



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

The Value of One, The Power of Many

The National Volunteer Week (April 18th-24th) theme for 2021, **The Value of One, The Power of Many**, reflects on the awe-inspiring acts of kindness by millions of individuals AND the magic that happens when we work together towards a common purpose. This past year, we have seen people supporting family, friends, neighbours, and strangers, people standing up to systemic racism, and people sharing insights on how to create a more just and equitable society. We recognize the value of the caring and compassion that each one has shown another, and we recognize the power of people, organizations, and sectors working together.



The power of people working together can bring about monumental changes. We have seen people work together on legislative changes related to impaired driving, same sex marriage, and assisted dying.

The theme is a nod to our past, a reflection of our present, and a wink to our future. **The Value of One, The Power of Many** was the theme for National Volunteer Week in 2001, The International Year of Volunteers. It beautifully reflects the individual and collective efforts, we have seen during the pandemic, and it sets the tone for re-imagining the next 20 years as the value of one act and the power of many enables us to thrive together. (From volunteer.ca)

For the second year in a row, we will not be able to gather for our annual volunteer luncheon. This event, which brings together so many volunteers from all areas of Hospice Simcoe, has always given us a chance to meet new volunteers and to reconnect with those who have spent several years with Hospice Simcoe. It has also been one of the first harbingers of Spring for many of us! But, while it would be lovely to get out of our sweats and yoga pants, Covid prevents it from happening. Rest assured, once it's safe to get together, there will be a celebration! (Stay tuned for updates!)



JUNE CALLWOOD HONOUREE

The June Callwood Circle of Outstanding Volunteer 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, 706 hospice volunteers have been inducted into the Circle of Outstanding Volunteers. In all her years as a journalist, author, broadcaster 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.



Congratulations to Sandi Porter, who is the recipient of the June Callwood Award for 2021!

In June Callwood's "Twelve Weeks in Spring", she wraps a group of people around a dying friend in an effort to show a compassionate community. This is the same concept Sandi attempted to instill in her students throughout her career as a teacher. Today, Hospice is Sandi's classroom where she demonstrates her passion for the community as a connector of people and services and has simply transferred all her caring and compassion gifts to her 11 years and 565 hours as a Hospice Volunteer.

Sandi was looking for a place to volunteer after she retired and had a friend at Hospice so she began her journey by taking the palliative care course. She recalls thinking that an 8-week course was ridiculous; until she finished and realized it was one of the best courses she had ever taken. (She now feels it should be compulsory for all secondary school students.)

Like her school days, where she extended herself in many ways beyond the classroom with coaching and school trips, Sandi is passionate about her community: she has

volunteered at the Terry Fox run every year since Terry ran through Barrie on his cross Canada run and also serves on the Christmas Cheer board, in addition to Hospice.

Sandi's first volunteer role at Hospice was scanning medical reports for all residents admitted to Hospice. Sandi felt like she was back in the school office, photocopying for hours at a time. Then, along came Kathy Stewart, who had a vision for a volunteer newsletter, (where Sandi recalls the the first copy being somewhat short of remarkable!) Through the newsletter, Sandi connects with each one of us with her positive enthusiastic energy, where she inclusively showcases the work of the entire Hospice community and has allowed volunteers and the community to tell their stories.

Her ability to teach and reach her audience, led Sandi to the community outreach program where she promoted Hospice with her husband John and Kathy Marshall. This was the evolution of today's best practice care where it was not only for people dying, but for the families and other loved ones' grieving.

JUNE CALLWOOD HONOREE

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In true Sandi fashion, she continued with her event management skills; working behind the scenes to organize Hospice education and appreciation events. From the volunteer Christmas party, to the Gala, to the Hike for Hospice and every event in-between, Sandi can always be counted on to take a leadership role wherever she is required.

Sandi's positive energy and dedication has encouraged many to become volunteers. She loves the spring luncheon and Christmas party as she considers them key events to keep the volunteers engaged and most importantly, to celebrate each other. Sandi believes we

celebrate each other not for the recognition, but for how volunteering makes us

feel. Sandi and her husband John (also an active volunteer) both see situations through the lens of the "compassionate community". Sandi has joined John in the Tuesday music group and has joined him on home visits to walk the family's dog, make lunch or whatever other

support may be needed by the family. Daisy also looks forward to Sandi's visits to Hospice as she knows she will get extra walks, rain or sunshine . . . or snowstorms. Sandi's student vision holds true to Hospice where she believes you learn something with each day, or with each Hospice experience. She says Hospice is one of the best things she does, where she feels like she is giving back and gets to meet lovely people each day. "It is important to have something in your life where you are doing something for other people", Sandi graciously quotes. "Although not doing direct contact with clients", she feels

"the newsletter is a great fit for me where it gets our message out there and makes volunteers feel engaged". Sandi feels very lucky and blessed to work with Kathy, and now Susan, and with Kelly as our remarkable leader. While she is flattered and honoured to be recognized with this award, Sandi truly believes it is what you get from Hospice that is the most rewarding.

During Sandi's teaching career, she felt privileged to teach every grade, just as we feel privileged to have Sandi's dedication to the greater good in Hospice /palliative care that makes her an ideal candidate for the June Callwood award.

Thank you for your warm, empathetic, caring, and enthusiastic attitude; where you are so supportive of staff, and the vision of Hospice care. Like the students who will have a lifelong impact because of Ms. Porter, so too does everyone Sandi touches at Hospice. "It has been my honour to work alongside Sandi over the last 10+ years: not only as a volunteer but as a friend", Kathy Stewart fondly quotes.

Sandi's personal passions remind us that life is like a marathon (one of which Sandi has completed), a game of golf, or a choir, where every step we take, every swing we make, or every song we sing can inspire, support, or raise or raise up someone else in her life journey.

Congratulations Sandi!

Collaboratively written by Kathy Stewart and Carol Holden



VOLUNTEERS

June Callwood Circle of Outstanding Volunteers Past 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 Mc Bride 2009 Dr. Richard Orvin
 2010 Pat Fram 2012 Carol Squirrel 2013 Mike Clothier
 2104 Valerie Gardner 2015 Guy and Linda Villeneuve 2016 Marjen de Jong Deller
 2017 Diane Tressoff 2018 Margaret Kennedy 2019 Mary Ann Pope
 2020 Gaile Smiley

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've 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 year it was a Zoom ceremony held on Mar. 10th... not quite as personal but a lovely gesture.

This years recipients from Hospice Simcoe were:

20 years

Marjan de Jong Deller

Congratulations to all of you!

10 years

Lynda Villeneuve Sandi Porter

Judy Odlozinski Louise Marley

"The true test of a team and the people in it is when the team falls upon hard or uncertain times".

These words were written in our April newsletter one year ago...and they are truer now than ever before. In the last year we have become a stronger, more compassionate hospice community. Even though we have been restricted in so many ways, your continued care to Hospice Simcoe has been overwhelming! As this newsletter goes out, the upcoming weeks are once again uncertain, but we know that with the strength of our Hospice family, we will take care of each other.

Thank you for all that you do. Stay positive and stay connected.

HOSPICE HAPPENINGS

How true is this?

Zoom meetings are just modern seances



"There's someone who wants to join us."
 "Elizabeth, are you there?"
 "We can't hear you."
 "Can you hear us?"

At the beginning of Covid, when Zoom was a new word in our vocabularies, most of the time in the Zoom get togethers was spent setting up the meeting. It seemed, to those of us with the free version, that just as the conversation got rolling, we were cut off.

Although most of us prefer non virtual meetings, the Hospice Simcoe Zoom meetings have been very successful. Staff learned, after a few rough starts, to get things running rather smoothly and now it's a breeze. The meetings have enabled us to stay connected, to learn, and to feel that we're part of a group of committed volunteers.

Thanks to all of you who have engaged in a Zoom or two and to the staff who have made them part of your outreach.

From artmemescentral

• 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.

• Teresa A. My Octopus Teacher, it is a touching story connecting two different species. (Documentary on Netflix. Previously mentioned here but it seems to be a favourite.)

• The Travelling Cat Chronicles by Hiro Arikawa It's a beautiful book about unconditional love between a pet and his owner facing issues of friendship, family, loss and grief with a loving outlook. An absolute gem!

• Margaret K. Be Still The Water by Karen Emilson... a story of Icelandic immigrants who settled on Lake Manitoba. A great read!

• Natalie F. Netflix movie: Summerland

• Heather C. Netflix movie: Head Full of Honey



Send your suggestions to hospicesimcoenewsletter@gmail.com

Book Review by Carol Martin

The Hummingbird by Stephen B Kiernan

Reed Barclay is a grumpy 70 something man dying of kidney cancer metastasized to the bones, liver and lungs. He has fired several hospice workers who couldn't keep up with his keen intellect and sometimes nasty sharpness. Finally, in Deborah Birch, he met his match. Deborah gives Reed what we all want on our last days on earth; professionalism but compassion, patience, honesty and peace. She tactfully leads him to deal with some hard questions so he can pass in peace.

This novel has three interconnected stories. The second part involves Deborah's husband, Michael who is back home after his third tour of Iraq. He has a bad case of PTSD. With each tour he comes home a little more broken; this time he is barely functioning. He suffers from nightmares and guilt at what his job as a sniper has forced him to do and is no longer able to relate to his wife. Deborah's time with Reed provides some insight into what Michael is dealing with.

The third part is a lesson in Japanese warfare in WW2. Reed Barclay used to be a professor and had written a book about this.

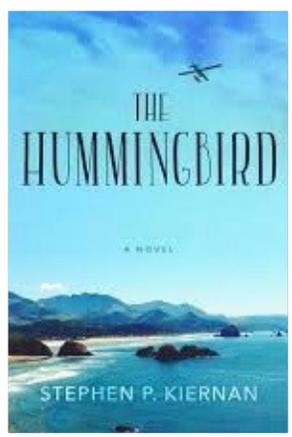
Kiernan, the author, does an excellent job at character development. However, I found the warfare parts boring and skipped over them. (I also didn't care for the many cliches throughout and the references to Michael and Deborah's previous love life and her constant lusting for his "smokin' hot body!")

What I did like about the book was a window into a hospice worker's every day challenges and the expertise it takes to meet those challenges. The idea that intentions are what is important, not perfection. And, as most of us at Hospice Simcoe will say, "We get so much more than we can give."

Deborah's job enriched her own life. She thought every person in the world is capable of unexpected gifts. That's where the hummingbird comes in - a gift of a beautiful carving from a dying patient. Deborah shows us that it is a true calling to be a hospice worker.

Many thanks to you Carol for this review. I love the way you always give your honest feelings about the books you read.

Although you will no longer be volunteering at Reception, I'm hoping you still might send along a book review (or two!) in the future. All the best Carol. We'll miss you.



Volunteers are love in motion.



HOSPICE HAPPENINGS



Gifts of Kindness... Pay It Forward...

Carol Holden always has such great ideas! She is teaching her grandkids at an early age to show kindness in little ways. Together, they have created cards to hand out to family and friends who may be isolated at this time. Carol thought that might be something we could all do. Let's celebrate others in April through an unexpected 'gift of kindness', with an encouragement to 'pay it forward' to someone else. It can be as small or as significant as you wish; from a postcard to a coffee card to a gift bag with the message to pay it forward. We can create an ocean of waves starting with a ripple of kindness.



Advance Care Planning... from Colleen

Prior to this pandemic, Canadians seemed to have adopted this out of sight, out of mind mentality surrounding death. We know of death, but we treat it as if it is one of those taboo subjects we are told not to bring up at the table; such as religion, money and politics. Except, this past year Canadians have had no choice but to reckon with the fact that death is a very real part of life. We have had to bear witness to mass deaths that have not been seen in this generation's lifetime. In the first year of this pandemic alone, Canadians saw 13,000 "excess" deaths (Global News, 2021), but that doesn't include what we saw on a global scale.

Working in the world of bereavement, one can't help but wonder; did the decisions surrounding their health care truly reflect their needs and wants? Did these people ever have discussions with their loved ones about what they wanted if/when the time came that important decisions needed to be made about their health, their life, and they weren't able to do so? Were their loved ones prepared for the decisions that needed to be made?

Essentially what I've been thinking about is whether or not any sort of Advanced Care Planning (ACP) took place. If you are unfamiliar with what ACP is, you are not alone. According to SpeakUp Ontario 8 out of 10 Canadians have no idea of this concept.

What it is, is making decisions regarding future health (including end of life care) and making sure those close to you are aware of your wishes. It is about designating someone to be your substitute decision maker, someone you trust will make the right decision for you on your behalf if you become unable to speak for yourself.

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WELCOME CONNIE

We welcome Connie Devlin, Human Resources Manager, to Hospice with over 15 years as a certified human resources professional, and a vast background in community home healthcare, municipal, and manufacturing. Before entering the official HR world, Connie worked with Community Living Organizations, to include managing residential group homes; where she made the decision to change her career path over to human resources and the health and safety aspect of leadership.

Connie's route to Hospice commenced with the difficult palliative care journey she took alongside her lifelong college girlfriend, who sadly passed away before Christmas from cancer. Connie's heart was moved to re-evaluate her career path, with a new focus: to have a greater impact on people's lives. Her true passion re-emerged and took Connie back to her first love of providing a 'service rather than a product'. When this Hospice position appeared, Connie knew it was where she was meant to be!



Connie's vision: to support the Hospice management team and take the 'day to day' operations and align them with the strategic objectives to support all the services Hospice provides. Connie is looking forward to meeting all the staff and volunteers, to learning their roles, and seeing how they contribute to our amazing culture.

In her spare time, Connie proudly professes to be a hockey Mom for both her daughter and son. (Unfortunately, this year they have had to hang up their skates for toboggans and hiking boots.) The silver lining? Being able to explore all the Simcoe trails as a family. Connie's green thumb is another passion and this past year's veggie garden also sparked family interest with both kids.

One of Connie's first observations of Hospice was "how much thought goes into individualizing care". Hospice is extremely excited for Connie to share her gifts and loves with all of us! Welcome aboard Connie.

by Carol Holden

Advance Care Planning continued

The discussions and decisions that come out of ACP are huge, and can cause a ripple effect that extends beyond a person's life; in the sense of how those that survive them are impacted. It can influence how a person grieves, and to some extent minimize the possibility of the death becoming traumatic for them.

In light of what we've seen this past year, I encourage all to partake in these conversations.

Doing so can ensure you receive the support and care that is in your best interest. For your loved ones, it can take away some of the stress and anxiety in situations where emotions are already running high. If you would like more information on Advanced Care Planning, please contact any member of the Social Work Team.

VOLUNTEERS

Lunch & Learn
Mon. Apr. 26th
12-1pm



Volunteer Support Meeting with
Susan & Lori
Date TBD

Can you sew?



- We are looking for volunteers who would be willing to sew simple bags so that our residents' belongings can be taken home in something other than a plastic bag.
- If you have a machine and would be willing to help out please contact susan@hospicesimcoe.ca

National Volunteer Week

April 18th-24th

Be sure to check your emails from Susan during National Volunteer Week!

We can still engage and celebrate even though we can't assemble in person.

From the Chair.....

Happy Spring Everyone!

The beautiful warm sunny weather we've had for the past several days has been very welcome and definitely deserved after the long, rather lonely winter. Better days ahead!



April is volunteer appreciation month. This year's motto is the value of one, the power of many. I think we have seen this demonstrated in many ways over the past year and certainly describes the impact of our exceptional volunteers at Hospice Simcoe. Although there have been less opportunities for us to be present, the staff have kept us involved with virtual events. I know that we all miss the personal connections and warmth experienced upon entering Hospice. Such an aura of joy and comfort, despite the difficult times patients and families are experiencing. Your ongoing commitment is still felt and demonstrated, just differently. Be it shopping, cooking, screening, reception, contributing to facebook, administrative support, on and on, you are there! Thank you so much!

Coming up soon is the annual Hike for Hospice. You will have received the recent communication, describing the event. The challenge is on! The Board of Directors will once again have a team and hope to do better than last year. Can't seem to get ahead of Hospice Hearts and Daisy but we'll give it our best shot. Please join in either individually or charge up your own team! This a chance to demonstrate the value of one, the power of many.

Anxious to see you all soon. Take good care, stay safe and please get your vaccines.

Sincerely, Chris

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!

HOSPICE HAPPENINGS

In our Community...

Join us for Hospice Simcoe's 19th Annual Hike for Hospice

From May 2nd and until the 31st we hope you'll participate and remember your loved one.

You can walk, jog, bike, dance, garden... or move however you choose in support of this VIRTUAL event.

We have something special this year. To honour your loved one, you can plant a hummingbird seed pack which will bloom into beautiful wildflowers. Plant this to kick off your own Hike day or take it to a special place that is meaningful to you. Seed packs are available in the vestibule at the Residence.

Here's how to participate:

1. To register, download a pledge form, or donate, visit our Hike page website at www.hospicesimcoe.ca/fundraising-events/hike-for-hospice/
2. Printed pledge forms are available at the Residence as well.
3. Start collecting your pledges now. And be sure to let us know who you're hiking for.
4. Visit our Facebook page for regular Hike updates www.facebook.com/HospiceSimcoe
5. Give us a call or drop us an email if you have questions josie@hospicesimcoe.ca

Please remember to adhere to public health guidelines regarding the number of people who can gather together.



Like us, Follow us, Engage with us!



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