



# THE BULLETIN



## Rotary Club of Etobicoke

District Governor: **Brian Thompson**

RI President **Gary C.K. Huang**

Week **October 15, 2014**

**Board 2014-2015**

**President: Mark Winson, Past President Michael Bell, President Elect: Jack Fleming, Secretary: Ron Miller,**

**Treasurer: Don Edwards**

**Directors: Donna Cansfield, Gregory Dobson, Gillian Dugas, Ingrid McGaughey, Frederik Martin, Kester Trim, Hugh Williams**

**October 22, 2014 : Speaker Steve Rutledge – Adopt a Village in Laos**

Reporting: **Ron Miller**

Pictures: **Ron Miller & Peter Dusek**

### **Todd Fraleigh – Executive Director Dorothy Ley Hospice – The Vocation of Hospice Care**



President Mark introduced Todd. Todd is an “entrepreneurially minded senior executive”, leveraging over 25 years of experience in the not for profit and for profit business environments delivery excellence in leadership; fund development; marketing and communications; program development; strategic planning; board development; human resource management; training and facilitation; finance and organizational structure. He has demonstrated ability in leading and motivating teams to deliver tangible results with further expertise in accreditation preparation, policy and procedure development, quality assurance,

enterprise risk management, government relations and health systems development. He has a Master of Business Administration and a B.A., Political Science – International Development both from McMaster University. He is the Executive Director of Dorothy Ley Hospice (DLH) since August 2011; Chair of the Mississauga Halton LHIN Regional Hospice Palliative care Steering Committee since June 2014 (Vice Chair 2012-2014); and the Co-Chair of the Quality Working Group for Hospice Palliative Care Ontario since March 2013. He was also a former member of the Rotary Club of Hamilton, where he was Director of Fellowship; and the World Community Services Director.

Todd began by saying the Rotary Club of Etobicoke has been a “huge supporter of the Dorothy Ley Hospice over the years”.

Dame Cicely Saunders founded the St. Christopher's Hospice, the first modern hospice and, more than anybody else, was responsible for establishing the discipline and the culture of palliative care. After visiting Cicely Saunders' St. Christopher's Hospice Dr. Balfour Mount helped create a similar ward at the Royal Victoria Hospital in Montreal and “coined” the phrase “palliative care” as the term “hospice” in French had “negative connotations”. He became the founding director of the Royal Victoria Hospital Palliative Care Service, the first of its kind in Canada. Todd added that Dr. Dorothy Ley is the “patron Saint of palliative care in Canada and was the founder and president of the Canadian Palliative Care Foundation in 1981. She was Head of haematology and oncology at Toronto Western Hospital; Professor of Medicine, University of Toronto; and Founder of Toronto Medical Laboratories. In 1992 she starts to

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write "The Heart of Hospice", outlining her philosophy of palliative care

Hospice Palliative Care is a relatively new field of healthcare in Canada (less than 40 years). The language and nomenclature is always challenging in the field; Palliative; Hospice; Hospice Palliative; Comfort Care; and Palliative vs. "End of Life". Todd added that discussions about assisted death, euthanasia and palliative sedation can dominate conversations of late often to the exclusion of the need for better Hospice Palliative Care (HPC). He noted that "tremendous strides have been made in the last 3 decades with over 75 Community Hospice Programs and 35 Residential Programs (251 beds) operating in Ontario. Current studies have shown that "most people want to die at home, but too few have that opportunity". 93,000 people die every year in Ontario. Approximately 4000 of these are serviced by Community and Residential Hospices; 15,000 die each year in "Long Term Care" – almost all without adequate hospice Palliative care; 36,000 die in hospitals (Acute and Complex Continuing Care); and the remaining 34,000 die in private homes and other community settings with a patchwork of support available (Etobicoke is one of the lucky areas but we need more). The current landscape: 90 % of Canadians wish to die at home or in a home-like environment; currently in Canada over 70% of deaths are in hospital settings; only 16 to 30% of Canadians who have life limiting illnesses have access to hospice palliative care. Etobicoke is one of the lucky areas but we need more.

Hospice care costs are significantly less than other acute care settings: "Acute Care" costs \$800-\$1200/day; Residential "End of Life" Care costs \$425-\$450/day; Community Hospice Palliative Care \$50-\$100/day.

Dorothy Ley Hospice was founded by caring community members who identified the need for hospice palliative care in Etobicoke in the mid 1980's. Marjorie Pitchford (Co-Founder) and Meade Wright met with Palliative Care expert Dr. Dorothy Ley. They raised the money needed to conduct a feasibility study (research and best practice) and the vision for the hospice was born. The timeline: 1984 – Vision of DLH was born; 1990 – First individual served in the community program; 1997 – Initiation

of Day Program; 2005 – Announcement of plans to build Toronto's first residential hospice; 2009 – March, doors open, first admission to the Residential Hospice; 2013 – CARF (Commission on Accreditation of Rehabilitation Facilities) 3 Year Accreditation Achieved; 2014 – DLH Community Physicians affiliation agreement signed

DLH is the only hospice in the GTA offering both community and residential care services. They are a founding member of Hospice Palliative Care Ontario (provincial association) and helped develop provincial standards for: Volunteer training; Spiritual Care; and Integrative Wellness. DLH is currently co-leading the development of a provincial Quality Framework for all hospices in Ontario and are the only hospice in the GTA with a 24/7 team of community palliative physicians.

Todd says DLH's "vision" is "a world which understands and embraces hospice palliative care" and that their "mission" is to "foster hope and dignity through exemplary care, advocacy, education and research for individuals living with the challenges of life-limiting illness or loss". Dr. Dorothy Ley's philosophy of care is the foundation for the Hospice. The "Four Pillars of Care" are; Physical; Emotional; Informational; and Spiritual. Their "Model of Engagement" focuses on the individual with life limiting illness, individual family members and caregivers receiving the right care, with the right skills, in the right place, at the right time.

The Community Hospice Services covers the "catchment area" of all of Etobicoke with a population of 350K which includes one of the highest rates of seniors and diverse communities in the country. They offer seven services: care coordination, volunteer visiting, spiritual care, bereavement care, integrative wellness, day program and Palliative Pain and Symptom Management (PPSMC).

The DLH Residential Program is 5 years old and delivered within their 20,000 sq ft Hospice Centre where they served 190 individuals and their families last year. They have: 10 care suites with on-suite bathroom; a home-like environment; amenities for the family; and 24 hour visitation. Individual Centered Care focuses on: dignity and choice; quality

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of life; individual centered care planning; pain and symptom management; psychosocial support; spiritual and bereavement support; and support for the family.

DLH's Community Care Team receives over 120 referrals each month; their Residential Team receives over 70 referrals each month for a 10 bed residence; 70% of the referrals received went on their wait list with more than 50 % of the individuals who went on the wait list were admitted in less than 6 days.

The DLH staff team consists of: 41 dedicated professional and credentialed individuals who are competent, compassionate and passionate about hospice. They function as a "trans-disciplinary" team across all programs and services. They care for the individuals they serve, their families and for each other. DLH also has 300 of the "most dedicated and amazing volunteers that provided over 22,000 hours of service last year. They generously donate their time within a multitude of roles and capacities and are "tremendously compassionate and empathetic in the care of individuals, family members and caregivers". They are comprehensively trained and come from all walks of life and backgrounds. Todd added that they are the "heart of our hospice".

DLH receives \$1.8 million per year in government funding which is currently insufficient for all of their needs. They still need to raise over \$1.2 million each year from the community. However, DLH offers all of their programs and services at "no cost" to the families thanks to the generosity of donors.

Todd wanted to touch on DLH's "next big ideas"; a Community Outreach Program; and the Dorothy Ley Hospice Learning Centre. The proposed Community Outreach Program would have; Community hospice palliative care available 7 days a week and 24 hours a day and an easy to reach with a single phone number with a live answer from a hospice palliative care expert (all with 24/7 Access to information, system navigation, and physician support). The Community hospice palliative Care would start in the following settings; private residences; Long term Care (pilot project); and DLH Palliative Care centre & Residential Hospice. In the future; retirement homes and assisted living facilities.

The Dorothy Ley Hospice Learning Centre will; build on their long history of education and training in hospice palliative care and be focused on educating physicians, nurses, volunteers, personal support workers (PSW's) and most importantly family caregivers. Current education at DLH consists of; 33 Hour Palliative Care Volunteer Training; Lunch and Learns; Food Handler Safety Training; Student Placements – RN, RPN, BSW at Humber, Trent, Sheridan, Ryerson; Nonviolent Crisis Intervention; Hosting External Presenters –

Bereavement, Spirituality. They will; utilize classroom learning, virtual learning, mentoring, and other capacity building techniques; continue partnering with other educational organizations; and will be a regional centre for hospice palliative care education.

President Mark thanked Cecilia and Todd for their very informative presentation on a subject that many of us don't want to talk about but should know more about

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## **Cecilia Lanno – Dorothy Ley Hospice Palliative Care Volunteer:**

Cecilia is a teacher with the Peel District School Board for over 13 years. She graduated from OISE, University of Toronto with a Bachelor of Education (B.Ed.). She also has a Bachelor of Business Management, Accounting/Finance from Ryerson Polytechnical Institute. She has monitored "special education" students and worked in the "Contact Room" supporting students that were not successful in the classroom. She has prepared IEP's for special education students. She has also attended professional development conferences in Literacy, Counselling, Psychology and Mental Health.

She is also a Palliative Care Volunteer at Dorothy Ley Hospice since January 2014. She is providing support to palliative individuals and

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their families, non-judgemental companionship and comfort.

Lynn Manwar introduced Cecilia by saying that she has been using some of the services provided by the Dorothy Ley Hospice (DLH). Lynn noted that she was diagnosed with thyroid cancer when she was 24 and breast cancer at 38. She had a relapse last year and was in palliative care in July. After returning home she did receive some help from the hospital and her family. She was in touch with DLH and she connected with Cecilia who made regular visits to her and helped her start walking again and took her to visits at the library. Lynn says she is still in palliative care and had treatments in September for her brain & spine. She was happy that Cecilia and Todd from DLH were here today "to talk about something we don't want to talk about". What they do makes a difference in "how she continues to live". She said she attend one of DLH's "Drop-in Wednesday's", though at 41 she says she was the "youngest" person there. She said that Cecilia's visits have shown "what a difference you can make when you help".

Cecilia began by saying that she is here tonight to "witness Lynn's courage, strength and selfless generosity that drives her to volunteer with the Rotary Club in spite of her failing health". While she has worked in business and education, it is her "spiritually that gave her meaning to her life and peace in the midst of suffering and the seemingly unfairness of life". Having been touched by the loss of many loved ones, her view of death slowly changed from seeing it "as a tragedy or catastrophe" to seeing it as a "transition and transformation". She spoke of a "very close friend" that at 47 was diagnosed with an aggressive form of cancer and passed away within 6 months. Cecilia said she was "privileged to share the last months of her journey" and to be witness to her "courage, strength, deep faith, and concern for her

husband and sons she would leave behind". Cecilia said she "struggled to keep her spirits up thinking how much she would miss her". Her friend smiled and said "Relax Cecilia, we are all palliative. It is just that I know how long I have to prepare". At that time she knew she wanted to work with "palliative individuals". Since she didn't have a degree in Spirituality or a Master of Psychology she was unable to find employment in the field. It was suggested that she could volunteer at a hospice. She came across the Dorothy Lea Hospice and knew this was the place for her. She mentioned a quote from Dorothy Lea that touched her heart and solidified her resolve to volunteer there. "Spiritual Care lies at the heart of hospice. It says we are here. We will be with you in your living and your dying. We will free you from pain and give you freedom to find your own meaning in your own life - your way. We will comfort you and those you love - not always with words, often with a touch or a glance. We will bring you hope - not for tomorrow but for this day. We will not leave you. We will watch with you. We will be there (Dorothy Ley). She stared the process and received excellent training (extensive training of 30+ hours) and support from both the professionals and the volunteers at the hospice. She is proud to be a volunteer at DLH and says it is "better than any degrees".

## *Birthdays This Week*



*John Moskalye - October 19  
Happy Birthday to on your happy day... ..*



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## Secretary's Announcements



**Monday, October 20<sup>th</sup> – Board of Directors meeting – 6:00 pm for food with meeting start 6:30 pm – Rotary Clubhouse**

**Rotary District 7070 Conference – October 24<sup>th</sup> – 26<sup>th</sup> – Weston Prince Toronto:**

**Volunteers needed for our Hospitality Suite – Paul Roeser wanted to remind everyone about the District 7070 Conference, October 24<sup>th</sup> to 26<sup>th</sup> at the Weston Prince Toronto. Since our Club is hosting the 2015 District Conference we will be we will also be hosting a "hospitality suite" on Friday evening (24<sup>th</sup>) at the conference from 7 to 9 PM. Paul is looking for volunteers to help out at the suite. Paul added that you don't have to actually be attending the conference, but you could just be there that evening to help out. Please let Paul, President Mark, Michael Bell or Ron Miller if you can be there.**

- Cecilia Lanno - Dorothy Ley Hospice – Speaker
- Debbie Fraleigh – guest of Todd Fraleigh
- Doris Parrano – Guest of Lynn Manwar
- Marjorie Friesen – Guest of Barry Friesen

### Attendance:

Members 13  
Visitors & Guests -05  
Total - 18



## 60<sup>th</sup> Anniversary of Hurricane Hazel

Ron Miller asked the question, "Does anyone know what today (October 15th) is?" President Mark got the right answer. It is the 60th anniversary of Hurricane Hazel hitting the Toronto area. This still remains one of the worst storms to ever hit Toronto with in excess of 80 people dead. The area of Raymore Drive in the Scarlett Road/Lawrence area had over 50 deaths as their houses were washed away when the Humber River overflowed. Ron said that he was torn this evening whether to come to here tonight or to go to the old Lambton Tavern, where Environment Canada's Senior Climatologist David Phillips was giving a talk about "Hazel". The Lambton Tavern is located right next to the old Dundas Bridge that was washed out during the storm and swept away a fire truck from the Kingsway-Lambton Fire Station. Five of the nine firefighters on board died. A plaque can be seen in Home Smith Park on the west side of the river. Ron said he thinks that Hurricane Hazel was "one of the reasons he wanted to become a meteorologist". He was 7 years old when Hazel hit. He was living in St. Catharines at the time but remembers the storm "vividly". It didn't do the damage there that it did here, but was still a significant storm. However, it wasn't until High School that Ron realized how many people died here in Toronto and how much damage was done.

## Visitors & Guests



### Visitors and Guests:

- Todd Fraleigh – Dorothy Ley Hospice – Speaker