

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### *Believe in Hospice and All It Can Do*

Hospice Simcoe's Annual Giving campaign is well under way for this season, and we are once again inspired by and grateful for the legendary Barb Sinton. I had the opportunity to sit down with Barb recently to talk with her about the reasons why she feels it is so important to give. I hope that you are as inspired by her business savvy and philanthropic words of wisdom as I am.



Victor Hugo once said, *"You can give without loving, but you can never love without giving."*

Barb showered me with love. When I asked her about the act of giving, she explained, "It doesn't matter how much you give. It can be \$5, \$50, \$500 or \$50,000. It's about making the decision to give that counts most. Make a goal to support, no matter how big or small. It isn't just about the charity event - it's also about supporting your community every day. Years ago, we as a family, started donating to the community, with an annual goal in mind and a motto which was to **work hard and give back.**" Barb continues to support the community to this day.

As we embark on our Annual Appeal goal of \$200,000, Barb explained why she wanted to support us. She said, "Hospice Simcoe is not totally funded. It needs our assistance. But it goes beyond that. I have always been community minded with a heart for Hospice Simcoe. Hospice embraces everyone in that trying time in their life, from the point when they enter to the very end. There is tranquility where the patient is the centre of the care, surrounded by family and friends. It is where there is a magnificent medical team and where families get to be just that - families - not caregivers. They are champions! But it extends beyond that to Kelly's leadership, with Marilyn (Lynda formerly), and Josie leading the Fundraising Team where they always have the best interest of the residents and clients."

Barb continued to explain "Hospice Simcoe is an incredible place where everyone is encouraged to be strong and to live strong no matter what age in this snapshot of their walk of life." We, at Hospice Simcoe, embrace everyone from children to grandparents. It is where healing begins and where everyone is accepted no matter where they are in their journey.

"Be a Believer" is a core motto in Barb's life, especially where Hospice is concerned. She encourages everyone to "Look beyond the walls of the building itself to where you can give. You can support the gardens, bird feeders, kitchen, the Quiet Room, or the Atrium. You can even support the beds. Every contribution helps, no matter how big or small."

After concluding my interview with Barb, I was reminded of a quote by Ralph Waldo Emerson's which seems to capture Barb's spirit of generosity perfectly. "The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well".

Thank you, Barb, for sharing not only your wisdom but also your heartfelt commitment to Hospice Simcoe.

Thank you for encouraging people to make the **decision to donate** to Hospice today.

*Thanks to Carol Holden for this story.*



# HAUNT ON HIGGIN

## A THIRD PARTY EVENT



Les Zachariah likes to scare people. To achieve that end, he created a very, VERY, scary event, **Haunt on Higgin** in 2018. This happening takes place over three days during Hallowe'en. It started small, but over the years Les, his family and friends have built it into something big; this year the event attracted 1000+ visitors.

The original idea came from Les's brother who used to create his own haunt. When his brother's kids outgrew the event, Les took over.



Haunt on Higgin is a haunted walkthru (on Higgin Court in Barrie) with 12 very scary creatures waiting to frighten the wits out of everyone who enter. The creatures, mostly family members, do their very best to create a frightful, spooky atmosphere, and apparently they do a masterful job. According to Les, about 300 visitors who came to participate were too scared to go through the house when they saw how fearsome it really was.

Les, the mastermind of the Haunt, goes to a lot of work creating the atmosphere for the event.



Each year's structure is different. Set up begins October 1st and, once again, family helps. For the take down, Les's employees (he owns **Rockway Interlocking**) take the day off to clean up the Haunt and put everything away in a storage locker.

Les doesn't charge an admission to the Haunt but, for the past two events, he has asked for donations to Hospice Simcoe. His wife's father, Chris Wyers, spent a week at Hospice and the family was very thankful for the wonderful care he received. This is how they are giving back.



Members of the Zachariah family visited Hospice Simcoe to present their cheque.

Pictured with Lori, right to left, are: Tricia Zachariah (mum), Kaya Zachariah, Denali Zachariah, and Tehya Zachariah.

**Thank you Les and family for your generosity!**





# VOLUNTEERS

For the next few months, the volunteer spotlight will feature Board Directors. Although they are not as visible in their volunteer positions, their work behind the scenes is crucial to the success of Hospice Simcoe. They collaborate and support with Kelly to ensure that strategic planning, future visioning, financial viability and quality/safe care are in alignment with community need and Provincial mandates.

## VOLUNTEER SPOTLIGHT on Scott Ward



**Scott Ward**

Hospice Simcoe  
Board Director

**How long have you been a Volunteer Director for HS?**

*I have been a volunteer with HS since Spring 2020*

**Why did you choose this area of volunteering?**

*I have always been involved as a volunteer or have done fundraising for a community-based charity for almost 40 years. I chose Hospice after I had hands-on experience with my father. He spent his last 7 days in Hospice with me and my brother by his side. It was over Christmas, and the surroundings made it magical and peaceful. I always like to pay things forward and give time as I can.*

**What excites you most? How do you find it personally fulfilling?**

*Just seeing the sense of community as well as the dedication of staff. It warms the heart and completes that part of me that wants to be involved. I actually had a fellow I don't know come up to me recently when he found out I was involved with HS. He introduced himself, shook my hand and hugged me while saying thank you. I later found out that his wife was in HS 5 years ago. That is what it's about.*

## Deck the Halls



Once again this year the house looks amazing in its holiday finery! Thanks to our amazing decorating duo, Kathy Marshall (L) and Sandra Barrett for the wonderful job they do every season!



# SOME CHANGES AT BELL FARM



*Teneal has returned from her maternity leave and is eager to begin work! We asked her to explain her new role.*

My new title is "Community Support Programs Manager".

My primary role is to provide support to the Bell Farm team, so that they can continue to do the amazing work that they do. Our programs have continued to grow throughout this last year, and the Bell Farm team have done an amazing job developing and alternating programming based on the needs of the clients. I am very proud of them!

Thank you to the amazing volunteers who continue to provide support to our Bell Farm clients. We would not be able to provide these essential programs without you!

I have loved every second I've spent with my daughters this last year, but I am happy to be back with my Hospice family.

*... we're happy to have you back, Teneal!*



## *A Warm Welcome to Maddison...*

I had the opportunity to sit down with our newest employee, Maddison Wojtus, recently hired (currently until March 31st) as support for our Community and Bereavement teams at Bell Farm.

Originally from Timmins, Maddison attended Queen's University where she completed her undergrad degree in Health Studies. After that she worked for the Timmins Chamber of Commerce and traveled extensively for three years, visiting 27 countries. From her travels, Maddison learned that she wanted to work helping people at difficult stages in their lives and returned to school to complete her BSW and then her MSW from Lakehead.



As part of her MSW program, one of Maddison's placements was at Hospice Simcoe. Her professor thought Hospice Simcoe would give her the opportunity to apply what she was learning as she did her thesis and connected her to Amy. Once they met, Maddison was eager to spend time at our Bell Farm Location. Her three month student placement ended in August and she was hired in September to support our Bereavement and Community programs. Along with running the Living Well program, she works with groups, does intakes and, at times, offers one to one support. When asked what she has found most challenging in her first few months here she responded, "COVID."

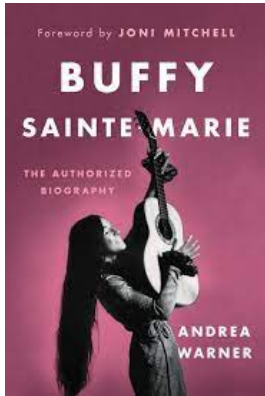
Because of COVID, many people have delayed seeking assistance. Some of these people have high needs and getting them into groups quickly has been difficult at times." Maddison is happy to be with us and excited to be working with an "effective team which is really good at evaluating the needs of the community and adapting services to meet those needs."

*Nice to have you on board, Maddison.*





# BOOK REVIEW



## ***Buffy Sainte-Marie The Authorized Biography, by Andrea Warner***

Buffy Sainte-Marie has had a truly remarkable life and career, and she continues to make music and art at the age of eighty. The author of this biography, Andrea Warner, is a music critic and journalist, and in 2015 she was assigned to interview Buffy Sainte Marie for a feature piece for CBC Music. Andrea Warner was so intrigued by Sainte Marie’s vast talents as a musician, a digital visual artist, a songwriter, and an activist that she knew that this was a life deserving of a book.

Long ago, Sainte-Marie made her home in Hawaii, so most of the interviews were conducted by phone. Buffy Sainte-Marie is a Cree woman, born in Saskatchewan and adopted into a white American family. She had a traumatic childhood and also experienced domestic abuse at one point in her life. Her activism in promoting indigenous rights and freedoms resulted in her being blacklisted by two US presidents. Despite all the obstacles, Sainte-Marie has won many awards, including Junos, Polaris prizes, Grammys and an Oscar, and she is a Companion of the Order of Canada (2019). Sainte-Marie and her son Dakota (Cody) were also regulars on Sesame Street over a five year period in the early eighties. The book also includes some wonderful pages of photographs. ***The term “Living Legend” is too often used, but for Buffy-Sainte Marie, it is truly fitting.***



*Thanks to Donna Goodeill for this book review.*

***Have you read a good book or seen a good movie lately? Do you have a favourite podcast? Let us know so we can share your suggestions with our readers. Here are a few suggestions we received this month from the staff at Bell Farm!***



- Danielle:** Rage Becomes Her, The Power of Women’s Anger, Non-Fiction, Soraya Chemaly
- Colleen:** Shooting the Hippo, Non Fiction, Linda McQuaig.
- Doris:** They Fight Like Soldiers, They Die Like Children, Non Fiction, Romeo Dallaire
- Teneal:** Paw Patrol, Frozen
- Maddison:** Smoke Gets in Your Eyes and Other Lessons from the Crematory, Non Fiction, Caitlin Doughty
- Amy:** Any Hallmark Christmas movie



***“It’s not what’s under the Christmas tree that matters, it’s what’s around it.”  
~ Charlie Brown***



# HR CORNER

“The Holidays” (whichever combination you happen to celebrate in your household!) are typically a joyful and celebratory time of year. Family, friends, special traditions, and good food—woohoo! But, the holiday season can also be a challenging time of year for some people, for different reasons.

The Simcoe County Branch of the Canadian Mental Health Association here in Barrie offers a series of free webinars. Check out the December events calendar on their website for further information and to register!

<https://cmhastarttalking.ca/>

- Habits, Routines & Self Care..... December 6th, 2021 10:30 am to 11:30 am
- Living Well with Stress ..... December 7th, 2021 10:30 am to 11:30 am
- Habits, Routines & Self Care ..... December 9th, 2021 1:30 pm to 2:30 pm

*Wishing everyone a safe and happy holiday!*



*Thanks to Connie for this bi monthly update.*



## The Tree of Remembrance – December 2021

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.

This year the tree will be displayed outside of our Residence in our gazebo throughout the month of December. Over the holiday season, we welcome you or anyone you know in the community to come by and place an

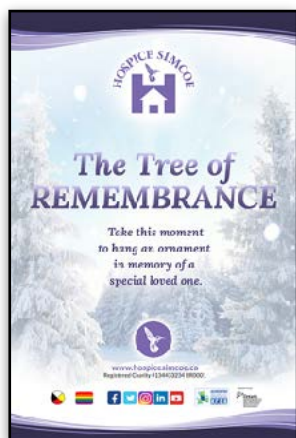


ornament on the tree as a special way of remembering your loved ones who are no longer with you. The tree will remain up until Monday, January 3rd, so if you wish to get your ornament back, please remove it from the tree by that date.

When deciding on your ornament to be placed, please keep in mind that it will be exposed to the elements, so please do not display anything of great sentimental or monetary value.

**Lori Scholten-Dallimore, Spiritual Care Coordinator, Hospice Simcoe**

*“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*





# VOLUNTEER FUN

## Volunteer Appreciation Movie Day

On Thursday, Nov. 18th more than 60 Hospice Simcoe volunteers attended a special movie day at the Galaxy Theatre in Barrie's north end. Most who attended hadn't been to a REAL movie in a REAL theatre since the beginning of Covid so it was a VERY REAL treat.

The movie, Belfast, was an excellent choice. Set in Belfast in the 1960's at the start of the conflicts

between the Protestants and Catholics, it presented an intimate portrait of a young family caught in the middle of the turmoil. The main character, Buddy, played by 11 year old Jude Hill is getting a lot of Oscar talk.

Before the movie, once we were all happily settled with our free popcorn and pop, service awards were given to volunteers who have been with hospice for 5, 10, 20 and 30 years. Special congrats to Marjen Deller, Joanne Cockburn and Theresa Antsey for their combined 75 years of volunteering.

Thanks to Susan and the staff at Hospice Simcoe who made this event happen. It was evident that we all enjoyed ourselves and the opportunity to gather - physically distanced - for the first time in a REALLY long time.



For the Porters, it was all about the popcorn!



60+ volunteers attended the event!



## Lizzies: A Holiday Recipe –from our Hospice Simcoe Kitchen

### Ingredients

- 1/8 c. butter
- 1/4 c brown sugar
- 1 egg
- 3/4 c. sifted flour
- 3/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 1/2 lb. raisins
- 1/2 lb. pecan pieces
- 1/4 lb. citrus peel
- 1/2 lb. candied cherries
- 1/4 c. rye whiskey

### Instructions

- Soak raisins in whiskey for at least an hour or until plump. (I leave mine overnight).
- Preheat oven to 325F. Mix together flour and spices. Dust raisins with 1 tsp of flour/spice mix. Cream butter.
- Add brown sugar and mix together.
- Mix in egg. Stir in flour mixture, then the fruit and nuts. Drop by spoonfuls onto parchment lined cookie sheet.
- Bake for 15 minutes. Store in an airtight container. These cookies freeze well.



I asked Mary Ann Pope for a traditional type holiday recipe and she sent this one. In her words, "The following recipe started with my grandmother and has been a family favourite for many years... to the point that some will do favours or chores to get extra Lizzies!"

# WHAT'S HAPPENING?

## NEWS FROM THE BOARD

Hello Everyone,

As we anticipate the Holiday Season and the New Year, I know our hopes are high for a new beginning following the challenges experienced over the recent past.



The Board of Directors have met twice, in person. It was so nice to actually SEE everyone! Some new directors had never met each other, only by Zoom. The energy and enthusiasm was much different. I'm sure all the volunteers feel the same way as restrictions have eased. The Board is focused on visioning for the future, ensuring goals identified in the strategic plan are realized.

Hospice Simcoe continues to enjoy great success. Such wonderful news with fundraising events! The golf tournament and smile cookie campaign netted record breaking profits thanks to the hard work of Marilyn and her team, the participation of volunteers and the ongoing generosity of our community. I am proud to report that directors take an active role by promoting and participating in these activities.

I was sorry to miss the volunteer recognition afternoon at the Cineplex. I hear it was fantastic and enjoyed by all. Susan does a great job keeping us involved and entertained. Looking forward to what she has planned for December.

Wishing everyone a safe and happy holiday season. Treasure your time with loved ones, sharing and caring. Stay safe and healthy!

*Sincerely, Chris*

## The Holiday Ornaments Workshop was a fun way to get creative!

**HOLIDAY ORNAMENTS!**

It's time to 'deck the halls' in preparation for the holiday season. Have fun creating a variety of vintage looking ornaments which can adorn a tree or be used as gift tags.

Wednesday, December 8th 2-3:30pm, or  
Thursday, December 9th 6-7:30pm

This workshop will be offered in-person (with limited capacity) and via Zoom. If you are participating by Zoom, you will be able to pick up a package with the needed supplies (once you have registered).

Save your spot by emailing:  
[susan@hospicesimcoe.ca](mailto:susan@hospicesimcoe.ca)



## DECEMBER CONNECTIONS:

1. There is no Lunch & Learn scheduled for December.
2. Our next Lunch & Learn will be presented on **Monday, January 31st @ 12pm.**  
Topic and Zoom link to be confirmed.
3. Volunteer Support Meeting with Susan & Lori on **Wednesday, December 15th @ 2pm.**  
Watch for the Zoom link in your email.



# HOSPICE HAPPENINGS IN OUR COMMUNITY...



## Noella Christmas Tree Lot

We are grateful to the Downtown Barrie Business Association for choosing Hospice Simcoe as the recipient of the proceeds from this year's Noella Christmas Tree Lot/ Memorial Square. This year, we'll be hosting the Noella Tree & Wreath Lot on the following dates:

**Saturday, December 11 (11-3) and Saturday, December 18 (11-3)**

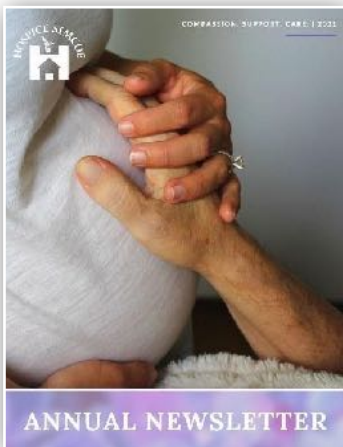
**Stay tuned to our socials for more information!**



## Hospice Simcoe Hummingbird Ornament

Handcrafted, walnut ornaments made exclusively for Hospice Simcoe by Piper Blue Atelier. **Order one today for only \$20! Sold at cost.**

**Visit Piper Blue Atelier on Facebook @ misspiperblue.**



## 2021 Annual Appeal

By now, many of you will have received our Annual Newsletter in your mailbox or inbox. We hope you enjoy reading the stories from families and loved ones who have experienced the end-of-life care and bereavement support we provide, along with the updates from our team on our programs and services.

Included in our Newsletter is our Annual Appeal. **Our goal this year... \$200,000.**

For those of you who are not aware, we rely on donations for more than 50% of our operating budget. Approximately \$1.3 million must be raised annually. If you didn't receive a Newsletter, or are interested in making a donation please give us a call at 705-722-5995 or email Judi at [judi@hospicesimcoe.ca](mailto:judi@hospicesimcoe.ca)

## Rotary Cash Calendars are back!

The annual sale of Rotary Cash Calendars is here. Calendars are \$20 each with 25% coming back to Hospice Simcoe. There is a cash prize available to be won every single day of the year. Please see Josie if you would like to purchase a calendar. **They make great stocking stuffers!**

