



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Tanya's Hike For Hospice Simcoe

"In the darkest moments of our lives they (Hospice Simcoe) were there to help us through it"

Tanya Wright posted this on her Facebook in memory of her Dad, Gene Jespersen, who sadly lost his battle to pancreatic cancer on January 18th, 2019 but reached his goal of celebrating his birthday one week earlier.

Tanya has chosen to **Hike for Hospice** and is asking family and friends to support her as she believes, "all families deserve this type of support when they need it." Tanya's Dad received his devastating diagnosis in April 2017 and was given three months with no treatment and six months with treatment. Tanya recalls the beginning of the journey: "I was 6.5 months pregnant with Eva when Dad told us. I remember so vividly hearing the words and the room spinning, a million thoughts racing through my head."

The decision was made for Gene to move from Alberta to live with Tanya and her family to spend his final time with her husband Adam and young son Hudson, with the hope that he would meet Eva.

Tanya journeyed with her Dad through every appointment, test and treatment where time stood still as they repeated the cancer processes week after week. She knew her Dad was scared and had a hard time talking to people about his diagnosis, but he always remained positive throughout. His emotional roller coaster was compounded by the feelings of those around him, but it was that love and support that provided him with such steadfast hope. The cancer treatment waiting room removed Gene's fear as everyone freely and positively shared their stories. Patients showed such vulnerability and strength in each story, leaving Tanya at a loss for words and wondering what she could even bring to the conversation to make them feel better. She soon realized that all they wanted was a listening ear.

Gene spent his final days at Hospice with care provided that could never occur in the home. Tanya posted her thanks for the "immense emotional support for me and the kids. It is important to share so others going through this don't feel so alone in their journey and their emotions."



Tanya, her dad, Gene, Adam, Eva and Hudson



Gene with Eva and Hudson

Gene not only lived to see the birth of his granddaughter Eva, but was able to spend the blessing of many simple moments together, as captured in the family photoshoot. Tanya’s encouraging words to complete her Facebook post truly reflects Hospice Simcoe: “Please remember your feelings are never a burden. If you or someone in your family, including children, need information on what Hospice Simcoe offers, you can check out their website or give them a call.”

Thank you, Tanya, for sharing your story and Hiking for Hospice! At the time of her post, Tanya was hoping to raise \$250 and has already exceeded this original goal by almost four times. Thank you to our community! And from Tanya, “Everyone at Hospice is an angel.” *Article by Carol Holden*

Read a good book lately? Have you seen a good movie?

Do you have a favourite podcast?

Let us know so we can share your suggestions with our readers.

Carol: **You Went Away**, Timothy Findlay

Sandi: **The Comey Rule**, Crave **The Social Dilemma**, Netflix

Tonya: **Schitt’s Creek**, Netflix, CBC Gem **RBG** documentary, Crave

Amy: **Unlocking Us**, Brene Brown podcast

Danielle: **The Good Place**, Netflix **Black Mirror**, Netflix

Sam: **Down To Earth**, Netflix

Kathy: **Little Fires Everywhere**, Celeste Ng

Judi: **Queen of the South**, Netflix

Lori: **Heal**, Netflix **Infinite Potential**, Netflix

Cathy: **The Book of Lost Names**, Kristin Harmel



Focus on Volunteers



Mike Clothier

Sometimes having the ability to adapt to a life-altering event transforms yourself and your path in life more than you could have ever imagined. This is the case for Mike Clothier, Hospice Volunteer, who carries his hidden, layered scars with each grief chapter that has also instilled this unwavering resiliency and courageous perseverance in his heart. Mike knows his painful journey has channelled those experiences to a calling of providing bereavement support at Hospice.

Mike completed his palliative care training in 2002 and started in client care for a few years before helping to spearhead a weekly bereavement 'walk and talk' on the Lakeshore. This became a 14-year passion with a much-deserved two-year hiatus before returning to 1:1 bereavement. Mike also volunteered for ten years as the team leader at RVH in the palliative care program that strengthened his deep feelings of compassion and empathy with the ability to help others move through their grief experience. He continues to spend time at RVH in the Forms Room, that is operated solely by volunteers and provides all the printed materials for the hospital.

Mike enjoys meeting new people and feels blessed with privileged satisfaction when he can help someone else feel better. When not volunteering, Mike has a passion for photography and cooking with a garden that has become his sanctuary, unless of course he's teeing off or putting on the greens. Mike also accomplished his summer goal to walk to Orillia from Barrie, one line a time.

Mike is a 'life influencer' with a philosophy that you have to have 'lived to give' and while it isn't always easy, it is a challenge he loves. Thank you, Mike for sharing your gifts from adversity with Hospice. *Article by Carol Holden*



Tea is back!

One of the highlights of the week, pre-COVID, was Sandy Dudley's weekly rounds with the tea cart. She would go around to resident rooms serving tea, coffee, treats and good conversation. We missed these traditions and are slowly phasing volunteers back. Sandy's role is a bit different, she is not going into rooms, but still serving up her treats and great hospitality once a week. Thank you Sandy, and welcome back! We appreciate that you make this house a home.



Ed, Kathleen and Kim



Dr. Rick is a huge Holden fan!

Our Garden Gurus

If you are volunteering at the residence, you may have noticed how lovely the gardens are this year. There is a reason for that.

A new gardening team has been helping out with the gardens this year, all members of the Holden family - Kim, Ed and Kathleen. For three to four hours each weekend, they have been spending time in our gardens, digging and weeding, planting and pruning.

Gardening is a passion in the Holden family. Kim, a recently retired high school teacher, believes this comes from their mother who always had a love for plants and flowers. Most teenagers think of yard work as a chore but Kim fondly remembers those hours of mowing and edging the yard. As an adult she continues to enjoy the hours spent in her own garden.

Gardening for Hospice Simcoe adds another dimension for Kim. She feels that if things on the outside of the building are lovely, it just makes the entire Hospice experience even more positive for residents and their families. Kim is thankful that "my passion

for gardening is something Hospice can use."

Thank you, Holden Family for bring your talents to Hospice Simcoe this year. Thank you to Rick, Joan, Sharron, Kelly, Debbie and the rest of the gardening team who continue to make our gardens flourish.

Thank you Dr. Rick

"One early August morning as I completed my weekly grocery shopping at No Frills, I was horrified to discover that I did not have my debit card with me. All my groceries had been scanned already and I was at a loss as to how to handle the situation. To my great good fortune, behind me in line stood the masked and socially distant Dr. Rick. He gallantly paid my grocery bill, and I was able to send him an e-transfer once I got home. Dr. Rick saved the day for me and as we all know, he is always ready to assist." from Donna Goodeill

Pregnancy and Infant Loss from Colleen



When you hear the phrase “a parent’s worst nightmare” what comes to mind? This response can depend on several factors, such as whether or not the child is born, age, etc. However, the ultimate worst nightmare would be having a child die. Unfortunately, for thousands of families every year, this nightmare becomes a reality as they experience a pregnancy and infant loss. Grieving this type of loss can be devastating as it violates what was supposed to be one of life’s most joyous rites of passage. It’s supposed to be about bringing life into the world, not life-ending. What can compound this grief is that we live in a society that shies away from acknowledging this topic and the grief that can come from it, and as a result, resources for support can be quite scarce.

In an effort to help turn the tide on the lack of discussion and resources available for these grieving individuals and their families, here is a short list of suggestions for things you can do to support them as they navigate their grief. If you would like more information, please email Colleen at colleen@hospicesimcoe.ca

1. **Be mindful of the things you say:** Phrases such as, “At least you can get pregnant or you’re young enough, you can always try again” often do more harm than good; even if intentions are good. Remember the loss and grief is very real for them so try using phrases such as “I’m sorry this happened, I don’t know why this happened, but it is awful” as they are more appropriate and supportive.
2. **Be present:** Whether having conversations or sitting in silence; directing your attention to them and their needs and being in the moment with them is something families will appreciate.
3. **Acknowledge the baby:** Most people want their child’s existence acknowledged. Don’t ignore what happened and not talk about the baby; ask what the baby’s name is and how they would like for you to refer to them. Ask questions about the baby without being intrusive.
4. **Take note of their due date:** The due date can be difficult as that was marked as the day their baby was to make their debut. Talk about the thoughts and feelings that come up surrounding this day as well as plans that can be made to make the day a little easier.
5. **Remember others in the family are grieving:** Often support focuses on the Mom and their grief, however the other parent/caregiver and family members were also anticipating the arrival of their child and have been impacted by the loss. Touch base to see how the family is doing and if appropriate offer support and resources.

Focus on Volunteers

Goodbye Lynda Miller

Lynda Miller was one of the first nurses to be hired at Hospice Simcoe: she clearly remembers working the first night our four bed hospice opened in 2009. Having been a nurse at RVH for 37 years, Lynda was happy to take on a part time position in a place where palliative care was prime. She continued with us as an employee until 2015 and a few months after she retired, she was back again; this time as a volunteer.

Things change however, and as much as Lynda has enjoyed her years at Hospice Simcoe, it's time to move on... and for a very good reason. Lynda's two daughters, Melissa and Meghan, live in British Columbia, one in Golden and one in Fernie. Over the past few years Lynda and her husband, Paul, have made many trips out west to see them and had discussed the possibility of moving. Finally, when they drove out this summer, they made the decision to move. And, while there, they bought a house in Golden and came back to Barrie to sell the one here. As of September 24th, they'll be gone.

Both Lynda and Paul have lived for most of their lives in Barrie. They attended public school here, then North Collegiate and their roots are deep. Lynda says they will miss their friends and family - especially her sister Gayle - but is hoping many will come to visit. After all, Golden B.C. is a beautiful, scenic town nestled in the Rockies and close to Banff, Jasper and Revelstoke. Who wouldn't want to drop in for a few days?

"I think I'm going to miss Hospice the most," Lynda told me. "I love the warm atmosphere of the house and I've made so many friends here." But she's already visited the office at the Hospice in Golden and, though it doesn't as yet have a residence, I'm sure she'll find a way to help out there once she's settled. And they'll be lucky to have her.

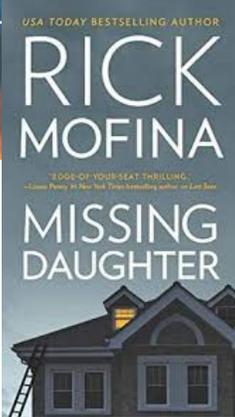
Goodbye Lynda! Enjoy this new chapter and drop by when you're back here visiting.



“How lucky I am to have something that makes saying goodbye so hard.” (Winnie-the-Pooh)

BOOK REVIEWS

by Sharron Bowden and Wendy Camber



When Karen and Ryan come home from an evening out, they pay the sitter, check on their children, Tyler and Maddie, and go to bed. In the morning, they discover that Maddie is missing from her room and there is a ladder outside her bedroom window.

The police are called and what follows is a roller coaster ride of emotions for Maddie's family. The author provides plausible reasons to suspect a wide range of characters, including Maddie's parents. Several scenarios seemed possible to me but what actually happened to Maddie is not revealed until the very end, and was a complete surprise. The story held my attention throughout. A good read. I liked it.



Too Much and Never Enough – Mary L. Trump, PH.D. (How my family created the world's most dangerous man)

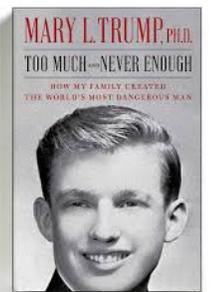
Mary L. Trump is the only niece of the "damaged man who currently occupies the Oval Office." She, as a trained clinical psychologist, shines a bright light on the dark history of their family in order to explain how her uncle became the man who now threatens the world's health, economic security, and social fabric.

A firsthand witness to countless holiday meals and family interactions, Mary brings an incisive wit and

unexpected humour to sometimes grim, often confounding events.

She describes a nightmare of trauma, destructive relationships, and a tragic combination of neglect and abuse. She explains how specific events and general family patterns created a strange and harmful relationship between Fred Trump and his youngest son, Donald.

A portion of the Epilogue reads: "On November 9, 2016 my despair was triggered in part by the certainty that Donald's cruelty and incompetence would get people killed. My best guess at the time was that would occur through a disaster of his own making, such as an avoidable war he either provoked or stumbled into. I couldn't have anticipated how many people would willingly enable his worst instincts, which have resulted in government-sanctioned kidnapping of children, detaining of refugees at the border, and betrayal of our allies, among other atrocities. And I couldn't have foreseen that a global pandemic would present itself, allowing him to display his grotesque indifference to the lives of other people."



What's Happening?

Lunch and Learn

October 26, 2020-Topic TBD

Please stay tuned to your emails for updates

Ended Beginnings Information Session

October 29th 1-2:30

If you are interested in joining the Ended Beginnings team **or** learning about Infant and Perinatal loss grief and bereavement

RSVP to Colleen

(colleen@hospicesimcoe.ca) for Zoom link and more information

Volunteer Innovation and Support Meetings With Lori

October 14th from 1:30-3

October 29th 10-11:30

Limited spots available in the community room, contact Kathy for a spot. Look out for Zoom link in emails.

From the Board

Hoping you and your loved ones are well and had some opportunities to enjoy the beautiful summer weather that came our way. That has been one bonus through all of the challenging times we are experiencing. It's so important that we reflect on our blessings and keep a positive outlook. I



love the daily quotes from Lori and all the posts on our Compassionate Community website. If I find myself having a bit of a down day, those uplifting passages help me alter the way I might be looking at things.

We were pleased to have our first Board Meeting last week. I have mentioned previously that we have a dynamic and highly experienced membership. The main topic up for discussion was making some decisions regarding the parcel of land Hospice owns behind the residence. We are in the very early stages but will keep you informed as we move along.

Despite having to cancel a couple of our signature events, the financial picture for the organization is healthy. We are so fortunate to have such generous donors who just keep on giving. A salute to all the volunteers and staff who provide such excellent care to our clients, contributing to Hospice's impeccable reputation.

I want to give a shout out to our hike team, The Hospice Boarders, who have raised over \$5,000.00. Over the past few years, Directors have become more involved in fundraising. Several of us were out in Tim's drive thru's encouraging customers to buy Smile Cookies.

There is no doubt that we will continue to face uncertainty during this pandemic, which is far from over. I want to take this opportunity to thank all those staff that came to work during the height of the crisis, those who worked from home to provide bereavement support and the incredible leadership team that developed innovative approaches to providing services.

Take care all. Hope to see you soon!

Sincerely, Chris, Board Chair



What's Happening?



VIRTUAL

HOSPICE SIMCOE INVITES YOU TO

DYING MATTERS

CONVERSATIONS ON LIFE, DEATH & BEREAVEMENT

THURSDAY, OCTOBER 15, 2020 | 6:00PM - 8:00PM

TOPIC: "PREGNANCY & INFANT LOSS"

Bring your questions, comments, and thoughts for an open discussion with our panelists. All are welcome to participate and/or listen in. We want to engage with you! Our panelists will share information and resources on pregnancy and infant loss including recent research, experiences, and preparing for another pregnancy after a loss.

Dying Matters is an open forum presented by Hospice Simcoe, designed to encourage individuals in our community to start talking about dying, death & bereavement. Our panelists will share their expertise, while encouraging conversation and questions from attendees. This event is open to all community members, free of charge.

Join us virtually on October 15 at 6pm by clicking this link: <https://zoom.us/j/92229178318>

If you have any questions, please contact 705-725-1140 | doris@hospicesimcoe.ca
For more information visit our Dying Matters Facebook event: www.facebook.com/HospiceSimcoe
www.hospicesimcoe.ca/education-and-awareness/

HOSPICE HAPPENINGS

In our Community...

A great big **thank you** to everyone who participated, volunteered and donated to this year's Tim Hortons Smile Cookie week and our annual Hike for Hospice. We hope to announce the proceeds from both these events soon.

Hospice Simcoe's **Annual Newsletter** will be in mail boxes, email inboxes and available for pick up very soon. Included in the newsletter is a slip and return envelope for our Annual Appeal. This year, we are very excited to share that a generous donor has offered to match any Annual Appeal donation up to a total amount of \$100,000.



**We are very grateful to have 3 fabulous Third Party Events in October.
All proceeds from each of these events go to Hospice Simcoe.**

**Fresh
RADIO
93.1**
BARRIE'S HIT MUSIC

BIG 101
THE BIGGEST
HITS OF ALL TIME

Local Corus radio stations **BIG101.1** and **fresh93.1** will host a week-long fundraiser for us from October 26th to 30th. This will be a 'text to give' campaign. The campaign will be promoted on air and online encouraging their listeners to donate to Hospice Simcoe. More details to follow.

Wendy Laurier performs the music of Linda Ronstadt

Saturday, October 24th at the Hangar 26 restaurant, Edenvale Aerodrome in Stayner
2 Shows at 1pm and 6pm

Tickets are \$100 each and include a gourmet 3 course meal

Only 50 tickets per show so get yours early... 705 428-5544 or hw26hangar@gmail.com

www.tributeLindaRonstadt.com

Hearts for Hospice by Little Makers Simcoe

Children's wooden heart art kits can be picked up from Serenity Birth Studio for \$15 each. After the children have decorated their hearts, they have the option to return them so they can be displayed in the window of one of several Downtown Barrie Businesses for a few weeks and then returned to them.

For more information about Hearts for Hospice or to buy a kit, email littlemakerssimcoe@gmail.com



336 Penetanguishene Rd

Barrie, ON L4M 7C2

705-722-5995

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