

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

TRUTH & RECONCILIATION

A few months ago, I was asked to share more information about Truth and Reconciliation for this fall's Hospice Newsletter. Please know that I take this responsibility seriously. There is much pain to recognize, and also much beauty to share.

Being a Métis woman, I feel that I can see two perspectives, the colonial perspective, and the Indigenous perspective. The "white eagle medicine" in my spirit name helps me to take a bird's-eye view of Truth and Reconciliation discussions which started in 2015. The Truth and Reconciliation Commission (TRC) was founded in June of 2008 and between that time and 2015, over 6 000 Indian Residential School Survivors were interviewed. In 2015, 94 Calls to Action were included in the final report.

What do these discussions mean for me?

I personally recognize that there is work to be done. Am I able to tell you exactly what needs to be done? No... I am still learning with all of you. I don't yet have enough teachings and knowledge about how we can help. I am still learning how Indigenous people feel today about what they and their families experienced in the past. Next year, I will know more, as I am engaged in learning more. There was much harm done to our First Nations, Inuit and Métis people on these lands and it has been happening for a long time. I often want to share what I have learned about the Indian Act, The Doctrine of Discovery, Indigenous Treaties, Rights and Laws, and of course what happened to 150,000 children in Indian Residential Schools across Turtle Island.

It is uncomfortable to speak of these truths. It is easier to speak of the beauty in the medicine wheel, the connection to Mother Earth and the self-care rituals that are good for our spirit. Therefore, I wish to tell you some of both. What's important is that we continue to learn together.

The Parliament of Canada passed this act in 1876 and it is still in effect today. The Indian Act has undergone multiple amendments but it is still controlling First Nations people and assimilation has always been its goal. Indigenous people had no trouble governing themselves before European settlers arrived. The Indian Act forced Indigenous people to be controlled by white Indian Agents. Indigenous culture and traditions were considered illegal.



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Have you had a chance to learn about the Indian Act?

In 1920, the Indian Act made attendance at Indian Residential Schools compulsory for Indigenous children between the ages of 7 and 15. The goal was to get the “Indian out of the child”. If you’d like to learn more about the Indian Act, there are many videos and podcasts that explain it well. It will help you understand a little bit more. There is also a National Bestseller book called *“21 Things You May Not Know About the Indian Act – How Canadians Make reconciliation with Indigenous Peoples a Reality”*, by Bob Joseph. Bob speaks in many videos and podcasts as well.

Now, something about the beautiful aspects of the Indigenous world...

Did you know that Indigenous people would always think about the next 7 generations before making important decisions? They have always believed that decisions and choices have the power to impact the next seven generations. I personally love this concept as it allows us to think about the children that surround us today. Are we thinking about the little ones that are born this year? What is Mother Earth going to look like when they turn 60?

Sweetgrass is a sacred medicine in the Indigenous world. Did you know that there are 21 strands of grass in every braid? The first 7 strands represent the 7 generations that have come before us. The next seven strands represent the 7 sacred teachings (love, respect, honesty, courage, wisdom, truth and humility) and the last 7 represent the seven generations to come. There is much beauty in this consideration that we have a responsibility to help the generations to come.

How do you feel when you hear the words “Truth and Reconciliation”? My wish is that you won’t take anything personally and that you will remain curious. If you feel uncomfortable, it’s ok and expected. The goal of learning these truths is not to make anyone feel guilty. Let’s continue to learn the truth together and as we move forward on our earth walk. We will continue to become the best version of ourselves on this beautiful Turtle Island that we share. *Lyne Drolet*

Special thanks to Lyne Drolet for not only sharing her story, but providing such a beautiful insight.



CELEBRATIONS



Thank You Diane and we'll miss you!

On behalf of everyone at Hospice Simcoe, we would like to thank Diane Tressoff for 15 years of generosity in giving of her time and as a great ambassador and leader in her volunteer roles with us. Diane has donated over 1900 hours.

Diane has been the face of Hospice for so many residents and families as they entered the residence on Tuesday mornings. Her compassion and ability to listen, provided comfort as they started their journey and made everyone feel welcome.

Diane provided leadership to many new volunteers as she trained and onboarded them to the role of reception. Diane also provided administrative support to the clinical team and lent us

her talents to sew masks and other items during covid. Her support has allowed us to continue to fulfill our mission in providing exemplary care to the residents and their families. **We appreciate you.**



Congratulations

Michelle & Tyler McEachern
(previously Michelle Taylor) and a
warm welcome to baby Emily!

It was lovely to see Michelle and baby Emily as we celebrated together, with games, food, gifts and cuddles.



VOLUNTEERS



Happy Halloween

HR Corner / Bell Farm

An update from the HR Manager, Connie Devlin

As we prepare to close out another year at Hospice Simcoe, we look back with wonder and appreciation for all the gifts of kindness and compassion that all of you have given to our residents, clients, and their families.

In 2023, so far, our volunteers have donated over 14,800 hours of their time. Because of the dedication of our volunteers, we can continue to provide exemplary care and support.

Thank you to all and may your holiday season be filled with prosperity and happiness.

Connie Devlin



**“Nothing liberates our greatness,
like the desire to help,
the desire to serve.”**

- Marianne Williamson -



An update from the Community Support Programs Manager, Teneal Campbell

The Holiday season is typically a magical time of year when people surround themselves with friends and family. However, for those who have experienced a death, the Holidays can provoke challenging emotions.

Creating boundaries during the holidays can be difficult, but essential in your grieving process. *Teneal Campbell*

This video series shares insightful and practical guides in dealing with the Holidays for those who are grieving and/or bereaved.

GRIEF DURING THE HOLIDAYS: Practical Guide to dealing with the Holidays:
<https://www.youtube.com/watch?v=HcmEHWh9cel>

GRIEF DURING THE HOLIDAYS: How to cope during the Holidays after a pregnancy and/or infant loss: <https://www.youtube.com/watch?v=Sd1lclDia60>

GRIEF DURING THE HOLIDAYS: Care for the Caregiver through the Holidays:
<https://www.youtube.com/watch?v=qFprU0csUbs>

GRIEF DURING THE HOLIDAYS: Making Space for Grief this Holiday Season:
<https://www.youtube.com/watch?v=gMURFXPGEAQ>



VOLUNTEERS



Colleen Dart

Volunteer Spotlight

Colleen has been volunteering at Hospice Simcoe since early 2019.

She works at the front desk where she enjoys meeting and welcoming everyone to the residence. Colleen is grateful to be able to help others, in some small way, with the journey they are on in that moment.

Colleen is fulfilled by knowing that she is a contributing member of a wonderful community.

Personal Quote:

'It has helped me to be so much more accepting of that final part of life where I am not afraid and much more comfortable about dying'



A message from the Chair

Well, it's been a busy year for all of us and as we close in on the Holiday season at Hospice Simcoe. I look back and feel so blessed for all the love and comfort our staff and volunteers provide to those who come through our doors. As I go about my day, and quite often find myself engaging in a conversation that gravitates to Palliative care, our hospice always come up in the conversation. We are so fortunate to have such a great facility that couldn't exist if it wasn't for the generosity from our donors, the many volunteers and staff. You need to be a special person to provide our services, at times I'm sure you feel depleted. But it is unimaginable to consider how our community would fare were it not for the love, comfort and support you all provide.

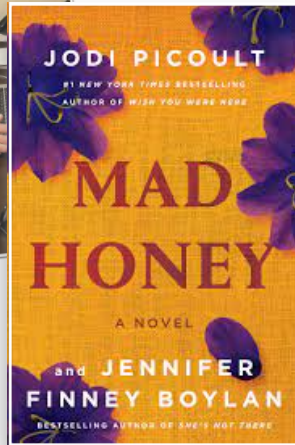
On behalf of the Board of Directors, I thank you for your support, devotion, your energy and inspiration. May you and yours experience the peace and tranquility of these holidays, knowing that our community is blessed to have Hospice Simcoe. And, for all of our volunteers that help to assist, educate, support and guide those in need of our services through their journey.

Sincerely, *Ray Trask*

BOOK REVIEW & MORE



Mad Honey by Jodi Picoult and Jennifer Finney Boylan



This novel, a collaboration by Jodi Picoult and Jennifer Finney Boylan, sparked the best conversation we have ever had in The Cover Girls -our book club. A very topical piece of writing, it explores an area that is bound to provoke discussion and it answers many questions we all have on this current issue. (I hesitate to state the issue because, in my mind, it would spoil the story! Suffice to say, it completely captured our attention and is well worth the read.)

An added bonus for reading the book will be the knowledge you gain about bees and honey! *Sandi Porter*

*Thanks to Sandi Porter for this Book Review.
(See below for a recipe from the back of
he book.)*



Everyone loves a good recipe!

Everyone appreciates the home baked goodies, soups and meals that are prepared in the Hospice Simcoe kitchen!

If you have a recipe you would like to share, please forward to:

hospicesimcoenewsletter@gmail.com

Beekeeper's Granola

INGREDIENTS

32 oz. Bob's Red Mill GF
Old Fashioned Rolled Oats
½ cup pumpkin seeds
1 cup sliced almonds
½ cup honey
½ cup canola oil

INSTRUCTIONS

Preheat oven to 225°F. Spray a large baking sheet (21 x 15 inches) with cooking spray.

In a large bowl combine the oats, pumpkin seeds, and almonds. Pour the honey and oil over the mixture and toss lightly, making sure the oat mixture is covered. Spread on baking sheet and bake for 90 minutes. Cool on a wire rack.

Granola keeps for several weeks in a sealed container.



VOLUNTEERS GET TOGETHER



Enjoying time
together

WHAT'S HAPPENING?



"It's not what's under the Christmas tree that matters, it's what's around it."

~ Charlie Brown

2023 TREE OF REMEMBRANCE

We invite the community to remember their loved ones this holiday season by placing an ornament on our Tree of Remembrance.

It has always been a tradition at this time of year for people to remember their loved ones—those close by, those far away, and those who are no longer living. For many years now at Hospice Simcoe, we have provided an opportunity for people in our community to remember their loved ones by placing an ornament on our Tree of Remembrance, throughout the month of December.

Both trees will remain up until Monday, January 8.
When you come by, please stop and say hello.

We would love to see you! *Lori Scholten-Dallimore*

"I wait for the time when we can soar together again. Until then, live your life to its fullest and when you need me, just whisper my name in your heart, I will be there." ~ Emily Dickinson



2023 TREE OF REMEMBRANCE

We have two Trees of Remembrance this year, one will be displayed in our foyer. The other was kindly donated by the **South Springwater Firefighter Association**, and is located outside in our gazebo.

We invite the community to place an ornament on either tree as a special way of remembering your loved ones. The trees will be on display until January 8th.

Please note: If placing your ornament on the outdoor tree, please keep in mind that it will be exposed to the elements.

HOSPICE SIMCOE
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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 UPDATES



HOSPICE SIMCOE
35TH ANNIVERSARY

ANNUAL APPEAL IS ON NOW!

www.hospicesimcoe.ca

A receipt will be issued for gifts \$20 or more.
Please visit www.hospicesimcoe.ca to donate now, or contact our Fund Development Coordinator, Josie at: josie@hospicesimcoe.ca

ANNUAL APPEAL IS ON NOW!

Have you considered supporting your community with end of year giving? To donate now, please visit: www.hospicesimcoe.ca.

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

If you would like a copy of our 2023 Annual Newsletter, please contact our Fund Development Coordinator, Josie at: josie@hospicesimcoe.ca.

Memories & Milestones Gala

We had a wonderful Gala event held at Tangle Creek Golf Club on November 3rd. Thank you to all who attended and supported Hospice Simcoe! We couldn't have done it without you.

Together, we raised \$130,000!




HOSPICE SIMCOE
MEMORIAL ITEMS ON SALE NOW

Hummingbird Necklace	\$30
Hummingbird Bracelet	\$30
Hummingbird Ornaments	\$25
Hospice Simcoe Coffee Mugs.....	\$10

Hospice Simcoe Yeti Travel Mug.....	\$55
Hospice Simcoe Picnic Bag	\$10

Purchases can be made by Cash, Debit or Credit Card.
If you have any questions or comments, please ask for Jackie Fox or email jackie@hospicesimcoe.ca

LOOKING FOR GREAT GIFT IDEAS!

We have a variety of memorial items on sale now. Drop by the residence to choose your special memento.

For more information, please email Jackie at: jackie@hospicesimcoe.ca



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



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