

OutCare Foundation Goes Virtual to Support Palliative Care!

When Covid-19 arrived in March, OutCare quickly realized that it wasn't going to be feasible to proceed with any of our "in person" fundraising events planned for 2020, including our 7th Annual Black Tie Bingo – our premiere event! We knew we had to come up with another way to raise the funds necessary to fulfill our commitment to support palliative care in our community.

Given the fact that we had already gathered a number of items for the Black Tie Bingo Silent Auction, it seemed natural to use these items for a virtual auction. It gives us the opportunity to come together as a community with a fun initiative while raising funds and awareness for palliative care in Eastern Ontario.

32auctions.com/OutCareAwesomeAuction

September 8 - October 13, 2020

The Awesome Auction is a curated assortment of original artwork, delicious dining options and a collection of unique experiences to tempt you.

There Is Something for Everyone!!!

OutCare has also taken this opportunity to invite the hospices we support to participate by providing auction items. 100% of the funds raised from those items go directly to the respective hospices.

We appreciate that the new normal has resulted in many changes, but the need for compassionate palliative care continues to grow in our region. The support you provide will assist in making these programs available.

Please bid generously and bid often – and you'll feel good knowing that you are making a difference in your community.

Are You Able to Donate Items?

Gifts are critical to the success of our event and there is still time to contribute.

We would be grateful if you would consider supporting our efforts and we welcome the opportunity to showcase your products, services, experiences and travel packages to other community-minded individuals. Anything you are willing to donate, big or small, is greatly appreciated and can help us make a huge impact.

For more information or to contribute to the Awesome Auction contact Jennifer Cass, our Program Coordinator at jennifer.cass@outcarefoundation.org or 613-232-2273.

Thank you for your consideration.



the
OutCare
foundation

AWESOME AUCTION

for palliative care

SEPT 8 – OCT 13

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Welcome

Join us in welcoming Andy Lonie to the OutCare Board of Directors. Andy is a self-employed insurance and wealth advisor and member of Palladium Insurance Financial Group. A life-long volunteer with a strong record in fundraising, Andy balances out -of-the-box problem solving with a keen sense of humour. We are excited to have him on board.



Hospital, Hospice or Home?

Choosing Where to Spend Your Final Days.

By Dr. Ian Warrack

Caring for someone at home during their final days of life is not for all of us. It can be emotionally (and financially) draining, difficult work. So why do so many of us prefer to spend our last days at home, surrounded by the people we love in the comfort of our own home?

Here are three short stories I'd like to share.

- “**BD**” was admitted to hospital and found to have advanced cancer. As soon as he heard that, he asked to be discharged so he could die at home, in familiar surroundings and with his family. Thanks to his palliative care team, his family was fully supported as BD passed away comfortably less than two weeks after BD was sent home.
- “**MK**” chose to die at home after living with prostate cancer for several years. Although his wife had some anxieties about it, she agreed. The family received a lot of help from visiting palliative care nurses and me, his family physician. After MK died, his wife confided to me that she had felt at ease during his last weeks and that spending his time at home had been the right decision.
- “**LT**” lived in a rural area. He had cancer for a few years but refused treatment of any kind. He wanted to die at home. His wife was in agreement. As his family physician I worked with a palliative care nurse, my patient and his wife, giving him his final wish of a peaceful death in his own home.

Considerations

When faced with end of life care decisions, Canadians have three choices; hospital, hospice or home.

Hospitals have a finite number of specifically designated palliative care unit beds. However, most patients are admitted to the hospital's regular acute care beds. The environment is very clinical and so, for most, hospital is not the preferred place to die.

Hospices are usually at capacity. In 2015, there were about two dozen residential hospices in Ontario, with about 300 beds. Even though the provincial government committed to increasing the number of hospice

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beds, the number of end-of-life palliative care patients far exceeds the capacity of hospices.

Canadians are getting older. More than 20% of us are over 65 and almost three quarters of all deaths occur in that age group. Cancer accounts for 30% of those deaths and that number is rising.

Home Is Where Your Heart Is

Home is your sanctuary. This is where the majority of patients would prefer to die, in familiar surroundings, supported by family, friends and loved ones.

However, some patients don't want to "burden" their family with caring for them at end-of-life. Family members can be reluctant to have their loved one die at home due to their anxiety of providing care during the end-of-life process.

Most of these challenges can be overcome by the support of multidisciplinary care teams that may include physicians and nurses, social workers, mental health professionals, dietitians and other healthcare professionals.

"I'm proud to be part of an organization that helps families chose home as their final resting place." Dr. Ian Warrack

Although I'm a retired physician, I have everlasting memories of my patients BD, LK and MT as they passed away surrounded by the people they love in a warm and loving environment.

The OutCare Foundation is taking a bold step forward by focussing its energy on helping more families embrace the opportunity of caring for a loved one during their final days in the comfort of home.

There are choices at end-of-life and I'm proud to be part of an organization that helps families chose home as their final resting place.

(About the author: Dr Ian Warrack, is a retired family physician who practiced in Canada for 49 years. Dr Warrack provided palliative care in a variety of non-hospital settings until he retired in 2017. He joined the OutCare Foundation board in 2012 with a strong belief that palliative care should be available in whichever setting the patient wishes – including their own home.)

Virtual Reality Pilot Update

We are happy to share the hardware, now upgraded with UV-C boxes to sterilize headsets between use, has been ordered and delivery expected by mid-September.

We want everything in place to start the pilot when our hospice partners are ready to re-open.

OutCare is partnering with four area day hospice programs to provide patients with Virtual Reality technology. Virtual Reality can improve the quality of life for patients by providing with an opportunity to fulfill a dream or desire they may have but due to their illness, are no longer able to pursue.



OutCare Chair, Linda McCallum, getting a first-hand experience of virtual reality thanks to Carefor Hospice Cornwall.

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

Your Generosity in Action

As an independent foundation, OutCare can respond quickly to the needs of palliative care providers in Eastern Ontario. We meet regularly with the hospice community to assess and provide support where and when it's needed most.

In our last newsletter, we shared why medical equipment lending cupboards are critical in supporting palliative patients who wish to stay home. With the simple purchase of an industrial steamer to sterilize equipment, the Beth Donovan Hospice lending cupboard was able to safely get back to the business of accepting returns and loaning equipment out to patients during the current pandemic.

Thank You!

Your response to the story was both immediate and generous. New board member Andy Lonie shared the story to his social media network and they quickly came together to donate enough funds to purchase an industrial steamer for Carefor Pembroke's loan cupboard!

And thank you to Kiwanis Ottawa for working with us to support Hospice Care Ottawa. With new deep-cleaning tools at their disposal, the May Court Hospice, Ruddy-Shenkmen Hospice and Maison de L'Est can once again enjoy their common areas.

We appreciate that you share our stories with friends and family and give generously to support palliative care in Eastern Ontario.



The steamer, operated by Janet-lee Ferris, does an amazing job sterilizing the equipment at Beth Donovan!

Something for Everyone!



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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/

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