



Maison
Vale
Hospice



Hospice News

Nouvelles de la Maison

Spring/Printemps 2012, Volume 6, N° 1



Anna Maria Crocetti, Hospice PSW & Bob Robinson, MNR Garden (Grow a Row)

Walk of Life

The boardwalk was designed to offer a secure and peaceful environment for everyone accessing the services of the Hospice, including staff and volunteers. A Celebration of the Walk of Life is planned for June 10 (see Pages 6 & 7).

Le Sentier de la vie

La prochaine phase du Sentier de la vie débutera au printemps 2012. Toutes les personnes qui ont contribué au développement du sentier sont invitées à une célébration le 10 juin 2012 (voir pages 6 et 7).

The Community Embraces Its Hospice

Maison Vale Hospice gratefully accepted generous donations in 2011 from the Grow a Row Program Sudbury (fresh produce), and the Ontario Horticultural Society (decorative picket fences). A new collection of beautiful original artwork is displayed in the Hospice Art Gallery every two months (see Page 10 for a list of participating local artists).

La communauté soutient sa Maison de soins palliatifs

En 2011, Maison Vale Hospice a accepté des dons du programme 'Grow a Row' (produits frais), et de la Société horticole de l'Ontario (clôtures décoratives). Une collection originale d'œuvre d'art est affichée à tous les deux mois dans la galerie d'art de la Maison (consulter la page 10 pour une liste d'artistes locaux participants).



Pavillon Minnow Lake Lions Club Gazebo & Janis Foligno Patio, Lac Bethel Lake

Mission Statement

Maison Vale Hospice is a bilingual non-profit community organization dedicated to providing residential hospice palliative care in the Sudbury-Manitoulin Districts. Our mission is 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.

Vision

Everyone should be able to live and die in peace, with dignity, free of pain, surrounded by loved ones, in a setting of their choice.

Mission

La Maison Vale Hospice est un organisme communautaire bilingue sans but lucratif qui s'engage à offrir des soins palliatifs dans les districts de Sudbury-Manitoulin. Notre mission est d'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.

Vision

Chaque personne doit pouvoir vivre et mourir en paix, avec dignité, sans douleur, entourée de ses proches, dans le milieu de son choix.



Staff/Personnel

Sylvie Daviau Coordonnatrice des bénévoles
Lyle Foreshew Resident Care Coordinator
Catherine Grabowski Quality Assurance Coordinator
Jennifer Grooms Marketing Coordinator
Elaine Klym Director of Care & Outreach
Kylie Klym Music Therapy Intern
Jean-Guy Lévesque Travailleur social
Colette Pepin Adjointe administrative
Janique Perrin Coordonnatrice des soins spirituels
Léo Therrien Executive Dir. général

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

Famille de la Maison



Physicians/Médecins

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

Nursing Staff/Personnel infirmier

Francine Bertrand
Melinda Burke
Jaymee Bye
Lory Centis
Christine Chamberlain
Jacqueline Charest
Mike Chenier
Meighan Clifford
Anna Maria Crocetti
Nathalie Denis
Shannon Dowdall-Smith
Guylaine Dumont
Roxanne Dupont
Katie Fleming
Chantale Gaillard
Chantal Gaudreault
Jean Hyland
Tammy Leblanc
Gisele Pitman
Michelle Quirion
Holly Sonier
Christine Spencer
Hannah Valiquette
Tyler Wills

"Thank you, all staff and volunteers, for your care of our loved one through this difficult time. You were all an answer to prayer. You gave him care and you respected him. Thank you as well for the care you gave to me and our children. I thank God for all of you and pray that He will bless your work at the Hospice and that you will continue to show compassion to all who come to the Hospice for care."

Hospice Family

Support Staff/Personnel de soutien

Gisele Pitman
Cindy McCue
Ben Mercer
Janet Smith

Board of Directors/Conseil d'administration 2011-2012

Sean Brouse
Michelle Cloutier
Jean Cousineau
Monique Dubois
Mark Hartman
Vicki Kett
Léo Lefebvre
Gerry Lougheed Jr.
Dr. Kevin McCormick
Jacqulyn Moffatt
Kim Morris
Bertha Paulse

Sylvie Rodrigue (interprète)

"This was 10 days of comfort for my wife that I was unable to offer at home. For me, I was at the end of the rope. I couldn't manage anymore. Thank you to everyone, this place was my life saver!"

Hospice Family

« Le personnel est des plus aimables et sympathiques et mérite d'être louangé. Vous devez être fiers de votre maison si chaleureuse et accueillante. Notre séjour parmi vous a grandement contribué à alléger notre fardeau en ces jours difficiles. »

Famille de la Maison

A Letter from the Executive Director

When people find out that I work at the Hospice, their typical response is: "I have heard such great things about your place" or "I have never heard anything negative about your place." Since people die here, people experience great losses. Fortunately, it is not what most people remember about the Hospice. Families and friends of residents talk about the excellent care offered to their loved ones: "the kindness and concern, the compassion, respect, and love, the attentiveness, honesty, and sincerity." They become ambassadors of the Hospice. They talk about our services, about their home away from home, so much so that in some cases, new residents are admitted because they have heard about the Hospice from a family member or a friend.

Besides referrals from families and friends, patients can also be referred to the Hospice by a family doctor or an oncologist, by requesting a referral from a service provider or CCAC, a nurse or a social worker at the Hospital, or simply by calling the Hospice themselves. Our Director of Care & Outreach, Elaine, or our Resident Care Coordinator, Lyle, will then contact potential residents and arrange a visit to coordinate admission.

In 2011, particularly from June to December, admission rates at the Hospice started changing, with an increase in admissions, especially from the Hospital, and a decrease in length of stay. No matter how long the journey is at the Hospice, the impact seems to be similar for most families, as they find the support needed at the end of life and they feel welcome – at home. This is how the community residential hospice was conceived and this is what Hospice Palliative Care is all about. Caring and compassionate care, for all, with dignity.

Léo Therrien
info@maisonsudburyhospice.org

"I was personally staying with my wife from day one to the last minute, mostly holding her hands. She always liked that. We both liked the Hospice. My wife even told our children and grandchildren about her apartment and the nurses being so great."

Hospice Family



Lettre du directeur général

Lorsque de nouvelles personnes visitent la Maison Vale Hospice pour la première fois, elles ne savent souvent pas trop à quoi s'attendre. Certaines craignent y retrouver un environnement sobre et morose, où la mort est omniprésente. La majorité d'entre elles sont souvent surprises par l'ambiance familiale qui s'y retrouve, la joie de vivre et le sentiment d'être chez-soi, et non dans une institution.

Les familles vous diront qu'elles y trouvent un endroit « réconfortant et professionnel, respectueux et amical, serein et calme », un lieu de vie où elles sont libres de faire plus ou moins à leur guise, avec un va-et-vient continu, sans trop de restrictions, comme à la maison. Tout cela, tout en étant accompagnées de soins compatissants, 24 heures sur 24, entourées de ses proches. Les résidents et les familles y sont traités comme une entité de soins, car tous deux ont besoin de cet accompagnement. Les soins sont en tous points dispensés en tenant compte des valeurs personnelles, culturelles et religieuses des résidents et de leurs proches, de leurs croyances et de leurs pratiques, de leur stade de développement et de leur préparation à affronter l'étape de la mort. C'est ainsi qu'a été conçue la Maison de soins palliatifs et c'est ainsi que toute personne en fin de vie doit pouvoir être traitée, avec compassion et dignité.

Je tiens, par la présente, à souligner la grande générosité de la communauté sudburoise qui continue à soutenir la Maison de soins palliatifs en gestes et en dons. Nous sommes très reconnaissants des contributions financières qui nous permettent de mener à bien notre œuvre. Chaque année, de nombreux nouveaux bénévoles viennent s'ajouter à notre équipe, amenant avec eux divers talents et aptitudes, en plus de nouvelles recettes pour la cuisine. Nous avons un personnel exceptionnel qui se dévoue cœur et âme aux soins des résidents et de leurs proches. Nous sommes tous très privilégiés de partager ces moments si intimes et intenses avec les familles de la Maison.

Merci, Sudbury, de nous aider maintenant à prévoir pour demain.

« En toute sincérité, la famille a trouvé extraordinaires les services fournis par la Maison de soins palliatifs de Sudbury. Nous avons trouvé toutes les personnes concernées (de la visite à notre maison jusqu'à la cérémonie d'adieu) amicales, respectueuses, réconfortantes et très chaleureuses. Je ne sais vraiment pas comment vous pouvez améliorer les soins car vous avez pensé à tout. Encore une fois, merci pour tout. »

Famille de la Maison

Resident Care Coordinator



In June 2011, I started in my role as Resident Care Coordinator, replacing Marguerite Goodfellow, who moved to cottage country. I have had the pleasure of working with a great team of nurses, PSWs, doctors, and volunteers who always go above and beyond to ensure that the needs of residents and family members are met.

This past year, we welcomed the following new full-time members to our nursing team: Meighan Clifford (RN), Lory Centis (RN), Michelle Quirion (RN), Roxanne Dupont (RPN), Chantal Gaudreault (RPN), and Katie Fleming (RPN).

I also played a dual role during the leave of our Director of Care & Outreach from November 2011 to February 2012, and this experience provided me with the opportunity to work with new partners and re-establish connections with our existing community partners.

As you can imagine, palliative care can present some complex situations. The Hospice is very fortunate to have the expertise of our Ethics Committee to provide guidance in those situations. In addition to providing this support, the committee is completing the research necessary to implement our Statement of Values. I thank the committee members for their support and guidance, which has a direct impact on the delivery of care.

Working at the Hospice continues to bring with it a balance of celebration and sadness. Every employee and volunteer carries with them the memory of a person or family who has had an impact on them. As a result, each of us finds new value in the blessing of our lives. Thank you to the many individuals who are part of the Hospice family.

Lyle Foreshew
lyle@maisonsudburyhospice.org

"Thank you so very much for your kindness and thoughtfulness, as well as the never-ending compassion that you showed my brother. Our family will always be grateful beyond words. As hard as your job is, you are angels to those who are leaving as well as to those who remain."

Hospice Family



Colette Pepin and Christine Spencer enjoying Destino's Concert

"You have made my mother's final days dignified, happy, and filled with life and purpose. You and your staff are beyond any words I can offer as thanks. This is health care and humanity as it should be. We will not forget."

Hospice Family

Director of Care & Outreach



As we near the end of another fiscal year, it is amazing to reflect on another year of change and growth. We have experienced our busiest month to date, as well as our busiest year so far. The staff and volunteers who provide and assist with care for our residents rose to many challenges with the increase in the number of residents and families we have cared for, and they continue to provide the absolute best care possible. It has been a pleasure to welcome Lyle Foreshew as our Resident Care Coordinator to help ensure the day-to-day functioning of the residential care program by supporting the nursing staff as well as myself.

The Hospice has been working with CCAC, Health Sciences North, and the nursing providers in the community to launch a new program that we refer to as Outreach. The program has started slowly and is the focus of a good portion of my time. We are striving to build relationships to support nurses who are providing care to patients receiving palliative care at home in Greater Sudbury. It is a collaborative effort, working with case managers, nurses, and the hospital to assist in maintaining patients at home as long as possible, or facilitating admission to the Hospice when the time is right. We are also collaborating with VON Algoma to bring the Palliative Pain and Symptom Management Consultation program back to Sudbury. Our long-time nurse, Christine Spencer, will be working in this role, as well as continuing with her position as an RN for two shifts per week. This is a program that has been dormant for a number of years and we will hopefully see some support for Hospice Palliative Care offered to long-term care facilities.

This has also been a year of change for me personally, and I feel blessed to work with all of the wonderful staff and volunteers here at the Hospice. I am recently back from an extended leave, and want to take this opportunity to thank everyone for their encouragement and support. I know it has added challenges and extra responsibilities to a number of staff, and they all stepped up to the plate and did an awesome job. The Hospice team is the best team of people I have ever worked with in my 25 year nursing career.

Elaine Klym
elaine@maisonsudburyhospice.org

"Thank you for allowing our family to share in the natural cycle of life."

Hospice Family



Marketing Coordinator —“Jen of All Trades”

What a year... this community has done it again! Questions have changed from “What is residential hospice?” to “How can I help the Hospice?” The work that the Hospice is doing is resulting in more accessible Hospice Palliative Care services in the Sudbury-Manitoulin Districts. Our community is fortunate to have access to these programs and services, and the support continues to flood in, as demonstrated through our fundraising initiatives.

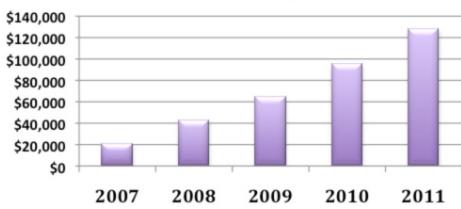
Jennifer Grooms
jennifer@maisonsudburyhospice.org



La Marche RBC pour les soins palliatifs RBC Hike for Hospice



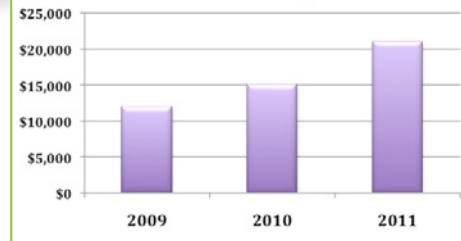
Hike for Hospice



Roulons pour la Maison Vale Wheels for Hospice



Wheels for Hospice



We are proud to announce that Desjardins will be the new Wheels for Hospice Title Sponsor for the next three years.

Nous sommes fiers d'annoncer que Desjardins sera le Parrain en titre du Roulons pour la Maison pour les trois prochaines années.

Adding Life Campaign

Our 2011 annual Adding Life Campaign was another success. The community continues to support and embrace its Hospice. All funds raised in 2011-2012 help to ensure that there is always support, at no cost, for those in need of Hospice Palliative Care services at the end of life. The Adding Life Campaign raised over \$31,000.

Ajouter de la vie

«Car ce qui importe à la fin de la vie n'est pas tellement d'ajouter des jours à la vie, mais d'*ajouter de la vie* aux jours restants.»

Thank You to Our 2011 Hike for Hospice & Wheels for Hospice Sponsors

Merci à nos commanditaires de la Marche pour les soins palliatifs et du Roulons pour la Maison 2011





Le Sentier de la vie

Suite à l'ouverture de la Maison Vale Hospice en septembre 2008, le conseil d'administration de l'organisme a décidé de développer un plan directeur pour l'aménagement paysager de la propriété, sous la direction d'un architecte paysagiste de Sudbury, Mark Elliott.

L'un des premiers résidents de la Maison de soins palliatifs, Bill F., est arrivé de Hamilton en octobre 2008 pour retrouver sa famille à Sudbury, suite au décès de son épouse. Âgé de 90 ans, Bill, qui vivait avec un cancer et souffrait d'une visibilité affaiblie, prenait chaque jour une marche à l'extérieur. Étant donné l'absence de trottoirs sur le chemin South Bay et sur le terrain de la Maison, Bill devait se contenter de marcher dans le stationnement de la Maison, un endroit très peu sécuritaire pour une marche solitaire pour une personne de son âge, avec une santé fragile.

L'idée de bâtir un sentier pédestre autour de la Maison de soins palliatifs est venue en partie de ce besoin d'offrir un espace extérieur sécuritaire

et un environnement serein et tranquille pour tous ceux et celles qui utilisent les services de la Maison, en particulier les résidents et leurs proches, mais aussi le personnel et les bénévoles.

Ce besoin a mené au développement du projet - Le Sentier de la vie: un sentier, accessible aux fauteuils roulants, qui permettra aux résidents et à leurs familles de profiter de plusieurs jardins et magnifiques panoramas, ainsi que de contempler les espaces boisés naturels au bord du lac Bethel. Le Sentier de la vie sera pavé de plus de 200 pierres commémoratives dédiées aux êtres chers des familles de la Maison de soins palliatifs. Le sentier comprend aussi un quai, une terrasse en ciment, un pavillon avec un foyer, des bancs, un étang, et une centaine d'arbres. Le plan directeur comprend aussi l'ajout de balustrades, d'une fontaine, deux autres terrasses, des tables de picnic, deux balançoires et deux aires de jeux pour enfants.



« J'aime votre devise: "Ajouter de la vie aux jours restants". Ceci est difficile d'atteindre pour les personnes qui peinent de voir leur être cher s'éteindre à petit feu mais tout le personnel y voit et nous transmet de façon discrète sympathique et respectueuse cet objectif. Quel endroit serein et calme est la Maison de soins palliatifs. Je suis très contente que dans sa malchance, mon frère ait eu la chance de finir ses jours chez vous. Merci pour les bons soins d'une équipe sympathique, compatissante, de bonne humeur. Que Dieu vous bénisse et vous accorde de continuer votre beau travail. »

Famille de la Maison



"Thank you for everything you have done for our mother. This atmosphere allowed us to enjoy my mother until her last breath. Having my children share special times with my mom here at the Hospice are memories they will carry forever."

Hospice Family

The Walk of Life

The next phase of the Walk of Life will be developed in the spring of 2012 (see Lakeside Plan). This barrier-free walkway will connect residents and their families to natural woodland which includes a number of gardens, contemplative spaces, a dock, a patio, and a gazebo on the shores of Bethel Lake. The Walk of Life will be inlaid with over 200 Memory Stones dedicated to donors' loved ones.

The Hospice would like to take this opportunity to thank everyone who has contributed to the development of the Walk of Life. All donors are invited to celebrate the official opening of this beautiful addition to the Hospice on Sunday, June 10, 2012, from 2 – 4 pm on the shores of Bethel Lake. Donors and family members will be able to see the progress that has been made, as well as the various parts of the Walk of Life that have been dedicated in memory of their loved ones (trees, benches, memory stones, fountain, etc.).



MAISON VALE HOSPICE
WALK OF LIFE



"You brought us peace of mind as our family embarked on mom's final journey. In the end, mom found peace in heaven, love."

Hospice Family



Huntington University



Paul McQueen with Solange & Gilles Pitre (Winners of 2011 H4H McQueen's Furniture Certificate)

"How can we thank you for the loving care given to our loved one for her last week of life? It felt like more than a week with all the interaction we had with the 'real people' here, nothing but the best! It's even hard to leave you, but we will talk and encourage others to choose Maison Vale Hospice as their 'home away from home'."

Hospice Family



Chevaliers de Colomb #6258 Chelmsford



IODE Elizabeth Barrett Browning Chapter

« Ma belle mère est décédée ici jeudi passé dans un environnement d'honneur et de soutien médical hors-pair. La compétence et la gentillesse du personnel nous a touché profondément. Les mots ne suffisent pas ... je pense venir faire du bénévolat pour vous remercier. Merci, merci, et merci encore. »

Famille de la Maison

Funding Announcement

In September 2011, MP, Rick Bartolucci, and NELHIN CEO, Louise Paquette, announced \$320,000 in additional funding for nursing and personal support care services for the Hospice (also pictured are Léo Lefebvre, Paul-André Gauthier, and Léo Therrien).

Mr. Bartolucci was also presented with a Hospice soapstone sculpture, which was carved by Jack Davidson and presented by Jack's daughter, Catherine Grabowski, Hospice Quality Assurance Coordinator.



Thank You to the Following Businesses for Their Ongoing Support:

T & G Electric





Garson Lions Club



Knights of Columbus #3909 Walden & Copper Cliff



Sudbury Real Estate Board



2011 RBC Hike For Hospice Title Sponsor
(Bill Bray, Léo Therrien, Pierre Maltais, and David Boyce)



Hand-painted picket fences from the Ontario Horticultural Society will decorate the Hospice landscape



Sudbury Kinsmen Club



Hospice Staff/Personnel de la Maison



Moonlight Bowl Fundraiser

From the Desk of the Volunteer Coordinator



Where does the time go? We have been busy bees here at the Hospice, with many new faces coming on board to help us realize our vision of what Hospice is. We have met the most amazing people -- our residents and their families, the dedicated nurses and support staff who work here, and the wonderful volunteers who come to give of their time. Volunteers remain such an integral part of our home. I am so very lucky and proud to be working in such an inspiring environment.

Sylvie Daviau
sylvie@maisonsudburyhospice.org

Volunteer Appreciation/Reconnaissance des bénévoles

We tried something new last year for our Volunteer Appreciation event in September 2011. We treated our volunteers to a catered soirée at Fielding Memorial Park in Lively. It was an evening of music and magic. The Leon's staff served our dedicated volunteers tasty treats catered by Cammy's Kitchen. Mark your calendar for this year's Volunteer Appreciation event on September 6, 2012, to be held at our beautiful Hospice waterfront gazebo. The BBQ will start at 5:30 pm, and local musicians will entertain us around the campfire.

Volunteer Training/Formations de bénévoles

The 30-hour Direct Volunteer Training sessions are offered to individuals interested in providing care, respite, and accompaniment for our residents and their families. The next sessions will begin on April 10, 2012 in French, while our English session will begin on October 9, 2012 (see Upcoming Events). Nos prochaines sessions de formation pour les personnes intéressées à accompagner nos résidents et leurs familles se tiendront à la Maison des soins palliatifs mardi le 10 avril, 2012 (en français) et le 9 octobre, 2012 (en anglais). S.V.P. contacter Sylvie au 674-9252 poste 231 ou sylvie@maisonsudburyhospice.org.

Volunteers Needed

Volunteers are an integral part of the work we do at the Hospice. We are always looking for individuals to volunteer directly with our residents, as well as on the reception, kitchen, garden, and maintenance teams. To apply for a volunteer position, please contact Sylvie or visit our website @ www.maisonsudburyhospice.org.

Hospice Art Gallery

Again this past year, we were privileged to welcome many talented artists who decorated our Hospice Art Gallery. We take this opportunity to thank Liz Peekstok for coordinating the art displays, as well as the following local artists for sharing their works of art since April 2011:

Barry Bowerman	Gig Laurin	Loretta A. Spivak
Marcie Breit	Lois A. Poulin	Royce Simpson
Robert Courchesne	Claude Régimbald	Paulette Stewart
Debra Lynn Ireland	Donna Kanerva	Ray Thoms
Elizabeth Irvine	Jean & John Kulmala	
Sue Lampinen	Fay Reid	

Welcome/Bienvenue

I want to take this opportunity to welcome and thank new volunteers to the Hospice Team./Merci à nos nouveaux et nouvelles bénévoles.

Diane Adam	Sylvie Giroux	Diane Norton
Judy Alexander	Crystel Graham	Rosemary Pambianco
Patrick Barsalou	Lorie Graham	Anne Parmelee
Aldé Bédard	Ginette Grandmaison	Sarah Parsons
Louise Bélanger	Sr. Diane Guertin	Mercedez Quinlan
Pierrette Bélanger	Maryann Guzzo	Isabelle Ratté
Andrée Berthiaume	Mary Huska	Suzanne Raymond
Paulette Bertrand	Judy Kolton	Sonja Rutkowski
Sue Bowerman	Kyle Lafrenière	Laura Schmitt
Jeannine Caron	Marcel Lapalme	Lorraine Shillington
Dominique Chivot	Lise Larochelle	Elvia Simon
Lillian Clair	Lorraine Lemieux	John Slaney
Dara Cole	Kelly Louzeize	Gary Smith
Carmen Couture	Robert Majer	Rosemary Toner
Paul Daoust	Teresa Marsh	Anne Venne
Mariette Dignard-Dubé	Dr. Kevin McCormick	Rhodine White
Claire & Hank Fournier	Duncan McMaster	
Pierrette Gascon	Jeanne Messina	



English Training - Fall 2011 Graduates



English Training - Spring 2011 Graduates



Le premier groupe de formation en français, printemps 2011.

Thank You to Guest Facilitators Who Offered Workshops for Our Staff and Volunteers in 2011-2012



Vicarious Trauma (as it pertains to suffering multiple losses), was facilitated by Teresa Naseba, MA, RN, RCC, Psychotherapist, Healer, Author, Yoga & Meditation Teacher. A very special thank you to Huntington University for providing the use of their Lougheed Teaching & Learning Centre to hold this workshop.



Grief & Bereavement (as it pertains to resiliency and "when grief comes to work"), was facilitated by Yvette Perreault, Director of the AIDS Bereavement and Resiliency Program of Ontario.

Psychosocial/Spiritual Care Program

As I think about the concept of “living” at the Hospice, it becomes undeniable that it is a place of hope and healing. Residents and family members mutually embrace a journey where the soul is of prime importance. Throughout the Hospice, genuine care is directly and indirectly provided. No one is alone in their personal journey. As we move forward, we are confronted on a daily basis with the fact that spiritual and psychosocial aspects of care are so interconnected. For this very reason, we have integrated a psychosocial component into our Spiritual Care Program.

En tant que nouvel arrivant au sein de la Maison, j'ai été envahi par un esprit d'amour, de compassion, de respect et de sérénité. Ce sont là certainement les valeurs essentielles qui animent la Maison tout entière: résidents, membres de familles, bénévoles, équipes, etc. La vie à la Maison prend une place centrale, puisqu' elle nous permet de vivre ces valeurs. Les résidents et leur famille démontrent incessamment l'importance de vivre pleinement, d'aimer pleinement et d'accepter pleinement pour une guérison spirituelle.



L'espoir en période de fin de vie est vécu d'une façon toute spéciale. Bien sur, le besoin de favoriser une guérison spirituelle et de paix anime toutes les personnes qui maintiennent le bon fonctionnement de la Maison. Cet espoir anime aussi toute personne qui tend la main à un autre ... ou qui démontre une présence dans des moments de tristesse, de détresse émotionnelle ou spirituelle et dans les moments de joie. Ce cheminement ne se fait pas seul chez nous.

This hope and need for peace is lived on a day by day basis as the journey unfolds itself. Martin Luther King, Jr. once said, “Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.” Here at the Hospice, I have witnessed many residents and families experience peace at the moment they choose the Hospice as their home away from home.

Jean-Guy Lévesque
Travailleur social/Social Worker
jean-guy@maisonsudburyhospice.org

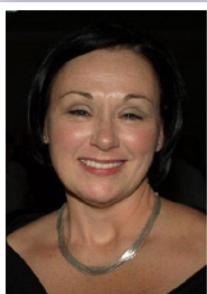
Happenings



Sylvie won Volunteer Manager of the Year 2011



Destino visited at Christmas 2011



Janique Perrin, our Spiritual Care Coordinator, has been on personal leave since the summer of 2011. On a bien hâte de la revoir.



Leon's staff helped out in the gardens



Adding Life Campaign Launch (Léo Lefebvre, Toula Sakellaris & Léo Therrien)

Thank You to Those Who Made Special Contributions to Our 2011 Hospice Remembrance Services

Guest Speakers - Gerry Lougheed Jr. & Kathy Dahmer, Trinity United Church Minister

Musicians – Deanna & Brian Belaire and Jill Murray

Guest of Honour – Marilyn Clulow

Music Therapy



The Hospice launched its Music Therapy Pilot Program on October 4, 2011 at a workshop held at Science North. Kylie Klym, Music Therapy Intern (pictured on the right), has been working at the Hospice, Health Sciences North, Finlandia Village, and St. Joseph's Villa. Pictured with Ms. Klym is her supervisor, Amy Clements-Cortes, Coordinator Music Therapy Program and Associate Professor Music Therapy, University of Windsor/Senior Music Therapist and Practice Advisor, Baycrest Centre, Toronto, Ontario.

DONS / DONATIONS – APRIL 2011 TO FEBRUARY 2012

Niveau Dignité Dignity Level

\$10,000+

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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 individual within this newsletter.

Niveau Amitié Friendship Level

\$125 to \$499

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Therese Arcand
Murray Armstrong
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Paquerette & Gaston Barrette
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John & Diane MacDonald
Garry MacFarlane
Ramesh Mandal
Santina Marasco
Marlor Maki Property Management
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Kathy Young



*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.*

* In-kind / en espèce

DONS IN MEMORIAM DONATIONS – APRIL 2011 TO FEBRUARY 2012

Residents

Cécile Albert
 Evelyn Alfaro
 Gisèle Allard-Lapointe
 Lionel Arbour
 Jisèle Arsenault
 Ginette Barrette
 Cheryl Anne Battistelli
 Thérèse Beaulieu
 Lois Beck
 Ivan Beckerton
 Hector Bédard
 Gabriel Bélanger
 Hélène Bélanger
 Myriam Bélanger
 Ilene Bell
 Joël Bergeron
 Noëlla Bertrand
 Paul Bisson
 Marie 'Claire' Bouwmeester-Rogers
 Edith Bruneau
 Roland Brunet
 Anna Byrne
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 Rita Castonguay
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 Jeannette Chartrand
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 John 'Jack' Cullen
 Liliane Dalcourt
 Daniel Deguire
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 Maureen Ferguson
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 Amelia Flowerday

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 Marc Levesque
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Non-Residents

\$100+

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 Leonard Collin
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 Robert Miron
 Mildred Montgomery
 Susanne Morassut
 Ailsa Newton
 Bill Newton
 Rita Robidoux
 Rita Robillard-Paquette
 Joy Rochette
 Gisèle Rodrigue
 Armand Sbrega
 Marilyn Scott
 Claire Scully
 Dennis Servant
 Bernard Shea
 Kathy Snow
 Tom Sorensen
 St. Pius X-Deceased Members
 Paulette Telenko
 Vera Tramontini
 George Tyrkos
 Eddy Vachon
 Harris Whidden
 Lauraine White
 Mary Willan
 Denise Yuskiw



End-of-Life Care Surveys

"I had the feeling that we were one step away from being in our heavenly home".

Hospice Family



Before mailing anonymous End-of-Life Care Surveys back to us since 2011, many Hospice families spent a few extra moments to share beautiful written sentiments such as the one above. These comprehensive 30-question surveys are one of the many tools we use to help us evaluate the way we care for our residents and their families. We thank everyone who completed one for us.

In 2011, we had a remarkable response rate of 74% and we received an overall average rating of 4.72 out of 5. We sincerely appreciate such a high level of participation. 77% of the comments written by families were categorized as "General Praise for the Hospice", and included the following positive impressions:

- Residents were cared for by all staff and volunteers with sensitivity, warmth, and honesty.
- Families felt comfortable, supported, and had peace of mind.
- Nursing and PSW staff members were admired for their compassion and the quality of care they provided.

I have been working here for a little over a year now, and sometimes I stand outside on our deck just to look out over the lake and reflect on the utterly beautiful moments of human interaction I am privileged to engage in and witness in this home. I am very proud to be a part of an organization that plays such a vital role in our community. The feedback we receive from families provides us with greater insight into the impact the Hospice has had on them, and it serves to reinforce the dedication of everyone who works and volunteers here. We remain committed to continually making improvements at every possible opportunity for the benefit of all those who will journey with us in the future.

Catherine Grabowski
Quality Assurance Coordinator
catherine@maisonsudburyhospice.org

In 2011, we lost one of our cherished volunteers, Nancy Lou MacFarlane, who worked at our Valley Bingo games for over two years. She is dearly missed.



1950-2011

It's Not in The Ask But in The Answer?

Recently, I spoke at the funeral of a man who had a very difficult and painful death. He was in his mid-fifties. The obituary described him as a person who loved life, had a great sense of humour, and was devoted to his family. Despite this description of a life well-lived, the mourners were consumed with how he died. Their communications concentrated on calendars of treatments, outcomes of chemotherapy cocktails that the cancer conquered, and a concession that the pain was too much and he needed to let go – it was okay. I thought this gave the cancer too much importance in this man's life journey. In his half century of living, he lived more than he died. He laughed more than he cried. And he spent more time with his genealogy than his oncology. When the family composed the obituary for the newspaper, they described the gathering at the funeral home as "a celebration of his life", so were those words rhetoric or reality? I stood before a woman who had not volunteered to be a widow, and who loved this man with all her heart and soul. I stood before children whose Dad had been their protector from the boogey man, mentor on how to drive a car, and best friend in sharing light and love, as well as a whole lot of other people that this man had bequeathed them the gift of memory. I boldly said, "We should not come here today to ask the question, 'How did he die?', but rather to answer the question, 'How did he live?' If we want him to be really dead, then simply never say his name again but, if we cherish his gift of memory, every time we say his name he will stay in our hearts, this family, and our community."

The Hospice is a place that celebrates the living, not the dying. The Hospice, by definition, acknowledges our mortality. It is a place of care when cure is not the outcome. It dismisses the question, "How did the person die?" It makes sure people have dignity, support, and caring in their dying. It is a place that knows everyone is going to die. It is a place where people can pause to prepare the answer for the question, "How did the person live?" It knows the power of hugs and the peace found in a cuddle. It knows that love soup nourishes the heart, and a sunrise on Bethel Lake brings light to the soul. The Hospice knows the answers to "How did he die?" and "How did he live?" are the same – Well!

Gerry M. Lougheed Jr.
Board Member & Past Chair

"In a world that can be so harsh and cruel, you proved to be an oasis of kindness and compassion. This world could use more people who display the wonderful qualities that are evident in this Hospice."

Hospice Family



Alice Phoenix



Joanne Matte



Judy Balaz



Mona Phoenix

From the Chair of the Board / Un mot du président du conseil d'administration

This past year has been filled with challenges, successes, and many new experiences. As we move forward, we see that we can, and do, accomplish what we set out to do. Hospice Palliative Care Ontario was successful in securing new government funding and property tax exemptions for all residential hospices, with Sudbury playing a vital role in the latter. This helps us out tremendously.

Our fundraising committee has worked very hard this year to surpass all of its goals. The annual RBC Hike for Hospice is scheduled for May 6, 2012, and we hope that you can help us again in making this event a tremendous success. I also invite everyone to participate in our Desjardins Wheels for Hospice on August 19, 2012, as well other upcoming fundraising events.

We have wonderful volunteer support. Without them, we could never maintain such a beautiful place. Our residents and families enjoy their

company, their contributions, and especially all the cooking and baking that comes out of the kitchen. The Hospice staff is a very special team. We are certainly in very good hands, and I would like to commend them for their continued contributions. We also recognize the support of our sponsors and the community at large, who are a crucial part of our success. We all do our part in **Adding Life** to the remaining days! Thank You.

Je voudrais remercier tous ceux et celles qui s'impliquent avec la Maison Vale Hospice. Chaque contribution fait une différence, que ce soit les bons voeux, les dons généreux, le superbe bénévolat, ou le dévouement du personnel. Nous faisons tous et toutes notre part pour **ajouter de la vie** aux jours restants! Merci.

Jean Cousineau

Upcoming Events / Activités à venir

• Valley Bingo (Val Caron)

3 Sundays per month. Money raised goes directly to the operational costs of the Hospice.



• Sessions de formation des bénévoles (en français)

Débute le 10 avril, 2012 (30 heures)

• Remembrance Service/Soirée commémorative

Honouring residents who died between July-December 2011
À la mémoire des résidents qui sont décédés entre juil.-déc. 2011

April 12 avril, 2012 @ 7 pm

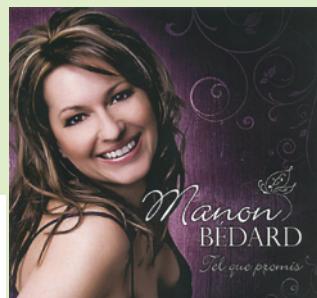
Margaret Lougheed Centre (Albert/Regent)

• Manon Bédard – En Spectacle

April 21 avril, 2012 @ 19 h 30 à l'auditorium Fraser.

Les billets au coût de 35 \$ sont disponibles au Sudbury Theatre Centre (705-674-8381). Les recettes de cette activité du Club Richelieu de Sudbury seront partagées avec la Maison Vale Hospice. Tickets are \$35.00 and are available

at the Sudbury Theatre Centre (705-674-8381). Proceeds to benefit a Children's Play Area on the Hospice Walk of Life.



• RBC Hike 4 Hospice/Marche RBC pour les soins palliatifs

May 6 mai, 2012 @ 1 pm (Registration begins @ Noon)
Pavillon William Bell Gazebo / Promenade Jim Gordon Boardwalk

• Walk of Life Celebration/Célébration du Sentier de la vie

June 10 juin, 2012 from 2 – 4 pm @ Maison Vale Hospice

• Butterflies and Memories

July 22 juillet, 2012 (Registration begins @ 11:30 am)
Pavillon William Bell Gazebo

This new and exciting joint initiative between the Hospice and Warmhearts will be their first live Butterfly Release together, and will help raise funds to support operational costs for both organizations. It will provide a unique opportunity to honour loved ones who have passed away, by purchasing and releasing a butterfly in their name. Watch for more details on the Hospice website and Facebook page.

• Bayshore Charity Golf Tournament — Cedar Green (Garson)

August 18 août, 2012 @ 1 pm Shotgun Start. Proceeds to benefit the Hospice.

• Roulons pour la Maison Dejardins Wheels for Hospice

August 19 août, 2012 @ 10 am (Northern Ontario School of Medicine/École de médecine du Nord de l'Ontario)

• Volunteer Appreciation BBQ/ Reconnaissance pour les bénévoles

September 6 septembre, 2012 from 5:30 - 7:30 pm @ Maison Vale Hospice

• Volunteer Training Sessions (in English)

Starting on October 9, 2012 (30 hours total)

• Remembrance Service/Soirée commémorative

Honouring residents who died between January-June 2012

À la mémoire des résidents qui sont décédés entre jan-juin 2012

October 18 octobre, 2012 @ 7 pm

Margaret Lougheed Centre (Albert/Regent)

• Hospice Afghan Raffle/Tirage de couvertures en tricot pour la Maison Vale Hospice

These lovely afghans (throw and bedspread) were generously donated by Jeanne Cormier. Raffle tickets are \$2 each or 3 for \$5, and are available at the Hospice. The draw will be held at the end of December 2012. Les personnes intéressées à acheter des billets pour le tirage peuvent nous contacter au 705-674-9252.



• Congratulations to the winners of the 2011 raffle prizes!

Kim Green (1st prize), Jeannine Beskorowany (2nd prize), and Monique Dubois (3rd prize). Many thanks to Betty Larabie and Nancy Pecoskie for the beautiful handmade donations that made this raffle possible!