

MARY CENTRE NEWSLETTER



Doreen Cullen – Toronto Volunteer of the Year!

Doreen Cullen, a founding member of Mary Centre, was presented with one of the City of Toronto's "Volunteer of the Year" awards at a recent ceremony. The City established these awards in 2000 to "recognize the wonderful volunteers who give so much to help those less fortunate in our communities."

"Giving so much" sums up Doreen's unassuming contribution to Mary Centre. As Executive Director of Catholic Charities in the 1980s, she was a key member of the founding committee established by the Archdiocese of Toronto to respond to the needs of seniors with a developmental disability, and their elderly caregivers. These efforts culminated with the opening of the first Mary Centre home in 1989.

Doreen served on the Board of Mary Centre for over ten years, and today, continues to play an active role as a volunteer on the Parish Outreach Committee. She is also active in Holy Rosary Parish, and serves as a resource to a range of other agencies.

Her commitment to helping and giving of her time is only surpassed by her humility.

"I was so very surprised to hear from Dominic Conforti that I had won this award," she commented. "There are so many other people who do so much and deserve recognition."



Deputy Mayor Case Ootes (left) presents Doreen with her award. Councillor Joanne Flint (rear) reads from the proclamation recognizing Doreen's efforts.

The ceremony, held in the City Council Chambers, was attended by Ray Kahnert, our President, and Carol Chung, Parish Outreach Coordinator. Sister Kathleen Kelly from Holy Rosary Parish, and Doreen's brother Rev. Dermot Cullen, also attended.

Doreen admits she enjoyed the ceremony. "What made it so special -- and why I was thrilled -- was that it was so unexpected."

You **ARE** special, Doreen. The residents, staff, Board and all volunteers of Mary Centre salute you.

Congratulations!

"Surf" the Peel Dual Diagnosis website!

The Dual Diagnosis Committee of Peel provides support to individuals who have a diagnosis of a Developmental Disability and Mental Health Problems. A website has been set up to assist families to locate supports and services for their family members who have a dual diagnosis.

The Website is hosted by Coordinated Information Peel. Access it by going to www.cdrcp.com and click on Dual Diagnosis. This site also offers a link to Mary Centre Supports and Services.

Coordination Information Peel offers a variety of other services available to residents of Peel Region who are supporting a family member with special needs. The information on this website also identifies the service providers in the Peel Region and it gives a direct link to their agency connections or Websites.

REMEMBERING STAN!

By Greg MacDonald, Past President



Stan at Mary Centre's 1st Annual Golf Tournament

"I want to take a moment to speak to the recent death of our colleague, friend and fellow board member, Stan Wieczorek. Stan had an enthusiasm for life that had no parallel and it was catching to anyone who had any association with him. His good humour, particularly his bad jokes, which he took great delight in telling, his devotion to his family and to his faith, made him a joy to work with. He was the leading force in getting our golf tournament off the ground and his hard work ensured its success. Some might say the world is not as a good a place because Stan is no longer with us but they would be wrong. It is a better place because he was. We were fortunate to have known him."

OOPS!

Our apologies! We neglected to name the *Winners of our Golf Tournament*. Congratulations to Cameron Smith, Terry Sweeney, Jason Smith and Al Sorrenti.

Kathy "EXCELLS" at Home!

By Stephanie Bellini Weisbart

Kathy has been a participant in Mary Centre's In-House Respite Care program since January 2002. Born in Toronto, she has been a resident of Etobicoke for most of her life.

Kathy is an extremely sociable and outgoing person who has many varied interests. An avid churchgoer, she was formerly a member of a Pentecostal Young Adults Social Group. This group fostered a spirit of Christian Fellowship, friendship and fun. Along with partaking in recreational activities like pizza and bowling nights, bible study was an integral part of the group's program.

Kathy's keen sense of community duty is nurtured in her religious beliefs. She formerly volunteered at an Etobicoke Seniors Residence for two years. It was there Kathy befriended the residents by playing bingo, cards and providing refreshments for them.

Her disabilities do not stand in the way of furthering her education. For several years now, Kathy has been taking certificate courses at Etobicoke adult education schools; some of the classes she excels at include singing, country line dancing and computer studies.

Her favourite courses are the computer classes. Aside from being literate in Microsoft Word, HTML, Excel and Power Point, Kathy has a computer where she practices her skills. Classes are supplemented at home with a private computer instructor twice a week. He has taught her how to use Publishing, Photoshop, Animation, Shockwave, 3D Max, and WebPages Design. An internet connection at home allows her to download music, play computer games and to stay in touch with people through E-mail.

Mark Your Calendar!

November 14 & 15, 2002 5th Annual Gala
Famous People Players Dinner Theatre

May 27, 2003 4th Annual Golf Tournament
Silver Lakes Golf & Country Club

For information regarding these events contact Marion Patterson at (416) 630-5533 or mpatterson@marycentre.com

Palliative Care In Mary Centre

by Staff of Redcastle Residence

Over the past two years, Mary Centre has had the unique opportunity to support an individual through the final journey of her life while she remained at her home with her friends and family. This experience, while being an extremely difficult and an emotional one, was definitely rewarding for the individual, the staff and the family.

The difficult part was watching an individual's light slowly fade away. Emotions were high while still maintaining the professionalism and knowledge to help someone die with dignity, respect and lots of love around her.

The rewarding experiences were many. First there was the privilege and honour to be allowed to be a part of someone's final days, knowing you helped to bring peace and tranquility to the person. Another was helping the person fulfill her dreams and desires as well as a complete fullness of life.

As difficult as it may have been emotionally, physically and spiritually, the dedication of a well trained, sensitive and a multi-disciplinary team of professionals and a strong family support made it easier to deal with this entire process.

An open dialogue with the dying individual, the family and the staff helped allay fears, minimize pain and suffering, and enabled all those involved to experience a "peaceful death". These end-of-life discussions also helped address an array of issues central to the dying individual, ultimately easing some of her concerns about enduring pain, indignity, abandonment and the fear of the unknown.

To help someone through the palliative phase of their life requires time from the medical professional, informative decision making on the family's part and a support care-giving team who has a clear direction in what to do. Although it is a struggle to deal with issues of death and dying; palliative care, with all these components, is about ensuring quality of care, respect and dignity of the individual as they complete their life's journey.

***Editor's Note:** Representatives from Mary Centre, the family and the care-giving team did share their experiences about palliative care on the Life Network's Health on the Line series last season.*

We Salute Paulette!

Mary Centre is fortunate in employing extremely dedicated staff. One of those employees is Paulette Richards, who started working with Mary Centre in October of 1996 as a Part-time Counsellor.

Paulette is a very caring and warm-hearted person who cares for the residents and staff of the Centre. Every year, Paulette opens her heart and house to the residents during Christmas time and celebrates such a joyous occasion with both the residents and her family. Moreover, when summertime arrives, Paulette arranges to have a barbecue at her house for all the residents and employees of the Scarborough houses. She always has many games and entertainment-filled activities planned for the her guests during these gatherings.

Paulette is a "*going concern*" always keeping herself busy by making drapes or painting the residents' rooms. Her spirit of compassion and a strong commitment has made it a great honour and pleasure to have her on the Leyton team. She has been a great asset and comfort to her co-workers and the residents.

Her friends.

Thanks to "The Coach Stop" in Niagara on the Lake

By Marion Patterson

If you are planning a getaway to the Niagara Region, read on. Jack and I won a night at the **The Coach Stop** in Niagara on the Lake at Mary Centre's Golf Tournament. It was generously donated by the owners' Kelly & Peter Hug. We stayed in **The Grande Suite**, (600 ft of luxury) overlooking the courtyard and pool. Bicycles were provided as the Inn runs adjacent to the Niagara Parkway which runs along the Niagara River. The pool and courtyard, surrounded by abundant flowers and shrubs

provides a sanctuary for a variety of beautiful birds. The **Gazebo**, overlooking a vineyard provides a romantic setting on which to take in a **Niagara** sunset. We took advantage of the bicycles that were provided and toured the area.

Of historical note: The original part of the Inn is one of 3 buildings left standing after the war of 1812. For more information on **The Coach Stop**. www.thecoachstop.com.



Mary Centre Newsletter

Published by

Newsletter Committee

Stephanie Weisbart Bellini

Lynnell Blind

Lorna Fryer

Olive Gyebi

Shawn Michael Kernaghan

Marion Patterson

Manu Verma

Desktop Publisher

Miljenko Zoric

Printing

Paragon Reproductions

Volunteers

Mary Fotia

Susan Hann

Arline Middup

TuLang Hua

Alexandria Ashbourne

Ted Swinton

Sandra Churcher

Honey Graham

Carolyn Kemmis



Mary Centre of the Archdiocese of Toronto
 530 Wilson Avenue, Suite 200, Toronto, ON M3H 5Y9
 Phone (416) 630-5533, Fax (416) 630-5702
www.marycentre.com

If you would like more information about Mary Centre and/or you would like to make a donation, please clip out this section and return to our office.

- I would like more information about the agency
- I would like information on becoming a volunteer
- I enclose a cheque in the amount of: _____ or charge to my Visa/American Express/MasterCard
 Card # _____ Expiry ____/____
 Signature: _____
- I would like to donate a gift in kind.
 Please specify: _____
- I wish to remain an anonymous donor

Name: _____

Address: _____ Postal Code: _____

Charitable Registration #12892 3737 RR0001