

Who will you hike for?
SUNDAY MAY 7th @ 1pm
stedmanhike.ca



Please join us as we remember family, friends and loved ones at Stedman Community Hospice's

CELEBRATION OF LIFE CEREMONY

at the start of the Hike!



2017

St. Joseph's Lifecare Foundation is the official fundraising organization for both Stedman Community Hospice and St. Joseph's Lifecare Centre

HOW WILL YOUR LEGACY LIVE ON AFTER YOU DIE?

If one word could define the life of Genni Bailey a loving wife, mother, grandmother, teacher and friend, it would be "organized".

In fact, when faced with the terminal diagnosis of pancreatic cancer in 2016, Genni was determined to not only make her own funeral arrangements, but to work on a special project she wanted to leave behind for her grandchildren.

Although it was difficult at times, Genni found it therapeutic to look through old photo albums, shop for special items and hunt for meaningful treasures she could put into the custom Memory Boxes she created for her young grandchildren, Violet, Landon, Jordyn and Austin as a lasting legacy of her love.

She also left behind a beautiful letter to her husband Dave, with clear instructions that he not open it until after her death.

In the letter, she reminisced about their incredible life together and expressed her two greatest regrets; the first was leaving her loving husband of 42 years. The second regret was that she would not be able to see her grandchildren grow up, so she took it upon herself to find a way to be with them at every milestone through these special items in each of their Memory Boxes. Genni left an angel lapel pin for Dave so that he could keep her close to his heart. After the sentimental comments in Dave's letter, she included all the practical details of their banking and other household things she looked after as a directory



Proud Grandparents Genni and Dave Bailey with Austin, Violet, Jordyn and Landon

he could use. No surprise that Genni continued to be organized and teach, even after her death!

At the time of diagnosis, Genni and Dave did not know very much about Stedman Community Hospice. In fact, like many others, they thought it was a place you go to die. Because of this, they were very surprised when their Minister suggested they consider contacting the Hospice Supportive Care Coordinator, Camillia Galezowski immediately. Upon his advice, they did so and Genni found that she was able to express her grief in a very positive way. Camillia helped her plan special projects for the time she had left. This gave Genni a renewed purpose in the face of adversity and helped her stay focused and positive for the next 10 months and leave a legacy for her family.

Join us as we come together to celebrate the 13th annual "Hike for Hospice" on May 7th at 1pm. Enjoy the 1km walk around the St. Joe's neighbourhood. \$20 Registration includes:

- Commemorative Canada 150th Hike T-shirt
- BBQ
- Family fun activities
- Great Prizes for Individuals, Teams and Youth!

Win fabulous vacation packages for the top 2 individual fundraisers, \$1,000 Gift Card donated by The KEG for the Top Team and \$100 Toy Store Gift Card for the Top Youth!

The Top 2 Hikers raising the most money will win 1 of the following:

- **4 Train tickets** donated by VIA Rail anywhere from Brantford to Montreal (\$2,000 Value)
- **Vacation Package** donated by Goliger's Travel Plus (\$1,500 Value)

GETTING STARTED IS EASY!

Register at www.stedmanhike.ca and raise money through "spread the word" emails to your friends, family and co-workers.

If you prefer to raise money in person, pick up a Pledge Form at any Remedy'sRx Pharmacy location on Fairview Dr. in Brantford, the Foundation office or Hospice reception.

Hikers who raise \$250 or more will receive a "limited edition" Stedman Community Hospice Selfie Photo Stick and a ballot for the Major Prize draws featuring a \$500 TA Appliance Gift Certificate, 43" Flat Screen TV, a Women's Movado Watch and much more! (You earn 1 ballot for every \$250 raised)

Avoid the rush on Hike day and attend the Early Bird Registration on Saturday, May 6th from 10am-1pm.

Come and tour our beautiful new Hospice, enjoy organized activities with the kids. Take a moment to visit our commemorative banners displaying the names of our Hospice patients whom we have had the privilege to serve, thanks to your support!

This is our Hospice's signature event for the year. We need your help. Please register today, and raise money for a chance to win great prizes! Can't come? Sponsor a hiker or make a donation because every dollar raised in Brantford, stays in Brantford.

Register by April 27th and raise just \$100 to be eligible to win a 40" Samsung TV (\$500), 14k Gold Sapphire and Diamond Earrings (\$600) and Maui Jim Men's Designer Sunglasses (\$250).

For more information visit www.stedmanhike.ca or call the Foundation at 519.751.7096



Park at Lynden Park Mall behind Sears and take the FREE Sharp Bus Lines shuttle to the Hospice from 11:00am-3:30pm.



Special thanks to our Title Sponsors



Please help us help others!



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Memory Box for Jordyn

Dave was contacted by Wes Coburn, a Chaplain at the Hospice, and met with him once a month for support. Wes then suggested that Dave join the Men's Bereavement Group. Even though Dave was the only one whose wife had not died yet, he found the sessions very helpful to deal with his anticipatory grief and hear stories from others. He also learned some coping strategies that helped him through his time of grief he and Genni were already facing even before her death.

The Hospice's Community Outreach Team met with Genni in her home soon after her diagnosis to help address

her situation. As her cancer spread, the Outreach Team visited her home more often. Genni had always made it clear she did not want to die at home or in a hospital so she was admitted to the Hospice when it became evident she could no longer function at home.

Genni was welcomed warmly and was made to feel very comfortable in the beautiful surroundings. "She felt at peace," Dave said. "It is where she needed to be to enjoy her final days with her family. The beautiful surroundings, the children's play areas and the spectacular gardens all made us feel very much at home," he added. "I am so extremely thankful to all the donors who fund this special place. It's not just about the gorgeous building, but the people that are hired here too. I truly think that 'being a good hugger' must be a part of the interview process," he joked. "Everyone I met was incredible and was there because they really wanted to be. The nurses were so kind and patient and took their time explaining everything in a compassionate and loving way so you had a good understanding of what was happening."

Your donations make touching real life stories like Genni and Dave's possible. Through your continued support and generosity, you can help the Hospice let people live life to the fullest until their last breath. The best part is that thanks to you, nobody will ever get a bill for the care they need and deserve. Your support is critical. Thank you to our donors for your kind and caring hearts!



CONNECTION WITH NATURE VITAL TO OVERALL WELL-BEING

St. Joseph's Lifecare Centre and Stedman Community Hospice are known for providing compassionate care, but it's the added extras like the stunning gardens that transform our site from a facility into a home. One of our patient's final requests was to feel the grass beneath her feet one last time. Unable to walk, her bed was wheeled outside into the gardens so that we could help fulfill her dying wish.



The smile on her face and peace in her heart was incredible and felt by all.

We even have a Men's Bereavement Group that focuses their therapy around the gardens throughout the year. The combined programs impact more than 1,000 participants annually while providing a special space where they can enjoy learning about gardening, and actually roll up their sleeves and dig in!

Horticultural Therapy can be in the form of a scheduled program, or simply allows residents to enjoy a stroll through our accessible grounds filled with incredible gardens to enjoy the fresh air and watch the birds and butterflies flutter about. Instead of being confined to their rooms, they can smell the lilacs in bloom and feel the warm sunshine on their faces, or check the progress of tomato plants in our vegetable plot. Our gorgeous gardens are lovingly maintained by an incredibly dedicated group of volunteers who work very hard to keep everything beautiful under the talented eye of Horticultural Therapist, Lynn Leach.

Your donations are integral to keep these gardens thriving while offering wonderful health benefits throughout the community.

For anyone who donates \$100+ you will receive a coveted "Green Thumb" invitation to an exclusive Garden Workshop with our Horticultural Therapist!



Together, you will work on a special project that you will be able to take home to marvel at your creativity as a token reminder of your generosity. No gardening skills needed; just a willingness to enjoy, explore and have some fun along the way!

You're Invited!



Donate \$100 or more and you will receive a coveted invitation to attend a Green Thumb Workshop led by Horticultural Therapist, Lynn Leach with a special keepsake you can enjoy!



Hugs for Hospice 2017

Debbie Clayton and her dedicated team of volunteers, crushed their \$10,000 goal by raising **\$16,625** at their 3rd annual "Hugs for Hospice"!

Special thanks to her awesome team, sponsors and to everyone who attended to make the night an enormous success!

Just one of the many ways our donor funded therapeutic gardens help make special wishes come true!

The Horticultural Therapy Program, allows our Hospice patients and Long-Term Care residents, along with their families, to enjoy a connection with nature as a powerful contributor to their mental, physical and spiritual healing.

Horticultural Therapy is provided with the use of plants and nature related activities to improve the overall well-being and health of an individual. Programs that are horticulture based also incorporate other life interests like bird watching, photography, nutrition, music and art. Horticultural Therapy is helpful for anyone, regardless of the physical, emotional, or mental challenges an individual may face.

Did you know that annually we offer more than 90 programs to residents, families and community groups?