

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

Book of Ecclesiastes

Seasons



The Dorothy Ley Hospice

Winter 2001

The loving hand at work

by Mary Ellen Carey

WHAT IF I HAD SAID "NO?"

On a gloomy, snowy February day, I received the call from the case manager at The Dorothy Ley Hospice. She was phoning to ask me to begin working with my first client. As she described Mary and her situation – she had been diagnosed with a terrible disease – I was tempted to say, "no." Instead, with fear and trepidation in my heart, I said, "I will give it a try."

At our first meeting, Mary was specific about the role she wished The Dorothy Ley Hospice volunteer to play. She wanted me to be in the house in case she needed assistance and to provide help preparing an evening meal for her husband and son. As this was her first experience with volunteers from the Hospice, she was hesitant about a personal relationship.

March came and went with bi-weekly visits. One day, I realized I was making progress in our relationship when Mary said, "Hurry up with those vegetables, I don't want you wasting time in the kitchen when you can be in here spending time with me." From that day on, we shared so much and discovered so many similarities in our

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.

Patients and their loved ones must be well-informed, active decision-makers and partners in the care team, prepared to be advocates for the quality of care they deserve at the end of life.

LIVING LESSON

lives: our age, temperament, values, faith, tradition, love of travel.

As our relationship grew, so did Mary's dependence on people – to move, to eat, to communicate. At the same time, her determination to live and to manage her circumstances also strengthened. Over these months, we journeyed together. She awarded me the special project of organizing the family photos, going back 20 years. We laughed and sometimes cried, for there were

Continues on page 2

June Callwood Hospice Circle honours our own Mary Cahill

Mary Cahill, a client support volunteer for The Dorothy Ley Hospice for the past seven years, has been inducted into the June Callwood Hospice Circle. The Circle honours those volunteers whose commitment to hospice palliative care is an inspiration to all of us.

Mary's energy, readiness to help and the special personal touch she brings to her client relationships is well known to her client families and to us at the Hospice. Now, Mary's dedication can be an inspiration to all of those who work in hospice across the country.

Congratulations Mary!

Clergy learn how to mentor the dying

During our annual Clergy Education Day on November 14, Dr. Michele Chaban of The Temmy Letner Centre for Palliative Care at Mount Sinai Hospital, challenged the audience to reclaim the role of mentoring and tutoring the dying in our society. She encouraged them to help those facing the end of their lives to prepare for the worst – and hope for the best.

We wish to thank our sponsors, G.H. Hogle Funeral Homes and Ridley Funeral Homes, for making this event possible. If you have topic suggestions for our next Clergy Education Day, please call Sonia Arana, coordinator of volunteer services and education, at (416) 626-0116, ext. 27.

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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Etobicoke, Ontario M9C 1A6

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www.dlhospice.org

Seasons design and production:

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(416) 461-4921

Welcome, Stephanie!



STEPHANIE MCCANN

We are delighted to welcome Stephanie McCann as our new manager of operations for The Dorothy Ley Hospice. Stephanie replaces Sheila Costello, who has returned to work in the corporate sector.

Stephanie brings to us extensive hospice and office operations experience. She was manager of operations for the Hospice Association of Ontario for almost a decade. If you have ever called the provincial association, you will likely have spoken with Stephanie who answers questions about everything from insurance, to association members, to Hospice Awareness Week. She was instrumental in developing HAO's insurance policies and coverage as well as the "Nevada" lottery ticket program and building the floral emblem merchandise program into a successful nation-wide campaign.

Stephanie hails from Ireland where she trained in business administration. She and her husband, Peter, settled in Canada 11 years ago and are currently maintaining a busy life raising three children, Logan, Stacia and Tegan.

Loving Hand... continued from page 1

many stories to tell and grieving to be done.

In the summer, we took time to sit outside in the sun and pray together. As summer waned, so did her spirit. My spirit too was stricken as I acknowledged that my first client, now my friend, was moving closer to her death.

Seven days before she died, Mary asked me to help her plan her funeral, and we did. Then I received the gift of lifting her into death with her husband, brother and friend. The words came: "Don't be afraid. We're all here with you. You have fought the good fight. Go to your God, who is waiting to wel-

come you. We'll look after your husband and son, we love you, thank you for all you've given us in your life."

What a privilege, what an honour to have journeyed with this incredible woman for nine months — and then to complete that journey by participating in such an intimate act. What a gift I gave to myself. I'm so very thankful that I didn't say "NO".

Therapeutic Touch: A Personal Act of Caring

by Carolyn Ellis, BA, MA, BScN (in progress)

Many people have expressed an interest in knowing more about Therapeutic Touch, one of the services The Dorothy Ley Hospice offers our clients. Carolyn Ellis, a Hospice volunteer and a nursing student at The University of Toronto, has researched this therapy and tells us what she has learned.

About half of all people who are terminally ill experience moderate to severe pain, according to current research and personal experience. Pain not only affects physical, psychological and spiritual well-being, it also interferes with roles and relationships, ultimately reducing quality of life. Pain is an overwhelming experience for both the individual and the family; “heartbreaking,” “frustrating,” and “helpless” are words family caregivers use to describe how they are affected by watching their loved one in pain.

Therapeutic Touch is one way caregivers can provide comfort to their loved ones and to themselves; moreover, it is easy to learn and takes little time.

WHAT IS THERAPEUTIC TOUCH?

Therapeutic Touch was introduced in the early 1970s by professor of nursing Dolores Krieger and her teacher, Dora Kunz, as a modern version of the ancient practice of “laying on of hands.” According to J. Brown in the book *Therapeutic Touch: When Words Can’t Take Away the Pain*, Therapeutic Touch is based on the assumption that

there “is a universal life energy that sustains all living organisms. In health, the life energy flows freely in, through and out of the organism in a balanced manner. In disease, the energy may be blocked, disordered, or depleted... What we in western culture call ‘illness,’ other cultures attribute to an imbalance in the ill person’s energies.” Therapeutic Touch rebalances these energies.

Performing Therapeutic Touch

The process of Therapeutic Touch involves five connected phases; here’s how you would perform this therapy on a loved one.

- 1. Centering** is often referred to as healing meditation because you consciously place yourself in a calm state of the ‘here and now’ and focus on helping your loved one. Taking slow, deep breaths can help you become centered. It’s also important to continually re-center yourself so you are not tired by the act of healing.
- 2. Assessment** requires that you use your hands to gather information about your loved one’s energy field and illness. You do this by passing

your hands over the individual’s body, from head to toe, while holding your hands about two to four inches from the skin. You are feeling for imbalances in the energy field – areas that are cooler, warmer, more agitated or congested.

- 3. Unruffling** involves using hand motions from the individual’s head to feet to help your loved one’s energy flow in a symmetrical, rhythmical manner.
- 4. Treatment** requires using your hands to support flow and balance in your loved one’s energy field. You can do this with flowing, rhythmic hand motions that send cool energy to hot areas, hot energy to cool areas, smoothing what feels heavy or congested.
- 5. Evaluation** is the end of the session; you can gently place your hands on your loved one’s shoulder to signal this and to let yourself consciously disconnect from the procedure. Allow your loved one to rest.

HOW DOES THERAPEUTIC TOUCH HELP?

Therapeutic Touch is not a cure – it is one way to ease pain, in conjunction with medication. The recipient does not have to believe in it or even be aware of it to experience positive results – although the therapist should always ask permission to perform this procedure.

Continues

Among the benefits with which people credit therapeutic touch are relaxation, reduced pain, increased wound healing, feelings of peacefulness, well-being, greater control of the situation, and an emotional connection between giver and receiver. In one report, a wife said that using Therapeutic Touch with her dying husband was "a gift, as she was able to soothe him and help relieve his pain in the last few weeks of his life."

DOES THERAPEUTIC TOUCH REALLY WORK?

The effects of Therapeutic Touch are generally based on anecdotal reports and clinical observation. For example, one nurse reported a patient with leukemia needing morphine every four hours was able to postpone her morphine by forty-

five minutes, without pain, following Therapeutic Touch.

Perhaps the most important benefit of Therapeutic Touch is that it offers the full and unhurried attention of a caregiver. It is a personal act of caring that is comforting.

This is one reason why an increasing number of hospitals and hospices in Ontario are accepting Therapeutic Touch.

The Dorothy Ley Hospice has a Therapeutic Touch practice group that is offering training sessions: Level I in April, Level II in June, and Level III in October. For more information, contact case manager Marguerite Langley at (416) 626-0116. For general information about this therapy, contact The Therapeutic Touch Network (Ontario) at (416) 65-TOUCH (www.therapeutic-touch.netwk.com).

Save these dates!

The days are flying by – and that means two of our most popular events will be taking place before you know it! *The Wine Tasting & Art Sale* sold out last year, so we suggest you reserve *Thursday, May 31* on your 2001 calendar.

This year's event will again be located at the beautiful Thorncrest Homes Clubhouse at 35 Thorncrest Road. Already, Woodman Wines & Spirits Inc, Culinary Arts and Portfolio, are gathering a wonderful mix of delectables and artworks to delight us! Last year's benefactors, including our house select sponsor, Angel's Gate Flowers, along with program advertisers, gift-in-kind donors, artists and ticket buyers, raised over \$8,000 for the Hospice.

And – when you mark your calendar – include the afternoon of *Monday, August 13*. That's the date of our annual *Golf Tournament*. This fun event is eagerly anticipated by 144 golfers of all skill levels. Participants enjoy a BBQ lunch, 18 holes of golf on the beautiful Markland Woods Country Club course, exciting hole-in-one contests, a delicious dinner and a chance to bid on great items donated by friends and sponsors of the Hospice. Guests are welcome to join us for dinner and the auction.

Last year's tourney raised \$40,000 thanks largely to the employees of our local CIBC branches who raised funds, volunteered and golfed for the Hospice. Thank you all! We look forward to teeing it up with you again on August 13!

We'll have more information about these events in the next issue of Seasons, or you can call our coordinator of resource development, Martha MacGray, for details: (416) 626-0116, ext. 25.

Oops! We missed these names of Hospice friends

In the last issue of Seasons, we omitted the names of some of the wonderful individuals who provided financial support to The Dorothy Ley Hospice last year. When calling many of them to apologize, their responses were unfailingly gracious and understanding. We'd like to acknowledge them here.

Mary Ann Amodeo, David A.Cox, E. Elizabeth Croft, Anne Fath, Henry and Dorothy Floyd, Marion Fuller, Gwen Gerecke, Joan Jardine Goodall, Ewart Haacke, Coryll Harwood, Paul Dickey and Vickie Hayler, Leona M. Hibbert, Doreen Hodsoll, Harvey Hogle, Jeffrey Lipton, Mrs. O. Maron, Peter Martin, Robert C. Maxwell, Kathlyn Moher, John Montgomery, Naomi Northeim, Margaret Peacock, Helen S. Revell, Robina Richardson, Beryl Rose, Arnold and Beatrice Service, James G.C.Templeton, Laura Thomas, Mr. and Mrs. Bruce Thomson, Magdalena Tong, Yvonne Trapman, Anne Weekes

Thank you Beryl Rose, for your very nice note which helped us find the other folks we missed!

Help us spread the word about THE DOROTHY LEY HOSPICE



Only one in five people with advanced illness is receiving hospice palliative care in Canada. Here in Etobicoke, there are thousands of people for whom hospice palliative care would make a very difficult life passage more manageable and meaningful.

Many are not receiving this kind of invaluable end-of-life care is because they don't know what it is and they don't know how to access it. For this reason, we have revitalized our Speakers Bureau. Our team of trained volunteer speakers is looking for opportunities to introduce The Dorothy Ley Hospice to companies, community groups, churches, clubs, associations and other organizations in Etobicoke.

People have questions, fears and worries associated with death. We'd like an opportunity to tell them how hospice palliative care answers these concerns. So, please, help us spread the word.

Do you know of any Etobicoke groups that could benefit from knowing more about what we have to offer? If so, please list those names below and fax this form to us. You will be helping us extend 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.

Name of Group	Contact Name	Telephone

May we use your name as a reference? Yes? No?

Are you interested in joining our Speakers Bureau? Yes? No?

Name _____ Tel. _____

Please tear off this form and mail it by March 30 to:

THE DOROTHY LEY HOSPICE

170 Sherway Drive, Unit 3,
Etobicoke, Ontario M9C 1A2
Attn: MARTHA MACGRAY
Tel: 416-626-0226 ext.25
Fax: 416-626-7285

Upcoming events

February 6 – March 27

NEW BEGINNINGS

Bereavement support group

The Dorothy Ley Hospice office
Tuesday evenings, 7:30-9:00 p.m.

February 8

BEREAVEMENT VOLUNTEER SUPPORT MEETING

The Dorothy Ley Hospice office
7:00 – 9:00 p.m.

February 18

VOLUNTINE'S DAY

Loblaws community room,
2nd floor, 380 The East Mall
12:00-3:00 p.m.

February 19

NURTURING MONDAYS

Volunteer support meetings
Gallery room, Humber Valley
United Church 7:00 – 9:00 p.m.

March 1

BEREAVEMENT VOLUNTEER SUPPORT MEETING

The Dorothy Ley Hospice office
7:00 – 9:00 p.m.

March 19

NURTURING MONDAYS

Volunteer support meeting
Gallery room, Humber Valley
United Church 7:00 – 9:00 p.m.

March 28

COMMUNITY EDUCATION DAY

topics?
location?

April 5

BEREAVEMENT VOLUNTEER SUPPORT MEETING

The Dorothy Ley Hospice office
7:00 – 9:00 p.m.

April 23

NURTURING MONDAYS

Volunteer support meeting
Gallery room, Humber Valley
United Church 7:00 – 9:00 p.m.

May 31

WINE TASTING & ART SALE

Thorncrest Homes Clubhouse
35 Thorncrest Road

August 13

HOSPICE GOLF TOURNAMENT

Markland Woods Country Club
245 Markland Drive
1:00 p.m. shotgun

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

“Voluntine’s Day” celebrates our volunteers

In recognition of the enormous social and economic contribution of volunteers worldwide, the United Nations General Assembly has declared the year 2001 to be the International Year of Volunteers.

Here at The Dorothy Ley Hospice, more than 300 volunteers generously donate their skills and time to provide people and their families facing a progressive, advanced, life-threatening illness with hospice palliative care, which stresses living fully until the very end of life, with dignity and comfort.

During the year 2001, our Hospice will proudly join the national initiative to recognize our volunteers. We’re beginning with

“Voluntine’s Day.” On Sunday, February 18, we invite our volunteers and their loved ones for an afternoon of pampering. Come on over between noon and 3:00 p.m. to the community room on the second floor of Loblaws at 380 The East Mall – and let us treat you. We’ll provide refreshments, entertainment and relaxing therapies like therapeutic touch, reflexology and aromatherapy.

Invitations have been mailed to all volunteers; if you haven’t yet received one, call Sonia Arana, coordinator of volunteer services and education at (416) 626-0116, ext. 27.

New Beginnings

Someone you love has died. You are now faced with the difficult, but important, need to mourn. This is not a journey to travel alone. For many people, a support group can provide a safe and caring place where you are free to express feelings, share memories and talk openly of the struggles and challenges experienced in this new situation. A place to cry when that is needed. A place to be accepted, never judged.

This is *New Beginnings*, a small, intimate bereavement support group, coordinated by The Dorothy Ley Hospice. Our group is open to all family members, friends and community members who have lost a loved one and wish support in handling a bereavement experience.

Our first meeting is Tuesday, February 6 at 7:30 p.m. in The Dorothy Ley Hospice office. We will introduce participants to *New Beginnings* and explain how these sessions may benefit you.

If you wish to attend, please contact Nick Ruiter, our spiritual care coordinator, at (416) 626-0116, ext. 30







New Beginnings runs February 6 to March 27, on eight consecutive Tuesdays, from 7:30-9:00 p.m.

Thanks for remembering Trees of Remembrance

Nine hundred and eighty loved ones were honoured on our Trees of Remembrance at Cloverdale Mall and Sherway Gardens in December.

Year after year, the support from sponsors, volunteers, and contributors grows, and that is magical to us. We raised \$25,055 – \$5,000 more than in 1999 – enabling us to extend a loving hand into the Etobicoke community to help more people facing a life-threatening illness.

For their generous contributions in helping us achieve this record, we also wish to thank the following sponsors:

- | | |
|--|---|
|  Active Green+Ross |  Cloverdale Mall |
|  Exclusive Diamonds |  Sherway Gardens |
|  Skywords Traffic Network |  QEW 427 Chrysler Dodge Jeep |

From many of our Hospice friends, we are already hearing, “We’ll be back next year – just let us know when you need us.” What joy this gives our Hospice crew because so much good is happening and will continue, thanks to your support of the ‘Trees.’