

The BRIDGE HOSPICE

UPDATE

Visionary's radiant life comes full circle at The Bridge Hospice

by ELIZABETH LANCASTER

What is it like to go from being a hospice advocate to hospice resident in the final days of life?

In 2005, Pauline Faull was one of three nurses whose chance meeting set in motion an enormous community initiative to build a rural residential hospice.

The vision she shared with Lynda Pecora and Rosaleen Dunne was of a welcoming and dignified home where terminally ill people received the best palliative care, and they and their loved ones were cared for and supported throughout the journey.

A decade later, Pauline made her final visit to the hospice she'd done so much to create. Her daughter Carol recalls the moment they arrived.

"I went with her in the ambulance and the door opened and all of the staff and volunteers came out. It hit me then – oh my God, she's actually leaving, and they are welcoming her home."

Pauline died at The Bridge Hospice on November 21, 2015, exactly where she wanted to be, according to her daughter.

"When The Bridge was completed, my mother picked out a room and said 'This will be my room when I pass.'"

It was the culmination of a life devoted to end-of-life care. Born in Derry on the northeast coast of Ireland, Pauline had an early fascination with the dying process. She recalled:

My passion was to read the obituaries page and wonder how the people died. Did they have family and friends with them? If so, how did they all cope, during and after the death of their loved one?... Death never became my enemy, or my friend for that matter. It just was.

This intimate relationship with people in the midst of dying and grieving lasted throughout Pauline's life. After emigrating to Canada in the late 1960s with four young children, she pursued her passion



Pauline Faull
May 30, 1936 – November 21, 2015

for palliative care as a nurse. Among many accomplishments, she helped found Bayview Community Hospice, gained a Masters Degree, studied with renowned author Elizabeth Kübler-Ross, researched many hospices in Ireland and the U.K., and worked as a grief therapist.

Pauline was a tireless and persuasive advocate. Carol recounts the story of a plane ride home from Ireland when Pauline emerged with a fistful of \$100 American bills. She had so captivated her seatmate that he had made a donation on the spot.

It is no surprise that a woman who radiated love, optimism and service to others should have helped found a hospice that so fully reflects those qualities. In the end, Pauline's last days at The Bridge were the embodiment of that vision for her own family and friends.

"My mother was all about love. This was one of her final gifts to her kids, to experience her dying in the way she would have wanted us to. Even to experience the way death is treated in the hospice, it's very healing for the family and it's a gift."

Of The Bridge Hospice itself, Carol says, "It allows families to be able to be present and cared for and supported as much as the person that they are there to support in their transition, in their death. I'm beginning to believe it's more for the family than it is for the person passing. It naturalizes and provides the opportunity to move through the first few stages of the grieving process."

Having family and friends visit without restriction, cook, stay for as long as they wanted, and care for Pauline alongside the volunteers and staff made a lasting impression that has forever positively impacted every member of the family.

The final words belong to Pauline, who wrote:

I feel very blessed to have been given the gift of honouring the dying. It has taught me that each day is a gentle reminder that my life is ebbing and that I can prepare to 'graduate', having been 'taught' to embrace it by so many who have gone before me.

our mission

We offer the people of Northumberland County and region a home where practical care, guidance and compassion are provided for those dying, and those who support them.

Please join us!

ANNUAL GENERAL MEETING

Thursday June 9 • 6 pm • The Gathering Room
St. Paul's United Church • Warkworth

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chair's message



We're well underway with a busy, fast-paced agenda that builds on last year's achievements. Primary among them was the pioneering five-year agreement we established with Saint Elizabeth Community Enterprise. Their contribution means we have professional personal support workers (PSWs) at the hospice at all times to provide

care, as well as hospice-designated nursing services. Our compassionate and well-trained volunteers offer additional help, and welcome and support to loved ones.

We are in debt to all our volunteers, without whom operating the hospice would not be possible. They dedicate countless hours to resident care, fundraising, administrative duties, upkeep of the residence, and serving as committee and board members.

Over the next months we'll be looking for your support and participation in our Spring Walk, Golf Tournament and W8 Running Event – all fundraising events that are critical in meeting our financial needs. Through these and other activities, we work with a wide range of community partners throughout Northumberland County to ensure that palliative care can be provided in a supportive, compassionate and positive environment.

On behalf of the Board, thank you to all our donors, volunteers, community partners and physicians for your ongoing support. For those of you who are interested in learning more about us, please contact us and consider attending our upcoming Annual General Meeting in June and finding a way to become involved in this truly critical service.

Sincerely,
Jill Hutcheon
Chair, Board of Directors

volunteering

If you want to meet new people, use your skills and learn new ones, gain insights and share experiences, consider volunteering with The Bridge Hospice. We are an innovative operation, and our volunteer teams pull together to make extraordinary things happen. Tasks range from a single project/event to senior leadership roles. Choose from a buffet of volunteer options!

Fundraising • Resident Care • Governance • Finance • Marketing & Communications • Maintenance

We promise you'll be rewarded – learning more than you thought possible and gaining a new social network, all while supporting a vital and in-demand service. All hospice training is provided at no charge.

We'd love to hear from you. Questions welcome! Please contact us: 705-924-9222 or info@thebridgehospice.com

close to home, when it matters most



Each of our three resident rooms is private and comfortable, with natural light and walkout to a deck.

Making decisions for end-of-life care – whether for a family member or oneself – is usually uncharted territory and emotionally fraught. There is no one-size-fits-all, and needs can shift quickly. Knowing your options is empowering.

While most people want to die at home in the care of family, the demands of providing 24/7 physical care and support often overwhelm best intentions – resulting in emergency hospital admissions and remorseful loved ones.

many paths lead to The Bridge

by **JILL PURCELL**

You might already know Elizabeth (“Lizzie”) Aikenhead as the owner of Our Lucky Stars Café & Coffee Roasters on Main Street in Warkworth. She also operates a B&B out of her farmhouse. Prior to moving here in 2013, Lizzie’s career path had already covered a lot of ground – including vintage clothing, nursing, freelance writing, and TV production.

Her involvement with The Bridge Hospice was largely inspired by the death of her mother. Noting that our culture doesn’t always prepare us to deal with death and dying, Lizzie

began to see residential hospice as an important option for families to consider. Becoming a hospice volunteer was the right fit at the right time, and she dove in – completing the training for resident care, and joining two committees on which she still serves.

Lizzie’s advice to anyone interested in volunteering at the hospice is to become involved in whatever way they are comfortable. Working directly with residents or their families is only one of the ways to support The Bridge (see lower page 2!). As Lizzie says, “Everyone has something to give.”

The Bridge Hospice gives people in their final weeks a vital alternative to home and hospital. In a tranquil, warm and welcoming setting, our service unburdens both the dying person and family of the worries of managing care. A collaborative team of physicians, nurses, professional caregivers and dedicated volunteers provides excellent palliative care, and offers support and comfort to loved ones.

A new partnership with Saint Elizabeth Healthcare augments existing resources from the Community Care Access Centre, enabling us to have PSWs onsite 24/7, and hospice-designated nurses. Thanks to the generosity of donors, our service is offered at no cost to residents or their families.

If you want to learn more about the admissions process for yourself or someone close to you, rest assured that all inquiries are strictly confidential. Here are some ways to find out more:

- Speak to your visiting nurse or family doctor. They can guide you.
- Call us directly at 705-924-9222 to speak to our Resident Care Coordinator.
- Arrange a tour and visit.
- Visit our website – www.thebridgehospice.com

It’s your choice... Would you prefer to receive this annual newsletter by email? If so, email info@thebridgehospice.com. You can unsubscribe at any time, or switch back to paper. Your address will never be shared. Thank you!



Local entrepreneur and hospice volunteer, Lizzie Aikenhead wears many hats. She finds her work at The Bridge Hospice very meaningful, and enjoys being part of a team to make a difference to residents and their families.

join us in 2016!

Walk, Golf or Run for The Bridge Hospice! Thanks to volunteer organizers and generous local businesses, The Bridge Hospice holds three annual fundraisers that promote healthy living and our shared community connection. A big thank-you goes to the Warkworth Community Service Club for marshalling our Spring Walk and W8 Races year after year!

www.thebridgehospice.com/events



**Spring Walk (1K, 2K, 5K) & Rubber Duck Race – Sat. May 7
Warkworth Arena, 10:30 am**

Join us for a fresh air, all-ages fundraising walk & duck race on Mother's Day Weekend. Start with the fun & hijinks of yellow duckies battling it out for first place in Mill Creek, then take a 1K, 2K or 5K stroll of your choice. Please gather pledges and buy a duck ticket in advance. It's our 6th year! Check us out on Facebook. www.facebook.com/groups/SpringWalk



**Golf Tournament – Sat. July 16
Oakland Greens, Norwood**

Join a foursome and sit down to a tasty meal with lively raffles and a silent auction. New venue this year! Thanks to generous sponsors, prize donors, hole sponsors and a crack organizing committee, last year's 6th annual tournament broke attendance and fundraising records. Details coming soon – book early!



**W8 Running Events (8-Miler, 5K, Kids 1K) – Sat. Oct. 22
Warkworth Arena, 9 am**

Entering its 12th year, the W8 offers a refreshing break from big-city races. Rolling country roads, scenic routes, home-baking, and one-of-a-kind prizes by local artists are what makes this event unique. Last year, youth triumphed in both the 5K and 8-Miler – and the standout was 11-year-old Jillian Clarke and her extraordinary fundraising efforts. For 2016 registration, visit www.w8runningevents.ca



how to donate

Donor's name: _____

Donor's mailing address: _____

Please include box number if needed, and postal code

Cheque \$ _____ Cash \$ _____ An online donation is being made through Canada Helps: www.canadahelps.org

Credit card \$ _____ Credit card type: VISA MasterCard AMEX

Credit card number: _____ Expiry date: _____ / _____

Charitable tax receipts issued for all donation of \$20 or more.
Canada Revenue Agency – www.cra-arc.gc.ca/charities
Registered Charitable Organization #829872969 RR0001

Optional: if donation is in honour of an individual, please note name

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