

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### A Canadian Cabin Party

*Who wouldn't want Jim Cuddy to sing at their birthday celebration?*

Reception volunteer Darlene Botman and her friend Trish both turned “the big 60” last year. They wanted to plan something big, something epic, and figured a huge party with one of their favourite singers would fit the bill. Darlene and Trish enlisted the help of six other friends to plan the event.

But anyone can plan a good party. It takes a talented group of friends to plan a major fundraiser for three local hospices, and that’s what they decided to do. After securing approval from Kelly, the friends became the Cabin Crew and began organizing the Canadian Cabin Party. Everything had a Canadian theme, from the music and venue to the decorations, refreshments and auction items.

On Friday, June 3rd, after more than a year of preparations, 250 people gathered at the Heights of Horseshoe, dressed in their Canadian tuxedos, to support hospice. Local musician Cameron Brown played everyone into the venue. A delicious meal was accompanied by some moving presentations by Hospice members. The Jim Cuddy Trio headlined a fantastic show and local band Rock Steady closed the evening and encouraged lots of dancing and singing.

The silent auction drew fantastic bids and included some terrific items like a stand-up paddle board, a canoe, and authentic Muskoka chairs and firepit.

Huge thanks to everyone who contributed to the success of the evening. First and foremost, thanks to this amazing group of women for turning a birthday celebration into a successful and supportive event for local hospices. Thanks to the many sponsors who contributed to the success of the evening. A special thanks to Cathy Charlton and, most especially, Josie McDonnell who provided wonderful guidance in the preparation of this special event. It’s amazing how an idea can grow and the good intentions of some dedicated friends can make such a powerful difference.



#### The Cabin Crew

Front row: Kelly (standing), Darlene, Cathy  
 Middle row: Barb, Teresa. Back row: Linda, Trish  
 Missing: Val

**The Canadian Cabin Party raised more than \$123,000 for our local hospices!**

*Thank you ladies!  
 Many thanks to Trish and Darlene for helping with this article.*



*(See pg. 2 for the donation photo)*

# Volunteer Spotlight



**Diane Tressoff**

## VOLUNTEER SPOTLIGHT: *Diane Tressoff*

### How long have you volunteered at Hospice Simcoe?

I have been a volunteer at Hospice for 14 years. I was introduced to Hospice by a neighbour. I was so thankful for the care and compassion that was given to my husband when he was in palliative care that I wanted, in some small way, to pay it forward.

### In which area did you choose to volunteer?

I am on the reception desk every Tuesday morning and some afternoons working in the office. I look forward to welcoming the families and visitors who come to visit with their loved ones. I have met some amazing families who are struggling with their journey and we are there to help them through it with a friendly welcome, an answer to their questions and making them feel at home.

### Why are you volunteering in this role? What excites you about it?

When I hear a "thank you for all you do" and read some of the heartfelt notes and letters that families have written about their experience, it is most rewarding and I'm very happy that I joined our Hospice family.

## A Canadian Cabin Party...continued



We are thrilled to announce the recent donation of \$123,803.59 raised from the third-party event, "An Evening with the Jim Cuddy Trio"!

These proceeds will support Hospice Simcoe, Mariposa House Hospice and Hospice Huronia. There were many dedicated hands that helped to put this evening together, and we would like to thank the whole team: Darlene, Trish, Barb, Cathy, Teresa, Val, Linda and Kelly. Thank you again for the support!

# June 5th Memorial Service

*Although we have a memorial service twice yearly, many of our volunteers have never attended one. It is quite a moving experience, not only for the families and friends of residents who spent their final days at hospice, but also for our staff and volunteers. We asked Sandy Dudley if she would tell of her experience at our most recent memorial service in June.*



I was asked to share my experience as a volunteer at the Hospice Simcoe Memorial Service. This was my second time helping out at the service.

Lori, our Spiritual Care Coordinator, holds a memorial service twice a year for the loved ones of residents who have died in the preceding six months. The service is held at Lion's Gate Banquet Centre and this was my second time helping out at the service.

The room, softly lit, with white cloths and candles on the tables and live music playing in the background by the Kempencelts group, was a lovely setting for the service. As guests arrived they were welcomed at the door by volunteers and invited to bring photos of their loved ones and place them on a table. Lori welcomed those present and spoke a few words. There were also some readings.

Lynne, one of our volunteers, is an avid writer and story teller. She was unable to attend the service, but she had written a beautiful fictional short story about someone who has suffered the loss of her "special person" and finds solace and comfort after a walk through the forest, particularly from a pine tree. The woman realized that the trees in the forest were similar to people in a community and felt the pine tree helped take away some of her pain. Lynne had provided a basket of pine sticks each tied with a string bow to be given to each person to hold to take away some of their sorrow and to remember the story that trees are similar to a community of different people available to offer support.



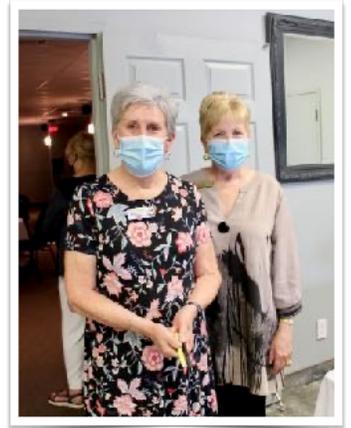
As the service continued, Lori spoke the name of each person who had died at Hospice Simcoe since the beginning of the year. Guests were then invited to light a candle in memory of their special person or persons. After the service, guests were invited to stay for tea, coffee, treats and conversation. It is so rewarding to be a part of this as a volunteer.

One of the guests said as soon as she received the invitation she was excited for the opportunity to connect with Lori and the volunteers again. She shared how her life was going since her spouse's time at Hospice. Another guest discussed the help she had received from one of the bereavement volunteers from our bereavement program.

Before leaving, guests were invited to help themselves to candles, flower seeds, or a hospice bear. Each person expressed their appreciation and gratitude as they left the service.

*This is a wonderful way of connecting with the families and I would encourage volunteers to help out at the memorial services.*

*Thank you Sandy for sharing this.*



Volunteers Beth Shervington and Sandy Dudley

# HR Corner / Bell Farm News

**Connie Devlin, our Human Resources Manager, shares information with us bi-monthly. Thanks, Connie for keeping volunteers informed.**



The “Dog Days of Summer” refers to the hot and humid peak of the summer (July 3- Aug. 11th), according to the Farmer’s Almanac. During this time, the chances of experiencing heat exhaustion, heat stress, and sun stroke increases especially if doing any outdoor physical activity. Keep hydrated, and know the signs and symptoms of heat related illnesses.

More information on Heat Health Effects can be found on the Simcoe Muskoka District Health Unit webpage: Heat Health Effects ([simcoemuskokahealth.org](http://simcoemuskokahealth.org)). *Enjoy the rest of the summer and stay hydrated!!*

## Maddison Wojtus, MSW, RSW TOPIC: Psychoeducation Groups



Hospice Simcoe’s Bereavement team is committed to providing high quality support to those that are grieving through our loss-specific psychoeducation groups. Psychoeducation is defined as an evidence-based, therapeutic intervention for clients and their families or a social support that provides information and empathic care to better understand and cope with illness, in this case, bereavement. In addition, Hospice strongly believes that community building and establishing peer supports is essential to our ethos as a grassroots organization. At this time, the following groups are regularly offered: Spousal Loss, Young Spousal Loss, Adult Child Loss, Parent Loss and Young Parent Loss.

Psychoeducation groups combine the best that peer supports can offer, along with the guidance and oversight of bereavement and trauma-informed social workers. The main objective of group is to normalize the grieving process, important to this is that all clients understand that only they are the experts on their grief - no two stories look the same, though we may have some common threads along the way. It is critical for the flow of group that every person feels validated in their unique experience with bereavement, and has an equal opportunity to contribute. At times, group will inevitably be heavy, even solemn, but this is part of a necessary, though painful process. Participants are encouraged to see all emotions as normal, and rather than fixate on emotional experience, practice healthy emotional expression.

Throughout the 6-8 weeks together (either conducted in person or through zoom) we spend time fleshing out a resource tool box of coping strategies, self-regulation and ways to implement structure in times of instability in the wake of loss. Each week is semi-structured with discussion theme and typically features education handouts or videos. Some of the topics that have been discussed include; secondary loss, grief brain, understanding the symptoms of grief and utilizing homework activities with journal prompts. To a certain degree, the intention is really self-direction, as it is important that the participants see themselves as actively involved in their own bereavement support, rather than receiving professional counselling.

As facilitators in this role it is important to know your place amongst the group, which, as just stated, is not to provide counselling, but support. As weeks pass, participants grow more comfortable sharing and supporting one another and as such the role of facilitator becomes more about fostering and encouraging those connections. Our aim is to create a soft place for people to land, and allow them to discover the benefit of sharing their story in community with others, becoming comfortable with the uncomfortable and generating self-compassion. I would like to thank the volunteer Liz Worrall for graciously offering her time, guidance and insight as co-facilitator in our most recent spousal loss group.

*Maddison Wojtus*

# Book Review and Around Hospice

## Bluebird by Genevieve Graham



Bluebird is the third book I've read by this author. She is a Canadian novelist who brings life to areas of Canadian history I knew very little about.

Cassie is the curator of a small museum in Windsor when a cache of whiskey is discovered during the renovation of the house where she grew up. She recalls the stories she heard from her great grandmother about her family and the family business during Prohibition.

Bluebird was the name given to the nurses who served overseas during the Great War. They were so named because of the colour of their uniforms. Cassie's great grandmother, Adele, was one of them. Many did not make it home, but Adele did. She returned to a world very different from the one she left. Prohibition had recently been enacted.



*Thanks to Sharron Bowden for this book review.*

Illegal whiskey making and "rumrunning" were rampant and turf wars were prevalent.

Ms. Graham brings life to the characters in her novels. This one is no exception.

## AROUND THE HOUSE

It's great to see so many volunteers around the house. Below right, Rick Irvin continues to keep the bird feeders well stocked. Caecilia (left) exhibited her love for our country on Canada Day. A group of new Residential Client Care Volunteers (centre) toured the house during their orientation.



Caecilia



Left to right:  
Rhonda, Safia, Shirley, Joanne, Paula and Lisa.



Rick

Do you have a Hospice story you would like to share? email our Editor, Sandi at [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com)

# Hospice News



From the **NEW** Board Chair:  
**Ray Trask**

Hello Volunteers,

With a new year about to start for our Board I would like to introduce myself. Firstly, I would like to acknowledge that filling Chris Nichols' shoes will not be an easy task. I have gotten to know Chris over the years to know her dedication and passion for our Hospice is unwavering. Fortunately, Chris will be staying on for the next year to help guide me into the Chair role and I am looking forward to working with her.

I am no stranger to Hospice; I was on the Board of Carpenter Hospice in Burlington for 6 years, holding several committee positions throughout my tenure. I have been on our Hospice Simcoe Board for three years now and am honoured to have held many other volunteer positions over the years. My 20+ years of volunteer work consists of serving in Rotary in Burlington and now in the Kempenfelt Rotary Club, Board member at Victoria Park Homes out of Hamilton, Compassion Society in Burlington and the Busby Centre in Barrie. So, the value of volunteerism is very much dear to my heart, and I truly am impressed with the hard work and dedication each of our volunteers put forward in making our Hospice a special place.

It has been an incredibly demanding two years with COVID, the restrictions and now we're facing the 7th wave which is stressing our health care system. I am confident with our team of dedicated volunteers, our Board, Kelly and her very committed staff, we can make it through any challenges we may face at our Hospice.

I look forward to getting to know all of you better. It will be an honour to serve our Hospice in providing the best care possible to those in need of our services.

Sincerely,

*Ray Trask*

## FALL PROGRAMS

Stay tuned for all the upcoming  
Community Support  
Groups & Programs this fall!

The Fall season is quickly approaching, and our Bell Farm Community Support Team is busy preparing to kick off Groups and Programs. Alongside these support groups will be new initiatives and innovative ways to support clients in other local communities!

### BELL FARM NEWS UPDATES:

-  COVID Specific Support Group will be launching this fall
-  Living Well, Caregiver & Bereavement Groups will return
-  Upcoming training session for volunteers to expand our youth team

For more information on Groups & Programs this fall, watch for updates.

Visit us online at:  
<https://hospicesimcoe.ca/community-programs/program-calendar/>

**LUNCH & LEARN:** *There are no scheduled Lunch & Learn events in August.*

# HOSPICE HAPPENINGS in our community...

Register Now for  
**GOLF for HOSPICE!**

**FEES:** \$1100/team - \$275/player - \$50 Dinner only  
**SPONSORSHIP AVAILABLE:** [CLICK HERE!](#)  
**REGISTER NOW:** [CLICK HERE!](#)

**Thursday, September 1st, 2022**  
Join us at Innisbrook Golf Course.

Registration includes 18 holes, cart, BBQ Lunch,  
on-course contests, Dinner and more!

We are excited to partner with Innisbrook Golf Course and bring you a fantastic day of golf for Hospice Simcoe.



## *Tim Hortons* SMILE COOKIE CAMPAIGN SEPTEMBER 19th - 25th, 2022

We're thrilled to announce that together with RVH, Hospice Simcoe has been selected once again, as a partner in the 2022 Tim Horton's Smile Cookie Campaign! From September 19<sup>th</sup> - 25<sup>th</sup> 100% of proceeds from the sale of Smile Cookies across Canada will go to selected charities.

You'll be hearing lots more on this in the days to come and learn how our volunteers and supporters can help make this the most successful Smile Cookie campaign ever!



### Hospice Simcoe volunteer, Kathleen Doherty is **CLIMBING FOR COMPASSION in September 2022!**

Kathleen & a team mate will trek up Mount Kilimanjaro, summiting the Uhuru Peak by September 10th, 2022! This trek is the perfect opportunity for personal challenge and an opportunity for Kathleen to support Hospice Simcoe!

\*ALL donations will go to Hospice Simcoe, so please consider donating whatever you can.

For details and to donate, go to:

<https://trellis.org/kathleens-kilimanjaro-climb>

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