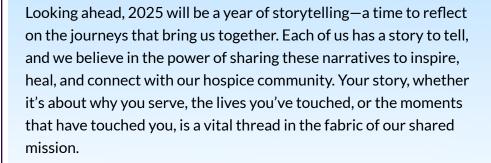
# HELP LOVE GROW

As we close out another year, I want to take a moment to thank you for the *help* you've provided, the *love* you've shared, and the ways you've helped our hospice community *grow*. Your dedication has made an incredible difference in the lives of so many, and we are endlessly grateful for your generosity.



We're excited to create opportunities in the coming year to help you uncover, embrace, and share your unique voice. Together, we can build deeper connections and foster a greater understanding of the impact we all make.



As you celebrate the holidays, may you be surrounded by love, joy, and the knowledge that your story makes a difference. Thank you for being an essential part of our palliative care community. Here's to a new year filled with hope, growth, and meaningful stories.

Happy Holidays! Merry Christmas! Be well... Susan When grief overwhelms
With sorrow and woe
We walk beside
To help love grow

Hands in the kitchen
A tea to go
Reception to greet
We help love grow

Preparing our clients
The future to show
With care and compassion
We help love grow

A song to sing Our hearts aglow We share our gifts To help love grow

We break the silence
For tears to flow
A symphony of stories
To help love grow

We surround and embrace When it's one of our own Blessings of 2024 Where love has grown

Hospice Simcoe always there When life takes its toll To find joy once more And help love grow

~Carol Holden





# HOSPICE GREETINGS 2024 REFLECTIONS

## A Seasonal Greeting from Dr. Brian Morris...

How many different ways can I say thank you, for all that you do? Merci, gracias, megwiich, takk, obrigado, bedankt, kiitos, gujannamiik, grazie, vielen dank



#### **FOR**

Caring, sharing, smiling, crying, singing, cooking, weeding, laughing, greeting, shopping, helping, serving, baking, guiding, advising, touching, listening, feeding, donating, encouraging, comforting, planting, nurturing – and loving.

And may your new year be filled with health and joy.

- Brian



### Kelly's Corner

Season's Greetings volunteers, staff, and supporters of Hospice Simcoe - Season's Centre.

As the holiday season approaches, I want to take a moment to express my heartfelt gratitude for the compassion, dedication, and tireless efforts you bring to our community every day. Your commitment to providing palliative care, bereavement support and hope is truly inspiring. However you

support us, please know, your contributions make a profound impact. This season, as we celebrate togetherness, I hope you take time to reflect on the lives you've touched and the difference you make. You are the heart of our organization and your kindness lights the way for so many.

Wishing you and your loved ones a joyful holiday season filled with peace, warmth, and happiness. Here's to a new year of continued strength, compassion, and success together.

With gratitude and warmest wishes,

- Kelly

# HOSPICE GREETINGS 2024 REFLECTIONS



#### Message from the Board Chair

Christmas is a magical time of the year. It represents the best of all holidays. Like Easter, it is a time for renewal. Like July 1st, it represents a time to celebrate our independence and freedom. Like Labor Day, it is a time to recognize all the hard work we have put in during the past year, and our successes because of it. Like Thanksgiving, it represents a time to pause and be thankful for all that has transpired in our lives and the lives

of others. And like November 11<sup>th</sup>, it is a time to remember all the sacrifices others have given for our station in life.

So, wishing everyone a Merry Christmas! The best time of the year, for ourselves, but most importantly for others.

- Bob Savage



## Bell Farm Bulletin Board

As we approach the end of the year, I reflect on the support Hospice Simcoe has provided to our community and bereavement clients, and the time, commitment,

and compassion provided by our volunteers.

The theme of "helping love grow" is exactly what our volunteers do. They plant kindness in the support they provide, which makes a huge difference in the lives of others. They listen, validate, and encourage, ensuring that the voices of our clients are heard. Our volunteers help make a difficult situation a little bit better- how remarkable is that?

The Bell Farm Team wants to thank you for all you've done this past year. We appreciate you, and we look forward to seeing what next year brings!

- Teneal



# HOSPICE GREETINGS

## 2024 REFLECTIONS

At the Hospice Residence this season, we are inviting people to share memories on our reflection board. Sights, smells, sounds of the season that remind them of their loved ones. This poem by Donna Ashworth, shared recently at morning rounds by one of our nurses, Fran, describes so beautifully how important it is to carry out the incredibly sacred act of sharing memories of those whom we are missing, especially at special times of the year. When we speak their names and share stories, we are brining them close again and acknowledge that while they are no longer walking this earthly journey in the way they did before, they are still with us—just in a different way. The spirit of love that made them everything they were to you is still alive, within and around you. So share the stories, the traditions they loved, the memories you hold dear. As we share, we

#### I want to listen

If you ever want to talk about the person you are missing. I want to listen, always. And let me tell you what happens when you do this. They come alive again, for me. Whether I knew them or not. Your love, your stories, your picture painting of them works and the air around me fills with an energy that is life-affirming and joyful. I can't explain the science but I can only assure you of the effect. It's real. They are real. And if you ever want to talk about them, in that energy-effusive, enthusiastic way that you do, I want to listen.

help love continue to grow. For no one is gone completely, as long as they are a part of us. Remember their laugh, their favourite sayings, their favourite songs and share their love, knowing that they are still with you.

Blessings of this Season, "their life's purpose is not over until their very last breath has been taken". Jan wants to give back to her community through offering "kindness and caring to residents and their families during their very difficult journey", knowing "no one should ever have to face end of life alone beautiful change of the seasons is all around us—it is such a wonderful reminder of how the miracles all around us continue to evolve. They continue, whether we notice them or not. The key then is taking notice.

Take a minute and read this poem by Donna Ashwood: Let's remember to 'help love grow' - Lori Scholten-Dallimore, Spiritual Care Coordinator



## Volunteer Spotlight

#### Matt started volunteering at Hospice Simcoe in 2023

Matt's professional background has rooted him in helping others and now, at Hospice, he continues to use those skills and compassion to make a meaningful impact in the lives of our clients. Youth and teens have been a focus and personal interest for Matt as his age and experience allows him to relate in a unique way to many difficult situations. He has since added the co-facilitation of the first men's group as well as some community work as needed. Matt enjoys connecting with others through actively listening, supportive strength and an authentic approach.

Personal Quote from Matt: "Provide people with the opportunity to talk."

Thank you Matt!

# WHAT'S HAPPENING

### ANNUAL APPEAL is on now until December 31st



Have you considered supporting Hospice Simcoe with end of year giving? To avoid any delays due to the Canada Post Strike, consider donating securely online now, visit: <u>DONATE TO ANNUAL APPEAL 2024</u>.

Your support will help us to provide quality palliative care, and grief & bereavement programs to our community. Receipts will be issued to any gifts \$20 or more.

To view our 2024 Annual Newsletter, please visit our website: <a href="www.hospicesimcoe.ca">www.hospicesimcoe.ca</a>. If you have any questions about the Annual Appeal, contact our Fund Development Coordinator, Jackie at: <a href="mailto:jackie@hospicesimcoe.ca">jackie@hospicesimcoe.ca</a>.

# THE HOEDOWN FOR HOSPICE was a great success thanks to you!

Thank you to the generosity of our incredible supporters, sponsors, volunteers, and quests.



It was a wonderful evening of Western fun!



## **SAVE THE DATE!**

## MARK YOUR CALENDARS!

HIKE FOR HOSPICE IS COMING TO SUNNIDALE PARK ON MAY 4, 2025.

Contact Jackie for more information, call: 705-722-5995, extension 243



#### Like us, Follow us, Subscribe and Engage with us!



#### **RESIDENCE:**

336 Penetanguishene Road, Barrie, ON L4M 7C2 705-722-5995

#### **COMMUNITY SUPPORT:**

130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4 705-725-1140

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