

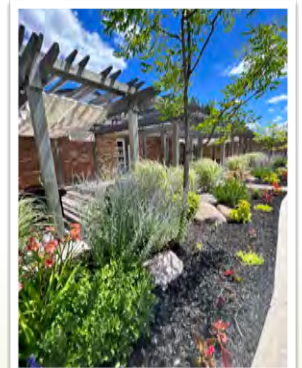
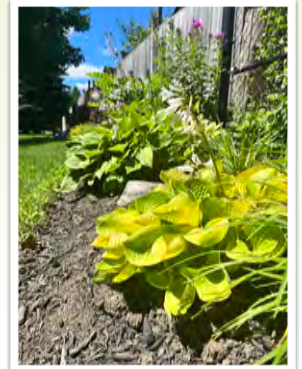
# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### *Garden Angels*

The construction on Penetanguishene Road has disrupted many of the normal routes of travel to Hospice over the summer months. The rainbow lining however, has been the serene travel up the sidewalk from the back of the building to view the landscape of luscious green and colourful bushes and plants that lead us to the entrance of the building. The love and care in each bloom emerges and shows the warmth people will feel as they walk through the door. That has been the hope and goal of the Holden gardeners since commencing their volunteer journey in the spring of 2020. Kim, Kathleen and Ed each share their own individual gardening gifts with Hospice but hold the same philosophy of having a little oasis just outside the building for residents and loved ones to step into amidst their journey at Hospice; even if it is just for a few brief moments.

Kathleen’s mom was instrumental in the development of the Hospice in her hometown out West and Kathleen and Ed felt privileged to spend their mom’s final days in a place she was so passionate about. During her stay, both Kathleen and Ed recalled the beauty of the gardens and Kathleen recalls a garden conversation with Ed during this difficult time, as something he would be interested in doing as a way of showing the positive experience they had. That sense of peace and calm continues to hold a very special place in both their hearts. Kim reflected on how so many people do not know that Hospice exists and when they experience it for the first time, or just need a break from the medical environment, she wants them to know that it is beautiful from the outside in. “We want everyone to know that they’re not in it alone and that we are all inter-connected where we raise people up together”, Kim humbly stated. She went on to add that her hope is for ‘the serenity of the flowers in the gardens that loved ones walk through with music during their time of grief would provide some sense of calm and peace to let them know that everything will be okay’.



Dr Rick has been instrumental and a key support for the vision of the gardens. It has been through his encouragement and guidance that the Holden’s have continued to build on the great landscape foundation volunteers have shaped. The trio can be seen on the weekend for 2 – 3 hours, providing continuous garden maintenance in addition to watering and dead-heading through the week. You can often see Kim early in the morning, watering the flowers, with a grandbaby in tow.

*Continued on next page...*

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

Gardens generate many heartfelt conversations as families reminisce about their love of gardens or the memory the garden brings about their loved ones. The conversation provides a sense of 'home away from home' as they reflect fondly on the plants and flowers they have or would like to see in their gardens. This terrific trio has been called the 'garden angels' by more than one family and we couldn't agree more!

The Holden's, as a family, know the importance of this special place that provides a precious unique support package that walks through the journey of grief with such care and compassion. They feel truly blessed to be a small part of the special gift Hospice Simcoe is to our community!

So, the next time you take that walk around the building, smile at the quiet reminder of the love inside.

*Thank you, Kim, Kathleen and Ed ... the Garden Angels!*

~ Carol Holden



### Kelly's Corner

I can't believe the summer has flown by so fast! We welcome September as such a beautiful month to transition us into the fall season. I love and welcome fall. This is an incredibly beautiful time of year, with the leaves changing to vibrant colours, the cool breezes, and delicious local apples available to us. The fall also gets busy again with meetings reconvening after taking a pause over the summer. The Board of Directors are resuming their regular work overseeing the strategic priorities of the organization, with three major focuses this year: the amalgamation with Seasons Centre, the construction of a new Community Programs building and a new strategic plan for 2025-2030. For the amalgamation, the Board is working their way through governance training, organizational policies, and committee structures. For the build, we are excited to share, after a competitive RFP process we have secured Salter Pilon Architecture as our Architect for the new building.

We are in the very early stages of design and planning. We will be organizing strategic planning sessions late fall to early winter to set our goals for the future. Stay tuned for more information in the months ahead about our progress of the above listed activities. I am grateful for everyone's hard work, dedication and commitment to delivering high quality palliative care and bereavement support! ***I look forward to working with you all as we help love grow!***

~ Kelly



# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### Encouragement to take the extra 10%...

A few years ago, my wife Deb and I were driving a camper-van along the West Coast highway in New Zealand on a holiday. She was looking through a tourist guide, and suggested that we leave the highway and travel 15 miles on gravel roads to see a sight called the Blue Grotto. I objected, saying that the detour would add 10% to our travel time that day, and would make me, as the driver, 10% more tired. She persevered – we detoured – and the Blue Grotto was magnificent. Isolated, peaceful, quiet, a lovely path through old-growth forest full of mosses and tree ferns; then the most magnificent blue-green water swirling around rocks and deep still pools.

**Ever since then, she has often invoked the 10% rule: “An extra 10% of effort can lead to terrific rewards.” Bless her. And what does that have to do with the theme of these notes of mine, Help Love Grow? A lot.**



#### Just think of some examples:

- You are dealing with a family, either in Hospice or at home. You take the extra 10% of effort and memorize all of the family names before you go in the room. The benefit, in terms of helping the family to feel loved and heard and appreciated, can be huge. The benefit, in terms of the family's respect and love for you, help love grow.
- You are dealing with someone who is grieving. Expressing your condolences is one thing. But reaching out and touching a shoulder or hand takes an extra 10% of effort, and can really help love grow.
- Some personal/professional examples from my side. Ask me how many times I have regretted taking the extra (10%) effort to detour from the Hospital to Hospice Simcoe to visit one of my patients there, even a stable patient who has been there for a couple of weeks. The answer is “never.” The extra 10% effort might let me meet a different family member at the bedside, might give me the chance to answer a question – might give me another chance to help love grow.
- Another example; when I meet a new patient who is bed-bound, I will almost always drop to my knees beside the bed, to shake hands and talk face-to-face at the patient's level. It takes an extra 10% of effort on the part of my poor arthritic knees, but the smile that often results, the rapport that is rapidly built, the improvement in communication by being face-to-face, make it all worthwhile.

**So there you have it. My wife was right to urge me to put in the extra 10% effort. And now I offer the same suggestion to you. I hope you find it an effective way of guiding your activities.**

~ Dr. Brian Morris

# What's happening around Hospice Simcoe

## Super Soul Sundaes!

A little boy with boundless energy is dancing around his family members on the back patio of Hospice. The bouncing was fuelled by the layers of flavours from an ice cream sundae prepared with love by volunteers Sofi and Linda. This dynamic duo is a well-oiled machine that has been crafting sundaes for over a decade! Linda is one of our Hospice pioneers who was involved in the planning, fundraising and incorporating of the Hospice Simcoe we know today! She has continued to volunteer in many roles and is a true ambassador for Hospice. Sofi just turned 15 and has been indulging families and staff with sundaes every Friday afternoon in July and August since she was in kindergarten. Feeding the simple pleasures of ice cream in a time that is not so simple for many, feeds Sofi's soul for helping others.



It is magical to watch Sofi and Linda banter playfully back and forth as they collectively create each masterpiece with their kindred spirits and passion for people. This is an 'anything goes' sundae with the toppings of your choosing; from jelly beans to gummies to chocolate to any type of nut. The counter is filled with candy jars as the assembly line leads you to the best part of the sundae ... the sprinkles, sauces and lots of whip cream! Of course, a sundae is not complete without the cherry jewel on top and the smile it brings to each of the special recipients! The kitchen is filled with this infectious energy that is embodied by the cherished love between a Grammy and her granddaughter. Linda beams with pride as her granddaughter's youthful smile lights up the kitchen like the stars in the sky!

What a precious gift to pay forward to Hospice! Summer Fridays are the now super soul sundaes!

*Thank you Linda and Sofi!*

*~ Carol Holden*



# What's happening around Hospice Simcoe

## The Invisible Baker

For the past eight years, without fail, a homemade array of cookies, squares or specialty loaves have shown up at Hospice every other Friday! Each dessert is baked from scratch by a gentleman who calls his kitchen his "happy place". He and his wife not only knew very little about Hospice but they had little understanding of what went on behind the front doors of the building. What they observed and learned in the two months their dear friend was a resident with us, changed their lives forever! They were so moved by the kindness, consideration and level of care their dear friend received they knew they wanted to give back in some way. Sharing a gift of baking for weekend families was a way to continue to give back to such a caring and loving environment. On this Friday, as everyone was moving around the kitchen, a tray of cranberry squares appeared on the counter. The delivery is always without pomp and circumstance and just appears on the kitchen counter.

*Thank you to the invisible baker!*



## NEWS FROM THE BACK OF THE HOUSE

### Start Your Engines ...

The greatest gifts given are the unexpected surprises that capture the heart of the recipient. It is what our Hospice team does daily! A recent gift that started from a simple team conversation opened the doors to custom classic cars. A few calls to our community and Hospice set up its own classic car show at the back cul de sac! The resident joined the car show and was awarded first prize for the transformation of his hospital bed into an original '64 Mustang convertible! The vintage vehicles became a reminder of a different time where the open road meant total freedom. I'm sure the resident visualized a serene drive into the sunset from the back patio. He was so touched by the event and expressed his deep appreciation to staff. His heart was filled with joy and staff said it was "the icing on the cake". It is the same joy staff

experience when they are able to make these final days so special and memorable by celebrating what residents love in this life.

***Thank you for always walking alongside families and gifting them with the gift of yourselves!***

~ Carol Holden



# 'Hospice Hurricanes' win the Spirit Award



## Hospice Simcoe joins the Barrie Dragon Boat Festival... and takes home the 'Spirit Award'!

Twenty-five paddlers from Hospice Simcoe participated in the Barrie Dragon Boat Festival on Saturday, August 17, 2024. The team was made up of ten staff, nine volunteers and six family / friends. The **'Hospice Hurricanes'** had three practices prior to taking to the waters on Kempenfelt Bay for competition day. The day involved three preliminary races and while the Hurricanes did not win the first two heats, they did improve their times with each race.



*But that isn't the end of the story! In fact, the real story just begins as the Hospice Hurricanes were presented with the "Spirit Award" that is chosen by the planning executive team of the Barrie Public Library!*

So why was Hospice the winner of this celebrated award? The Hurricanes "exemplified exceptional camaraderie, enthusiasm and support both on and off the water". The "Spirit Award recognized a collective effort to foster team spirit and unity through the event". The Hurricanes demonstrated "unwavering encouragement of one another, positive attitude and sportsmanship to all teams participating in the event". They were active listeners at the docks when receiving instructions for getting on and off the

water where they kindly thanked the Dragon Boat volunteers and celebrated the victories of other paddlers'. A special shoutout to team captain Michelle was given by the executive for her 'wonderful work during the registration process and her active participation in the Team Captain meetings. The congratulations email commended Michelle stating, "You did a super job keeping your team very organized and we appreciate that! Well done!"

When you read this article, it replicates the kind and compassionate care provided at Hospice Simcoe where we believe always in the spirit of hope! Congratulations on winning the "Spirit Award".

*We at Hospice Simcoe all know about our team spirit ... now the community knows too.*

*~ Carol Holden*



# Special Events

## ...more photos from the Barrie Dragon Boat Festival



## Medicine Circle *Led by - Lyne Drolet - White Eagle & Isabelle Drolet - Dancing Wolf Woman*

“In circle, we are all Healers, teachers, wisdom and Medicine keepers. We also hold space for our wounds, trauma and triggers. Circle brings profoundness, community, and love.” You Are the Medicine by Asha Frost.

Our hosts start each circle with a traditional sage smudging. What was earlier filled with trepidation (am I doing this right?), is now an adapted ritual. At our last meeting a new hospice resident requested a sage smudging to calm her. The medicine circle embraced the request and moved forward with the circle, a bridge is created.

The moon is always referred to as grandmother moon. Moon water is a sacred tradition whereby glass jars with water are left outside to absorb the energy of the full moon. Moon water is shared at the medicine circle, carefully poured as we set our intention. Our quarterly medicine circle aligns with the full moon and its teachings. This past moon featured the corn moon.

At each meeting we review our last book selection. Our latest book, From the Ashes by Jesse Thistle stirs a lot of emotion amongst us. Some participants need to put the book down for a period to absorb the harsh social issues present in the story. Thankfully, the spirit of the author prevails as he fills our hearts with hope.

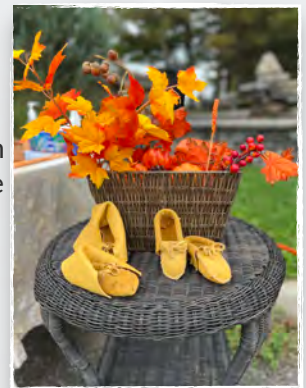
The Medicine Circle encourages each person to speak about our personal experience, our truth. We discuss intentions, indigenous teachings and our journey based on the foundation of Truth and Reconciliation. There is an abundance of kindness in the room. It's a safe place to share.

At the end of the evening, we leave enriched with new teachings, healing rituals and a sense of community. The commitment of Hospice Simcoe along with Lyne and Isabelle's teachings are building a bridge to Truth and Reconciliation.

### The healing has begun.

Gchi Miigwech Gzhemnidoo - Thank you Creator

(Kind Spirit)



# Hospice Spirit

## Help Love Grow!

As we move from summer to fall, the beautiful change of the seasons is all around us—it is such a wonderful reminder of how the miracles all around us continue to evolve. They continue, whether we notice them or not. The key then is taking notice. *Take a minute and read this poem by Donna Ashwood:*

### Listen for Me

Listen for me in the music  
In the songs we held so dear  
I'll find a way to play them  
So you will feel me near

each verse will lift your spirits  
Embrace your weary soul  
Each word by soul is sending  
To help you feel more whole

listen for me in the the music  
and nature's music too  
the birds will sing my message  
they'll chorus my love for you

the wind will play the trees  
as you are walking by  
if you listen very closely  
my heart's in every sigh

listen for me my love  
I'll find a million ways  
to whisper in your ear  
that' I'm not that far away



Listen...listen for the love. Look around you...for the beauty. Even in our loss, it is there.

The challenges, the gut-wrenching sadness, the pain and frustration and disappointment, are a part of living for everyone. Sometimes we are called to let go, say good-bye, to allow change to come, to face the most difficult and frightening traumas. But amid the heartache of living, intertwined, are the beautiful, love-filled, joy-full moments, the awe-inspiring adventures, the quiet gifts. The laughter and tears are joined in a symphony of emotion and gratitude. Love is in the midst of it all. In many cases, it is not for us to decide what happens to us, but it is for us to decide how we will respond and grow and live with and through what happens. So as we move from the growth and sunshine of summer, into fall, let's use the time to reflect on all the beauty in your life and be grateful for every precious moment.

~ Lori Scholten-Dallimore

## Volunteer Spotlight

*Jan Cole has been volunteering at Hospice Simcoe for 20 years!*

Jan has been volunteering at Hospice long before the residence open in so many different capacities! Jan is currently in residential care where “knowing that she is helping residents and family members is truly rewarding”. Jan learns so much from the residents with the belief that “their life’s purpose is not over until their very last breath has been taken”. Jan wants to give back to her community through offering “kindness and caring to residents and their families during their very difficult journey”, knowing “no one should ever have to face end of life alone”.

*Personal Quote from Jan: “Be yourself ~ be a great listener ~ relax and enjoy ~ leave your Hospice day at the door.”*

**Thank you Jan!**





# Bell Farm Bulletin Board

## Update on the new Palliative Care Coach position

Although the new Palliative Care Coach (PCC) role is new to the team (and to Hospice Simcoe), it has actually been years in the making. In 2011, hospice and palliative care advocates created a document outlining the need for and benefit of enhanced support for those experiencing life-limiting illness and bereavement, especially as Canada faces an aging population. In 2020, the Federal Government of Canada released legislation mandating provinces to develop palliative care competencies. Ontario released the Ontario Palliative Care Competency Framework (2019) in response. The role of the PCC is to help train, educate and support those who may provide a palliative approach to care in the skills necessary to do this well.

However, this background information doesn't truly answer what the role entails or the project's objectives. In a nutshell, what we know is this: people who are street-involved or precariously housed are more at risk of experiencing life-limiting conditions and not being able to access appropriate care for these services. Imagine having diabetes but not having a home where a nurse can come to tend to and dress your wounds. Imagine needing pain medication but not having a place to store it safely. There are many reasons why providing care in the community is difficult, but it doesn't excuse the fact that these barriers often result in unnecessary pain and suffering.

One of the most significant barriers to care, unfortunately, is the fear and stigma that surrounds serving people who experience issues with mental health, substance use and trauma. Another critical factor is the grief experienced by people for whom daily life revolves around mere survival. This grief extends to frontline workers, who are, for many folks, the caregivers and chosen family who care for their emotional, physical and social needs.

Due to the complexity of the work, the 'role' has been made into a team project. While I am doing much of the footwork in conducting assessments, networking in the community and building capacity for folks with grief/bereavement/psycho-social-spiritual care, Tammy Pollard, Residential Care Manager and Dr. Toni Mihaylova, are bringing their clinical expertise, educating and mentoring folks to identify who would benefit from a palliative approach to care. They are also instrumental in building bridges within the medical community. Teneal Campbell, Community Support Programs Manager, is helping us with reporting and quality improvement requirements. Although this seems like a reallocation of human resources, this project reflects our desire at Hospice Simcoe to provide equitable health care to everyone. By growing in our ability to support individuals from different backgrounds and experiences, we contribute to our overall health.

Pragmatically speaking, we know that easing the pain for these community members means less moral distress for frontline caregivers and less of a strain on the acute healthcare system. Apart from the financial 'bottom line,' there's another bottom line: it is the compassionate thing to do. In moving forward, our hope is that this is one piece of helping foster a more compassionate community.

~ Amy Pritzker



# Hospice Happenings

## A Message from the Board Chair



Spring is usually noted for being a season of change as things transform around us. However, this autumn will start to see a period of change for us. First of all a new corporate structure. Hospice Simcoe and Seasons Centre for Grieving Children have merged into one organization. This will enable to us to better deliver comprehensive services to all in need. With this merger comes the need to merge the physical location of all the services we deliver.

To that end, we have selected Architects to lead us in this endeavour. Sessions have already started as we kick off this exciting initiative. We will update you as we embark on this “excellent journey” Stay tuned!

~ Bob Savage



# Book Review

By Sharron Bowden, Hospice Volunteer



## Robert and Bear Make a Wish, by Tara Shannon

This little book is the best book I have read about working through the loss of someone you love. Rabbit and Bear talk about grief in a simple but profound way. “What’s the hardest thing you’ve had to do?” asked Rabbit. “Say goodbye”, said Bear.

I have read this book a couple of times and I will read it again! ~ Sharron Bowden



- Read a good book lately?
- Seen a good movie lately?
- 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?



## OUR GALA'S GOING COUNTRY!

JOIN US FOR THE 'HOEDOWN FOR HOSPICE' ON FRIDAY, NOVEMBER 1, 2024, AT THE BARRIE GOLF & COUNTRY CLUB.

The host with the most, Layne, 'The Auctionista', will dazzle you with their electrifying personality. Savour a fantastic Southwestern-themed dinner that will tantalize your taste buds. Try your luck with unique fundraising games, offering amazing prizes that go beyond your typical gala experience.

**MAIN EVENT TICKETS: \$275 EACH OR \$2200/TABLE**  
(Includes After Party)

FOR MORE INFO & TO PURCHASE  
HOEDOWN & AFTER PARTY TICKETS,  
VISIT OUR WEBSITE:  
[WWW.HOSPICESIMCOE.CA](http://WWW.HOSPICESIMCOE.CA)

### AFTER PARTY OPTION (from 9pm-Midnight)

If you're looking to support Hospice Simcoe at an affordable rate, join us for the After Party for only \$50.

Enjoy a dance party with the award winning DJ Andrew Cachet, a mouth-watering poutine bar, and loads of fun!



**AFTER PARTY TICKETS:  
\$50 EACH (9PM - Midnight)**

## Record-Breaking Summer for Third-Party Fundraisers!

From yard sales to golf tournaments & hikes, the summer was a standout season for third-party fundraising events supporting Hospice Simcoe.

Third-party events are essential to our fundraising efforts. We rely on our supporters to connect with their networks, workplaces, and community groups to help us meet our fundraising goals. Anyone can host a third-party fundraiser, and that includes you!

For more information on how to run your own fundraiser, contact Jackie Fox, at [jackie@hospicesimcoe.ca](mailto: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

[@Hospice Simcoe](https://www.facebook.com/HospiceSimcoe) [@hospicesimcoe](https://www.instagram.com/hospicesimcoe)

[@Hospice Simcoe](https://twitter.com/HospiceSimcoe) [Hospice Simcoe](https://www.linkedin.com/company/hospice-simcoe)

[Hospice Simcoe](https://www.youtube.com/HospiceSimcoe)



**SAFER SPACES**

Barrie and Area  
Ontario Health Team

[www.hospicesimcoe.ca](http://www.hospicesimcoe.ca) Registered Charity #134433234 RR0001