emphase doit être sur le contrôle des symptômes et de la douleur, mais surtout sur la qualité de vie et non sur la quantité.

Un membre d'une famille a dernièrement décrit son séjour à la Maison de soins palliatifs comme étant un 'living wake', soit une veillée de célébration de vie. Alors que ses proches venaient voir son épouse et partenaire de vie, ces derniers partageaient avec lui leurs souvenirs d'elle comme on le fait lors d'une visitation, alors qu'elle était toujours parmi nous, ce qui lui a permis de commencer à vivre son deuil ici. Ceci est chose courante dans notre demeure parce que les proches sont invités à parler de la vie et de la mort de façon naturelle, parce qu'ici, la mort fait partie de la vie et c'est la vie que nous célébrons. « Parce que la mort, c'est plein de vie dedans » (Félix Leclerc).

Léo Therrien
info@maisonsudburyhospice.org

Director of Residential Care



After a long winter, we welcome the fresh start that spring offers. In my role as Director of Residential Care, I get to experience both nursing care and operational management. I have been working at the Hospice for 4 years, first as a floor nurse and now as a director.

Many people ask me, "Why do you work at the Hospice?", or "How can you work there?" I answer those questions by sharing some of

my experiences in providing end-of-life care, and the impact on the residents and their families. These experiences range from a father and son watching Hockey Night in Canada, to celebrating a birthday or anniversary. A family just having quiet time together, reflecting on their life journey. Experiences involving families coming together and making amends to become a stronger family unit, and bringing that peace to residents in their last days, are among the many reasons I work in this field.

The Hospice continues to promote quality hospice palliative care in our community, with the belief that everyone has the right to die with dignity, pain-free, and surrounded by their loved ones. I thank every family who has placed the care of their loved one in our hands and home.

Lyle Foreshew, RN CHPCN (C)
lyle@maisonsudburyhospice.org

Hospice Art Gallery

We are so fortunate to welcome many talented artists who lend us their beautiful art pieces to hang in our small gallery. We would like to thank Liz Peekstok for coordinating the art displays every two months, as well as the following artists for sharing their works of art since May 2013:

Heather Becks	Claudette Fasciano	Cindy O'Neil
Brigitte Bere	Dolores Fortier	Lynn Quinn
Sheryl Boivin	Doug Goodale	Paulette Stewart
Miriam Brosseau	Ellen Gorecki	Dolores Storey
Heather Brown	Marg Konopelky	Lorraine Verbancic
Anita Bunt	Susan Lee	Ruth Wallace
Tony Chezzi	Stella Marotta	Diane Yurich
Ed Decker	Louise Martel	
Tim Dempster	Dean Martin	



Director of Shared-Care Team



Most people, when asked, indicate that they prefer to die at home, in the presence and care of their loved ones. I feel very honoured to work with the Shared-Care Team, in collaboration with other community health care providers. Together, we are able to better provide quality end-of-life care to our clients and their family members, in the location of their choice. We are providing expert pain and symptom management,

supportive and spiritual care, and grief and bereavement counselling. It is with great pride that I have accepted to lead this team of Hospice Palliative Care experts as we say goodbye to Elaine Klym and thank her for her dedication to the Hospice.

Je me sens très privilégiée de faire partie de l'Équipe de soins partagés de la Maison Vale Hospice. Ensemble, nous participons dans la communauté avec le but d'appuyer les clients et leurs proches afin de réaliser leur potentiel de vie alors même lorsqu'elles sont mourantes, dans le milieu de leur choix.

Michelle Quirion, RN CHPCN (C)
michelle@maisonsudburyhospice.org

Farewell to Elaine Klym



It is with joy and some sadness that I write my last update for the Maison Vale Hospice newsletter. This past year has been an amazing one, full of growth and excitement, and watching the years of visualizing a concept finally come together. The Shared-Care Team is now a reality and has been working in the community since April 2013. It has been amazing working with the team at the Hospice and all of the

community partners who helped shape the Shared-Care Team. Thank you all for five great years of collaboration!



From the Desk of the Volunteer Coordinator



I would like to share a story that changed the course of my life, and I will be forever grateful that I met this couple. The year was 2009, and I had only been working here for one year when I met them.

Diane was admitted in April, and passed only 31 days later. During that month, I watched how the couple interacted with each other and knew in my soul that I wanted such a beautiful love story for myself. Relationships are difficult in the

best of circumstances but, for their time here, they showed the respect and the love they had for one another. She would dictate letters to her family members and he would type away on the laptop. They would sneak out of their room and come down to the kitchen, enjoying hot chocolate and dancing by the fire. She organized a surprise birthday party for him because she knew she would not be here in four months to celebrate with him.

If my memory is correct, the night before she passed, they went down to the kitchen, as they often would, and danced one last time together. The way she carried herself was truly inspiring. As for my story, I believe I did find that special person who will be there until the end. They have inspired me to want better for myself, a love story of my own.

I have told this story many times, about how a chance meeting at the Hospice changed the course of my life forever. It is a true privilege to meet so many different couples who show me every day that an everlasting love, until death do us part, does exist. To all of them, I say thank you.

J'aimerais aussi remercier les nombreux bénévoles qui donnent de leur temps et qui partagent leurs histoires et expériences avec les familles et les résidents.

Sylvie Daviau
sylvie@maisonsudburyhospice.org



Recipe Book in Progress!

The Hospice is putting together a recipe book and we need your help. If you have a favourite recipe you would like to share with us, we would love to see it. Please include a short story behind your recipe. You can submit to marketing@maisonsudburyhospice.org. We hope to have the recipe book available by the end of 2014.

Volunteer and Staff Awards for 2013

The Shining Star Award is presented to a staff member who demonstrates that they truly embrace working with volunteers as team members. This award is voted on by volunteers. The award for 2012 went to Chantal "Tilly" Gaillard (PSW), and to Cindy McCue (cook) for 2013. Thank you for making the volunteer experience here at the Hospice so satisfying!

Le Prix d'excellence Noël Simard pour le bénévolat est présenté à un(e) bénévole qui personnifie la mission et la vision de la Maison de soins palliatifs par son travail, et lors de ses interactions avec les familles. Le récipiendaire en 2013, choisi par le personnel, est Aldé Bédard. Il s'agit d'un membre important de notre équipe de bénévoles.

Thank you to the following presenters who offered the French and the English Volunteer Palliative Care Training sessions in 2013:

Francine Bertrand	Suzanne Lacelle	Madeleine Sauvé
Normand Blanchard	Léo Lefebvre	Dr. Nathalie Slaney
Carmen Brûlé	Lorraine Mercer	Valerie Walker
Lory Centis	Angela Paquin	
Meighan Clifford	Michelle Quirion	

Welcome / Bienvenue

We would like to take this opportunity to welcome and thank new volunteers to the Hospice Team:

Merci aux nouveaux et nouvelles bénévoles :

Karla Allen	Dan Hammond	Sonia Plut
Muriel Anderson	Carmelle Hebert	Richard Régimbald
Joanne Ashworth	Richard Henri	Jacynthe Rhine
Juliana Battiston	Coralea Kappel	Merilyn Riva
McKenzy Beaudoin	Charmaine Kennedy	Lise Roy
Kathy Beck	Chantal Labelle	Kathleen Smyth
Kelly Bowie	Jacqueline Lalonde	Terry St-Denis
Patricia Case	Brenda Leclair	David Stamp
Michelle Chartrand	Raymond Lefebvre	Joanne Stamp
Michelle Courchesne	Tara Levesque	Pam Tobin
Rhéo Courchesne	Marlene Lippold	Sheila Tyndall
Jessica Daiken	Randy MacIntyre	Patricia Vildis
Cathy Ferguson	Terry MacKenzie	
Shirley Giff	Mike McDonald	
Paula Green	Véronique McIntosh	
Jill Guido	Patricia Mills	
Mary Ann Guzzo	Angela Paquin	
Margaret Hallett	Katrine Plante	

"I am so grateful that this Hospice was built. What a comforting place with exceptional staff and volunteers. We couldn't have asked for better services, smiles and great help. Thank you very much."

Hospice Family



Adjointe en soins de soutien

Kelly Armstrong

Mon rôle est d'assurer le bien-être émotif et spirituel des résidents, des familles, du personnel, et des bénévoles de la Maison, ainsi que celui des clients et des familles de l'Équipe de soins partagés. Je suis responsable de fournir de l'appui psychologique et spirituel par l'entremise

du counseling individuel, des discussions de groupes, et un service de suivi avec les familles pendant un an après le décès de leur bien-aimé.



Palliative Pain & Symptom Management Consultant (PPSMC)

Lory Centis, RN

Through a partnership between Maison Vale Hospice and VON Canada, I provide education and mentorship to health care providers while building capacity and linkages to palliative care resources. I work

to support the following vision: "A society where death is viewed as part of the human life experience; where equitable and timely hospice palliative care is delivered with respect, dignity, and compassion to all people."



Infirmière autorisée en soins partagés

Nathalie Denis

Je suis Infirmière autorisée à la Maison de soins palliatifs au sein de l'Équipe de soins partagés. Je fournie des consultations spécialisées sur les soins palliatifs et la gestion des symptômes aux clients, à leurs familles, et aux fournisseurs de soins communautaires.



Navigatrice de l'Équipe de soins partagés

Jeannette Carrière

Comme navigatrice, je fournis de l'appui administratif à l'Équipe de soins partagés et le programme de visiteurs bénévoles.



Nurse Practitioner

Claire Warren

I am a Primary Health Care Nurse Practitioner, working at CCAC in the palliative care program. I collaborate closely with the Hospice Shared-Care Team to provide hospice palliative care to clients and their families in the community setting.



Public Relations Intern

Josay Brochu

I help promote the programs and services of the Hospice, and participate in the development of promotional and educational materials. Overall, I assist with the Hospice's visibility and raisings funds through our annual events.



Adjointe administrative

Colette Pepin

Je suis responsable d'appuyer premièrement le Directeur général, ainsi que les coordonnateurs des programmes, tels résidentiel, de soins de soutien, de développement de fonds, et ainsi de suite.



Bookkeeper

Elizabeth Hass

As Bookkeeper, my role is to ensure that funds are received and allocated correctly to facilitate the daily operations of the Hospice, and to provide clear and accurate information to the community so that they trust that their donations are used effectively to support the residents and their families.

A fond farewell and thank you to the following staff who are no longer at the Hospice:

Merci et aurevoir aux personnes suivantes qui ne travaillent plus à la Maison :

Carole Bélisle
Francine Bertrand
Meighan Clifford

Martha De La O
Céline Giroux
Elaine Klym

Sheri Ann Matthews
Kim Pitman

The Walk of Life

We are truly blessed to have such a wonderful view of Bethel Lake, and to enjoy the various family dedications on the Hospice grounds.

Le Sentier de la vie

Nous sommes choyés d'une vue si magnifique du lac, et d'avoir de beaux projets en mémoire de bien-aimés sur le terrain de la Maison.

Teresa Arbour Deck



United Commercial Travelers of America Tree Arches



Fontaine Susanne (Huneault) Lalande Fountain



Cedar fence through the gardens



Balançoire Monique Bélanger



Coordinator of Supportive Care

Welcome to Maison Vale Hospice's Supportive Care Program! Formerly known as Psycho-Social and Spiritual Care, the name "Supportive Care" has been assigned to this program to better reflect the range of services it delivers. In addition to this, two new components have been incorporated into the Supportive Care program as of May of 2013:

1. Shared-Care Team

- Supportive Care is now offered to the Hospice's Shared-Care Team clients and their families.
- These services are offered either at the client's residence or by telephone.



Coordonnateur des soins de soutien

Le programme des Soins de soutien de la Maison Vale Hospice vous souhaite la bienvenue! Autrefois nommé Soins psycho-sociaux et spirituels, le nom « Soins de soutien » fut assigné à ce programme afin de mieux refléter la gamme des services fournis. De plus, en mai 2013, deux nouveaux éléments furent incorporés au programme de Soins de soutien :

1. L'Équipe de soins partagés

- Les Soins de soutien sont maintenant offerts aux clients de l'Équipe de soins partagés de la Maison et aux membres de leur famille.
- Offerts soit à leur résidence ou par téléphone.

2. 12 Month Follow-Up Program

- Follow-up telephone calls to next of kin are placed 1, 6, and 12 months after the death has occurred.
- Telephone support is initiated by next of kin any time in the 12 months after the death has occurred.
- Monthly discussion groups are held to discuss topics relating to grief and bereavement.
- Individual grief coaching on an as-needed basis or referrals are made to appropriate professional if clients' needs go beyond the Supportive Care team's scope of practice.
- It is our privilege, as members of the Supportive Care team, to continually strive to identify and respond to your needs.

2. Programme de suivi de 12 mois

- Suivis par appels téléphoniques aux proches parents, 1, 6 et 12 mois après le décès.
- Soutien par téléphone initié par les proches parents à tout moment au cours des 12 mois suivant le décès.
- Groupes de discussion mensuels au sujet du deuil.
- Interventions individuelles de soutien aux endeuillé(e)s ou référence à un professionnel approprié pour les cas qui dépassent le champ de pratique professionnel de notre équipe.
- C'est notre privilège, en tant que membres de l'Équipe de soins de soutien, de viser continuellement à identifier et de répondre à vos besoins.

Normand L. Blanchard
normand@maisonsudburyhospice.org

Témoignage

« La paix soit avec vous! » de dire Jésus-Ressuscité. Cette salutation semble incrustée dans les murs de cette maison de paix. Tout dans cette maison contribue, tant pour les gens en fin de vie que pour leur famille, à créer un environnement de paix, de calme et de sérénité : accueil chaleureux, soins d'une qualité supérieure, attentions multipliées. Il est évident que la compassion est la pierre d'angle de cette Maison de soins palliatifs. Son personnel exceptionnel s'ingénie à trouver les gestes et les mots de compassion et de douceur si importants pour ceux et celles qui vivent ces moments si difficiles.

L'extérieur de la maison vient aussi offrir un élément pacifique. Les oiseaux qui chantent, la beauté des arbres, les eaux du lac Béthel, invitent à l'intériorité et à cette préparation à la Rencontre de Dieu. Dans la Bible, Béthel veut dire « Maison de Dieu ». Est-ce un hasard que Maison Vale Hospice soit sur le lac Béthel? Je ne le crois pas... au contraire. C'est là un beau petit clin d'œil de Dieu pour nous dire que cette maison de paix, véritable antichambre du Ciel, est une maison de Dieu.

Nos félicitations à la direction de la Maison et à tout le personnel d'avoir su créer une maison de soins palliatifs qui est certainement, pour le Nord de l'Ontario, un appui solide et un ancrage sûr, tant pour toute personne qui se trouve en soins palliatifs que pour les membres de la famille qui vivent des moments d'inquiétude.

Acceptez nos remerciements profonds d'avoir fourni des moments de paix intense à ma sœur décédée, Sr Clémence Watier, s.c.o., à nous, la famille des Sœurs de la Charité d'Ottawa, ainsi qu'à ma sœur Lorraine et à moi-même.

Sœur Rachelle Watier, s.c.o.

Quality Assurance Coordinator

As with any non-profit organization, the Hospice routinely captures and analyzes statistics and feedback in order to maintain, and improve upon, the services we provide. That being said, we have an exceptionally engaged family of staff and volunteers who personally invest themselves in carrying out our mission of compassionate support and quality care; not everything they do in service of members of our community is so easily measured and reported in black & white.

We see the impact of our dedication in countless wonderful and unexpected ways, and we are both humbled and re-energized by each and every one of them. Children's carefully printed notes in our Family Books, relaying their experiences. All-expense-paid barbeques for everyone in the Hospice hosted by residents' loved ones. Gifts of new coffee mugs or handmade placemats to refresh our supply. Unexpected donations gathered during third-party events. Fingerprints on the fish tank following grandparent/grandchild adventures.



A heartfelt thank you for sharing your journeys with us.

In 2013, we were honoured to be granted the opportunity to extend our vision beyond the walls of the Hospice, and interact in a meaningful way with even more members of our community – we have implemented the first Shared-Care Team Pilot Project in Northern Ontario. An interim internal review has revealed that the expertise and involvement of our Shared-Care Team has had a measurable effect on enabling individuals to die in the location of their choice, diverting visits to the emergency department, and providing

service within established priority wait times. Through this interdisciplinary endeavour, we are shaping an outreach model and gathering baseline data that we hope will serve as a valuable resource for additional Shared-Care Teams that may be established in the future in Northern Ontario.

I look forward to being part of the exciting changes and growth in the year to come.

Catherine Grabowski

catherine@maisonsudburyhospice.org

It's A Wonderful World

A year and a half ago, my husband, Deacon Mr. Ray Henri, passed away from cancer. Maison Vale Hospice gave him the gift of dying with dignity and compassion, without pain. For me, it was a place of refuge, a home, a place where I could be his wife. Ray was treated with the greatest respect and human kindness. I noticed the little things the staff did – touching him gently, telling him everything they were doing and why, letting him make the choices when he was able. They supported all of us in every way, making sure the family was looked after. That was so important to me. It seemed I never had the time to do that anymore; I'd been everything but a wife and mother. We were given the gift to just be a family again, to spend the time with Ray and to love him. This wonderful feeling of warmth and peace was felt by the whole family. The fear that had been part of me for so long was gone. I could finally just be.

Sitting beside Ray, holding his hand, remembering tender moments, moments of sadness were all gifts that gave quality to the time we had left together. Even though Ray couldn't answer us, I knew he was listening. The time we had together was short, but it was our time.

Ray wasn't afraid of dying. His only regret was leaving, knowing he was loved so much. The fear was of dying alone. And he never was. Ray chose his time to go. The nurse came in to check on him and told me he was leaving. I looked up and he had a smile on his face. Then he was gone. There was just Ray and I at that precious moment ... he was not alone.

After Ray's death, I was in a really dark place for months. My love of over 50 years was gone. I was alone in an empty apartment. No one in the morning, no one at night. I'd fallen and broken my hip. I felt I had no purpose. I felt I didn't belong anymore and I was afraid.

After reaching out for help to no avail, someone suggested that I call and speak to someone from the Spiritual Care team (now called Supportive Care) at the Hospice. That's when my life began to change from one of hopelessness and despair to one of now happiness and gratefulness, a life filled with hope. It wasn't easy allowing myself to be honest and vulnerable, but with some skillful coaching, this individual taught me that it was okay to have these feelings and offered me a safe place to express them. He shared with me that, to resolve grief, one has to work through the feelings and that avoiding them would only make the grief journey more difficult.

Through these grief coaching sessions, I was offered tools that taught me to live in hope, which then led me to allowing life's potential without feeling guilty. This was crucial to the beginning of my healing journey. Living in hope and gratitude has improved my view of the future and of my life in general. Now, as I consider the opportunities that are presented to me, I can engage in better choices for a more fulfilling life.

I am so grateful for the gifts that the Hospice has offered my husband and me. They helped us get through each of our respective journeys. I consider myself a survivor of one of the most crucial times of my life. Though Ray rests in peace, my memories and my love for him are alive and well. I continue to strive to allow life's potential, and I look forward to the new opportunities that will unfold as time goes on.

To all this, I say, "Yes, it's a wonderful world."

Jean Henri

Donations / Dons



Sudbury Real Estate Board



Toppazzini Family



Associazione Regionale Marchigiana di Sudbury



United Commercial Travelers of America



Kinsmen Club of Sudbury



Youth supporting the Hospice



Club Richelieu de la Vallée



Caisse populaire des Voyageurs



Ristorante Verdicchio



Club Richelieu Sudbury, commanditaire



Janis Foligno Foundation

"You are an amazing group of people; the care, not only to residents, but to the family, is exceptional.

Thank you, merci."

Hospice Family

Donations / Dons



Knights of Columbus Council 10602



RBC, Title Sponsor of the Hike for Hospice



Knights of Columbus Council 3909



Knights of Columbus Council 6074



RBC, Title Sponsor of the Hike for Hospice



Sudbury Mine Mill & Smelter Worker's Union Local 598 Unifor Retired Workers Chapter



Knights of Columbus Council 11219



Knights of Columbus Espanola



Knights of Columbus Council 7368, Valley East Days Lottery



Ryan Houle



Les Filles d'Isabelle Cercle de Youville



St. Nicholas Greek Orthodox

« Merci beaucoup pour tout. Cette place est vraiment une maison de paix et de compassion. Merci aux employé(e)s et bénévoles aussi. »

Famille de la Maison

Fundraising Events / Activités de levée de fonds

La Marche RBC pour les soins palliatifs / RBC Hike for Hospice



Butterflies & Memories
Mémoires et papillons



KIA SUDBURY MOTORS

Butterflies & Memories
Mémoires et papillons



Desjardins Roulons pour la Maison / Desjardins Wheels for Hospice



5th Year Anniversary Gala / Gala du 5^e anniversaire



Fund Development / Développement de fonds

It's 2014 already...where has the time gone? It seems like just yesterday I was settling into my role as Fund Development Coordinator, but it was in fact more than one year ago. We have accomplished so much since then, and I am proud to be a part of this wonderful team.

Although the time flew by, there are moments that I will never forget. The overwhelming joy I experienced while standing among the thousand people pouring out of the Grace Hartman Amphitheatre for the RBC Hike for Hospice. The exhilarating feeling of releasing a live butterfly and having it flutter around me. The roar of the motorcycles leaving the Northern Ontario School of Medicine during the Desjardins Wheels for Hospice. I am honoured to have been a part of each of these moments.



I want to thank each and every donor for their wonderful support, the community partners who make our events and many other Hospice activities possible, and each of the volunteers who give of their time to ensure that the residents and their families receive quality care from our exceptional team.

Votre appui nous est très important. Je suis tellement privilégiée de travailler avec vous et de partager cette expérience incroyable. Aux résidents et familles qui partagent ces moments intimes avec nous – c'est grâce à vous que je trouve le courage et la ténacité nécessaire afin d'obtenir l'appui de notre communauté.

Nathalie Depatie
natalie@maisonsudburyhospice.org

DONS IN MEMORIAM DONATIONS - MARCH 2013 TO FEBRUARY 2014

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 Dennis Zelinsky

« Un gros merci pour tous les bons soins et l'amour que vous avez donné à maman. Vous l'avez rendu vraiment heureuse jusqu'à son dernier voyage. Elle veillera sur vous de là-haut et continuera à chanter et danser pour vous. »

Famille de la Maison

We wish to thank everyone who made donations to the Hospice, and sincerely regret that we are not able to acknowledge the generosity of every donor within this newsletter.

Nous désirons remercier tous ceux et celles qui ont contribué à la Maison de soins palliatifs et nous nous excusons de ne pouvoir reconnaître tous les donateurs dans ce bulletin.

DONS/ DONATIONS - MARCH 2013 TO FEBRUARY 2014

Niveau Dignité Dignity Level

\$10,000+

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Kinsmen Club of Sudbury
Soeurs de la Charité d'Ottawa
United Commercial Travelers Of America,
Sudbury Council
United Way Centraide of Sudbury
Vale
Marcelle Vincer

Niveau Confort Comfort Level

\$2,000 to \$9,999

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Beef'N Bird Inc.
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Suzanne Isabelle Blais
Ray & Yvonne Brideau
Caisse Populaire des Voyageurs, Notre Dame
Caisse Populaire Desjardins
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Club Richelieu de la Vallée
Club Richelieu féminin de Sudbury
Club Richelieu Patriotes
Club Richelieu Sudbury
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Valley East Renegades

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\$500 to \$1,999

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Niveau Amitié Friendship Level

\$200 to \$499

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Beta Sigma Phi Laureate Delta Chapter
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 Woiford & Danielle Whissell
 Dr. Chad & Sandra Wilkinson
 Darryl Witow
 Witruk Speed & Custom Parts
 Eryn Witruk-Gilbert
 Steve Wolfe
 Ian Wood
 Brian Wright

Upcoming Events / Activités à venir 2014-2015

Sessions de formation des bénévoles (en français)

Débutent le 18 mars 2014
(30 heures)

Remembrance Service Soirée commémorative

Honouring residents and clients of Maison Vale Hospice

À la mémoire des résidents et clients de la Maison Vale Hospice

April 22 avril, 2014 @ 7 pm

Marguerite Lougheed Centre
(Albert St./Regent St.)

Porketta Bingo

April 18 avril, 2014

Beef n' Bird

Volunteer Training Sessions (in English)

Starting on April 24, 2014
(30 hours)

RBC Hike for Hospice Marche RBC pour les soins palliatifs

May 4 mai, 2014 @ 1 pm
(Registration begins at 11 am)

Amphithéâtre Grace Hartman
Amphitheatre

An Exclusive Evening with David Chilton Une soirée exclusive avec David Chilton

June 5 juin, 2014
(Limited tickets available)

Ristorante Verdicchio Enoteca

KIA Butterflies & Memories KIA Mémoires et papillons

July 20 juillet, 2014
(Registration begins at 2 pm)

Garson Community Centre

Desjardins Roulons pour la Maison Wheels for Hospice

August 16 août, 2014
(Registration begins at 8 am)

Beef n' Bird Drive for Dignity Golf Tournament

August 28 août, 2014

Lively Golf & Country Club

Volunteer Appreciation & Recognition Evening

Soirée de Reconnaissance et appréciation des bénévoles

September 11 septembre, 2014

Sessions de formation des bénévoles (en français)

Débutent le 16 septembre 2014
(30 heures)

Volunteer Training Sessions (in English)

Starting on October 21, 2014
(30 hours)

Remembrance Service Soirée commémorative

Honouring residents and clients of Maison Vale Hospice

À la mémoire des résidents et clients de la Maison Vale Hospice

October 16 octobre, 2014
@ 7 pm

Marguerite Lougheed Centre
(Albert St./Regent St.)

Annual Gala Gala annuel

November 14 novembre, 2014
@ 6 pm

United Steelworkers Hall

Boardwalk Gaming Centre Val Caron

3 Sundays per month – money raised goes to the operational costs of the Hospice



Thank you to our 2013/2014 Event Sponsors Merci aux commanditaires d'activités en 2013/2014

