

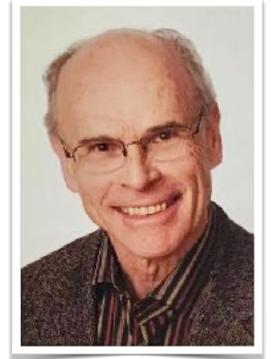
HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

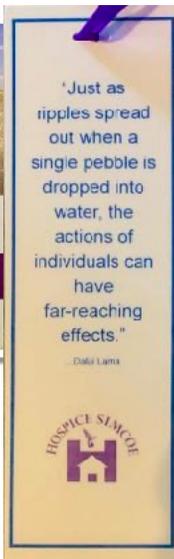
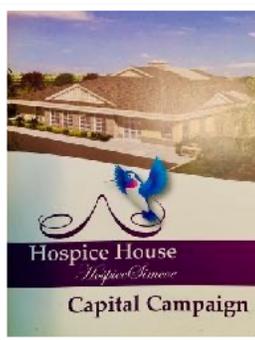
HOSPICE HISTORY

As we continue with Hospice History, we acknowledge the contributions of Dr. Rick Irvin. Dr. Rick is an integral part of Hospice History and was instrumental in the capital campaign, the goal of which was to build our facility. This campaign began in 2005 and led to the opening of our facility four years later.

Rick has provided the brochure, insert and bookmark developed for the campaign. The heart of Rick's story will be featured in the months to come. Thank you Rick, for always showing compassionate care and remaining the image of Hospice Simcoe. *by Carol Holden*



Excerpts from Dr. Rick's appeal letter in 2005



Architect's drawing, brochure and bookmark.

"When we first enter this world, there are generous resources in place to ensure intimacy and privacy for patient and family alike, to ensure the well-being of mother and child through the birthing journey as a new life begins"

"At end of life.. in the hospital setting, only the sickest of dying patients have single rooms. In the majority of cases families find that they may be crowded around their loved one's bed, with only a curtain separating them from another family who also may be suffering the impending loss of a loved one."

"In a residential hospice setting, patients, their families, and supporters will have a private room in a comfortable, purpose built home with professional and volunteer staff caregivers to assist the family with care, understanding and compassion."

"The plan is to provide a home-like building design with 8 to 10 residential rooms supported by a residential style kitchen, dining room and living room. A well designed hospice includes room for loved ones who are encouraged to stay with their dying family member. This is what Hospice Simcoe is designed to do."

"I have, along with many of my medical colleagues, made a significant financial donation to build our Barrie area Hospice House. We build this resource for our communities, our families, and ourselves. Help us commence construction in May 2008. Your contribution will help build the pathway to compassion at hospice house."

It is very interesting to read this appeal letter now that we know this dream was achieved! Thank you, Rick, for all of your hard work and determination.

Nurse Navigators



Brittany (L) and Michelle (R)

I had the opportunity to chat with Michelle McEachern and Brittany Irvine about the work they do as Palliative Care Nurse Navigators at RVH. Talking with them reinforced my knowledge of how important Hospice Simcoe is in our community.

It's clear to see that Michelle McEachern and Brittany Irvine are passionate about their jobs. Both palliative care nurses, they have taken their skills and knowledge to RVH to help set up a program that has improved the lives of many cancer patients. The goal of the new Oncology Symptom Management Clinic (OSMC) out of RVH's Regional Cancer Program is to assist people through their palliative journey.

That's where Michelle and Brittany come in. They are designated Palliative Care Nurse Navigators (PCNN) who lead patients through their palliative journey. When an oncologist refers a new patient to the clinic, our PCNN come into play. Michelle, who works within the hospital setting, phones the patient the day before their first visit to determine what they might need in terms of health care. If the patient lives within the Barrie area and doesn't have a family doctor who provides palliative treatment, they are booked for an appointment, often virtual, with Michelle or Brittany. (Patients outside of Barrie are referred to someone where they live). Many patients don't have a family doctor so this program is very significant because they are able to connect with a care provider for pain management and end of life care.

In this intake assessment, the navigators ask about symptoms, what makes things better or worse, and who they have for a support system. Patients are made aware of hospice programs that are available for them or for family members, children or caregivers. They also make sure home care is in place for those who need it.

Many patients who meet with Brittany or Michelle do not realize or have not acknowledged they are dying - a big piece of the PCNN job is to have palliative discussions with their patients. Most often, family members or caregivers are included in these difficult conversations.

Since its beginning in September 2020, over 1100 patients have been seen by Michelle and Brittany and have been guided along their palliative journey. Whether a patient needs pain relief or psychosocial assistance, the navigators are there to find it for them. Although accurate statistics are not available, it can be safe to say that the program has saved many trips to emergency rooms. Patients are instead encouraged to call the clinic for help first.

This innovative program has been very successful to date, so much so that it was awarded the 2021 Cancer Quality of Ontario Council Award. Thank you, Brittany and Michelle for the work you do in the community. With this program, you are making end of life care for cancer patients in our area easier to access and available to those who need it.

"Our nurse navigators in the Oncology Symptom Management clinic are an integral part of the palliative care team. They meet the patients first to explore what symptoms and issues are most troubling. They touch base about what supports the patients have including their family, friends and health professionals so that a team is built around the patients. They become a link and support to our patients to follow them through and make sure no one is facing their journey alone. Incredible work!"

~ Dr. Kelly Emerson, BScPT, MD, CCFP-PC, FCFP

"Michelle and Brittany are the two beautiful souls that make up the heart of the Oncology Symptom Management Clinic. They are often the first people that patients and families talk to in learning about a palliative approach to care as they enter into a difficult part of their cancer journey. Their warm and reassuring presence, as well as their expertise in navigating our palliative care resources have been pivotal to patients accessing and receiving high quality palliative care."

~ Jacky Chung Kit Lai, MD, CCFP

Family Physician, Family Medicine Teaching Unit - Royal Victoria Regional Health Centre

Focus on Volunteers



Caecilia Terhart

Volunteer Spotlight: Caecilia Terhart

How long have you volunteered at Hospice Simcoe?

I began my journey by taking palliative courses with Tanya in September 2018 and 2019 including many bereavement courses. This was after my husband of 58 years married passed in 2018 at our home in my palliative care with my family to make his journey pain and worry free.

In which area did you choose to volunteer?

I had been supporting families 1-1 at their residence, which I stopped when COVID came along. At present I volunteer on Friday afternoons in Residential Client Care, and aid those touched by life limiting illness. In this role, I support patient, family, children and friends.

Why are you volunteering in this role?

What excites you about it?

I feel privileged to be a volunteer at our Hospice in an atmosphere where EVERYBODY is empathetic, caring, respectful, compassionate and all have an enthusiastic attitude. I feel rewarded and sometimes sad after my shifts. I enjoy helping people, enjoy nature and many outdoor walks in our forests. I also enjoy reading and love travelling.

Dying is still living. Living well, until last breaths is what hospice palliative care is all about.
HPCN

Volunteer support around Hospice...



Laura & Kathleen:
Kitchen support



Alice, Judy & Sharon:
Kitchen support



Margaret: Spiritual/Residential Care
 Mary Ann & Susan: Kitchen support



Sandy:
Reception, Music,
Help where needed
support



Linda & her granddaughter, Sofi:
Summer Ice Cream Sundaes

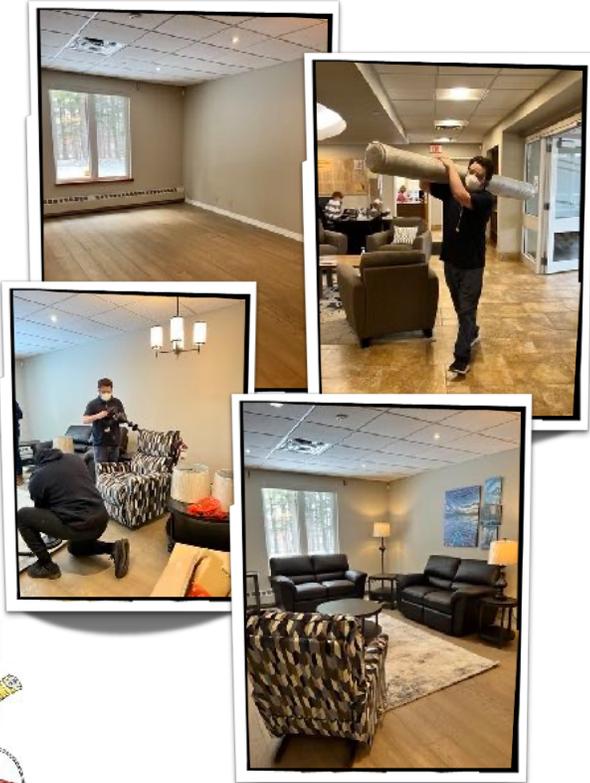
Renovations Completed!

We've had two renos that took place over the last few months. Next time you're in the house, check out the recent renovations. So nice to see everything so fresh and clean!

FAMILY ROOM MAKEOVER

First, thanks to a generous donor, we refreshed our Family Room, also known as Stan's Hideaway.

The update included painting, new flooring, furniture, art, and lighting, all done with a nod to our donor's loved one. It's wonderful to walk by and see families gathering in such a lovely and comfortable room.



KITCHEN RENOVATION

Our kitchen recently underwent a beautiful update thanks to funds raised in last year's Tim Hortons Smile Cookie Week. Our kitchen is a busy spot! Whether it's the residents and loved ones gathering over a cup of coffee, or volunteers making soup and baking goodies, our kitchen is a central hub for our residents, their loved ones, staff and our volunteers.

Our reno included painting, cabinet refacing and new lighting...the result is a bright and welcoming new kitchen!

Thanks to Marilyn and Michelle for the renovation update and photos.

Bell Farm News

Legacy work with Danielle



In my role as Community Care Coordinator, I meet folks in their homes after a terminal diagnosis has been made. It is an intimate and difficult meeting for most clients. They are unsure of what Hospice is and how it can support them.

I often ask questions to assess their level of support in the community. I ask questions like: do you have a palliative doctor? what types of home supports do you have in the home? how are you coping with the diagnosis? etc. I then tell folks how Hospice can support them. I tell them about the home visiting program, residential care and 1-1 support for their loved ones.

Somewhere in my conversation I will ask if the family has thought about "Legacy Work." Often times the response is "We are not ready for that." I assure families that we are creating legacy our entire lives! Writing journals, putting together a photo album or telling stories of your childhood - all of those are about legacy.

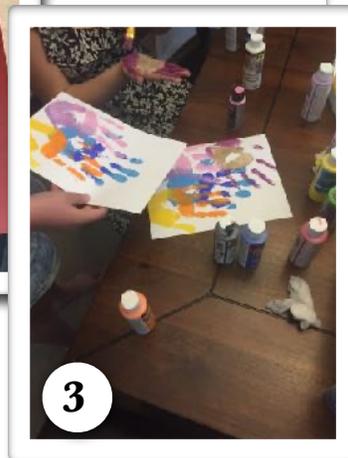
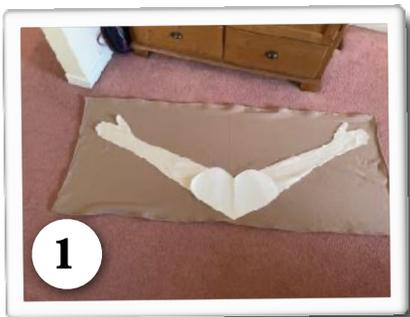
When someone is given a terminal illness, legacy work seems scary. It is our job as volunteers, staff and ambassadors to ensure folks that it is not scary, and in fact can be liberating and even fun. We attempt to include all of the family members (if they are comfortable), find one of Hospice's "purple legacy books" and know that it is only the BEGINNING.

Some legacy projects that we've completed over the past few years are pictured here. **1.** A "Hug" from a grandmother to her grandchild. (Drawing her arms out flat and then sewing it onto a cozy blanket). **2.** Answering some funny, unique or serious questions with the help from some journal prompts. "Describe the day you met your best friend," "what is the best road trip you have ever taken," "what was a moment that you felt proud of yourself," are just a few examples. **3.** Hand painting is a popular one if the person who is sick is having a hard time participating. It is lots of fun, but a little messy! **4.** Vision boards are a great legacy idea for caregivers! The caregiver group at Bell Farm really have found it therapeutic and helpful. (Thank you Lyne).

These are just some of the many legacy projects that Bell Farm has been up to!

If you want to talk more about legacy work or have a great idea to share, always send them my way!

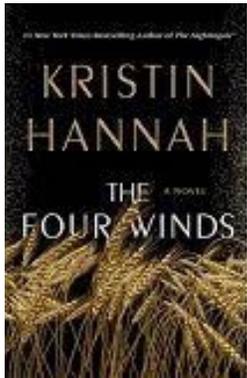
by Danielle



Book Review by Sharron Bowden



The Four Winds by Kristin Hannah



The Dust Bowl era was a period of severe dust storms that severely damaged the ecology and agriculture of the American and Canadian prairies. It was one of the darkest periods during The Great Depression.

Elsa Martinelli's husband, like so many others, left his wife, their children and the wind swept farm to look for work in California. They never heard from him again. With very little food and the farm destroyed, Elsa makes the decision to take her children west in the hopes of finding work and a better life; a choice that will change their lives forever.

This book is so much more than a story. It's about hardship and endurance, love, courage and faith, during a time that brought so many to their knees. Excellent read ... Reminiscent of Steinbeck's Grapes of Wrath.

Thanks Sharron, for submitting this!

Spirit Pins

Spirit Pins! Just another way to reach the wonderful people who pass through our Hospice Simcoe doors. Traditionally, goodwill flags (spirit pins) are used to promote peace, compassion and wisdom. As the wind blows, the spirit of love and peace spreads to all life on earth.

We offer these tiny flag pins in the same spirit. The Spirit Pins are placed in a bowl that is on the buffet in the kitchen with a note to encourage people to take one. They are made by our Hospice Simcoe Spiritual Care Team volunteers as reminders of the gifts of compassion, peace, healing, love and gratitude. There are no two pins alike. Each pin is unique, created from the heart, in the hope that when someone pins one on, they will feel the gifts that each pin holds.



Thanks to Lynda Villeneuve for this writeup!

What's Happening?



Save the date...

'Hope, Love & Loss: Creating Your Pathway to Healing'

A hands-on workshop about how to reconnect hope and love in the midst of grief, loss and uncertainty. Facilitated by Melissa Lyons & validated by Stephanie Parsons.

Time: Thursday, October 6th - 1:30-3pm or Thursday, October 6th - 6:30-8pm

Where: Virtual presentation via Zoom

More details and registration information to follow.

DAISY & KYLE TRAINING...



As you know, we have 2 COPE dogs who are a part of our Hospice Simcoe family. As members of our care team, Daisy and Kyle are companions for our residents, their families and visitors. They also provide support to those attending grief and bereavement sessions and assists our staff and volunteers as needed.

We have scheduled 2 training dates for you as opportunities to learn more of the specific commands for Daisy & Kyle. All staff & volunteers are invited to attend. Please RSVP to Connie directly to reserve your preferred spot (connie@hospicesimcoe.ca).

September 14th - 11:30am-12:30pm

September 22nd - 6:30-7:30pm

Hospice residence: 336 Penetanguishene Road

EDUCATION:

Sharing and Learning Together

What if Indigenous teachings could help us feel grounded and whole? Join us and learn with Lyne (White Eagle) how moon water, smudging and Medicine Wheel teachings can help guide us on our Earth walk. As part of our time together, we will be honouring National Truth & Reconciliation day (Friday, September 30th). We will end the workshop with a ceremony to remember the children lost to the residential school system and honour survivors and their families.

Timing: Thursday, September 29th @ 1:30pm

Location: The Inukshuk at the back of the residence.



When you enter your hours into Better Impact, could you take the time to post a photo of yourself as well. Only admin will have access to the photos but it will help considerably to complete your profile and helps to put a face to a name.

HOSPICE HAPPENINGS

in our community...

Tim Hortons® SMILE COOKIE CAMPAIGN SEPTEMBER 19th - 25th, 2022

Tim Hortons Smile Cookie week is just around the corner. We are recruiting volunteers to greet Tim Hortons customers in the drive thru and thank them for supporting Hospice Simcoe.

If you're interested in volunteering on Sept 19th, please contact Jackie at jackie@hospicesimcoe.ca



Hospice Simcoe volunteer, Kathleen Doherty is **CLIMBING FOR COMPASSION in September 2022!**

Kathleen and a team mate will trek up Mount Kilimanjaro, summiting the Uhuru Peak by September 10th, 2022! This trek is the perfect opportunity for personal challenge and an opportunity for Kathleen to support Hospice Simcoe!

*ALL donations will go to Hospice Simcoe, so please consider donating whatever you can.

For details and to donate, go to:

<https://trellis.org/kathleens-kilimanjaro-climb>

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