

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

Theresa Anstey has been a Hospice Simcoe volunteer for 32 years!

She began when the volunteer program had less than 20 volunteers and the practical hands-on training was taught in someone's home. Before the residence was built, Theresa worked in the community as a visiting volunteer. For several years she also did residential care but returned to the community eight years ago. Below, she shares her story about our Hospice Simcoe family.



Our Hospice Family

We were given our biological family at birth.

We choose our hospice family as we live life and work in our community. Our hospice family is a kind of a 'feeling'. Every hospice client and their family and the time spent with them is an occasion to strengthen the threads of this family life. The value of our sharing is very worthwhile. It is a celebration and more than worth the visit.

As a Hospice Simcoe volunteer, I feel so grateful and so lucky to be a part of this working, caring and compassionate family. I feel reassured that if I am ever in need of hospice care, this family would be there for me. That's security, comfort and peace.

As volunteers, we meet many people and their families as part of our work. We meet them during time of great pain, sadness and sorrow but also in times of great joy and celebration. It's a privilege to travel that journey with them.

I'm thankful to the Hospice Simcoe staff for calling us, connecting us with clients, and keeping us focused and educated. I also know part of their work is volunteered - many hours. What a giving family - and one that works together.

You see, while it's easy to keep track of the physical time you spend with your client and their family, the emotional time cannot be recorded. The emotional connection is usually strong and this takes a lot of one's time and thought. Once you are connected, they are with you always. You hope and you pray and you carry them with you - or maybe sometimes they carry you. You are changed for the better. You are never the same again. I believe that's family. To care and be cared for is like being warmed from the sun from both sides at once.

I have seen volunteers do amazing things for their clients. This always inspires me and pushes me forward. We are traveling on the thrust of one another. When we meet with one another as volunteers it's always reaffirming. It's a safe place to share because we understand one another. We are dancing to the same music.

***Hospice - It frames our lives. It's a safe, secure place. We are ourselves.
We share. We feel at home. That's family.***



A Fond Farewell to Doris... "Mama D"

As I sit here working on the newsletter at the Bell Farm location, I can hear a commotion outside my door. It's a few of the staff who obviously are having difficulty completing a task. And who do they call to find a solution to their problem? Doris, of course. It seems that she is the only one who knows how to change the paper towel in the washroom.

For ten years now, Doris Davis has been the go to person for many things at Hospice Simcoe. The knowledge stored in this lady's brain has helped solve many problems over the years. Whether it's a phone number, a name, a reference, a date or just some hospice trivia, Doris is the one with the answers. Now she's moving on, retiring, and taking all that information with her. The ten years Doris has spent at Hospice Simcoe have been amazing, she says. "I have met and come to know many wonderful staff, volunteers and families during my

time with Hospice. It has been a pleasure ending my 50 year administrative career with this amazing organization."

Doris will miss her Hospice team and being part of the valuable work they do in the community. However, in time, she hopes to come back as a volunteer and return to our family. Life will be different for sure. Doris has worked for 50 years and to move on will certainly be an adjustment. But she's ready to spend more time with family, to get back to reading and walking and to do some gardening. Redecorating the house is also on the list. Doris will be a busy lady.

One last thing, Doris. Perhaps, before you go, you should consider writing a manual..... "How things work at Hospice Simcoe."

All the best Doris. You'll be missed!



Best Wishes Doris ...We'll all miss you!



"Congrats Doris on this new chapter, very excited for you. We'll have to get together for coffee and Baileys!" 😊 ~Aryn N



"Never underestimate the difference you've made and the lives you've touched. You will be missed." ~Sandra B



"Wishing you all the happiness that you deserve. We are going to miss you, Mama D!" ~Teneal



"Having worked with Doris at both the Residence and BellFarm for the last 10 years, I can honestly say that she is a coworker, but also a friend. Doris is truly a colleague that has an incredible work ethic and a grassroots lens that helps ground the staff at Hospice Simcoe. She sets the tone for empathy and compassion, while also providing a calm disposition for clients and families. These traits have guided my own practice over the last 10 years.

One fond memory I have of Doris is the day she took me out for dinner after I had received my Post RN-BSCN degree. I will always remember Doris saying "I'm proud of you. Your Mom would be very proud of you." Still brings tears to my eyes. I will miss Doris as a coworker. We all will. I do know that our friendship will always continue down the road." ~Tammy

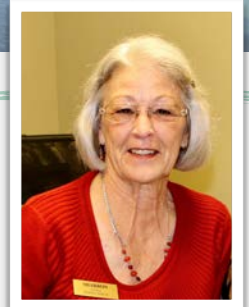
Retirement Celebration for Doris... "Mama D"

HAPPY RETIREMENT

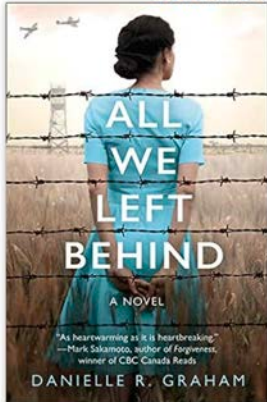


Book Review

With Sharron Bowden



ALL WE LEFT BEHIND by Danielle R. Graham



When Japan bombed Pearl Harbour and entered WWII, Japanese Canadians were seen to be the enemy. The Setoguchi family was forced to leave their home and were sent to an internment camp in Alberta, even though they had lived on Mayne Island, B.C. for generations.

All We Left Behind is the story of Hayden and Chidori who grew up together and fell in love. Hayden enlisted in the army and was deployed overseas. What happens to them? Do they ever find each other? I love stories based on Canadian history.

This is a good one. It made me laugh and it made me cry.

Thanks to Sharron Bowden for this book review.

If you're an avid reader and want to share some reviews, please contact hospicesimcoenewsletter@gmail.com

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.

Sandi P.: **Tour de France: Unchained**, Netflix. A behind the scenes look at the Tour. Excellent! And, a great book is *Fairy Tale* by Stephen King

Susan H.: **The Sum Of It All**, 4 part Ed Sheeran documentary, on Disney+

Donna G.: *On The Ravine* by Vincent Lam and *Demon Copperhead* by Barbara Kingsolver ("Unflinching portrayals of addiction.")

Joyce L.: *Lucy by the Sea*, Elizabeth Strout. *The Thursday Murder Club*, Richard Osman



The opportunities 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!

What are you up to this summer?



From Mary Ann (to the left)

I am currently in Alaska on a cruise. This sign is up in the mountains inland from Skagway.

I am actually standing in Canada!

We were taking the White Pass railroad back down into Skagway. It follows along the path that the gold rush miners took.



From Eileen (above)

I was out for a walk a few days ago and found this Painted Turtle laying her eggs.



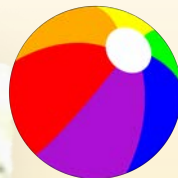
From Darlene (to the right)

It's been a very busy summer and it's only just begun. I've been blessed to have made a trip to California to sip wine in Napa (a definite pinch me moment), get silly on the boardwalk in Santa Cruz, drive a car through a 2,400 year old redwood tree in the Redwood Forest. In addition to this adventurous trip, I found a whimsical outdoor market to purchase a few wonderful trinkets, sip rosé in a lavender field and relax at my cottage with family and friends. Wonder what the rest of the summer has in store!

Bring it on ... I'm ready 🥰!



SUMMER
Hello



From Elizabeth (above)

A balcony will never replace my former gardens but I still can get my hands in earth!



From Joyce (to the right)

We celebrated the 50 year anniversary of our cottage with the whole family. This is my granddaughter cannonballing off the dock!



HR Corner and Bell Farm Update

It's Summertime so let's get outdoors and improve our health

How much time have you spent this week outdoors? Just two hours per week, in outdoor natural settings, can enhance your sense of well-being.



Exercising outdoors can amp up your workout.

A past review of 11 studies suggested that participants felt more revitalized and eager to exercise again after outdoor exercise compared with indoor exercise. [Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review - PubMed \(nih.gov\)](#)

Time in Nature Can Help Reduce Stress. Walking in outdoor green open spaces as compared to busier urban centers can assist in improved levels of stress and mood, as well as decreased level of cortisol than in those who walk in busier spaces. [Frontiers | Exercise in the Park or Gym? The Physiological and Mental Responses of Obese People Walking in Different Settings at Different Speeds: A Parallel Group Randomized Trial \(frontiersin.org\)](#)

Time in the Sun Can Boost Vitamin D Levels. Spending a sunny day outdoors can boost our Vitamin D level which helps your muscles, nerves, and immune system function. Your body naturally makes Vitamin D when exposed to sunlight. Just don't forget the sunscreen to protect yourself from UV radiation.

Outdoor Sounds Can Promote Positivity. The sounds of nature can help improve mood and boost positive emotions like joy, satisfaction, and cheerfulness. Researchers have found that sounds like bird calls, wind and water sounds were associated with lowered stress level. [A synthesis of health benefits of natural sounds and their distribution in national parks | PNAS](#). Enjoy the Summer!



WELCOME MARISA, our newest Bereavement Coordinator

I recently had the opportunity to chat with our newest addition to the Bell Farm Team, Marisa Pasut. As our newest Bereavement Coordinator, Marisa is responsible for intake assessments and leading our spousal bereavement groups.

Although fresh out of school - Marisa completed her MSW at University of Windsor - Marisa comes to us with hospice experience. Her final university placement was at Hazel Burns Hospice in Toronto where she did grief and bereavement work as well as going out to clients in the community. When asked why hospice work is a good fit for her, Marisa's

response was, "Grief is a universal experience. People may come from all different walks of life but they're all experiencing the same things, albeit in a unique way."

Most of the work at Hazel Burns was virtual; Marisa is happy to be doing face to face meetings. Marisa commutes from Newmarket but she is not a stranger to Barrie, having lived here during her elementary school years. It's clear that Marisa is fitting in well. Her cheerful demeanour and welcoming manner is evident as she greets clients arriving for group.

Welcome to Hospice Simcoe, Marisa!

Gratitude Around the House

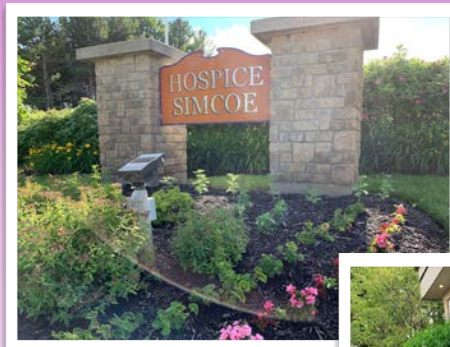
Sundae Bar Fridays 1:30 - 2:30

If you're lucky enough to have been in the House on a Friday recently you might have enjoyed a sundae prepared by long time volunteer Linda Gooderham and her granddaughter, Sofi.

Linda and Sofi began making these delicious treats in 2015. It's so great to see that they're still a great team 8 years later! Covid put a hold on their project but this summer they're back and we're all so happy to see them.



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.



Thank you both!



Linda & Sofi, 2015, their first year



Linda & Sofi, July 2023



"As you grow older, you will discover that you have two hands — one for helping yourself, and the other for helping others."

~ Audrey Hepburn

What's Happening?

Legacy Stories: Gifts of Love at End of Life & Beyond

At Hospice Simcoe, we are honoured to meet people and companion with them on their journey through one of the most difficult but also one of the most important times in their lives.

One of the ways we can honour our experiences and the legacy of those we love is by telling stories or recounting meaningful events. As part of our Hospice Simcoe's 35th Anniversary Campaign, we would like to invite you to contribute a story or memory that honours your loved one or share an end of life, or unexpected or spiritual experience that occurred at the time of loss or afterwards. We are putting a book together for people to enjoy.

Please refrain from using real names in your story, other than your own, or if you wish to include the name of your loved one, please use only their first name. Please keep your submissions to under 500 words.

Please send your submissions to: lori@hospicesimcoe.ca or legacystorieshs@gmail.com by August 31st, 2023.

FROM THE BOARD

Well, time sure flies by these days, especially since we are over COVID and all the restrictions have been lifted. As I look back over our past year as your Hospice Board Chair, I am continually pleased at what has been accomplished by our staff and volunteers. Our Hike, which was May



7th, was such a success with more sponsorship than ever, not to mention how the weather held out for such a good gathering. Let's not forget the Tim Hortons Smile Cookie campaign which also was a success! How very generous of our Local Tim Hortons to share the proceeds between our Hospice and RVH. The Kempenfelt Rotary club also held their Derby. We had many volunteers come out and assist in this fund raiser from which Hospice will benefit.

Our work with Seasons continues with no surprises: both organizations want what's best for our families, I had the pleasure of attending their AGM on June 28th. Pleased to report they are in good standing. We at Hospice Simcoe had our AGM June 19th where we parted ways with Board members Don Gregor, Scott Ward, Rachel Kean who had fulfilled their commitment on the board. I personally appreciated their time, commitment and assistance throughout the years, Don Gregor, Scott Ward, Rachel Kean. Chris Nichols will act in the capacity of advisors on the Seasons Merger and Scott Ward will also assist as advisor to the building committee. We won't be replacing these positions until we get closer to the merger since we will merge the two Boards together.

For those who could attend the Annual Volunteer Appreciation Dinner and Awards which was held on April 20th, it was such a rewarding experience to see so many giving volunteers in one place.

And as I close, a shout out to Dr. Brian Morris who hosts the zoom call to discuss MAID, as always such a learning experience. Thanks Dr Morris.

Looking forward to the Golf for Hospice Sept 11th and the 35th Anniversary Gala Friday November 3rd. Many thanks to all the volunteers and staff who make Hospice such a special place.

RAY TRASK, BOARD CHAIR

Lunch & Learn

**sessions will return
in September 2023**



Hospice Happenings

REGISTER NOW

GOLF
FOR HOSPICE SIMCOE

September 11th, 2023
BARRIE GOLF & COUNTRY CLUB

\$275/PERSON \$1100/FOURSOME
INCLUDES 18 HOLES, CART, LUNCH, DINNER
AND GREAT PRIZES!

SPONSORSHIP PACKAGES AVAILABLE NOW

To register, contact our Fund Development Coordinator, Jackie at: jackie@hospicesimcoe.ca or call 705-722-5995

www.hospicesimcoe.ca

Remember to register now as an individual, group or foursome for our annual GOLF FOR HOSPICE.
See you at Barrie Golf & Country Club on September 11th, 2023.



SPONSORSHIP PACKAGES:
[CLICK HERE!](#)

REGISTRATION OPEN:
[CLICK HERE!](#)

Registration includes 18 holes, cart, BBQ lunch, on-course contests, dinner and more!

HOSPICE SIMCOE
35th ANNIVERSARY

SAVE THE DATE TO OUR

35th ANNIVERSARY GALA
Memories & Milestones

PRESENTED BY
purehealth pharmacy

FRIDAY, NOVEMBER 3, 2023
TANGLE CREEK GOLF CLUB

For more information, contact: jackie@hospicesimcoe.ca

SAVE THE DATE!

Our 35th Anniversary Gala is coming up on
FRIDAY, NOV 3rd
at Tangle Creek Golf Club.

For more information, please contact our Fund Development Coordinator, Jackie at: jackie@hospicesimcoe.ca

Hospice Simcoe invites you to... **DYING MATTERS**

A community event for Conversations on Life, Death and Bereavement. Join us on
Tuesday, September 19, 2023 from 6-8pm

Basic Funerals & Cremation Choices
Jennett Memorial Centre
152 Bradford St. Barrie

Watch for information on our socials!

Like us, Follow us, Subscribe and Engage with us!



336 Penetanguishene Road, Barrie,
ON L4M 7C2 | 705-722-5995

www.hospicesimcoe.ca

Registered Charity #134433234 RR0001



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



[@Hospice Simcoe](https://twitter.com/HospiceSimcoe)



[@hospicesimcoe](https://www.instagram.com/hospicesimcoe)



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



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