



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Greetings! Hello! Happy New Year!
Happy new beginnings to wonderful days & beautiful memories ahead!
Hoping your 2022 is off to a grand start!

As our world continues to focus on the pandemic and the changes it has brought to our lives, let us focus on the word RESILIENCE and all that it has meant for us and how it continues to guide us into the year ahead. RESILIENCE...A precious skill indeed! This is in fact what we have all been working on...what brings us all together. To quote Lori, "Sometimes we are good at it, other times, our 'bounce back' has absolutely no bounce left. Our resilience muscle has sure been worked hard these last 2 years, not to mention that we all have our own individual stressors over and above the pandemic that can shake us to our very core and make us wonder how we will get through."

Instead of focusing on what has happened that has been different and has challenged us, we want you to join us as we change our focus to JOY and all the good things that are going on all around us!!! We put a call out to ask you to send in photos and moments of JOY that give you comfort and happiness! Thank you for all of your input - we have so many wonderful photos to share (see page 5)...some will also ripple into our March issue.

Through lockdowns and 'pauses' this past year, our Volunteers have been busy! They have continued to support their clients virtually and by telephone, they have cooked and baked for our residents from home (PPE/ masks and all), created Spirit Pins for visitors in the residence, made crafts and tagged teddy bears, they have connected monthly with one another through our Volunteer Support Meetings with Susan & Lori, attended monthly Lunch & Learns, COVID Coffee Chats/Townhall with Kelly. We have all stayed connected as a hospice community!!!

In the months ahead...we wish you SUNSHINE, HEALTH & COMMUNITY!! We look forward to being together to celebrate the changes day by day as we connect with one another and move forward!! Take some deep breaths to release tension and clear your mind.

~ Susan Haiplik, Hospice Simcoe Volunteer Coordinator

"Resilience is a precious skill. People who have it tend to also have three underlying advantages: a belief that they can influence life events; a tendency to find meaningful purpose in life's turmoil; and a conviction that they can learn from both positive and negative experiences."

~ Amanda Ripley

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 **Susan Haiplik**: susan@hospicesimcoe.ca Thank you!



Volunteer Spotlight

The volunteer spotlight continues to feature members of the Board of 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 support and collaborate with Kelly to ensure that strategic planning, future visioning, financial viability and quality/safe care are in alignment with community needs and provincial mandates.

VOLUNTEER SPOTLIGHT



**Dr. Giulio DiDiodato
MD, PhD**

- **How long have you been a Volunteer Director for Hospice Simcoe?**

I believe I joined as a Volunteer Director in 2019.

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

I was approached by another Volunteer Director and the Executive Director who felt I might be able to contribute to the research interests of Hospice Simcoe.

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

I enjoy my involvement with the Research Committee, and I enjoy helping Hospice Simcoe further its research ambitions. As a practitioner who provides palliative care services to critically ill patients, I also appreciate the work Hospice Simcoe performs to support patients and their families at end-of-life.



A heartfelt thank you to Jenn and Jeff Green

for taking the time on their own Christmas Day to prepare Christmas dinner for residents and staff. Jenn & Jeff have been preparing Christmas dinner for Hospice Simcoe since 2015!

Connor Rask, a student at Kempenfelt Bay School, volunteered his talents this year at the residence by providing us with some lovely Christmas music.



Volunteers



Thank you Joan...

Joan Jarvis, a ten year residential client care volunteer at Hospice Simcoe has decided to retire. Although Joan “loved every minute she spent at the house,” she felt that now, without the regular busyness that goes along with caring for our residents, would be a good time to say goodbye. And, although she is happy with her decision, she “misses us already.”

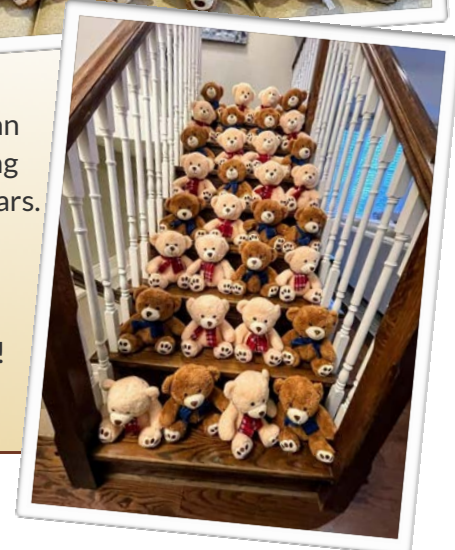
Joan’s memories are all positive: the peaceful, kind and caring atmosphere on Friday mornings as she went about her tasks, the opportunity to work with the wonderful clinical staff and the conversations with the residents and their families.

Joan has been in the business of caring for most of her life. Graduating from nursing at Queens, she eventually ended up at RVH where she taught bedside nursing. After retirement she signed on as a volunteer at the hospital but realized that Hospice would be a better place for her. When she learned she had to take a course to volunteer at HS she was taken aback, but after the eight classes (taught by the wonderful Catherine Wallis Smith) she realized how important those learning modules are. “I realized that in all of my years of nursing, I had never been taught how to care for the dying,” she commented. Joan put all of her skills to good use in the house and we’re so thankful she joined our volunteer family. Thank you Joan! You’ll be missed.

Joan loved the Hospice Teddy Bears (below) and was gifted a couple on her retirement.



Darlene Botman was asked to tag some teddy bears. Looks like she accomplished the goal... and then some!



Thank you to Kim for leading our Holiday Ornaments workshops in December (in-person and on Zoom). Everyone enjoyed making a few holiday ornaments in the workshop and more than anything - it was so good to be together!!



Help Spread the Joy

LIBRALESSO'S MAGICAL CHRISTMAS



It's easy to see that Sue and Joe Libralesso love Christmas... and especially getting their house ready for the season. As Sue says, "We go a little crazy on the lights!" (From the photos at the left you can see this is true. In fact, decorating begins in August and the lights go on in October!).

The Libralessos live in Sandy Cove Acres, an adult retirement community located in Innisfil, just south of Barrie. In non-Covid times, the couple is often involved in organizing activities for the residents of the community. However, as we are all well aware, there hasn't been a lot going on lately. For the past two years, because indoor activities have been very limited, they decided to bring the festivities outdoors, specifically, outside their front door.

The Libralessos advertised their "Help Spread the Joy" event well ahead of time and on Saturday, November 27th at 6pm town crier, Steve Travers opened the event encouraging everyone to "Bring themselves along and bring some money too!" Sue figures about 150 - 200 people dropped or drove by to see their festive house and to listen to Terry Chisholm, a talented tribute artist and Elvis impersonator. Judging from the photos and the video Sue and Joe sent us, it looked as if everyone thoroughly enjoyed the two hour event. In total, \$2,570.00 was raised and donated to Hospice Simcoe.

"Why hospice?" I asked Sue. "Several years ago, after my mom died, my dad, with encouragement from Hazel and Bill Baxter (former HS Volunteers), joined the walking group. It helped him incredibly to work through his grief and we were so very thankful." Sue also mentioned the good that hospice has done in her community and in the larger area as well.

Thank you Sue and Joe and the entire Sandy Cove community for your wonderful generosity!

LEFT, TOP TO BOTTOM:

1. The Libralesso house
2. Joe, Dianne Tresoff, Sue
3. Santa, Sue's daughter Danielle, granddaughter Imogen and Sue
4. Steve Travers, Barrie Town Crier



Help Spread the Joy

At our most recent newsletter meeting, via Zoom of course, we were discussing the latest lockdown, the school situation and COVID procedures at Hospice Simcoe. Doom and gloom seemed to be the order of the day. SO, we thought, let's find out what's making people happy these days. An email was sent asking you, our wonderful volunteers, what is bringing JOY into your lives and you quickly responded with stories and photos. Thank you so much and keep them coming.



1 Carrie Baumken sent a photo of her daughters, Emily (L) and Lauren at the bridal shower held for Emily in November. Carrie said she felt the love from family and friends that day.

2 Darlene Botman's 88 year old mom brings her joy. Darlene turns to her for strength and inspiration... and a wee bit of silliness.

3 MJ Adams found this old photo of her childhood friends in Windsor. She made copies and sent them off, bringing joy to all of them I'm sure. (Sadly, some have passed away.)

4 Sunsets along the bay in our beautiful city bring smiles to Laura's face.

5 Hauling wood to the cottage on a sunny winter's day made Kathy French smile.

6 Lyne Drolet's family couldn't celebrate until December 29th. Lyne surprised everyone with a beautiful candlelight dinner.

7 For Mary Ann Pope, a Christmas Day family hike - and hot chocolate - was perfect.



HR Corner

Connie Devlin, our Human Resources Manager, shares information with us bi-monthly. Thanks, Connie for keeping volunteers informed.



Setting Mindful Intentions for 2022

Happy New Year to everyone and their families. As we start another year, many make their New Year's resolutions, but have you considered making "Mindful Intentions?"

When setting intentions, you are deciding on how you want to act, think, or feel in any given situation before it occurs. When we set intentions that come from a positive place, we attract happy and positive things. Intentions are different than goal setting. Goal setting is more focused on achieving a specific outcome while Intentions are a way of being.

A few examples of intentions are:

- To be proud of yourself
- To feel more confident
- To let go of control



When setting intentions some questions to ask yourself:

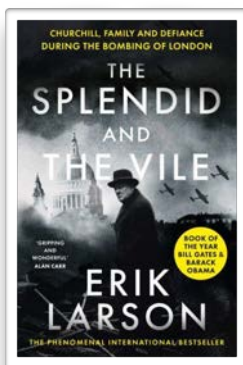
- How would you like to feel every day?
- What makes you happy?
- What is your idea of Fun?
- What do you want to focus your energy on?

For the 3rd quarter (October - December 2021) our volunteers have donated:
3,387 hours!

- 97 volunteers donated their time
- 2514 hours of time were donated in the 2nd quarter

**Write and/or review your intentions each morning before you start your day.
Reflect on your daily experiences at the end of the day.**

Book Review



"The Splendid and the Vile" is a very large book. If you decide to read it be prepared to commit a lot of time. However, I do recommend it. It reads like a novel. Larson's research involved the reading of many journals and diaries written by Churchill's personal staff and his immediate family.

Churchill became Prime Minister of the United Kingdom in May 1940 just as Germany started to invade Europe. He was a powerful speaker who very often dictated orders and memos to his staff from his bed or while taking a bath, always chewing on a cigar and very often with a drink in his hand.

He was a fascinating character who has had many books written about him. I think Larson brings another side to this historical icon. Many thanks to Sharron Bowden for being such an avid reader!





What's Happening?

UPCOMING MEETING:

Thursday, February 17th @ 2pm.

Volunteer Support Meeting with Susan & Lori:
 Let's Celebrate "National Random Acts of Kindness Day!"
 * Zoom presentation (link will be sent to you via email).

LUNCH & LEARN:

Monday, February 28th. 12-1pm

TOPIC: *Healing Helpers: Burnout Management and Sustaining Compassion* by Tara Maxwell, CMHA.

* Zoom presentation (link will be sent to you via email).



A WARM WELCOME TO
Baby Lucy

Cathy Charlton is a proud new nana. Congratulations Cathy!



A note from the editor...

You may have noticed there wasn't a newsletter for January. Because of time commitments, COVID and changing procedures, we were unable to get one out on time.

HUGE thanks to all of you who have sent photos of what brings you joy. Keep them coming!
 ~ Sandi Porter

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.

- * DAN: **14 Peaks** - *Netflix documentary*
Val - documents the life of actor Val Kilmer - *Amazon Prime*
- * SUSAN: **Don't Look Up** - satirical science fiction/ comedy - *Netflix*
An Evening You will Forget for the Rest of Your Life - *Netflix*
- * SANDI: **Here Today**, Billy Crystal - *Netflix*, **Tick, Tick, Boom** - *Netflix*
- * SUSAN A.: **Atlas of the Heart** - *Book by Brene Brown*
 (mapping meaningful connection & the language of human experience.)
- * BARB W.: **The Alpinist** - docudrama on *Amazon Prime* (Great photography.)





HOSPICE HAPPENINGS in our community...

GOOD NEWS

Gratitude is not only the greatest of virtues, but the parent of all the others.
~Sir Winston Churchill



Hospice Simcoe's 2021 Annual Appeal has come to an end and we're thrilled to announce we surpassed our target of \$200,000!

This year's campaign raised **\$318,000** thanks to donations from our incredible community!

Thank You!





Hospice Simcoe
Join us for #thankfulThursday

Thankful for Diane
A dedicated volunteer who helps out in our office.

Thank You!
www.hospicesimcoe.ca



LAUNCHING #thankfulThursday on Socials

Hospice Simcoe is thankful for its incredible volunteers, staff and partners. Watch for some of them in our #thankfulThursday posts on Facebook & Instagram. We are so thankful for our community's dedication!

Check out the Hospice Simcoe social posts for **#thankfulThursday**

Tell us what you're thankful for...



MARK YOUR CALENDARS FOR UPCOMING EVENTS:
Our Annual Hike for Hospice will be coming up in May 2022. More details to follow.
Get your running shoes on and do your stretches!

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



336 Penetanguishene Road, Barrie, ON L4M 7C2
705-722-5995
www.hospicesimcoe.ca
Registered Charity #134433234 RR0001

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