

Annual Charity Golf Classic Raises over \$76,000

Presented by May Family Farms

On August 15, 2011 Heart House Hospice held their Annual Charity Golf Classic for over 200 golfers. The tournament was held at The Country Club in Woodbridge. Heart House is very proud to have raised over \$76,000 and we would like to offer our gratitude to all those who made it possible.

A big thank you to the hardworking Golf Committee consisting of the Co Chairs - Stan Seggie and Rodney Shiga, Cherry Engson, Martha Turnbull, Brian Farrugia, Frances Henderson, Larry Lythgoe, and Terry Kirsch. This would not have been possible without the generous contributions of our major sponsors, Impact Auto Auctions, Brightworks, Interad, DANONE Professional, Tim Hortons, Merit, Skyservice, CARSTAR Automotive Canada, RBC Insurance, Henry of Pelham Family Estate, Aramark, Molson Coors Canada, and our Title Sponsor, May Family Farms (Maple Lodge Farms). A very sincere thank you to each and every individual -- donor, sponsor and golfer, volunteers and staff who helped to reach this goal.

Hole-in-one Car Sponsor
Carlson Wagonlit

Giveaway Sponsors
ClubLink
ConAgra Foods

Clorex Canada
Entripy

Donors for Silent Auction and Raffle

Air Combat Zone
Assured Automotive
Bentall
Brita Canada
Carmen Kee
Carolyn Venus
Coca Cola
Hogg, Schain & Scheck Professional Corp.
Hans Wolter
Hershey Canada
Joe Laverty
Kate Flemming
Kathy Kirpatrick
May Family Farms (Maple Lodge Farms)
Margaret Smith
Praxair-Medigas
RBC Insurance
Steve Mahonney
Tim Hortons
Ward Funeral Home

Thank you to all the companies who participated in the Heart House Hospice Golf Tournament.

Agropur, Division Natrel
ARAMARK Canada Ltd.
Assent Medical Cost Management INC.
Bamford Produce Co.
Borden Ladner Gervais
Brightworks
Brown & Korte Barristers
Bunzl Canada
Canada Bread Company Ltd.
Carlson Wagonlit
CARSTAR Automotive Canada
Coca Cola Bottling Company

Crawford Canada
CSN Collision & Glass
D Watson Dentistry
DANONE Professional
Davies Howe Partners
Deloitte
Deloitte & Touche
Delta Meadowvale
Fidelity Investments
Flewwelling Insurance
Formprint
Gary Ray Auto Collision
Heinz
iGate Global Solutions Ltd.
Impact Auto
Interad
Investors Group
Kraft Canada Inc.
Labatt's Brewery
Lauers Food Service
Leavoy Rowe Beef Co.
Longo/Hendrix Food Service
MacGregor Meats
Maple Leaf Foods
Marion Hirschberg Design
May Family Farms (Maple Lodge Farms)
McCain Foods
Merit Travel Group
Mother Parkers Tea & Coffee
Olympus Managed Health Care
Osler Cardiology Associates
Otis Spunkmeyer Canada Inc.
Parkview Aeromedical
PepsiCo Beverage Canada
RBC Foundation
RBC Insurance
RBC Investments
Ryerson Canada
Sara Lee Food Service
Skyservice Business Aviation Inc.
Sofina Foods Inc.
Sysco Canada Inc.
Tim Hortons
Unilever Food Solutions



Nanette's Story

My name is Sonya and my twin sons and I have been hospice volunteers since the death of my husband David of brain cancer over four years ago. This story is not about us and the many ways that hospice has and continues to enrich our lives – it's about my mother Nanette and how she came to know hospice in the bittersweet way that so many families do.

Mom was born in Russia in the late 1920's and left Russia under false passport at the age of 14 with her cousin to work in Austria. As with many of her peers, she never had any kind of a normal teenage life. She lived by her wits, determination, resourcefulness, and stubbornness. At the end of the war she and her cousin immigrated to Montreal, Canada. Pretty, petite Nanette met handsome British immigrant John, and as Dad often said, "We didn't need to know the language to know we were in love." They were wonderful role models of husband and wife to my brother Steven and I (although with a Russian and a Brit in the house, it was often lively – especially during the Canada-Russia hockey games!) Dad was with a Facilities Manager with a major airline. Mom travelled the world with Dad and often became his translator. They retired to British Columbia, and a few years later at the age of 57, Dad died of lung cancer. Mom never remarried.

For years, I tried to get her to come back East but she never wanted to live in Toronto even though her family was here. Then more and more of her friends began to get ill or pass away. Out of the blue, last February, she called me and said that she was going to

sell her house and move East and to live in her own condo. What a surprise and a relief – she was coming to Mississauga! It was also a decision that, although welcomed, caused me some concern. How would she adapt? Would she be happy? We had never been close so how would we get along? At that time I was undergoing radiation therapy for breast cancer and so I wondered if the boys and I could manage us all. As fate would have it, within three weeks of her arrival in May 2010 she was diagnosed with advanced stomach cancer and shortly after that with brain cancer. When we heard the news, Mom told me that she was so very relieved that I had reacted in such a matter-of-fact way... and that was the way we walked her journey together: tears shed in private, frustrations with each other not always so private, and lots for the boys and I to do to keep her in her home and independent as long as possible. Mom and I agreed that we would stay true to the relationship that we always had – two strong women who challenged each other.

Tamara Horton, a very special Social Worker at Trillium West Toronto, suggested that we get some support through Heart House Hospice and that is when Trish McFalls and Heart House support came into our lives. Mom never understood why I would volunteer at a hospice – it just didn't make sense to her. But I think she was curious and she and Trish met in her home one day in early summer. I don't know what was said other than Mom seemed a lot more at ease. She had a friend who understood her journey, was so very gentle with her, who listened and drew out her stories, who didn't give her

continued on page 2

The Heart House
Quarterly Newsletter

Providing physical, emotional & spiritual support for those living with life-threatening illnesses.

www.hearthousehospice.com
Fall 2011



855 Matheson Blvd. E. Unit #1
Mississauga, Ontario, L4W 4L6
t | (905) 712-8119 f | (905) 712-4029
e | info@hearthousehospice.com

Charitable Registration
No. 132155011RR0001

visit hearthousehospice.com
for more information

Inside this Issue:

- Page 2 Nanette's Story Continued
- Page 2 Editorial from the Executive Director
- Page 3 Thank you to all of our valued donors
- Page 4 Annual Charity Golf Classic 2011 Thank You's

Signature Events:

- May
The Annual Hike for Hospice
- August
The Annual Charity Golf Classic
- September
The Car Rally
- October
The Annual Soirée



Approximately 50% of our funding comes from the Government and United Way. This means the remaining 50% comes from generous individuals, groups, corporations and foundations.

Contact Heart House today to find out how you can help.
Phone: 905-712-8119 or visit hearthousehospice.com and click on "How You Can Help".

© 2009 Heart House Hospice. All rights reserved. This material may not be reproduced without the expressed written consent of Heart House Hospice.



Nanette's Story

continued from cover



advice, and who worked quietly behind the scenes to ensure that Mom was being cared for in the special way that hospice staff and volunteers can do. Mom had Heart House Volunteer Lisa visit her as well, and even as the brain cancer increasingly muddled her mind, she could tell me details of their visits.

Trish and Tamara were my sanity savers. Mom was very good at hiding the advancement and

effects of the brain cancer. What I saw as atypical behaviour seemed quite normal to many others. I had frustrations with her stubbornness and refusals to cooperate, her complaints about many things, the fact that she wasn't telling the truth to her caregivers, some of the care issues and coordinating so many care providers, and I was just plain exhausted with all of this, a full time job, and my own health issues. Trish knew Mom very well and provided the calm support in the middle of this storm. She didn't judge me and seemed instinctively to know that I needed a call when I was at the proverbial end of my rope. I was able to be very open with Trish – indeed a great trust. At times she was able to make sense of things that made no sense to me.

In late January Mom was admitted to a residential hospice in Etobicoke. The real truth of her condition was out, and she was confused and hallucinating, uncoordinated to the point of falling often, and still very stubborn. At the point she was admitted she weighed about 66 lbs. She became a real escape artist and the residential hospice Care Team had to find ways to keep her from getting out of bed. She enlisted the help of visitors despite having a bed alarm (she told a good story!)

Mom decided to die after five weeks of residential hospice care. I choose these words carefully for you because I was privileged to witness a sweet life exchange between Mom and her palliative doctor. Mom was finally able to relax and let go, and a few days later she chose the 10 minutes between wake-up time and getting ready to meet the day to leave us. We were not with her. She was in control of her own life to the very end.

I believe Mom came to understand and appreciate the caring and important work of the volunteer and staff team at Heart House Hospice. She told me how proud she was that the boys and I would continue to help other families as we had been helped by these fine people. As a family member, thank you Heart House Hospice from the bottom of my heart for all the special things you do for families like ours; as a hospice volunteer it is my privilege to work beside you.

With great love and respect,

Sonya Lockhart

Editorial From the Executive Director

The feature article in this newsletter by Sonya reminds us how important it is to have people in our community who are willing to volunteer. Our volunteers are core to the delivery of all of our services. We truly see our volunteers as the 'heart' of our agency.

Along with our staff, our volunteers provide compassionate companionship to individuals in our community living with a life-limiting illness and their loved ones. This in-home volunteer support is our largest volunteer program with over 130 volunteers involved. Volunteers work in our day program: transporting of clients to our day program; in the provision of the day program activities – be it by providing therapeutic touch, assisting with art therapy, music therapy and other activities and preparing a nutritional snack. Volunteers co-lead our training for newly recruited volunteers. They provide spiritual support and co-facilitate bereavement support groups. We also have volunteers who help out in the office assisting with mailings, preparation of the newsletter and other accounting and administrative tasks. Fundraising is a major undertaking at Heart House Hospice and supported by a contingent of very committed volunteers.

At this time of the year we experience a change over in our leadership volunteers – board members. Our board members are dedicated members of our community who truly believe that hospice support should be accessible to all those who wish and need support at end of life. This September Chuckie (Charlene) Shevlen finishes her term as President of the Board. Chuckie has given innumerable hours to Hospice over the past several years. She has attended many Governance to Governance meetings with the Mississauga Halton LHIN and has advocated for Heart House at various meetings with funders, the Mississauga Halton LHIN and Central West LHIN. She has led us through the transition and transformation of the Ministry of Health and advent of the Local Health Integration Networks. Chuckie has lead with grace and heart. On behalf of Heart House Hospice I want to thank her for all of her time, effort and her mentorship.

Cheryl Englander will assume the position of President of the Board of Directors in September. Cheryl has worked in several areas of social services, with both teenagers and young adults in Toronto, Peel and Halton communities. Cheryl owned and managed two retail businesses in Mississauga spanning a period of over 20 years. During this time, she was an active volunteer in several community organizations including Pathway Community Programmes, ARZA Canada, Campaign Against Child Poverty and Solel Congregation. Her activities have included the settling and orienting of refugees to Canada, organizing breakfast and literacy programs for local children and working with organizations for seniors. Cheryl sat for 12 years on the Board of Credit Valley Hospital ending her term on the hospital board as chair. She has been a board member at Heart House Hospice since October 2008.

Other board members include: Dr. Alvin Kelly (Family Physician in Brampton whose practice includes palliative care); Connie Day (Associate Vice President at Credit Valley Hospital); Frances Lavigne-Henderson (retired Business Studies teacher); Stan Seggie (recently retired President of RBC US Travel Insurance); Paul Flewwelling (Senior Vice President of Flewwelling Insurance A Div. of Johnson Inc.); Grant Reynolds (retired, health care business, specifically medical devices); Aimee Gauthier (Lawyer); Joanna Saar (Wealth Advisor, BMO Nesbitt Burns Private Client Division); Gord Corlett (Director of Sales and Marketing at Source Cable); Colin Campbell (Managing Principal & Client Partner, Collabera Consulting); David Rubin (Sales Development Manager with BMO Nesbitt Burns Financial Services Inc.); Domenic Ruso (Partner with Wilson Chartered Accountants); Dr. Deborah Diggs (Palliative Care Physician, Credit Valley Hospital); Dr. Asha Gupta (Palliative Care Physician, Credit Valley Hospital).

We are truly grateful that our community has volunteers who will give of their time and of themselves to ensure that quality hospice services are available.

Theresa Greer

Theresa Greer
Executive Director

Heart House Hospice thanks the following Donors Donations received from April 1, 2011 - August 5, 2011

Faith Communities Eden United Church Women Clarkson Rd. Presbyterian Church	In Memory of Roy & Laurie Bennett John Bonello Keith Bowley Pierrette Douville Janice Dresser Gary Fulford Elmer Hunking Ronald Masaites Tom McMillen Heather Sheppard Helen Shields Mary Stoch George Trotter Mark Wren Oscar Yanez	Geraldine Aguiar Peggy Ahearn Shajia Ahmed Dominic & Elizabeth Aiello Robert Ali James & Muriel Allen Sherry Amar Paul Armstrong Virtue Bailey Ina Bajohr Brian Bajohr Carmen Baker Raff & Frank Baldesarra Ajay Baluja Desh Bandhu Kathy Bell Andrea Beneteau Joanne Bennett Sabrina Berardinucci Renu Bhargava Betty Bishop pat Blachford Christine Bodrug Derek Boles Tom Boneham Julian Botham Arlene Botnick Jean Bowman Dairne Boyd Vlad Brankovic Debra & Dana Branscombe Gay Brema Fran Brisson Nelson & Bertha Broderick Larry Bruce Rosemary Bruner Donna Buck Jim Buggs Linda Butcher & Family Karmela Buzdon Alfred M. Cabri Lyla Calder Anne Cameron Nancy Cameron Robert Campbell Rocky Caputo Janet Cave Marg Channell Vernon Cheong Dr. Vincent Chien Eng-Min Chong Don Collins Tamar Connell Lorraine Corbeil Gordon Corlett Elizabeth Cormier Raymond Correa Bentley Corsini Geneva Corsini Nico Corsini Patricia Corsini Evelyn Cruz Theresa Cusimano Rosann Dagenais Silvana Daniel Tanmay & Indrani	Dasgupta Gayle Dawe Connie Day Antoinette De Jager Michael Deadman Eira Deeley Diane Dewan Connie Di Michele Deborah Diggs Sharon Dobb Sally Dobie Katrine Donaldson Katrine Donaldson Monica Doolarchan Heather Douglas Heather Douglas Linda Dowhaniuk Vanathy Dr. Jeeva David & Denise DuBois Lyla Durette Kathleen Eccles Shayne Eccles Denise Elliott Lawrence Englander Stuart & Sandy Englander Cheryl Englander Cherry Engson Esa Para Esananda Shahla Eskandarian Maria Esteves Boris Eventov Caroline Farquhar Joyce Fenuta Charles FitzGerald Stephen Fleming Paul Flewwelling Ken & Linda Foxcroft Maija Frampton Elaine Frost Kent Frost Christine Fulford Carol Fung Brian & Rosanne Gallinger Elizabeth Garrie Aimee Gauthier Perry M Giacco Alan Godfrey Charles Goldman Debby Goldman Santiago Gomez Eva Goodchild Charlotte Grant Allan Gray Kevin Greer Murray Greer Theresa Greer Christine Gribowski Vicki Griffiths-McColl Gileeh Guimard Ray & Sylvia Guyatt Maria Habraken James Hager Brigitte Hanson Rosann Harrison Simon & Carolyn Hecks	Patrick Heffernan Frances Henderson Sue Hesjedahl Leslie Hetey Brian Hili Carole Hogleund Graham & Susan Holmes P. J. Holway Jerry & Pauline Hopwood Larry Horne Friend of Hospice Anne Huffman Lynne Hulme Parveen Hunjan Sharon Huska Ernest Irion Constantine Isslamow Alicia Jamieson Rean Johnson Nora Jones Peter Jones Sharon Jones Jiwon Jovanovic Marilyn Jursa Richard Kaczmarek Sohan & Kusum Kansal Love Katyal Carmen Kee Alvin Kelly Seema Khanna Howard & Sara Kim David Kines Shelley King Leanne Kitchen Tony Kitchen Rao Kollipara Prakash Kollipara Cheri Koschir Ed & Halina Kossak Roman Kozanczyn Michael Kulic Fern Labelle Donna Laevens-Van West Steve LaForm Jane Latham Bob & Brenda Learmonth Brian LeBold Cesaria Leonce Cesaria Leonce June A. Leslie Earl Lewis Josephine Lightfoot Ashley Luthra Keith & Barb Macdonald John & Elsie MacDonald Filomena Machado Nancy MacMillan Oli and Frank MacTaggart Lorraine Mahoney M. Manikkavasagar Ray & Kathy Marshall Alex Martin	Wendy May Colin & Jane McArthur Jane McArthur Tom McCutcheon John McDonald Frank & Mary Lou McDonald Pete McFalls Shawn McFalls Brian & Fran McFarlane Larry McGary Bob McKinnell Jennifer McLean Sandra McLean Joan McLean Donna McMillen Ron Mcnaughton Len Meadwell Madhav Mehta Nicole Meier Janice Merson Sari and Johnny Merson Bacher Maud Michel-Jean Ian Miller Ron Molyneux Lorna Montgomery Renato Mora Frances Moran John Mormell Sally Morris William Morrison Cameron Muir Kristi Murdock Joan Myers Jeanette Naqusink Puneet & Dipika Nayyar Dwight Neufeld Evelyn Newbould Erin Niarchos Janice O'Brien Doug O'Neill Kathleen Ortiz Mojisola Osonowo Henriette Panzini Linda Patter Rosemary Pauer Sandra Pemberton Franca Petrilli Kimberly Phinney Raffaella Pisani Brent Potts Antoinetta Provenzano Cynthia Radcliff Monica Ralhan Sunita K. Ramesh Yashlyma Ramsankar Alfred Randall Anvsha Rayar Justin Rebelo Chris Regimbal Grant Reynolds Margaret Riddell Neil Robbescheuten Pat Robertson Sue Robinson Stephen Rodda	Cidalia Rodrigues Gina Roman Bev and Les Rothschild Nancy Rudderham Joanna Saar Linda Sage Alexander Sanjay Sawhney Sarita Sushil Saxena Werner Schwarz Michael Scott Stan Seggie Shahzad(Cookie) Shah Rami Shami Jay Shearer Chuckie & Neil Shevlen Jim Shields Kevin and Cheryl Shine Margaret Simmons John D. Simpson Ravinder Singh Louise Smith Deborah Smith Margaret Smith Glenna Somerville Lorne Spark Janos Spiro Mo Sran John Andrew Stark Shanthini Sundareswaran Glenn Swanson Douglas Syrota Jeth Tablante Andrew Taylor Jan Taylor Elizabeth Thomas Lauren Thomson Ermanna Thornton Nandini Tirumala Carol Townsend Jim Troy Douglas and Judith Vair Darshak Vaishnav Carolyn Venus Calvin Vickery Bill Wade Lindsay Wade Jasjeet Walia Arulanandam Walter James Waters Ella Webb Lynn Weir The Wernhams Marlyn Wetston Steve Williams Diane Williams Joanne Williams Trevor Willock Diane Wilton Robert Wingert Ronny Wiskin Susie Wiskin Dorothy Woods Allen & Jan Woolfrey Anne Young Kevin & Donna Zachariah Leslie Zubilewich Paulette Zulianello
--	--	---	---	--	---	--

We appreciate every donation and we would be pleased to correct our error if your name was omitted accidentally.

Disclaimer: Heart House Hospice respects the privacy of our donors; we do not sell, rent, or trade our donor lists.