

because you care Community Update

SPRING 2025

WHY WE HIKE

Team Wobblies' Passion for Hospice

Hike for Hospice is an opportunity to gather and remember a loved one while raising essential funds for Rotary Hospice. For Team Wobblies, it's all that and a race...to be top fundraisers! Over the past three years, these avid cyclists have raised a phenomenal \$45,000+ for Rotary Hospice.

"When I first heard that Stratford was getting a hospice, I was thrilled", notes team member and hospice volunteer Elaine Strawbridge. "Thanks to the dedicated work of many, our community would have a place for compassionate end-of-life care. Having seen the impact of hospice elsewhere, I knew the rich, meaningful experiences it could offer. As a United Church minister, I had the honour of accompanying many people on their final journey. I wanted to be part of this hospice, so I signed up to volunteer."

"I've also been part of an active cycling group for over a decade and so rallying our team for Hike for Hospice was easy. Nine of us stepped forward without hesitation, eager to ensure compassionate end-of-life care remains available for years to come."

"Many don't realize that hospice care is provided at no cost to families. Fundraisers like Hike keep this vital service accessible. As a volunteer, I've



This June, Team Wobblies will be hiking in memory of former members Gordon Sherwin and Paul Rempel (far left)

seen it first-hand. Hospice isn't a sad place – it's a sacred place, where both laughter and tears exist side by side."

The team is made up of mostly senior cyclists – team members Warren and Lucille echo Elaine's passion.

"Over the years, we've known many friends who have benefited from hospice care, and we've seen firsthand the dignity and compassion it provides. Supporting Hike for Hospice aligns with our values, our friendships, and our commitment to a caring community."

"This is why we hike. This is why we support hospice. Join us in ensuring that this incredible place continues to serve those who need it most."

**On Sunday, June 22, who will you be hiking for?
Visit rotaryhospice.ca/hike-for-hospice**

National Volunteer Week April 27 - May 3

Our volunteers are the heart of our hospice, providing comfort, companionship and support to hospice residents and their loved ones, as well as supporting community members in their own homes through our visiting hospice program. In 2024, volunteers donated 8,183 hours of their time in support of our hospice home. **THANK YOU** for being an essential part of Rotary Hospice.



Meet Clinical Resource Nurse Stacey Hallahan

For Stacey, hospice is more than a place – it's a philosophy of care rooted in dignity, comfort and compassion. In her role, Stacey triages referrals and manages admissions while providing guidance to our care team. She coordinates resources and supports the clinical team in delivering exceptional, evidence-based palliative care. She is also the one to call, alongside Director of Resident Care Lisa Henry, about the admissions process.

"Hospice is about creating a space where no one walks their end-of-life journey alone. While we can't change the outcome, we can change the experience."

Stacey wishes more people knew that hospice is not just about end-of-life care – it's about living fully, with comfort and dignity, for whatever time remains. She emphasizes that hospice care extends beyond residents to loved ones and the broader community. "It's never too soon to reach out," she notes, encouraging anyone with questions to contact her directly at stacey@rotaryhospice.ca or by calling 519-508-4900 ext. 551.

Discovering the Comfort of Hospice



"How did I not know about hospice?" Lori Aitcheson remembers questioning whether hospice was the right place for her husband, Jim (pictured above with family). A respected municipal councillor, Mayor of Perth South, and former Warden of Perth County, Jim was

deeply rooted in his community, known for his dedication and belief in the power of connection.

"Jim was cared for with warmth and kindness, in a space that allowed our family to simply be together," Lori reflects. "It was truly peaceful. We are so grateful that his last days were filled with love and comfort."

Before experiencing it firsthand, Lori wasn't sure what hospice could offer. But for Jim's family, it became a place where love lingered, where compassion was felt in every small gesture, and where they were given the gift of time.

We are grateful to community members like Lori who so graciously share their experiences to raise awareness of Rotary Hospice.

If you are caring for someone and want more information or would like to schedule a tour or a presentation, please call us anytime at 519-508-4900.



SAVE THE DATE
October 16, 2025

This event is an important fundraiser for us, raising \$165,000 last year.

MARK YOUR CALENDAR

Wednesday, May 7, 2025 | Hospice as an End-of-Life Option presentation (in person, no cost) | For details or to register, please email sw@rotaryhospice.ca

Wednesday, June 11, 2025 | Estate Planning 101 presentation (in person, no cost) | For details or to register, please email lucie@rotaryhospice.ca

Sunday, June 22, 2025 | Hike for Hospice at Stratford Perth Museum | For details and to register visit rotaryhospice.ca/hike-sign-up

Saturday, August 23, 2025 | 6th Annual Rooster Classic Golf Tournament | For details and to register visit facebook.com/theroosterclassic

If you have an upcoming event in support of Rotary Hospice Stratford Perth, let us know so we can let others know!

Advance Care Planning

DID YOU KNOW?

Advance care planning allows you to make decisions about the care you want to receive if you become unable to speak for yourself.

By documenting your preferences and discussing them with your loved ones, you help ensure your wishes are honoured and reduce the burden on those in your circle during difficult times. Taking time now to create an advance care plan can provide peace of mind for both you and those who care about you.

DID YOU KNOW: naming someone to make healthcare decisions on your behalf ensures your preferences are respected, even if you can't communicate them?



DID YOU KNOW: only about 17% of Canadian adults have documented their end-of-life care preferences?

DID YOU KNOW: choosing hospice care can be part of your end-of-life care plan? This allows you to receive comfort-focused care at the place of your choice, surrounded by loved ones.

Want to learn more about advance care planning? Contact Registered Social Worker Melissa sw@rotaryhospice.ca or visit advancecareplanningontario.ca



HIKE

for hospice



Hike on your site or join us at the Stratford Perth Museum for a BBQ lunch, music, games, and more and help us reach our fundraising goal of \$140,000! To register visit rotaryhospice.ca/hike-sign-up.

Thank you to our Pathfinder Sponsors



\$350 Every Day Counts

That's the amount Rotary Hospice is required to fundraise per day, per resident room. YOU can make a gift of \$350 (or \$30 monthly) and dedicate the day of your choosing in memory of a loved one. To learn more, please visit rotaryhospice.ca/every-day-counts.

Donations of \$2,500+, will be acknowledged on the annual giving wall, which is updated annually and cumulatively.

Donations can be made securely on our website at rotaryhospice.ca

For more information contact: Lucie Stuart, Director Fund Development and Stewardship 519-508-4900 x720 lucie@rotaryhospice.ca

DONATION FORM

I/we would like to make a difference with the following donation:

To **Hike for Hospice** \$500 \$250 \$100 \$50 Other \$ _____

Pay for a Day of Care Pay for a Week of Care My special date(s):
for one resident \$350 for one resident \$2800 _____

Tax receipts will be issued for donations of \$20 or more. **Total Donation** \$ _____

This is a one-time gift I would like to give monthly, please contact me

Donor Name: _____

Address: _____ Prov: _____ Code: _____

Phone: _____ Email: for tax receipt _____

Payment by credit card Visa Mastercard Card # _____ Exp / CVV _____

Payment by cheque Please make cheque payable to *Stratford Perth Hospice Foundation*

This gift is in memory of in honour of:
(Name) _____

Please contact me, I am interested in:
 Coming for a tour
 Scheduling a group presentation

To keep you up to date on the impact of your gift, you will be added to our e-news mailing. You may unsubscribe at any time.

Please mail this form with payment to:
Stratford Perth Hospice Foundation
80 Greenwood Drive, Stratford, ON N5A 0J1
t. 519-508-4900