

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### We Need Your Help!

Hike for Hospice 2020 is fast approaching and this year more than ever, we need you to get the word out. Start a team, collect some pledges or donate a few bucks of your own if you can. Frankly, fundraising activities have been a challenge during Covid times, we have had to be innovative and do things differently. We need your help and we need your financial support. Little amounts add up quickly. If you can donate \$20 and convince 20 friends to do the same.... that's \$400...(We teachers know that stuff). We may not reach last year's total of \$117,000 but let's give it our best shot. So... gather some friends together, plan your route, and head out anytime **between Sept. 25th and Oct. 4th** to complete your pandemic version of Hike for Hospice 2020.



Sherry (L) and Diane (R) worked at an early hike.

Since its initiation 18 years ago the annual Hike for Hospice has been a very special day for Hospice Simcoe volunteers and families. This annual fundraiser, usually held in May each year, gives volunteers and staff the opportunity to reconnect with families and friends as they walk in memory of their loved ones who spent their final days at Hospice Simcoe.

Our first hike, held at the waterfront, was a small affair with only a few

families participating. But those few were passionate about their support for Hospice Simcoe, as were the staff and volunteers who helped to organize the day. The grand total for that first hike day was \$1730.

Kathy Stewart remembers the 2011 hike - it was a very cold day but that didn't stop our volunteers from bundling up and coming out to help. About \$4000 was raised that year. Over the years, as the community realized the value of hospice end of life care, support grew. Now, many families use Hike Day as a yearly Celebration of Life Day for their loved one who had spent their final days at Hospice Simcoe.

When you are hiking, biking, walking your dog, be sure to send us a picture to have it in next month's edition and post on social media using the #HikeforHospice (continued next page)



Our first hike! We've certainly grown.



# Hike for Hospice



Hike for Hospice has also been a major charity event for us. Volunteers have been amazing in their fund raising for the hike. Marjan and Gaile, as individual fundraisers, have convinced their friends and families to be generous towards Hospice Simcoe for the past few years. Barb W. had much success with her team in her first effort last year and this year Darlene Botman is doing the same.



In 2019 The Hospice Boarders, a team made up of board members, raised \$3664 - darn good for the first time out. And our Hospice Hearts clinical team raised \$7792: they are usually the top fund raising team. (Of course, with Daisy on their team, why wouldn't they be?)

Although the hike is a national event, all the money raised by Hospice Simcoe staff, volunteers and families stays with Hospice Simcoe exclusively. And that is why it's important to spread the word about this year's hike! Many fundraising activities have had to be cancelled because of the pandemic. Hospice Simcoe depends on these funds to support the many programs and activities we offer.



Barb and friends walking in memory of their friend and neighbour Jane Rumble

Unlike other years, Hike for Hospice 2020 is going virtual and taking place over the course of 10 days from Sept. 25th to October 4th. You can choose when and how you 'hike' for us over that ten day period. Pledge sheets are available through Hospice Simcoe or go online to the Hike page and register and collect your pledges there. <https://hospicesimcoe.ca/fundraising-events/hike-for-hospice/>

*"For me fundraising is one of the most selfless things one can do to give back to charities that are near and dear to our hearts ... and for me that charity is Hospice Simcoe.*

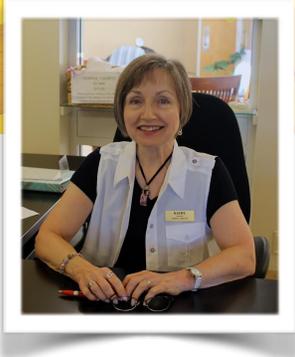
*Hospice Simcoe's reliance on the generosity of donations, especially during these unprecedented times of Covid, made me pause so I took it upon myself to reach out to my extensive business and personal contact list to seek support for my Hike for Hospice ... and they didn't disappoint. It warms my heart and gives me great satisfaction and fulfillment knowing that my network of friends, family and colleagues pledged willingly for such a worthy cause.*

*I have recruited a few from my tribe to join me on my 10k rail trail hike. I'm excited to fill my lungs with air and know that I'm making a small difference for a charity so deserving!"*

*-Darlene Botman, Hospice Simcoe Volunteer*

# BOOK REVIEW

## by Kathy Jenkinson

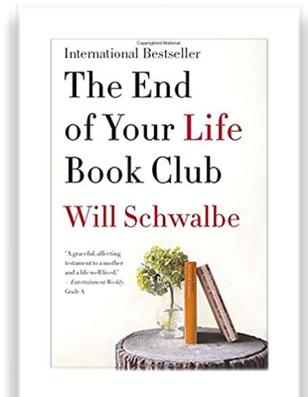


### The End Of Your Life Book Club

When Will Schwalbe and his mother are sitting in the waiting room of the memorial Sloan-Kettering Cancer Centre waiting for her chemotherapy treatments to begin, he decides to start the conversation by asking her, “What are you reading?” With that question begins the ‘book club’ between mother and son that continues over the next two years. Their shared passion for reading prompts far reaching discussions about life, death and everything in between.

Schwalbe’s mother, Mary Anne, was a renowned educator, philosopher and philanthropist, so her choice of reading material was extensive and varied.

This book is a memoir of mother and son over the last years of her life. Over that time, books became their link and they reminisce about books they have loved and books they decide to read and discuss together. The Appendix lists the books, plays, poetry and short stories discussed or mentioned in the book and is a marvellous reference for anyone interested in what literature you might be missing. However, most of all, this is a narrative of the end of the life of a beloved mother. Anyone who has lost a loved one will be able to relate to the ups and downs of a final illness and the emotional and philosophical journey that ensues. In this case, it also happens to be about books that enrich one’s life and lift the spirit out of the daily doldrums.



### Staff Picks

We like to ask our staff and volunteers what they have been enjoying this past month. If you have a suggestion or want to write a book review, send it to us [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com)

**Tonya:** *Little Women* (2019) Or *Hamilton: The Musical* on Disney+

**Yola:** *Sherlock* (TV Show Netflix)

**Cathy:** *The Forgotten Home Child* by Genevieve Graham (book)

**Sandi:** *Sneaky Pete* (Amazon Prime)

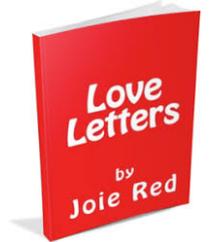
**John:** *Inside Bill Gates' Brian* (Netflix)

**Kathy:** *American Dirt* by Jeanine Cummins

**Amy:** *Talking to Strangers: What We Should Know About The People We Don't Know* by Malcolm Gladwell.

# Love Letters

Carol Holden had the privilege of being inspired by Joie Red, through many conversations over the past several months. Joie is a local author who has written a book titled Love Letters. The book is about 'finding and focusing on the intersection of love' through every life blessing, joy, challenge, or pain. It is compilation of encouraging, heartfelt, and motivating love letters . . . 'not the romantic kind, but love letters just the same' that speak to your heart, nourish you mind, and feed your soul. **Love Letters** is available at the Library or online at <https://readred.ca>



The letter below is one of Joie's letters from her recent journey.

## The Subject of Love

This is a love letter, not a romantic one, none-the-less a love letter.

Now is a time for you to be tender and considerate with yourself; a time to be kind and gentle with yourself. Four people you loved have died in rapid succession and a loyal confidant of yours slipped into a coma. I urge you to keep up with your healthy eating, yoga, fitness, and meditation. Death can be the hardest part of love, so please, do not hold your heart back from those who love you. I encourage you to reach out even more than you typically would.

I know, at first the grief sat like one gargantuan ball atop your chest making everything in your life difficult. Your movements and vision were impeded. Even riding the waves of grief were not possible and you wanted to move with the natural flow of life. Feeling stagnant was not something you relished, so you spoke to your nurse about it and followed her suggestion.

An unraveling of the ball was necessary for you to honour the five folks you are grieving. This was like untangling a heavily knotted fine gold chain. It took great concentration and dedication. Be pleased with your effort.

Grieving is a remarkable upheaval which affects every aspect of your humanity. Take note of yourself mentally, physically, spiritually, and emotionally. Do not let one of these four areas get depleted.

You believe love lingers - it does not die. Honour the love you shared with those who recently died. Talk to them, write to them, listen to them, cry when you need to cry, remember them. Imagine what they would say to you today and reminisce with others about them.

Throughout it all, keep gratitude and joy as your foundation. When the pain of grief is its most sharp, remember that pain only exists because of the wonderful love you had the privilege of experiencing.

You have been the subject of much great love. How wonderful for you...

Love Joie

# Focus on Volunteers

## Gabrielle Stein - Our Pasta Lady

### Three Generations Tested

When Hospice Simcoe volunteer Gabrielle transferred from the kitchen to residential care to accommodate her busy life as an officiant, she was leaving one love to join another. Gabrielle is an ordained minister with her Masters in Divinity. She has always felt drawn to the most vulnerable, leading her to choose private grief counselling where she feels privileged to help families who are really struggling. What a blessing for our Hospice residents!

Gabrielle entered her second year at Hospice this past April just as COVID emerged and safety restrictions were required, temporarily halting volunteers onsite. While residential client care volunteers aren't permitted to perform their role just yet, there was a recent opening in the kitchen on Thursday afternoons and Gabrielle jumped at the opportunity. Now, if we thought Gabrielle was a blessing for residents at the bedside, then you haven't tasted one of her delectable dishes from the kitchen - dishes that fill the entire house with mouth-watering aromatic memories of Grandma's house.

And that's exactly where Gabrielle's recipes come from; her maternal Grandmother, who lived with them while growing up and did all the cooking, where everything was made from scratch . . . from salad dressings to sauces. The European recipes continue to be passed down and are *three generations* tested by Gabrielle's children and grandchildren, with love and family memories in every dish. Gabrielle wants to bring the same wholesome, fresh, rich foods bursting with flavours to the residents and families hoping to bring some small joy in as they are struggling. Gabrielle wishes it "breaks their *train* of thought with *flavours* of thought".

It's hard to pick a signature dish of Gabrielle's when so many are loved and bring the comfort of home, but you can guarantee that our grocery shoppers will be picking up a pound or two of butter, a large block of cheese, lots of eggs for noodle dishes and/or some 35% cream for the rich sauces. The menu planning and execution in the Hospice kitchen is why Gabrielle gets so excited every Thursday.

Thank you, Gabrielle, for sharing your love, passions and gifts with Hospice Simcoe.

*Thanks to Carol Holden for this article.*



# House Happenings

## From Kelly... house updates:

We are so happy and grateful to have our volunteers back in the house with us! The friendly greetings at the front door as you screen our visitors, the delicious smells of onions and garlic for soup, and desserts baking makes this house a home. Thank you for taking the COVID training and returning to serve our residents and their family members. We can not do this important work without your continued support and dedication to providing high quality care and bereavement support. Thank you for all you do. You are truly essential to us.



Student nurses Nickeisha and Kristen answered our call for assistance at the front desk for reception and screening volunteers on the weekends . The screener volunteers are essential as they provide help for the clinical team to do what they do best and that is care for our residents and loved ones. Thanks so much!

## From Kathy and Tonya

We appreciate that volunteers have been able to pivot, attend new trainings, and follow new protocols. We understand that it is difficult working in a new world so different from 6 months ago, but it is imperative we keep everyone safe by following these new rules. We are constantly looking at other unique ways that volunteers can support Hospice's community. You are our biggest advocates, so while you patiently wait for your roles to resume, continue to spread the word about Hospice services, the Hike and chatting with us as we are always wanting to hear from you.

# Bereavement & Suicide

## ...from Colleen



Death, overall, is not necessarily a widely discussed topic in many western cultures. Within the topic of death, suicide finds itself to be particularly taboo as people seemingly struggle with the concept of others intentionally ending their own life. Except suicide and suicidal ideation is far more common than people acknowledge. In fact, each year 4000 Canadians die by suicide, leaving thousands more bereaved as a result (Statistics Canada, 2019). Seeing as September 10<sup>th</sup> is National Suicide Awareness Day it seems fitting to initiate conversation on how to support our bereavement clients if they are feeling suicidal.

When supporting individuals that are bereaved, it is not uncommon for people to make comments that can make one worry about whether or not the client is feeling suicidal or having thoughts about it. A lot of the time these statements are simply a way for them to convey their emotional pain and that they are missing their person. However, sometimes what a person says can reflect a more serious issue; such as a person having suicidal ideation or feeling suicidal. So how can you support a person in this situation and what should you do if you come across someone who may be feeling suicidal? If you become concerned that a client may be feeling suicidal, the first thing you will want to do is take a deep breath and remember you are not alone in this. Try to remain calm and express your concern for them with warmth and empathy and listen without judgement. Ask your client if they are wanting to hurt themselves or if they are wanting to suicide. If the client responds in a way that suggests they do, try to gain some information from the client about whether they have a plan, a date or a means of suicide. If there is a plan, do not leave the individual alone and immediately get the nearest volunteer or staff to retrieve the most appropriate person to handle this matter. While waiting for staff to arrive, keep the conversation going by asking about supports and resources the person has in their world (such as family, friends and mental health professionals). Once staff arrives they will explore and co-orchestrate a safety plan, and debrief with you following the meeting.

More detailed information is available in Hospice's suicide protocol; which is available to all volunteers and serves as a guide to what actions and steps should be taken in such an event. The Social Work team is also available if you have any questions or are looking for additional information.

# What's Happening?

## September Educational Opportunities

September 25 10-11:30

**"The Feeling you are Feeling is Grief"** join Amy Pritzker for an informative conversation about the loss of our old normal, loss of our coping strategies, our inability to plan and how do we stay well through the next phase of uncertainty in a pandemic. This Zoom offering will be held on Friday September 25<sup>th</sup> from 10-11:30. We will send out the zoom link closer to the event date but be sure to mark your calendars.

**Friday, September 11th (10:30-11:30)**

**"Enjoying your garden to the End"** join Joan Nieman-Agapas (Master Gardener and Hospice Volunteer) as she share ideas for gardening into the fall and beyond.

Have your questions ready for the chat box on zoom.

Mark your calendar and we will send the zoom link closer to the date

**September 28th  
12-1 (via zoom)**

Please join Natalie Eldridge for an introductory talk on **Primordial Sound Meditation and the overall benefits of meditation.**

Natalie is the founder of Lighthouse Meditation, a beacon for wellbeing. Natalie is a Chopra Certified Meditation Teacher. She is dedicated to helping others cultivate an authentic life, filled with purpose, love, health and vitality through the practice of meditation. Discover what Primordial Sound Meditation is, how it is practiced, and the many benefits it has to offer. For more information on Natalie's meditation courses you can visit <http://www.lighthousemeditation.ca>

September 16 and 29

### Volunteer Support and Innovation Meeting

We have heard from many volunteers that we are all feeling somewhat dis-connected in this new world. Some have asked for us to continue with opportunities to stay connected through our Hospice family. Under these challenging circumstances we want all volunteers to feel valued and needed whether you have been able to continue in your former volunteer role or are supporting us in a different way such as being a Hospice advocate. Lori and I will be hosting this new group through ZOOM but also will be able to include up to 8 volunteers to join us in person in the community room (social distancing) for each meeting. We hope that this group will connect us, stir up some innovative ideas and provide some mentorship for each other as we navigate our new reality. Families continue to experience the death of a loved one and our Hospice work is continuing to make the difference. The first two meetings will be held on Wed. Sept. 16<sup>th</sup> 10-11:30 and Tuesday September 29<sup>th</sup> 3-4:30. Due to limited spaces please let Kathy know if you will be attending in person. We will send out the zoom link via email closer to the date.

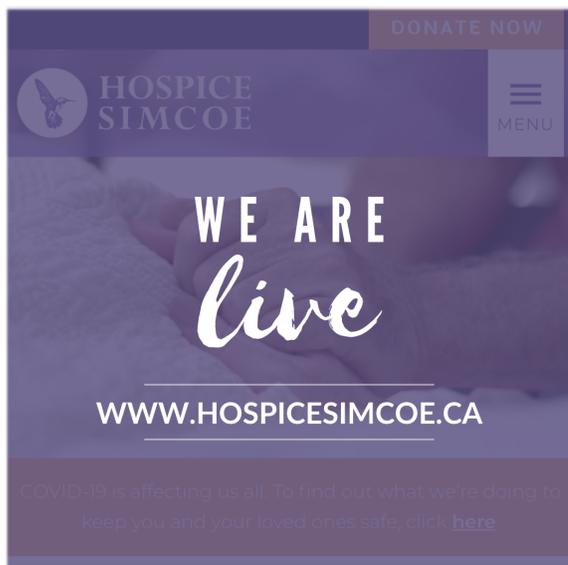
# HOSPICE HAPPENINGS

## Dying Matters-Virtual!

We have taken our Dying Matters event and made it virtual! Join us on October 15th via Zoom to discuss *Pregnancy and Infant Loss* with a panel.

To RSVP contact [doris@hospicesimcoe.ca](mailto:doris@hospicesimcoe.ca)

## Website Revamp



We gave our website a little refresh!

This new version of our website stays true to who we are as an organization, is in-tune with our brand and incredibly user friendly. We have made additions to the site; providing education and awareness, opportunities for people to stay connected and connect with us themselves, and easily access our programs and events through new calendars. We highlight our newer Bell Farm location and gave the Community Programs some much needed space for the greater community to better understand what we do, while still accessing the appropriate information for all programs and services.

We hope the community finds it informative and easy to navigate.

<https://hospicesimcoe.ca/>



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.

Please RSVP by October 8 to 705-725-1140 | [doris@hospicesimcoe.ca](mailto:doris@hospicesimcoe.ca)

For more information & updates visit [www.hospicesimcoe.ca/education-and-awareness/](http://www.hospicesimcoe.ca/education-and-awareness/) or visit our Dying Matters Facebook event: [www.facebook.com/HospiceSimcoe](https://www.facebook.com/HospiceSimcoe)



# Hospice Simcoe In our Community...



## Tim Hortons Smile Cookie Campaign



It's Smile Cookie time! We are so grateful to the Barrie and Stroud Tim Hortons restaurant owners for once again choosing Hospice Simcoe as a charity recipient. Our charity partner is RVH again this year. Mark September 14 to 20 on your calendar and support us by purchasing delicious Tim Hortons Smile Cookies. The full \$1 from every cookie goes to local charities. Nationally, this event raised \$9.8 million for 550 local charities last year. Right here in Barrie, Stroud and Alcona, 151,000 Smile Cookies were sold and enjoyed.

As we ready our gardens and urns for fall you can help us by shopping at another corporate supporter of Hospice Simcoe. Bradford Greenhouse Garden Gallery will donate a portion of your purchase total if you let them know at the check-out that you support Hospice Simcoe. We will receive this donation in the form of gift cards. We use these cards to purchase plants and supplies for our gardens, to update seasonal décor and to make our grounds and building look fabulous all year long.



There are many businesses that support us from time to time by providing product, service or generous discounts. We are truly grateful for their support. We extend a special thank you to the following businesses that support us by providing free services and products on a daily basis, all year round.

**Allandale Veterinary Hospital** – Dr. Lechten provides all of Daisy's care and medication.

The **local Tim Hortons restaurants** provide all our coffee and have done so for the past 10 years. You can imagine the amount of coffee we go through as it is brewing 24/7 at Hospice Simcoe.

The **Jeff White Property Maintenance** team keep our grounds looking gorgeous and plow the snow for us in the winter.

**Wild Birds Unlimited** provide our bird seed. We receive so many compliments about the joy the bird feeders outside every bedroom window bring to those we serve.

Thank you all. If your business would like to donate a product or service, please get in touch with me. [Lynda@hospicesimcoe.ca](mailto:Lynda@hospicesimcoe.ca)