

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Our Wednesday Morning Kitchen Volunteers

Should you visit the house on a Wednesday morning, you'd be sure to see three women working together to nourish the families of our residents. If we add up their years of service in the hospice kitchen alone the number is 35. But long before volunteering in the kitchen, Alice, Judy and Sharon have been committed to Hospice in so many other ways as history pioneers; from community bereavement to the involvement in the development of the regional palliative care network (more to come in a Hospice history segment).

So, what makes a great team? Well, in this case, all were registered nurses with passions and careers in healthcare. (As well all three raised only boys who loved to eat!). But the trio define themselves as being flexible, supportive and respectful of what each needs, with the focus on the families in the house. This team enriches one another's lives and cares deeply for one another as they journey through their own personal lives. You can feel the love they have for each other when you enter the kitchen on Wednesday mornings and that's what makes this team so special!

This dedicated team prides itself on working with whatever is in the kitchen at the time and never wasting food. Each has their own specialty. Sharon is the soup master, Alice the date square queen and Judy is the 'jack of all' cook who loves to discover new recipes. "When you have lemons, you make lemon squares," Judy said on my Wednesday visit! There was the sweet aroma of home when I walked into the kitchen on this warm June morning as Judy was taking the dessert out of the oven. Sharon was stirring her favourite tomato veggie chowder, with lots of tarragon, and Alice was getting ready to ice her chocolate brownies. There were biscuits warming on the counter just waiting for the soup to finish! Everyone should try the most frequent soup Sharon makes at Hospice, which is the "once around the cupboard ~ once around the fridge" soup. It uses anything available with new flavours to discover!

This team's heart belongs to the families taking a much-needed break at the kitchen table where the kitchen volunteers provide compassionate support to family members. While visiting for this article, a family member came to the kitchen looking for soup broth for their loved one. Sharon was offering the broth from her soup while Judy and Alice were providing alternative options from the fridge. Any soup for the soul! Another loved one was drawn to the kitchen conversation on rhubarb meringue and joined the kitchen volunteers as they described the dessert and creation of the recipe! (We are sharing that recipe with everyone in this issue.)

This team loves to be in the company of one another and looks forward to the friendships of Wednesday morning in Hospice . . . but most importantly, they have a love for Hospice, its vision, philosophy and all it represents. They know, that in some small way, they are helping others on their journey in that final moment / chapter of their lives.

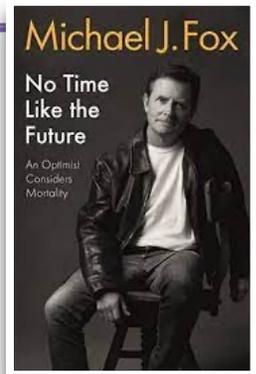
Thanks to Carol Holden for this article.



Judy, Alice and Sharon at work in the kitchen.



Book Review



NO TIME LIKE THE FUTURE, by Michael J. Fox

I would like to recommend a book by Michael J. Fox titled No Time Like the Future – An Optimist Considers Mortality. I enjoyed it immensely as it is interesting, inspirational, and educational. Mr. Fox allows us an intimate look into his daily life and challenges, inspires us to keep up the good fight, and teaches us about Parkinson’s and other medical issues. He never sees himself as a victim but as someone who simply deals with life as it comes. In regards to Parkinson’s he says “I’ve long realized that control is out of the question; instead, I’ve settled for an understanding that requires adaptability and resilience.” He also talks about acceptance and the importance of gratitude. These are skills and attitudes that each one of us can develop and use to live fully in the present and to have hope for the future.

Well said, Carrie. Thank you for this book review, and for joining our book review team.
 If you’re an avid reader and want to share some reviews, please contact hospicesimcoenewsletter@gmail.com
 (See Carrie’s photo on the next page.)

What’s Your Favourite?

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.



- Dan:** **Top Gun Maverick** (movie in theatres now.) So many positive reviews for this movie!
- Donna G.:** **Hustle** - movie on Netflix. If you’re an NBA fan (and even if you’re not), you’ll like this movie about a basketball scout looking for the next big star. Many cameo from current and former NBA players.
- Mary Ann:** The Diamond Eye by Rose Quinn. WW2 historical fiction.
- Connie:** **Elvis** (movie in theatres)
- Kelly:** **Medicine Cards**, book by Jamie Sams



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, our Volunteer Coordinator, at:

susan@hospicesimcoe.ca **Thank You!**

Volunteers



Carrie Baumken

VOLUNTEER SPOTLIGHT: *Carrie Baumken*

How long have you been a Volunteer?

I have been at Hospice Simcoe for just over one year.

Why did you choose to volunteer with Hospice Simcoe?

I decided to apply to be a volunteer after speaking with Susan Haiplik. Susan and I met when she was the Volunteer Coordinator at Gilda's Club. I volunteered at Gilda's Club and developed a rapport with Susan. She is such a dynamic individual and a wonderful human being. When Susan and I were chatting on the phone one day, she shared that she had taken a job at Hospice, and she was very excited about the organization, the team, and the culture. She couldn't say enough about the work Hospice was doing and about the care, compassion, and commitment shown by the staff and volunteers.

What excites you most about your volunteer position?

How do you find it personally fulfilling?

I thought it would be wonderful to be part of such a dedicated group of people. I was excited to play a small part in an organization that was supporting residents and family members at a time in their lives when they needed it. I have been working at reception and learning more about Hospice, the services it provides, and the people who make it all work. I feel humbled when a family member expresses gratitude, and I feel pleased that I am part of a community that gives dignity to the dying.



Rhubarb Meringue Dessert... from the Wednesday Morning Kitchen Crew

Crust

- 1/2 c butter
- 1 c flour
- 2 T sugar

Filling

- 3 egg yolks
- 1 c sugar
- 2 heaping T flour
- 1/4 tsp salt
- 1/2 c milk
- 2 1/2 c rhubarb

Topping

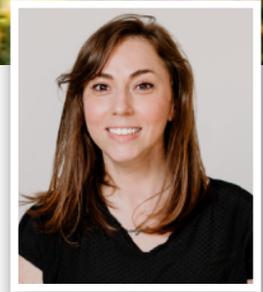
- 3 egg whites
- 1/3 c sugar
- 1/4 tsp cream of tartar
- 1 tsp vanilla
- 1/2 c coconut (opt)

Crust: Blend ingredients together. Press into greased 9x9 pan. Bake @ 350 for 10 min.

Filling: Mix ingredients. Pour over hot crust. Bake at 350 for 45 minutes.

Topping: Beat egg whites until foamy. Gradually add cream of tartar and sugar. Beat until glossy and stiff. Spread meringue over filling and sprinkle coconut over top. Bake 10 min. or until lightly browned.

Bell Farm News



Colleen Risk,
Bereavement Coordinator

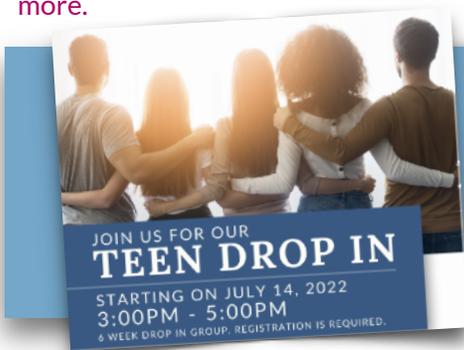
Bell Farm News from Colleen

We do not typically find ourselves thinking about the beginning and end of life occurring simultaneously. Nevertheless, this is a reality for many members of our community as they mourn a pregnancy or infant loss. Experiencing a pregnancy or infant loss can undoubtedly be one of the most heartbreaking experiences an individual and their family can go through, and possesses a grief that is truly unique to this particular loss. For many, what sets this kind of bereavement apart from others is that people are mourning what could have been; rather than a life that was lived. It is a kind of loss that tarnishes one of the most celebrated passages of life; potentially making future efforts of having a child a time of trepidation instead of joy. Furthermore, it is a vastly misunderstood loss; resulting in many misconceptions that can hinder the grief journey.

Overall, what is described above is nothing more than a mere snippet of what people and their families can endure as they grieve their little family member. Acknowledging how difficult and life altering this grief can be, Hospice Simcoe established one of our newer bereavement programs, Ended Beginnings. Through this program, individuals and their immediate family members can access one to one support as well as psychoeducational groups that specifically focus on the distinctive features of grieving a life that, while brief, is cherished and impactful. **For more information, please contact Colleen at colleen@hospicesimcoe.ca**

VOLUNTEER TRAINING: Supporting an individual who is mourning a pregnancy or infant loss can feel nerve wracking. Talking about loss is an emotionally charged topic to begin with, let alone when it is about babies and infants. It is natural to worry about what you are going to say; how you are going to react to certain information; and how to provide the most impactful and meaningful support.

On August 30th, 2022, Colleen Risk and Margo Lambooy will be hosting Hospice Simcoe's first formal Ended Beginnings training for volunteers interested in supporting individuals impacted by pregnancy and infant loss. Building off concepts explored in Bereavement 101, participants will delve into the grief experience that is unique to this type of loss, factors that both support and impede on the grieving process, strategies that can be utilized to foster emotional wellness, and more.



TEEN DROP IN Program

Beginning on July 14 and running for 6 weeks, 3:00-5:00pm.

REGISTER IS REQUIRED.

Please email to register at: colleen@hospicesimcoe.ca

The Holdens...and Friends

For the Holdens, hospice volunteering is a family affair - and they bring along their friends to help as well. Kathleen, Kim and Sharon (bottom) are busy once again making our gardens look beautiful.

Kim, Mark, Kathleen and Carol (top, with their friend Laurie) supported our hike again this year. And without Carol, far right, this newsletter wouldn't get out each month!



Welcome Kyle!

If you've been in to Hospice Simcoe lately you may have noticed the most recent staff member. Kyle (she/her) has joined the Hospice Simcoe family as a second COPE Service dog. As you can tell by the photos, she is absolutely adorable and is a welcome addition to Hospice. You're going to love her as much as we all love Daisy and don't worry... Daisy's not going anywhere, at least not for the foreseeable future. I asked Marilyn, our Fund Development Manager, and Connie, Kyle's human, a few questions about our new arrival.

Why the need for another COPE Service dog?

As we increase our Community Programs we are serving more and more people, specifically children, who respond really well to Daisy. Now we can have a COPE Service dog at Bell Farm and at the Residence. Also, Daisy will retire in a couple of years. Kyle will help fill that gap as Daisy heads into retirement.

How is Kyle paid for? Kyle was sponsored by one of our generous donors.

What is the working life of a COPE Service dog? A normal working life of a Cope dog is 7-8 years.

Who are Kyle's 'people' at Hospice? Kyle's handlers are Lori at the residence and Danielle at Bell Farm.

Who is her human family? Connie, her husband, and their two kids are Kyle's family. Kyle loves the kids and in her off time helps with homework and attends their sporting events. Kyle loves to spend time with Cameron and Sydney. She goes to Cam's baseball games to cheer the team on. And, like all dogs, Kyle loves going to the park.



Connie's daughter, Sydney, age 14, loves to snuggle with Kyle after school and sits with Sydney while she does her homework.

The pic with Sydney is an after school snuggle.



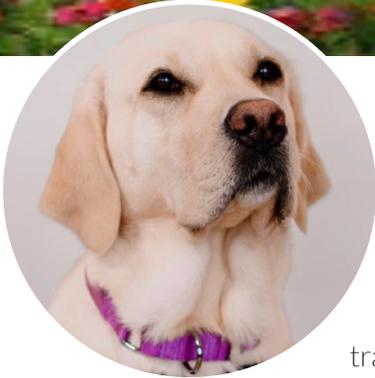
Connie's 12 year old son, Cameron, loves to play soccer in the back yard with Kyle. Kyle goes to Cam's baseball games as well.

This pic is Kyle at the cottage fishing with Cam.



"Dogs leave pawprints on our hearts."

Welcome Kyle



What is Kyle's history? Where is she from? Where was she before us?

Kyle was bred by COPE Service Dogs. She was born on April 27, 2019 with 8 littermates. Her puppy collar colour assigned at birth was purple, and she was nicknamed Princess. She has been enrolled in COPE's training program since birth. She trained with students in Canines in the Classroom from September 2019 to March 2020, then begin refinement training to prep for a future career since January 2021. She stayed with a foster family who were dedicated to her obedience and socialization throughout her training.

How does one get to be a COPE Service dog?

A COPE Service dog can come from a couple of ways, one is from COPE's own breeding program. The other is from Assistance Dogs International Breeding Cooperative, of which COPE is a member. Both programs choose parents that have calm and confident temperament with a good work ethic, are free of genetic diseases, and have good health and good conformation. We accept puppy donations that meet our criteria from local reputable breeders on occasions.

Did we choose her or was she selected for us?

COPE matches the dogs with their clients based on the following:

- the dog's strengths and the client's needs
- body size
- personality

The dog chooses their career path by showing us what type of tasks they enjoy doing, COPE listens and places them where they can thrive. Kyle is a cuddle bug, she was chosen for Hospice Simcoe for that reason.

Where did her name come from?

Kyle was sponsored by Kylemore Communities, they chose to name her Kyle.

***A special thanks to Peggy Lee, Program Director, COPE Service Dogs,
for all of the answers on this page.***

***Kyle's Picks.....
from the Cope Service dog's website***

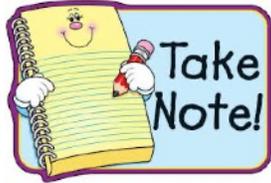
Movie Pick: Harry Paw-ter and the Sorcerer's Bone

Bucket List: To have Breakfast at Sniff-any's

Favourite Car: Furr - ari

For more information regarding COPE Service dogs, COPE training and some wonderful photos of Kyle, go to: <https://copedogs.org/blog/2020/06/02/meet-kyle-june-2020/>

What's Happening?



Hospice Emails Going Into Junk Boxes

Not Receiving Hospice Emails? Check your Spam or Junk folder.

We have heard from some of our volunteers that emails from Hospice Simcoe are going into their junk or spam folder instead of their Inbox. Email is our main method of communication to send out group wide information.

Depending on your email provider, there are ways to change the settings so that Hospice emails can come to your inbox and not your junk or spam folder. Please check your Junk and/or Spam folder to see if the Hospice Simcoe emails are landing there.

Each email provider will vary but here are some general steps to be taken to change your junk/spam settings to allow Hospice emails into your Inbox.

1. Navigate to your email account and click the "Spam" or "Junk" folder. Junk emails are stored in this folder.
2. Click the email that was wrongfully treated as junk mail to open it.
3. Click the "Not Spam" or "Not junk" button in the toolbox to immediately send the email to the Inbox folder. Emails from the same sender will not be treated as junk mail anymore and will be sent to the Inbox folder.

Thank you, Rick Irvin, for sharing your photos of our lovely hospice gardens. And thanks to the volunteers who do their magic to create such beauty.



please note



Lunch & Learn

There are no scheduled Lunch & Learns in July and August.

HOSPICE HAPPENINGS in our community...

Save the date and gather your foursomes for our 7th Annual GOLF for HOSPICE!

This year's tournament will be held on
Thursday, September 1st, 2022
at Innisbrook Golf Course.

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



FEES:

- \$1100 per team
- \$275 per player
- \$50 for Dinner only

SPONSORSHIP AVAILABLE NOW:

[CLICK HERE!](#)

REGISTRATION OPEN NOW:

[CLICK HERE!](#)



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

Join us Saturday, July 23rd - Sunday, July 24th for the Knights of Columbus Blueberry Festival at Barrie Hill Farms.



The Knights of Columbus Blueberry Pancake Festival returns to Barrie Hill Farms this year. Once again, proceeds from this delicious event will go to support Hospice Simcoe.

Bring your family and friends for yummy blueberry pancakes! And while you're there, don't forget to pick up some of your very own fresh blueberries.



Knights of
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