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Conducting life meaningfully, with a terminal diagnosis.

"I THOUGHT HOSPICE WAS A PLACE where people came to die, but I have come to realize it's a home where people are revived! Where people learn to live with their diagnosis in a meaningful way!" These were the observations Helga shared a few weeks after she came to live at Jocelyn House Hospice.

The sense that your life has meaning is a crucial component of dying with dignity. So, what is the meaning of Helga's life?

Helga's father gave her the gift of music, and music has been Helga's life. As an immigrant in Winnipeg who got to places on foot, he befriended the Catholic sisters at a Convent during his daily walks, and through this friendship arranged for eight-year-old Helga to begin music lessons with the sisters. As Helga became more advanced in her skills, she worked out a deal with the sisters for her mother to do their laundry on Mondays, and their ironing on Tuesdays, to help fund the rising cost of her music lessons.

As an accomplished pianist, Helga was barely out of high school when she became the church pianist and choir conductor. Helga subsequently obtained degrees in pedagogy, as well as in piano and vocal music, and became a music teacher in public school.

Some years later, in order to support herself and her two school-aged children, Helga added teaching

private music lessons to her busy life. She also began to adjudicate music festivals across the country, and provide choral workshops. Aside from raising her children, teaching, conducting and performing music were her life.

Helga states that as a performer she strove for perfection and became very nervous when she performed. Because of this she had better success as a teacher and conductor, where she came to realize that being musical was more important than being perfect.

When asked what has helped her to adjust to her terminal diagnosis and to life at Jocelyn House Hospice, Helga offered the following comments. "I've learned that it's important to accept that what will be will be. I decided I wanted to continue to live rather than lay down and die, and have come to see that even at my age, I am a part of the liv-

ing world and there is a role for me here."

Conducting life at Jocelyn House for Helga includes visiting with many friends and family, hosting her bridge group on occasion, and celebrating her birthday with Sunday School friends who have been together since the age of eight. She is a great hostess and entertaining story teller, and conducts her life with meaning and purpose – "it's not perfect, but it's good!"





Thank You CLUB 373

ED MEDZAN FROM CLUB 373 presents a cheque to Jocelyn House Executive Director, Jackie Stephen. We are proud to be one of many local charities that this very generous organization supports every year! Thanks so much Club 373!

Please remember Jocelyn House Hospice in your Will.

Choosing to leave a legacy brings meaning, dignity and purpose to a life well lived. Your gift is your opportunity to participate in community charitable work and enable worthy causes such as Jocelyn House Hospice to be well supported now and long after you have gone. Personal philanthropy through leaving a gift in your Will can be an additional way to ensure that your memory lives on.

Many thanks to these recent \$1000+ Donors:

Richard Brownscombe
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 To-Le-Do Foodservice
 Wawanesa Mutual Insurance Co.

If you would like to make a difference, organize a club or employee fundraising event or donation, please contact Jackie Stephen, Executive Director, Jocelyn House Hospice, (204) 253-5898 or email jstephen@jocelynhouse.ca

Thank
you

Thank you to the
great group of student
volunteers from
Collège Béliveau for
their fall clean up at the hospice.





Winter at the Hospice



Our lovely resident Nadia enjoys her Hawaiian dinner at the Luau party in February.



Helga (in black) hosts her friends at the hospice where the ladies enjoyed lunch and birthday celebrations.



Jean Noel, our resident nature lover, looks forward to spring and spending time outdoors.



Roger decked out in his tux pyjamas for Thanksgiving dinner.



EXECUTIVE DIRECTOR'S REPORT



Jackie Stephen

WE'RE ALL FAMILIAR WITH THE PHRASE, "It takes a village..." and that is certainly true within our organization. Our "village" consists primarily of residents, family members, staff, volunteers, government and donors – all doing their parts to provide quality end of life care for our terminally ill patients. The roles of our vil-

lagers are very different, but equally important to the hospice and its residents.

Jocelyn House receives government funding to cover approximately 60% of its costs, and like most non-profits, we rely on support from the community and the generosity of our donors to fund the operation. The hospice receives donations from thoughtful individuals, foundations and local businesses that appreciate and support the work we do. We applaud and are so grateful to everyone who made a financial contribution to Jocelyn House in 2016.

We have 60+ people whose commitment to Jocelyn House Hospice, comes in the form of volunteerism - through valuable donations of their time and expertise. From Board members to bakers, all of the volunteers play a vital role in our mission to add life to final days for our residents and their loved ones.

Jocelyn House Hospice is very fortunate to have a dedicated team of employees who expertly provide and support the compassionate care of our residents. Management and staff work together with family members to ensure the physical, spiritual and emotional needs of the residents are addressed with compassion, dignity and understanding.

We applaud and are so grateful to everyone who made a financial contribution to Jocelyn House in 2016.

At the centre of our village are the residents and their loved ones who entrust us to accompany them on their end of life journeys. It is a privilege and an honour to provide comfort to those in need and we are grateful to our residents who embrace the essence of Jocelyn House and hospice care, to live their final days in our home-like environment.

With your continued support and the many contributions from so many, our village will continue to thrive and serve a very worthy and deserving community.

Thank you & Happy Spring!

Special Events

BAND TOGETHER 2016



BAND TOGETHER CONCERT IN SUPPORT OF JOCELYN HOUSE HOSPICE

Thank you to everyone who attended the **BAND TOGETHER** – Tribute to Legends concert on October 5th. Special thanks to POP Entertainment and all the amazing performers who donated

their time & talents and many thanks to the following sponsors: Shape Industries Inc., Terracon Development Ltd., WOW! Hospitality Concepts Inc., and City of Winnipeg Councillor Brian Mayes.

St. Vital Centre's **BEHIND CLOSED DOORS** SALE

St. Vital Centre's **BEHIND CLOSED DOORS** event on November 19th was a great success and as a participating charity, Jocelyn House received over \$4200! Thank you to all ticket purchasers and volunteers!

Don't miss our popular **Spring Fundraising Events**

- **8th Annual Sunday Supper**, April 23rd at The Gates on Roblin – Title Sponsor Johnston Group
- **3rd Annual Friends for Life Ladies Luncheon**, June 7th at the Fort Garry Hotel



Purchase tickets online at www.jocelynhouse.ca

JOCELYN HOUSE HOSPICE

8TH ANNUAL
SUNDAY SUPPER

Sunday, April 23, 2017
at The Gates on Roblin
6945 Roblin Blvd, Winnipeg, MB

5:00 pm - Reception
6:00 pm - Dinner

Tickets: \$150

PRESENTED BY
JOHNSTON GROUP

For more information, please call (204) 253-5898 or email jstephen@jocelynhouse.ca



Jackie Cowan, Hospice Care Worker

STAFF PROFILE

HOW DID YOU LEARN ABOUT JOCELYN HOUSE HOSPICE, AND WHAT MOTIVATED YOU TO COME TO WORK HERE?

I learned of JHH when my cousin and best friend was diagnosed with inoperable stomach cancer and given 6 months to live. I became her advocate and spent the next 3 months caring for her day and

night. We celebrated her 39th birthday during this time and would sit outside in the warm summer air talking, laughing and yes crying, into the wee hours watching the sunrise. She woke every morning at 4:30 as not to miss it and on July 25th as we sat in silence she told me this would be our last sunrise together. And then she thanked me for helping make her last days special. It was then I knew that I needed to do this for others.

WHAT ARE SOME EXAMPLES OF "ADDING LIFE TO FINAL DAYS" FOR THE RESIDENTS OF JOCELYN HOUSE THAT YOU HAVE WITNESSED?

Celebrating all moments - birthdays, special holidays or a beautiful day with lunch on the deck. Folklorama time at JHH was like traveling the world in the dining room - one day we're watching Scottish dancers and eating haggis, the next we're wearing grass skirts and drinking from coconuts.

TELL US ABOUT ONE OF YOUR HIGHLIGHTS IN YOUR TIME AT JOCELYN HOUSE.

One of my highlights at JHH was something one of our residents said to me: "to me you ladies are like beautiful glowing angels." Knowing his vision was very poor, I asked him how he could know that and he replied, "I don't need eyes to see; I can feel your beauty."

HOW DO YOU SPEND YOUR TIME AWAY FROM THE HOSPICE?

I spend most of my time with my family and babysitting our 2 grandsons. I enjoy arts and crafts, knitting, ice skating and bike riding to the beach.



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Please fill out & mail the following form, or donate online: www.jocelynhouse.ca

YES, I would like to help Jocelyn House with a gift of: ☐ \$50.00 ☐ \$100.00 ☐ \$150.00 ☐ Other \$ _____

Method of Payment: ☐ Visa ☐ MasterCard ☐ Cheque

Card #: _____ / _____ / _____ / _____ Expiry Date: _____ / _____

Home Phone () _____ Signature: _____

☐ Mr. ☐ Mrs. ☐ Ms. ☐ Mr. & Mrs.

Name: _____

Address: _____

City: _____ Postal Code: _____

E-mail: _____

By giving my email address I consent to receiving information from Jocelyn House Hospice.

Thank You

Please make cheque payable to: Jocelyn House Hospice

My donation is made in memory of:

Name: _____

☐ Please do not list my name for recognition purposes

Mail completed form & cheque to:

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VOLUNTEER PROFILE

"My volunteer role is to prepare and serve supper, to provide companionship, and pet visits with my dog Maia."

RICHARD MILLER

I BEGAN MY VOLUNTEER EXPERIENCE AT Jocelyn House Hospice ten years ago. Even with my critical care nursing background, I felt anxious and unaware. Webster dictionary defines a hospice as "a place that provides care for the dying". People, including myself, generally think of hospice as a sober and melancholy environment. However, this has not been my experience at JHH, in fact, the house is alive with overflowing love and compassion. Awesome medical, nursing, spiritual care personnel and volunteers provide exceptional care. Lastly, residents that just keep on living! JHH goes beyond their commitment of "Adding life to final days".

I try to convey that same message through cooking. Simple presentation and preparation is how I cook. A well set table, using fresh ingredients and cooking with love . . . that's all I do. Fresh baked bread, decadent desserts, cheese or fruit plates and wine are always added to my menu. These simple gifts are always appreciated by the residents.

Occasionally I've gone beyond my own expectations as a home cook. At JHH, I've prepared a 12-course southern Louisiana dinner, seven and nine-course Italian suppers, a six-course Mexican meal, and even beef wellington! Summers you'll find me in the back yard barbecuing the house favourites: beer-can chicken, steaks and roast beef. There is nothing like the immediate reward I feel when I've prepared something delicious; smiles, "yumms!", second helpings and sometimes dead silence – just the clanging of utensils.

I truly feel blessed to have JHH in my life. My role as a volunteer is to add joy and happiness to their lives, but honestly, each resident brings me joy, happiness, love and comfort.



At Jocelyn House Hospice, we have a very clear idea of the role we play in our residents' lives and a vibrant vision for what our future holds...

Our Mission

To carry on the dream of Jocelyn Hutton: adding life to final days for the terminally ill, and their loved ones, by providing care and comfort in a home-like setting.

Our Vision for the Future

To enhance and expand Jocelyn House Hospice to meet the increasing needs for end-of-life care, while ensuring the mission and values on which our organization is founded are never compromised.