

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER



Exciting News Announcement!

We're thrilled to announce the official partnership between Hospice Simcoe and Seasons Centre for Grieving Children. This exciting milestone means better access to grief support and end-of-life care for our community.

Learn more about the partnership here: <https://hospicesimcoe.ca/hospice-simcoe-partners-with-seasons-centre-for-grieving-children/>

2024 June Callwood Circle of Outstanding Volunteers Recipient: Lyne Drolet (White Eagle)

This award was established in 1994 by Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, and long-time advocate of hospice, community activist, author and recipient of the Order of Canada. June was the inaugural recipient of the award. Since then, more than 855 hospice volunteers have been inducted into the Circle of Outstanding Volunteers. In all her years as a journalist, author, broadcast and humanitarian, June Callwood's name became synonymous with integrity, talent, and passion for social justice. She has touched the lives of generations of Canadians by giving that passion expression through her words and through her work in the service of those in need. This award is a huge honour in our palliative care community and certainly in all volunteer circles.



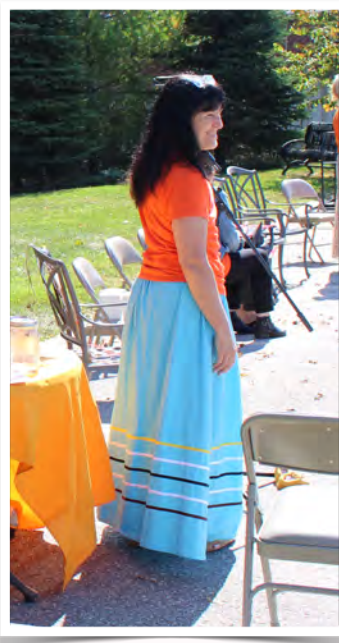
This year's recipient reads like a novel of compassion, heart and spirit, titled White Eagle and features Lyne Drolet as our protagonist. As a retired teacher, Lyne's literary gift is evident in her intriguing chapters of her life journey that radiates her inner and outer beauty in the expressive love for life she shares with us all. Lyne's prologue starts with her vision board, that she has been creating since she was fifteen years old and has led many of us to develop our good reflections legacy that we want to manifest in our lives. Lyne has been cutting images for vision boards out of magazines for the past 45 years and to date, has cut more than 50,000 images.

Her opening chapter is titled, 'Not for the Faint of Heart'. Lyne's journey to Hospice started with the bereavement support she instinctively offered to her uncle Claude after her aunt journeyed back to the spirit world. It was then that her uncle suggested she consider volunteering in a Hospice, seeing how kind and gentle she was with her words and approach to grief. Lyne had always dreamed of volunteering in hospitals and still considers nurses as the best people.

Continued on the next page

Hospice Happenings

(Nurses have the hardest job ever because they don't only have to tend to people's physical ailments but also their fears.) It was then that Lyne reconsidered her goal of volunteering in hospitals and decided to sit with those who were dying, just like her father Henri had done so many times. The problem was, Lyne had a fear of both hospitals and needles. Even during her journey through breast cancer in 2011 she fainted every time needles were involved.



Lyne joined Hospice as a Volunteer in 2015 and had the privilege of being mentored by Linda Villeneuve for the first nine months at the residents bedside. And yes, Lyne fainted three times! This is where chapter two comes in and Lyne's literary vision took shape: 'Book Club'. This book club was for grief and had sixteen members join in the first gathering, committing to reading a new grief related book each month for the eight-month duration of the program. This was followed by a Writers Club in 2019 Chapter 3: 'The Write Moment'. The goal of Writers Club is to guide 'the bereaved as they face their grief journey' and provide a confidential, safe and sacred space where there is opportunity to be real and vulnerable where participants reveal, write, encourage and support each other. Lyne describes the writings as both raw and beautiful where she holds her heart as they write about their struggles and fears, with the courage to read their words aloud because they feel so safe. Onto Chapter 4, 'When Calls the Heart'; where Lyne brings a voice of the hearts of lost loved ones in the writing and delivery of reflections for the bi-annual memorial service at Hospice. Teaching moments that remain in the hearts of all listening as a roadmap for hope. Chapter 5, 'Echoes of Ancestors', unveils the true character of with her soulful sharing of her Metis Indigenous background. Lyne has guided Hospice Simcoe through a five-video series of land acknowledgements (for each season), in addition to honouring the deep roots of her culture through Truth and Reconciliation information and celebration to Hospice. Lyne lovingly and openly shares her

culture at Hospice community events or meetings.

Lyne's story is echoed by the many who nominated her for this award. 'The Ripple Effect' completes the final chapter of her book, where Lyne's fellow volunteers describe her dedication as "exceptional and unparalleled", where "her impact is woven through a tapestry of distinctive offerings". Lyne is 'truly an outstanding volunteer in so many diverse ways; courageous, wise, creative, supportive and engaged'. Lyne is a 'dedicated team player, volunteering her heart and her spirit'. She is a "good friend".

For Lyne, Hospice feels like she's in a family surrounded by caring volunteers and staff and the gift of the spiritual people she meets in her clubs. Upon hearing she was selected for this prestigious award Lyne describes her reaction; 'warm tears flooded my eyes that were happy waves of salty emotional waters'. Those tears continued as Lyne shared the news with her family; with "more warm tears cascaded down my cheeks like waterfalls". The text message from Lyne's daughter sums up this award-winning story, "Volunteer award goes to YOU".

Lyne has so eloquently provided her epilogue for her time at Hospice to date as the following: "to one solid foot on mother earth and one extended arm to the spirit world I feel we remain connected together where I get to witness this beautiful connecting our clients have with their people even though they have died".

Congratulations Lyne and thank you, on behalf of Hospice Simcoe!

- Carol Holden



Volunteer Spotlight



Volunteer Spotlight

Eileen has been volunteering at Hospice Simcoe since late 2022.

She works reception at both the residence and Bell Farm and enjoys not only greeting people at the front door, but comforting them in their time of need. Eileen's previous high stress job in nursing has provided her with the ability to calm almost any given situation and bring peace to the distraught. She loves 'sitting and knitting' where her little mice provide the perfect distraction and conversation ... and yes, have led to donations!

Eileen gives everybody just that little bit of help they need while providing that little bit of hope in a time of despair.

Personal Quote: "Everyone should have a mouse in their house"



WHERE IT ALL STARTED...

As we embark on this first edition of our quarterly newsletter, it is important to journey back to where it all started.

Kathy Stewart, Volunteer Manager had a vision to create a volunteer newsletter to celebrate each of us while updating everyone through inspiring stories, program updates and Hospice happenings.



Enter Sandi Porter, who brought the newsletter vision to life with her passion for writing, her flair for creativity and her power in words! Sandi fostered so many relationships by being 'in the house', that she continues to cherish today. They kept us connected! Now, over a decade later, the baton has been passed and we want to thank both Kathy and Sandi for the foundation of love and compassion and the sharing of their gifts!

Susan Haiplik and Carol Holden



What have our volunteers been up to?

Because We Care



One of the questions I get asked most often is, “how does someone become a volunteer at Hospice Simcoe?” That is of course, second to, “how could you ever volunteer at a place of death?”. It takes a very special person to become a volunteer at Hospice Simcoe! I find it so heartwarming to see the community interest of those who make the decision to choose to share their precious time with us. But it is so much more with Hospice; as our volunteers share their love, compassion and most of all, their gifts! As we reflect back in our hospice history, it was volunteers who started the movement to build a hospice and our palliative care community that has transformed into the programs we see today.

I am sure that once you pressed the ‘send’ button and received the automatic reply, confirmation, thank you for your interest and a welcome to Hospice, you had no idea what your role at Hospice would truly look like? Let’s take you back to the beginning of becoming a volunteer and journey once more together! The first step, of course, is the interview. Not the interviews you have been used to, I’m sure you will all agree. My goal is to get to know ‘you’ and your special gifts that you would like to bring to Hospice. And with each interview, there is a personal story that is shared of ‘why Hospice’; that truly exposes the heart of our volunteers. Following the detailed reference checks and vulnerable sector screening, each of you are registered with Hospice Palliative Care Ontario (HPCO), where you complete online learning modules before attending our in-person orientations. It is here that deeper and such meaningful discussions occur, as we prepare you for entering into the world of palliative care! I have been told that it is one of the best life-learning educational opportunities!

Then, comes the exciting task of matching your interests, skills and gifts with role opportunities available! You are our community ambassadors and ensuring that you not only feel comfortable in your role(s), but that we have provided you with the necessary tools, is our primary objective. But it doesn’t stop there. Ongoing training, support and connection is another key target goal for our volunteers and the list truly is endless for continuing education. We embrace with ongoing check-ins, while you facilitate and guide!

***So, when someone asks you ‘why the process is so long and ongoing’?
Because we care! And then, when they ask you ‘why Hospice’? Why not?***

We want you to know that you are part of the most remarkable community of like-minded people who are striving to make a difference for anyone in our community to live life well and to have a good end of life with many special moments and reflection. It is your time, care and compassion that continues to support and provide such a beautiful offering to our community!

Thank You!

- Susan Haiplik



What's happening around Hospice Simcoe

Good Luck Josie!

Please join me in wishing farewell to Josie McDonnell, Fund Development Coordinator. Josie left Hospice Simcoe in January for her new role at RVH.

Josie joined our Fund Development team in 2019 and worked with Lynda Murtha until Lynda retired, then becoming part of my team. Through the years Josie played an important role in developing and executing signature Hospice fundraising events like Hike, Gala and Golf for Hospice. In addition, she worked to build third party events and donor relationships. Josie brings her great sense of humour, collaborative spirit, and her great ability to keep ducks in a row to any role that comes her way!



While we will miss her, we wish her the very best!

- Marilyn Guest

News from Back of House

One of Our Own...

As the back of the house compassionately cares for the residents and their families, they gain a full perspective of just how precious life is. But, when a significant event happens to one of their own, it is a refreshing reminder how life can turn on a dime! Recently, RPN Shannon's husband Geoff experienced a brain aneurysm while Shannon was at home. Geoff was rushed to RVH and later transported to Toronto Western. While in hospital, he was surrounded by the best medical team and received exceptional care from his doctors and nurses and of course from Shannon herself. The entire hospice team back home has rallied around Shannon and her family to



gladly and lovingly rearrange their shifts, start a collection and contribute to the go fund me page which her friend started. Geoff is now home and miraculously suffered no neurological deficits. He is not allowed to lift anything over 20 lbs, which for a farmer is challenging, but the family is receiving great support from their family and farming community. It becomes a very humbling experience that reinforces the dedication and love for each other that is truly what makes this team so special! On behalf of the entire Hospice community, we send our love and continual thoughts to Geoff and Shannon.

- Fran Michaud-McKenzie



Hospice Spirit

Happy Spring Everyone!

Bulbs breaking through the earth, trees budding, birds chirping-- this time of year brings renewal, magic, the most beautiful miracles that awaken the soul. I love this poem by Walt Whitman:

*Why, who makes much of miracles?
As to me I know of nothing else but miracles,
To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same.*
~Walt Whitman



Whitman was definitely in touch with the miracles all around us. The trick is in noticing the grand work at play every day ... How do we rediscover the beauty? Much like the spring does, we have to push through and open up. It is easy to become immersed in doubt and worry, negativity, to allow; the challenging events we encounter to render us lifeless without direction. There are certainly times when life gets us down and it is hard to see miracles. It's at those times that we need to work even harder to seek them out and believe they can happen and remind each other that there are miracles blooming all the time.

At the February lunch and learn, Dr. Brian Morris introduced a beautiful theme for renewal: Help Love Grow. As a Hospice community, our principles are Excellence, Compassion, Respect, Collaboration, and Integrity. When we are looking to see the beauty of life, we need to remember these principles, live them in our work and share the incredible, miraculous stories of renewal, hope, acceptance and compassion that we are a part of here at Hospice Simcoe, in the work we do as volunteers and as staff. Physician and inspirational speaker Dr. Bernie Siegel writes these inspiring words about finding miracles all around us:

"Our body loves us but it needs to know we love our lives in order for it to do all it can to help us survive. The change in body energy activated by love alters our internal chemistry and makes a difference. When you are willing to do the work and live in your heart, magic can happen. To live in a state of fear about your life only intensifies stress and will negatively affect your ability to heal. But love and laughter enhance healing, reduce stress, and increase our ability to heal.

So let your heart make up your mind."

So let's help love grow this spring - in our hospice community and beyond - and watch the miracles unfold!

Submitted by

- Lori Scholten-Dallimore

Impossible situations can become possible miracles.

~Robert Schuller

Bell Farm Bulletin Board

Coffee Talk Has Expanded



Coffee Talk has recently added two new small groups in Innisfil at the Rizzardo Health & Wellness Centre, expanding our program that commenced in 2013. Hospice is excited to further reach out to our community to create additional safe space for persons to grieve together, in their own way and at their own pace.

Thank you to our amazing volunteer Sonja, for undertaking these new groups, under Colleen's leadership, with an additional group planned for April! Sonja has this gift of taking the large beautiful kitchen room full windows and stimulus, and creating this small, intimate atmosphere full of warmth that truly does make all the difference for our participants to open up over the 12-weeks.

The elegant tablecloth with the large candle that features the centre of the table with the teddy bear of hope and reminds everyone that hope is our light. The continuous small details of tea lights for loved ones, seasonal themes and

snacks / water encourages each person to bring their own stories, perspectives and support to each other as they all learn the power of empathetic listening.



MARCH 4th-10th WAS SOCIAL WORK WEEK:

A week that we acknowledge, honour, and celebrate those who do this essential work.

This year's theme was "Social Work Opens Doors", which perfectly describes our Community Program Team. Our team connects clients with supports, helps navigate a complex mental health care system, and validates intense challenges.

The team helps create pathways and opportunities for those we support.

Our Community Program team constantly advocates for clients, while also staying grounded in the vision of Hospice.

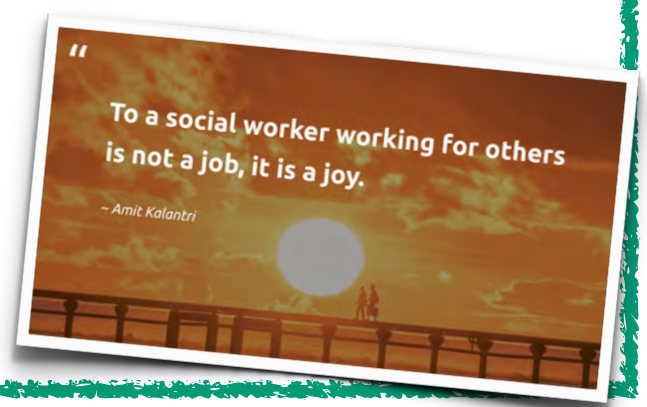
This team is kind, innovative, and knowledgeable.

They truly provide light and laughter in every room they enter.

Thank you for all you do for Hospice.

WE APPRECIATE YOU!

- Teneal Campbell



Hospice Happenings



From the Chair... Happy Spring everyone!

We are well into the new year and when I reflect on what was accomplished throughout 2023, I am so grateful for all the support we received from our precious volunteers, staff, donors and event sponsors. On behalf of the Board, we thank you for all you have done in touching the hearts of those in need, our residents along with their family and friends.

This year will bring a whole new set of challenges which I am confident, with the support of the staff and volunteers, we can overcome any obstacle that come our way. I was speaking with someone in January who had a family member stay at Hospice, it was heart warming to hear how happy they were that their family member got to be here and receive the loving care from staff and volunteers. It made their journey so much more bearable. From the time they stepped through the doors they felt the family atmosphere and the caring from everyone at Hospice Simcoe.

The Board is so pleased and confident that we have such a special place, we thank you so very much and look forward to getting you all more throughout 2024. *- Ray Trask*



Book Review

Dear Edward, by Ann Napolitano

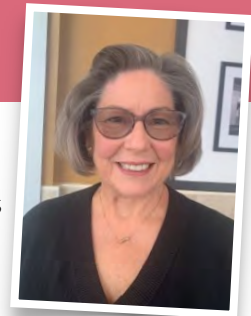
This is a story of grief and resilience in the face of unthinkable tragedy. It centres on a young boy named Edward. Edward has a loving family of a mother, father and adored older brother. The family are relocating from New York City to Los Angeles and are flying from the Newark airport to California. The inconceivable happens

and the plane crashes with only one survivor, Edward. The book alternates between the minutes before the crash and the aftermath that Edward must endure.

The portions of the book that take place before the crash introduces us to several of the other passengers and their stories. The diversity of their lives and stories is quite captivating. These lives interact with Edward after the crash through letters written by the families of the lost passengers to Edward, hence the title. The chapters of the book that discuss Edward's post crash story are an examination of the stages of grief that Edward goes through. It also touches on the grief of the aunt and uncle that take Edward in after the crash. The importance of the support and patience of friends and family is very touching.

My favourite parts of the book are the friendships that help to sustain Edward and the kindness that those surrounding him show Edward. I won't spoil the story, but the letters become a way forward and help Edward to face his grief.

Hope you have time to enjoy this book. It had a lot of insight into grief that helps me in my time here at Hospice.



- Have you 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.
Send your suggestions to: hospicesimcoenewsletter@gmail.com

What's Happening



REGISTER NOW

HIKE & BIKE
FOR HOSPICE SIMCOE

SUNDAY, MAY 5, 2024
SUNNIDALE PARK

For information, contact Jackie Fox at:
jackie@hospicesimcoe.ca

Join us on Sunday, May 5th for our Annual HIKE & BIKE FOR HOSPICE at Sunnidale Park!

Let's hike & bike 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/hikeandbike2024/>

Remember to like and tag us on social media!!

#hospicesimcoe #hikeforhospice2024 #hikeandbikeforhospice2024

Tim Hortons Smile Cookie is back April 29-May 5

Supporting more than 600 local charities, hospitals and community programs across Canada. We are so grateful to be a part of this delicious fundraiser!

If you're interested in volunteering, or getting a Pre-Order form, please contact jackie@hospicesimcoe.ca



Tim's

smile cookie™

NOW UNTIL MAY 5

Proceeds support HOSPICE SIMCOE

HOSPICE SIMCOE

All participating restaurants in Canada for a limited time.



HOSPICE SIMCOE | APRIL 2024

Spring Report

RESIDENCE & COMMUNITY PROGRAMS

Welcome Spring!

Hospice Simcoe's **SPRING REPORT** Will be coming your way this April!

Check your mailboxes for the Hospice Simcoe Spring Report to get exciting updates and news from the Residence and our Community Support Team.

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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