



COMPASSION. SUPPORT. CARE.

2022



# ANNUAL NEWSLETTER





# A MESSAGE FROM

## Kelly Hubbard, *(she/her)* Executive Director

It is difficult to express in words how incredible the Hospice Simcoe team is! Our volunteers and staff continue to provide high quality hospice palliative care and bereavement support to those who need it. Our community programs and residential facility have remained open to provide programs and services. COVID-19 has challenged everyone to adapt to new ways of interacting with others. Our volunteers and staff are trained and skilled at supporting clients and residents face-to-face and virtually in a safe and meaningful way. We are humbled and grateful for the opportunity to serve our community. Listed below are some of the highlights we want to share:

- Our volunteers have been actively engaged throughout the pandemic. They receive training in infection prevention and control (IPAC) practices and are pros at hand hygiene, screening and use of personal protective equipment (PPE). We cannot fulfill our promise to the community without our amazing volunteers! Thank you for your ongoing commitment and dedication!
- Our doors have remained open for in-person care, both in our community and residential programs. We have implemented many IPAC practices that enabled us to care for COVID-19 positive individuals and their families. Thank you to our visitors, volunteers, staff and physicians for your diligence, as it is keeping us safe and outbreak free!
- 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, for example: drug overdose, COVID-19, suicide, homicide, automobile accidents etc. Thank you to the Resilient Communities Fund provided by the Ontario Trillium Foundation. This grant allows us to increase our staff and provide training to enable us to respond to our community needs.
- In the fall of 2020, we partnered with RVH to implement a new Palliative Care Nurse Navigator role in the newly developed Oncology Symptom Management Clinic (OSMC) at the Regional Cancer Centre. We have expanded the role this year by adding an additional full-time nurse to ensure we are not only serving those who are dying from cancer, but also those with chronic diseases, i.e. dialysis patients. The OSMC was awarded the 2021 Cancer Quality of Ontario Council Award, which is sponsored by the Canadian Cancer Society in partnership with Ontario Health, Cancer Care Ontario. We presented an overview of the OSMC at the annual Hospice Palliative Care Ontario (HPCO) conference this year. Congratulations to everyone involved!
- We are excited to inform you that we completed our first research project! In partnership with RVH's Centre for Education & Research and Research Ethics Board, we explored the Medical Assistance in Dying (MAiD) practices of residential hospices in Ontario. We presented our findings at the HPCO Conference, and hope to publish our findings in a peer reviewed medical journal in the near future. Stay tuned!
- 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. We have an established group of health care professionals and patient representatives that are members of the BAOHT's Palliative Care Working Group. These individuals have worked very hard at numerous initiatives to improve care delivery to our vulnerable population. Watch for more information as the BAOHT develops a website!

We have had another incredible year. We are extremely grateful to everyone who supports Hospice Simcoe: our ambassadors, our volunteers, our donors, our partners, our staff. You are the reason that 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*



## A MESSAGE FROM Ray Trask, *(he/him)* Board Chair

It's hard to believe that we are going into another year at Hospice Simcoe supporting those in need of our services. As the new Chair, I feel very privileged to serve on the Board. Being asked to Chair the Board is especially an honour as I have big shoes to fill after the great leadership of previous Chair, Chris Nichols. I will be working with Chris over the next year as I assume her responsibilities as Chair.



Our Board will have a couple of other changes besides Chris moving on. Our Finance Chair, Andrew Matthews, has also stepped down as Treasurer. He has fulfilled his 6-year Board commitment but will also be staying on to mentor his replacement, Sharon Hannigan. Sharon has been on the Finance Committee for several years and is excited to fill this position. Lastly, Simone English has also completed her Board terms, acting as Governance Chair for the last 2 years, and has left the Board to take on new endeavours.

And one can't forget the generosity of our donors, whom we couldn't do without at Hospice Simcoe. They allow us to provide the best service available in way of programs, our warm welcoming facility and the heartwarming support that staff and volunteers give to our residents, client and families.

On behalf of the Board, I want to thank the entire team for the amazing work you do. Individual donors, corporate donors and family support must not be forgotten; all the generosity and commitment to making Hospice Simcoe a Centre of Excellence couldn't be reached without everyone's help. Sincerely,

*Ray Trask*



## A MESSAGE FROM Dr. Brian Morris, *(he/him)* Medical Director

### ***New! Improved! And still the same!***

I have often been heard to say that Hospice Simcoe – and the whole palliative care system in Barrie – does a great job of providing compassionate comprehensive care for those patients and families suffering from life-limiting illness. Now I want to tell you about some ***New Improvements*** in our system.

Several of the new physicians who have joined our community and who are looking after patients at Hospice have taken a third year (after becoming family doctors), specializing in palliative care. We are now able to offer some advanced techniques in palliative care. For instance, patients with some cancers in the abdomen develop a fluid accumulation called ascites, which is painful and causes shortness of breath. Hospice Simcoe has purchased and is maintaining a portable ultrasound machine which allows our doctors to drain this fluid safely, either at home or in hospice. As well, we are looking at offering a drug called Ketamine as an option for patients with pain that is difficult to control.

Another improvement in our field is our research. Hospice Simcoe recently completed a provincial survey of hospice practices with respect to MAID – we have presented this so far at two scientific meetings and are preparing to submit the results to a medical journal for publication. Our team is now developing a second research project, this one looking at how hospices provide bereavement support. This research benefits us and the scientific community, as we continually look at ways to improve care.

Sincerely, *Dr. Brian Morris*





## A MESSAGE FROM

Marilyn Guest, *(she/her)* Fund Development Director

*I'm often asked, "How much money does Hospice Simcoe need to raise in donations each year?" This is a great question! Hospice Simcoe needs to raise \$1.3 million annually to operate our programs and services and provide care to those in need.*

That \$1.3 million is generated through a number of channels including general donations, monthly giving, wills and estates, events, corporate giving and more.

The other question I'm asked is **"Where does my donation go?"** That's another great question. Your funds go to support our daily operations including groceries, hydro, heating and cooling, building and grounds maintenance, rent for our Community Programs office on Bell Farm Road, equipment, training and, most recently, PPE for our staff.

The last two and a half years have affected us all dramatically. Our community of long-standing and new donors has astounded us with their unwavering support. It's not unusual for me to get a phone call or have someone drop by to see how we're doing and how can they help. We are so fortunate.

In between COVID-19 waves, I'm pleased to say we have been able to return to our golf tournament, and our in-person Hike, in May. To everyone who supported those events, either by joining us in person, or by donating - thank you! Both events were very successful. And, even more importantly, it was wonderful to see people again and gather to remember loved ones and support Hospice Simcoe.

A bit about our fundraising efforts... We've started to see the return of 3rd party community events. These events represent approximately 10% of our annual fundraising budget. Memorial donations that would normally come through funerals and celebrations of life have declined significantly. In-person donations which had declined because of limited visitors to our residence, have begun to increase again. In addition, we introduced our 'TapToGive' digital donation stations at our residence and at Bell Farm. They are both convenient and COVID-19 friendly as you simply 'tap' your debit card to make a donation.

The last two and a half years have been challenging for charitable organizations overall. Many in our community were financially impacted and unable to support us. We understand. To those who were less affected financially, we are asking for your help. No donation is too small or too large... and we are very grateful for every contribution!

Thank you!

*Marilyn Guest*

***Please give generously to Hospice Simcoe and turn to them in your time of need. They are to be congratulated on all they do to support so many through the final days of their loved one's life and help guide survivors in their grief journey to find life after death.***

*~ Lisa, a grieving mother and participant of our Community Support Program*



# ANNUAL APPEAL

## OUR SERVICES NEED YOUR SUPPORT

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

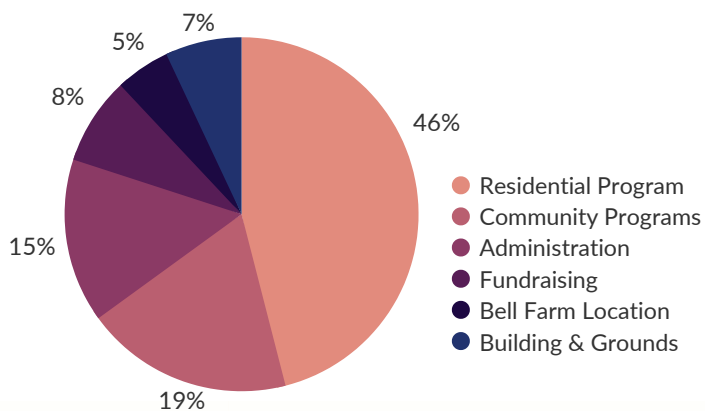
Your donation will help us to provide quality end-of-life services, as well as offer a variety of bereavement and community support programs. We rely on donations for more than 50% of our operating budget – approximately \$1.3 million must be raised annually.

- There are many ways to give including:
- Memorial Donations
  - Monthly Giving
  - Wills and Estates
  - Corporate Giving
  - One-time Giving

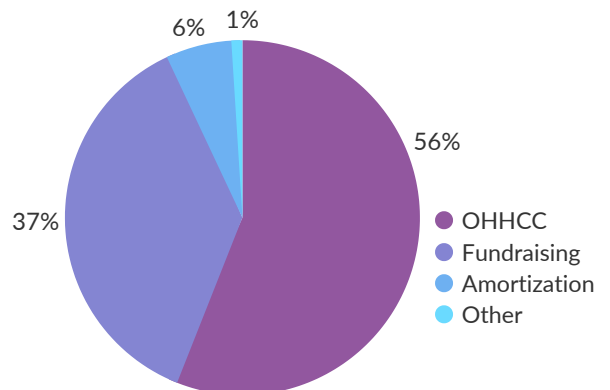
A donation slip and return envelope have been provided with this newsletter for your convenience. If you choose to donate by using your credit card, please give us a call at (705) 722-5995.

If you would like to donate online, please visit our website at:  
**[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca)**

**EXPENSES BY PROGRAM  
2021/2022**



**REVENUE BY SOURCE  
2021/2022**



***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.***

Please consider sharing your email address with us to help reduce our mailing costs. We will not email you more than three times a year. Hospice Simcoe does not sell, trade or share our mailing list or any personal contact information. If you would prefer not to receive communications from us, please let us know. You can contact [judi@hospicesimcoe.ca](mailto:judi@hospicesimcoe.ca) or 705-722-5995.

# FAMILY CELEBRATION

## Gary & Marika Nietvelt and Family



Gary was diagnosed in 2008 with a right frontal lobe brain tumour. In 2013/2014, he started a year of chemotherapy, followed by another year of chemotherapy in 2016/2017 coupled with 30 rounds of radiation. In 2020, Gary had brain surgery to remove part of the tumour and an additional eight months of chemotherapy. Throughout these years, Gary was determined to live each day to the fullest. However, by November 2021, there was a significant decline in his mobility and then in December of 2021, he suffered a number of seizures, which resulted in left side paralysis.

On February 6, 2022, Gary was admitted to Hospice Simcoe. Right from the beginning, his family, myself and our two sons, Kyle and Tyler and sister Myra - knew they had landed in a special place. I recall: "It was amazing! Despite being in the midst of a COVID-19 lockdown, every effort was made to make us all feel at home." And the feeling was mutual. From that first day, the clinical team loved listening to Gary's many pearls of wisdom, engaging in talks about life, death, politics, faith, music, hunting, camping, travel, and the list goes on. The daily adventures in Room 1 were a joy for both the family and staff alike. His second day at Hospice happened to be Gary's 58th birthday. Cake was enjoyed by OUR family and the staff also shared in his celebration, singing happy birthday and then a few added Tragically Hip tunes.

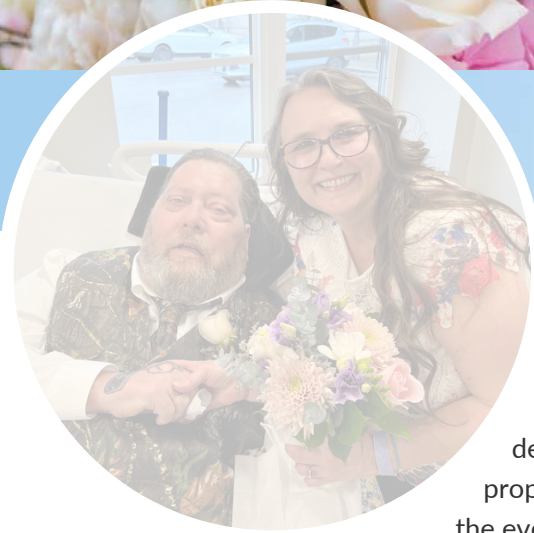
And then the adventures really began....When Gary said he had always wanted to travel to see a famous gallery in Italy, Hospice staff got out virtual 3-D goggles, so he felt like he was there and one of our nurses, Fran, brought in a painting from that gallery to hang on his wall. We had such wonderful times and no matter how difficult things were with Gary's condition, the staff and volunteers were always able to put a smile on our faces.

When friends came for a visit, the staff bundled Gary up and took him outside in his bed in the snow to see them. Tyler and Kyle will always remember the great times jamming on guitar and drum with Garrett and Kevin in Gary's room and the hand moulds they did with Gary and the great philosophical conversation had during and after."



When life opened up again after the lockdown, things got even more exciting in the Nietvelt camp. One morning, Gary started thinking about a tattoo he had wanted called, "End of the Trail," which depicted a Navajo warrior on his final ride. For Gary it symbolized his fight to live a full and honourable life in the midst of his cancer diagnosis, knowing the end of the trail was approaching for him too. When he mentioned it to the staff, right away, one of our volunteers, Cassidy, who is a tattoo artist, was called in, and Gary's tattoo became a reality.





# FAMILY CELEBRATION

## “The Forest of Dreams”

The excitement did not stop there. I will never forget that day in March when I arrived at my usual time of 9:15am with Gary’s favourite Tim Horton’s breakfast. As soon as I came in the room, with a determined look on his face, Gary said, “Ok, I have a proposal!” He had been thinking about it since she left the evening before. His proposal was for a wedding vow



renewal, combined with three more tattoos—a wedding band for each of us, his with a “G” initial and a pistol on the hand where he had lost the tip of his index finger in a wood splitting accident. The last tattoo typifies Gary’s sense of humour something that he maintained each day! So the days were set for a few more tattoos and an exchange of vows. Both Marika and Gary took part in putting the service together for their vow exchange, and on April 7, surrounded by our family and a few volunteers and staff, we renewed our wedding vows, celebrating 35 years, complete with flowers, music, champagne and our favourite cake.



Gary had one more wish, which he had been talking about for a while. He hoped that when the snow thawed, he could take one last trip up to our cabin in Huntsville. Gary has always had such a deep love for his family and one of the ways he demonstrated it was by building



this cabin, for us. Our place of happiness is the “Forest of Dreams.” It would mean the world to him to visit there one more time. It was such an honour for Hospice Simcoe to help arrange the trip with a local transport company and provide Cheryl, one of the nurses, for his travels and on April 9, they began the two hour trek. We met with a challenge on route, my brother Joe and friends came to the rescue and he was taken the rest of the way in style—in the back of a pick up truck. To spend a few hours at the place he loved, surrounded by our family and friends was priceless and gave Gary an amazing sense of peace. It was as if he finally came to a place of readiness, knowing he had accomplished the goals he had set for himself and after that trip, we noticed a real change in his condition.



It was a week later that Gary died. I recall the love and determination with which Gary lived every day of his life and said that his last remaining days were no different: Hospice Simcoe made his last weeks as comfortable and fulfilling as possible, and we will be forever grateful.

Written in collaboration with,

*Marika Nietvelt and Lori Schotten-Dallimore*





# MATTERS OF THE HEART

## *Lisa's Story of her son*

In the fall of 2021 my world collapsed with the murder of my teenage son. Come the new year, I was desperate to find a therapy group so that I could connect with other parents that had also lost a child. It was my hope that I could be surrounded by others that truly understood my grief. After many closed doors and dead ends, an amazing woman answered the phone at Hospice Simcoe. Instantly she validated my grief and reassured me their organization would be honoured to help me in my journey to finding how to live along side grief. The process involved a one hour intake with a social worker, which to be honest, I wasn't sure I was up for. What more could she say that my own therapist hadn't already said? That 1 hour completely changed my healing journey! A Bereavement Coordinator was a gift given to me that day. She made me feel that my story needed to be told, and that I was doing all the things I should be at the five month stage. I left that intake meeting with a renewed sense of hope and feeling tremendously supported. I also had new strategies to use until the group sessions began.

The group was exactly what I was hoping for and more! The Bereavement Coordinator and a volunteer were unbelievably helpful. The program was very structured and well-paced each week allowing time to share stories, highs and lows from the week. This Bereavement Coordinator has such a gift to balance honesty, frankness, caring, and empathy for those suffering from life altering grief. She inspired us with the hope that one day we would breathe with ease as our grief will soften and be kinder. She validated that what I was/am feeling is normal and expected, even if society doesn't understand. I can't express in words how deeply grateful I am to Hospice Simcoe for the life altering experience they provided. My healing journey will not be easy but the time with this organization has ensured I will find my way and one day I will find my smile and joy again.

*Lisa*

## *Danielle's Story: from referral to friendship*

We received a referral from the Symptom Management Oncology Clinic, at RVH, for assistance supporting a 35-year-old mother who had been recently given a terminal diagnosis; and her 8 year old daughter, Beth. Beth's mother had been diagnosed with stage four breast cancer, and given five months to live. I met with the family to explain the Hospice Simcoe services and support that we can provide Beth. Beth's mom needed help with Advanced Care Planning (ACP), so I referred her to our ACP Champion to provide her important information and to help her organize. The next referral was to our Home and Community Care Coordinator to arrange a Visiting Volunteer.

We completed a Home Assessment and Beth's mom was matched with a dedicated, passionate volunteer who helped her make some meals in advance for Beth's lunch and was a listening ear for harder days. I offered to support Beth for six sessions of anticipatory grief, matched with one of our talented Child and Youth volunteers. The volunteer used the Bell Farm Community Support Building to spend time with Beth, playing games, doing crafts and talk about her feelings around her mom's changing health. Beth's favourite things are our COPE Service dogs, Kyle and Daisy.

Beth's volunteer worked on legacy projects with the family and arranged for Beth and her mom to make hand molds and a fingerprint tree with her mom at the Residence. Home and Community Care made the call to the Residential Care Manager, as it was "time" for Beth's mom to be admitted to the Residence. Beth was warmly supported by the Spiritual Care Coordinator and all the Client Care Volunteers.

Beth's mom died with all of their friends and family around her. Beth knows that Hospice is a safe place for her, and thankfully, there are wonderful bereavement support groups that we explained. I spoke to Beth's teacher and I put a call in to Seasons Centre for Grieving Children so she can become part of a group. Finally, Beth's family met with our Bereavement Coordinators, to share their stories and develop an individual grief care plans.

We are so fortunate at Hospice Simcoe to be able to support families so thoroughly. It is a true privilege to be part of this community who will always be here for Beth and her family.

*Danielle* : Hospice Simcoe Community Care Coordinator





# ABOUT OUR PROGRAMS & SERVICES

## RESIDENCE IN A YEAR



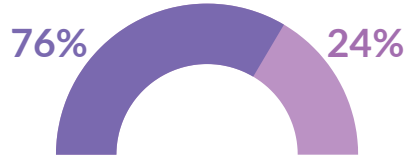
**206**

We provided care to **206 residents** in our residential care facility.



**13**

The average length of stay is currently **13 days**.



### Did you know?

76% of residents had a cancer diagnosis and 24% of residents had a non-cancerous diagnosis.

## ONCOLOGY SYMPTOM MANAGEMENT CLINIC - RVH

New Patients seen in 12 months: **300**



**27,178 HOURS** of 24/7 care was provided by our Clinical Team.

**+ 19,787 HOURS**  
provided by Nurses

**+ 5,441 HOURS**  
provided by PSWs

**+ 1,950 HOURS**  
provided by the Spiritual Care Coordinator

**3,270**

visits with Bereavement & Community clients

**1,128**

participants took part in Community & Bereavement groups

**530**

referrals for the Bereavement and Visiting Hospice Programs

**62**

referrals for children for the Bereavement and Community Programs

**314**

sessions where children attended Community & Bereavement Programs

**56**

staff & volunteers who served in Community programs

## VOLUNTEER HOURS DONATED



**160+**  
VOLUNTEERS

*donated*



**20,874 HOURS**



**1,075**

— Visiting Hospice Services



**1,233**

— Admin Support, including Board of Directors



**6,478**

— Residence, Kitchen & Reception



**547**

— Maintenance, Decorating & Gardening

**1,452**

— Bereavement Support

**1,108**

— Training, Education & Awareness

**318**

— Fundraising

# A journey through Hospice Simcoe



*As a specialized form of healthcare, hospice palliative care aims to relieve suffering and improve the quality of life for those living with a life limiting illness, as well as their families. Often, this can be a difficult time. Hospice palliative care addresses the specific physical, psychological, social, spiritual, and practical issues, and the associated expectations, needs, hopes and fears on an individual basis.*

*At Hospice Simcoe, all staff and volunteers are committed to providing such care. The individuals and families we serve are at the centre of care. We are here to assist, educate, support and guide you and your family through your journey.*



## HOW CAN HOSPICE SIMCOE HELP?

People who are diagnosed with a life-threatening illness will experience many different emotions and physical symptoms. You, or your healthcare team, can access HS's programs and services by contacting us by phone, through our website or through your healthcare team.

Check out our website for more details:  
[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca)

## WHERE DO I BEGIN?

A referral will be provided by a Home & Community Care Coordinator, a physician, yourself, or substitute decision maker for the client. Once the referral is received, we will contact you to assess your needs and wishes and provide social, emotional and practical support through our highly trained team of social workers and Community Care Volunteers.

Visit our website, or [CLICK HERE for information on Support.](#)



## IS THERE SUPPORT AVAILABLE FOR MY CAREGIVER?

Yes, Hospice Simcoe provides support for caregivers through our Caregiver Support group, home respite and education programs.

Visit our website, or [CLICK HERE for information on our Day Programs.](#)





## WHAT IF I CAN'T DIE AT HOME?

Home and Community Care will complete an assessment and submit a referral to Hospice Simcoe's residential program. We have a 10-bed residential facility located in Barrie that provides a home away from home. Beds are assigned based on availability and clients will be admitted based on priority. Your physician and health care team will assist you with decision making for a timely admission to the residence. Tours can be arranged at the residence at your convenience.

Visit our [YouTube channel](#), or [CLICK HERE for a video tour](#).

## WHO WILL BE CARING FOR ME?

Our team consists of highly-skilled professionals including RNs, RPNs, PSWs, physicians as well as a Spiritual Care Coordinator and volunteers. The team works together with you and your family to provide pain and symptom management, psycho-social, emotional and practical support, complimentary therapies and bereavement support.

Visit our [website](#), or [CLICK HERE to see our Hospice Staff](#).



## WHO WILL HELP MY LOVED ONES WITH THEIR GRIEF AFTER I'M GONE?

It's important to know that Hospice Simcoe's bereavement support is available to anyone who's experienced the death of a loved one – regardless of the circumstances of their death. Our individual or group programs are designed to provide a safe space for all the complex emotions that come with loss.

Visit our [website](#), or [CLICK HERE for our Grief & Bereavement Support Page](#).

# HOSPICE COMMUNITY SUPPORT TEAM



**DORIS DAVIS**  
*(she/her)*  
Office  
Administrator



**TENEAL CAMPBELL**  
*(she/her)*  
Community Support  
Programs Manager



**AMY PRITZKER**  
*(she/her)*  
Bereavement  
Coordinator



**DANIELLE MARSHALL**  
*(she/her)*  
Community Care  
Coordinator



**COLLEEN RISK**  
*(she/her)*  
Bereavement  
Coordinator



**MADDISON WOJTUS**  
*(she/her)*  
Bereavement  
Coordinator

A variety of Grief and Bereavement Support is offered through our Community Programs. Using a person-centred approach Hospice Simcoe can provide support unique to the individual's needs, while offering a community where people can openly share in their grief.

For more information, visit: <https://hospicesimcoe.ca/community-programs/grief-and-bereavement-support/>

## Hospice Simcoe COPE Service Dogs, Daisy & Kyle

They provide support and companionship to our residents, their loved ones, and to those receiving grief and bereavement support from our Bell Farm Team.



# PERSONAL TESTIMONIALS & THANKS

- Grief is such a powerful emotion and each person deals with it in their own way. The important bit is they can gain so much peace and understanding. As the emotions “wake up”, so important to have others to check “stuff” out with. Having a skilled facilitator is crucial. And of course having a GOOD LAUGH during this process does us the world of good. In June of 2021, I joined a Hospice Simcoe group named, “Coffee Talk”. Best move EVER!! I’ve learned that grief does NOT move in a straight line, the first year we are usually numb. I was. Now in year # 2 our emotions “wake up”. Best to feel them. I have learned much more at Coffee Talk. Even from those who leave mid course.  
~ Karla
- Hospice is, indeed, a special place and we hold all there in our hearts. We hope you know that your work is a gift to all who receive it. ~ The Morley family
- The professionalism demonstrated as you gently navigated our father as he transitioned to the ‘other side’ seemed effortless for this exemplary staff of Hospice workers. The loving care and support offered to our family continues to be heartfelt.  
~ Cheryl & the Bishop family
- It is so nice to know that our loved ones have a wonderful place to be comforted and have special care before their time. Thank you. ~ George
- We didn’t have much of a stay at Hospice, but it was what we needed. Thanks for accommodating our family. Thank you to Garrett for bringing out the guitar almost immediately for my sister and thank all of you for the love and support my family received from the staff.  
~ Jeremy & the Hunter family

### HOSPICE RESIDENCE

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



### COMMUNITY SUPPORT

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

[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca)

Registered Charity #134433234 RR0001

