

Celebrating 35 years of providing care in our community.

# ANNUAL NEWSLETTER

2023 | COMPASSION. SUPPORT. CARE.

COMPASSION. SUPPORT. CARE. 2023

## A welcome message from...



#### Kelly Hubbard, Executive Director

We are humbled and honoured to have been providing palliative care and bereavement support in our community for the past 35 years! It all started with a group of very dedicated volunteers around a kitchen table discussing how they could support the needs of the dying and bereaved in our community. After many gatherings, it was decided that 'Hospice Simcoe' would be incorporated as a volunteer based, non-profit charitable organization. To this day, we continue to honour those individuals, their legacy and their vision.

As our world returns to a more familiar state, on the other side of the COVID-19 crisis, we recognize how precious life is and how death impacts us all. We continue to advocate for and improve upon palliative care services and

bereavement support in our community.

#### We are grateful for the opportunity to serve our community. Here are few highlights to share with you:

- We cannot fulfil our promise to the community without our amazing volunteers! We are truly a volunteer-based organization with our volunteers being in person throughout the pandemic, learning all the infection prevention and control skills they needed to provide compassionate care and support. Thank you for your ongoing commitment and dedication to those we serve!
- We have seen a marked increase in referrals to support individuals who are grieving as the result of a traumatic death of a loved one i.e. substance related death, COVID-19 isolation, suicide, homicide, tragic accidents. We also continue to provide support to those who choose MAiD (Medical Assistance in Dying). We continue to advocate for permanent base funding from the Ministry to provide community support services. Our team of Social Workers at our Bell Farm location have amazing skills to respond to and accommodate our community's needs.
- We are working collaboratively with several community partners to increase our community's overall capacity to provide high quality palliative care i.e. Seasons Centre for Grieving Children (joint programming/staff sharing), Barrie Community Health Centre (bereavement support), RVH Oncology Symptom Management Clinic, and at the Rizzardo Centre, in Innisfil, (bereavement support & education groups) to name a few.
- The Barrie & Area Ontario Health Team (BAOHT) continues to focus efforts on delivering a full and coordinated continuum of care for seniors and those who benefit from a palliative approach to care. The BAOHT Palliative Care Working Group has implemented some changes to improve access to palliative care and bereavement supports. For example, we developed in collaboration with Home and Community Care a "Palliative Care Common Referral Form" that is used by all health care providers throughout North Simcoe Muskoka using common appropriate language. We also implemented an "Alternate Destination Model" that permits a paramedic responding to a 911 call to transfer an individual with known terminal illness to a residential Hospice setting, instead of transferring to the emergency department. To learn more about the BAOHT, please visit the new website https://baoht.ca/

We have had another impactful year. We are extremely grateful to everyone who supports Hospice Simcoe: our ambassadors, our volunteers, our donors, our partners, our staff. Because of you, we are able to provide high quality palliative care and bereavement support to our community at no cost to those who need it. We cannot do this important work without your very generous and ongoing support. Thank you!

Kelly Hubbard

## **35TH ANNIVERSARY CELEBRATION!**

The front cover highlights some photos that were taken through the initial development years of Hospice Simcoe. This was a time where a number of volunteers, nurses, doctors, and spiritual care advisors came together and recognized a crucial need for palliative care in our community.

Volunteers with a vision is where Hospice Simcoe began. Today, our volunteers remain an integral part of our palliative care and bereavement support programs.

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#### Ray Trask, Board Chair



It's hard to believe summer has come to a close. I trust everyone has had a chance to make the most out of this beautiful fall weather. I would like to thank all of our staff and volunteers at Hospice Simcoe for continuing to provide a loving and caring environment for our community.

AURENCE

Our dedicated volunteers, donors, and supporters have always been an invaluable force in lending a hand in many charitable events supporting Hospice Simcoe Residence and Community Programs. This support began 35 years ago with a vision, and that vision has given us the opportunity to continue to serve our community with

quality palliative care. On behalf of the Board of Directors, we thank you with all of our hearts.

Sincerely, Ray Trask



#### Dr. Brian Morris, Medical Director

The Medical Director's remarks that I write for these annual reports are often about medical procedures, or new doctors in town, or other doctor-centred news. This year, I'd like to tell a little story, and give some praise.

At a social event, a stranger heard that I was the Medical Director at Hospice Simcoe and started talking about her late mom. Mom had been dying of cancer and was in a hospital emergency room in a horrible pain crisis. The Emergency Department was crowded and noisy, there was little privacy, the pain was out of control. The

family advocated successfully for transfer to Hospice Simcoe, and within an hour of arriving at Hospice, a whole bunch of little miracles happened. The family was welcomed and given coffee and muffins. The patient was assessed, given appropriate pain medication, had her hair brushed and a bed bath given, was settled with fresh nightclothes and a warm quilt. The whole family took a deep breath, literally and metaphorically, breathing in the atmosphere of the residence. These things that made such a huge difference for the patient – and for the family – were done by the real heroes of this story, the volunteers, nurses and PSWs on duty that day.

When I am talking about Hospice to patients, or greeting new residents at Hospice, I spend time saying how our nurses are different from hospital nurses. They don't worry about blood pressure or pulse, they don't fuss about urine output or liquid intake. Instead, they deliver consistent, compassionate, excellent care that is focused not on numbers, but on comfort and peace and love.

I am so thankful for our volunteers, nurses and PSWs, the staff who provide the minute-by-minute, hour-by-hour direct patient care, and the care that is the central task of hospice. I am so proud to be providing care for 35 years within our community.

Dr. Brian Morris

#### IMAGE DENTAL LABORATORY CREATES HEART-WARMING MEMENTOS FOR HOSPICE FAMILIES

For several years now, Image Dental Laboratory, a full-service dental lab in Barrie, has provided a unique form of comfort for families dealing with loss. The lab donates the products needed and their employees volunteer their skills to create plaster hand sculptures using impressions taken from Hospice Simcoe clients/residents. These sculptures serve as cherished mementos for surviving loved ones. We truly appreciate their partnership and the legacy pieces that loved ones can cherish forever.





Tammy Pollard, Residential Care Manager



The process of admission to the Hospice Simcoe Residence

As a specialized form of healthcare, hospice palliative care aims to relieve suffering and improve the quality of life for those living with or dying from an advanced illness and for the bereaved. This care includes caregiver support, pain and symptom management in conjunction with social, psychological, spiritual and practical support.

Hospice Simcoe provides high quality, 24-hour end-of-life care by an interdisciplinary team comprised of compassionate volunteers, RNs, RPNs, PSW, Spiritual Coordinator, Physicians, Nurse Practitioners, Social Workers, and COPE dogs. The team works with the resident and family to provide holistic client centred care. The average length of stay is 11 days, but can be as brief as a few hours or few months. Hospice Simcoe became a sanctuary of comfort, dignity and helped guide our family through the last chapter of our dad's life, surrounded by love. Forever grateful.

Hospice Simcoe has an equitable and transparent admission process, to ensure that residents' needs can be met and that optimal care can be provided.

#### HOSPICE SIMCOE'S ADMISSION CRITERIA INCLUDES:

- Having a life-threatening illness
- Having a prognosis of less than 3 months
- Residing in Simcoe County or have immediate Agreeing with the philosophy of hospice end-of-life care family that resides in Simcoe County
- Traving a prognosis of less than 5 months
- If the above criteria is met, an assessment and referral are completed for the client by Home and Community Care for Hospice Simcoe. Triaging is completed 24 hours a day by the Residential Care Manager or RNs/RPNs. A Triage Tool is used to support admissions in conjunction with assessments of the interdisciplinary team. Hospice Simcoe works with Home and Community Care to organize the transportation process to our Residence.

When someone is admitted to our Residence, the clinical team will meet with the resident and family to provide a comprehensive care plan. This plan includes a pain and symptom management assessment, review of family traditions, culture, religion, spirituality and lifestyle practices in order to ensure the team can provide exemplary, holistic end of life care to the resident and family.

Tammy Pollard

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#### Teneal Campbell, Community Support Programs Manager



It has been another busy year for our Community & Bereavement Programs. Our devoted team of staff and volunteers have continued to provide essential grassroots programming, while also expanding to meet the needs of the community. We are continuing to provide our in-home visiting, Living Well, and Caregiver Support Programs, which has been our stable programming for many years. In addition to these, our bereavement team is seeing an increase in referrals. In hopes to provide quick, essential support, we have increased our psychoeducational groups, peer support programs, and have also expanded programming to the Innisfil area.

This past year we provided bereavement support to approximately 700 individuals and ran over 200 group sessions

for bereavement clients. Tereal Campbell

## Did you know?

- This last fiscal year, our Community and Bereavement team provided support to more than 1000 individuals
- We are experiencing a large increase in referrals for traumatic loss. These include death by opioid poisoning, suicide, homicide, drownings, and car accidents
- On average we receive 1 referral a week for a child loss (including adult child loss)
- 46 children were provided anticipatory grief and/or bereavement support through our Social Work and volunteer teams
- 260 group sessions were provided including our Living Well day program, Caregiver Support, and Bereavement groups
- We continue to provide Pregnancy and Infant Loss support through our Ended Beginnings Program

#### This past year we evaluated community needs, and piloted new, innovative programming including:

- Summer peer support "Taster Sessions" including Book Club, Writers Club, Mindfulness Meditation and Yoga for Grief
- We have focused on providing education to our community including Advance Care Planning presentations, Bereavement 101 workshops, and Dying Matters public forums. We have provided education to over 520 individuals this fiscal year
- We expanded our programming to Innisfil. After partnering with the Rizzardo Center in Innisfil and successfully receiving a grant through the Innisfil Community Foundation, we piloted our first ever Bereavement Group and Smart Grief workshop in Innisfil. With the commitment of one of our Bereavement Volunteers, Sonja, we were able to provide necessary support closer to home.

Thank you for everything. I truly enjoyed the group. The facilitators provided excellent tools and discussions. I feel I have a lot of work to do and will be looking for continued support. Thank you so much. It was definitely beneficial and I appreciated the community.

~ Community Client

#### Marilyn Guest, Fund Development Manager



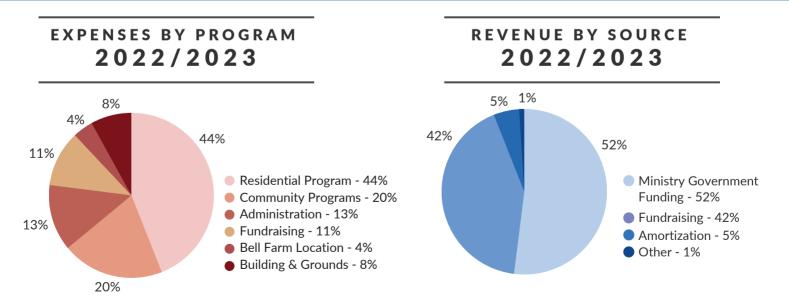
It often surprises people to learn that we must raise \$1.5 million each year to continue to provide end-of-life care and bereavement support programs to hundreds of people in our community. Those funds come from general donations, memorial donations, monthly giving, wills & estates, gift of securities, corporate giving and more, and they go to support our general operations – things like groceries for our kitchen, heat & hydro for our Residence, and rent for our Bell Farm office. They also go to support the development of expanded bereavement programming, training for our staff, PPE to help keep everyone safe, and much more.

In addition, third party events represent approximately 10% of that \$1.5 million. We are very grateful to those in the community who find creative ways to fundraise on behalf of Hospice Simcoe. And of course, our signature events – our Gala, Golf Tournament and Hike for Hospice not only raise much-needed funding but provide an opportunity for us to connect with our community, reconnect with the many families we have served, and create awareness about Hospice Simcoe's programs and services.

We realize that many in our community were, and continue to be, impacted by economic factors and are unable to support us at this time. We understand. To those who are able to donate, we are asking for your help. No donation is too small or too large... and we are very grateful for every contribution! As always, on behalf of everyone at Hospice Simcoe and those we serve, thank you for your consideration, support, and your generosity. Marily Guest

Giving back to your community and those in need is a great feeling because you're helping to make a positive change in the world, and an impact on individual lives. The more you give and engage with charities and others pursuing a giving life, the more you'll want to give. ~ Canada Helps

#### If you would like to donate online, please visit our website at: www.hospicesimcoe.ca



Thank you for supporting our community by contributing to Hospice Simcoe. Every dollar you donate stays within our organization and is used to support people in our community with excellent Programs & Services.

## ANNUAL APPEAL OUR SERVICES NEED YOUR SUPPORT

## OUR ANNUAL APPEAL GOAL THIS YEAR IS \$250,000

Your donation will help us to provide quality end-of-life services, as well as offer a variety of bereavement and community support programs. We rely on donations for approximately 50% of our operating budget – **\$1.5 million must be raised annually.** 

For those who are interested in making a donation there are many ways to give - memorial donations, wills & estates, securities transfers, one-time giving, and monthly giving.

As well, for your convenience, we have a variety of ways in which you can donate – by phone using a credit card, by cheque, cash, or debit cards, online on our website, or by using the enclosed slip and return envelope.

This year we have three new ways to give: using our QR code, e-transfer and Tap-to-Give

### **NEW WAYS TO GIVE - FOR YOUR CONVENIENCE:**

#### **1** SCAN THE QR CODE



Scan this QR code to make an online donation.

#### **2.** E-TRANSFER DONATIONS

Log into your online or mobile banking app. Enter our e-transfer email: <u>accounts@hospicesimcoe.ca</u>

#### TAP-TO-GIVE

Visit our Residence and Bell Farm locations to ask for more details.



### DAISY & KYLE, our COPE Service dogs

Hospice Simcoe has had the privilege of employing these two compassionate and supportive COPE Service dogs for over 6 years. Daisy & Kyle provide emotional support, comfort and calm to the residents, their families and loved ones. They divide their time between our Residence and our Bell Farm Community Support locations. AT HOSPICE SIMCOE

## Remembering Gerald Miller

Jerry was a lawyer in Brantford, Ontario who loved to live life large. He had a sense of great adventure, and he loved to travel, meeting people all over the world. He was also a very calm and steady influence, a great listener, and he provided grounding and wisdom to his family. Jerry's four daughters, Cora, Amelia, Elizabeth and Larissa, came together at Hospice Simcoe from different parts of the globe to spend the final weeks of their dad's life with him. It gave them a beautiful opportunity to reminisce about so many wonderful times had together over the years with their dad and the gifts he brought to their lives: "He built up our confidence, believed in us, made us feel like we didn't have to rely on anyone but we could count on and believe in ourselves and he loved us unconditionally. He was our best friend and guide..." Jerry also loved to learn--he was a linguist –four or five languages at least: Italian, French, Spanish and Portuguese. One of his favourite phrases: "you can catch more flies with honey than with vinegar." His daughters recall, "He taught us not to judge a book by its cover. Be kind. Listen and make your own conclusions rather than let others influence your opinions." Jerry was also one to appreciate everything and be grateful, even the smallest things. He was a collector of special things and would send them to his girls—pictures, their baby bracelets, their baby teeth. He treasured these things and taught his family to do the same. Tradition was so important: ...pancake Sundays, he called every week to check in, and followed the Jewish traditions at special times of year. As a part of his traditions, Jerry welcomed others—whatever special holiday meal they had, he would invite people outside of the family to join them...from friends to neighbours to new acquaintances, from all walks of life.

While he was a lawyer, and loved being a lawyer, he was also a farmer at heart and loved the outdoors. He loved nothing more than to be in his ripped jeans and muddy boots and working on the farm. He felt closest to God when he was gardening, his hands in the soil. He taught his daughters the value of working hard for everything they had. His positive attitude, his gratitude toward others, and his humility were inspiring.





Amelia expressed that their dad had such a sense of adventure that he passed down to his girls and his grandchildren— he encouraged them to be open-minded about other cultures and not to be judgemental. They remembered when they moved to San Salvador, they stopped in Guatemala on the way and climbed an active volcano with their Dad—he was such an explorer. He was so dedicated when they were kids taking them to baseball, ringette, figure skating, so

involved... loved hiking and camping with them—always a new adventure. He was the father duck, and we were like little ducks following behind him. He was sometimes a little too fearless in his quest for adventure, they recall. Like the time he travelled to Uganda –"I got this!!" were his famous words, worrying his daughters by being out too late. He wanted to live to the fullest!

In addition to all of their years of memories with their dad, Jerry's daughters shared many memories of their time at Hospice Simcoe: "It is an incredible place; so welcoming." For example, they mentioned that their dad loved to make french onion soup and the kitchen volunteers made it the next day. "Hospice has provided so much so that we could just be daughters and we didn't have to worry about feeding our families."

Continued...

### Hospice Simcoe is so welcoming

"Since we have always celebrated life and family through eating and food, we felt very nurtured by the food provided here. We are absolutely amazed by the volunteers and that they do this from their hearts. The staff and volunteers are so caring and loving and there is a positive synergy that exists. We have wonderful memories of the music at Hospice—everyone gathering in the kitchen to be together and listen was so beautiful for the residents and families, the spiritual ceremonies, the service dogs, and to be able to go outside and spend time with our dad in the sunshine. So many special touches made us feel comfortable and at home. That feeling of care and hominess that staff and volunteers create flows out through the building so that we felt connected to the other families and residents. We supported other residents and their families and they supported us."

he Bonds Created CONTINUED

Jerry's daughters will always remember the special bonds they made with staff and volunteers and other families—like Manfred and Suzanne—who would always ask how their dad was doing. Elizabeth recalls how they brought her tea when she was sick, and Larissa mentioned that they knew her children's names and took time to talk to them. They also enjoyed the Hospice music together with their new friends, whether in the kitchen or individual rooms.

## While it is a very sad experience, it has also been heart-warming and encouraging, with so much kindness around us. The fact that staff and volunteers went out of their way to create such beautiful memories will always mean so much to us when we think of our dad's last days.

"It is so nice that you aren't in isolation and we all should be given the dignity to die in this atmosphere, with this feeling where our loved ones can feel at peace and where families can bond. We saw so much love and happiness in our father's eyes –youth almost. It was a gift to see that in his final days, and not just dwell on the sadness, because there is a lot of sadness. We were given a break emotionally and got lost in the music and remembered what we needed to remember." Cora mentioned her amazement at the excitement, joy and compassion present when staff went into the room to sing. "My dad had a smile on his face the whole time and then he actually sang along." Amelia commented that hearing the familiar songs that he loved brought back memories for her of dancing with her sisters to their dad's record player. Larissa added, "you knew what we needed, even when we didn't know what we needed." *Jerry Miler's Daughters & Family* 



## **Did you know...** Volunteers are the heart of Hospice Simcoe?

35 years ago, a caring group of individuals looked into their community and decided to create a circle of care to support those needing palliative care in their homes. The initial concept created what is now a community of volunteers who ease the pain by providing compassionate care and support to the dying and the bereaved in Simcoe County.

Hospice Simcoe volunteers are compassionate and caring individuals and they are an integral part of the Hospice Simcoe team. Compassion is an essential trait in each one

of our over 180 volunteers! They each bring unique experiences and skills to their roles including: in home visiting, grief & bereavement support, community outreach, support at our Residence (reception, kitchen, residential client support) and so much more!

We are honoured to have so many incredible individuals who give their time and talents to our residents, clients and their families at our Residence, our Community Support location and in the community. It takes a special kind of person to volunteer in a hospice environment and we are so grateful to each and every volunteer.

We are thankful for each and every volunteer who has helped to create what Hospice Simcoe is today. We could not do it without you!

THANK YOU FOR SUPPORTING HOSPICE SIMCOE

A WRITER'S CLUB STORY HONOURING

I lost my spouse a year ago and Hospice Simcoe was a recommendation given to me for my well-being. There were many activities in which I participated, and one was a challenge for me. I wanted to join the Writer's Club. However, I am visually impaired. This created some anxiety for me about signing up.

Jeannes (

I was encouraged by Colleen, one of the Bereavement Coordinators, to try this activity. Prior to the official first meeting I met with one of the facilitators, Lyne. She showed me the layout of the Hospice Simcoe Residence on Penetanguishene Rd., where the Writer's Club would take place. The tour assisted with my navigation of the building. At that time, we discussed my challenges and concerns and Lyne explained how the meetings would take place.



Above: "The Ruby" by Optelec. It is an electronic magnifier and is available through the CNIB, Vision Rehabilitation Division.

I wanted to figure out how I could write and share with the other members and how I could use ideas and images even if I couldn't see them clearly. I tried different electronic devices and found that one in particular allowed me to read what I had written, and this also helped me participate fully. Because of the accommodation that I was afforded, I was able to share my thoughts and to learn from others.

Other concerns included how I would be able to utilize images and how I would share my writing with the group. In order to accommodate my needs, Lyne contacted me before every meeting to explain what was on the agenda. She also described the activities, the writing prompts and/or images to me, therefore I had a chance to prepare in advance. This also relieved my anxiety.

At the beginning of every meeting Lyne's flexible agenda was shared. The plan was to have two to three writing activities and, if we wished to, we would share our writing with the other members. It was comforting to know that we always had a choice if we wanted to share what we had written. This Writer's club is not defined by grief or writing skills, and we were encouraged to share our loss in a safe and confidential environment.

We began each meeting by acknowledging the current state of our grief. Then we shared the Land Acknowledgement because the hospice residence is located on Indigenous land. I found that this became important to me as it is a reminder of the generosity of our First Nation friends. Next, we worked on our first writing task and discussed our results. After break, we would have another writing session, and we would be given a longer time period to consider and summarize our thoughts about the topic. Sometimes we would use images or quotations. Other times ideas may have come from the group. Some activities were lighthearted, and some other topics were more emotionally challenging. Occasionally, after we wrote about some of our deeper emotions about our grief, we would choose to burn our papers in order to release those emotions. That process was deeply symbolic for me.

This type of club is an important part of the grieving process. As a result of my participation, I have a renewed interest in writing and journaling. I have also benefitted from participating in other activities such as Mindfulness Meditation, Gentle Chair Yoga and the Spousal Loss Grief Group. Although I was fearful to participate in hospice activities in the beginning, I have since realized how important hospice has become in my journey through grief. It is reassuring to know that I am not alone in my loss. Having benefited from these services I look forward to choosing other activities to attend in the community as I am sure I will find comfort and

knowledge from them as well. Gratefully yours, Jeanne, written in collaboration with Colleen & yne

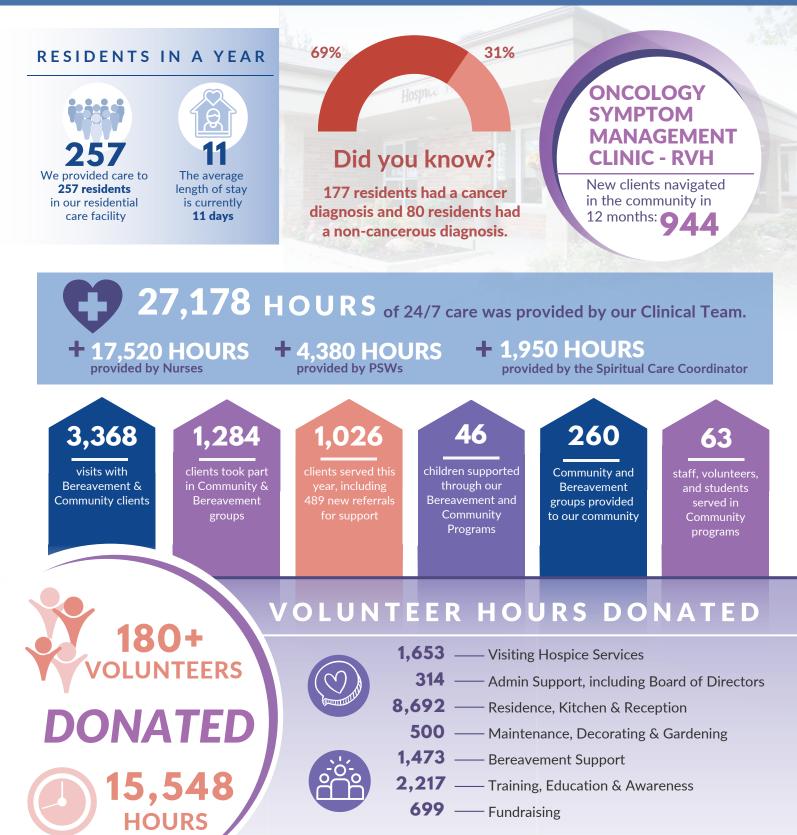
### Lyne's Thoughts: The Writer's Club for Grief offers a unique opportunity to honour grief and mourning through writing. Facilitating this group was a dream I carried in my pocket for years.

The Writer's club has been practiced for the last couple of years and this past winter's members have taught me so much. A principal had once shared with me that "If you have a student who needs a different approach, never worry that you are ignoring the rest of the class. What is particularly good for one student is "GOOD FOR ALL". This teaching was what I followed with our lovely client Jeanne this past winter. I phoned her every day before we would meet and explained what I had planned so that Jeanne would feel safe and informed as we gathered. Some of the previous year's approaches and writing activities were slightly altered so that Jeanne would be able to benefit fully.



I learned as our humble and gentle Jeanne had so much to teach us. Jeanne was an inspirational writers club member! / "

## ABOUT PROGRAMS & SERVICES



## A GLIMPSE INTO THE FIRST FIVE YEARS AND HOW IT ALL BEGAN

#### HOSPICE SIMCOE'S MEMORIES & MILESTONES ...

#### •1986

#### VISION

In 1986, three nurses came together with a common concern: the tremendous gaps in care that they witnessed daily. especially among cancer patients who lacked adequate help for palliative care. Together they had a vision. A vision that would provide those living with a life limiting illness access to quality. compassionate, end of life care. As a result of that meeting, the core working Board of Directors for Hospice Simcoe was born.

#### •1988

#### STATUS

In 1987, the working Board started meeting in each other's homes to plan the creation of hospice care in Simcoe County. With dedicated support from Palliative Care pioneer Dr. Dorothy Lev, plans took shape and Hospice Simcoe began taking form. In November of the same year, the group began laying out committee responsibilities and started to look at incorporating.

1987

**PIANNING** 

In 1988, the first official Board of Directors meeting took place on February 29, 1988, at the Hydro Building on Bell Farm Road. The charters and bylaws were written, and registered charitable status was made official. Committees were established to oversee education, volunteers, fundraising and public relations. In April of 1988, the first 17 Hospice volunteers, began their training. In July 1988, Hospice received it's first referral. Hospice Simcoe was officially born!

#### 1989

#### GROWTH

In the summer of 1989. the first office opened on Owen Street. The following year, in 1990, Hospice Simcoe hired it's first paid employee, thanks to a Trillium grant. Around this time, the Ontario Hospice Association was formed (now HPCO). adopting many of Hospice Simcoe's bylaws and standards. Hospice continued to grow through word of mouth, speaking engagements in the community and the occasional news story. Awareness of the need for Hospice care increased slowly, but steadily.

### 1991

#### COMMUNITY

In 1991, Hospice Simcoe moved to a larger premises at 80 Bradford Street. It expanded into another unit there later. Over the years. staff and caseloads were growing, along with financial support from many individuals and organizations with some help from the government. Other sources that helped were community driven fundraising events.

"Our clients became family to us." ~ Community Bereavement Support staff

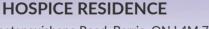
"We did babysitting, dog walking, whatever it took to help patients and their families, and many of them became life long friends.We took that journey with them and when the patient died, we cried too."

~ Hospice Simcoe Residence staff



#### COMMUNITY SUPPORT

130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4 T: 705-725-1140 | F: 705-725-1710



336 Penetanguishene Road, Barrie, ON L4M 7C2 T: 705-722-5995 | F: 705-722-0716





### www.hospicesimcoe.ca

**Barrie and Area** 

Ontario Health Team

Registered Charity #134433234 RR0001