

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER



It's the Giving Season so we asked Marilyn Guest, our Fund Development Manager, to share her thoughts on the subject.

Throughout the year I'm constantly inspired by the giving that happens at Hospice Simcoe. And often, as I'm thanking someone, their response is how fulfilled they are through giving. Whether it's donating time as a volunteer, or through a donation to our Annual Appeal, you may not realize that giving can provide you with many personal benefits too.

According to a recent Canada Helps article, donors provided the following reasons for giving:

- **There are financial benefits when you donate to charity -**
Did you know that donating to charity can save you money come tax time? When you make a donation of \$20 or more to a registered charity in Canada, you will receive a tax receipt for your donation. Your receipt can then be submitted with your annual tax return to receive a tax credit of up to 53 percent of your donation! Plus, you also save on capital gains tax when you donate securities directly. This ensures more dollars are going towards helping others because you will be able to give more to your favourite charity.
- **Teach children the importance of giving -**
Teaching children to care about others is an important life lesson. When children watch you give, they will grow up knowing that giving back is the right thing to do and follow in your footsteps. So, donating to charity also helps you be a good role model for your kids.
- **Giving promotes feelings of happiness -**
Helping others feels good. When you donate to a charity that is important to you, you not only help them continue their vital work, you're also improving your emotional well-being, a win-win situation!
- **Experience lifelong benefits when you donate your time -**
If you are not in a position to contribute financially to charity, but are looking for other ways to give back, consider volunteering your time instead. You will meet new, like-minded people, learn new skills to add to your resume, or complete necessary community hours for school programs. You can also get involved in the community that supports your favourite cause.
- **Donating gives you the opportunity to show gratitude -**
Life is busy, and it can sometimes be easy to forget to show your gratitude for all that you've been given. There are thousands of Canadian charities and causes doing vital work across the country and around the world. When you are ready to give and are researching a charity to support, this can remind us of all that we have, and the act of donating to charity is a way to express our feelings of gratitude. Inspire others to give by posting your kind action on social media to inspire others to give generously.

As always Hospice Simcoe is very grateful for all donations, of time or money, that we receive throughout the year. As we come to the end of another challenging year, we send thanks to our many donors who help us achieve our annual fundraising target of \$1.3 million, and to our many volunteers for their ongoing support.

Thank you & Happy Holidays! *Marilyn*



VOLUNTEERS

Deck the Halls

On November 30th, our decorating team was busy getting the house ready for the holiday season. They spent a day making the inside look festive & bright.

Sandra Barrett & Kathy Marshall have taken on this project for 9 years, thank you!

The Holdens, our garden gurus, picked the first really cold day in November to adorn the outside of the house. We're lucky to have such talented, creative volunteers!



Ed makes sure all the lights are working.



Kathleen and Kim trimmed the cedars to add to our outdoor decor.

A HUGE Hospice welcome to four new volunteers.

Harry has joined us in residential client care and Nancy & Jane volunteer in the kitchen. Eileen will be helping out at reception or "wherever they need me", she says. All three seem to be enjoying their new roles in the house.



Nancy



Jane



Harry



Eileen



What Love Calls You to Do

by Carol Holden

Reader warning: may illicit strong emotions in the reader

Having death discussions with family is a very difficult and often avoided conversation until a loved one is faced with a terminal diagnosis. Pre-planning and early conversations provide a roadmap for the family to ensure personal wishes are developed before the whirlwind storm of the medical journey begins. No pre-planning prepares families to navigate the challenging and often frustrating healthcare system that creates an emotional roller coaster where families experience the first sense of loss of control and feeling of helplessness. Detours overtake the roadmap and a family member of the patient emerges to graciously, sometimes reluctantly, change their role in the family from loved one to an informal active member of the medical team. They live in the 'eye of the storm' with the patient and undertake this foreign role as a caregiver where, through the journey, they could be issued an honorary medical degree! They sideline their place and position in the family and change their role. This shift carries an enormous weight that consumes their every moment when they truly just want to 'live in the moment' with their loved one's final days. It changes the relationship.

As the health of the loved one begins to decline, the road becomes far more complicated. The planning does not define the preparation, anxiety and exhaustion of appointments when the patient is not well enough to travel yet there is no choice. It does not prepare you how to decipher the multiple conflicting medical specialists' opinions and directions; leaving family caregivers at a loss of how to piece all the information together to make informed decisions on the best plan of care with the loved one / patient. And it does not prepare you for the end of the storm, when, while attempting to organize homecare that requires multi-layered authorizations, phones are not being answered or, even worse, it is the weekend and physician orders are required. This is where frustration leads to despair as the patient needed the supplies 24 hours ago.

Almost every loved one now wants to die at home, leaving the caregiver to administer medications and treatments to prevent yet another emergency visit and unfathomable wait in a hallway chair when the patient isn't even able to sit up at home. Without a doubt, delivering the complex medical procedures and injections of pain medications is what leaves vivid visions in the caregiver's mind and lasting scars on their heart that often overshadows the journey of grief after the death of the loved one. It isn't until you live this journey that you realize you never want anyone else to experience what you did. You can't fathom the personal and emotional impact until you walk in the shoes of the caregiver. It changes the relationship.

So, how can we change this all too familiar journey with our loved one?

Encourage the healthcare system to direct you and your family to a palliative care team that will navigate you through this journey and provide early identification of initial and ongoing medical needs. The word palliative appears to be such an unsympathetic term that most families not only find confusing; they are unsure how to access. Yet, when you have the right palliative care physician and team, they become earthly angels who act as the family's tour guide, and navigate the roadmap from a holistic approach. They put you, and keep you, on the right path and accurately piece all the multiple medical conditions together to provide the patient with honest answers so informed decisions can be made and the family can support their wishes. The team takes into account that the wishes of family change dramatically when actually faced with death and the loved one does not know what they are asking when they wish to die at home as they are focusing on living and dying at the same time. Let the amazing medical healthcare team at Hospice and the community intercede with helping the patient's mind catch up to their body and lead the loved one to Hospice.

Let's encourage our loved ones, our families, our community help to choose Hospice; where the family member who was the caregiver can become the loved one once more. Where instead of organizing bedside visits and final wishes, they can hold the hand, love, and live in the final moments. Where the family is embraced, supported and cared for from the moment they enter through the Hospice doors with the feel, smell and comfort of home. Hospice truly is the gift for loved ones where they are the light in families' darkest moments. *Carol*

This is dedicated to all those selfless family members who graciously and courageously accepted this role without hesitation, with honour and pride. In the words of Rev. Dennis Posno, "It's what love calls us to do."



BELL FARM NEWS

NEWS & UPDATES FROM TENEAL

As 2022 is ending, I reflect on the last year and all the amazing, and essential, work Hospice staff and volunteers have provided to our community.

We have stayed grassroots, while also being innovative, growing, and supporting more individuals than ever before. Our volunteers have had a huge part in our success as an organization, and specifically Community Programs. We would not be able to do this essential work without you!



MANY VOLUNTEERS SUPPORT COMMUNITY PROGRAMMING:

It all starts at our front door. Our **reception** volunteers are a welcoming face. They answer calls, screen clients, and offer coffee & treats.

- Our **Bereavement** volunteers provide a safe space for individuals to talk (or express) their stories and emotions. These volunteers know they cannot “fix” but are able to listen and support.
- Our **in-home visiting program** is the grassroots of Hospice. These volunteers continue to provide essential support in a client’s home.
- **Volunteers support caregivers** through respite, anticipatory grief, and our caregiver group. These programs give caregivers a voice and validate the challenges that come with caregiving.
- Matt and Marjan facilitate our **Living Well program**. They provide a space for individuals to connect, socialize, and support one another.
- Our **children and youth volunteers** are creative, devoted, flexible, empathetic, and kind.
- The volunteers who support our **Ended Beginning program** are amazing listeners. They support, validate, and truly care.
- Our **administrative volunteers** help with calls, stats, and organizing the office. We are so thankful for these individuals.

We are amazed by the commitment of this team. We thank you for being there. For being a listening ear, a smiling face, a kind voice, and a consistent support in a world that sometimes feels out of sorts.

We look forward to all the things that 2023 will bring. *Teneal*



VOLUNTEER FOCUS



Matt Cribbs

VOLUNTEER SPOTLIGHT - MATT CRIBBS

How long have you volunteered at Hospice Simcoe?

I'm fairly new to Hospice Simcoe and have been volunteering here since March of 2022. (Matt helps with the Living Well program.)



Why did you choose this area of volunteering?

I have always been interested in helping others and feel that it is an important thing to do. After listening to a friend who works at Hospice Simcoe talk about the services they provide and the ways in which they help to support others in their grief and through illness, I became aware of the importance of supporting these individuals and felt that a volunteer position at Hospice Simcoe would be a great way to help out. In addition to helping out and giving back, volunteering at HS will provide me with valuable experience that I can use to help others while working in social work in the future.



What excites you most? How do you find it personally fulfilling?

There are many things about volunteering at Hospice Simcoe that excite me. For example it's always amazing to see the faces of young ones light up before the start of a support session, or to see clients (and their family members) young and older smiling, laughing, and having fun whether in group or out in the community. Other times I'm just excited to meet, be there for, hang out, and listen to these interesting and amazing people. I find personal fulfilment in all of the above in itself as well as from knowing that I was able to play a part in it in one way or another.

National Children's Grief Awareness Month

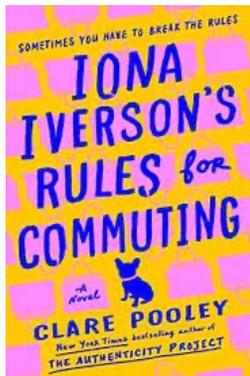
You may have noticed that Hospice Simcoe and the Bell Farm location were lit up Blue for the month of November. This was all done to recognize National Children's Grief Awareness Month, which is in November.

In honour of November's Children's Grief Awareness Month, Hospice Simcoe partnered with Seasons Centre for Grieving Children and other businesses in the "LIGHT THE TOWN BLUE CAMPAIGN".



Book Review & Celebration

“Iona Iverson’s Rules For Commuting” by Clare Pooley Book Review by Donna Goodeill



This novel is a lovely and uplifting story about a group of commuters who ride the train every day into London, England. They keep to themselves and never speak (an unwritten rule for commuters), until one day their lives intersect. One of the commuters chokes on a grape and a nurse on his way to work springs into action with the Heimlich Maneuver. This starts a chain reaction connecting the disparate lives and stories of the riders. Their lives change in unexpected ways, as the little group of commuters become fiends, supporting one another through the various challenges they encounter. Iona Iverson’s Rules For Commuting is fun and funny, wise and wonderful. *Donna*



Editor’s note: I read this book on Donna’s recommendation and loved it! Iona, the title character, is larger than life and extremely entertaining.



25 years!! Thank You Alice

Alice Warman, a Hospice volunteer for 25 years, is moving on. Alice has decided to move to Ottawa to be close to family, and although she will be missed on Wednesday kitchen duty, we wish her well on her new adventure. Sharon Dangerfield and Judy Odlozinski will be on their own now on Wednesdays.

It’s amazing that Alice gave us so many years of service! Rick Irvin delivered a much deserved heartfelt thanks at the gathering held, of course, in the hospice kitchen.

Thank you, Alice, for your many years of volunteering!



VOLUNTEER INSPIRATION

What inspired a Newfie Mitt sale?

In the fall of 2021, and into 2022, I was helping a good friend (92 years young) downsize her home. Yes, she was still in her own home! She had decided to sell and go into a retirement home. She had no family, so I was helping her out almost daily.

What does this have to do with mitts you ask? Well, I love to knit, but evening was my only free time. I didn't want to have to follow a pattern so I picked up some yarn and started a pair of mitts, then another, then another. This went on until I had about 15 pair of mitts. I have donated them elsewhere in the past. However, a thought came to me.

If I could get 25 or 30 pair of mitts made, I could have a fundraiser for Hospice Simcoe. Hence, my mission was created. When I reached 30 pair, I thought, "I can do 35!" The end result was a whopping 40 pair of Newfie Mitts.



At \$15 a pair that was a \$600 donation for Hospice Simcoe!



Hospice is an organization that is near and dear to my heart, and my love of knitting made this a win-win!

Many, many thanks to all who supported this endeavour.

Enjoy your Newfie Mitts 😊

Lynda



Thanks so much Lynda! What a wonderful thing you have done for Hospice Simcoe! Thanks, too, for writing about the whole experience.

WHAT'S HAPPENING?

We are excited to celebrate together with our volunteers!
Join us on Tuesday, December 20th, 2022
12pm - 2pm

RSVP: jackie@hospicesimcoe.ca



December connections:

There is no Lunch & Learn scheduled for December.

**Our next Lunch & Learn will be presented on:
Monday, January 30th @12pm.**

Topic and Zoom link to be confirmed.



HOSPICE HAPPENINGS WITHIN OUR COMMUNITY



SAVE THE DATE!

HOSPICE SIMCOE 35th ANNIVERSARY GALA!

Friday, March 24th, 2023 at Liberty North

Celebrating 35 years supporting our community.

In January 2023 we will be
Launching a new online
50/50 DRAW for our
35th Anniversary year!



Stay tuned for more details on how you can purchase your ticket!

**Rotary
Cash
Calendar
on sale!**



Cash prize to be won every day of the year! Contact Jackie to purchase yours, quantities are limited: jackie@hospicesimcoe.ca

ANNUAL APPEAL & NEWSLETTER

2022 Annual Appeal is now on until December 31st

By now, many of you will have received our Annual Newsletter in your mailbox or inbox. We hope you enjoy reading the stories and updates from our team on our programs and services.

Included in our Newsletter is our Annual Appeal. Our goal this year... \$250,000. For those of you who are not aware, we rely on donations for more than 50% of our operating budget. If you are interested in making a donation please give us a call at 705-722-5995 or email Jackie at jackie@hospicesimcoe.ca



Noella Christmas Tree Lot

Drop by the Noella Tree Lot this year to get your Christmas Tree or Wreath & support Hospice Simcoe.

Friday, Dec. 2nd and 9th (4pm-8pm), and Saturday, Dec. 3rd and 10th (10am-2pm)

