

Saying Goodbye—Your Home, Your Life, Your Choice.



Bud Berry & grandchildren

Marj and Bud Berry always had a welcoming home.

Marj would stand in the window waving at the kids walking to and from school. The kids waved back. The Berry home shone a welcoming light on the entire neighbourhood.

The Berry family home, stood in the centre of the Carlingwood community for decades, always busy, always filled with love and laughter.

This made it easy for everyone when they decided Bud would spend his last days surrounded by the love of home and family.

In 1994, Bud had a recurrence of cancer and his doctor gave him up to a year to live with more treatment. Bud preferred not to have treatment, deciding to enjoy his remaining days without chemo.

It was then Bud was told he had between six to eight weeks to live.

The family sprung into motion. They focussed on keeping Bud home, where he could live his final days in the place he loved, surrounded by people who loved him.

“My brothers and his friends, who were cops and firemen, were loading Dad in and out of our van,” recalls Bud’s daughter, Sue Prior. “They helped get Dad to the cancer centre to say goodbye to his doctors, nurses and fellow volunteers.”

The following weeks were filled with visits, laughter, joy and tears. The challenge of caring for a palliative patient was made easier by devoted nurses and personal support workers who cared for Bud like he was their father.

“We were fortunate to have occasional home help and daily nursing care to help with his meds and manage his night issues,” says Sue. “Friends and family helped fill the gaps so that mom could also maintain some of those friendships and outlets that help someone so much when coping with grief or loss.”

“Dad was very calm the last two weeks. On his last day, we knew that morning the end was near.”

When Bud slipped away, the family called the funeral home to make final arrangements.

“When we phoned the funeral parlour, Tom Flood, the funeral director, showed extra compassion telling us they’d come after the kids and family had a chance to say goodbye to Grandpa in his own bed, as had been our wish.”

Even though she knew Bud had passed away, his day nurse came and helped Sue and her mother get Bud ready for his final journey.

“When the grandkids came, Dad was in bed in fresh pyjamas,” remembers Sue. “He was in a familiar place with familiar people. We ordered in from Golden Palace. It was one more family event that we all shared together.”

“Palliative care at home gives you the chance to say goodbye when someone you love crosses the boundary from life to death,” says Sue.

“For my Dad, home is the place where he was happy. It was where his kids were happy. It was where his grandkids were happy.”

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Meet Michael

A board member since 2014, Michael Hughes is a networking expert with broad experience in both the private and non-profit sectors.

His unwavering enthusiasm and commitment to OutCare has been a great asset through these very challenging time as he took on the chair position for both our Awesome Auction and OutCare OutDoors events.



Michael Hughes



Carleton University Students Class Project Awakens a Passion for Palliative Care

By Emily Koch and Paige Kahkonen

Last fall we both took the same communications class which gave us the opportunity to build a Strategic Communications Plan for an organization we felt passionate about. We felt connected to the OutCare Foundation's mission to make palliative care as comfortable and accessible as possible, so we chose to work with them over the semester, doing research and building a Strategic Communications plan tailored to their foundation.

We have to admit, palliative care was not a subject either of us had thought too much about before working with the OutCare Foundation - likely due to our age group. This is why we created a strategy that will help spread the word about the importance of palliative care and grow support for the OutCare Foundation to all ages. The strategies we provided largely focussed on online communications, such as website, social media, and electronic messaging.

Our work with the OutCare Foundation last fall inspired us to start up Koch and Kahkonen Communications (KKC). Our agency is made up of Emily Koch and Paige Kahkonen, the Co-Founders of KKC, and two soon-to-be graduates of Carleton University Journalism. We both share a love for entrepreneurship and communications, and with that our goal is to help other businesses and organizations grow.

KKC is privileged to be working with the OutCare Foundation, to ensure that their foundation is growing an online presence through various social media accounts, while staying true to the foundation's core values and brand. We have already seen huge success with the OutCare OutDoors Campaign, live Facebook concerts with Dave Kalil, and at-home comedy shows in partnership with Living Room Laughs.

We are grateful to have been given this opportunity to help expand OutCare's online presence.



Join the conversation. Share this newsletter with friends, family and colleagues.

'Take a Break' for OutCare

Thanks to our donors and the generosity of TELUS and the Zed Family, the concert raised \$23,700! We also extend our thanks to Dave Kalil for selecting OutCare as the charity for his Feb. 20 'Take A Break' concert. Over 225 of Dave Kalil's fans and OutCare supporters logged on to enjoy the concert.

Comedy @ Home

Thanks to all who participated in one or all three of our Comedy Night events. The interactive entertainment experience allowed participants to share some laughs with professional comedians from the comfort of their own living room. The three events raised \$8,650. A portion of the proceeds will support Roger Neilson House and Hopewell Eating Disorder Support Centre.

OutCare OutDoors

Thanks to you we raised \$7,350!

Thank you to all our teams and participants for taking on the challenge to get outdoors and be active while raising funds for palliative care.

Congratulations to Team Palladium Insurance for raising \$2,100 and winning the OutCare OutDoors Challenge Cup. We also thank those who donated in honour of participants and cheered them on. What a great way to enjoy winter!



Team Palladium Co-Captains
Tim Snelling & Sylvie Forget-Swim:
OutDoors for OutCare

Upcoming Events



The Awesome Auction Home | Garden | Getaway edition offers you a fantastic selection to brighten your living spaces and sensational experiences to help you escape!

Bid online April 16 to May 2, 2021 and support OutCare and our partners Beth Donovan Hospice and Home Hospice North Lanark.

Get your unique gift, just in time for Mother's Day!

outcarefoundation.org

Golf Tournament

September 13, 2021

Rivermead Golf Club

Black Tie Bingo



November 13, 2021

Ottawa Convention & Event Centre

Visit our website: outcarefoundation.org Follow us on Facebook and Twitter.

2020 OutCare Hospice Grants

It is a privilege to invest your donations in much-needed palliative care programs throughout the Champlain region and exciting to hear how these funds help deliver innovative and compassionate care to patients and their loved ones.

Your donations helped:

- **Beth Donovan Hospice** to buy walkers for their busy equipment loan cupboard;
- **Carefor Cornwall** to launch a pilot project delivering comfort kits to patients at home;
- **Roger Neilson House** to offer vital in-home programming for children in care and their parents;
- **Hospice Care Ottawa** to sustain their services;
- **Dundas County Hospice** to connect virtually with clients;
- **Home Hospice North Lanark** to deliver creative therapies; and
- **Madawaska Valley Hospice Palliative Care Program** to build visiting hospice/caregiver support programs.

How to Help

Donate Today

You can help more people on their end-of-life journey by calling us at **613-232-2273** or going online at outcarefoundation.org

Become a Monthly Donor

You may want to join our growing number of monthly donors. Monthly giving is an affordable and easy way to support palliative care, year round. To set up your monthly gift please call us at **613-232-2273** or visit outcarefoundation.org/monthly-giving/

“The OutCare Foundation, based in Ottawa, has shown their commitment to quality palliative care in our region, and support for HHNL, in a very tangible way. In response to an application for funding for “creative therapies” they responded by giving HHNL more than what we asked for!

To say we are grateful to the organization and all of the people who support them is an understatement. The funds will allow us to enhance and support our home hospice visiting volunteer program, volunteer education and client comfort.”

- Nancy Deschenes, Chair, Home Hospice North Lanark

On behalf of Madawaska Valley Hospice Palliative Care, please accept my heartfelt thanks and appreciation for your generous donation to our program. I received it just this morning in the mail and it was the best gift in this joyous season. We are so excited and can't wait to put the money in motion to assist our community.

We will be happy to share our journey and how your kindness touches caregivers and the people they love. Again, thank you!

- Lisa Hubers, Executive Director, Madawaska Valley Hospice Palliative Care Program
