

HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER

The June Callwood Circle of Outstanding Volunteer Award was established in 1994 by Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, a long time advocate of hospice, community activist, author and recipient of the Order of Canada. June was the inaugural recipient of the award. In all her years as a journalist, author, broadcaster and humanitarian, June Callwood's name became synonymous with integrity, talent and passion for social justice. She has touched the lives of generations of Canadians by giving that passion expression through her words and through her work in the service of those in need.



Congratulations to Irene Carr!

The 2022 June Callwood Circle of Outstanding Volunteers Award.

Irene's first reaction on receiving this award, following her shock, was "Hospice Simcoe has so many wonderful, talented and dedicated volunteers so it is an honour to be nominated for this prestigious award". Irene recalls watching June Callwood host television shows on CBC and even hearing of her death announcement, making this award even closer to her heart.

Irene's philosophy is to live a meaningful and purposeful life where you always help someone else. Her decision to volunteer at Hospice began following what she calls a 'bargain with the Creator'. She made a promise to do something more meaningful with her life if He got her through her cancer journey. "He kept His word and I am keeping mine by volunteering at Hospice", Irene stated with gratitude.

That's where Irene's Hospice journey began 9 years ago in December of 2013. She felt privileged to feed her passion to support residents and their families in the residence. In addition to client care and family support, she humbly spoke of her many roles at Hospice that include, Sunday reception, bereavement, anticipatory grief, coffee talk with Sonja and some therapeutic touch. Irene has dedicated her time to learn as much as she can about grief and bereavement, to better serve our residents and clients. She has completed several college courses, in addition to the training and workshops Hospice provides. As well, she reads any book she can on Hospice care.

Personally, Irene's lifelong business background has taken her from the office of the Department of Highways to the front office of an elementary school in Ottawa, including a ten-year blessed hiatus to be home with her daughter. Irene always found time to volunteer at the local school in her neighbourhood during this time and continued after relocating to Barrie, until her cancer diagnosis. It is almost serendipitous how the challenges Irene faced in life led her heart to Hospice. Little did she know that the heart of Hospice staff and volunteers would be a key part of her support system following the death of her husband and soulmate in 2016.



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JUNE CALLWOOD HONOUREE

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She recalls knowing all the training in her mind of what she should or would experience but reflected how her heart had no control. Irene was so grateful for how Hospice embraced her and stayed connected during her grief journey and it is exactly how she embraces our clients and families.

Irene's favourite volunteer memories focus around the simple things, like getting together for group meetings, workshops and luncheons, where relationships are fostered and education is encouraged. From the residence side, Irene holds so many fond memories of family weddings, BBQ's and special celebrations in the conference room where families are able to gather together. These are moments Irene can't wait to experience again as we move through the pandemic.

In her spare time, Irene is a self-professed armchair sleuth, with a love for watching, reading and of course, solving mysteries! She loves the investigation aspect of shows like the First 48 and learning from others through watching biographies. Her lapdog Katie is her little love and partner in crime. Irene enjoys spending quality time with family (daughter and son-in-law) and friends and meddling in her container gardens where she carries on her grandmother's specialty relish recipes with her added flare. We have included her famous fruit chili sauce and encourage all to try it this summer and even provide your feedback for a fall segment in the newsletter! Finally, if there are any quiet moments, Irene fills them with knitting mitts and socks to give away as gifts to keep others warm.

Irene's volunteer vision and commitment is endless, with her next venture focusing on support group facilitation for grieving children. With so many experiences to draw upon from her career in the elementary schools, we are excited to follow this path with Irene!

Irene remains in awe of the dedication and commitment from both the Residence and Bell Farm team, where she is continually learning from the amazing clinical team. "The mission statement says it all", Irene proudly states. She loves the homelike atmosphere that is so inviting and comforting for everyone entering the building. Irene humbly reflected that she's always just done her own thing and has never expected anything in return. For her, the rewards are received at the time with the encouraging positive feedback from clients, family and staff. Irene graciously ended the interview with "many thanks to everyone who believed I deserved the award".

**THANK
YOU**

Thank you, Irene, for 'following your heart' when choosing where to volunteer! Congratulations from your Hospice Simcoe family.

Thank you very much, Carol Holden, for your lovely words about a lovely person! Check out Irene's chili recipe on the next page...

VOLUNTEER NEWS



Bob Savage

VOLUNTEER SPOTLIGHT

How long have you been a board member?

I have been a board member since June 2019

Why did you choose this area of volunteering?

I have been focused on healthcare in my career since 1984 and thought that it was about time for a 'focused on the volunteer aspect for reward' as opposed to a salaried reward.

What excites you most about your volunteer position.

How do you find it personally fulfilling?

I think the part that excites me the most is also what makes it fulfilling, ie. the reward of being able to use my skill set in healthcare planning to make a difference in a volunteer capacity and to give back this field, which I have found very rewarding professionally.

FRUIT CHILI SAUCE

- 15 large ripe tomatoes (peeled and chopped)
- 1 (or more) cup chopped onion
- 1 cup chopped red sweet pepper
- 1 cup chopped green sweet pepper
- 1 cup coarsely chopped apples
- 1 cup coarsely chopped peaches
- 1 cup coarsely chopped pears
(I add a can of crushed pineapple)
- 1 (or more) hot red pepper, finely chopped
- 1 cup granulated sugar
- 1 ½ cups of cider vinegar
- 1 ½ tablespoons of salt
- 3 tablespoons of pickling spice
(tied in cheesecloth bag)

Combine all ingredients in a large heavy saucepan or Dutch oven. Bring to a boil and simmer until thickened, about 45 minutes, stirring often. Remove spice bag. Pour into hot sterilized jars and seal. I put jars in a hot water bath for 15 minutes for better preservation. This is one of my grandmother's recipes and on the farm, they used what they had so the recipe changes from year to year. Enjoy.

Thank you Irene!



VOLUNTEER NEWS

June Callwood Circle of Outstanding Volunteers Past Award Recipients

2000 Howard Williams	2001 Jane Fitzgerald	2002 Hazel Baxter
2003 Sally Taylor	2004 Kathy Irvin	2005 Joan Kanis
2006 Theresa Anstey	2006 Joyce Maltby	2007 Erica Curtis
2008 Ellen Mc Bride	2009 Dr. Richard Irvin	2011 Pat Fram
2012 Carol Squirrel	2013 Mike Clothier	2014 Valerie Gardner
2015 Guy & Linda Villeneuve	2016 Marjan de Jong Deller	2017 Diane Tressoff
2018 Margaret Kennedy	2019 Mary Ann Pope	2020 Gaile Smiley
2021 Sandi Porter		

Ontario Volunteer Service Awards

The Ontario Volunteer Service Awards, given annually, recognize volunteers for providing committed and dedicated service to an organization. Adults are recognized by the length of time they've volunteered with one organization, ranging from five to 65 years of continuous service. Usually, the awards presentation takes place locally, with government representatives on hand to offer congratulations and hand out the awards.

This years recipients from Hospice Simcoe for the April 1, 2021 - April 2022 time period are:

10 Years Mari Lafleur | Sharon Dangerfield | Sharron Bowden



NATIONAL VOLUNTEER WEEK
APRIL 24-30, 2022

The National Volunteer Week, April 24-30. The theme for 2022, Volunteering is "EMPATHY IN ACTION", this affirms the strong connection between volunteerism and empathy. This profoundly human connection is at the heart of healthier individuals and stronger communities.

#EmpathyInAction

HELP SPREAD THE JOY

Thanks for your submissions to our *Spread the Joy* pages these past few months. It's been wonderful seeing how so many of you have found ways to make happy memories!



My "JOY" comes from these two "gentle giants," my Maine Coon cats, Wolf Blass and Gunner. I've always had an interest in Maine Coons but wasn't in an ideal location to have one, let alone two! My "boys" possess above-average intelligence, making them relatively easy to train. They are known for being loyal to their family but are independent and not clingy. Their gentle disposition makes the breed relaxed around dogs, other cats, and children. Many Maine Coons have a fascination with water and some speculate that this personality trait comes from their ancestors, who were aboard ships for much of their lives. Maine Coons are also well known for being very vocal cats, my "boys" trill and chirp to ensure I am always aware of their presence!!

From Wendy Camber

.... **Garrett creates much joy in the house too!**



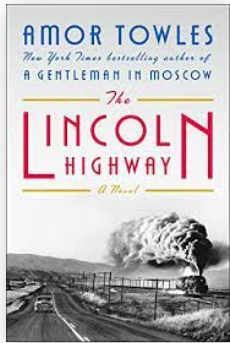
Jan Cole finds joy in nature with a walk in the woods and in family in a family games night!



Guy Villeneuve (back of line) had a great day snowshoeing with his grandchildren.

BOOK REVIEW

By: Donna Goodeill



The Lincoln Highway - Amor Towles

The Lincoln Highway is the latest offering from Amor Towles, author of the acclaimed novel, A Gentleman in Moscow. I was so keen to read this book that I purchased it, as a Christmas gift for my husband, and I read it before he could claim ownership and gave him priority.

The story is set in 1954, and starts out in rural Nebraska. The novel spans just ten days in the lives of two boys, Emmett Watson, eighteen years old and his eight year old brother Billy, who is wise and patient beyond his years. Along the way, several other quirky characters come in and out of their lives, and the story is told from multiple points of view. The Watson brothers intend to set out for California to find their mother and to forge new lives for themselves, but first they must travel to New York for an epic odyssey. The book title, The Lincoln Highway (is named for a cross country highway) in America and it is Billy's hope to travel the highway from start to finish. Throughout their ten day saga, the brothers encounter a series of bad luck, misadventures and an assortment of characters, both good and evil. The Lincoln Highway is a compelling road trip, and Amor Towles is a master storyteller.

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.

Susan: Anne With an E, Netflix

Sandi: The Adam Project - Netflix

Marilyn: The Rose Maker - Netflix (French with subtitles)

Michelle R.: Bridgerton Season 2 - Netflix... a colourful & modern twist on a beautiful period piece

Dan: Is It Cake - Netflix. A show to make you laugh and give you a sense of awe

Teneal: Tuesdays With Morrie, book by Mitch Albom. (Shout out to new volunteer Simon for the suggestion.)

Kathy S.: The Hungry Caterpillar, children's book

Kathy S.: Cocomelon, Netflix



“Reading gives us somewhere to go when we have to stay where we are.”

Mason Cooley

HR CORNER

Hospice History



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

Hospice Simcoe will be celebrating this years National Volunteer Week from April 24th to April 30th, 2022. The theme for 2022 is **Empathy In Action**.

Empathy is the ability to place oneself in another person's situation and look at their condition/ situation through their perspectives, emotions, actions and reactions.

Empathy helps us to build a trusting connection and strengthen communications with those we are supporting. Empathy assists us to gain an understanding of how people are coping and what they are experiencing. Thus, empathy is essential to promoting dialogue about their discomfort, worries and preferences.

"Volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build capacity to work collectively and contribute to a vibrant, inclusive society." ~ Volunteer Canada 2022

One of the most powerful ways to teach empathy is to lead by example. The volunteers at Hospice Simcoe demonstrate this leadership each day. We appreciate the kindness, compassion and understanding that you bring to our team.

Thank you for all that you do!

Continuing with our Hospice History series, Carol Holden had the opportunity to speak with Hazel Baxter this month on her reflections of Hospice History.

Hazel recalled that it was July mid-1980s when the first client referrals and 1:1's occurred, with the first group of about 4 - 5 Hospice Volunteers undertaking the role. They developed and incorporated a working Board prior to the first client, where referrals came from either Home Care; the pamphlets they placed in physicians' offices or word of mouth. Hazel was the first Hospice Volunteer Co-ordinator and recalls meeting in Jane Fitzgerald's kitchen to discuss the clients requesting care. Jane would visit the people first and then handoff to Hazel, who would co-ordinate the volunteer visiting from there. All volunteers were trained, often provided in their own homes, and led by Barbara Tiovanen, prior to providing counselling, with Jane's philosophical mission to 'just be there' in the forefront. With Hazel still working, she handed off the baton to Betty Stewart about a year or so later but continued to volunteer for the next 28 years at Hospice. Hazel has fond memories of the many people she met and become friends with over the years; recalling how appreciative families were for the help. Hazel's final statement sums up most of our volunteers throughout the history of Hospice, "they gave more to me than I ever gave to them". Thank you, Hazel for sharing your Hospice history!



MARK YOUR CALENDAR

Special Upcoming Events for Volunteers

LUNCH & LEARN

Mon. Apr. 18th
12-1pm



ADVANCE CARE PLANNING

HOSTED BY: Amy Pritzker

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

VOLUNTEER SUPPORT MEETING with Susan & Lori

Monday, April 18th @ 2pm

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

2022 Volunteer Awards & Recognition Event!

Mark your calendar
for Thursday April 28th!

After two years, we are finally getting
together to celebrate...OURSELVES!!!

More details to follow -
check your emails!



VOLUNTEER
BÉNÉVOLES
CANADA

NATIONAL VOLUNTEER WEEK
APRIL 24-30, 2022

#EmpathyInAction

"The National Volunteer Week theme for 2022, Volunteering is "EMPATHY IN ACTION". This affirms the strong connection between volunteerism and empathy. This profoundly human connection is at the heart of healthier individuals and stronger communities.

Empathy is a quality that can help people relate to others and build awareness around different experiences. It connects people in ideas and actions and helps create bonds forged in common goals and aspirations.

Volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.

From coast to coast to coast in formal and informal settings, volunteers create caring, collaborative, and compassionate communities. During National Volunteer Week 2022, we celebrate the contributions of Canada's millions of volunteers: their actions, their understanding, and their genuine concern for the world around them.

Volunteering, putting empathy into action, can build communities where people feel happier, healthier, and more welcome - creating a stronger, more connected Canada."

www.volunteer.ca

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!

HOSPICE HAPPENINGS

in our community...

HIKE FOR
HOSPICE

MAY 1ST, 2022



REMINDER THAT WE'VE
RETURNED TO IN-PERSON
SUNDAY, MAY 1ST

We look forward to seeing you at our 20th Annual HIKE FOR HOSPICE!

Join us at Sunnidale Park on Sunday, May 1st 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.

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

To register, and/or to donate, visit www.hospicesimcoe.ca or contact Josie at: josie@hospicesimcoe.ca

COMMUNITY SUPPORT PROGRAMS at Bell Farm

Hospice Simcoe offers a variety of groups and support programs to serve our community.

Programs are available to individuals diagnosed with a life limiting illness and those caring for a family member and/or friend diagnosed with a life limiting illness. Our Day Programs give participants an opportunity to connect with others in a group setting and share their stories, while receiving support.

Watch for our "WEEKLY VIEW" post at the beginning of each week to see what's happening at Hospice Simcoe & within the Community Support Programs. Visit our website to see our Program Calendar: <https://hospicesimcoe.ca/community-programs/program-calendar/>

For any inquiries, please contact our Community Care Coordinator, Danielle Marshall, BSW, RSW at: danielle@hospicesimcoe.ca | 705-725-1140 ext. 404

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