



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Wasn't that a party?

Our new format Christmas volunteer appreciation events turned out to be very successful, with 25-30 volunteers attending each one. Appetizers were made, candles crafted, beautiful cards created and Christmas greenery arranged AND a sing song! Many thanks to Tonya and Kathy for setting this up and to Wendy for acquiring the many donated door prizes.

Our presenters did a superb job, making us all feel successful in whatever endeavour we chose. Thanks to Mary Ann O'Brien and Lisa McLeod, volunteer Lyne Drolet, Kenzie and Tara from Forgather Floral, Mel and Sarah from Groovy Tuesdays and the Tuesday Afternoon Singers.



Thank you, **Carol Holden**, for the photos. Carol recently completed volunteer orientation and will be helping with the newsletter. Carol brings a variety of talents to the job. A capable photographer and admitted techie, Carol also enjoys writing and is looking forward to sharing stories from around the house and the community with our readers. You can read her lovely article on our Living Well program on page 3.





Volunteer Faces



Double Duty Volunteers

We are fortunate to have Kathy Marshall and Sandra Barrett as volunteers at Hospice Simcoe. Both have a good eye for decorating and they put their skills to work each season to make Hospice Simcoe a warm and inviting place to be. But that is not the only task they take on. Both of them, along with twelve others, are part of our thank you phoning team. Many of you may not even know there is such a volunteer opportunity.

Each week at Hospice Simcoe, we get donations from people in the community. These donations may be big or small. It may be one made in memory of a loved one, a corporate donation or money raised from a third party event. Each donation, if a phone number is given, is recognized with a personal phone call from one of our hospice volunteers.

These phone volunteers are kept very busy because on average we get 60 - 80 donations a week which means that each volunteer is responsible for making 6-8 calls a week! (During the busier times such as December and January we may get over 100 donations a week!) The purpose of the call is to offer a simple thank you...no more. Sometimes a listening ear is involved as well. Many of those contacted have a story to tell about their connection to Hospice Simcoe. Our phone committee members are happy to listen.

Like Kathy and Sandra, all of members of the committee have another volunteer job at Hospice Simcoe. Diane Tressoff is reception team leader, Sharron Bowden contributes to the newsletter, works at reception and leads the phone committee. The other members serve double or triple duty as well.

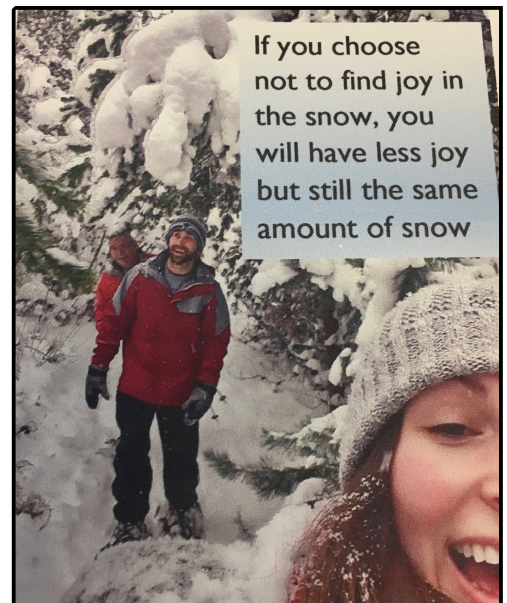
Thanks to all of you - the ones already mentioned as well as Terry Smith, Joan Belecque, Colleen Dart, Kerry Desmond, Elaine Fairchild, Joan Jarvis, Charlene Koivisto-Moreau, Pat Manser, Carol Pozel, Terry Smyth and Chris Nichols.

*Let
it
snow*

Guy Villeneuve, one of our musicians, loves to get outdoors and snowshoe in the winter so he photoshopped this wonderful quote into this picture! What a great way to think about this weather!

Hope you all enjoy your winter, it will be spring before we know it!

Guy, with his Grandson Josh and Josh's girlfriend Nicole.



If you choose not to find joy in the snow, you will have less joy but still the same amount of snow

HOSPICE HAPPENINGS

Living Well

'Living Well' has a very different meaning for the participants attending Hospice Simcoe at Bell Farm on Wednesday afternoons. It is a vision Teneal Campbell, Community Care Coordinator, 'fostered' in the development phase for four years before delivering the program we see today. Like a puzzle, each piece of the program is unique with the outside framework established and the pieces inside the 'circle' waiting to be put in place. Two of these key pieces are volunteers Marjan and Gaile who facilitate the eight-week sessions.

You see, all participants share the 'same story', with the attending criteria of being further out with their prognosis of one year or less. In this open group setting full of 'good energy' almost every conversation topic is discussed from childhood to medical assistance in dying to what's for dinner. Sharing is always optional and nothing is off limits, as everyone knows what is said in group, stays in group. Conversations generate a rainbow of emotions where participants express and move through anticipatory grief and where time equals hope. Many group members experience progressive losses as they move through the weeks that initiate real conversations and, in the end, provide a sense of that little bit of power that has been taken away with their medical condition. The social interaction helps to maintain the 'sense of self' with a focus on their quality of life. The warmth of home also fills the air with homemade soup and cookies prepared with love by volunteer Mary Ann, who takes personal requests.

Each session is a new puzzle; with each conversation piece put in place where the picture evolves into a different, but same story; with the same hopes and dreams that interlock with the pieces of pain and fear. Each puzzle provides the kind and gentle social support for the knowledge and understanding of what the end stage of what hospice looks like and removes the pieces of fear.



Nicole, Marjan and Teneal with Mae, a Living Well participant.



Our Living Well Program is growing!

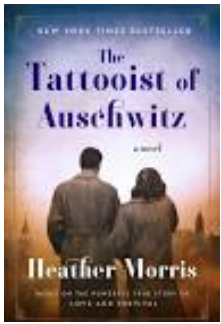
Due to program expansion, we are looking for one or two additional facilitators. You will be working with clients, fellow volunteers and exceptional leaders, while sharing your time and talents. If you think you may be a good fit or want to learn more about this opportunity, please connect with Kathy or Teneal. We can't wait to hear from you!

BOOK REVIEW



The Tattooist of Auschwitz by Heather Morris

A book review by **Carol Martin**



The year is 1942. The setting is a concentration camp at Auschwitz/ Birkenau. And so you can only imagine but now read about the horrific atrocities that occur within the walls.

This is a true tale of young love lasting a lifetime after a beginning under the most extreme circumstances. Lale Sokolov is a Slovakian Jew sent to the camp where, when they discover he can speak many languages, he is ordered to be the Tatowierer, or tattooist. It is Lale's job to permanently mark his fellow captives with a number on their arms. He hates his job, inflicting pain on others but he is as kind as possible. It also is one of the better jobs in camp and he is able to salvage jewels and money from murdered Jews. He then trades these for food that he shares generously with his barely-surviving friends.

Lale has always dreamed of meeting the love of his life and showering her with respect and devotion. That happens when he tattoos #34902 on a beautiful woman's arm; a woman named Gita. They do live together happily-ever-after but not until they have endured 2 1/2 years of deprivation and torture. There are even pictures at the back of this simple, but hard to read, book.

Thank you, Carol Martin for this book review! If you have a review you wish to share please send an email to hospicesimcoenewsletter@gmail.com



“An atmosphere that was truly magical.”

These words, expressed by Dr. Kerstin Mossman after her Christmas week visits to Hospice Simcoe, sum up the feeling in the house over the holiday season. In a letter to the hospice team, Dr. Mossman praised the staff and volunteers “who dedicated their time. I lack words to describe or express what it felt like to work this past week at Hospice Simcoe and especially on Christmas Day. The house was incredibly busy and the staff, volunteers and families still and, perhaps because of it created an atmosphere that was truly magical. It’s unimaginable...we had laughter, caroling, jokes and speeches. Families shared pictures of those we had cared for in earlier and healthier times. Instead of sad tears, most were tears of sincere appreciation for all the staff do at Hospice Simcoe. Our carol singing to patients was broadcast via multiple technologies to other areas of the world.

...it was a true honour to be working this week and, for me, it is sure a Christmas to remember.”

Thanks to all the Family Volunteering teams that shared their time over the holiday season in our hospice kitchen.

What's Happening?

Accreditation Time

It has been three years since our last accreditation with Hospice Palliative Care Ontario. The Accreditation Committee has been busy under the leadership of Teneal Campbell since last October working through the accountabilities in 3 modules:

Module 1- Organizational Oversight (governance, administrative operations and quality assurance)

Module 2- Volunteer Management (foundations, training/onboarding, engagement and stewardship)

Module 3- Service Standards (day hospice, visiting hospice, hospice residence, grief and bereavement support and spiritual care)

HPCO Accreditation signifies to health professionals, the public and funders that an organization, institution or program is in compliance with industry standards and has been recognized by HPCO based on a rigorous review of overall performance by industry peers. Accreditation also serves as an indicator of commitment to continuous learning and improvement.

This is a process that involves every program and service at Hospice Simcoe. We will begin submitting our evidence that we are in compliance in all of the modules early in 2020. This is a big project for Hospice Simcoe and thanks to the committee and everyone involved in Hospice Simcoe for your commitment and dedication to serving our clients and families within the best practices in the province.

For more information visit:

<https://www.hpcoc.ca/accreditation/>

News from the Board...



Hoping you all had a great holiday season and wishing you the best in 2020.

I would like to start by thanking Kathy, Tonya and all the volunteers who organized our

Christmas events. It was evident that so much thought and caring went into them. I had an opportunity to attend a couple which were very enjoyable. I'm not sure I will ever be an artist but so appreciate the patience of those guiding me!

I am confident that we will have another successful year at Hospice Simcoe. All indications are that the annual appeal has been very successful. There has been a good response for the Annual Charity Dinner Event, aka, Gala, and we are already planning for the hike. Several Directors are volunteering additional hours, working on these committees and fund raising events.

It was a bit of a disappointment That Barrie was not chosen in the first round to proceed with the Ontario Health Team. This will not deter the team from continuing their work. Perhaps it's a blessing in disguise. It's a very complex process, with significant ambiguity. Once Barrie gets the green light, the kinks may all be worked out! Kelly will continue to be actively involved, keeping us informed along the way.

As always, we are so grateful for all you do and the generosity of our community. All the best.

Sincerely, Chris Nichols, Board Chair

*"May the tears you cried in
2019 water the seeds you're
planting for 2020."*

yesimadiva.com

Lunch & Learn: January 27th, 2020

12:00pm - 1:00pm

Get Digital with Hospice Simcoe!

Learn how Hospice Simcoe uses branding, marketing & social media to connect with the community and how you can help.

Plus get some great social media tips to stay connected with us!



HOSPICE HAPPENINGS

In our Community...

Join us at our 2020 Gala!

Our Annual Gala is approaching and it's sure to be another fantastic evening in February.

If you would like to join us on Friday, February 21st at Liberty North, contact us by phone (705) 722-5995 or email: event@hospicesimcoe.ca.

This is a sell-out event, so we encourage you to buy tickets before February!

Karma Class - Yoga for Hospice Simcoe

Calling all our Yogi friends...

If one of your 2020 resolutions is to focus on your health and well-being, this is a great way to get started and support Hospice Simcoe! For the month of January, we are the charity recipient for Modo Yoga Barrie's Karma class. Anyone and everyone can participate! Every Friday of this month from 6:30-7:30PM this regular hot yoga class is great for beginners and students who practice regularly. With a minimum \$10 donation (cash or debit) enjoy a great class with all proceeds supporting Hospice Simcoe.

Calling all Third Party Events...

With the New Year having arrived we are looking for any new Community Hosted Events! If you know of any individuals, service clubs, organizations or businesses that will be hosting an event this year such as; curling bonspiels, dragon boat races, milestones and company barbeques, let us know! We would like them to consider Hospice Simcoe as the charity recipient. For more information, contact our Fund Development Team. On average, these events collectively raise approximately \$100,000 each year for us. We really rely on the community's support through these events and are grateful for each and every one that supports us.

Lynda Murtha: lynda@hospicesimcoe.ca

HOSPICE SIMCOE
TITLE SPONSOR
purehealth
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We invite you to join us for our 9th Annual

WINTER DINNER & DANCE

FRIDAY, FEBRUARY 21, 2020
LIBERTY NORTH
DOORS OPEN 6 PM | DINNER 7 PM

\$250/Guest Table of 8 for \$1,900	Live Entertainment by Jamie Williams	Attire Business Casual
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