

# Susan checks another item off bucket list

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Another one down and 27 more to go for Susan Gadsby.

Participating in the five-kilometre event in the New Year's Day Resolution Races in support of the Stedman Community Hospice achieved another item on Gadsby's bucket list.

"I wanted to participate in a fundraising event. And, when I heard that these runs were in support of the hospice, I wanted to participate," said Gadsby, who got help Tuesday from daughter Kailyn and friends.

"I was able to cross that one off my list."

Gadsby, 48, has been sick for 2 ½ years. She suffers from pulmonary fibrosis, a condition considered terminal. She uses a wheelchair to get around and is fed oxygen from a tank.

She has been receiving help at home from the outreach team at Stedman Community Hospice where she will receive her end of life care.

"It was a great day," said Gadsby of Tuesday's event. "Every day is wonderful and it was great to be out there."

But the day was not without its challenges.

The oxygen she requires is fed through prongs inserted into her nostrils. Because of the cold weather, the prongs kept freezing.

"There were a couple of times that I thought this is it, I can't do it anymore but we managed," she said. "We finished the route in 42 minutes, 28 seconds."

Afterward, she attended the mayor's levee at the Brantford Armouries before returning home to spend the rest of the day recuperating.

Her bucket list comprises 75 items that she has been working through at a rapid pace. She gambled at the Brantford Casino - she was up money when she left. She recently enjoyed a pig roast. She's looking forward to sitting on a beach. And the next big item on the list is a cheese-cake party.

Gadsby also wants to see her 17-year-old son, Aaron, graduate from Brantford Collegiate Institute.

She praised the work of the hospice outreach team that has enabled her to remain in her home.

"They're awesome," she said "They take care of my medication and I'm really grateful for all they've done."

Gadsby urged everyone to appreciate the little things in life.

"It is what it is," she said of her condition. "Live each day to its fullest and realize that it's often the little things in life that mean the most."

More than 150 people took part in Tuesday's races, which included a one-kilometre fun run, a five-kilometre walk, as well as five- and 10-kilometre timed races. The event raised \$1,000 for the hospice.

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