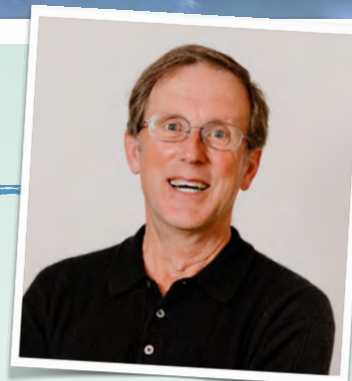


# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER



### *Help Love Grow* *Dr. Brian Morris*



I have often spoken about a philosophy of palliative care that can be encapsulated in just three words – Help Love Grow. I would suggest that this mantra could guide many of our actions, and interactions, as we go about a day. How can we help love grow within the families that we work with? Can we help self-love grow within a patient that we are caring for? Should we say something to help our staff love each other? You are going to be reading more about this mantra in this, and later, newsletters. My contribution today is to look at what I mean by love in this context.

What I don't mean is romantic love, erotic love. Roses, candles, rings, wedding bells, Hallmark cards – nope, not a part of what we do at Hospice!

What I do mean is often referred to as affection (the Greek term is storage). This is the common, natural love for the people around you, the familiar people with whom you are thrown together. It has components of empathy, compassion, respect. It can tolerate and forgive bad behaviour. It leads you to want to help someone, to be available, to listen. Affectionate love is what I feel for many of my colleagues, many of the people I work with, old college friends. Affectionate love is most of what I mean when I suggest that we should help love grow at Hospice Simcoe.

Another type of love should be mentioned – charity (again, from the Greek, agape). This is a rich and deep and complex love that is focused entirely on the well-being of another person. Unconditional love, self-less love, love without self-benefit, love that can even involve sacrifice. This can be a profound and beautiful feeling.

So, in whatever way you can, help love grow. And that will make the work that you do at Hospice Simcoe even better.

~ *Brian*

### **Kelly's Corner**

As I reflect on my journey at Hospice Simcoe-Seasons Centre, I realize how important you all are to me. You are my loved extended family! It brings a tear to my eye with a smile when I think of all that we have been through the past 14 years. It is incredible. I recognize all of us have our own personal struggles and experiences. We have experienced great loss and great joy together. (Not to mention a pandemic). We did it together with grace, kindness and compassion. We have always had each others backs! You are all the most amazing individuals I know! I am very grateful and honoured to work alongside you! I'm excited about our future with Seasons Centre, working with our homeless population, launching "ACP-The Musical", expanding our cultural awareness and building a new community program space in our back yard! Lots of exciting collaborative opportunities to provide our community with the best possible palliative care and bereavement support! My door is always open if you have any questions or concerns!

~ *Kelly*



# Volunteer Appreciation Dinner and Awards Event

## Every Moment Matters



The tables were donned with vibrant tulips, waiting to bloom, as volunteers crafted their name on their tag and met up with new and old friends. The room was buzzing with excitement as everyone chose their tables and sat to celebrate the privilege of being a volunteer at Hospice Simcoe.

Conversations praised the dedication and commitment of all the Hospice Simcoe staff, leadership and medical team and how woven the volunteers are into the fabric of Hospice Simcoe. The abundance of food pleased every palate and the plethora of desserts did not disappoint! Susan handed out the service awards with such sincerity and personalization. We celebrated Lyne Drolet as she provided her heartfelt gratitude and graciously accepted the June Caldwell award. We felt blessed

to listen to the passionate Dr. Toni and her commitment to embrace with grace all who are marginalized. The room was silent as all deeply felt the compassion she bestows on making sure every life matters.



As each volunteer filled out their personal stories of joy from Hospice, on coasters beautifully handmade by Donna. They collectively echoed words of gratitude and heartfelt memories in the moment. This is our volunteer story ... from the moment you enter the parking lot you are first greeted by the luscious green gardens with harmonious coloured flowers. The aroma of new growth leads you into the front lobby area where a volunteer feels privileged to greet residents and their loved ones; developing new connections. From flowers to flour, the aroma of home fills the house from the kitchen. Favourite foods from family recipes are prepared with such love and the table and coffee counters are always filled with elegant desserts and hearty soups replicating the comforts of home.

The sound of song fills the halls allowing residents and family members the momentary diversion of joy through music. Each volunteer cherishes the moments in the residence where they have the honour to sit quietly, with dignity, and experience the dearest and deepest connections. You never forget the rainbow of emotions when holding the hand of a resident as they transition from this world to the next. Some volunteers have exchanged this role to being a family member as they live final memory moments with their loved one's journey at the bedside.



Receiving the selfless care from everyone at Hospice provides an unprecedented peace where there are not enough words to say 'thank you'. Each volunteer holds special final walk moments where the processional music becomes very personal to their own story. There is not a volunteer who hasn't witnessed the additional canine comfort provided by the presence of Daisy, Kyle or another dog during the walk. Their gentle soul and quiet patience offer a soft, stoic,

*Continued on next page...*

# Volunteer Appreciation Dinner and Awards Event

## Every Moment Matters

unwavering solace where they inhale the grief with every stroke. Their soothing cadence creates a momentary unprecedented bond to end the walk at the exit to the residence. Hospice is so much larger than just the residence and it's almost impossible to put into words the sense of satisfaction and gratitude of the broader community programs, where volunteers feel so honoured to be part of someone else's growth through grief.

Watching volunteers share their talents and gifts, where everyone is always eager to give their time to this loving community nourishes the soul. The privilege to work in so many special groups with such a diverse community and population makes every moment memorable where volunteers get much more than they give. It is about hope, the chance to grow, to give back and a place to belong where everyone is so welcoming. All staff thank us as we are leaving and I feel I should be thanking them for the privilege of being here.

The words and emails received from Susan make you feel so special and that you are the only one ... like being at Cheers where 'everybody knows your name'. We as volunteers are surrounded by such wonderful people and are contributing to something greater than ourselves. We have the honour of supporting families during their time of grief. This one statement from a resident captures the precious gift of Hospice Simcoe, "I never imagined I could feel so much joy in a place where I will die". We, as volunteers, are an integral part of that joy and are like a big hug full of kindness and love! Thank you for making every moment matter at Hospice where volunteers truly do help love grow.



*This story was created from the many messages written on the coasters from the Annual Volunteer Appreciation and Award dinner on April 18<sup>th</sup>.*

~ Carol Holden

## LUNCH 'N LEARN May 27th

Presented by:



Thanks to Jennifer, Dr. Liz, and 'Allan', from COPE Service Dogs, for sharing a presentation with our staff and volunteers this week. The stories of how these special canines touch so many lives are incredible! We are so thankful for our COPE trained service dogs, Daisy & Kyle who provide an excellent level of compassion and support for clients and their loved ones.

# Volunteer Spotlight



## Volunteer Spotlight

**Marlene Drysdale started volunteering at Hospice Simcoe last fall.**

Marlene wanted to choose a meaningful organization to volunteer her time after she retired. She was encouraged by two friends who told her how amazing Hospice Simcoe was, so the decision was meant to be! Marlene works reception and while she was a little nervous at first about saying the wrong thing, that soon dissipated and she loves that thankful feeling she gets when she's here. The residence is "nice and homey where I find peace", Marlene said gratefully. Marlene has also expressed interest in fundraising and is looking to put the 'fun' in fundraising with a amazing team! Of note, Marlene raised over \$3200 for Hike for Hospice and can't wait for the next event!

**Personal Quote from Marlene: "A smile and hello is sometimes all you need."**

**Thank you Marlene!**



## National Volunteer Week

April 14-19, 2024



We would like to say a special thank you to our volunteers!

During National Volunteer Week, April 14-20, 2024, Hospice Simcoe celebrates each one of our dedicated volunteers and all the contributions that they've made. Whether their support is in the kitchen, providing residential care and/or community support, landscaping, decorating, or reception coverage;

**EVERY MOMENT MATTERS!**

We celebrated

## Nurses Week

May 6-12, 2024

National Nursing Week is a time where we celebrates our RNs, RPNs and PSWs as they play a crucial role in directly impacting the lives of patients. Through their care, compassion and expertise, they contribute to positive changes in the health and well-being of individuals.

**They are 'Changing Lives and Shaping Tomorrow.'**



**Thank You!**



# Photos from Fund Development Events

## Tim Hortons Smile Cookie Campaign



## HIKE FOR HOSPICE 2024



THANK YOU to all those who supported our fundraising events... and to our amazing Volunteers.  
We couldn't have done it without you!

# What's happening around Hospice Simcoe

## Kathleen Doherty's Famous Cookie Recipe!

½ cup (113.5 g) butter room temperature	½ tsp (0.5 tsp) baking soda
¾ cups (165 g) dark brown sugar	½ tsp (0.5 tsp) salt
¼ cup (50 g) granulated sugar	1¼ cups (175 g) all-purpose flour
1 large egg room temperature	1¼ cups (121.62 g) old-fashioned oats
1 tsp vanilla	½ cup (70 g) toffee bits
½ tsp (0.5 tsp) baking powder	14 caramels approximately

### Instructions:

1. Place the butter and sugars in a stand mixer fitted with a paddle attachment.
2. Beat on medium-high speed until light and fluffy, 3 to 4 minutes.
3. Add egg and vanilla and mix until smooth, about 30 seconds.
4. Slowly mix in salt, baking powder, baking soda and flour, being careful not to over mix. Add the oats and mix on low until incorporated. Fold in toffee bits.
5. Scoop the dough into cookie balls. You can use a small scoop for these and just round out by hand.
6. Take one soft caramel and roll in a ball and place in the centre of the cookie dough. Be careful not to push it too far in. Chill cookie dough for 2-24 hours is recommended but not critical.



**Preheat the oven to 365 F. Line baking sheets with parchment paper and place 6-8 cookies on a baking sheet. Bake for 10-12 minutes, or until the edges start to turn golden brown.**

## NEWS FROM THE BACK OF THE HOUSE

### The Bells of Hospice ...

The power of the final walk whispers echoes of pain and sorrow with a rainbow of love that shines over the loved one preciously covered with a handmade quilt. The farewell procession is often accompanied by favourite family songs that illicit fond memories of the past and momentary emotional solace. There are times, however, where staff compose a symphony of remembrance with the rhythm of brass bells. A new melody is composed with each walk where the chimes harmonize a timeless tranquility from the heart. There is an expression of compassion and care that tells a beautiful story with every bell tone. Fran Michaud-McKenzie reflects on the entire care team ... "It is our honour to do this for patients that we've cared for"



~ Carol Holden

# Hospice Spirit



## I Remember You!

Springtime is about the renewal of the garden of our hearts, where love takes root and is nourished by the gentle rains of kindness and the warm embrace of the sunshine. As we remember the loved ones we have lost, we are reminded of how we bloomed together, where each memory is like a petal of shared joy. This was the message of the readings below, that were read at the Hike for Hospice on May 5<sup>th</sup>

### Let's remember to 'help love grow'

In the rising of the sun and in its setting,  
I remember you  
In the opening of buds and in the rebirth of spring  
I remember you  
When I am in need of strength  
I remember you  
And when I have joys I long to share  
I remember you, and you are there.  
For so long as I live, you live on in me.

~ Lori Scholten-Dallimore

### Next Door

And when you miss me most, remember that I have only built a house next-door. A single breath away. We can whisper through the walls. And send love notes in the shape of stars and sunsets and the way that the light glistens on the water just so. And although things are hard for you now, I am not far away. I am absent only in flesh but my spirit is dancing with the heavenly ones. We will reach each other once again. I promise. Just not yet. Find laughter again, okay? Find music and purpose and ways to feel alive. We are only separated by a glimmer of time. And interval. Take comfort. I have only built a house next-door.

Ullie-Kaye

How do I live without you. It's really very simple. I do not. ~Donna Ashworth

## Ontario Volunteer Service Awards

The Ontario Volunteer Service Awards, given annually by the Ministry of Citizenship and Multiculturalism. These awards are given to 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 5 to 65 years of continuous service.



### 15 years

- Diane Tressoff
- Donna Goodeill

### 10 years

- Irene Carr
- Sonja Free



### 5 years (Not in attendance)

- Susan Walker
- Gabrielle Stein



# Bell Farm Bulletin Board



## Walk & Talk

On Saturday, June 1, the Hospice Simcoe 'Walk and Talk' group gathered together at the Cottage Canoe to celebrate their 20th anniversary. Carol Pozel was one of the organizers along with Mike Clothier and Maureen Murdock. Carol recalls joining the original Saturday morning group just six weeks after her husband passed away, with twelve participants in the group at that time. That six weeks walk, that started at the Parkview

Seniors Centre, continued for the next 12 years until it transitioned into the East End walkers; as it is notoriously noted! The transition saw new friends being pulled in where forever relationships were created. The group has this deep connection through the compassionate care of understanding the loss of loved ones. The bond provides a trust where participants share their innermost feelings and stories with courage and bravery. Twenty years has planted these deep roots of caring and kindness for each other like branches on a tree; where they know, through every storm or sunny day, they will always stand beside each other. "We embraced each other like long lost friends", Carol said with a heartfelt smile of gratitude. Forever friendships are always accepting of new people where they nourish each other and **help love grow!**

## JUST BREATHE ...

We sometimes need to be reminded that grief not only affects us mentally and spiritually, but also us physically within our bodies. Re-connecting the mind, body, soul and breath after the death of a loved one is a gift that Judy Knight has been sharing with Hospice clients for the past few years. There is a fragility in loss and Judy provides the open kindness and support in a safe space where participants can ease themselves back into life after losing loved ones. Bell Farm houses the small group of six where together, they journey eight weeks to nourish their joints through the fluid of movement while sharing losses and creating new bonds of trust. There is a check in at the beginning of each week that is followed by the hour and 15-minute class that connects their bodies through slow movement. The class brings the participants back in touch with themselves, in a non-competitive way and allows the release of not only the week behind them, but the grief that resides within them. Every week is different for each individual and Judy teaches that with each breath there is a corresponding movement. Yoga creates a stillness where the unity of the heart and soul can become one once more. Participants learn to address their bodies so that they can move inward to connect to their heart and breathe! She takes care and comfort to ensure everyone gets what they need and like grief, yoga is individual for each person. It is a skill that they can apply to their everyday life. Judy has been passionately teaching yoga for over 25 years and reminds everyone that it should be part of our everyday life to ensure we maximize on our fulfillment and quality of life. It is a timeless healing art that teaches us how to listen, feel and move. Each pose holds a gentle story or memory of love through the inward journey where the true self resides.

*Remember to 'just breathe'. Thank you, Judy!*

*~ Carol Holden*





# Hospice Happenings

## Message from the Board Chair ~ Pass the Baton ~ Introducing Bob Savage



As a young child, Bob was involved in an organization that focused on social responsibility. Bob has lived by that principle and believes “being a board member is essential in any organization to strengthen a community by bringing together a diverse group of individuals with varied experience to help organizations navigate today’s changing healthcare climate.” As a professional engineer, Bob brings 40 years of healthcare experience ranging from serving as a VP for two hospitals, responsible for redevelopment and operations, including RVH, to owning and operating his own planning and project management practice to Hospice. Bob “believes in the governance role for board members to assist healthcare organizations without the need to be involved in day-to-day operations. Being involved is a way to give back to a healthcare industry that has provided me with fulfillment in my career. Hence, I am still working at my advanced age”. In undertaking the role of board chair, Bob gracefully states, “ overall hoping that my participation through my unique experience can help make a difference”.

~ Bob Savage

**Welcome Bob. We know you’ll be great!**

## Book Review

By Sharron Bowden, Hospice Volunteer



### An Orphan’s War, by Molly Green

The story is set in England midway through World War II. Maxine is a nurse working at the Dr. Barnardo’s Orphanage in Liverpool, England. Here, she encounters a young boy, Peter. His father is German and his mother is British. Circumstances have Peter being sent to the orphanage. He does not want to be there. He wants to be with his father in Germany and makes life difficult for everyone. I was totally engrossed by this story: the nurses and the children, the shops in Liverpool, war time shortages, and a bomb explosion in the orphanage garden. This is the first book I have read by author, Molly Green. It won’t be the last!



- Have you read a good book lately?
- Have you seen a good movie? 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](mailto:hospicesimcoenewsletter@gmail.com)

# What's Happening



**HIKE & BIKE**  
FOR HOSPICE SIMCOE

**THANK YOU**  
*for your generous support!*

WE ARE THRILLED TO ANNOUNCE THAT THIS WAS OUR BEST HIKE EVER! YOU HAVE HELPED US TO RAISE A RECORD-BREAKING...

**\$170,000**

WE APPLAUDE YOU ALL!

We had a very successful HIKE & BIKE FOR HOSPICE this year, thanks to you, and our supporters!

The Hike for Hospice **SURPASSED** its goal of \$150,000, with a **record breaking \$170,000!**

A special shout out to the **Community Support Team - The Hospice Hugs** for their outstanding fundraising total of \$16,370!! And to our incredible and supportive Clinical Team - **The Hospice Hearts**, who raised **\$13,615!!**



## Smile Cookie was a great success!

**Tim Hortons Smile Cookie Campaign raised \$91,505!**

Thanks to the local Tim Horton's owners and their teams for this incredible donation and to our staff & volunteers. You helped to bring a smile to so many in our community while supporting Hospice Simcoe. **Thank You!**




Thanks to the Tim Hortons Smile Cookie Campaign, Hospice Simcoe and RVH's Birthing Unit will each receive...

**\$91,505.93**

Thank you to the owners and staff of local Tim Hortons restaurants, and to our volunteers, staff and everyone who purchased Smile Cookies.

HOSPICE SIMCOE **THANK YOU**  
You made a difference!



**KEMPENFELT Derby 2024**  
presented by the Barrie Colts Foundation

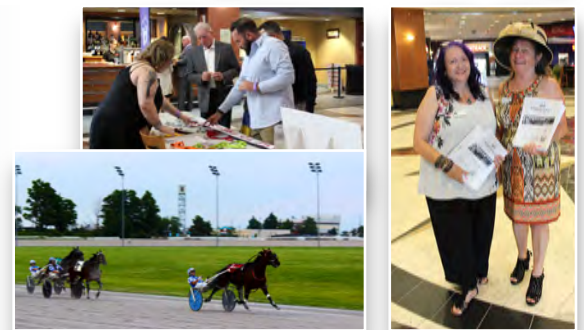
Barrie Colts Foundation

TUESDAY, JUNE 18, 2024

**Kempfenfelt Derby 2024**  
*presented by the Barrie Colts Foundation*

**Thank you to all the volunteers who helped out during this event!**

*Proceeds will be directed to Hospice Simcoe and Kempfenfelt Rotary Club Barrie*








## Like us, Follow us, Subscribe and engage with us!



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705-722-5995

**COMMUNITY SUPPORT:**  
130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4  
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