



# Hello Spring 2021

## A Message from Our Executive Director, Andrea Binkle

There's something special about Spring; it represents the blossoming of new things, new beginnings, and renewed energy — and that's what we're focusing on in our Houses.

Some promise is on the horizon — now that vaccination programs to help combat the pandemic are in place, we see glimmers of hope that we'll one day be able to relax some of the restrictions we've been living with for the past year. Until then, we're proud that our Houses have remained COVID-free, and we'll continue to be vigilant to ensure we remain so.

Even as we welcome and celebrate spring, we understand that death is a natural part of life, and the loss of each life weighs heavily on family and friends. I'm so proud of how steadfast our team has been in supporting our residents through their end-of-life journey, and the social and bereavement support services we wrap around families following their loss.

And I know it's with the generosity of our community that we continue to be able to deliver the exceptional service we're known for — and I thank you for your support.

*Andrea*

## Join Us for Our 12th Annual Hike for Hospice on Sunday, June 6!

Be sure to set aside some time to participate in this family-friendly event — it's a great opportunity to gather with your bubble and celebrate loved ones while helping raise funds for Lisaard and Innisfree Hospice.

We'll be hiking virtually together again this year. Instead of gathering in one area to hike as a large group, we encourage you to register online, participate socially distanced, and most importantly, raise critical funds to help our Houses.

You and your teams can walk the 2.5km or 5km in whatever capacity is comfortable and safe for you to do so — in your backyard, on trails, in parks, or even at the beach. Don't forget to share your Hike through photos on social media using the hashtag #LIH\_HikeForHospice; you'll be helping raise awareness about hospice palliative care in our community, and how important it is for our neighbours living with — and dying from — a terminal illness.

100% of the money raised in our Hike for Hospice goes to support our residents and their families.

Go to [lisaardandinnisfree.com](https://lisaardandinnisfree.com) for more information and to register.

LISAARD HOUSE & INNISFREE HOUSE  
**hikeforhospice**



# Tyler Mahn shares his family's experience at Innisfree House

On January 27, 2020, after a three-year battle with lung cancer, we got the call letting us know a room was available for my mom, Luann, at Innisfree House. Mom had accepted the fact that the attention she needed was too much for my dad to provide her at home — it was time for my dad to return to being her husband and partner, having been her primary caregiver.



I remember watching the medical transfer pulling out of our driveway, thinking how scary that must have been for my parents. Mom wasn't just driving away from our family home — she was driving away from everything she knew and loved.

Until that day, I didn't really know what palliative care was, or what a hospice would

be like. I understood that staff would be providing comfort care, and would do their best to make sure mom's remaining time was comfortable and pain-free.

When I walked in, the staff and volunteers were so warm and welcoming, and they showed me to my mom's room — which was unbelievable. The large windows and vaulted ceilings made it feel like a gorgeous hotel room. We took a tour of the facility, and though my mom was upset, she was also tired. We knew right away the tranquility of Innisfree would be the place she could finally rest.

The next five days were exhausting and emotional. Mom received a steady stream of visits from family and friends. Those visits lasted less than an hour, but for those of us spending 8-12 hours a day there, the food, drink, and hospitality relieved some of the stress and made the time more bearable. The staff were incredible, and were always there for a chat to help take our minds off the loss that was coming.

For the first time in a long time, I saw my mom pain-free. I saw her comfortable. Throughout that week, I watched mom and dad come to accept what was happening, and appreciate their remaining moments together. With help from a volunteer, they had a plaster mold prepared of them

holding hands — something my dad has since built a pedestal for and cherishes deeply.

One morning, I walked in to see a caregiver sitting with mom and rubbing her back because she'd had a difficult night. My mom had just been given a drug to help her relax, and I was fortunate enough to have one last conversation with her before she fell into a deep sleep, from which she never woke. My dad, my brother, my wife, and I spent the next 24 hours with mom, talking and singing to her, and holding her hands until she passed away.

In the hours following her passing, the level of support provided by staff was remarkable. They played "What a Wonderful World" during her end-of-life ceremony, which was very emotional and the perfect ending to a wonderful woman's life.

I can't thank the staff and volunteers enough for everything they did for my mom and our family — the service and support you provide at end-of-life is a sacred gift to our community.



*"And I think to myself...  
what a wonderful world."*

***"One of mom's goals when she began her decline in the summer of 2019 was to see my fiancée and I get married, and we managed to get family from far away all gathered for a wedding in under three months. I danced with my mom to Louis Armstrong's 'What a Wonderful World' — a song that has special meaning for our family. It was so touching that the Music Therapist came in to play and sing this song, and others, for all of us."***

