



THE DOROTHY LEY HOSPICE

COMMUNITY CONNECTOR

Spring Issue, 2018

REGISTRATION IS FREE!

Visit www.dlhhike.org to register today

WHEN: SUNDAY MAY 6, 2018
10:30AM - 1:30PM

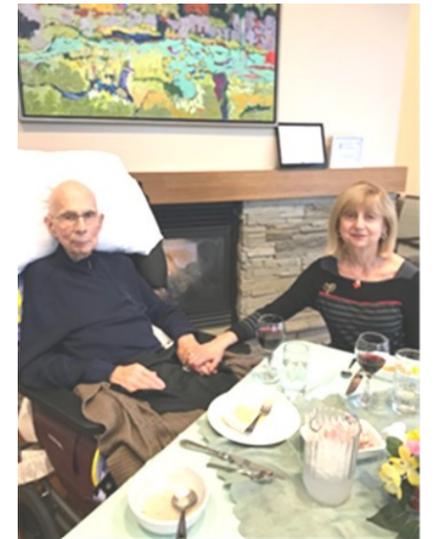
WHERE: THE DOROTHY LEY HOSPICE
220 SHERWAY DRIVE.
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WALL OF MEMORIES

Please bring a picture or memory of your loved one to post on our wall of memories. This will serve as a special tribute throughout Hospice Palliative Care Week.



FREE BBQ LUNCH FOR ALL HIKERS AND FUN FOR THE WHOLE FAMILY



A Pizza Party and a Special Lunch Date at The Dorothy Ley Hospice

When Phil entered The Dorothy Ley Hospice, he and his family were prepared to spend his final days in the peaceful setting. Time was spent with family and friends and learning the rhythms of the Hospice. One of the protocols at The Dorothy Ley Hospice is to have a family meeting to discuss what the individual and family can expect there. At the meeting, we were told that if families wished to have a gathering this could easily be accommodated. Two days later, Phil and one of his grandsons discussed ordering pizza. This led to the idea of a pizza party. As a result, on Family Day, Phil had a pizza party with his wife Donna and 15 family members. It was an unexpected joyful day at the Hospice. That evening, while basking in the joy of the day, Phil thought a lunch date with Donna would be nice. He discussed it with the staff and the next day Phil and Donna shared a lovely lunch together. What a delight to be able to look forward to and enjoy these kinds of events during otherwise challenging times.

- Karen Allmen-Chow, Phil's daughter

An Enduring Message from Dr. Dorothy Ley

"Spiritual care lies at the heart of hospice. It says we are here. We will be with you in your living and your dying. We will free you from pain and give you the freedom to find your own meaning in your own life – your way. We will comfort you and those you love – not always with words, often with a touch or a glance. We will bring you hope – not for tomorrow but for this day. We will not leave you. We will watch with you. We will be there."



"WE WILL NOT LEAVE YOU. WE WILL WATCH WITH YOU. WE WILL BE THERE"





Wednesday Wellness Day at The Dorothy Ley Hospice

Wednesdays, 10 am to 2 pm

This Program is for individuals living with a life-limiting illness, providing a day out in a safe, friendly and caring atmosphere. Participants share their highs and lows and give and receive support. It is an opportunity to experience camaraderie and new friendships, conversation and laughter, and learn new skills. As the day unfolds, participants can engage in a variety of activities such as arts and crafts, music, legacy projects, board games, discussion circles and wellness services. A nutritious breakfast and lunch is served.

Enjoy a day out at our Wednesday Wellness Day Program, where you will find companionship and camaraderie with people who care.



ARE YOU STRUGGLING WITH COMPASSION FATIGUE?

“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

*Dr. Charles Figley
Professor, Paul Henry Kurzweg Distinguished Chair
Director, Tulane Traumatology Institute
Tulane University, New Orleans, LA*

WHAT CAN YOU DO ABOUT IT?

Once you become aware that you are suffering from Compassion Fatigue it's time to take action. With support, information, and self-care, you can begin to understand how complex the emotions you've been feeling and suppressing are.

Here are some things you can do right now to alleviate your stress:

- BE KIND TO YOURSELF** **SHARE YOUR FEELINGS** **EDUCATE YOURSELF**
- ACCEPT YOUR PLACE ON YOUR PATH** **CLARIFY YOUR BOUNDARIES**
- EXPRESS YOUR NEEDS** **TAKE POSITIVE ACTION** **EAT NUTRITIOUSLY**
- EXERCISE WHEN YOU CAN** **CHOOSE YOUR BATTLES**

For more information see www.compassionfatigue.com



SOME OF THE SYMPTOMS:

- CHRONIC STRESS
- BOTTLED UP EMOTIONS
- ISOLATION FROM OTHERS
- FRUSTRATION
- SUBSTANCE ABUSE
- POOR SELF-CARE
- CHRONIC AILMENTS
- FATIGUE/DEPRESSION

Interested in volunteering?

Sign up for our next Palliative Volunteer Training

Contact Anne Stoiko at astoiko@dlhospice.org or 416.626.0116 X235 for info

VOLUNTEER SPOTLIGHT— CAROL JAMIESON

Carol Jamieson is a community volunteer, who visits individuals with life-limiting illness in their homes. She has been doing so for five years and has no plans to retire! Her visits provide reassurance to the individual and caregivers that they are not alone and that The Dorothy Ley Hospice Team is there to support them.



As well as offering company and compassion, Carol's support allows caregivers to take a much needed break, either in or out of the home.

Carol never forgets the Hospice's values and purpose: "To provide psycho-social support and not medical care." She feels rewarded simply knowing that she can help in some way. The individuals and families she serves are rewarded with her very big heart!

VOLUNTEER SPOTLIGHT— RON CRAGO

Ron Crago has been volunteering at The Dorothy Ley Hospice Centre since he retired about four years ago. His first introduction to the Hospice was by Dr. Dorothy Ley herself, who was one of his professors at the U of T, and he remembers her as an inspiring force. Personal experience with a parent in palliative care confirmed Ron's desire to volunteer. Becoming part of the palliative care team at the Dorothy Ley Hospice was a natural extension of the caring and service aspects that were part of his pre-retirement career.



For Ron, volunteering here is a privilege, even a sacred trust: "Each day you are reminded, while contributing to our individuals' physical, emotional and spiritual needs, that you are ensuring they may live on their terms in the time that remains, with comfort, grace and dignity."

ADVANCE CARE PLANNING is a process of thinking about and sharing your wishes for future health and personal care. We should all tell others what would be important to us if we were ill and unable to communicate.

Why is it critical to have these conversations?

Studies show that people who make their wishes known to their doctors and families will be much more likely to be satisfied with the care they receive. Loved ones can manage much better if they don't have to struggle with difficult decisions while caring for someone, and they will be less likely to fall into a depression.

Advance Care Planning Workbook Ontario Edition

It's about conversations.
It's about decisions.
It's how we care for each other.

www.advancecareplanning.ca

It means having discussions with family and friends, especially your **Substitute Decision Maker** – the person who will speak for you if you cannot speak for yourself. It may also include writing down your wishes, and talking with healthcare providers and financial or legal professionals. For more information, see www.advancecareplanning.ca