



WEEKLY MEETING Minutes
Wednesday, February 12, 2025

Collins Acheampong, Frank Adamson, Hugh Graham, Paul Hewitt, Annie Holtby, Crystal Lambkin, Carolyn Mullin, Sharon Pfeifer, Dave Schulz, David Sherlock, Lance Wiebe, Guest Speaker Carol Nagy, Hospice.

1. **Welcome – Collins** welcomed Carol Nagy, our Guest Speaker today who will be introduced later.

2. **Land Acknowledgement – Paul H**

We begin this gathering by acknowledging the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis and Inuit people and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people

3. **National Anthem - Carolyn & All**

4. **4-WAY TEST – Carolyn**

Of the things we think, say, or do

Is it the truth?

Is it fair to all concerned?

Will it build good will and better friendships?

Will it be beneficial to all concerned?

5. **Invocation – Paul H**

May we appreciate and use each day that comes to us.

We pray for strength and guidance for each day as it comes, for each day's duties, for each day's problems.

May we be challenged to give our best selves and may we be assured of your presence with us.

6. **Collins – Welcome everyone.** Some business before our presentation.

Dues are still due. 3 left!

Dave. The 19th of March meeting will be at EL Crossley for a breakfast meeting. We can have 30 people so I 'll set up registration on Clubrunner.

Hugh. That reminds me. Annie sent out a survey for club members about Rotary Auction Niagara. Please fill out by Feb 21. Another will directly come from the Auction site to those who were bidders.

Collins. Family Day the 17th. Collins and Paul will be there. Let us know if you can make it. We're also collecting food for Food4Kids. Free Skate 11-1230. Share our post on FB, etc.

District Conference is on April 5. Register through the District site. It's at Niagara College.

International Conference in Calgary – Last week of June. Frank definitely going. Others like Sandi are going by RV. Part of the RV Fellowship. Collins thought we should all drive. Carolyn mentioned it took 2 days to get out of Ontario!

7. Introduction of Carol Nagy by Hugh.

Niagara Falls born and raised, Carol returned to the area in 2013 as Executive Director at Hospice Niagara, working with staff, more than 350 volunteers and a Board of Directors to help people and their families live well by providing exceptional and compassionate care, to everyone, everywhere, every time.

Advocacy, support and empowerment for people in their time of need exemplifies the career and indeed, life path, of Carol Nagy.

Carol began her career as a front-line social worker in child welfare in Toronto, supporting young mothers who were often victims of violence and poverty.

While at the Ontario Association of Children's Aid Societies, she helped to develop provincial training curriculums and programs for Indigenous communities in Northern Ontario.

At Sheridan College, she managed the departments of Counseling and Health Services that assisted students in building solutions for personal, emotional or interpersonal concerns.

Carol's vision for Niagara is for people to have access to the best palliative care close to home, when they need it most. Under her leadership, hospice care in the region will be expanding with the planned construction of two new hospice Centres of Excellence and the addition of 20 new hospice beds.

A tireless advocate for her community, Carol is past chair and board member of the Niagara Workforce Planning Board, and co-lead of the Niagara Ontario Health Team. Carol dedicates her time and energy to advancing issues for seniors as well as promoting and supporting inclusion and equity for diverse populations. Her hope is for a future in which caring and compassionate health care services are available for everyone throughout the Niagara Region.

In 2020, Carol received a Women in Business award in the category of Excellence in Non-Profit.

8. Carol's Hospice Presentation. Thank you, Hugh. I'll leave you info on Hospice in case you want to share with friends and family. Walker House Welland coming soon. It will open in Welland this September!

We have 500 beds that will help people transition. We have posted a prequote for 10 beds in Fort Erie. It's really exciting! By 2040, we'll be the 2nd highest area level of seniors! We have focused on cancer patients up to now. We can now look at COPD, heart failure and ALS which stretch over a period of time. For ALS, we're looking at respite care. How can we help people transition? How can we help you get back home; get you sorted up? People need help and support at home OR it's back to hospital!

I've been looking at indigenous people who have sovereignty over their own health – it's intergenerational. I've been serving Fort Erie in this area helping to get funding. We need to build pools of people to help. We're starting to do tours for those on the end-of-life trajectory. We're looking at shelters, grief and bereavement. Staff have suffered tremendous loss – we're looking to help them. **Seniors at home are managing. We don't usually hear from them until a fall, delirium – they hide it from their families and doctors. EMS is often at the homes. Support in homes helps.** Also, it's very exciting that Hospitals, which has been under the thumb and therefore not available to many, has 'decolonized' to all our programs! Why don't we just talk to

them directly! Help them navigate! **We could go online and tell the story. In 2 days, you'll get a call back – sort out what needs to happen. Tell your doc, let caregivers catch up. Let's rethink the big system. BUT it is changing for Hospice.** For one, caregivers and good friends are often left floundering for years, trying to make a difference.

We need this direct approach instead.

Two experts in the field, Dr. Winemaker and Sam Sough (Sp) have a **Podcast** that lets people know how to avoid 'emergency.'

Let's go! April 10th, 4-8 pm at night plus free book. Let's also promote it for care providers.

There's 4 weeks of sessions in NF and SC – people come out and talk to caregiver. It's based on the 7 key findings of Winemaker and Sough. Look for it; share it.

Walker House is a beautiful home. It's the first level of Richelieu Residence that is on the floors above! It's a HOSPICE, not an LTC Home. Let's keep all flexibilities!

Each room is different from SC Hospice. It's very large with a patio, it's homelike with washroom with shower for both care person and cared. There's a Spa Room and tub aerates, a Fireplace in the Family area where they can cook their own meals. Those large areas have outside doors and beautiful walkways. The Construction \$\$ is there – **now we're looking for the money for 'Feeling at Home.'** We're looking for silverware, dishes, rugs, art.

If someone is living with LTC needs, there's a **special palliative care team** making sure that their pain is managed, that they are living their best!

We have counsellors for pre-teens and teens - Heartland Forest. It includes symbolic loss. You find out you are not the only one. They start sharing with contacts in the 16 week program.

Hospice partners with SPCA. It started with kids and it helped with resilience. Now we are starting one for Adults. We have a network for all of Niagara. 2 networks were brought together for purposes of communication and not duplicating services.

That's it!

Frank. I'm really amazed at all the services. Happy to see the expansion and joining with Richelieu!

Sharon. The key thing is comfort to families coming from loss. For example, grandma wants to be home. If something happens, families might have to provide information to the police.

Carol. EMS carry end of life medication. If they're called at the end of a life, they can stay with them so there's no need for police.

Collins. Are you independent?

Carol. 50% of our funding is for our frontline staff from Ontario Ministry of Health. We have to fundraise for the other 50% including our clerical services. If the government doesn't provide those services, we'll lose them. In addition to more beds, we need the staff to be covered. Under the Peterson government, we were a 'subservice.'

FR does support Hospice. Look, when governments were cost effective, stuff got more effective.

Ontario Health has guidelines. We're not regulated. We want to provide meals when people want it; we want flexibility but still need funding. \$4 Million is our operational budget, 2.8 Million is raised by our FR Group.

A cheque presentation for \$1000 from the Club was made to Carol for Hospice.

Carol. I appreciate the support! I'm looking for volunteers for Welland Hospice.

9. Rotary Moment and Happy Loonies –

Sharon. Rotary Moment. About Friendship – it's a basic need whether for business development, personal growth, or Service. I'm also happy for the opportunity for connection and meeting those in community.

Annie. Such a great presentation with Walker House in our back yards and opportunities to volunteer!

Carol. Happy to hear of the success of the Auction and the millions that came back to our Communities.

Hugh. Valentines Day is our 55th wedding anniversary!

Dave Schulz. Congrats to both of you! And Carol, the breadth of programs you are offering for Aging parents, etc., is wonderful!

Frank. In honour of my brother, I would like to match our donation.

Crystal. This is the 4th anniversary of my move to Fonthill.

Lance. Citizenship. We were going to do a US bike trip and now all of us are going to bike out in Canmore instead. We need to Buy Canadian!

Paul H. In wanting to become a Rotarian, I didn't know about the presentations made about important aspects of the community like this one– it's one of the reasons to join.

Dave Sherlock. Happy the Phillies won!

Carolyn. It seems we don't need to know about services until we need them!

Collins. I received a picture of the city I grew up in. Last weekend was my 25th anniversary of being in Canada. Thanks for coming, Carol. I've felt some attachment to Hospice. I'd like to get involved and hope my wife does too. She's in Nursing.

Paul Hewitt is next week's speaker.

Meetings to come

February 19, MCC, Weekly Meeting – Paul Hewitt, Classification Talk

February 26, MCC, Board Meeting – in MCC Concession Area - All members are welcome