

Stories of Love and Life at Stedman Community Hospice

# INSIGHT



**150**

Arvon  
Abe Abram Ada  
Alan Addy Aela Adeline  
Anna Adriana Adrianna  
Aimee Alyssa Aiza Alannah

Dimitra  
Diana  
Dolores Dominic

Annabella  
Karl  
Katharine  
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Kathy Kazimierz Kathy Kathy Kelly  
Kee Kendall Kenneth Kevin Klean-Isi Kim  
Kimberley Kimberly Kirk Kirsten Klaus Kwanling  
Krystina Kurt Lajla Lena Lucy Laura Lauren  
Laurie Lawrence Leanne Leonard Lawrence Lee  
Leander Leigh Lelia Leonard Leonard Leonard  
Lorenna Leo Lisa Louisa Louisa Louisa Louisa

[WWW.STEDMANHIKE.CA](http://WWW.STEDMANHIKE.CA)



14th Annual  
Hike  
for  
Hospice

STEDMAN COMMUNITY HOSPICE

PRESENTING SPONSORS  
  
 Methapharm  
 Specialty Pharmaceuticals  
  
 Remedy'sRx  
 Specialty Pharmacy



TOP PRIZE

\$3000


  
 transat  
 marlin travel  
 Inside Walmart

GIFT CARD!

SUNDAY, MAY 6

99 WAYNE GRETZKY PARKWAY

# READY, SET, HIKE!

Who will you Hike for on Sunday May 6, 2018 at the 14th Annual Hike for Hospice?

The day kicks off with a moving Celebration of Life Ceremony, followed by words of inspiration and encouragement from our keynote speakers. A fun and lighthearted warm up gets the crowd ready to hike, all the while surrounded by family friendly games, activities, a photo booth and a delicious lunch.

The inspiring 1 km walk around the Stedman Community Hospice grounds is led by the high energy music of the Brantford Pipes & Drums Band as friends, family and other Hospice supporters cheer one another on as they walk, jog or run in memory of those they have loved and lost.

Take advantage of our Early Bird Check-In on Saturday May 5 from 10:00 am to 1:00 pm at 99 Wayne Gretzky Parkway, in the St. Joseph's Lifecare Centre parking lot, off of Chatham Street.

Thanks to our friends at Sharp Bus Lines and Lynden Park Mall, Hike day parking will be available at the Mall with free continuous shuttles to and from the Hike from 11:00 am to 3:30 pm. As an added bonus, park at the Mall and you automatically qualify for the chance to win a \$250 gift card from the store of your choice donated by Lynden Park Mall!

We are tremendously grateful to all of our Sponsors, including our Presenting Sponsors Remedy'sRx Specialty Pharmacy and Methapharm Specialty Pharmaceuticals. Be sure to check out [www.stedmanhike.ca](http://www.stedmanhike.ca) for a complete list of event Sponsors!

## AMAZING PRIZES

We're offering up some amazing prizes to our incredible Hikers, including a \$3,000 Marlin Travel and Transat Gift Card and a \$1,000 VIA Rail Travel Voucher! Top Team wins a \$1,000 Gift Card to The KEG and Top Youth wins a \$250 Apple Gift Card. Register and raise \$100 by April 26 to qualify for our Early Bird Prizes.

## HIKER SWAG

All registered Hikers receive a commemorative Hike T-shirt, listing the first names of every patient who we have had the privilege of caring for at the Hospice & in our communities through our Outreach Program. Raise \$250 or more and you get your choice of one of three very special incentive prizes. For every \$250 you raise, you get a ballot to win awesome prizes!



*Registered Nurse Tara Young shares why she does what she does...*



# FOR THE LOVE OF HOSPICE

When people ask me "how can you do what you do?" my first thought is "how can I not?" Then I let my heart speak. Accompanying dying patients and their families through their end-of-life journey is both a privilege and an honour. It is a humbling experience and a tremendous responsibility that I guard deep within my heart.

As unique as each person is, so too is their journey towards death. By truly listening to a patient to hear what their wishes are and by managing their pain and symptoms, I can approach their care from a place of empathy, genuine sincerity and compassion, all with an acute attention to detail to provide them the respect and dignity they deserve. In doing so, I hope to enhance the quality of that person's life and provide the necessary support needed for them to continue to live their life to its fullest extent, remembering that I only have one chance to get it right.

Although very emotional and taxing at times, each encounter I have made with a patient and their family has been a rewarding one, which has left me inspired and motivated to continue in this calling of extraordinary work of hospice palliative care nursing. The personal and professional growth and satisfaction I experience in my role as a Registered Nurse is beyond measure. This is why and how I do what I consider to be my labour of love.

# HEART OF GOLD

*For 48-year-old Special Olympian Adam Princz, giving one hundred percent of himself every day isn't a choice, it's a way of life: even in what have become the final days of his life.*

It is thanks to the generosity of our Donors that Stedman Community Hospice is known as "the house that community love built." From breathtaking views of our gardens, to spacious family rooms featuring cathedral ceilings and the finest of modern, comfortable furnishings and decor, our Donors have helped make it possible for our patients and their families to feel welcomed and at home during their time with us. Steeped in light and soothing colours, our Hospice is a haven of peace and we were honoured when Adam Princz and his family accepted our invitation to sit down with us to share their experience at the Hospice. We are so tremendously grateful to our Donors for their endless generosity in making our dream home a reality for everyone we are privileged to serve.

On a bright Sunday afternoon, we visited with Adam, his devoted parents Adam Sr. and Irma, along with Adam's brother David Sr. and nephews David Jr. (12) and Cameron (11) in our beautiful Hospice Family Room. What was intended to be a discussion about Adam's life and his journey to the Hospice quickly evolved into something so much more. In his very own 'Adam way', he personified acceptance, gratitude and joy in ways many of us only wish we could.

***"My Dad brought me here. This is where I am going to pass away and this is a good place where I am. This is my home."***

"When we first came here, I was so nervous," shared David Jr. "I just wanted to hide in the playroom. But, now that we know the people here, we know that they're all very nice and they just want to help other people. Not just the patients, but their families too." Cameron was quick to point out that there is nothing to be nervous about being here. David Sr., who spends every evening with Adam, marvelled at how many Hospice families come back to visit, share a friendly embrace and bring treats to brighten the days of the patients, even long after they themselves have lost a loved one. David Sr. described how one family was so touched by Adam, that they had a custom Team Canada T-shirt made especially for him to wear during the Winter Olympics.

What many people are surprised to hear is that the Hospice is a place for celebrating and the Princz Family is no exception. The care and compassion of our Donors has allowed us to facilitate hundreds of special family moments at the Hospice.



Celebrating Adam's 48th Birthday at the Hospice on March 13



Adam's impressive display of Olympic medals and achievements



The incredible outpouring of support on Adam's Hospice room wall



Adam and his brother David, taking in the summertime car races

Adam was excited to share with us that he and his family have celebrated Christmas, New Year's Eve, Cameron's birthday and Irma's birthday, all at the Hospice. Even more exciting for Adam to share was that his own 48th birthday was coming up two days after our interview, on March 13. Irma explained that the Princz family was "so pleasantly surprised by how positive everyone is here – about celebrating all of the things in this life that have made Adam who he is. Adam loves people so deeply in his kind and positive way – it has been reinforced here and we are so grateful."

When asked about his life, Adam was proud to discuss his impressive athletic career – most recently as an Olympian in the Special Olympics National Summer Games in Vancouver, British Columbia, where Adam was awarded a gold medal for the 400-metre run, a bronze medal for the 100-metre run and two 6th place finishes in the 200-metre run and Shot Put.

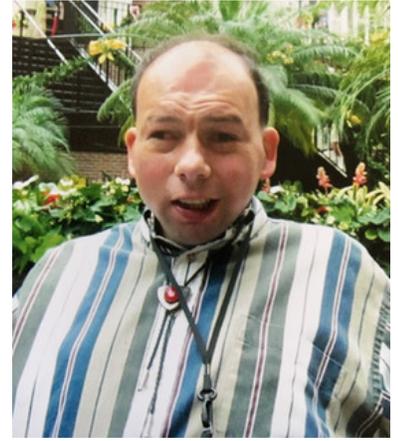
Adam spoke fondly of his 25 years of employment at Dunn Enterprises – a small business initiative operated by people with developmental disabilities. Following his career with Dunn, Adam volunteered at the Brantford Food Bank, as well as Circle Square Ranch, where his primary responsibility was cutting the grass. Adam reminisced "I liked the way the grass looked when I was finished. It smelled so good and I got to be happy with my own mind."

***"I hope to see the Spring flowers and how beautiful they are in the gardens..."***

It is because of the tremendous outpouring of love and generosity from our Donors that we can offer our patients and their families the community treasure that is our Hospice gardens. Stedman Community Hospice is proud to provide the very best in programming to our patients and their families to look after not only their physical needs, but also their emotional health and well-being. (See page 7 and the back cover for more information.)

An example of this is the Music Therapy Program, which is 100% funded by our caring Donors. As an avid music lover (dance music being his favourite) Adam was eager to share

how much he has enjoyed his work with Hospice Music Therapist, Amber Christopher with whom Adam wrote a special song about his life. "I am very happy every Tuesday when Amber comes to see me with music... I love Amber very much."



The Princz family has endless praise for our beloved Donors and community supporters. Adam Sr. described how, when he first came for a tour of the Hospice, he was astounded when he was told that the services provided to patients and families are done so completely free of charge. Adam too was quick to express his gratitude for the endless generosity of our Donors: "I will say thank you to them (the Donors), yes, yes, I will. I am so happy in this place."

***"I want to stay at this place and I thank all the people who share their money to help me..."***

"Adam has had to cope with special limitations all of his life", explained Irma. "No matter the limitations, he always has done everything he could do to 100% of his ability. Here, in the last leg of his life, he is no different. The staff and volunteers help him to be his very best and they do so in the most positive way. We will forever be grateful for that positivity. Anyone who works here, volunteers here, or donates to keep the Hospice available to people like my son is an angel from Heaven and we thank you."

Thank you, Adam Princz and Princz family – you are an inspiration! Thank you to our Donors for all you do to allow us to help our patients create treasured memories, to hope and recreate hope, to laugh and to cry and to teach and inspire others about the strength and resilience of the human spirit.

*\*Our Hospice family said our goodbyes to Adam when he died on March 22, 2018. Thank you Adam for showing us all how to celebrate the joy that is life.*



Empire Communities Co-Founders Andrew Guizzetti, Executive VP & CFO; Dan Guizzetti, President & CEO and Paul Golini, Executive VP of Industry Relations present a generous donation of \$50,000 to Olga Consorti, President & CEO of St. Joseph's Lifecare Foundation

## WE ♥ EMPIRE!

For years, Empire Communities has been a committed supporter of the Hospice, giving us thousands of reasons to love them. This Spring, we received 50,000 more! Empire is invested in Brantford, not only as builders, but as true community champions. Over the years, we have been the grateful recipients of the Empire team's time, talent and generosity with their donations totalling nearly \$100,000! Their spirit of giving helps to make our city one of the best places to live, work and play.

In addition, the St. Joseph's Lifecare Foundation Board of Directors benefits greatly from the leadership and wisdom of Jayne Smillie, who has been a member of the Board since 2011. Jayne has been instrumental in raising funds and awareness about the critical end-of-life programs we offer. We couldn't be more grateful to her, and the entire Empire team for their dedication to Stedman Community Hospice!

*For all that you do, take time for you!*

When you donate \$100 or more to our Spring Campaign by June 30, 2018 you will have the chance to win an exclusive spa experience valued at \$250!

Special thanks to our friends at Enrapt Boutique & Spa  
[www.enraptboutiquespa.com](http://www.enraptboutiquespa.com)

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## DAY WELLNESS & HORTICULTURAL THERAPY

Our Donors have made it possible for us to care for the emotional and spiritual needs of our patients and families just as compassionately and thoroughly as we care for their physical needs.

Through the Day Wellness Program, anyone diagnosed with a life-limiting illness is provided the opportunity to participate in a variety of therapeutic programs to help reduce stress, socialize and have fun.

Our Day Wellness Program regularly features activities and projects that encourage the use of plants and facilitates a connectedness to nature, thanks to our Horticultural Therapy Program, the only one of its kind in Canada!

# LOVE IN FULL BLOOM

It is because of the tremendous generosity of our Donors that we are able to provide our patients and families with the very best in compassionate programs and services, amid a stunning backdrop.

The beautiful gardens, featuring sprawling walkways, pristine fountains and the finest, thoughtfully selected plants, are a true expression of Donor love in full bloom!



*On average, those who participate in a Day Wellness Program live 3 months longer than those who don't.*

Please give generously so that we may continue to provide a supportive, loving space for patients and a source of respite for caregivers. Your donation will help us ensure that the precious final moments spent between patients and their families are experienced in peace and comfort.



# PROGRAMS & SERVICES:

We are proud to offer the very best of programs and services to our patients and their families. These are three of our flagship Programs:

## We ask you not to believe in our ability to change the world, but in yours!

Each year, thousands of people rely upon the programs and services of Stedman Community Hospice. We are tremendously thankful for your generosity to St. Joseph's Lifecare Foundation, the official fundraising organization for Stedman Community Hospice.

We hope that you will once again find it in your heart to give generously and support our mission by completing the enclosed donor card and mailing it in the postage paid envelope. Donations can also be made online at [www.sjlc.ca](http://www.sjlc.ca) or in person at the Foundation Office at 99 Wayne Gretzky Parkway.

For your donation of \$100 or more, you will have a chance to win an exclusive spa experience valued at \$250, thanks to our friends at Enrapt Boutique & Spa in beautiful Paris, Ontario.

When you join the Monthly Giving Club for a minimum donation of \$15 per month, you will help us to ensure that the families we are privileged to care for will never receive a bill from the Hospice.

Because of the giving spirit of donors like you, we will continue to offer our unrivalled programs and services to every family in need, regardless of type of illness, economic status, age or religion. Thank you!

### Residential Hospice

Compassionate care is provided around the clock for anyone diagnosed with three months left to live or less. The annual cost to operate our beautiful Hospice is \$3,200,000.

### Community Outreach

A team of allied professionals including a Palliative Care Physician, a Registered Nurse and a Supportive Care Coordinator go into the homes of patients to manage physical, emotional and spiritual well-being at the bedside. Since its inception, the Community Outreach Program has handled more than 450,000 in-home visits and consultations which has resulted in thousands of Emergency Room diversions.

### Grief & Bereavement

Compassionate listening and coping mechanisms are provided to families living with the loss of a loved one. We provide free bereavement support for anyone in the community, through one on one, or group sessions, including a Children's Bereavement Program.

For more information, please contact Stedman Community Hospice at 519-751-7096 ext. 2500



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