

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

HOSPICE HISTORY



Over the past few months, the vision of our Hospice History segment is taking shape - like the outside of a jigsaw puzzle. This month, Heather Shortreed (pictured right) assembles some of the collected pieces of the puzzle to walk us through a time of growth for Hospice Simcoe when two programs evolved. One of Hospice Simcoe's first missions was to give the opportunity to honour the dignity of individuals with a life limiting illness by providing them care in their home. Thus, a training course for volunteers was developed. These trained volunteers were matched with clients according to their needs and wishes.

The other pieces of the puzzle fell under bereavement with the skills and passion of Kathy Irvin. One-on-one and group counselling were provided. Because of Howard Williams' experience with the funeral home, he identified the needs for people with life limiting illnesses. Fellow volunteer Patti Hipwell-Quansh liked the idea of providing a safe and private place for the dying to meet together and talk about their feelings in a home environment. Thus, the 'Circle of Friends' was established, in 1991, with members having to host groups in their own homes. The success of the Circle of Friends was to focus on the participants who knew they were dying and have them create puzzles of their own with their rainbow of emotions from anger, grief, fear to despair. The results of the program were very impressive : participants learned to focus on living fully with whatever time they had left.

Another piece of the puzzle was the introduction of bereavement walks facilitated by Mike Clothier. As the participants walked the north trail they supported each other through talk and meditation.

Heather will be providing a future story for us of her journey as a board member as her love and passion has always been palliative care with her nursing background. It is Heather's strength, determination and support in the 'behind the scenes' roles that has contributed to the magic of Hospice we know today! Heather provided a story from the early days where she had a patient in their teens dying and she phoned Elisabeth Kubler-Ross to receive help in caring for the patient. That is what compassionate care looks like! Thank you, Heather for sharing your background knowledge and your commitment to patients and their families!

Circle of Friends information provided by Alan Atkins article series celebrating the 25th anniversary of Hospice Simcoe. Thanks to Carol Holden for this article.

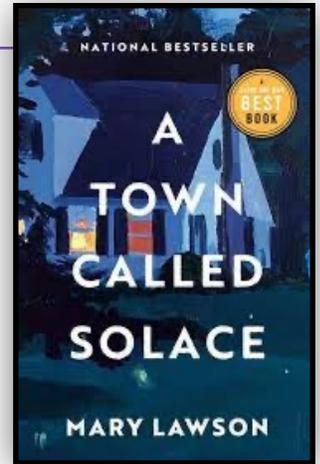
The opportunities and requests for volunteer support that appear in this newsletter are designed for Hospice Simcoe registered and trained volunteers. If you wish to become a registered volunteer, please contact Susan: susan@hospicesimcoe.ca Thank you!

Book Review

A Town Called Solace by Mary Lawson

Mary Lawson is one of my favourite authors. Her first novel, *Crow Lake*, was written in 2002, followed by books in 2006 and 2013. Ms. Lawson was born and raised in a small farming community in Ontario. Her stories are all set in the areas of lakes, rocks and forests known as the Canadian Shield in Northern Ontario. This is her most recent book, almost ten years later. It does not disappoint!

A Town Called Solace is about a family in crisis and the people around them who are impacted. Sixteen-year-old Rose is missing. Her seven-year-old sister, Clara, who adores her older sister, is bewildered and distraught. Clara takes comfort in Moses, the cat from next door who she is looking after while his owner, elderly Elizabeth, is in hospital. Liam is recently divorced and has just learned that Elizabeth has left her house to him.



The novel cuts back and forth among these unforgettable characters to uncover the layers of grief, remorse and love that connects them.



Thanks to Sharron Bowden for once again contributing a book review.

Are you an avid reader? The newsletter team is looking for contributors to our book review column. If you're interested please contact hospicesimcoenewsletter@gmail.com

Read a good book lately? Have you seen a good movie?
Do you have a favourite podcast?

LET US KNOW YOUR SUGGESTIONS, SO WE CAN SHARE THEM WITH OUR READERS...

Maddison: [The Five Invitations](#) F. Osteaski, non-fiction, (how death can teach us about living fully.)

Doris: *The Lost City*, Movie on Prime Video with Sandra Bullock and Channing Tatum. (very funny, says Doris. Borders on Hallmark!)

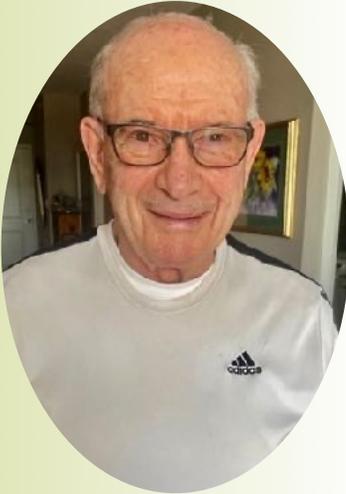
Mary Ann: [The Henna Artist](#), [The Secret Keeper](#), novels by Alka Joshi.

Dan: *The Lincoln Lawyer* on Netflix



Volunteer Spotlight

VOLUNTEER SPOTLIGHT



Brian Rivers

How long have you been a Volunteer?

I have volunteered for about three and a half years.

Why did you choose to volunteer with Hospice Simcoe?

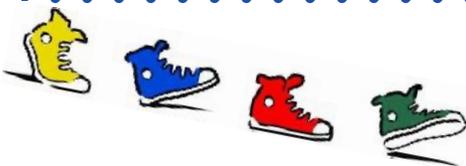
A close friend passed at hospice in the fall of 2018. I was in to see him along with my wife, Gail, just before he passed. I was very impressed with the care he was receiving and the caring staff that looked after him. The environment overall was very welcoming, supportive and compassionate. I was in the process of looking for volunteer work in the community at the time and realized that day that I had definitely found the place to apply.

What excites you most about your volunteer position?

How do you find it personally fulfilling?

While being involved in home visitation, I am able to be a companion for a client who has indicated that they need to have someone to be with and to share conversation. Listening is at the top of my list. It is very satisfying for me to be able to help them feel comfortable sharing their thoughts and feelings and to find most often that they say they feel better about their personal circumstances after we talk. I also enjoy working with clients on their legacies.

Are you interested in joining a walking group?



In March, Mary Ann Pope started a walking group with Hospice Simcoe volunteers. Since then a regular, but small, group has met Thursday mornings at the flags at Centennial Park on the waterfront to walk along the bay. If you are interested in joining the group just show up!

Hospice Volunteers to the rescue...

Speaking of our walking group.... Last Thursday as the group was walking along the waterfront, they observed a woman in distress in the water. Mary Ann Pope had noticed her on a paddleboard and had seen her fall off. Although a warm day, the water was still very cold and she couldn't get back on her board. Mary Ann immediately phoned 911 to give the location. In the meantime, some boaters at the Tiffin Launch saw what was going and went to help. Luckily everything turned out ok, thanks in large part to our Hospice Simcoe volunteers!

HR Corner

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



June is Pride Month. What does this mean?

It's a celebration of lesbian, gay, bisexual, transgender, queer, questioning, intersex, pansexual, Two-Spirit, asexual and ally (LGBTQQIP2SAA or LGBTQ2+) communities. It's a time to recognize the rights and achievements of people belonging to this community: the right to marry, right to adopt and legal equality.



There is a long history of celebrating Pride in Canada. Arguably, it started with the First Gay Liberation Protest and March, at Parliament Hill in Ottawa in 1971. In 1973, Pride Week was established for national LGBT rights. This week-long celebration included various festivities including dances, art, picnics and film screenings in cities across the country. The first Pride Parade in Canada was unofficially held in Vancouver in 1978. However, it was not until 1981, that the official municipal Pride Parade was held in Vancouver. Vancouver and Montreal hosted the first two official Pride marches and festivals in the country. Official Pride events like these, have expanded to more cities across Canada. Eventually, Pride grew to be more inclusive as well, celebrating even more members of our community.

To learn more about the history of Pride in Canada, go to this website: <https://www.queerevents.ca/canada/pride/history>

Locally, Barrie Pride was established in 2013, with a vision of advocating for, and celebrating with the LGBTQ2I+ community. This year, Barrie Pride will be hosting several in person events in recognition of Pride Month such as the Raising of the International Pride Flag at city hall on June 8th and the 2022 Barrie Pride Parade and Festival on June 11th. For more information about Barrie Pride and upcoming events for Pride Month go to their website: <https://www.barriepride.org>.



Bell Farm News

Our Bell Farm location continues to be a busy place - especially since the COVID rules are somewhat relaxed. We asked Teneal, our Community Support Programs Manager to fill us in on what's happening at Bell Farm.

Our Bell Farm office re-opened for in-person support at the end of February, and since then our staff and volunteers are hard at work.

- In April there were 18 group sessions, and in the month of May there were approximately 28 group sessions.
- We welcomed back some reception and kitchen volunteers. We are thrilled to see Beth, Mary Ann, Elizabeth, and Isabel!
- We orientated and welcomed some new volunteers, who will be wonderful additions to the team.
- Danielle worked with the marketing team to deliver a successful Dying Matters event and they are continuing to work towards the upcoming Death Café, dinner event.
- The palliative clinic is back to being in-person, and the physician team is expanding.
- The team is reviewing programming and being innovative in how to provide support. This includes partnering with other organizations to ensure high quality, consistent support to clients and caregivers.

WHAT'S HAPPENING?

HOSPICE SIMCOE INVITES YOU TO DEATH CAFÉ JUNE 14th, 6-8pm



Hospice Simcoe is excited to host our first Death Café- an evening to promote conversations about death, dying and advanced care planning. Attendees will sit at a table with their family and/or friends and read from the conversation menu for each part of the meal (starter, main and dessert).

Tickets are on sale now for \$25 each. The ticket price is solely to cover the cost of the dinner.

To register & purchase tickets, go to: <https://hospicesimcoe.ca/wp-content/uploads/Death-Cafe-Registration-Payment-Form-fillable.pdf>

There are 4 seats per table and limited space available, get tickets now!

HAPPY CANADA DAY! How Canadian are you?

How many of these Canadian activities have you completed? Let us know how you did.

Email: hospicesimcoenewsletter@gmail.com



SLEPT IN A TENT	EATEN POUTINE	VISITED 3+ CAPITALS	SEEN A BEAR	BEEN NORTH OF 60
SEEN THE ATLANTIC	BEEN UP THE CN TOWER	PLAYED ICE HOCKEY	FELT -35C TEMPS	VISITED A NATIONAL PARK
SEEN A GREY JAY	EATEN A BEAVERTAIL		BEEN TO THE CALGARY STAMPEDE	GONE SNOW-SHOEING
BEEN HISSED AT BY A CANADA GOOSE	SEEN A WHALE	TASTED REAL MAPLE SYRUP	SEEN THE PACIFIC	HAD A DOUBLE DOUBLE
PADDLED A CANOE/ KAYAK	SEEN THE ROCKIES	SUNG THE ANTHEM IN ENGLISH AND FRENCH	BEEN ON A MOUNTAIN AND A BEACH THE SAME DAY	SAID "SORRY" FOR NO REASON

Lunch & Learn: "CANCER 102"

Monday, June 27th, 12-1pm

With Dr. Morris

** Zoom links will be sent to you via email.



ZOOM Volunteer Support Meeting

with Susan & Lori

Wednesday, June 29th @ 1:30pm



ALL ARE WELCOME to our MEMORIAL SERVICE.

Lion's Gate Banquet Centre, 386 Blake Street, Sunday, June 5th, 2022. 2-3pm, followed by light refreshments.

Please RSVP, go to:

<https://www.surveymonkey.com/r/ML2292L>

HOSPICE HAPPENINGS in our community...

20th Annual HIKE FOR HOSPICE raises a record, \$145,000!

We would like to thank our Hikers, sponsors, volunteers, and staff for making our 20th annual Hike for Hospice a great success! This year's Hike raised a record \$145,000 which will go to support end-of-life care and bereavement support in our community. *Thank you for your support!*



HOSPICE SIMCOE IS ENCOURAGING ANOTHER

DINE LOCAL EVENT

GROOVY Tuesdays @Bistro

Tuesday, June 7th

Please call the restaurant directly to make a reservation for a time that works best for you! Please make sure to mention you are booking with Hospice Simcoe!

GROOVY TUESDAYS
Bistro

73 Collier St, Barrie, ON L4M 1G7 | (705) 721-0302
Tuesday Hours: 12pm-8pm

DINE LOCAL EVENT

Join us on Tuesday, June 7th as we support our local businesses. This edition of DINE LOCAL will be supporting "Groovy Tuesday's Bistro".

Call the restaurant directly and book your table. 705-721-0302.

We hope to see you there on June 7th!



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