

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you." Shannon L. Adler

LEGACY and memory making... from Susan Haiplik, Volunteer Coordinator

It seems that we were just celebrating the holidays and preparing to welcome 2023...and here we are in February. I hope that however your year has started, you are on a path of wellness & gratitude!

Starting a new year is exciting because we set goals and make plans for new experiences and adventures.

Memory making is one of my personal goals in 2023...

I find that the days pass quickly and my to do list sometimes gets lost in little things that sidetrack me. I can sometimes be distracted from the important things because of interruptions and situations that are mostly out of my control. What I can control is what I do with my days, how I feel and who I'm spending time with and the memories we're making.

This past December I travelled to visit my sister in Amman, Jordan with my adult kids! This opportunity was a surprise and felt a little daunting at first but resulted in quite a unique experience.

This was an adventure! This was epic! This was legacy!



We were blessed with this opportunity to travel. We stayed safe and well. We saw parts of the world that took our breath away. If anything, the lessons I learned on this journey were simple:

KEEP THINGS SIMPLE.

Stay in the moment and be present with those who are with you.

Don't blink...if only to capture the moment and keep it safe!

I may have sounded like a broken record (or so the kids tell me)...I kept repeating, "Stop, keep this memory NOW. We will never be in this moment again. Feel your joy, feel the energy of the experience and how it makes you feel". Perhaps I should say this every time I find myself in an 'aha' moment. It could be a moment of JOY, happiness or sadness...it is a moment to hold and keep safe.

I know that we didn't need to travel 26 hours to realize these lessons...

we can capture memories and create legacy every day, wherever we are. Could it be writing a note to a friend, making a date for a visit, planting a tree or flowers in memory of someone you love...

Life is about living in the moment, being present and feeling emotions (whatever they are) when they come to you...2023 I am on track to do just this! **Be well and keep building your memories!!**

Susan

Memories & Legacies

Memories in the Moment

The term legacy is one we use often within our Hospice Simcoe community. When talking about life legacy, we think about leaving our mark on the world and what we pass down from one generation to the next. It could be memories, activities, special cherished items or what we have contributed to our family, work or community life. When we engage in legacy work at Hospice Simcoe, whether out in the community, in our residence or in our bereavement programs, it is about helping people create important memories for the person who is dying and their loved ones, by assuring them that their life will not be forgotten, but will live on in those they love. While legacy work like this can take place near the end of life, the reality is that our legacy is something we create as we live each day. It is about creating memories and meaning in the moment. Over the past month, you may have noticed a lot of excitement about some new projects around legacy and expanding our understanding of the term. Lori (Spiritual Care Coordinator), Susan (Volunteer Coordinator), and volunteer Carol Holden have been planning and developing ideas for the past several months and, in early January, presented these ideas to some of our amazing volunteers!

Our vision is for Hospice Simcoe to become a leader in helping our community create a life legacy for themselves and their families. The focus of this life legacy project is both including and expanding beyond what already happens within the hospice community with families whose loved ones are dying. We hope to provide the community at large with project ideas, education and also the simplicity of creating a life legacy through the gift of time.

There is so much talent within our Hospice volunteer community and our first meeting generated many legacy opportunities to develop this initiative. Hospice Simcoe would like to be the influencer for the community to help people come together and create lasting memories! The opportunity to take this visionary idea to our community is endless . . . if you would like to be part of this beginning, in any way, please contact Susan.

Below are some examples of Legacy projects that have been completed over the years.



“ Money and jewels mean nothing. The best heirlooms left behind are fond memories of a life lived.”

Best Wishes to Cathy!

Cathy Charlton has left the building. On January 11th, after seven and a half years as Hospice Simcoe's Board and finance person, Cathy gathered up her sharpened pencils and calculator and moved into retirement mode. I had the opportunity to sit down with Charlton, (*I've never used her first name*) and talk about her tenure at hospice, her life in general and her plans for retirement.

In 2015, Cathy joined the staff of Hospice Simcoe. Having previously worked at the RVH Foundation and Gilda's Club, she was accustomed to being in an environment akin to that of Hospice Simcoe. The human contact is what she has enjoyed - interacting with the families and seeing how thankful they were for the kindness and support offered at Hospice Simcoe. From the time she started volunteering in palliative care at RVH 20 years ago, Cathy has always been passionate about end of life and to be able to see it in action has been a wonderful experience.

Much has changed at Hospice Simcoe since Cathy joined our staff. Her position here involved finance and accounting, determining budgets with Kelly and the managers as well as the Board and Governance work. At one time, HR and Personnel were part of her job. One of the challenges for her during her tenure was the constant changes with the ministry over the years. Trying to keep up with shifts of offices, procedures and personnel could, at times, be confusing.

In spite of the growing pains involved in her job at Hospice Simcoe, Cathy feels she has been more fulfilled professionally in this job than in any other. "There's such an amazing staff here and volunteers as well. I've worked with many other organizations involving volunteers but the HS volunteers are the most amazing group of volunteers I have ever come across." This job has brought joy to Cathy - she calls that joy her second paycheck! She remarked on how quick hospice staff is to think outside the box in order to make each resident's end of life experience exactly what they want it to be. "We've had weddings, Super Bowl parties, a final dip in the lake - even a visiting horse - beautiful moments all brought about by the wonderful people who work here. I will miss them. The things we (staff and volunteers) do here every day help the families to start their grieving on a much higher level."

"**Why leave now?**" I asked. "I enjoy my job but I'm at that point in life where I'd like to do some traveling while I'm young and able to do so. As well, my daughter, son-in-law and granddaughter live in the USA and I want to be able to see them more often." Cathy finds her daughters to be inspirations to her. Her eldest, Chloe, has Down Syndrome and has been a true inspiration. "I look at how challenging her life has been and, even though she can be challenging to me, I'm in awe of the strength that woman has. And, because of Chloe's issues, her sister Sasha faced a challenging childhood and I'm very proud of the young woman she has become."

What will Cathy miss? The camaraderie between staff and volunteers, the magical moments and the smells from the kitchen are top of the list. However she looks forward to travel and skiing and spending time with family. Who knows - we may see her volunteering here in the not too distant future.

You will be missed, Charlton. Your cheerful hello, that recognizable laugh, and your happy demeanour will no longer await us when we enter to do our volunteer shifts. Enjoy your retired life - you've certainly earned it.

(It was clearly evident at Cathy's retirement gathering, held after this interview, that she is definitely going to be missed. We heard words of praise from Kelly and Chris for all she has done as a staff member and hospice supporter. She was definitely a shining light in the Hospice Simcoe family.)

Sandi





Volunteer Spotlight



Elizabeth Priddle

- **How long have you been a Volunteer for Hospice Simcoe?**
 The first time around was 1994 and I have my 15 year pin - I took a few years off and came back in 2019
- **Why did you choose this area of volunteering?**
 In 1978 I was Constituency Assistant to a Toronto area politician and reviewed a presentation from local residents looking for a way to support homeless people with a serious illness. That presentation stayed with me until 1993 when I worked an election campaign with Aileen Carroll. She talked to me about her volunteer role with Hospice Simcoe. I took the next training course and to this day feel it was the most satisfying decision I made.
- **What excites you most? How do you find it personally fulfilling?**
 Each time I walk through the doors I feel the magic of the Residence & the dreams of the strong group of ladies who founded hospice. Every shift brings something new! It's the most wonderful feeling in the world to be part of a team that is making a difference in the last days, hours of someone's life.
(Elizabeth said that she often thinks of the wonderful group of ladies who dreamed of having a residential hospice one day! She thinks of them often when she does a shift at the House.)

**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: Drinkmasters: Netflix - world famous mixologists vye for the world title
 Big Rad Wolf - Roku - the story of the rise and fall of the American Apparel bran

Francine: Trapped: Netflix - set in Iceland, so it's in Icelandic with English subtitles, excellent whodunnit series! In the first season, not only are they trying to resolve the crime in a timely fashion, but they have to battle the elements as well!
 Three seasons, (The 3rd is in English.) 100% on Rotten tomatoes.

John: The Stranger: series on Netflix. Based on a Harlan Coban novel. Full of twists and turns.

Susan: 1923: series on Paramount focusing on the Duttons (Yellowstone) in the early 20th century.

Sandi: A Man Called Otto: movie in theatres. Great movie!





Holiday Celebration



DECEMBER 20, 2022 - HOLIDAY PARTY AT HOSPICE SIMCOE



Finally, after three years, we were once again able to get together for a holiday celebration. And what a wonderful afternoon it was - filled with fun, food and festivity. There was music, there was shopping, and there were yummy treats. Santa and his elves even took time off to come and visit the party. Having the opportunity to get together once again was fantastic and it was great to chat with other volunteers who we hadn't seen in awhile. Thank you to the staff team who organized this event! Even though you couldn't see them, I'm sure there were many many smiles under the masks.





Milestone of Ten Years!

I had the pleasure of sitting down for a chat with Doris Davis, office administrator at our Bell Farm location, to talk about her ten years at Hospice Simcoe. (Ten years which have flown by, she says!)

Doris joined the hospice team on Jan. 29th, 2013 and for her first 6 years worked at our Penetanguishene Road location. During those six years there has been much growth at Hospice Simcoe and with that growth, Doris' job has changed.

Originally hired as an Admin Assistant, Doris' duties were varied. Finance took up most of her time; entering donations, handling money from the galas and Hikes - basically anything involving money. She also helped with other tasks and assisted whoever needed help. As the staff grew, Doris became Office Administrator overseeing our social work team - which at the time numbered one. Seated at the front of the office, she became the go to person who could usually handle any questions from staff, volunteers or visitors.

Four years ago, when we acquired our Bell Farm location, Doris moved offices to be with our social work team. Affectionately called Momma D, she continues to help wherever possible and at the same time make sure the facility itself runs smoothly.

What's kept Doris at Hospice Simcoe?

"I love what the agency does. I think our whole mindset, goal and purpose is amazing. We are so important to our community and I feel bad for those communities who don't have a hospice." She applauds the staff and the work they do. "Here at Bell Farm, I work with social workers who are the most caring people. From my perspective, coming from a corporate background, I didn't often have the opportunity to work with caring people. Here I do."

Teneal Campbell, Community Support Programs Manager, sums up Doris's role within our organization. "Doris is a special person. She is knowledgeable, calm, helpful, reliable, and extremely skilled. She is simply invaluable." Thank you Doris for your ten years with us. Here's to ten more!

Sandi



BOOK REVIEW

COME FROM AWAY, Genevieve Graham

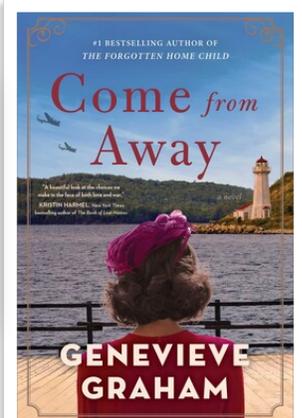
"Come From Away" is a historical novel about WWII events that took place along the east coast Nova Scotia. Between 1942 and 1944 German U-boats, known as "wolf packs", infiltrated Canadian waters and sunk 23 Canadian ships. This became known as the Battle of the Gulf of St. Lawrence.

When one of the U-boats is destroyed by Canadian forces, one German sailor finds his way ashore. This is the story of Rudi, a German Nazi and Grace, a storekeeper in a small village on the east coast of Nova Scotia.

Genevieve Graham has a way of bringing Canadian history to life. This book is no exception.



Thanks to Sharron Bowden for this book review.



HR Corner



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

Black History Month (February) is a time to celebrate and remember all the ways that Black Canadians have contributed to Canada's history and culture. Throughout February, this celebration provides a chance to learn about African cultures.

The story of Black History Month dates back to 1926 in the United States. At that time, an African-American historian named Carter G. Woodson founded a week that focused on celebrating the accomplishments of African Americans.

And in 1995, Canada's government officially recognized February as Black History Month.

To learn more about Black History Month visit: [Black history organizations and educational resources - Canada.ca](#)

Find out what is happening in the Simcoe Area to celebrate Black History Month, click the links below:

[Black History Month - MacLaren Art Centre](#)

[Interactive Black History Month event coming to Orillia Feb. 18 - Orillia News \(orilliamatters.com\)](#)

Volunteer Opportunity: Bereavement 101 with Amy (February session)

Hospice Simcoe's Bereavement Coordinator, Amy Pritzker MSW RSW, is happy to offer "**Bereavement 101**" training to Hospice Simcoe volunteers. We all face dying, death and bereavement in our work and lives.

No matter what our role in health care, we are confronted with grief and loss in our work. In this two-part training, we will address some of the basics of grief, including debunking common myths and misconceptions, how to support a grieving person, and what to do when grief gets messy.

Delivered through Zoom, including videos and reflective exercises, this program offers an opportunity to explore grief and loss through the lens of our own experiences and through the stories of others. We will all experience some amount of grief and loss in our lives. Throughout the past 2 years, we have experienced disappointed dreams, canceled plans, and the upheaval in our normal day-to-day lives. For many, the experiences of illness and the death of someone in their world have been impacted by the inability to mourn and grieve collectively. While 2020 brought the concept of and discussions about grief to the forefront, many of us are still unsure about what "normal" grief looks like, and how it impacts our lives. Even more of us struggle with how to support someone who is grieving; what to say (or not say), and what to do (or not do). During this presentation, we will explore the basics of grief, mourning, and bereavement, including debunking common myths/misconceptions.

There will also be a Q&A period after the initial presentation time.

Amy

DATES & TIMES OF BEREAVEMENT 101 -

SESSION 1: Feb 7, 2023 09:30 AM - 4:30pm

SESSION 2: Feb 14, 2023 09:30 AM - 12pm

Register at this link: <https://us06web.zoom.us/meeting/register/tZwsd-murDwoGNcHPuKkxklGd8DuqRerGGOr>



What's Happening

LUNCH & LEARN:

Monday, February 27th
12-1pm

TOPIC: TBA - check your email

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



FROM THE BOARD

Ray Trask, Board Chair



As another year has come to a close and we enter into 2023, on behalf of the Board, I would like to thank our staff, precious volunteers, donors and event sponsors for your support throughout the year.

Many individuals, families and people within our community were able to access important programs and services with your support and the board is very appreciative of this.

When I look back over last year and the previous two years with the introduction of COVID, it has been a very unsettling time which impacted all of us in many ways. However, throughout these times, I am so impressed that Hospice Simcoe rose to the challenge. Everyone stayed positive, never taking their eyes off providing the best care to those who enter our facility. Throughout the pandemic, we continued to do our best to relieve suffering and improve the quality of life for those living with a life limiting illness, as well as providing care for their families.

I look forward to what 2023 will bring and I'm confident that, whatever challenges may cross us, we have a team of staff and volunteers who are committed to providing the loving care individuals and families need to guide them through their journey.

A heartfelt thank you from the Board of Directors to our volunteers, staff and donors. We are blessed to have your support.

Ray

DO YOU HAVE A STORY TO SHARE?

At a recent meeting of the Gala team we shared some hospice memories - stories of events that happened at the house, or while visiting community clients. These stories are the heart of Hospice Simcoe and we don't want to lose them.

Do you have a story? Maybe it's a special moment with a client or family or an occasion in which hospice staff and volunteers went above and beyond to create a special final memory.

We would love to hear from you.

Please send your story to

hospicesimcoenewsletter@gmail.com

Save
the
date



There will be a baby shower for Danielle (Baby Marshall-Ceo) on
March 31st from 2-4pm at the Bell Farm location!

RSVP to doris@hospicesimcoe.ca or 705-725-1140 if you would like to attend.



What's Happening



THANK YOU

OUR 2022 ANNUAL APPEAL HAS COME TO A CLOSE AND WE ARE THRILLED TO ANNOUNCE WE HIT OUR GOAL OF

\$250,000

Thank you for your support!



THANKFUL FOR ANNUAL APPEAL SUPPORT IN 2022

We are thrilled to announce that we hit our goal of \$250,000! Sincere thanks to our community of donors, volunteers, staff and all those who support Hospice Simcoe.

If you would like a copy of the 2022 Annual Newsletter for family or friends, feel free to call the office at 705-725-5995.



HOSPICE SIMCOE INVITES YOU TO OUR

FAMILY & FRIENDS BOWL



1-3pm

FEBRUARY 12th, 2023

\$10/player - includes shoe rental
or \$60/lane - accommodates a group of 6 players

RESERVE YOUR SPOT NOW!
EMAIL JACKIE AT:
jackie@hospicesimcoe.ca



HOSPICE SIMCOE 35th ANNIVERSARY

ANNOUNCING OUR

35th ANNIVERSARY GALA

Memories & Milestones

JOIN US IN CELEBRATING 35 YEARS OF HOSPICE SIMCOE SUPPORTING OUR COMMUNITY

FRIDAY, MARCH 24TH, 2023 | LIBERTY NORTH

JOIN US FOR OUR

35th

ANNIVERSARY GALA

Memories & Milestones

FRIDAY, MARCH 24

TICKETS ON SALE NOW!

Take advantage of the Early Bird Prices available until Feb 17th
EARLY BIRD: \$250 each | \$2000 for a table of 8

TO PURCHASE TICKETS, VISIT: [35th ANNIVERSARY GALA](https://www.hospicesimcoe.ca)
or for more information, email Jackie at: jackie@hospicesimcoe.ca

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



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130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4
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