

*For everything its season,
and for every activity under heaven its time...*

Book of Ecclesiastes

Seasons



The Dorothy Ley Hospice
Spring/Summer 2001

Let's tee it up on August 13!

We'd love it if you could join us for a day of golf at our tenth annual Dorothy Ley Hospice Golf Tournament. We promise you a fun game, unbeatable camaraderie, a delicious dinner and a chance to win some outstanding prizes. You'll also meet Olympic athlete, broadcaster, community volunteer – and former Alberta junior golf champion – Debbie Van Keikebelt, our MC for the day. Most important, you'll be helping us raise funds to bring comfort, meaning, dignity and hope to people and their families facing a progressive, advanced, life-threatening illness.

LOCATION: Markland Wood
Country Club

TIME: 10am to 12:30pm –
registration, lunch,
putting contest
1:00 – shotgun tee-off

FORMAT: Scramble

COST: \$210/player*; \$55/person
for dinner

* includes cart, green fees, scoring, lunch,
dinner; charitable receipt for a portion of fee
will be provided



*Our golf tournament MC,
Debbie Van Keikebelt,
athlete and volunteer
extraordinaire!*



*Continuing the CIBC's generous tradition of supporting
The Dorothy Ley Hospice, the honorary chairman of
our 2001 golf tournament is Brad Higginson,
CIBC vice-president, Greater Toronto Area region.*

Guests of golfers are welcome to join us for dinner. Spaces for this popular event are limited, so reserve early. Contact Martha MacGray, our coordinator of resource development, at (416) 626-0116 or giving@dlhospice.org.



Accomplishments at Day Respite

When we design activities for our day respite program, we have to keep in mind that our clients are not only the recipients of our care, goodwill and friendship, but that they also have a lot to offer us and each other.

One morning some months ago, our day respite team arrived at St.

George's-on-the-Hill Church to discover that vandals had tried to break in. They had broken a locked glass door with the aid of a fire extinguisher and shattered the wood frame around the door's lock and handle. Luckily, the thick glass had not broken.

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Volunteer Centre of Toronto honours our Liz Corneil



On April 26, The Honourable Hilary Weston, the Lieutenant Governor of Ontario, presented our own Liz Corneil with the Volunteer Service award from the Volunteer Centre of Toronto.

The Volunteer Service awards give special recognition to volunteers who have performed outstanding service to member agencies of the Volunteer Centre of Toronto.

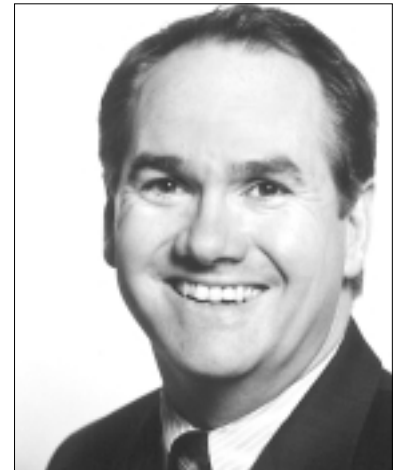
Liz has been working as a multi-talented volunteer for our fortunate Hospice for the past six years. Every Monday morning she works as our office receptionist. She also assists with many of our Hospice fundraising and community education events. And her serenity, compassion and gentle sense of humour have been invaluable to the many clients she has cared for during these years.

We couldn't do it all without you, Liz. Thank you – and congratulations!

Meet our new Director of Resource Development

We are delighted to welcome David Prendergast to The Dorothy Ley Hospice team. As our new director of resource development, David will be energizing our giving campaign and developing a capital campaign to support the new Dorothy Ley Hospice Palliative Care Centre.

David, who is a certified fund raising executive, comes to us with exceptional qualifications and experience. Previously, he served as campaign director for Ketchum Canada, where he directed a \$30 million capital campaign for the St. Joseph Health Centre Foundation. He also worked as development manager for the Casey House Foundation and served in several positions with the United Way of Greater Toronto.



DAVID PRENDERGAST

David will be working with our stakeholders, including staff, volunteers, businesses, foundations and government agencies to enable us to bring to life The Dorothy Ley Hospice Palliative Care Centre.

We're so glad to have you with us, David!

We Have a Dream...

Only one in five people with advanced illness is receiving hospice palliative care in this country. Our dream is to change this.

Our dream is an intimate and serene setting where people experience compassionate hospice palliative care 24 hours a day, seven days a week. Our dream is comfortable private bedrooms, convivial recreation and dining areas, quiet meditation spaces, a supportive day respite centre and a tranquil garden.

Our dream is The Dorothy Ley Hospice Palliative Care Centre, dedicated to providing the best possible end-of-life care for those who cannot be cared for at home.

For more information about how you can help us bring the centre to life, contact David Prendergast at (416) 626-0116 or dprendergast@dlhospice.org.

Admire the Art and Taste the Wine



Watercolour by Mary Anne Dente

*The
Dorothy Ley
Hospice*

*Russell
Woodman
Wines*

*Proceeds help people
living with a progressive,
advanced, life-threatening
illness live with comfort,
meaning, dignity and hope*

Invite you to

The Dorothy Ley Hospice *Fifth Annual Wine Tasting & Art Sale*

Thursday, May 31st

Thorncrest Homes Clubhouse, 35 Thorncrest Road

2pm to 4pm – Art preview and sale (*\$10 at the door*)

7pm to 9pm – Wine tasting and art sale (*\$40 before May 14, \$50* after*)

- *Fine imported wines*
- *Talented local artists and their work*
- *Silent auction*

For tickets, call **The Dorothy Ley Hospice** at (416) 626-0116.

**tax receipt provided*



I knew Dorothy Ley

I met Dr. Dorothy Ley in the early 1960s when I started my first professional position in speech pathology at the Toronto Western Hospital. Dr. Ley was chief of haematology; I met her through Donald McGeachy, then the hospital's director of speech pathology and audiology.

The term "mentor" was not in common use at that time but both these women encouraged me to enhance my own knowledge and skills and to expand my horizons. They built up my self-confidence both professionally and personally and they supported my decision to apply for a more senior position,

which I succeeded in obtaining.

During this time, Dorothy Ley became very close to my entire family and she was particularly fond of my parents to whom she related as if they were her own. They, in turn, held her in great affection.

Fast forward to the 1970s and '80s... I was employed by the Ontario Ministry of Health as a policy consultant. At that time, the concept of palliative care came under review (again) and I was assigned to investigate and make recommendations concerning this approach to care for the terminally ill. I was delighted when I discovered that Dr. Ley was considered one of the "leading lights" in this area. Our first interview was partly a personal reunion since we had met only sporadically in the intervening years and we had much news to share.

Dorothy had lost none of her enthusiasm for causes she held dear, but she maintained her special brand of reasoned pragmatism. She was able to energize me once more, this time with her own ideas for the future of palliative care.

While much remains to be done in the still developing field of palliative care, much has already been accomplished due to Dr. Ley's efforts.

Karen Trotter Rieh

Do you have a personal story about Dorothy Ley? Please share it with us. Send it to our manager of operations, Stephanie McCann, at (416) 626-7285 (fax) or smccann@dlhospice.org (e-mail)

NOW YOU CAN GIVE ONLINE

To make it easier for folks to support the Hospice, you can now send donations online through **www.charity.ca**. All you need to do is search for us by name. Our profile on this site also provides a variety of information about the Hospice.

And don't forget to visit our own Web site for even more information: **www.dlhospice.org**.

The Dorothy Ley Hospice extends a loving hand into the Etobicoke community to help people and their families facing a progressive, advanced, life-threatening illness live with comfort, meaning, dignity and hope. At home or in hospital, our teams of trained volunteers and professionals integrate compassionate care to meet the physical, emotional and spiritual needs of our clients.

To give your financial support, contact MARTHA MACGRAY

To share your time and skills as a volunteer, contact SONIA ARANA

To inquire about using our services, contact:

THE DOROTHY LEY HOSPICE

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(416) 461-4921

The Loving Hand at work

"Thank you so much for the support and compassion that you provided to our mother and family as she battled cancer. We are so deeply indebted to you and appreciate the concern shown for her well-being during such a difficult time.

We now know the tremendous advantage of accessing volunteer agencies such as The Dorothy Ley Hospice.

Our mother was a generous and kind person who battled her cancer for nine years before succumbing to the disease. Her courage and sense of humour were an inspiration to all she encountered.

We have enclosed a cheque to further your important work with individuals facing palliative care situations. Once again, thanks for your compassionate care of our mother ... you made a real difference.

Excerpt of a letter from a client family, printed with permission.

"Hospice palliative care is about options – choosing the kind of skilled, competent care that meets an individual's particular needs and takes into account his or her family and social situation. It is about teamwork, flexibility, care of the whole person, comfort, compassion, communication and quality of life."

THE GLAXO WELLCOME
FOUNDATION

The Glaxo Wellcome Foundation is working closely with hospice palliative care organizations across Canada, including The Dorothy Ley Hospice, to develop and implement "Living Lessons." The goal of this campaign is to educate Canadians about hospice palliative care and the options available to people and their loved ones facing terminal illnesses.

Yay! Marilyn's back

Case manager Marilyn Rydberg recently returned to The Dorothy Ley Hospice and we're delighted to have her back.

Marilyn had been working with us for four years when she left in March 1999 to work as the Halton Peel palliative care initiatives coordinator. This is a program sponsored by the Ministry of Health/Long-term Care to provide interdisciplinary education and to coordinate palliative care resource

teams in the region. For the past two years Marilyn has enjoyed this work, but says, "I have always missed my Hospice family. It is very exciting to have the opportunity of returning at such an interesting time in the evolution of The Dorothy Ley Hospice. I look forward to once again being part of the Hospice team."

As for us, all we can say is "Welcome back, Marilyn. We're so pleased that you're part of our team."



MARILYN RYDBERG

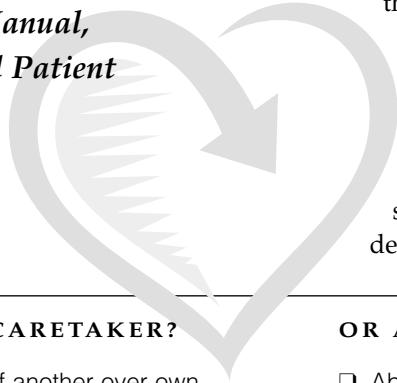
The Art of Caregiving

In honour of the Year of the Volunteer, we'd like to offer friends of the Hospice some helpful information about the art of caregiving from the Caregiving Manual, written by David Patient and Neil Orr.

Caring for someone who is suffering with a long term or life-limiting illness is one of the most challenging experiences in life. Sadly, most of us are not trained in any way to assist people in the final stages of their lives. This however, does not stop most of us from believing that we can single-handedly deal with the wide

variety of issues that confront the caregiver.

Regardless as to whether you caregive for a few hours a day or for many months or years, this manual is for you. It is about you dealing with your needs. To some this may sound like a selfish idea, but the truth is that until such time as you know how to care for yourself, you cannot possibly be an effective caregiver. Effective caregiving to and for yourself will benefit the person you are caring for.



ARE YOU A CARETAKER?

- Place needs of another over own
- Need to "fix" the situation or person
- Feel whole only when helping out – filling an internal void
- Burn out quickly
- Usually co-dependent – need to care for others to feel alive
- Conditional in acceptance of others; tend to be judgmental

OR A CAREGIVER?

- Able to care for self first and only then, to assist those in need; can therefore care for others in a healthy manner
- Doesn't get caught up in results – doesn't need to fix the situation
- Can BE with another person
- Doesn't take power of choice away from others
- Able to empower others to exercise their choices and to take action
- Can celebrate personal success
- Non-judgmental and unconditional in acceptance of others

Take care of yourself to become an effective caregiver

- ✓ Eat nutritiously
- ✓ Enjoy recreation and time for yourself
- ✓ Set limits and boundaries
- ✓ Maintain regular physical exercise
- ✓ Participate in spiritual practices
- ✓ Maintain an attitude of openness
- ✓ Allow yourself to be supported and maintain a support network
- ✓ Keep a sense of humour
- ✓ Live in gratefulness and wonder

For more information about being an effective caregiver, the entire Caregiver Manual is available at:
www.hivnet.ch:8000/topics/care/viewR?58

“New Beginnings” takes you where you have to go

Every Tuesday evening for eight weeks this winter, the Hospice’s Green Room was transformed into “New Beginnings.”

The seven members of this small, intimate bereavement support group discovered that while you may be angry, sad, unaccepting, protesting or simply trying to cope with your changed situation — grief is never unnatural. It is not an illness to be borne stoically.

Grief feelings are as natural as it is natural to have loved someone.

Early on, the group discussed ground rules: accepting the uniqueness of each person’s grief whether the loss was that of partner, parent, or sibling. Making time to listen to

“The grief process cannot be hurried, and it cannot be controlled, for once we are in it – once the process has begun – it is as if we are being carried downstream on a raft. We may be able to steer once in a while, but almost always, the currents will take it where they will. Now and then, the water will be smooth and soothing; just as often, it will throw us against the rocks and hurtle us from shore to shore. If we fight against the process too strenuously, it will just take longer and longer and be more painful. But once we accept the process as a process and give in to its inevitable flow, it will take us where we have to go.”

from “WHEN LIFE HURTS” by Wayne Dosick

everyone, never judging.

Confidentiality. Sharing experience rather than dispensing advice. I found it remarkable how seven strangers came together and quickly settled down to “grief work.”

Hospice volunteer Kathy Deall facilitated the eight sessions with skill,

humour, and wonderful anecdotes that were always on topic

A small group seems well suited to the task of understanding grief and of helping one another to heal. What dignity and insight was generated by a handful of Etobians in a small safe place, free to discuss hurts and hopes.

The group will wrap up with a candlelighting ceremony – a hopeful sign of

remembering and healing as life moves forward.

New Beginnings starts anew in October. For more information, contact Nick Ruiter, our spiritual care coordinator, at (416) 626-0116 or spiritualcare@dlhospice.org.

Day Respite... continued from page 1

I suggested to one of our clients, 93-year-old Peter, who had a proud history of working with his hands, that perhaps we could try to rehabilitate the badly wounded door. Peter enthusiastically agreed.

After securing the necessary materials, we tackled the job. Peter smeared copious amounts of wood glue through the veritable forest of splinters and tightly clamped the scene of destruction.

The following week, Peter was encouraged with how the door looked and we proceeded to plane

and sand the damaged area of the frame. The following week we painted it and I purchased a new replacement for the part of the lock that was irreparably damaged. Our door was back in service and almost as good as new!

This was the beginning of a series of “repair jobs.” Clients and volunteers began to bring broken items from home for us to fix. These activities became part of our day respite program. We have since repaired lamps, tables, chairs, toasters, hair dryers, vacuum cleaners,

irons and more. Sometimes, we even offer a “TLC money-back warranty” ranging from two days to two weeks!

Given the right context, the right circumstances and the right timing, our clients have much to offer. Thank you, Peter.

Day respite volunteer John Boyd wrote this story about his client, Peter Fausch, who died on March 31, 2001.

Upcoming events

May 28, June 18, July 16, Aug. 20
NURTURING MONDAYS

Volunteer support meeting

Gallery room
Humber Valley United Church
1 pm – 3 pm

May 31

WINE TASTING AND ART SALE

Thorncrest Homes Clubhouse
2 pm – 4 pm Art Preview & Sale
7 pm – 9 pm Wine Tasting
& Art Sale

June 7, July 5, Aug. 2, Sept. 6
BEREAVEMENT VOLUNTEER

SUPPORT MEETINGS

The Dorothy Ley Hospice office
7 pm – 9 pm

June 16

THERAPEUTIC TOUCH LEVEL II

C. Norman Appleton Building
160 Sherway Drive
9 am – 5 pm

June 29 to July 2

TORONTO RIBFEST

Etobicoke Centennial Park

August 13

HOSPICE GOLF TOURNAMENT

Markland Wood County Club
1 pm shotgun

September 6 to 8

HOSPICE ASSOCIATION

OF ONTARIO CONFERENCE

Hospice Without Borders
Nottawasaga Inn
Alliston, Ontario

For information, or to register for any of these events, call the Hospice office at (416) 626-0116.

Volunteer Profile



Charles Gordon
Chair, Speakers Bureau

Charles Gordon is busy these days spreading the word about The Dorothy Ley Hospice. As chairperson of our relaunched speakers' bureau, he is introducing the Hospice to local companies, community groups, churches, clubs and associations.

In this role, Charles is responsible for planning the activities of the bureau, securing and training volunteer speakers, developing informative presentations targeted to key groups and coordinating outreach with these groups. "My goal," he says, "is to increase the number of speaking engagements to key audiences in 2001 and beyond. In order to do this, we are looking for volunteers who are willing to call on our target audiences and speak to them."

WOULD YOU LIKE TO JOIN OUR SPEAKERS' BUREAU AS A VOLUNTEER SPEAKER?

Contact Sonia Arana, our coordinator of volunteer services and education, at (416) 626 0116 or volunteers@dlhospice.org.

Apart from his role as a Hospice volunteer, Charles is developing a consulting practice through BreakView, the company he founded in 1999. "One of our more exciting endeavors," Charles states, "is helping organizations improve the quality of their decision-making."

Charles holds a Masters in Business Administration from the Rotman School of Management and a Masters in International Business, specializing in strategic management, from the University of Linz, Austria. He is a member of the Association for Investment Management and Research and the World Future Society and he sits on the Academic Board of the University of Toronto.

WOULD YOU LIKE OUR SPEAKERS' BUREAU TO ADDRESS YOUR GROUP?

Contact Charles Gordon, the chair of our speakers' bureau, at (416) 251 4885 or cgordon@breakview.com.

**LOOKING FOR VOLUNTEERS
WHO WANT TO HAVE FUN**

The Rotary Club of Etobicoke is organizing the second annual Toronto Ribfest on the Canada Day weekend at Centennial Park. This four-day "funfest" offers a great time for the whole family — carnival rides, live entertainment, fireworks, vendors, crafts and great tasting ribs. Proceeds from the Ribfest go to The Dorothy Ley Hospice and other local charities.

The Rotary Club needs volunteers to help make this the most successful funfest ever. To offer your help, kindly contact Bob Maxwell at tel: (416) 622-2337, fax: (905) 624-3304 or e-mail bmaxwell@primus.ca.

For more information about the Ribfest, log onto www.torontoribfest.com.