

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### Hospice History ..... Down Memory Lane

Volunteers with a vision is how Hospice Simcoe started and today our volunteers remain an integral part of our Hospice program. Hospice history helps us paint the picture of the long journey to the programs, services and beautiful residential building we know today. In upcoming newsletters we will be featuring small segments of unique and influential events or pieces of information that will hopefully show each of us how blessed we are for Hospice Simcoe.

Thank you to Dr. Rick Irvin, who provided us with an email from Jane Fitzgerald, one of the pillars / founders of Hospice. The following letter from Jane explains the details of how volunteers with a vision came together to create something so special for generations to come.

*Carol Holden*

"I will attempt to dig into my cluttered brain to retrieve the Birth of Hospice Simcoe. It all started back in the mid eighties.

Working with the Home Care program of Simcoe County I attended the annual Home Care Conference in Toronto. There, at a workshop, I listened to a presentation by Hospice King. They showed a video of which there may be a copy somewhere in the HS office or basement. Anyway, it sounded like a good idea especially when we, on the Homecare program, were dealing with clients who were hoping to die at home.

Family fatigue, coping with the impending loss, and lack of information about symptom and pain control were just some of the issues that we saw which needed some fixing. The first group that started to talk about this was Brigid Campbell Nash, Betty Anne Stuart, Kathy Irvin, and Hazel Baxter.

We met with Jennie Macdonald - Palliative Care Coordinator at RVH and Nancy Drury- Palliative Care Volunteer Coordinator at RVH at Nancy's home as one of the issues was the lack of co-ordination from hospital to home.

We then planned a meeting in the fall of 1986 where we invited the public. We held it at the Allandale Rec Centre and 26 people attended. Hospice was not a household word in those days. There was a palliative care unit at RVH. It was also the era of AIDS.

Those who attended that meeting brought stories of caring for relatives, stories of poor pain and symptom management, stories of needing more information about their relative's condition, and stories of needed support following a death.

We began planning for something following this session and drew from that meeting the core of a working board for Hospice Simcoe.



*Jane Fitzgerald*

...continued next page

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](mailto:susan@hospicesimcoe.ca) Thank you!

# HOSPICE HISTORY

Barbara Tiovanen (education) Ian Brignell (finance), Heather Cox (secretary), Hazel Baxter (volunteers) Betty Anne Stuart, Jane Fitzgerald (service co-ordinators), Grant Noland (matters spiritual- most remembered quote- "just be there") Pat Brignell, Kathy Irvin (bereavement), and Brigid Campbell-Nash ( liaison with community).

Linda Gooderham was also one of the core group of Hospice Simcoe beginnings. She looked after publicity and funding.

This was the core group of Hospice Simcoe.

Want to know why the name??? Well often in those days we would find that people who lived in the rural areas often lacked the services which were available to the urban dwellers. I guess many of us were working in the County so we wanted the Hospice to serve all residents.



Just about that time a group in Collingwood was also starting a support group for those who hoped to die at home, so the concept of support for the dying and their families was beginning to spread. Huronia and Orillia followed.

We trained our first group of volunteers, became incorporated, set up a working board and assessed the first client on July 1st 1988.

We were on the first board of the COMMUNITY HOSPICE ASSOCIATION OF ONTARIO (one of eight members). It is now the Hospice Association of Ontario.

The Ontario Palliative Care Association which existed at this time was mainly concerned with palliative care within institutions and was not interested in us because our focus was on providing support through a trained volunteer. "Dying is not a medical condition but a part of life."

Kindest regards,

*Jane*

**We would love to share your story as a piece of Hospice history and encourage all to send your information to [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com) and we will follow up to get your story.**

## You have a unique gift to offer this world.

Be true to yourself, be kind to yourself, read and learn about everything that interests you and keep away from people who bring you down. When you treat yourself kindly and respect the uniqueness of those around you, you will be giving this world an amazing gift – you!

*By Steve Maraboli*

# VOLUNTEERS

## The volunteer spotlight continues to feature members of the Board of Directors.

Although they are not as visible in their volunteer positions, their work behind the scenes is crucial to the success of Hospice Simcoe. They support and collaborate with Kelly to ensure that strategic planning, future visioning, financial viability and quality/safe care are in alignment with community needs and provincial mandates.

### VOLUNTEER SPOTLIGHT



Rachel Kean

- **How long have you been a Volunteer Director for Hospice Simcoe?**

*I have been a Volunteer Director for about 4 years now. I believe I joined as a Volunteer Director in 2019.*

- **Why did you choose this area of volunteering?**

*I work in the field of healthcare. While I am not a clinician, my role requires me to have clinical exposure. To me the healthcare journey is so complex and includes many facets, and I think the better we understand the entire patient journey, which includes death, the better we are able to make informed decisions.*

- **What excites you most? How do you find it personally fulfilling?**

*I really enjoy quality focused strategic planning. At Hospice Simcoe there have been significant growth and opportunities, and all the while the patients' quality focused outcome, and the patient and family journey has been at the centre of decision making. That to me is so important.*



## March is National Social Work Month

*March is the month when we recognize the wonderful work done by our fabulous Hospice Simcoe social workers. Take a minute this month to let our team know how wonderful they are!*

*“National Social Work Month, observed throughout March, uplifts the social workers of our country and celebrates their constant contributions to our society. These professionals use psychology and sociology to solve social issues and improve individual lives – and it’s no easy feat! Social work can be emotionally draining, require long hours, and pay entirely too little, yet still, these superhumans strive every day to improve many people’s quality of life and advocate on their behalf. Take some time out this month to recognize social workers and the great things they do.” from [nationaltoday.com](http://nationaltoday.com)*



# HELP SPREAD THE JOY

In last month's newsletter we asked you to send photos to show what's bringing JOY into your lives these days. We had such an enthusiastic response.... and the photos are still coming in.

## From Robin Milani...

"In this picture, my family members are toasting a personal New Year on my birthday. It reminds me of the joy that was felt that day and the joy I feel today as I share this heartfelt 2022 New Year's toast with the Hospice Simcoe staff, volunteers, residents, families and community supporters.

Toast the past and memories gay,  
Toast tomorrow a fresh new day.  
Toast the joy that comes with sharing,  
Toast fulfillment that comes with caring.  
Toast each other, family and friends,  
Toast the love that never ends.

Thank you, Susan, for making volunteering a joyful experience which colours my life with rainbow hues."



Her children and grandchildren bring joy to **Marjan de Jong Deller!**



This beautiful sunrise on the bay brought joy to **MJ Adams...**  
Gorgeous!



**John Porter** used his newfound sculpting skills to create snow characters. Minnie Mouse brought great joy to his granddaughter, Rudy!

# HELP SPREAD THE JOY



Just a few of the things that bring joy to Sandy Dudley...”Walks around our neighbourhood and also on the boardwalk, watching the birds outside my kitchen window, theatre, trips to Toronto, time with my husband, family and friends, indoor and outdoor visits, cooking, taking the grandkids to see Niagara Falls lights, art, and, of course, Hospice.”



**From Darlene Botman** “... for me it was escaping to Ste. Anne’s Spa for some self care. With Covid restrictions still in place it was nice to get a wee bit of normal from our past lives. A snowshoe along the forest trail was just what the doctor ordered.”

### What brings Daisy joy?

...going to our friend’s farm every morning and afternoon for a run in the fields and a visit with her bovine friends. She loves the farm but I’m sure she would be happy to forfeit one run a day to be with her work family.

*From Lynda*



A snowshoe hike across Six Mile Lake while winter camping with her hubby, Len, brought a smile to Susan’s face.



# SOUP!

During one of our newsletter zoom meetings we were extolling the virtues of soup. All of us agreed that there is nothing like a hearty soup to make these chilly days seem a bit warmer. Since many of you enjoy seeing recipes in this newsletter, we thought we'd include a couple of tasty recipes.

## Chunky Pizza Soup - shared by Doris Davis (This is easy and yummy!)

1T veg oil	1 can plum tomatoes (28 oz)
1 small onion, chopped	1c beef stock
1/2c sliced mushrooms	1c thinly sliced pepperoni
1/4c slivered green pepper	1/2tsp dried basil
1c shredded mozzarella	

In saucepan, heat oil over medium heat; stir fry onions, mushrooms and green peppers until soft but not browned. Add tomatoes, stock, pepperoni and basil. Cook until heated through.

Ladle soup into 4 ovenproof bowls, sprinkle with cheese. Broil until cheese melts and is bubbly.

Alternatively, microwave at high for 1 1/2 minutes or until cheese melts. **Serve immediately.**



## Coconut Pumpkin Soup - shared by Susan Haiplik Makes 4 servings

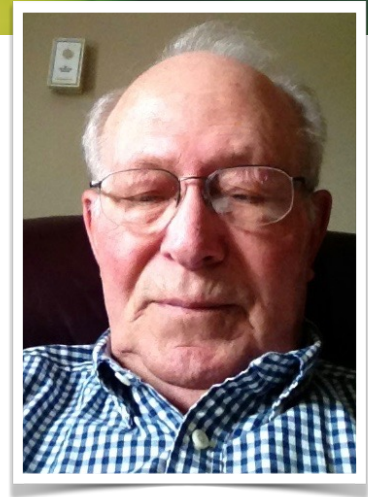
1 15 oz (400g) can chicken or veg broth	- Combine all ingredients, except chicken, in a pot.
1 15 oz (400 g) can lite coconut milk	- Cook for 10 minutes.
1 15 oz (400g) can pumpkin puree	- Add 3 oz. (85g) of cooked chicken to a bowl.
1 organic onion	- Pour 1 1/3 c. of soup over chicken and enjoy!
1/2 tsp. cumin	<b>Vegetarian option - leave out the chicken.</b>
2 tsp. curry	Add 1/2c (100g) warmed chickpeas to each bowl.
1/8 c. (12g) fresh ginger	
12 oz (340g) cooked chicken breast (added to soup after)	



# FOCUS ON VOLUNTEER Henry Bergsma

For many people joy can be found by listening to a special song, skiing on an open hill, watching a favourite movie or reading a just released novel. Others find joy in art. Henry Bergsma, a nine year Hospice Simcoe volunteer, is one of those persons. In his case, creating art is a passion.

Henry has been painting since the early 70s. As a young teacher, Henry enjoyed blackboard drawing, a skill was once necessary in a classroom that was many years away from computers and smartboards. He discovered he was quite good at it and thought he might benefit from some art instruction. In the early 70's, Henry signed up for a six week course in oils, and, following that, a course in acrylics. Upon completion of the courses, Henry's instructor had the students' completed paintings entered in a contest in a friend's gallery. Henry won "Most Promising Artist." And, judging by the photos below, it's easy to see why.



Simcoe Hotel, Barrie. Mid 1920's.

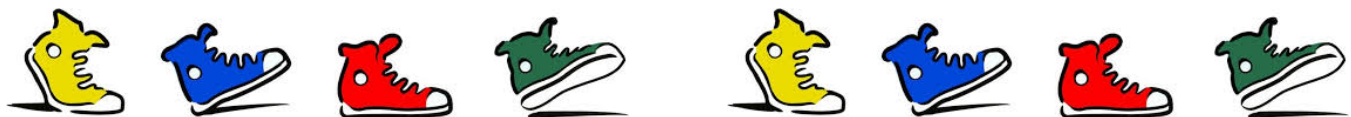
Although Henry continued to paint during his work years as a teacher and principal, he became more prolific when he and his wife moved to Tollendale Woods. There, he has a designated spot to work and a display area as well where others can enjoy his creations.

The medium most often used by Henry now is watercolour. (The paintings pictured here are both watercolours.) Scenes from times past and character drawings are favorites with Henry's admirers.



One of a series of Character Representations of Dutch farmers from the 1940's- early 1950s.

*Thank you, Henry, for spreading the joy by sharing your paintings with us.*



Are you interested in joining a walking group? Mary Ann Pope is on the lookout for any volunteers who would like to meet on Thursday mornings at 10:00 at the flags near Centennial Beach. Initially, the walks would be 15 minutes out and 15 back. Hopefully we would be working up to an hour total as the weather gets warmer.

If you would like to be part of this group, please send your email to [mrsmap27@icloud.com](mailto:mrsmap27@icloud.com)

# GRIEF & BEREAVEMENT

## From Colleen

### Bereavement Team Trainings

Being bereaved is never easy. It marks a time where people have had to say their final good-byes to someone who was of significance to them (whether good or bad). It can be a time of major upheaval, transition, and growth that is difficult to wrap your head around; and is frequently accompanied with a bombardment of thoughts and feelings. Grief is something that will happen to everyone at some point in their lives; however, since early 2020 we have seen an unprecedented amount of it. What makes grief particularly challenging at this time is that people have not had access to the protective factors (example: family, friends and community resources) that help them with processing their loss and moving forward.

These global conditions have resulted in people needing support and community more than ever. To ensure the grief and bereavement needs of our community are being met, the Bereavement Team is pleased to offer these upcoming trainings for all staff and volunteers.



### Bereavement 101:

No matter what the role at Hospice Simcoe, we are all confronted with grief and loss in our work. We will address some of the basics of grief, including: debunking common myths and misconceptions, how to support a grieving person, and what to do when grief gets messy. Delivered through Zoom, videos, and reflective exercises, this program offers an opportunity to explore grief and loss through the lens of our own experiences and through the stories of others.

*This training can host a maximum of 30 participants, please register to reserve your spot.*

**Dates:** March 16<sup>th</sup> (full day) | March 23<sup>rd</sup> (half day)

### Facilitator Training:

Group facilitation can be a highly rewarding experience. It allows you to be a temporary passenger in peoples' grief stories; while bearing witness to how powerful and impactful human connection and community is. Except this role involves far more than showing up. Through this training, participants interested in leading groups will learn the ins and outs of the role as a co-facilitator, how to manage the group dynamics, and how to use oneself effectively in this supportive setting. Delivered virtually through zoom, this program will provide the opportunity for participants to broaden their supportive toolbox so they can manage the needs of multiple people at once.

*This training can host a maximum of 10 participants, please register to reserve your spot.*

**Date:** March 9<sup>th</sup>, 2022 – 9:30am-12pm

**To register for either of these workshops, please email [amy@hospicesimcoe.ca](mailto:amy@hospicesimcoe.ca)**

It's all the love you want to give, but cannot. All that unspent love gathers in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.

**Grief is just love with no place to go.**

*Quote from: Jamie Anderson. She writes Doctor Who novels.*



# BOOK REVIEW

## By: Sharron Bowden

### WE MUST BE BRAVE by Frances Liardet

We Must Be Brave is the story of Ellen Parr and the children she loved and lost. I struggled writing this review. It brought back memories from my early childhood, during the late 1940s and early '50s. The war was over and soldiers were returning home. Jobs were scarce and it was a tough time for many people.



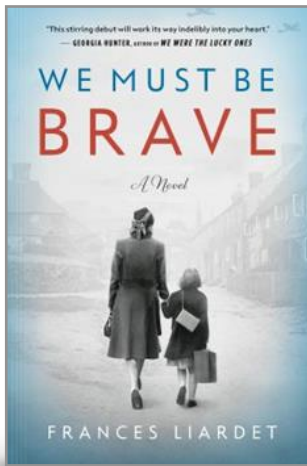
Just prior to the beginning of World War II, Ellen's father lost the family money and took his life. Ellen and her mother struggled to find food and lodging. When she was 18 she married a man much older than she, but found her true heart.

When Southampton was bombed in 1940 many of the residents fled to the village of Upton where Ellen and her husband lived. The residents of Upton were providing homes for the children who had escaped. Ellen found a young girl, alone, in the back of a bus. There was no sign of her mother. Ellen and her husband took young Pamela home with them. Her mother was never found.

We Must Be Brave is a story of courage and hardship and kindness and friendship and enduring love.

It is one of the best books I have ever read.

*Sharron Bowden, Hospice Volunteer*



**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.**



- \* HEATHER COX : **Off the Record**- *Peter Mansbridge* A reviewer wrote, "Reading this book is like sitting down with a trusted old friend who saw everything you saw and more." My feelings exactly.
- \* ISABEL PARK: A great musical movie on Netflix is "Finding Figaro". This takes place in a tiny Scottish village- full of fun and great singing - and if you are a Joanna Lumley fan- then it's a must.
- \* SANDI PORTER: *Inventing Anna*- series on Netflix, loosely based on a true story. If you enjoy Ruth in Ozark, you'll like this.
- \* CATHY CHARLTON: **Honor** -Thrity Umrigar

# WHAT'S HAPPENING?

## From the Chair...



Hello Everyone,

As I am writing this, it is Family Day and the eve of our re-opening at Hospice. It was just delightful watching the news this morning where they were interviewing families enjoying activities together. The reporter asked a sweet little four year old girl what the best part of her day was. "This is fun skating but after we are going to my Nana's for hot chocolate and we can hug now"! I had tears in my eyes. I know I have said this before, that things are looking much brighter, but I truly believe it this time. There is an end in sight and although there were good reasons for such drastic measures to control the spread of the virus, I think the experts are seeing that, in the long term, they are not sustainable. I am especially happy to see kids back to school and that they are able to participate in extra curricular activities. There are so many more benefits than academics to attending class in person that are important to a child's overall well being and development.

And then, of course, I know we are all excited to see the plans to re-open Hospice! Yahoo. 🎈🎈🎈. Such a big part of a dedicated volunteer's life! You have been missed, although I am aware that many have found innovative ways to continue supporting the team and residents, which has been very much appreciated. Your absence has a huge impact on staff workloads and morale in the house. Never underestimate the value of your contributions and thank you!

I want to take this opportunity to commend the leadership team for their guidance and direction through all of this..... JUST AMAZING. No major outbreaks, staffing stable throughout, residents and families safe. If that isn't enough, fundraising events, including the Annual Appeal have set new records.

So much good news. The Board has not met as we felt it was a priority to lessen the burden on Kelly and Cathy. Their attention was required to maintain the status quo of the daily operations. Well, that, and Cathy had to be in Arizona to welcome baby Lucy! Congratulations to you and family, Cathy.

We will be holding a zoom meeting at the end of this month and committees are also resuming normal activities. Our finance team met recently to review this year's budget proposal. As always, lots occurring behind the scenes to ensure the viability and fiscal stability of the organization.

Enjoy your time back at Hospice Simcoe. Thank you to our volunteers, staff and generous community.

Sincerely,

*Chris*

**LUNCH & LEARN**  
**Monday, March 28th:**  
**12-1pm**



**Topic: 'Secrets to a Beautiful & Bountiful Garden'**

Master Gardener, Joan Nieman-Agapas will share practical & proven techniques to make your garden sanctuary more enjoyable with less work.

\* Zoom presentation (link will be sent to you via email)

**Volunteer Support Meeting**  
**with Susan & Lori**  
**Thursday, March 24th @ 2pm**

\* Zoom presentation  
 (link will be sent to you via email)

# HOSPICE HAPPENINGS in our community...

## MARK YOUR CALENDAR! SUNDAY, MAY 1<sup>ST</sup>

OUR 20<sup>TH</sup> ANNUAL HIKE FOR HOSPICE...AND IT'S IN PERSON!!

# HIKE FOR HOSPICE



MAY 1<sup>ST</sup>, 2022



After a long break due to the restrictions of COVID-19, we are excited to announce that our annual HIKE FOR HOSPICE will return to an in-person event!

Join us at Sunnidale Park on Sunday, May 1<sup>st</sup> as we remember loved ones, celebrate friendships, and help raise funds to support Hospice Simcoe's residence and community programs. We hope you and your family, friends and colleagues will hike with us again this year for our biggest event ever.

Thanks to the generous support from our event sponsors, 100% of the funds raised goes directly to our programs and services.

Help us hit our goal of \$130,000 this year and walk in memory of your loved ones.

For further details, to register, or to donate, visit [www.hospicesimcoe.ca](http://www.hospicesimcoe.ca) or contact Josie at [josie@hospicesimcoe.ca](mailto:josie@hospicesimcoe.ca)

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