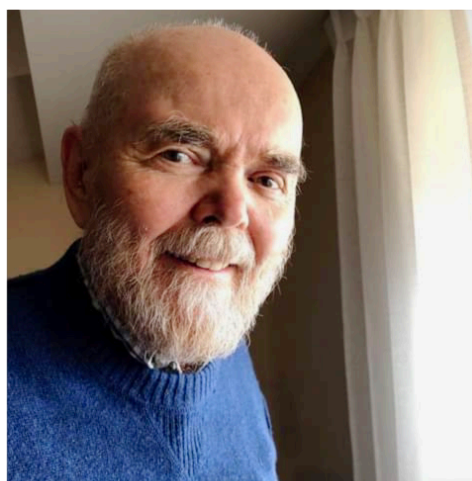


HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER



A Life Well Lived

Our Hospice community wanted to pay tribute to Howard Williams, who passed away on January 14, 2023. Carol Holden visited with Judith, Howard's wife, to get a picture of who Howard was and how he contributed to Hospice Simcoe.

Howard was the face of Hospice in the original capital campaign, leading to the building and opening of the residence in 2009. But long before the opening, Howard was an ambassador for caring for others who were grieving and established the first bereavement group for males. His passion for people and contributions to Hospice made him the perfect first recipient of the June Callwood Award in 2000!

This Hospice segment was just a glimpse of Howard's extraordinary zest for life! I had the privilege of having tea with Howard's wife of 61 years, Judith, who graciously and lovingly shared his story. Coming from a large family that celebrated together, Howard embraced his community as a large family and always looked beyond himself. His goal was not only to make where he lived a better place, but to engage everyone along the way. Connecting with others was one of Howard's many gifts. His influence touched so many lives that, in turn, transformed communities.

There was a world of wonder waiting for Howard, who grew up in the family funeral home business but would add to his life legacy teacher, farmer and several entrepreneurial initiatives and personal passions. The family's love for the outdoors led Howard and Judith to their 100-acre woods in Hillsdale where they would build their dream log home together. Now, for most of us, designing the log home would constitute 'building'. But that was not the vision for Howard and Judith's home. Their vision involved personally cutting, removing and peeling the 226 logs that would build the foundation for deep-rooted memories of love, family celebrations and new adventures. Those adventures included wild blueberries, raspberries, asparagus, maple syrup, grain crops and some homemade beer and wine. Howard was a lifelong learner and explored unwrapped gifts of music and art through the decades. In addition to singing, Howard learned to play the bagpipes, guitar and violin.

The most astounding gift Howard unwrapped was picking up a brush to paint ... at the young age of 70! As you admire the many paintings exquisitely framed on the home walls, you learn that each represents a chapter in Howard's life. The canoe tied to the dock in the cool air mist, is one that stands out and serves as a reminder to each of us. We all have the choice to not only get in the canoe, but to unfasten the knot and embark on a new expedition. Howard not only had vision, but he had the courage, fuelled by passion, to paddle into uncharted waters that changed the course of not only his personal life, but the community he served!

As Howard's artist instructor said, "Howard always had a plan".



Judith fondly and beautifully reflected and summed up Howard's life, "He did it all". You are never too old to start something new today ... untie your canoe, get in and let's create a new life legacy today!

Meet Aneela...

MSW placement at Hospice Simcoe

Can you explain what the purpose of your placement is at Hospice Simcoe?

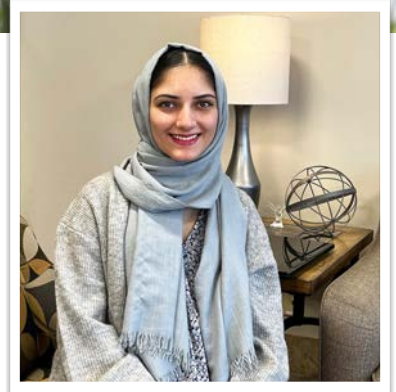
The purpose of my placement is to gain valuable experience in the community that will enhance my work as a Social Worker. Specifically, at Hospice Simcoe, I am acquiring essential knowledge of community support, engagement, and resource connection to enhance the quality of life for community members.

What are you studying? Where do you hope your studies will take you?

I am currently a Master of Social Work student at the University of Windsor, and my placement will conclude in April. I am on track to graduate with my Masters in May!

Are you working mainly with Lori?

I work with Lori on Tuesdays at the residence which I love, and for the remainder of the week, I work with the incredible Community Programs team at Bell Farm.



More about me:

My husband, our daughter, and I live in King and enjoy the company of our many animals, including chickens, pheasants, pigeons, a peacock, and our wonderful German Shepherd named Kilo. We are thrilled to be welcoming our second baby in May!

"What is a hospice?" or "Why hospice?" are two inevitable questions I get asked by friends and relatives when I tell them that I am doing my MSW placement at Hospice Simcoe. In response, I tell them: if possible, I recommend volunteering for a few days at Hospice Simcoe, as it will change your perspective on life and its unavoidable end, forever.

When I was accepted as a student at Hospice Simcoe, I felt both happy and scared. I was worried about the sadness I thought I would experience every day. Questions lingered in my mind, such as whether the pain of others would affect my mental health, and whether I would be able to let go of other's pain. It's difficult not to think about the painful experiences of people I come across, but at Hospice Simcoe, I learned that it is a pain not mine to hold. I shall allow it to travel through my body and let myself feel it, and then release it. Being part of the Hospice Simcoe family has been a gift to me. I've learned that many people share my personal experiences of loss, and that I am not alone. The same is true for anyone who enters Hospice Simcoe because everyone here takes care of each other.

When grief unfortunately becomes a personal reality, such as losing a loved one, the meaning of pain takes on a new form. I lost my mom to pancreatic cancer in 2019, and it's a loss that I can't dwell on for too long because it becomes unbearable. It's a reality that still seems unreal, and I think it will feel that way for the rest of my life. However, being at Hospice Simcoe has helped my healing process, and for that, I will always be grateful. I've met incredible volunteers and staff members who exude kindness. There is a warm energy that fills the air, which I felt on the very first day I arrived. I was welcomed as if I had been part of the Hospice Simcoe family for years. I could go on and on about how amazing Hospice Simcoe is, but there will never be enough words to express my gratitude for this wonderful experience. I end by thanking everyone I have come across at Hospice Simcoe, thank you for your kindness, it brightened my day.

Aneela

Volunteer News

2023 JUNE CALLWOOD CIRCLE OF OUTSTANDING VOLUNTEERS RECIPIENT

The June Callwood Award was established in 1994 by the Hospice Association of Ontario, which joined in 2011 with the Ontario Palliative Care Association to form Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, the Award Patron, long-time hospice advocate, community activist, author, and recipient of the Order of Canada. June was a recipient of this award in 1995.

We are delighted to announce that Judy Odlozinski is the 2023 Hospice Simcoe June Callwood Circle of Outstanding Volunteers award recipient! We will feature Judy and her journey with Hospice Simcoe in the May/ June Volunteer Newsletter!

PREVIOUS JUNE CALLWOOD CIRCLE OF OUTSTANDING VOLUNTEERS AWARD RECIPIENTS:

2000 Howard Williams, 2001 Jane Fitzgerald, 2002 Hazel Baxter, 2003 Sally Taylor, 2004 Kathy Irvin, 2005 Joan Kanis, 2006 Theresa Anstey, 2006 Joyce Maltby, 2007 Erica Curtis, 2008 Ellen McBride, 2009 Dr. Richard Irvin, 2011 Pat Fram, 2012 Carol Squirrel, 2013 Mike Clothier, 2014 Valerie Gardner, 2015 Guy & Linda Villeneuve, 2016 Marjan de Jong Deller, 2017 Diane Tressoff, 2018 Margaret Kennedy, 2019 Mary Ann Pope, 2020 Gaile Smiley, 2021 Sandi Porter, 2022 Irene Carr

Ontario Volunteer Service Awards

The Ontario Volunteer Service Awards, given annually, recognize volunteers for providing committed and dedicated service to an organization. Adults are recognized by the length of time they have volunteered with one organization, ranging from five to 65 years of continuous service. Usually, the awards presentation takes place locally, with government representatives on hand to offer congratulations and hand out the awards.



This years recipients from Hospice Simcoe are:

10 years

Laura Keys
Sandy McConney

5 years

Ann Scott
Beth Shervington
Eva Zaleski

Congratulations

Snapshots - Sharing the Joy!



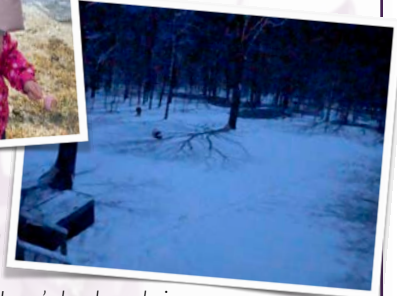
Safia's little grand-babies on a recent trip to Calgary!



Teneal's sweet girls having some fun in the snow!!!



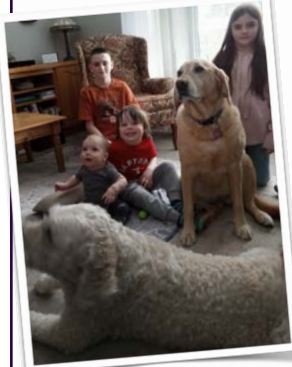
Madi and her kiddos at Winterfest on Family Day!



Lyne's backyard view on a full moon...beautiful shadows!



A lovely memory of Safia and her daughter from 2003!



Daisy had a fun filled Family Day with all of us. Here she is with youngest members of her family (our grandchildren and grand-dog)



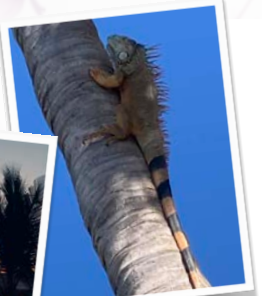
Liz shared this beautiful sunset on the west Coast of Barbados overlooking the Caribbean.



Amazing views on MJ's Mexican holiday: 1. Whales



2. Stunning sunsets



3. Iguana cooling in the shade



Donna and her sweet granddaughter Zoë celebrating their birthdays!!!



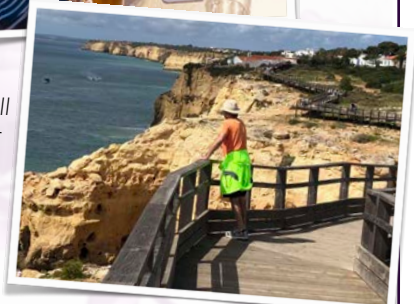
Natalie and Laura Lee with their partners enjoying the warmth of the Florida sunshine!



Diane, daughter Laura and friend Pat visiting the Giant Cactus in Baha, Mexico!



Terry Smith, Kathy Marshall & Sandi Porter enjoying the sun in Portugal.



John Porter, checking out the view in Carvoeiro Portugal.

Social Snapshots

FAMILY & FRIENDS BOWL

BOWLERAMA

We had great fun at our **FAMILY & FRIENDS BOWL** on February 12 at Bowlerama!

Thank you to all of those who participated and showed support of Hospice Simcoe in a fun way!



"Thanks so much to our gardening volunteers for sending in these ideas for homemade pizzas! Check them out and send pics if you tried one. If you have a recipe to share send it along!"

Homemade Pizza Ideas



Buy your pizza dough and follow directions or if at a bakery, prepare your crust and bake for 8 minutes before applying toppings. Here are a few pizza ideas to change up your palette:

Spread PC flavoured olive oil on the crust (spicy herb & pepper or roasted garlic are great flavours). Add a thin layer of mozzarella cheese, red peppers, mushrooms, sweet onion, baby spinach or arugula, goat cheese, sun-dried tomatoes. Top with mozzarella cheese. COOK 16 minutes at 425°

Spread sun-dried tomato pesto. Add capicola, thinly sliced portobello mushrooms, sliced artichoke hearts and crumbled goat cheese. BAKE 6 - 8 minutes at 450°

Roast one large garlic bulb and squeeze into bowl and mix with olive oil. Spread blend over crust. Add thinly sliced ham, grilled or roasted asparagus and sliced Brie. BAKE 6-8 minutes at 450°

Kim & Kathleen Holden

Hospice Happenings

BEST WISHES DAN!



A gathering was held on Feb. 9th to say goodbye and good luck to Dan Elliott. A familiar, friendly face around the house, Dan has been with us for seven years serving as our Properties Coordinator. Cleaning and maintaining the building have been Dan's main focus but he has given much more to Hospice Simcoe. Always there with a friendly smile or a funny story, Dan has fit in so well with the Hospice Simcoe family.

Dan has enjoyed his time with us and has learned a lot during his stay here. "The best part of working here has been the interaction with the families and the volunteers," he said. "I've learned a lot about myself through these interactions and it has put a lot into perspective for me. It's taught me to enjoy life more knowing that time is ever ticking."

Dan is going to miss the day to day conversations with residents. "If I can produce a smile from a resident as I'm going about my job, that makes my day," he told me. Good luck in your new position at RVH, Dan. Keep in touch.

You will be missed!



Have you read a good book lately? Have you seen a good movie? Do you have a favourite podcast? We want to share your suggestions with our readers.

Francine: All the Ugly and Wonderful Things By: Bryn Greenwood

If you are looking for a thought provoking read, then look no further! Labelled as a unique love story, this tale could get your book club night discussion very heated!!! The story is how 2 unfortunate lost souls come together. I read this book with trepidation as there are certain subject matters that, quite frankly, repulse me. However, the author manages to make you wonder.....is this love???

Colleen: Tunderbay - documentary on Crave

It's based on the podcast Canadaland and is about racism and murders of Indigenous people in Thunder Bay. Very eye opening and heartbreaking.

Susan: The Good Life: Lessons from the World's Longest Study on Happiness

The lessons from the Harvard Study of Adult Development, the longest scientific study on happiness ever conducted. What makes for a happy life, a fulfilling life? The answers to these questions may be closer than you realize!



Volunteer Spotlight



JOHN PORTER

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

I started volunteering about ten years ago.

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

I started off by joining the musical group on Tuesday afternoons. I had also helped my wife on several occasions in the community hospice events. I hadn't planned on being a visiting volunteer but Danielle convinced me that my skill set was perfect for a new client. (He liked music. I could play and sing.) I continue to do both roles.

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

I love making music for a captive audience with the Tuesday group. Seeing the smiles on residents' faces as they hum or tap along can make my day. Visiting residents is more of a challenge for me as I'm not good at small talk. Support from hospice staff and volunteers has helped me to overcome my reluctance. It feels good to help.

VOLUNTEERS DON'T GET PAID, NOT BECAUSE THEY'RE WORTHLESS, BUT BECAUSE THEY'RE PRICELESS.

BOOK REVIEW

THE EXILES, Christina Baker Kline

In the mid 1840s, England transported hundreds of thousands of convicts to Australia.

Most of them were men, but over 25000 were women.

The Exiles tells the stories of three women who were sent to Australia and how their lives became entwined.

Evangeline is a young governess who was seduced and became pregnant by her employer's son. She was sentenced for a crime she did not commit and sent to Newgate Prison, and from there, to Australia in a repurposed slave ship called the Medea. During the voyage she meets Hazel who had been sentenced for stealing a silver spoon. Hazel is a skilled midwife and herbalist and is soon offering remedies in return for a variety of favours. The third is Mathinna, an orphaned indigenous girl, taken from her people to live on Van Dieman's Land (Tasmania).

This is a story of female bonds that are unshakeable and unbreakable even when life hands them the worst.



*Thanks to
Sharron Bowden
for this book
review.*



HR Corner

Connie Devlin, HR Manager



Celebrating You, Our Volunteers!

This year we celebrate Hospice Simcoe's 35th anniversary. It was the compassion of members of our community that came together to create the services of Hospice Simcoe. Some of those community members are still connected and volunteering with Hospice Simcoe today.



April is when we celebrate and recognize our 180 Volunteers during National Volunteer Week from April 16th - 21st, 2023.

This year's theme is, "Volunteering Weaves Us Together". The theme heightens the importance of volunteering as a key aspect of building the strength and vibrancy of our communities through the interconnected actions we take to support one another. Like each individual thread makes weaving stronger, every volunteer's experience, perspective, and abilities add to our collective resilience.

We look forward to celebrating all our volunteers at our Annual Volunteer Appreciation event to be held on Thursday April 20th, 2023. This year's event will be an evening dinner event.

We look forward to celebrating you and all your contributions on **April 20th!**



Remembering Roy Klementti...



Hospice is sad to announce the passing of our friend and volunteer Roy Klementti. He has been with the Hospice Simcoe Volunteer Team since 2016 and has been a part of our Visiting Volunteer Team for most of that time.

He is remembered for his big voice and presence in a room. He had a great sense of humour and was He loved to vacation down south and escape most of Ontario's winters. He loved golf, travel and playing cards. He made a wonderful impact on our clients and the live of their families. He will be remembered by all of us who had the pleasure of knowing him at Hospice Simcoe.

Thank you, Roy for your time with us.



Volunteer News

LUNCH & LEARN:

Monday, April 24th. 12-1pm

TOPIC: *Advanced Care Planning*
with Amy Pritzker, MSW RSW

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



Thank you Michelle!

You may have noticed how much spiffier - love that word - our newsletter has been for the last year or so. That is thanks to Michelle Roberts, our Marketing & Communications Coordinator who adds the final flourishes and touches each month. As well, her photography skills are evident in many of the photos you see on these pages!



Join us at the Annual Volunteer Appreciation Dinner & Awards event: Thursday, April 20th!

FROM THE BOARD

Ray Trask, Board Chair



We are well into 2023 and life is finally getting back to normal. We had our Family & Friends BOWL event in February and so looking forward to our Hike for Hospice on May 7th.

Of course let's not forget that we celebrate National Volunteer Week from April 16-23rd. This is a week where we recognize the positive impact of volunteers working in many of our community based organizations. We just couldn't do the great services we provide at Hospice without the support from all our volunteers.

On behalf of the Board, we thank you all for your generosity.

I also would like to extend our thanks to Kelly and her team for the amazing work they do in making Hospice Simcoe a Centre of Excellence, as a Board member it goes a long way when we talk to our colleagues about all the good work Hospice does knowing that we have such a dedicated team of staff and volunteers.

Ray

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: susan@hospicesimcoe.ca Thank you!

What's Happening



Join us on Sunday, May 7th for our annual HIKE FOR HOSPICE at Sunnidale Park!

Let's hike together as we remember loved ones, celebrate friendship and help raise funds to support our programs & services. Bring your family & friends and help make this our best Hike ever!

REGISTER TODAY, BY CLICKING THIS LINK:

<https://www.canadahelps.org/en/charities/hospice-simcoe/p2p/hikeforhospice2023/>

Remember to like and tag on social media!!

#hospicesimcoe #hikeforhospice2023 #daisyandkylehike2023

Tim Hortons Smile Cookie is back May 1-7th

and we're looking for volunteers to help us on Kick Off Day, May 1st, to help as Smile Cookie greeters in the drive thru line at local Tim Hortons.

If you're interested, please contact jackie@hospicesimcoe.ca



Hospice Simcoe is partnering with Kempenfelt Rotary in the return of the **KEMPENFELT DERBY**

June 13th at Georgian Downs tickets are \$85 per person

Participants will enjoy southern-themed fare, cocktails, and live betting. Ladies don't forget your hats, and gentlemen grab your bowties! It will be lots of fun!

We're looking for volunteers to join our event committee...

If you'd like more information or are interested in purchasing tickets, or your very own horse, contact jackie@hospicesimcoe.ca

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



RESIDENCE: 336 Penetanguishene Road, Barrie, ON L4M 7C2 | 705-722-5995

COMMUNITY SUPPORT:

130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4
705-725-1140



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