

# INSIGHT



STORIES OF LOVE AND LIFE AT STEDMAN COMMUNITY HOSPICE

## Maguire family to hike in memory of Mom

**F**or many of the individuals and families who participate in Hike for Hospice each year, behind the decision to take part is a story of hope, struggle, loss and inspiration. Count the Maguire family among them.

The last thing Catherine, Michelle and Andrew Maguire were expecting to hear back in 2014 was that their 50-year-old mother had cancer. At the time, Catherine was 23, Michelle, 21 and Andrew, 19.

To her children, Deborah (Maguire) Armstrong, was a vital, spirited lady, with a great sense of humour, adored by all who knew her. After undergoing a complete hysterectomy in 2014 which included the removal of a low-grade endometrial stromal sarcoma, Deborah was declared cancer-free, and she went on with the business of living her life.

Three years later, in August of 2017, a pain in her abdomen led to a CT scan that identified a tumour, significantly larger than the first. Deborah began treatment but by



*Michelle Sousa (Maguire) held her wedding on the grounds at Stedman Community Hospice so her mother, Deborah, could be present for this special day.*

January 2018 it was determined the tumour had become larger and had metastasized. Her prognosis was poor.

Deborah spent a number of months in palliative care at the hospital before going home, where she received care from Stedman Community Hospice's Outreach team for six weeks, before moving into the residential hospice on Grey Street.

"I still lived at home at the time,"

says Andrew.

"My mom's greatest fear was that I would come home and find her. That was a big part of her decision to end outreach care and go to the residential hospice," says Andrew.

While in Hospice and having the benefit of 24-hour care, the staff was able to monitor Deborah's reaction to pain medication and adjustments were made to increase her alertness so the family could enjoy more

**CONTINUED ON PAGE 2 >**

**Hike for Hospice**  
STEDMAN COMMUNITY HOSPICE

**SUNDAY, MAY 15<sup>th</sup>**  
99 WAYNE GRETZKY PARKWAY

**GREAT PRIZES FOR TOP FUNDRAISERS!**

*The Maguire Family*

**We're back live and in-person for 2022!**  
Virtual option also available.  
**Great fun! Great cause!**

Visit [www.stedmanhike.ca](http://www.stedmanhike.ca) to register or donate online today!

quality time together, and still manage her pain.

"Being at the Hospice made a real difference for us," says Andrew.

"Quite often I'd be visiting her whenever I got the chance, sometimes on my lunch hour and again at the end of the day. Unlike when she was receiving palliative care in hospital, it was wonderful to not have to worry about parking expenses when you are visiting two or three times a day. Also, the Hospice always had a pot of soup on for families and sometimes I'd be arriving at the end of the day, hardly stopping to eat through the day. Those little things made it possible for you to spend your free time with her," he shared.

"Mom absolutely loved being in the gardens at the Hospice," says Andrew.

"Going outside and being wheeled through the gardens was a highlight of her day. She even had a favourite bench she'd like to stop at."

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*"Because of Stedman Community Hospice our mom was able to die with dignity and we were able to focus on just being by her side."*

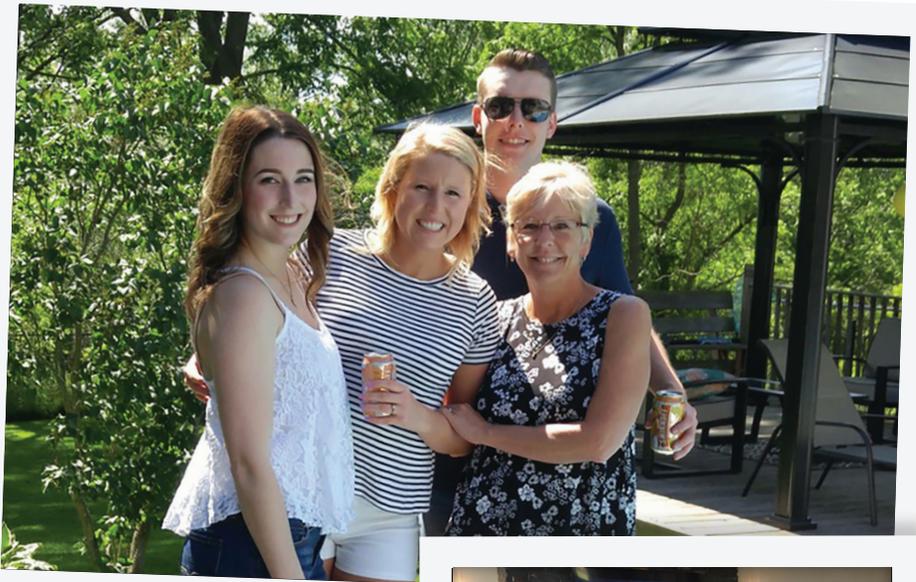
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The month of May 2018 was an eventful and emotional time for the Maguire family.

When Michelle held her bridal shower on May 6, Deborah was able to attend virtually from the Hospice with Andrew by her side, managing the technology.

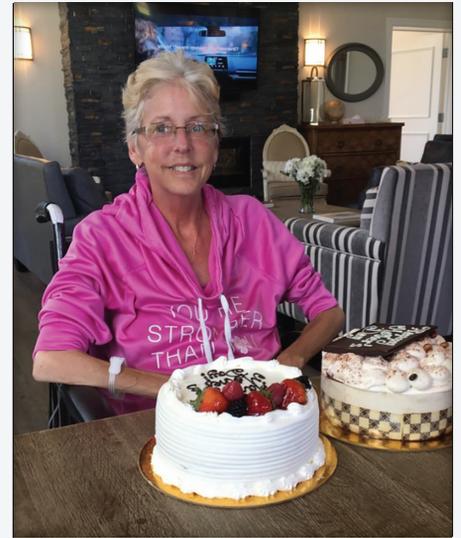
Soon after, the family celebrated Mother's Day.

"Our mom was a dessert lover, so on Mother's Day we brought her two cakes in case she wanted to have one



**ABOVE:** Deborah (Maguire) Armstrong is photographed here with her three children, Catherine, Michelle & Andrew.

**RIGHT:** Deborah's love of desserts prompted her children to present her with two cakes on Mother's Day 2018, including her favourite, tiramisu, just in case she wanted to keep one all to herself.



all for herself," chuckled Catherine.

The three siblings recall being at the Hospice on May 7 when Hike for Hospice took place and seeing the hundreds of participants walking along the route, past the Hospice, in their Hike t-shirts. The following year they would be walking that route themselves, along with several family members and friends.

On May 12, Michelle held her wedding on the grounds of Stedman Community Hospice, in the presence of her mother, as well as her father, stepfather, stepmother and several close friends and family.

"My original wedding date was June 23 but I knew if I didn't change the date, my mom would not get to see me in the dress she had bought for me," says Michelle.

"It would be the only opportunity for her to see one of her three children

walk down the aisle since I was the first of her kids to get married," Michelle added.

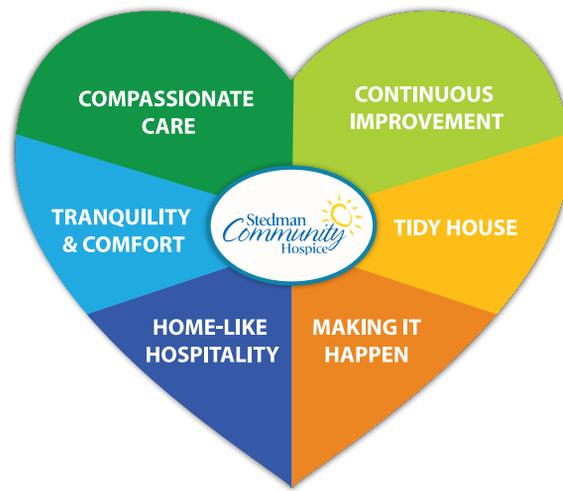
It was a wise decision; Deborah passed away on June 7 with her husband and children by her side.

This year, on May 15, the Maguire family will once again honour their mother's life by participating in Hike for Hospice, an annual fundraiser in support of Stedman Community Hospice.

"Because of Stedman Community Hospice our mom was able to die with dignity and we were able to focus on just being by her side," says Catherine.

"We want to make sure other families are able to receive the same care and we're hoping for a great turnout."

# How Your Donations Are Used



## CONTINUOUS IMPROVEMENT

It is so important for patients to have a comfortable stay during their final days. Your donation helps to purchase new beds, bedding, furniture and lifts.

## TIDY HOUSE

A clean and tidy house makes for a healthy home. Your donation helps us by covering costs such as laundry and housekeeping.

## MAKING IT HAPPEN

Although our Hospice feels like home, we must still operate as a business. Costs such as accounting, human resources, office equipment, supplies and insurance will be covered by your donation.

## HOME-LIKE HOSPITALITY

We want patients and their families to feel at home in Hospice. Your donation will help pay for items such as groceries, personal care products and supplies.

## TRANQUILITY AND COMFORT

The Hospice is renowned for its beautiful serene gardens. Your donation will help maintain these gardens as well as cover the cost for utilities such as natural gas, electricity, wi-fi and telephone. Wi-fi makes it possible for families to stay connected.

## COMPASSIONATE CARE

Our top priority is providing the very best end-of-life care for patients. Your donation will cover the cost of frontline nursing staff as well as grief and bereavement support, both in Hospice and through Community Outreach in patients' homes.

## A BIG WELCOME TO THE NEWEST MEMBERS OF OUR TEAM



**Sanjay Mathew**  
*Spiritual Care and Support Practitioner*

Sanjay joined our team in December 2021 as a Spiritual Care and Support Practitioner. He received his Masters of Divinity from St. Vladimir's Orthodox Theological Seminary in New York in 2019. Sanjay completed his training with the Canadian Association of Spiritual Care to become a Spiritual Care Practitioner in 2021 and is currently training to become a Registered Psychotherapist.

As a Spiritual Care Practitioner, Sanjay's role at Stedman Community Hospice is to provide spiritual and emotional support to patients and their families in the residential hospice as well as the community outreach program. Welcome, Sanjay.



**Shannon Wheelans**  
*Clinical Educator*

Shannon has been with Stedman Community Hospice since 2014 as an RN, however, upon recently completing a MScN/Nurse Practitioner program, she stepped into the role of Clinical Educator.

In her new position, Shannon provides learning opportunities and resources for staff to support their professional development, helping ensure they have the knowledge and skills to deliver high quality palliative care to our patients.

Shannon works with the Hospice leadership team to advance quality improvement initiatives here at the Hospice in addition to working with healthcare partners in the community to help build capacity. Welcome, Shannon.

# Hike for Hospice returns live and in-person Sunday, May 15

**A**fter two years of presenting its largest annual fundraiser virtually, St. Joseph's Lifecare Foundation is pleased to announce that the 18th Annual Hike for Hospice will return to its traditional live, in-person format on the grounds of St. Joseph's Lifecare Centre on Sunday, May 15.

"We are thrilled to finally be able to gather in person to celebrate the great work of Stedman Community Hospice and the wonderful fundraising efforts of our participants," says Julie Powell, President and CEO of the Foundation.

"So many of the event's supporters have expressed they are excited to return to an in-person event, to once again participate in the Celebration of Life ceremony and just be in the company of family and friends, all for a great cause."

Powell says most of the popular features of the live event will be returning, but some may look a little different than in previous years.

"Being on the tail end of a pandemic, we need to be mindful of infection control and act on the side of caution," says Powell.

She says that instead of the traditional barbecue lunch, a boxed lunch will be provided to reduce person-to-person contact. Face



painting will not be available but in its place will be individual activities for younger participants.

Powell says that those who wish to participate virtually can continue to do so. When registering online for the event, participants will have the option to choose "In person" or "Virtual."

The popular "Perfect Pooch Photo" contest and the "Most Scenic Hike Photo" contest will once again be available for virtual participants with great prizes for winning entries.

"We have a number of supporters who like to support the Hike in communities outside of the area, even the province. They have a strong connection to the Hospice and like to contribute. Virtual participation makes this possible and we want to reward their commitment by offering contests and prizes just for them," says Powell.

Those who are unable to attend the Hike can support the event by

## INFORMATION FOR HIKE PARTICIPANTS

### Avoid line-ups on Hike Day!

Join us for Early Check-In on Saturday, May 14 from 10 a.m. to 1 p.m. at 99 Wayne Gretzky Parkway. On-site parking available only on Saturday.

### Regular check-in takes place

Sunday, May 15 from 11 a.m. to 1 p.m. Shuttle service available on Hike Day from Lynden Park Mall beginning at 10:45 a.m.

Hikers who park at the mall are eligible to win a \$250 gift certificate for any store in the mall!

donating to the event or making a donation to a registered hiker or team, such as the Maguire family. Catherine, Michelle, and Andrew Maguire, (profiled on the cover), are this year's Hike ambassadors.

"The Hospice holds a special place in our hearts," says Catherine Maguire.

"We will never forget the wonderful care our family received when our mother was a patient at the Hospice. We're looking forward to raising funds that ensure other families continue to receive cost-free care."

## Visit [stedmanhike.ca](https://stedmanhike.ca) to register or donate today!

Programs and services of Stedman Community Hospice are made possible by donor support.

Donate online today at [sjlc.ca](https://sjlc.ca)



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