

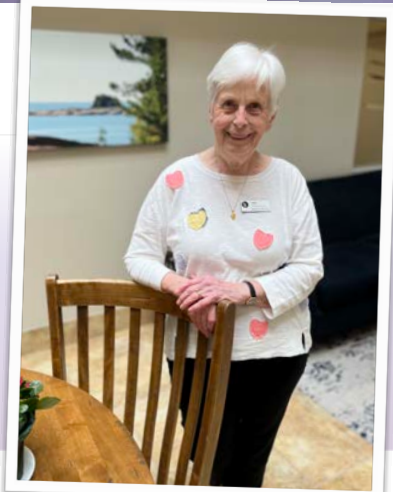
# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

### *Congratulations to the...* June Callwood Recipient!

Judy Odlozinski, a longtime Hospice Simcoe volunteer, was chosen by her fellow volunteers and staff as this year's recipient of the June Callwood Award. Judy's strong commitment to volunteering is recognized in the house and in the community.

Carol Holden chatted with Judy about her wonderful contributions. Judy will be recognized as our June Callwood Circle of Outstanding Volunteer Award recipient at the annual HPCO conference on Sunday, June 11th.



Judy Odlozinski reflected on the sight of a man watching helplessly as his wife was being transported from their home to a hospital to die. But it was his heart wrenching statement as he pleaded, "But you said she could stay at home" that Judy will never forget. That was many years ago, when there were promises to stay at home but the services weren't there yet, Judy explained.

Judy's love in nursing was always palliative care but the ideology and philosophy of the early 80's provided clinical care without programs and supports. Hospice was still a vision on the horizon as Judy recalls so many conversations with her patients in the still of the night. Her 11 years of night nursing taught her the importance of the need for patients to "unburden themselves, their worries and have someone to relay their hope to." It is that love, passion, and experience that Judy has brought to Hospice Simcoe, where she has been volunteering for the past thirteen years. She shared the story of how she and her family had the privilege of continuously surrounding her dying mother for almost two weeks in a long-term care home. Her heart went to all the patients who wouldn't or couldn't have family at their bedside to receive that caring support. Judy knew then where her community volunteering would be when she retired. She has brought that compassionate heart to her role at Hospice.

Judy described her hospice training as excellent, where she could now embrace the movement and philosophy that she believed in so long ago. While Judy at first selected home visiting, as that was where her comfortability level lay, it was too soon after her mother's death so she started in the kitchen. Thirteen years later, Judy is still in the kitchen, and has added home visiting; she feeds the hearts and souls of others in both positions. The kitchen you see today at Hospice has transformed many times as Judy describes how they journeyed to 'find their way as to what food the residents should be offered and available in the house'. Today, Judy is considered the 'Jack of all cooking' who loves to discover new recipes. She has been part of the infamous Wednesday morning dream team we wrote about last year that collectively "have almost 35 years in the Hospice kitchen nourishing the families of our residents with food for the weakened soul". In addition to the kitchen and home visiting, Judy assists with contacting and debriefing with other home visiting volunteers, and any of the other annual events or projects. *...continued next page*

**All welcome to attend the AGM (ANNUAL GENERAL MEETING) held on**  
**Monday, June 19, 2023 @ 5:30pm at 336 Penetanguishene Rd. Barrie. ON L4M 7C2**  
**Please RSVP to: [judi@hospicesimcoe.ca](mailto:judi@hospicesimcoe.ca)**

# Volunteer News

## *June Callwood recipient continued...*

Although there has been much growth at Hospice Simcoe, Judy notes that “(we) have been able to keep the founding philosophies where volunteers continue to be supported and listened to through that growth.” Judy credits Kelly’s leadership for maintaining these foundational beliefs, standards and processes. She also spoke with admiration how privileged she felt to meet and learn so much from founding leaders like Jane Fitzgerald and Hazel Baxter. “They embodied what I thought Hospice should be”, Judy said proudly.

Hospice centres Judy’s week, and it is here that she sees that same admirable sharing of knowledge and companionship. She continues to feel privileged to learn from committed, gifted volunteers with a sense of satisfaction that comes from being challenged both spiritually and cognitively.

Hospice is thankful that Judy brings her experiences, her wisdom, and her passion to her volunteer role. It is our privilege to honour Judy as this year’s June Callwood recipient! Judy gracefully stated, she is “humbled to represent all other volunteers and honoured to see the people who have gone before”. “These are big shoes to fill”, she stated quietly.

Let us take Judy’s kitchen philosophy as our life focus, “When you have lemons, you make lemon squares.”

Thank you, Judy for sharing the gift of yourself with Hospice! Congratulations!



## *Spring is in the Air*

It’s Spring and the gardens at Hospice Simcoe look wonderful, thanks to the work of many volunteers.

*(More about them next newsletter.)*

We know that many of our volunteers have been working on their gardens too. If you have a photo of your garden or any gardening advice you would like to pass along please send it to us at:

[hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com).

Hopefully we can fill an entire page with them in our next newsletter.

*Remember if you’re shopping at*

Bradford Greenhouses  
**GARDEN GALLERY**

*mention Hospice Simcoe at the checkout! A percentage of your purchase cost will go towards decorating the house. Last year we received over \$800!*



# Volunteer Spotlight & Book Review



## *Volunteer Spotlight: Joanne Cockburn*

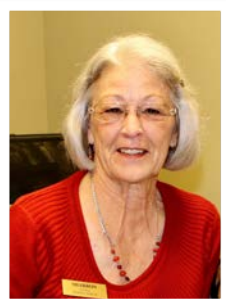
*We are varying from our regular format this month as we introduce you to a long time volunteer who no longer spends her time volunteering in house or as a visiting volunteer. She has, however, found her own special way to continue helping Hospice Simcoe. Thank you Joanne for sharing your story.*

In 1995 we lost two close friends who died because of cancer in their early sixties. For the last four weeks I stayed with Shirley so her husband could golf with the 'boys'. I learned about the devastation illness creates in families. In January 1996, I took the Hospice course at 80 Bradford St. and my love affair with Hospice began.

I kept a diary of my visits and many I do not remember. There was 'Grandma' who lived 22 km away with her daughter, 3 grandchildren and sometimes someone extra. I visited her for 3 1/2 years and thought she was really old - 83! It was always a 4 hour visit so on two occasions I baked a cake for them - they loved it.

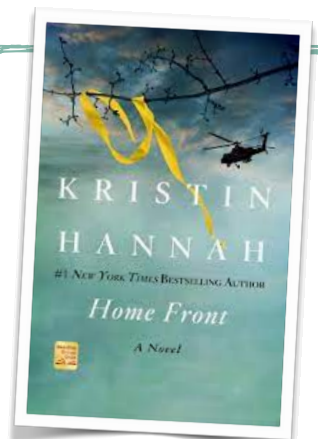
On another note - there was a 'romantic' Italian man who I shared with another volunteer. In the end we had a meeting with our Hospice boss and his visits ended!

In September 2015, I was not able to visit any longer so I decided that everyone who is sick has cold feet. With that realization, I decide to start knitting 'fun socks' for clients who are visited in their homes. I plan to continue until my eyes give out!



## HOME FRONT, by Kristin Hannah

I have read several of Kristin Hanna's books and have enjoyed them all. Home Front does not disappoint. It is the story of families in crisis when best friends Jolene and Tami, who are Black Hawk helicopter pilots in the U.S. army, are called to active duty during the war with Iraq. The novel chronicles what happens to them when they are gone, and what happens to their families when they return home. If you choose to read this book keep the tissues handy.



*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](mailto:hospicesimcoenewsletter@gmail.com)



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](mailto:susan@hospicesimcoe.ca)**

**Thank You!**

# Volunteer Awards Dinner



On April 20th, over one hundred of our volunteers gathered together at the Lion's Gate Banquet Hall to celebrate one another. There were many smiling faces in the crowd as we joined together, without masks, for the first time in three years. We had the opportunity to mix and mingle, to share some laughs... and a few tears ... and to enjoy a lovely meal.

**Many thanks to our keynote speakers, Rowley Ramey and Jessica Caruana who shared their powerful stories with us.**

*Kudos to Susan, Connie & Jackie for organizing this event, and to Michelle for all of the excellent photos!*



# THANK YOU...Volunteers

## May was a VERY busy month at Hospice Simcoe!

The Tim Horton's Smile Cookie campaign became a Spring Event this year and our Annual Hike for Hospice is always held on the first Sunday in May. As a result, our fundraising team was in full tilt organizational mode.

*(Check out the last two pages of this newsletter to see the results of all their hard work.)*

Both of these events could not have occurred without the help of so many dedicated Hospice Simcoe volunteers, staff & Board members. A HUGE thanks to all of you who took time out of your day to help at these events. Your dedication to our goals is, as always, phenomenal.



## HOSPICE SPRING CLEANUP DAY!

On May 26th, staff and volunteers were hard at work inside and outside the residence getting it cleaned up for Spring & Summer. Thanks to everyone who showed up to dust, organize, power wash, and move dirt! Hospice Simcoe looks fabulous!



Kelly took her power washing job very seriously!

Some of the Cleanup Crew after a great BBQ lunch



Kelly and Beth tidied the pantry storeroom



John hauled mulch all morning

# Bell Farm News & Announcements



## Welcome to Cathy Lowrie

I had the pleasure of sitting down for a chat with Cathy Lowrie who has taken on the job of Community Care Coordinator during Danielle's maternity leave. Like Danielle, Cathy will be doing intake and seeking volunteers to work one on one with community clients.

Cathy is no stranger to Hospice Simcoe: she has volunteered with us since 2017. At first, after a few shifts on reception and in the kitchen Cathy found her niche working with clients

in the community. "I found a sense of purpose in this area and formed some lovely relationships with clients," she remarked.

In addition to engaging with community clients, Cathy was involved with the children's program since its inception. Consequently, because of her volunteer involvement, she understands what Hospice Simcoe is all about. Cathy is looking forward to working alongside our wonderful team of social workers at Bell Farm.

A long time resident of Barrie, Cathy lives in the south end, with her two children Alex, and Will who are both at university. Leisure activities include some reading and watching Netflix (*a girl after my own heart!*)

Recent favourites? Lennox Hill and Emergency NYC. **Welcome to Hospice Simcoe, Cathy!**



## welcome baby Meet Elijah Ceo

The Easter Bunny brought a beautiful Easter gift to Danielle and Fred Ceo on April 7<sup>th</sup>, 2023. As you can see from his pictures, he is adorable!! And congrats to Wendy Chamber (volunteer), the winner of the baby pool, who had the closest to the date. Special acknowledgement to Joan Nieman-Agapas (volunteer) who guessed the exact time.

Danielle, Fred and Elijah are doing well and hopefully getting out for some lovely walks in this beautiful warm weather.



On a recent weekend visit, Kyle, our COPE Service dog, showed love and cuddles for baby Elijah!





# Nursing & PSW Week

We are thankful for the wonderful team that carries out the REAL work at Hospice Simcoe and, luckily, there is a week set aside each year to honour this amazing group! This year Canada Nursing & PSW Week was held from May 8 -14th and we took some time to let our clinical team know how special they are to us!

## A note from Kelly,



For Nurses Week in Canada this year, the theme is **"Our Nurses. Our Future."** This theme showcases the many roles that nurses play in a patient's health-care journey. Every day our nurses and PSWs provide high quality palliative support to those who are most vulnerable. They have incredible knowledge, skill and judgment while caring for the dying. They are excellent at pain and symptom management, educating families and providing emotional support! The pandemic brought to light the courage and commitment that nurses and PSWs work under every day!

Our team of nurses and PSWs never waived through the pandemic!

I am deeply humbled by the dedication of our clinical team!

**Happy Nurses & PSW Week! We celebrate you.**



## THANK YOU to Mary Ann Pope...

Mary Ann prepared a delicious lunch for the clinical staff to enjoy during Nursing & PSW Week. She set it up and the staff enjoyed nibbling on this throughout the day.



**Cindy Thomson, who volunteers at Hospice Simcoe has put into words how most of us regard our fantastic clinical team. Thanks Cindy!**

Research into the required skill set of a hospice nurse outlined the following vital components:

- Compassion, communication, observation skills, cultural awareness, emotional & physical strength, patience, organizational skills, interpersonal skills, flexibility & initiative.

Skills can be learned, and experience in the field enhances the skills. Some would also say that certain people are born with a gift that takes these learned skills to another level. It is my observation that the patients at Hospice Simcoe are truly 'cared' for by a highly competent nursing staff who strive for excellence in all of the "10 vital components".

In spite of the demands of their role, the nursing staff is unfailingly appreciative of, and complimentary to the volunteers. Thank you nursing staff, for the wonderful work you do and for making us all feel a part of your special 'team'.

## Our Nurses. Our Future.

I knew not of my future  
What my life would hold  
My career just a dream  
Stories to unfold

I was the future  
Now in the present  
Sharing final moments  
The future to re-invent

I am the future  
The holding of hands  
Embracing the journey  
Together we stand

I lead the future  
Compassionate care  
Meaningful experiences  
Hope from despair

I vision the future  
Privileged to witness  
Memories in the Moment  
Nursing at Hospice

~ Carol Holden

Many thanks to Carol for her creative offerings.

# What's Happening

## MAiD DISCUSSION

with Dr. Morris

SAVE THE DATE



Thursday, June 22<sup>nd</sup>  
10am on Zoom

Join Dr. Brian Morris via Zoom as he discusses MAiD, (*Medical Assistance in Dying*), with our volunteers and staff.

Hospice is seeing an increase in referrals for people looking for this kind of support. Please come ready with questions and comments for a rich discussion and learning opportunity.

<https://us06web.zoom.us/j/85671895391?pwd=SGY2VWRCCcFVNZzZtMmpaYWdzTTdQQT09>  
Meeting ID: 856 7189 5391  
Passcode: 566915

## Announcement on the Properties Coordinator position

We are excited to inform you that Garrett Lambert, from our Hospice family, will be fulfilling the Property Coordinators position! He is excited to utilize his knowledge, skills and work experience towards providing a great environment for all.



Garrett has been a member of our team for 10+ years with prior experience in inventory management and minor home repairs. He has had a positive impact on the lives of many residents, family members and visitors. He understands the value of our volunteers and is excited to continue to work with them.

**Welcome Garrett!**

## BABY Shower

With babies on the way, we gathered to celebrate two showers recently...Danielle's baby shower was on March 31st and Maddison's baby shower was on May 16th!

Staff and volunteers attended these lovely events and had fun connecting, laughing, and celebrating together.



**Upcoming Lunch & Learn: Monday, June 26th @ 12:00pm**  
Watch for more details in your email inbox...



# Updates & What's Happening



## HIKE FOR HOSPICE 2023

Huge THANK YOU to our Hikers, volunteers, sponsors, and staff for helping raise over **\$130,000** at our annual Hike for Hospice. It was a wonderful day spent celebrating loved ones and helping raise money to support our Community Programs & Services. *Thanks to everyone!*

## Tim Hortons Smile Cookie Campaign

Thanks to the Tim Hortons Smile Cookie campaign, both Hospice Simcoe and RVH's Birthing Unit will each receive **\$113,446.48** to support our programs and services.

Thank you to the owners and staff of local Tim Hortons restaurants in Barrie & Stroud, to our staff and volunteers who helped, and to all those who purchased Tim Hortons Smile Cookies! We are very grateful for everyone's support!

Thanks to the Tim Hortons Smile Cookie campaign, Hospice Simcoe and RVH's Birthing Unit will each receive **\$113,446.48**

This will support our programs & services.

**Thank you** to the owners and staff of local Tim Hortons restaurants, and to our volunteers, staff and everyone who purchased Smile Cookies throughout the week!

We are very grateful for your support.



At participating restaurants in Canada. © Tim Hortons, 2023.



Join us at Georgian Downs for **Kempfenfelt Derby** on Tuesday, June 13, 2023.

All proceeds raised will benefit Kempfenfelt Rotary Club & Hospice Simcoe!

To purchase tickets, visit: [www.kempfenfeltderby.com](http://www.kempfenfeltderby.com)

## MARK YOUR CALENDARS!

### Golf for Hospice

At Barrie Country Club on September 11, 2023

Ticket Sales will begin in July 2023

Stay tuned for more details



### 35th ANNIVERSARY GALA

TANGLE CREEK GOLF CLUB ON FRIDAY, NOVEMBER 3RD, 2023

Stay tuned for more details

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



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

### COMMUNITY SUPPORT:

130 Bell Farm Road, Unit 1, Barrie, ON L4M 6J4  
705-725-1140



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