



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

Honourary Chair



Elsie Hankinson hugging "Lorne Bear," a part of the new Children's Bereavement Program

"After all, the ordinary hero hiding in each of us is often the most powerful catalyst for change."

Tate Taylor



"Wall of Gratitude" at Stedman Community Hospice's New "Hankinson House"

Because of you...

we have opened the doors to Stedman Community Hospice's new "Hankinson House" now able to provide more love, more care, more support and more hugs to the thousands of patients and families we serve.

Because of you...

our new Hospice offers free Wi-Fi throughout the building and specially equipped TVs in every patient room so that families can SKYPE with loved ones across the world who can't be there to visit.

Because of you...

our long-term care Residents have new therapeutic beds and will enjoy a better quality of life thanks to dementia care enhancements throughout the site.

Because of you...

we have launched many new and innovative programs like our Children's Bereavement and Horticultural Therapy, all funded through the generosity of kind and caring hearts like yours!

Because of you...

we have made more than 250,000 home visits/consultations through our Community Outreach Team and provided 5,000 Day Wellness visits.

Because of you...

we have been able to ensure that no Hospice patient or family ever receives a bill for the compassionate, quality care they deserve!

Did you know that your donations did all that and more?

Thank you for caring.

Thank you for believing in the work we do. Thank you for being so generous with your donations. And thank you for being a true Hero. We hope that we continue to earn your respect and generous support to help us keep the doors open, the lights on and the love and care abundant!

How our Gardens Grow

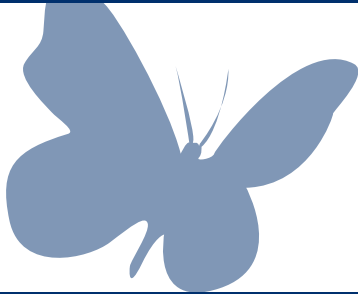
Anyone that has ever had a chance to see the spectacular gardens surrounding the Hospice knows what a labour of love this tranquil setting has been. The therapeutic benefits of exposure to nature and outdoor space have been well documented.

The gardens are a part of our “Horticultural Therapy or HT” program, funded by the Foundation through the generosity of our caring community.

Essentially, HT uses plants and connection to nature to improve the overall mental, physical and emotional well-being of participants. Through your support, HT offers a wide variety of programs for our Hospice and Long-term Care patients. We also provide outreach to Beckett Adult

Leisure Centre among others. Another aspect of the program features the mentoring of many students and youth community partnerships.

We witnessed one such student bloom into a valued Hospice gardening volunteer! Enjoy Steele Roddick’s story, “Growing in the Garden”. This is his personal account of his volunteering experience; what he has learned and more so, what he has received as a result.



“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.”

Alfred Austin

Growing In the Garden

By Steele Roddick

Hot sun on my back, fresh air in my lungs, two feet on the ground, both hands in the soil—I’ve never felt better.

Three years ago I could not say the same. Battling with health issues, I was depressed and without hope. Gardening hardly seemed like the answer and I’d never really taken horticultural therapy seriously. Pretty petals, a floral scent and you feel better—it seemed to lack substance.

Nevertheless, I was advised to get out more and it did serve that purpose.

Soon I was gardening at the Hospice two days a week. Watering flowers, dead-heading, digging ponds and shovelling mulch. I grew up on a farm, so hard work was not new to me. I soon found myself sleeping better.

My mood improved as I interacted with some of the nicest men and women I have ever known. Cheerfully, enthusiastically volunteering their time, they restored my faith not just in people, but in myself, and

perhaps most importantly, in the notion that the good life actually exists.

Over the course of my time in the garden my understanding of horticultural therapy, not surprisingly, changed dramatically. What I thought was just about bright-coloured, nice-smelling flowers has turned out to be so much more.



The scents, the colours, the fresh air and fertile soil—those things are wonderful, but they’re just the beginning. There is something moving about working in the garden, something that is hard to

define, to articulate precisely, but that is undeniably present and tangibly felt.

There is something about watching living things grow from the ground and thrive and bloom that is deeply reassuring that there is good in this world. There is something about the roots and the leaves and the water and dirt that makes you feel connected. Connected to nature, to living things, to the world, in a way that is increasingly rare.

These days, despite all the technology, it is easy to feel disconnected, to feel lonely, uncertain and unsatisfied. Somehow I see gardening as a way of reversing that trend. As a way of making the connection that we all desire and so dearly lack.

Despite my initial hesitation, I’ve come to embrace gardening. I now work at a garden centre when I’m not at the Hospice and find myself taking out library books on annuals to learn more. My three years of gardening have been nothing short of miraculous.

I’ve formed a more positive outlook, met a lifelong friend or two, and find myself brimming with hope. Hope that things will continue to improve in my life, in the lives of those around me and in the garden. Therapeutic, indeed.



We Love Our Volunteers!

We always say that our volunteers are the heart of everything we do. Their hearts have certainly gone into creating an environment of loving kindness and support. In fact, we couldn't operate without them!

We currently have approximately 250 volunteers; 23 of which have been with St. Joseph's Lifecare Centre and Stedman Community Hospice since we opened our doors 10 years ago.

Volunteers help in a variety of ways from reception to cooking, cleaning, gardening, tuck shop and assisting with programs as well. They come from all walks of life, including many students looking to complete their community service hours.

If you are interested in volunteering please call 519.751.7096:
 Long-term Care - Crystal at ext. 3409
 Hospice - Cheryl Ann at ext. 2503

Congratulations to the following dedicated volunteers for their 10 Years of Service (as of January 31, 2015):

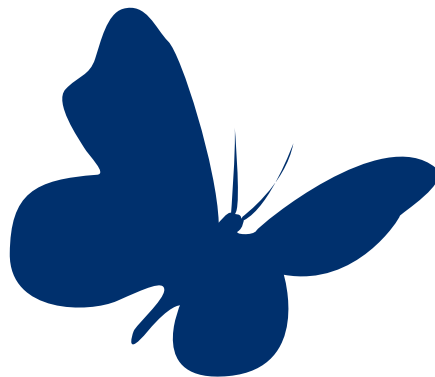
- Mary Ellen Alison**
- June Ashcroft**
- Patricia Ballantyne**
- Helene Brinkman**
- Nikki Brooks**
- John Campbell**
- Bill Chenoweth**
- Kaye Clarke**
- Maryanne Clawsie**
- Cathy Hughes**
- Tom Hughes**
- Ruth Janiec**
- Ron Jol**
- Sylvia McIver**
- Paul Mitchell**
- Diane Nichol**
- Geke Nolden**
- Anne Marie Norris**
- Chris Quinlan**
- John Quinlan**
- Karan Stemmler**
- Elaine White**
- Elaine Wilson**

What a wonderful donation to Stedman Community Hospice's "Hankinson House of \$11,000 from the Brantford Fire Fighter's Annual Golf Tournament. We were happy to get the chance to tour these community heroes through the new Hospice before they rushed off to another emergency.

Pictured here are:

Fire Fighters Chad Godbout, Kevin Boudreault, Mark Larose, presenting their donation to Olga Consorti, CEO of St. Joseph's Lifecare Foundation, with Captain Craig Fowler and Fire Fighter Will Gall

Every life creates
a legacy.
Let us help you
CELEBRATE yours!



***"Carve your name on HEARTS not TOMBSTONES.
 A legacy is etched into the minds of
 others and the stories they share about YOU."***

Shannon L. Alder

Become a "Legacy Leader" by remembering St. Joseph's Lifecare Foundation in your Will.

Who will
you hike for?
SUNDAY MAY 3RD at 1pm
stedmanhike.ca



Join us as we come together to celebrate the 11th annual "Hike for Hospice" on May 3rd at 1pm. Enjoy the 1-4km walk around the beautiful St. Joe's neighbourhood. Registration includes:

- Commemorative Hike T-shirt
- BBQ
- Family fun activities and rides
- Coupon Book loaded with savings
- Great Prizes!

New this year are fabulous vacation packages for the top 2 fundraisers. The Hiker raising the most money will have their choice of either:

- **4 VIA Rail tickets** anywhere from Brantford to Montreal (value \$1,750)
- OR**
- a **Vacation Package** from Goliger's Travel Plus (value \$1,200)

GETTING STARTED IS EASY!

Simply register at www.stedmanhike.ca and start to 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 RemedysRX Pharmacy location in Brantford, Lynden Park Mall - Guest Services, the Foundation office or Hospice reception.

Hikers who raise \$250 or more will receive a "limited edition" pair of 400UV "Hike for Hospice" sunglasses with a carrying case and a ballot for the Major Prize draws featuring a Stainless Steel BBQ, Flat Screen TV and much more!

Avoid the rush on Hike day and attend the Early Bird Registration on Saturday, May 2nd from 11am-3pm.

Come and tour our beautiful new Hospice, enjoy the rides, face painting and organized crafts for kids. Take a moment to visit our commemorative banners displaying the names of all 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 – with a goal of \$260,000, we are turning to you for your help. Please register today, sponsor a hiker or make a donation because every dollar raised helps ensure that our Hospice families never get a bill for the loving care we provide.

For more information please visit www.stedmanhike.ca or call the Foundation at 519.751.7096 ext. 2475.

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Special thanks to our
Major Sponsors

Platinum Sponsors:

LYNDEN PARK MALL

Methapharm
Specialty Pharmaceuticals

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

Celebration of *Life* Ceremony

SUNDAY, MAY 3RD, 2015 @ 1PM

Park at Lynden Park Mall behind Sears and take the FREE shuttles to the Hospice 11am-4pm. Immediately following the Celebration is the "Hike for Hospice" to help raise funds to ensure the Hospice's programs and services remain free-of-charge for all.



Please help us help others!

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