

# HOSPICE HAPPENING

## VOLUNTEER NEWSLETTER

**National Nursing Week**  
May 9-15, 2022

**We answer  
the call** cna-aic.ca



SHARE YOUR STORY

#CNA2022 #WeAnswerTheCall  
#IKnowANurse #NationalNursingWeek



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*“The theme for National Nurses Week this year is #WeAnswerTheCall and was developed by the Canadian Nurses Association to show the many roles that nurses play in a patient’s health care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community.”*

**Check out the link:**

**[Canadian Nurses Association](https://www.cna-aic.ca)**

## HAPPY NATIONAL NURSING WEEK May 9-15, 2022

Throughout the pandemic, we have watched our clinical care team provide continual compassionate care at Hospice Simcoe. We, as the volunteers at Hospice Simcoe, remain in awe as this team is always there to #AnswerTheCall. The team’s commitment to meeting the needs of our residents and their families has never wavered. It seems, as well, that they have even maintained their sense of humour over these past two years of COVID.

National Nursing Week is always held during the week of Florence Nightingale’s birthday, May 12th. This is a week to celebrate our ‘Back of the House’ women and men who provide quality care. In truth, they are celebrated year round. Cards and letters of appreciation and gratitude arrive daily from family members of former residents of Hospice Simcoe. These cards extol the virtues of these wonderful professionals who have helped

their family members along the path of their final journey. Being a hospice clinical team member takes a very special person and we are so lucky to have so many of these very special people on our team.

The following page has excerpts from notes we have received. As you read them, think of how important our clinical team is to Hospice Simcoe and make sure to let them know how much they are valued.

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!

# THANK YOU'S

**We are honoured to receive Thank You notes from our community. Here are some of the kind words of thanks that Hospice Simcoe has received...**



*"Thank you for providing and caring for our mom and allowing her to pass with honour and surrounded by love."*



*"Your kindness and caring will never be forgotten."*

*"We will be forever grateful for all that you did for our family while \*\*\*\* was in your care. You are angels on earth."*

*"We cannot express in words our feelings of gratitude for the comfort and care provided by staff and volunteers."*



*"My wife wanted to die at home. In my eyes, she was as close to being at home as was possible."*



*"Many thanks to everyone who helped our mother pass away in comfort. Your support and understanding will never be forgotten. As a registered nurse it is my opinion that the hospice model and philosophy far exceeds any end of life care that can be offered in a hospital or home setting."*



*"Words cannot express our gratitude and deep appreciation for your love and care for us as a family during \*\*\*\*'s stay there. It is never an easy time, but your support helped ease our grief during this journey."*



*"We thank you so very much for the love, kindness and support we all received. It was our dad's privilege to pass amongst such wonderful people. You will never be forgotten."*



# VOLUNTEERS

## VOLUNTEER SPOTLIGHT



**Donna Greatrix**

**How long have you been a Volunteer?**

I have volunteered for approximately 9 years.

**Why did you choose to volunteer with Hospice Simcoe?**

I was the first invited Reflexologist at Hospice Simcoe, offering gentle foot sessions to residents, family and staff. It is extremely rewarding to offer a little time of comfort to all and to introduce the art of reflexology to so many people. I became a singer with the Tuesday afternoon group called "Tuesday Afternoon". Such a fun group of people to share music with! I really don't know who has more fun, but I think it might be us.

**What excites you most about your volunteer position?**

**How do you find it personally fulfilling?**

As volunteers, if we can be a short diversion, a time of fun or pleasure or emotional release, then we have done a very good job.

In recent months I have begun making small artworks to adorn Hospice such as butterflies, Christmas ornaments and paper flowers. A diversion for me now and a little colour to add cheer.



**A huge welcome to our newest group of volunteers:**

(L to R) Simon, Matt, Rhonda, Eileen, Carol  
Front: Evelyn, Jane! (Daisy's a veteran volunteer)

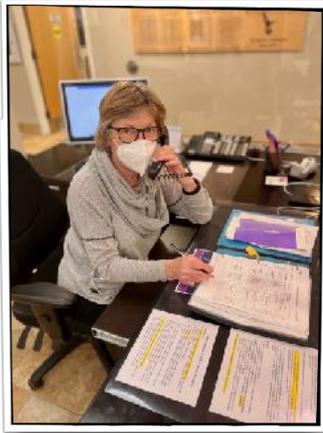


**Many thanks, once again,**  
to Jenn & Jeff Green and Dr. Mossman & her husband Dave, for once again preparing Easter dinner for residents and staff.



# HOSPICE HISTORY

*This month, as we continue our Hospice History series, Carol Holden asked Heather Cox about her roots with Hospice Simcoe.*



Heather's Hospice History starts with an invitation from Kathy Irvin to an information session at Allandale Recreation Centre. Heather appreciatively described how Kathy was very helpful through Heather's husband's cancer journey, leading up to his death in September 1986. Kathy "truly was an angel", Heather stated gratefully - inviting Heather into her home for many conversations over a cup of tea. (This was not long after Kathy lost her own daughter Debbie to cancer.) This is what Hospice is all about; becoming something larger than yourself.

Heather joined the group as the recording secretary and documented the ways to provide support for those in our community who were facing a life-threatening illness. The goal was to support the ill person and their family, where the wish of dying at home was not always an option.

The Hospice Simcoe name was chosen to capture its broad geographical focus. Once the name was chosen, Hospice received a generous donation from the Huronia Rotary Club. This, along with a development grant from the Ministry of Community and Social Services provided the opportunity to incorporate and offer the first volunteer training. In July 1988, Hospice Simcoe officially opened for business with a community nurse sending the first referral for assessment!

Heather's minutes reflected that "The seeds of Hospice Simcoe's first educational services were planted in the winter of 1988. As novices in the field, we gathered ideas from as far away as St. Christopher's Hospice in London, England and Hospice by the Sea in Boca Raton, Florida. Canadian sources included the palliative care services at Royal Victoria Hospital in Montreal and St. Michael's hospital in Toronto. Our most significant help came from Hospice King just a few kilometres south of Barrie. In April of 1988 we took the plunge and offered our first volunteer training program to seventeen participants. The eighteen hour course was given over 6 weeks and was well received. By May of 1993 approximately 150 volunteers and interested health care workers had completed our training program."

Heather knew she had to be part of this ground-breaking vision and juggled family life with volunteering in-home, in addition to being recording secretary! After about five years, when the foundational work was complete, Heather stepped back to focus on family and career but knew she would rejoin when her life slowed down. She retook the volunteer course in 2010 and has been an active member with Hospice ever since!

Thank you, Heather for sharing official recorded minutes that have now created Hospice history and for following your heart to Hospice, at a time when yours was broken with two young children and yourself to care for!

# Thank you Chris!

*Chris Nichols is stepping down as Board Chair after five years in that position. Chris has been a faithful contributor to this newsletter, always keeping us informed as to what's happening on the Hospice Board. Thanks so very much, Chris!*



Hello Everyone,

Busy times at Hospice Simcoe, with many good news stories! The Board of Directors has been hard at work, supporting Kelly and team to realize current strategic directions. There have been great strides made in developing meaningful partnerships and exploring ways to streamline services, avoiding duplication and redundancies. Having worked in health care for over 40 years, we consistently hear that systems are complicated and difficult to navigate. This leads to inefficiencies, higher administrative costs, but most importantly confusion for clients who are trying to access help during a vulnerable time in their lives. Hospice Simcoe is becoming a recognized leader in many of these initiatives. Kelly is

*Thank  
you* 

intricately involved in the development of the Barrie Ontario Health Team. She is a driving force ensuring Hospice and Palliative Care continue to be a priority at planning tables. I am proud to report that several Board members are active in providing support and their expertise in some of these initiatives.

One of the biggest challenges currently is the exponential growth of community programs. Not necessarily providing services, but space!! In the near future, a working group of Directors and Kelly, of course, will meet to further discuss either plans to build on the property we own or continue to lease. More to come on that!

I also wanted to mention that this will be my final article for the Newsletter. I'm sure the incoming Chair will continue. I think it's very important that the Board be visible and recognized as part of the volunteer team. You should know what we're up to. I will be staying on as Past Chair to assist with the transition. It has been an honour and privilege to serve as Board Chair. I want to thank my colleagues and Kelly and Cathy Charlton for all their support over the years.

*Sincerely, Chris*

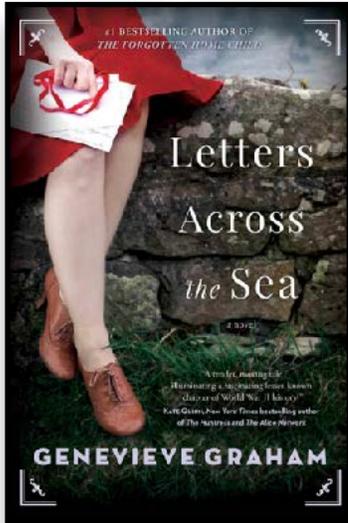
*Hello everyone,*

*On behalf of the volunteers and staff we want to thank Chris Nichols for everything she has done for Hospice Simcoe! Chris has been involved on the Board of Directors for eight years and Board Chair for five of those years. She possesses in depth knowledge of the health care system, tremendous leadership skills and shares our passion for palliative care provision and bereavement support. Chris has been actively involved in accreditation, governance, finance, and quality aspects of our organization. She has been integral in developing and leading a highly functional governing Board! She has always been very supportive and dedicated to Hospice Simcoe! It is not goodbye! Chris will act as Past Chair for this coming year. Please join me in a huge "THANK YOU" to Chris!*



*~ Kelly Hubbard, Executive Director of Hospice Simcoe*

# Book Review



## *Letters Across the Sea* by Genevieve Graham

*This is the second book I have read by Genevieve Graham. I love that she writes incredible stories about historical facts previously unknown to me. It's a bonus to be educated while reading a great book.*

*Letters Across the Seas chronicles the lives and love of two people from very different cultures. Molly is from an Irish Catholic family and Max's family is Jewish. They grew up on the same street in Toronto in the 1930's and they and their families were friends and neighbours until the Christie Pitts Riot, the largest ethnic riot in Canadian history. Max and Molly were not allowed to speak to each other again. Molly became a newspaper reporter for the Toronto Daily Star and Max became a doctor.*

*This book is also about the role Canadians played in World War II.*

*Max and his friends and Molly's brothers enlisted. They were captured and sent to POW camps in China and Japan. The atrocious treatment of the soldiers at those was unbelievable and well documented. Max did survive and returned to Toronto.*

*If you decide to read this book (I recommend it highly) make sure you read Graham's "A Note to Readers" at the end of the book.*



***Thanks to Sharron Bowden for once again contributing a book review. We're so glad you're such a voracious reader with wonderful book suggestions!***

**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.**



- Kathy M.:** Anatomy of a Scandal, drama mini series on Netflix  
**Sandi P.:** The Things We Keep, novel by Sally Hepworth. Line of Duty, British police drama on Netflix. (One of the very best series! And there are 5 seasons to enjoy.)  
**Sharron B.:** Wish You Were Here Jodi Picoult  
**Susan:** The Waiting Room Revolution, website, podcast & Instagram.  
 Hosted by: Dr. Samantha Winemaker & Dr. Hsien Seow



# WHAT'S HAPPENING

## Community Support Programs on Bell Farm Road

### ZOOM Lunch & Learn Monday, May 30th 12-1pm



Hospice Simcoe's first research project "A Mixed-Method of Medically Assisted Death (MAiD) in Ontario Residential Hospices" presented by Dr. Brian Morris and Kelly Hubbard.

For future Lunch & Learn and/or Volunteer Support Meeting suggestions, please submit ideas to: [susan@hospicesimcoe.ca](mailto:susan@hospicesimcoe.ca)

### ZOOM Volunteer Support Meeting with Susan & Lori Wednesday, May 25th @ 2pm

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

At Hospice Simcoe, we strive to create open communication and provide support for those who are dying and bereaved. There can be feelings of apprehension and sadness when it comes to talking about death and grief, and often in our culture it isn't always openly discussed with family, friends and those in our community. Through different educational opportunities, workshops and events, Hospice Simcoe wishes to help guide those conversations and encourage everyone to start talking about dying, death and bereavement. We are here to help.

#### Some of the Community Programs available:

- Bereavement Support
- Mindful Meditation
- Writer's Club
- Expressive Arts Group
- Book Club
- Ended Beginnings
- Kids Grief Matters
- Dying Matters

### UPCOMING EVENTS:

Join us for our upcoming virtual event on "DYING MATTERS", on Thursday, May 26th from 7pm - 9pm. Our guest speaker, Ian Robertson will speak on the topic of, "COVID-19 in the Workplace and the Impact on Professional Caregivers".

REGISTER FOR THIS VIRTUAL EVENT AT: [https://us06web.zoom.us/webinar/register/WN\\_-0gVNLaQ5ScdjNdgGwzBQ](https://us06web.zoom.us/webinar/register/WN_-0gVNLaQ5ScdjNdgGwzBQ)

If you have any questions, please contact our Community Care Coordinator, Danielle Marshall, BSW, RSW at 705-725-1140 or email: [danielle@hospicesimcoe.ca](mailto:danielle@hospicesimcoe.ca)



## DYING MATTERS

CONVERSATIONS ON LIFE, DEATH & BEREAVEMENT

THURSDAY, MAY 26, 2022  
VIRTUAL | 7:00PM - 9:00PM

CLICK HERE TO REGISTER

TOPIC: "COVID-19 in the Workplace and the Impact on Professional Caregivers"

GUEST SPEAKER: **Ian Robertson, MSW, RSW**

# HOSPICE HAPPENINGS in our community...

## A GREAT VOLUNTEER APPRECIATION EVENT!

*We were so thankful to gather face to face, enjoy lunch and acknowledge our amazing volunteers. We thank you all for your contribution to Hospice Simcoe!*



## HIKE FOR HOSPICE



### We had a fantastic Hike for Hospice 2022!

We thank all of those who were able to join us. Stay tuned for updates on the fundraising total and more photos...



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