

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Ontario Service Awards

The Ontario Service Awards are given out each year by the Ontario Government as recognition to volunteers within a community who provide committed and dedicated service to an organization. Volunteers are recognized for the length of time they've volunteered with an organization, ranging from five to sixty five years of continuous service. (At Hospice Simcoe the longest period of continuous volunteering to date by an active volunteer is 31 years!).

Organizations that have been in existence for a minimum of five years may nominate up to nine volunteers. The recipients are given a stylized trillium service pin and a personalized certificate to acknowledge their years of service. This year's ceremony, held at Liberty North, honoured several Hospice Simcoe volunteers who have contributed as volunteers from 5 to 25 years.

This year, six Hospice Simcoe volunteers received service awards. Anna Scott and Beth Shervington, who volunteer mainly in the kitchen, were given five year pins. Eva Zaleski, who has accumulated over 1000 hours volunteering with yoga, bereavement, reception and spiritual care also received a five year pin.

Ten year pins were given to two of our volunteers. Laura Keys, a second generation hospice volunteer, serves in many areas including one to one bereavement and kitchen, and Sandy McConney plays guitar with our Tuesday Afternoon group, fills in at reception and is a visiting volunteer. And all of the above mentioned volunteers are quick to volunteer for other duties as well.

Alice Warman, a 25 year fantastic volunteer with Hospice Simcoe has recently moved to Ottawa. Her involvement with our organization goes back a long way- she has been a pioneer in palliative care and community engagement... and now having retired her legacy is celebrated. She is greatly missed by her Wednesday kitchen partners.



Ontario Service Award recipients (L to R):

**Laura Keys, Sandy McConney,
Anna Scott, Beth Shervington**

Absent: Eva Zaleski and Alice Warman

FROM THE HOUSE

Something to think about

Thanks to Kevin, a member of our clinical team, for sharing this poem by Becky Hemsley. Becky Hemsley is a British poet and author who lives in Leicestershire, UK. She has written three collections of poetry, a children's book of her viral poem Breathe and a children's book of the poem Starlight. Her aim is to help people realise that what they feel is universal and that they are not alone - words of hope and healing are always her aim. Ms. Hemsley wrote this poem "to remind us that, whilst some of us know we have limited time left, the clock is ticking for all of us. Life is precious."
(Becky Hemsley, Facebook)

One time I met a man who had only one month to live
And I asked him if he had any advice to give.
He said, "I wake up every morning knowing I will die.
So each day must remind me I am blessed to be alive.
You see, my life is on countdown as each hour is unfurled.
I know my clock is ticking on my time here in this world.
But what you're overlooking is that it's the same for you.
You know that I am dying but forget that you are too.
So make the most of sunshine and dancing in the rain.
Sing a little louder when your favourite music plays.
Notice nature's colours, savour everything you taste.
Stop waiting for tomorrow 'cause you've got no time to waste.
And could you say convincingly that you have no regrets
if just the next few days or weeks are all that you have left?"
Then my breath caught quickly when he turned to me and asked,

***"Could you say that you died happy
if this day had been our last?"***



For several years now, George Forler, a friend of Hospice, has donated colourful Zinnias to adorn our flower beds.
(He grows the zinnias from seeds which he gathers from his own garden!).

At this time of year they certainly brighten up our flower beds.

Thank you George!



SPOTLIGHTS TO NOTE



**Sherry Taylor and
Judy Brady**

Volunteer Spotlight *Sherry Taylor and Judy Brady*

How long have you volunteered at Hospice Simcoe?

In which area did you choose to volunteer?

We have volunteered for almost 14 years! We have been involved in many fundraising events in that time, the biggest one being the Purse Auction and Fashion Show. We have also helped with the annual Hike for Hospice and Golf Tournaments.

For several years now we have been shopping for groceries for the residence. At first, we shopped in the morning and baked and cooked in the afternoon. Those were long days but we enjoyed them.

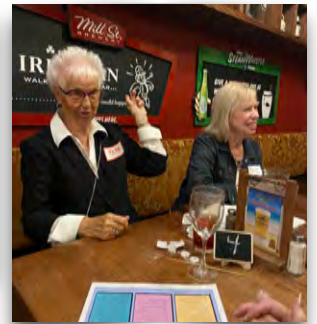
Why are you volunteering in this role? What excites you about it?

We have found Hospice Simcoe to be a wonderful place to volunteer and we have met some great people along the way. It is very gratifying when you talk to the many families who have come through the doors and who appreciate how hospice has helped them through a terrible time. People are so surprised to find that it is not a sad place especially with all the wonderful aromas coming from the kitchen.



VOLUNTEER SPEED CONNECT

Oh, what fun we had on September 21st at Donaleigh's Irish Pub! This social was designed to bring volunteers together and speed connect with each other... to get to know your peers!



COMMUNITY EVENT - DYING MATTERS

We gathered as a community on September 19th for the Dying Matters event, to discuss MAiD (Medical Assistance in Dying) with a fantastic panel of palliative care professionals. This was set as an open forum presented by Hospice Simcoe, designed to heighten awareness and to encourage conversation and questions from the audience.

*Thank you
to all who attended.*



BOOK REVIEW

with Sharron Bowden



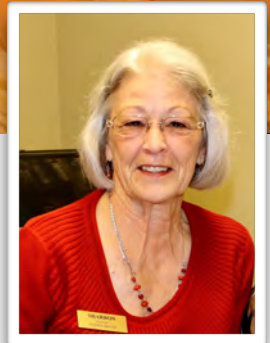
I have read several books by Kristin Harmel and have enjoyed all of them.

Set in Paris, in 1939, young mothers Elise and Juliette become close friends. Even though war is creeping across Europe they do not suspect that their lives are about to change irrevocably.

When Elise becomes a target of the German occupation forces, she entrusts Juliette with the care of her daughter and goes into hiding. When a bomb falls on their neighbourhood, Juliette's world is destroyed.

After the war is over Elise returns to Paris to reunite with her daughter, only to find her friend's book store reduced to rubble. Juliette, along with her children and Elise's daughter, have vanished without a trace. Elise's search for her daughter leads her to New York, and to Juliette, one final time.

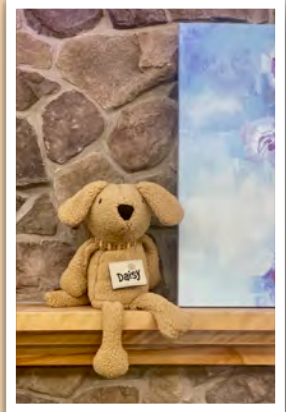
Thanks Sharron, for submitting this!



There's a mini Daisy in the house.

Sandy Dudley, longtime Hospice Simcoe volunteer recently delivered this adorable Daisy stuffed puppy to the House. Donna, who is a friend of Sandy's sister, spent time visiting a friend in our hospice in 2019. At the time, Donna saw how much comfort her friend received from Daisy. Being a quilter, she took on the task of making a Daisy look alike which, until now, has been kept in her sewing room. Thinking "Daisy" should be in her proper home, she had Sandy deliver her to us.

Thank you Donna!



BEREAVEMENT 102

Bereavement 102 was in session on Tuesday September 26th and there was a full house! The bereavement courses, led by Amy Pritzker, Bereavement Coordinator, are offered to volunteers and staff on an ongoing basis and up to this point Hospice Simcoe volunteers have completed either part 1 or part 2.

If you would like more info about taking the course contact susan@hospicesimcoe.ca or amy@hospicesimcoe.ca



HR CORNER

with Connie Devlin



Connie Devlin

Different Ways You Can Volunteer

As a Hospice Simcoe volunteer, you are the heart of our organization. You donate your time and give support in all areas of our organization. Currently we have over 150 dedicated volunteers who donate their time to support the services to our residents, clients, and their families.

Along with your compassion, you bring many skills and talents, and we are fortunate to learn from you. There are many opportunities for you to learn new skills and to try new volunteer roles. Here are some of the opportunities that we require further volunteer support:

- Kitchen (weekends)
- Reception (evenings and weekends)
- Community Home Visiting (Barrie and Innisfil)

If you want to learn a new role or feel you can assist, on occasion, in any of these areas, please reach out to our Volunteer Coordinator, Susan Haiplik. susan@hospicesimcoe.ca 705-722-5995 ext. 230.

BELL FARM NEWS

Welcome Kerri Hallikainen



We have a new staff member! Kerri Hallikainen seems to have settled in quite well with the crew at our Bell Farm location in her new position as Office Administrator for our Community Support Programs. She answers phones, looks after Palliative Clinic bookings, does client intake forms and sets clients up with appointments with our social workers.

Keeping the office running smoothly can be a big task, but Kerri seems to have adjusted well. Learning the different computer programs specific to a new job can be daunting but Kerri's background in Office Administration has made it less of a challenge. Her previous job was as an Office Administrator at a local high school where she was responsible for scheduling and timetabling and Ministry reporting, so she is well prepared for her work with Hospice Simcoe.

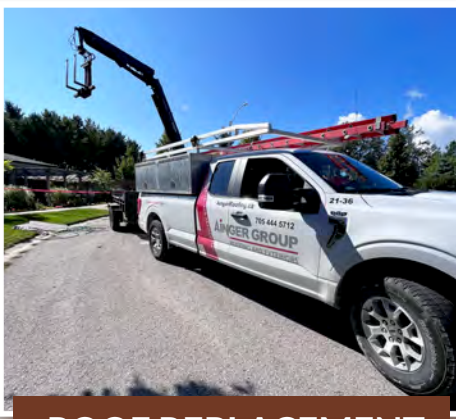
Kerri has always valued the work that hospices do and planned to volunteer with Hospice upon retirement. When she saw the ad for the office position she latched on to the opportunity. Kerri lives in Angus, is married, and has two university age boys.

Welcome to Hospice Simcoe, Kerri.

"Autumn shows us how beautiful it is to let things go." ~ Unknown

PROPERTY UPGRADES AROUND THE HOUSE

If you've been in the residence over the past few months, you've probably noticed the extra noise in the house. It seems that since Garrett Lambert has taken on the role of Property Coordinator, he's been very busy. I had the opportunity to chat with him recently about the goings on in our residence. After almost fifteen years, the Hospice residence was definitely showing signs of age. Starting in June, major tasks have been addressed, such as a new roof, as well as foundation repairs.



ROOF REPLACEMENT

Concrete work at the side and back of the house was completed as well. Next came a new state of the art water saving sprinkler system. Inside the house, new floors have been installed in all of the residence rooms and hallways, the rear offices and the nurse's station. Finally, the house is getting a new, more economical hot water system.

Garrett, new at this position, has definitely had to juggle quite a few balls since he began his new role in early Spring. From acquiring quotes, to hiring contractors and overseeing the tasks, he's had a few very active months. However, Garrett is enjoying the challenge of his new position and the fact that he still gets the opportunity to interact with residents and their families. Although he was very happy in his former health care position, he is pleased to be able to have the same holidays as the rest of his family. (Garrett mentioned that the support of staff and volunteers have made his transition much easier.)

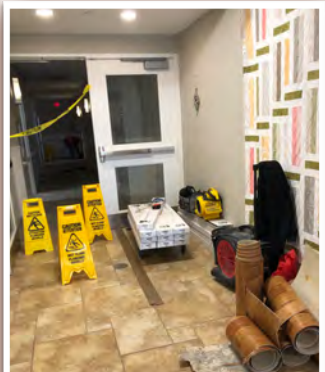
Thank you Garrett for this update and for the work you do at Hospice Simcoe.



**NEW
HOT WATER
SYSTEM**



NEW FLOORING AT BACK OF HOUSE



"All great changes are preceded by chaos." Deepak Chopra

WHAT'S HAPPENING



LUNCH & LEARN Monday, October 30th 12-1pm

"Healthy Boundaries For Your Wellness"

Presented by our very own,
Amy Pritzker, Bereavement
Coordinator.

In person and on Zoom - check
your email for the Zoom link.

LUNCH & LEARN Monday, November 30th 12-1pm

"The Polyvagal Theory: A New(er) Way of Looking at the Autonomic Nervous System & the Vagus Nerve"

Presented by Jeff Green.

In person and on Zoom - check
your email for the Zoom link.



Moving on...

Thirteen years ago Kathy Stewart, then Volunteer Coordinator at Hospice Simcoe, asked me to take on the task of creating a newsletter for our volunteers. At the time, as a newly retired teacher, I was eager to keep up the computer skills I had acquired and jumped at the opportunity. Kathy's vision was to highlight our volunteers, to introduce them to one another, to inform them of what was going on and to showcase the many ways that our team contributed to Hospice Simcoe.

At first, there was little formatting. We attended every Hospice Simcoe event from hikes and fashion shows to galas and golf tournaments, taking photos of volunteers at work. In the house we highlighted you- in the kitchen, on reception, in the yard and working with clients. Hopefully, over the years we have made you feel that you are part of a wonderful team.

We managed to keep going through COVID... Susan's entry years; changing things as we went along but always keeping volunteers front and centre. The task was tougher but bringing Carol Holden onboard to help with her wonderful stories made it much lighter. The creative talent of Michelle Roberts has made our newsletter so much more appealing as well.

I've had 13 great years doing this newsletter but it's time to move along. I'll remain a volunteer, singing with the Tuesday afternoon group, helping at the Hike and wherever else I can. Carol Holden will take over for me as editor and will continue to showcase you, our wonderful volunteers.

Thanks to Kathy Stewart for offering me this opportunity, and to Susan for supporting our efforts and to all of you for reading and contributing to Hospice Happenings.

~ Sandi Porter

*Thank you so much for your many years
of hard work and dedication, Sandi!*

WHAT'S HAPPENING



Thank you for participating in our annual Golf for Hospice. We are happy to announce that together, you helped us raise

\$40,000 for our Programs and Services



BUY YOUR TICKETS NOW!

Join us for our 'Memories & Milestones' 35th Anniversary Gala, presented by PureHealth Pharmacy.

FRIDAY, NOV 3rd at Tangle Creek Golf Club

New this year, is Layne, 'The Auctionista', our MC, and Fundraising Auctioneer. Dance the night away to Lakeside Groove, our very own Garrett's band. PLUS, you have a chance to win fabulous prizes from Jeff Walters Jewellers and WestJet!

VISIT OUR GALA PAGE FOR MORE DETAILS:

<https://hospicesimcoe.ca/fundraising-events/memories-milestones-gala-2/>

For more information, please contact our Fund Development Coordinator, Jackie at: jackie@hospicesimcoe.ca

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