



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Best Wishes Lynda

Many who know Lynda Murtha, Fund Development Manager, would never guess she spent 20 years in politics before joining Hospice in June 2012. Lynda's last 13 years in politics were with former MP/MPP Aileen Carroll, where one of the priorities during her tenure was the construction of the Hospice residential building we know today. That history and pertinent knowledge of Hospice and the integral community support to the organization, led Lynda to be the successful candidate for the part-time position of Executive Assistant-HR & Fund Development. Of course Lynda's vision of being semi-retired was short lived as the position quickly led to full-time and new visions were born with Lynda's leadership, visions that have taken Hospice to places we could never have imagined!



Lynda drew upon her past fundraising skills, and a great 3-year road map for her to lead was implemented. Lynda contributes her success to the team of staff and volunteers that come from such diverse professional backgrounds with skill sets second to none!

"The politics never truly leaves you", Lynda says with a reflective beam, as she professes she is a 'news junkie' with a flair for journalism and photography. How blessed has Hospice been to 'tap in' to these talents? Lynda's extraordinary gift of taking the time to intimately know the community's history that is supporting Hospice has led to fostering lifelong relationships that has resulted in Lynda realizing one of her greatest successes at Hospice of annually raising 1.3 million dollars.

Reflecting on her fundraising journey, Lynda says life in the beginning was one of continuous rationalizations of who Hospice is, what they do, and how they fit into the healthcare sector that already exists. There was a tremendous amount of work done by the team to educate the community on this integral piece and the importance of where we spend our life in our final days. Lynda always encouraged tours of Hospice as part of the fundraising strategy, to assist with understanding the 'why' piece, at a time when the community expected a cold and institutional feeling, they were greeted with a bright and warm feeling with the smell of cookies or soup, where there were few rules in residents' final days, except for safety requirements. It took just five minutes to realize they were in a "home" and not a house. *...continued on next page*

The opportunities and requests for volunteer support that appear in this newsletter are designed for Hospice Simcoe registered and trained volunteers. If you wish to become a registered volunteer, please contact Kathy or Tonya; kathy@hospicesimcoe.ca tonya@hospicesimcoe.ca Thank you!



BEST WISHES LYNDA

Lynda said it is the same reaction families have as you visually see their shoulders drop in relaxation; knowing they can trust Hospice to care for them as a family and where they have the privilege of being able to take the role of supporting their loved one at the bedside instead of being the caregiver at home during their final days.

Today, that dedication has resulted in the community knowing what Hospice offers; as its sterling reputation speaks for itself. That reputation has had a profound ripple effect of over 2,300 residents with their families at their side for their final days at Hospice Simcoe that has now paved the road for new fundraising strategies leading into 2020. "Our reputation is Hospice's most valuable asset and everyone wants to uphold the reputation", Lynda kindly says with a satisfied smile. Lynda is a big part of that sterling reputation, always in the background developing the foundation through relationships she has developed in the community and quietly performing her role without pomp and circumstance.

In addition to fundraising for Hospice's annual target goal; Lynda is proud of reaching the 2015 mini capital project target goal of \$800,000 in 12 months, for the current back parking lot land, in just eight months with over \$1,000,000 raised. The development of the ongoing Donor Stewardship program was another initiative Lynda humbly acknowledged as a highlight in her career; creating new ways to engage our Hospice community by graciously thanking our donors. Ironically, Hospice receives reciprocal heartwarming cards, letters and notes of thanks that speak to that reputation.

With all the competing priorities, family has always remained at the top of Lynda's list, where it should be; to fuel her passion to feed Hospice. A mother of two sons, with a loving husband and three grandchildren to spoil, Lynda cherishes their weekly gatherings where they just "hang out" and are all so closely connected in spirit. Lynda's Hospice fuel that keeps her operating at an optimum level is the exceptional work the entire Hospice team commits to each day. Lynda affectionally quipped, "It's so easy to get caught up in a place where everyone wants to be there".

Even Lynda's extended family Daisy, who lives with Lynda during her downtime where she gets to be a regular dog, has been part of her fundraising team. We all know how special Daisy is, comforting over 850 residents at their end of life since joining Hospice. Daisy's calm disposition as she gracefully blends into the serene Hospice environment while unconditionally changing the hearts of so many in their greatest moments of need, provides a service for which she needs no recognition. As Lynda officially retires, Daisy will continue to live with Lynda but continue to work at Hospice. Arrangements are in the works on who will be 'Driving Miss Daisy'.

Lynda has already had several requests to volunteer and while she is not sure what it looks like, she will always continue to give of herself. When asked about her plans for retirement, Lynda folded her hands on her desk and confidently stated, "I plan not to have a plan".

On behalf of Hospice and the community, thank you Lynda for your steadfast influence, passion, and commitment to the residents we have the blessing of serving. Congratulations on your retirement and best wishes on your next chapter in life. As Amy Carmichael quoted, "You can give without loving, but you cannot love without giving". Thank you, Lynda, for loving Hospice.

Many thanks to Carol Holden for this article.

HOSPICE HAPPENINGS

Thank you, Volunteers



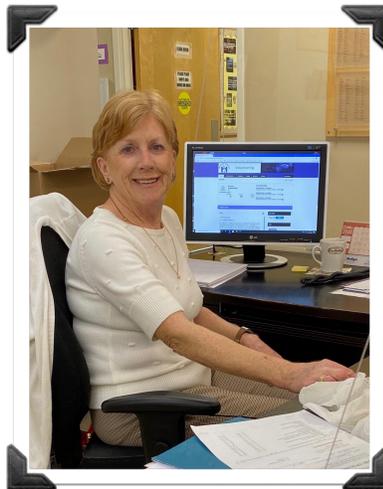
Monday at Hospice Simcoe finds Judy and Sherry shopping at No Frills to make sure we have enough food on hand for our residents and families. They are an essential part of our volunteer team... and great bargain hunters.



Although our Tuesday Afternoon group can't perform at hospice yet, we are glad to see that solo performances are still happening. John Porter has been sharing his talents with staff and residents on Tuesdays.



Business as usual at the front desk... sort of. Colleen continues to greet visitors, answer the phone, stuff envelopes and do whatever is asked of her. On top of these regular duties she now takes visitors' temperatures and asks the endless list of Covid questions. (And she gets a few online bridge lessons in as well.) Thanks Colleen.



"How beautifully leaves grow old. How full of light and color are their last days."
John Burrows

BEREAVEMENT

Virtual Chats... from Colleen

- Sometimes when experiencing anticipatory grief, or bereavement, the scariest part can be not knowing if what you are feeling and thinking is “normal” or not.
- Hospice Simcoe is hoping to alleviate some of the scariness of grief by launching two new virtual chat rooms; one for teens and one for individuals who are grieving a pregnancy and infant loss. These chat rooms are meant to be a safe space where individuals can come and ask questions about their grief and loss, find resources, receive support or gain information on how to support people in their world who are grieving.
- **Teen Grief Chat** will be launching on November 5th, 2020 and will occur twice monthly on the first and third Thursday each month from 6 p.m.- 8 p.m.
- **Ended Beginnings Pregnancy and Infant Loss Chat** will run once a month starting on November, 18th 2020 and will occur on the third Wednesday of each month from 6 p.m. - 8p.m.
- Both of these chat events are open to the public and registration is not required. If you wish to receive more detailed information please contact Colleen Risk at colleen@hospicesimcoe.ca or by phone at (705)725-1140.
- <https://hospicesimcoe.mycrowdstack.com/chat-event/teen-grief-chat> - Teen Grief Chat
- <https://hospicesimcoe.mycrowdstack.com/chat-event/ended-beginnings-pregnancy-and-infant-loss->



Staff Picks

Sharron: *The Night Swim* Novel by Megan Goldin

Sandi: *Recipes for a Perfect Wife* Novel by Karma Brown

Dan: *Cobra Kai* TV sequel to the Karate Kid Netflix

Margaret: *Designated Survivor* Netflix

Fredda: *My Octopus Teacher* intriguing documentary on Netflix

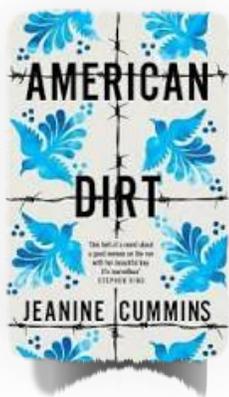
Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner? A four year old child whose next door neighbour was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the man's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the man, the little boy said, "Nothing, I just helped him cry."

Thanks to Kathy Stewart for this touching story.



HOSPICE HAPPENINGS

Book Review by Harvey Underhill



American Dirt by Jeanine Cummins

A novel, American Dirt had caught my attention as number three on the Globe and Mail best sellers list, so while browsing our Condo library, I jumped on a copy freshly donated by a condo neighbor. Reading just the first few pages, I was engaged and committed to finishing it. It proved to be a great read and so very timely considering the current crisis of the masses trying to enter the United States.

Lydia Perez and her 8 year old son, Luca, desperately hide in the shower of their home in Acapulco, Mexico, cringing as gun fire erupts about the house and yard, as members of a drug cartel slaughter their entire family of 16 that had gathered for a birthday.

The massacre was apparently brought on by a newspaper story, written by Lydia's journalist husband, that exposed the head of the cartel. Her husband lies blood soaked bearing a cardboard sign on his chest declaring "My whole family is dead because of me."

Is there more to the message than the obvious connotation? Was Lydia actually targeted?

Lydia felt she had no alternative but to flee Mexico to the United States. The bulk of the book entails the dramatic escape of Lydia and Luca joining the migrant masses headed 'el norde' to American soil.

Will they be treated like dirt if they do get there? Are they still being targeted by the Cartel? Can they avoid the vigilantes? Who can they trust? How can they navigate the trip, find food, water and shelter? Can they penetrate the border patrols and if they do will they be caught in the revolving door as illegal immigrants? All of these desperate questions Lydia struggles with while clinging to the roof of the freight train, 'La Bestia', heading north.

The author, Jeanine Cummins, lives in New York. She spent some six years researching and writing this book. Her best selling memoir, A Rip in Heaven, is now on my reading to do list.



Harvey Underhill has been a Hospice Simcoe volunteer for 5 years but this is his first book review for the newsletter. Hopefully there will be more. Thanks Harvey! This is a favourite amongst Hospice staff and volunteers.

50 YEARS OF NURSING

Fifty years is a long time to work in one profession but Liela McClenaghan did just that. At the end of her career, she worked on our clinical team. We thought our readers might like to read Liela's story as she wrote it. Thanks so much, Liela, for sharing your journey with us.



Liela as a young graduate

Liela's journey began as a Candy Striper at the General Hospital, Niagara Falls Ontario. Receiving a bursary in 1967 for more than 600 volunteer hours, she entered a three-year nursing program at St. Mary's Hospital, Timmins, graduating May 17, 1970. She continued employment there for another two years then moved south to York County Hospital (South Lake), Newmarket.

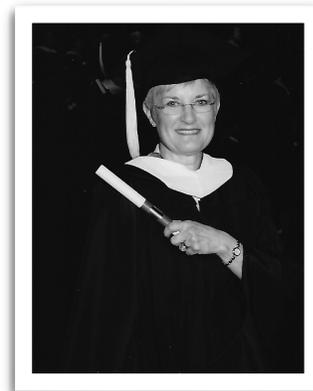
Liela embraced learning opportunities in ICU/CCU and medical/surgical. She married Alan in 1974 and they had two children, following which a Surgical Daycare position offered flexible hours, work life balance and an opportunity as "float nurse" to assist others and experience other areas.

Moving to Powassan in 1978, Liela worked at Civic Hospital, North Bay, on a surgical ward. With a desire to broaden her knowledge, she studied preliminary courses at Nipissing University and then enrolled in the BScN program at Laurentian University, graduating in 1987. Liela also became a qualified CPR instructor (which continues into the present).

Her next venture was a one-year Nursing Educator position at North Bay Psychiatric Hospital. In 1988 another family move brought Liela to Midland and she accepted a Nurse Clinician position at OakRidge (Mental Health Centre Penetanguishene). Over a 15 year period, Liela held three positions: Nurse Clinician, Project Coordinator and Nurse Manager.

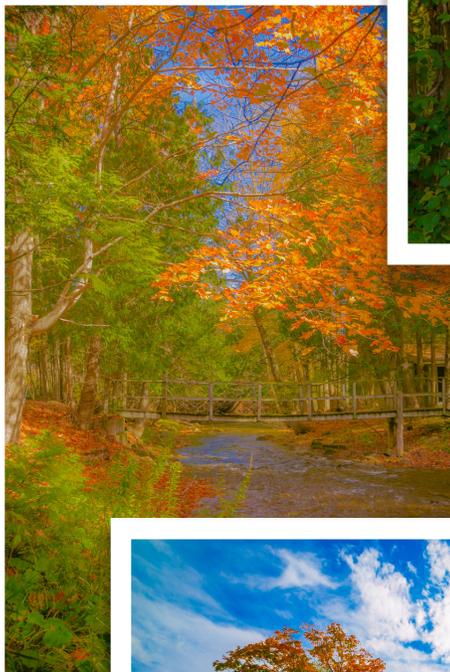
Interestingly, Liela took the Hospice Simcoe volunteer course in the early 1990's, but was asked to assist with Hospice Huronia startup, becoming an executive member, teaching the volunteer program and conducting intake assessments. In 2002, Liela took a leave from MHCP to teach the BScN program at Georgian College, where she continued to teach part-time until 2006.

Receiving an MA(Ed) in 2006, Liela was hired by Simcoe Muskoka District Health Unit in sexual health promotion, which she thoroughly enjoyed for 10 years. Cutbacks in 2016 altered her plans. So she opted to provide nursing care to a friend with a life limiting illness. Her friend's last hours at Hospice enticed Liela to seek employment where she could use her palliative nursing skills. Two years is such a short tenure, with so many wonderful memories: working with like-minded people who embrace care, commitment and compassion in their service to palliative residents. COVID-19 changed her plans but she is looking forward to being there again as a volunteer when the situation improves.



Receiving her MA -2006

AUTUMMN IMAGES



Many thanks to Carol Holden for these gorgeous Fall pictures. Not only does Carol write heartwarming articles for our newsletter... she's an excellent photographer as well.

What's Happening?



Congratulations Teneal!

We are happy to report that on October 31st, 2020 at 5:22am Teneal gave birth to her second daughter, Lyla Marguerite Campbell. Lyla joins big sister, Kallie and Dad, Mike to the Campbell family. Congratulations to the whole family. If you would like to pass on your congrats to the family, please contact Kathy Stewart.

VIRTUAL MINDFULNESS MEDITATION

EVERY MONDAY FROM NOVEMBER 9 - DECEMBER 21, 2020

4:00PM | [HOSPICE SIMCOE RESIDENCE](#)

Come when you can to this weekly drop-in Guided Meditation. Let this short and sweet practice bring you in touch with the present as it unfolds moment by moment in our daily lives.

All are welcome. Sessions will be adapted to suit the needs and experience of those who come. Give yourself breathing space and allow yourself to be deeply present with compassion, wisdom and composure.

A typical session will include guidance; sitting and moving meditation and mindful tea. No experience in meditation or movement is necessary to fully enjoy this class.

If you have any questions or to register, please contact our Community Care Coordinator, Danielle Marshall, BSW, RSW: 705-725-1140 | danielle@hospicesimcoe.ca

For more information visit www.hospicesimcoe.ca/community-programs/grief-and-bereavement-support/

If you are in need of support for any reason, please know that Hospice Simcoe has an EAP (Employee Assistance Program) for our Volunteers. It is available on your Better Impact dashboard, or ask Kathy or Tonya for more details.

What's Happening?

Message from Board Chair



Well, despite a great deal of bad news these days, there have been some exciting things happening at Hospice.

The Board of Directors has established two new working committees. One is exploring options for the use of our vacant land behind the residence. As you know, we are currently leasing space on Bell Farm Road. We will be undertaking a full review, and a strategic planning exercise that will determine the future vision of Hospice. This will be an inclusive, transparent process which will request input from all key stakeholders. Staff, volunteers, donors and clients will be asked to attend focus groups. More to come.

The second new committee is charged to identify possible research opportunities. One area we have discussed is MAID. It is rather complicated to describe in this update, however, you will hear more as we proceed.

The success of recent fund raising activities are cause for celebration. The virtual hike did not reach our goal but we were extremely pleased with the results given the current challenges. Thank you so much to all who participated. The smile cookie campaign exceeded expectations with a record number of sales!

The Annual Appeal is in full swing. I have had many thank you donor calls to complete indicating that this will also be successful.

I want to end by acknowledging Lynda Murtha and Kathy Stewart on their upcoming retirements. I know from personal experience, that this is a huge life changing decision. Kathy and Lynda's contributions and hard work have had a direct impact on the success of Hospice. They will both be sorely missed. Hopefully we will be able to have a unique celebration given the restrictions we must adhere to.

Congratulations to Teneal as well for a couple of things! Her new position of course and her exemplary leadership during accreditation.

Take good care everyone. Stay safe and healthy.

Sincerely, Chris

Lunch & Learn (On a different day)

Tues. November 24, 2020

12-1pm: Safer Spaces Updates



Presented by Danielle, staff and volunteers will be given an update on all of the work that has been done to help make hospice a 'Safer Space' for folks in the LGBTQ+ communities.

For more information, please contact Tonya for the zoom link or look to your emails for updates

In our Community... from Lynda

A warm welcome back to Josie, our Fund Development Coordinator! Josie returned from her maternity leave last week. Josie's main responsibility is planning and carrying out all of our fundraising events, including 3rd party events. I know she appreciates the wonderful assistance we receive from our volunteers. If you know of a business organization or family that would like to host a third party event for Hospice Simcoe please let Josie know. josie@hospicesimcoe.ca



We are grateful to the Downtown Barrie Business Association for choosing Hospice Simcoe as the charity recipient for the proceeds from this year's Noella Christmas Tree Lot at Meridan Place/Memorial Square. You can purchase a live Christmas tree from 10am to 3pm on the following 3 Saturdays: November 28th, December 5th and December 12th



The totals are in! Our annual Hike for Hospice raised just over **\$81,000** this year! Thank you to everyone who participated or donated. Kudos to our three in house hike teams - Hospice Hearts, Hospice Boarders, and the Bell Farmers. Collectively, they raised over \$18,000 of our total.

The **Tim Hortons Smile Cookie** campaign hit yet another record this year. 156,000 cookies were sold at the Stroud and Barrie locations this year. We are so grateful to receive over \$78,000 from this event. Thank you to the HS volunteers that went to Tim Horton restaurants on launch day and were such great ambassadors for us. Thank you to the Tim Hortons owners for choosing Hospice Simcoe as one of the charity recipients again this year and thanks to all of you for buying, and eating, lots of those delicious cookies.

Save The Date

Save the date - February 21, 2020 for our annual winter dinner/dance fundraising event! For more details contact event@hospicesimcoe.ca



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