

Your Community Hospice.

The Impact of Giving.



Annual Report
April 1, 2018 • March 31, 2019



St. Joseph's
Hospice
Sarnia Lambton

CARE... COMPASSION... COMMUNITY

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St. Joseph’s Hospice of Sarnia-Lambton

Our Mission, Vision, Values

Mission

The St. Joseph’s Hospice of Sarnia-Lambton provides compassionate, expert, holistic care to enhance quality and dignity of life for individuals living with and dying from a terminal illness.

Vision

A compassionate community providing hope, care and support unconditionally to those approaching end-of-life, those caring for them and those grieving for them.

Values

RESPECT

- Recognize the sacredness of life
- Care for the whole person
- Maintain unity of purpose, while recognizing individual differences

COMPASSION

- Act with understanding and sensitivity
- Respond to the needs of those we serve and each other
- Give from the heart in the spirit of our tradition

SERVICE

- Create an environment of welcome and hospitality
- Provide quality care
- Promote a culture of innovation and learning
- Act co-operatively with community partners
- Journey with those in our care

JUSTICE

- Act with integrity
- Provide stewardship of all resources
- Be accountable for our actions

Your Community Hospice. The Impact of Giving.



The staff and volunteers report to us how rewarding and life-changing their service is."

– Cathy Hockin



We want people to feel a difference when they enter our facility and when they encounter our care."

– Larry Lafranier

We are so fortunate for the vision of many in our community, and their subsequent hard work that have resulted in our beloved St. Joseph's Hospice. In 2019, we are celebrating the 10th anniversary of our Residence, and 5 years before that of our Resource Centre!

We celebrate the many residents, and their loved ones who have trusted our staff and volunteers with helping and supporting them as they live their last days, and the many clients who have benefitted from the programs offered in our Resource Centre.

The Board of Directors is so very proud of the care provided at Hospice, and aware of how challenging this work is. The staff and volunteers report to us how rewarding and life-changing their service is. Our mission, vision and values embrace kindness and respect for all, and that is evident every single day. Love and grace are constantly present.

We continue to strive to do better, be better and provide better services. We could not do what we do without the support of the Sarnia Lambton community and the many generous donors who continue to assist us with our mission.

On behalf of the Board of Directors, I thank everyone in this community who has helped us to provide the exemplary care we are known for.

Respectfully,

Cathy Hockin
Board Chair

Care... Compassion... Community!

These three little words are often found incorporated within our logo, and perhaps go unnoticed. It is often said that a house is just a house; it is the people who make it a home. The foundation of our house is the inspiration of our founding Sisters of St. Joseph – visionary women who advocated and cared for the most destitute people in their communities. The bricks and mortar of Hospice are our values – human dignity, spirituality, social justice, compassionate care, respect for life, and responsible stewardship. These values stem from the overarching framework of the St. Joseph's Health Care Society and are in alignment with a Catholic health care organization. The physicians, staff, volunteers, donors, and community partners like you, help us to nurture our belief in why we do what we do, and how we do it.

We want people to feel a difference when they enter our facility and when they encounter our care. We provide extraordinary care, giving attentiveness and sensitivity to the physical, spiritual, and psychosocial suffering and grief, to those in our care as well as their families.

So, as you read through the following pages, I encourage you to take a moment to reflect on your own life, and those three little words - Care... Compassion... Community!

Thank you,

Larry Lafranier
Executive Director

Clinic Statistics

New patients: 244
Follow up clinic visits: 1926
Total visits: 2170

Partnership with the Renal Care Network

New: 5
Progress: 22

Long-term Care Project

New: 31
Progress: 33
Total new: 280
Total follow up: 2261

Home Visits

New: 100
Progress: 744
Total home visits: 844

Grand Totals

Total new consults: 380
Total follow up visits: 3069

Palliative Care Clinic

In January 2010, Community Care Access Centre (CCAC) established the Palliative Care Clinic at St. Joseph's Hospice with Dr. Glen Maddison as the medical director. In June 2019, the Palliative Care Clinic with the support of St. Joseph's Hospice will expand their number of examination rooms and move across the street into the former Keelan's Plaza. The Palliative Care Clinic offers pain and symptom management to patients with life threatening illnesses.

Moving the clinic across the street will allow us to remain connected to St. Joseph's Hospice, while expanding the clinical services. The expanded space will allow for multiple physicians including, Dr. Maddison, Dr. Crombeen, Dr. Kim and Dr. Lilly to see patients at the same time; ensuring timely access to end of life care in our community. It also allows patients to remain connected to St. Joseph's Hospice by linking patients and their families with the free programming that is offered at St. Joseph's Hospice.

The clinic is a part of the Palliative Care Consultation Team (PCCT), a group made up of our community partners. This has had a measurable impact in ensuring quality of life and the choice of residency (i.e. home, hospital or hospice) at end of life. The team diverts visits from the emergency department to the clinic to provide service in a timely and expeditious manner, including in the patient's home. The team is available 24 hours a day, 7 days a week.

Through this interdisciplinary team, we are building lasting and meaningful relationships, supporting patients and their families through the progression of their illness. It helps shape future hospice palliative care services in this region with a focus on individual advanced care planning alternatives.

The Palliative Care Clinic coordinates outreach for palliative patients and their families throughout Lambton County. These patients are referred by family physicians, emergency physicians in the area, as well as oncologists, and other specialists practicing in Sarnia and London, allowing them to integrate with all hospice services.

Partnerships have been formed with the Renal Care Network and local nursing homes, allowing renal patients and long-term care patients a glimpse at what Palliative Care Services are available to them should their condition change or should they wish to no longer pursue dialysis treatments.

Dr. Maddison, Dr. Crombeen and Dr. Kim continue their ongoing commitment with Western Schulich School of Medicine and the training of medical students, residents and palliative care fellows' program. This commitment ensures new graduate physicians are being exposed to integrated palliative care in the setting of clinic, home, hospice and hospital.



Dr. Glen Maddison,
Medical Director,
Palliative Care
Physician



Dr. Allison Crombeen,
Palliative Care
Physician



Dr. David Kim,
Palliative Care
Physician



Dr. Evan Lilly,
Palliative Care
Physician



Christmas 2018



Resident's bed



Outdoor seating area



Water fountain

Residential Program

The nursing team, along with our physicians and volunteers are honoured to continue to provide comfort and care to our residents, their families and many visitors. We admitted 191 residents and had 182 deaths in 2018-2019. Our occupancy was 81% with our average length of stay being 18 days. We were fortunate to care for residents who stayed with us for a few short hours, to residents who stayed with us for a few months.

Our admissions come from both the hospital and our community. Our relationship with our community partners has enabled us to provide a well-integrated approach to managing the care of people in our community who are cared for by Bluewater Health, the Palliative Care Consultation Team (PCCT), Community Care Access Centre (CCAC), The Pain and Symptom Management Clinic and the Hospice.

We continue to receive the upmost support from our dedicated volunteers, who are involved in every aspect of the residential services; cooking, gardening, cleaning, reception, direct support at the bedside, along with giving us the encouragement, support and a kind word daily.

As always, we want to thank Dr. Glen Maddison our Medical Director, Dr. Allison Crombeen, Dr. David Kim and Dr. Evan Lilly for their ongoing support, education and excellent care they provide to our residents and their families.

This commitment from our physicians, the Carruthers Foundation Nursing Education Fund and the Bluewater International Granfondo has shown the Hospice's dedication to contribute to our excellence in nursing care.

As we begin the planning of the our 10th Anniversary of the Residence we continue to focus on obtaining accreditation. By doing so we will be recognized to have met Provincial standards and benchmarks of Ontario Hospice Palliative Care (HPCO) and it will be an ongoing goal to remain current using best practice and evidence to guide our work.

Working towards accreditations will sharpen our focus on quality, safety, competence, meeting benchmarks, identifying risk, looking at access, ensuring we are meeting privacy legislation along with many other important factors, as we strive for continuous learning and improvement in all aspects of Hospice care.

It is a true gift to work at St. Joseph's Hospice and share in the end-of-life journey with our residents and their loved ones. With the commitment and support of our residential staff, volunteers and our generous community we look forward to serving our community and celebrating our 10th Anniversary.



Music therapy



Children visiting with pet therapy dogs at Kids Grief Camp



Holiday art activity at Day Hospice

Programs and Services

St. Joseph's Hospice offers community support programs to people in Sarnia Lambton who are living with a life limiting illness, as well as to their families and caregivers. Support from a multidisciplinary team is available to meet the physical, emotional and social needs in a way that is sensitive to personal, cultural and religious beliefs and practices. All loss support programs and caregiver support programs are delivered by a dedicated team of trained volunteers. Services are offered through three main programs: The Living Life Well, The Adult Bereavement and the Caring Hearts Children's Program.

Services offered:

Day Hospice – A program for those living at home or in our residential hospice with a life limiting illness. Clients engage in various activities such as art, music and pet therapy, complementary therapies, supportive sharing and entertainment, while enjoying a nutritious meal in a group environment.

Hospice Volunteer Visiting Program – People with a life limiting illness are matched with a hospice trained volunteer to receive companionship and support in their home. This program also provides respite for caregivers.

Share the Journey – A volunteer captain is paired with a team of caregivers who will provide support to people with a life limiting illness. The goal of the program is to address the practical needs required in the home with a group of individuals that have come forward to offer that support.

Complementary Therapies – Holistic methods are offered to those living with a life limiting illness, caregivers and the bereaved to heal body, mind and spirit. Therapies include massage therapy, therapeutic touch, Reiki, and reflexology. Potential benefits of these therapies include stress relief, relaxation and improved circulation.

Music Therapy – Music therapy is provided on-site by an accredited music therapist in a variety of settings. Group and individual music therapy sessions are provided to Day Hospice Clients, to residents and their families as well as in the children's program.

Caregiver Support – a four-week educational series called 'Transitions in Caregiving' is available to caregivers. The support group sessions are open to those who are facing the challenges of caring for a friend or loved one living with a life-limiting illness. Caregivers are also invited to a "Coffee for Caregivers" drop in bi-monthly.

Adult Bereavement Support Groups – Facilitated groups are offered for those who have experienced a death. Examples of groups include spousal loss, child loss, and family loss (primarily for the death of a parent, sibling, friend, or multiple losses).

Bereaved Drop-In – Following the completion of an Adult Bereavement group, clients may choose to participate in a bi-weekly casual coffee/tea conversation gathering. These sessions provide peer support and ongoing encouragement to address grief-related issues or concerns.

8 Critical Questions Group – An educational group offered to those who have experienced a loss. It is based on the book by Alan Wolfelt and provides education on grief experiences and coping strategies. This group accommodates those who are unable to make the commitment to attend 8 consecutive sessions as you can join at any time through the 8 weeks and come to as many sessions as you are available to attend.

Information Sessions – Regular speaker/themed events for anyone in the community whether they are ill, caregivers, bereaved, or simply

Program Statistics

April 2018-March 2019

Caring Hearts Children's Program

Ages 6-9 years of age, 6-week bereavement group – 2 groups (Fall and Spring)

Ages 10-13 years of age, 6-week bereavement groups- 2 Groups (Fall and Spring)

Teen groups, 3 groups - 2 held at LCCVI and 1 at St. Patrick's Secondary School

Anticipatory grief support – 34 sessions

Special Events

Father's Day Special Event

Kid's Camp (July 30 – August 3) – 12 attendees

Coping Through the Holidays Special Family Event - 52 attendees

Information Sessions: 9

Examples: Advanced Care Planning, Young Adults and Grief, Grief Dreams, Coping through the Holidays, Taxes and Estates

Living Life Well

Volunteer Visiting: 123 Visits

Complementary Therapies: 246

Day Hospice: 24 sessions -held twice a month.

Caregiver Support: 13 Caregiver Drop-in Sessions and 1 Transitions in Caregiving Group

Adult Bereavement Support Groups

9 Groups

Bereaved Drop-In

24 sessions held twice a month.

interested in the topic. A chance to meet others and find resources while learning to adjust to the transitions brought on by loss. Caring Hearts Children's Program – This program serves children and teens ages 6-18 in Sarnia-Lambton who have experienced the terminal illness or death of a loved one or are facing a terminal illness themselves.

- Bereavement Support Groups – 6-week bereavement groups at hospice for ages 6-9 and 10-13, and 8-week bereavement groups within the high schools as requested.
- Anticipatory Grief Support – Support for children and youth who are

Dad's Club at Kids Camp

Every year the Caring Hearts Children's Program hosts a day camp during summer vacation for children ages 6 to 13 who have experienced the death of a significant person. Over the years we have worked to expand the camp and have recently increased the event to be a full 5-day experience offered at the Kiwanis pavilion at Canatara park in Sarnia. It is always a fun week filled with games, crafts, music, and activities surrounding the theme of grief and loss, with the goal of giving children the opportunity to take their grief outside and connect with others.

Every year at camp on memories day, campers are encouraged to bring a picture of their special person who has died to share with the group as well as a memory or story about them. It feels powerful and sacred to watch the children hold space for each other as they see the pictures and hear the memories of their campmates. After the picture and memory sharing, we display the children's pictures on the fireplace at the pavilion for the rest of the day creating a photo exhibition.

This year on memories day as the campers were having a snack of ice cream cups and waiting for their

experiencing the terminal illness of a loved one or facing a terminal illness themselves.

- Special Events – Preceding major holidays and are offered throughout the year (i.e. Mother's Day, Father's Day), as well as a summer day camp.
- Psycho Education – Resources, consultations, internal/external information sessions and psycho-education on supporting grieving children and youth are available to all members/organizations of our community, and for parents of children under age six.

caregivers to pick them up, I noticed there was a group of girls sitting at one of the picnic tables enjoying their ice cream

"This is the dad's club!" one of the girls told me after I joined them to sit down. There was a moment before I realized what the child meant. "Yeah! Because we've all had daddies who have died," another child explained to me. I noticed the group all had their pictures with them sitting on the picnic table, and I understood that not only were the girls enjoying their ice cream together, they were having ice cream with their dads. I even noticed one of the youngest ones holding spoonsful of ice cream up to her dad's photo and then giggling with the other girls at the silliness of the moment.

There are so many beautiful and moving moments like this throughout the week at camp, demonstrating the power of peer support, and how healing it can be for grieving children to meet others who have had a similar experience. I am honoured to be able to serve in a place where "Dads Clubs" can exist.

Article written by Orley Culverhouse, St. Joseph's Hospice Caring Hearts Children's Program Coordinator & Music Therapist

Our Volunteer Profile

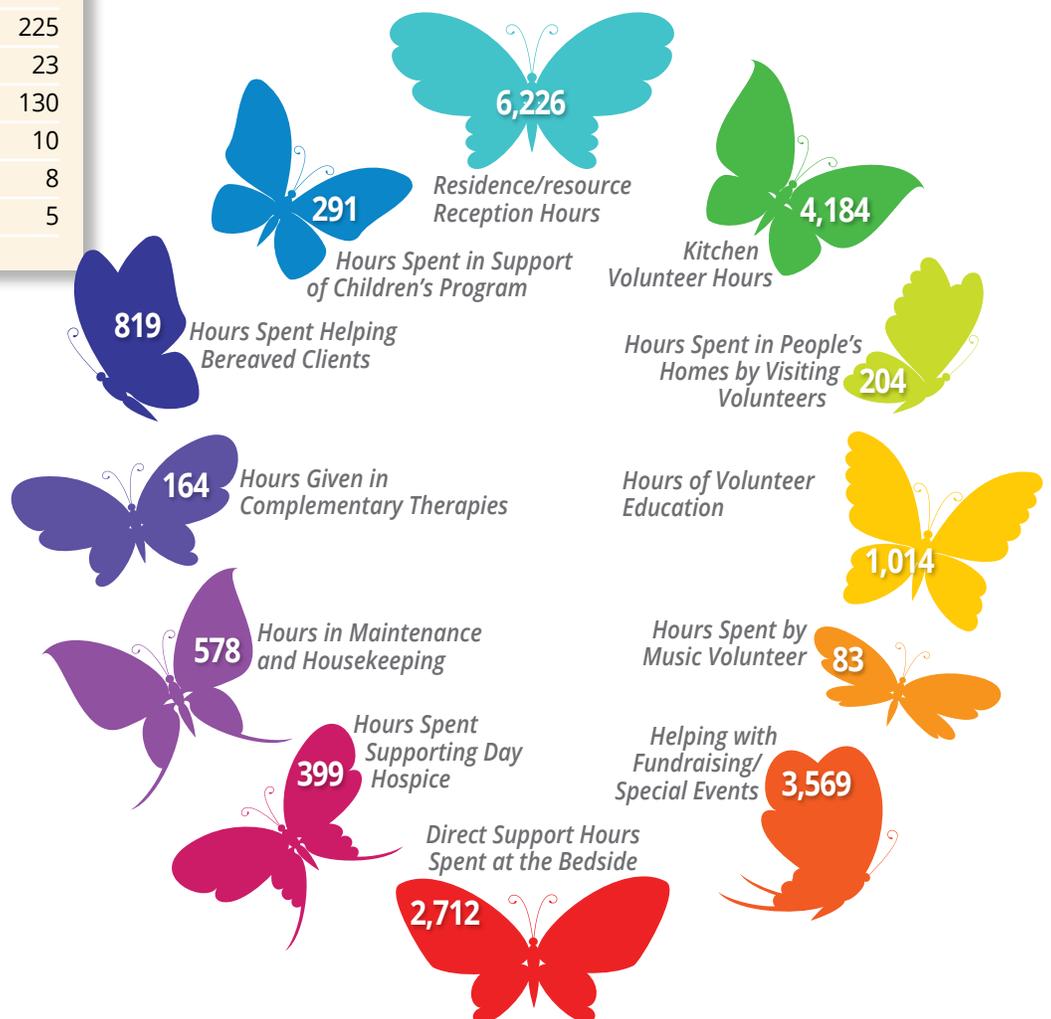
Caregiver Volunteers	3
Visiting Volunteers	12
Day Hospice	11
Share the Journey	3
Resource Reception	18
Residence Reception	46
Direct Support Volunteers	29
Kitchen Volunteers	33
Gardening Volunteers	14
Maintenance	4
Housekeeping	3
Complementary Therapists	5
Pet Therapy Volunteers	2
Adult Grief & Bereavement Volunteers	13
Children's Caring Hearts Volunteers	14
Board Members	12
Committee Volunteers	23
Event Volunteers	225
Gala Committee Volunteers	23
Gala Event Volunteers	130
Golf Committee Volunteers	10
Vigil Visiting Volunteers	8
Music Volunteers	5

Volunteers

Our volunteers offer their time, compassion and expertise in 23 different roles here at St. Joseph's Hospice. Their talents span a wide variety of activities of care, from welcoming our residents and clients to assisting our professional staff with the direct personal bedside care of our residents, to gardening, preparing meals, assisting in fundraising events and leading bereavement programs to those grieving a loss. We would not be able to function effectively, nor provide such wonderful programs, services, care and compassion without their valuable contributions.

Volunteers receive ongoing education, specific to their roles and are trained to assist staff in all the practical measures required to support residents, clients and families. They offer hands-on care, emotional support and respite for family and caregivers. Volunteers through Day Hospice and Volunteer Visiting encourage those living with a life limiting, progressive illness to continue to live fully and they support their wishes, hopes and abilities through gifts of time and compassion.

Our ancillary goal is to create an outstanding and meaningful volunteer opportunity which is deeply valued by our community.



The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi

Thank you to everyone who has made a gift to St. Joseph's Hospice.

Financial Information

April 1, 2018 to March 31, 2019

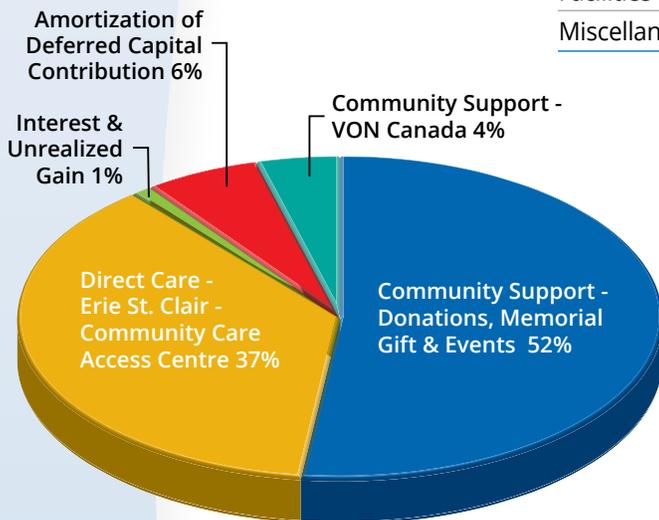
Revenue Sources

Direct Care – Erie St. Clair – Community Care Access Centre	\$ 1,147,804.00
Community Support - Donations, Memorial Gift & Events	\$ 1,577,931.00
Community Support - VON Canada	\$ 114,800.00
Amortization of Deferred Capital Contribution	\$ 174,229.00
Interest & Unrealized Gain	\$ 33,387.00
	<u>\$ 3,048,151.00</u>

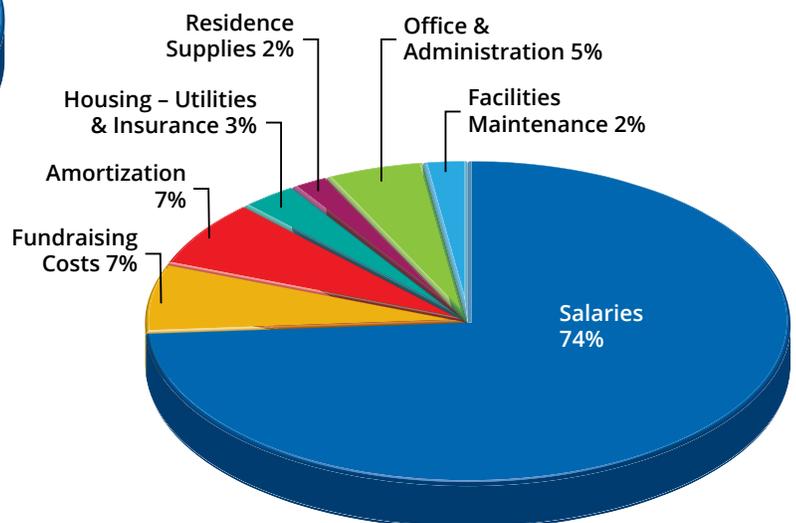
Expenses

Salaries	\$ 2,159,683.00
Fundraising Costs	\$ 194,028.00
Amortization	\$ 190,698.00
Housing - Utilities & Insurance	\$ 97,665.00
Legal & Audit	\$ 12,139.00
Residence Supplies	\$ 48,204.00
Programs & Services	\$ 7,497.00
Office & Administration	\$ 147,699.00
Facilities Maintenance	\$ 52,147.00
Miscellaneous	\$ 2,746.00
	<u>\$2,912,506.00</u>

Revenue Sources



Expenses



Notes:

- Results are for the period April 01, 2018 to March 31, 2019, the fiscal period for St. Joseph's Hospice
- St. Joseph's Hospice uses the auditing firm of BDO Canada LLP

- Legal & Audit: 0%
- Programs & Services: 0%
- Miscellaneous: 0%



Thank you to all who made St. Joseph's Hospice their charity of choice and encouraged friends and family to donate."

Fund Development

Fund Development, or fundraising is an important strategic area for St. Joseph's Hospice. It underwrites more than half of St. Joseph's Hospice annual operating costs and is crucial for the ongoing operation of programs and services. This past year, St. Joseph's Hospice raised \$1,577,000 dollars. This remarkable accomplishment was made possible by our generous donations that came through many avenues, including a fall newsletter, holiday mail appeal, fundraising events, individual giving, memorial gifts and bequests. Through these ways, we ensure that our residents receive expert palliative care and their families can access our programs and services at no cost. We have increased our community awareness of the programs and services offered by St. Joseph's Hospice through numerous public presentations, as well as third-party events held by our generous supporters.

Our community came out in great numbers again this year to raise funds for Hospice through events including St. Joseph's Hospice five Signature Events and third-party events. The 13th Annual Dancing Under the Stars Gala continues to produce record revenues with the highest amount of \$154,124.00 being raised from our community!

Our 2018 Annual Holiday Mail Appeal exceeded expectations and raised over \$121,000. Special thanks to Linda Wright for allowing us to share her personal story with the community of Sarnia Lambton.

Third-party events are fundraisers held on behalf of Hospice and organized and managed independently. In total, 43 third-party events raised \$219,463.68 for Hospice. For example, included in this total, the Sarnia Golf & Curling Club hosted their Annual Charity ProAm Golf Tournament and donated \$58,106.55 in net proceeds.

Our 9th Annual Face to Face Campaign, which begins on May 1st until June 30th, is a fundraiser in which we ask 100 volunteer canvassers to ask 10 people for \$10. This past year our goal of \$10,000 was surpassed by raising \$33,443.00. Since 2010, our Face to Face Campaign has raised a total of \$116,571.00.

Thank you to all who made St. Joseph's Hospice their charity of choice and encouraged friends and family to donate. We would also like to acknowledge and thank our amazing team of hard-working staff and volunteers, all the businesses, service clubs and churches who supported us with donations, sponsorships, gifts-in-kind and fundraisers.



4,994 memorial gifts were made in memory of a loved one

2,321 followers on St. Joseph's Hospice Facebook

Over **1,860** guests attended our special events

587 Holiday Mail Appeal gifts



Our Signature Events

A sincere thanks for supporting all our signature events at Hospice. The invaluable contribution from our sponsors and supporting partners, the hard work and dedication of the organizing committees, volunteers and all who participated in these special days has helped to raise over \$236,000. Your generous contributions will have a lasting impact on the people served by St. Joseph's Hospice.



13th Annual Dancing Under the Stars Gala \$154,124

Saturday, November 3rd was a SOLD OUT, wonderful evening as we celebrated our 13th Gala. Over 800 guests and 130 volunteers arrived at DeGroot's Nurseries to an elegantly decorated venue. The 2018 Dancing Under the Stars Gala raised \$154,124 to support Hospice programs and services. Special thanks to our Supernova Sponsor Kel-Gor.



8th Annual Ladies Fore Hospice Charity Golf Tournament • \$12,864

The Ladies Fore Hospice Charity Golf Tournament was held on September 8th with a total of 140 golfers at Huron Oaks. This year we raised \$12,864 in net proceeds for St. Joseph's Hospice. Thank you to our sponsors, silent auction donors, purse donors and golfers who helped to make this day a success.



Bill Cannon Memorial Golf Tournament • \$69,130

This year the annual Bill Cannon Memorial Golf Tournament was once again SOLD OUT! There were 156 golfers and we raised a net profit of \$69,130 and had an outstanding day. Special thanks to all our live and silent auction donors, sponsors, participants, and Joe O'Driscoll, Tournament Convener for all your support! A very special thank you to our title sponsor the Judith & Norman Alix Foundation and to Dion Phaneuf for his continued support with the Jersey Raffle.





Every day, ordinary people become donor champions."

– Anonymous

Bronze Leaf - Friend

\$2,500 to \$4,999

Silver Leaf - Companion

\$5,000 to \$9,999

Gold Leaf - Supporter

\$10,000 to \$24,999

Bronze Butterfly - Benefactor

\$25,000 to \$49,999

Silver Butterfly - Patron

\$50,000 to \$99,999

Gold Butterfly - Visionary \$100,000

Stone - Founding Donor \$500,000+

Donor Tree of Life

Our Donor Recognition Wall, located at the entrance of our residence, acknowledges the generosity of our donors, through the various donor recognition levels. Each level receives a thank you letter from our executive director, a tax receipt, a photo opportunity, recognition in our donor newsletter and recognition on our donor wall.

A tree symbolizes life – most notably, strength and stability. This is what the gifts of donations represent to St. Joseph's Hospice. Hospice's giving trees are a reminder of the selfless gifts that donors and their families have given and of the miracles that have happened. The tree's canopy embraces the life and love that each resident receives when they enter Hospice's door. The memory of loved ones will forever live in our hearts and the hearts of those who continue to live. Hospice's giving trees recognize the generous gifts that donors and their families have contributed in honour the memory of their loved ones. They embody the spirit of generosity and each name on the leaves, butterflies and acorns is a legacy, not only to those who knew them but to the recipients.

The butterfly symbol is often used throughout Hospices and is a mark of respect for dying residents.



Spiritual Care

“

We light our Living Life Fireplace for 24 hours in memory of each resident who dies at Hospice.”



Service of Remembrance

Families are invited to attend a Service of Remembrance, approximately three months after their loved one has died. This non-denominational service provides an opportunity to join in an evening of music, reflection and fellowship at Hospice to honour their loved one and their time spent with us. A poignant part of the service is our Ceremony of Flowers, where the names of all our residents that we are honouring are read aloud and their family is invited up to select a flower in their memory.

Attendance last year:

May 2018 – 53 guests

August 2018 – 27 guests

November 2018 – 95 guests

February 2019 – 84 guests

Spiritual care is foundational to the tradition of the Sisters of St. Joseph. The mission, vision and values of St. Joseph's Hospice remain an integral part of the day to day operations at Hospice. Our Spiritual Care Coordinator is a trained professional who provides spiritual, emotional and social care to residents and their families, as well as staff and volunteers, regardless of their culture, faith beliefs or value systems. The spiritual and religious needs of residents and their families are assessed upon their arrival at Hospice and relevant resources are provided to support them on their end-of-life journey. Collaboration with community spiritual affiliations is arranged based on the resident's needs and/or requests.

When the death of a resident occurs, we light our Living Life Fireplace and the candle outside of the resident's door; each remains lit for 24 hours. At this time, each family is offered the opportunity to partake in a Hospice Farewell as they and the resident leave our care. This allows for the Hospice staff and volunteers to honour the resident and to thank the family for the privilege of caring for their loved one. During this process, team members are invited to gather in the great room in silence and show their respect to the grieving family and friends.

Spiritual care is also offered to clients through our Caregiver Support Group and Day Hospice Program. Additionally, the Spiritual Care Coordinator offers reflection, debriefing and education for staff and volunteers around self-care strategies to support them in the care they provide.



Living Life Fireplace

Are you committed to living each day with purpose?



They told us at every step of the way what to expect next and were there to pick us up when we felt rotten about what was happening."

– Linda Wright

Thank you to Linda Wright for allowing us the honour of sharing her story in our 2018 Holiday Mail Appeal.

Her heart-felt story touched the community and raised over \$121,000, towards our general fund.

The following is an excerpt of her story:

Linda Wright was 56 in 2016 when she went to the hospital with pain that didn't go away. Tests revealed she had stage four cancer that had progressed from her breast into her bones. Following surgery, the prognosis wasn't good as the cancer had also spread to her lungs and liver. She was determined to throw everything at the cancer, undergoing aggressive chemotherapy – but then made the difficult decision to stop treatment. "I wanted to make memories with my nine grandchildren," she says, "and I didn't want those memories to be of me in my sick bed." Instead her pain and symptoms are managed with medication with the help of Dr. Maddison at St. Joseph's Hospice Sarnia Lambton – and she makes every day count.

"You can have cancer, and still get out and live each day as much as possible, or you can lie around and wait to die," she adds. "I know I can't be cured, so I'm making the best of it. Some days aren't so good, but even on those days, I'll do something small." She does whatever she can when her grandchildren request and recently went kayaking with one grandson and canoeing with another.

Linda was told she might not live past the summer of 2017 but has defied the odds. She continues to take care of details large and small, so her family has fewer things to settle on her death and takes each new day as one to be enjoyed. "I've already outlived my expiry date," according to Linda. "Last summer I cleaned out our cottage so it wouldn't be a burden if I wasn't here when it got opened this spring. It was a pleasant surprise when I got to open it this year – both in terms of actually being there... and to have it be so clean."

Linda intends to stay at home as long as possible, and when the time is right, she'll gratefully go to Hospice. It was an easy decision, as this isn't Linda's first encounter with Hospice.

In 2012, her mother was battling breast cancer, being cared for at home because that's where she wanted to be. The care, however, grew to be too much for Linda to manage, even with the help of her daughter, who was raising a family and attending school.

Her mother agreed to take an available room at Hospice and she and the family were amazed. "My mom immediately felt good about her decision," says Linda. "We were all treated so well. We visited whenever we wanted, and they treated my mom with dignity and respect. Everything was 100% – the care, the counselling, the staff, the volunteers and Dr. Maddison." Her mother had not wanted to die alone – and the nursing staff knew that, monitoring her mother's condition so they could alert the family if they happened to be absent for a few hours.

St. Joseph's
Hospice
Sarnia Lambton

475 Christina St. N.
Sarnia, ON N7T 5W3



Let me tell you my story...

Each Day is a Blessing

Hospice and Foundation Plan for the Future

Maria Muscedere, fund development manager at St. Joseph's Hospice in Sarnia, has a dream for its newly established endowment fund.

"When I retire, I want the endowment fund to be large enough that all the income can sustain the hospice and no one needs to replace me," she said.

Until then, the Sarnia hospice still has to raise \$1.6 million a year to pay for the 58 per cent of its budget not covered by government funding.



From left to right: Hospice Fund Development Manager Maria Muscedere, Hospice Executive Director Larry Lafranier, Sarnia Community Foundation Executive Director Jane Anema

Photo by Colin Gowdy, BlackburnNews



The 10-bed residential hospice opened 10 years ago, although the hospice served as a resource centre for the terminally ill before then.

Last June, the endowment fund for the hospice was established at the Sarnia Community Foundation with an initial donation from the hospice board that has since more than doubled to approximately \$22,000, said foundation executive director Jane Anema.

"The income from this particular fund will come back to hospice, on an annual basis, quite literally forever," she said. "We're pleased to be working on their behalf to help build a better community."

Muscedere said the fund is expected to help provide a sustainable source of income for the hospice, which only receives government funding for nursing costs.

Fundraising pays for all of the other operating and program costs.

Since the residence opened in December 2009, it has cared for 1,598 individuals at the end of their lives.

The hospice also offers education, volunteer and bereavement programs that have helped nearly 4,400 clients since 2005.

All of its programs are provided at no cost to those using them, Muscedere said.

"Every hospice in Ontario is faced with this daunting task of fundraising, constantly," said Larry Lafranier, executive director of St. Joseph's Hospice. "We're starting to see donor fatigue out there, in some areas."

Muscedere said one of the benefits of the endowment fund is that many donors "want their donation to be a legacy, and they want that to live on."

"We're thrilled that the Sarnia Community Foundation has come together with us," Muscedere said.

Having the principal amount of their donation in an endowment fund, with the interest earned going to the hospice, allows that to happen, she said.

"This hospice is very fortunate to have this community," Lafranier said about the support St. Joseph's has received over the years, including initial donations that allowed the residence to be built a decade ago.

Along with its donors, the hospice has approximately 300 community volunteers.

"We wouldn't survive if it wasn't for the community," Lafranier said.

*Article written by Paul Morden in May 15, 2019,
Sarnia Observer*

SARNIA
THE OBSERVER

St. Joseph's Health Care Society believes...

*"Now, as always,
the mission of the Sisters
of St. Joseph is to respond to
the needs of the people with
gentleness, peace and
joy."*

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