

because you care
Community Update

SPRING 2019

Why I'm Hiking

A Husband's Story

On June 2nd, Patrick Murphy will participate in the 5th Annual Hike for Hospice fundraising walk. Last year's Hike was an emotional one for him; it was the first time participating since the passing of his wife, Anne.

"She was a fearless advocate for the disadvantaged, at every stage of life but especially those who faced similar barriers as she did. It was this tenacity that I admired so much in her," notes Patrick. "I began participating in the Hike, hoping it (the Hospice) would be built in time to be of service for Anne but that was not to be." Sadly, Anne Ryan-Murphy passed away on December 6, 2017.

A familiar face at the Stratford YMCA, Patrick tries to stay as active as possible. Looking back now to his time spent as his wife's primary caregiver, he can see how he was mentally exhausted. As he and other caregivers find out – often in hindsight – self-care is essential.

"I needed TIME to help me become ME in the face of all the turmoil of Anne's complex needs, and my own." Hospice palliative care is not only about the resident, it incorporates the well-being of those in their circle of care.

"Canvassing my neighbourhood, and hearing others' stories, is a reminder that we are all part of this greater



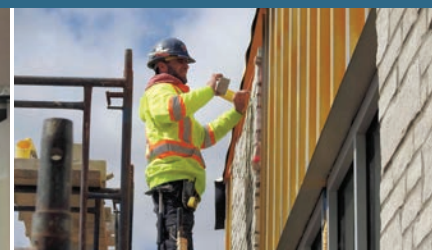
"The Hospice wasn't here for my wife, but it will be here for my fellow community members. On June 2nd I will participate in Hike for Hospice for them."

Patrick Murphy, husband, volunteer, Hike for Hospice participant

community." When the Rotary Hospice Stratford Perth opens in late June, Patrick will be among the inaugural group of volunteers. We could not be more thankful for his dedication.

Hike for Hospice participants have raised more than \$150,000 since the annual event was first launched in Perth County five years ago! To learn more or register, please visit stratfordperthhospice.ca

join us!
Community Open House
Saturday, June 22, 11am-2pm



The walls are painted, flooring is going down and soon the furniture will be moved in and staff will begin training!

Thanks to tremendous community support, over \$8.2 million has been raised towards the \$8.5 million goal!

You have helped make this house a home, now we invite you to join us at our Community Open House and official ribbon cutting ceremony on June 22.

Learn how the Stratford Perth Rotary Hospice can help you, your friends, neighbours or family. For details visit stratfordperthhospice.ca.

If you've made a donation, thank you for helping build a home that cares. If you are considering a donation, it's not too late! Please contact Lucie Stuart, Fund Development Manager at 519-276-3322 or lucie@rotaryhospice.ca.

Save the dates!

- JUNE 2** | Hike for Hospice
 - JUNE 12** | Rotary Golf Tournament
 - JUNE 22** | Community Open House
 - JULY 22** | The Spirit Within Hockey Game
 - OCTOBER 24** | Handbags for Hospice
- Details: stratfordperthhospice.ca

Contact information effective June 10

Rotary Hospice Stratford Perth
80 Greenwood Drive, Stratford
ON N5A 0J1 t. 519-508-4900

Across Canada, the week of May 5 - 11, 2019 marked National Hospice Palliative Care Week. To raise awareness about hospice palliative care, the Canadian Hospice Palliative Care Association developed a campaign called "Busting the Myths." chpca.net/week

Busting Myths about Hospice Palliative Care

One such myth is that talking about dying causes stress for loved ones. For donor and volunteer storyteller, Geoff Love, this needs to change. Geoff's wife, Mimi, was the first executive director of one of the first community-based hospices in Canada. When she was diagnosed with ovarian cancer at age 65 it was important for them to know what resources were available so she could die at home. After 38 years of marriage, he shares "I think one of the big contributions of the Hospice Movement is that it encourages us all to talk more openly about death and the grieving process. The grieving process continues for me yet I've learned a lot over the past five years about asking for help – something I don't think many men – as a rule – are good at doing!" Geoff sees his



Geoff's wife, Mimi, their daughter Kate, and twin granddaughters Charley and Blake.

support as a way to ensure his wife's legacy in the field of hospice palliative care. In the words of their twin granddaughters, "Mimi lives on in our hearts." To learn more about how the Rotary Hospice Stratford Perth can help you, please visit stratfordperthhospice.ca.

We continue to be thankful for Geoff and all our storytellers who share their personal experiences so genuinely to crowds large and small. To schedule a presentation to your group, call 519-276-3322 or email ramona@rotaryhospice.ca

A Logo for our Next Chapter

With the building phase almost complete, we are looking forward to welcoming the community through our doors. At this time we are excited to unveil the new Rotary Hospice Stratford Perth logo (*see the masthead on the flip side of this newsletter*).

This new logo captures the welcoming, inclusive and comforting environment of our new residence.

Designed to be strong, trustworthy, organic and uplifting, the new logo also highlights the gift of Rotary's engagement as a community leader in the project, evolving our name to share their leading commitment.

Give the gift of comfort and care

A hospice is more than just bricks and mortar. It's precious time spent with family and friends. It's the support you will receive should your loved one wish to die at home.

We will all experience death and grief. By making a donation, or designating your donation towards a much-needed item, you are ensuring those in our community facing life threatening illness, the end of life, or grieving a loved one are comforted and cared for at their most vulnerable time.

Donations of \$5,000+, received by December 31 2019, will be added to the capital campaign donor wall.

For more information contact:

Lucie Stuart, Fund Development Manager
t. 519-276-3322 lucie@rotaryhospice.ca
Donations can be made securely on our website at stratfordperthhospice.ca

how you can help

Below is a sampling from our Wish List. To see the complete list visit stratfordperthhospice.ca

ITEM	QTY NEEDED	\$ per ITEM
Sofa Bed	10	\$2,000
Fireplace	6	\$1,200
Dining Table 4 person	5	\$800
Occasional Chair	8	\$600
Overbed Table	9	\$350
Pantry Supplies (unlimited)		\$25

If you have already made a donation – please accept our heartfelt thanks!

DONATION FORM

Please designate my donation for the purchase of the following Gifts of Comfort & Care:

Qty: _____ Item: _____ \$ _____

Qty: _____ Item: _____ \$ _____

I would like to make a general donation to the Capital Campaign \$ _____

Tax receipts will be issued for donations of \$20 or more **Total Donation** \$ _____

Donor Name: _____

Address: _____ Prov: _____ Code: _____

Phone: _____ Email: _____

Payment by credit card Visa Mastercard Card no: _____ Exp: / _____ CVV: _____

Payment by cheque Please make cheque payable to *Stratford Perth Hospice Foundation*

This gift is in honour of a friend/loved one. Please send them an acknowledgement card:

Name: _____

Address: _____

Prov: _____ Code: _____

Please mail this form with payment to:
Stratford Perth Hospice Foundation
P.O. Box 25004, Huron Street Station,
Stratford, ON N5A 0B4