



# Hospice Happenings

## VOLUNTEER NEWSLETTER

### ***Riding the Roller Coaster of Coffee Talk***

Coffee Talk has continued to transform since its inception in 2013 when Joanne and Sonja, with the support of Kathy Stewart, facilitated the first session at Hospice Simcoe. Theresa, Charlie, Donna and Eva have also assisted through the years and have since shared their gifts with Hospice in other programs.



### ***We would like to take you on a quick virtual tour of Coffee Talk, from information shared by Sonja:***

Entering Coffee Talk for the first time is like riding the Minebuster, Canada Wonderland's first roller coaster, for the first time. On this roller coaster, Sonja is the ticket taker, safety monitor and operator who encourages those mourning to take a ride of hope. As participants wait in line, determining when to take this terrifying ride, they listen to a soft melody playing as candles are lit and the words of "I Will Light a Candle For You" (by Paul Alexander) are read. The operator facilitates timeliness, structure and guidelines that create a safe feeling and give confidence to those riding this slower-paced roller coaster.

From their passenger seat, participants learn that each person brings their own perspective and stories; grieving in their own way and at their own pace. All learn to listen empathetically and support one another with each new bend and turn, peak and valley experienced every week. As the ride slows to a stop, riders are encouraged to participate in self-care until the following week, with a mantra blessing to let them know how special they are for braving the ride.

As the weeks pass, each person finds the courage to buckle up, knowing they will accelerate into their journey of grief with the confidence that there are no rules for the highs and lows they will experience. Sonja lends riders her hope until they resurface as they experience that brief weightless feeling at the top of the peak. As participants feel the rush of continuous forces pulling their emotions in every direction, they know that when they put their heart out there, it will be embraced with dignity and respect. It brings people back to navigating the 'basics' of life again, like this original roller coaster. Basics like facing the holidays, cooking for one, dealing with loneliness or going to a restaurant for the first time.

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# Hospice Happenings

## *Riding the Roller Coaster of Coffee Talk... continued*

It takes many, many weeks of riding the roller coaster before structure returns to the rider's life; like putting pieces back in a puzzle pulled apart. Each car passenger of the roller coaster train takes a unique ride that will teach each person what grief will teach them. Sonja and past facilitators create a relationship of trust that fosters hope and love to move people through their grief.

One of the quotes shared sums up the Coffee Talks philosophy: "There is only one thing more frightening than speaking the truth and that is not speaking". Sonja is a wealth of knowledge like the warmth of fresh bread out of the oven and the feeling of a mother's warm embrace. Thank you for taking this virtual ride with us.

*Thanks to Carol Holden for painting such a wonderful word picture about one of our excellent programs.*

## Some comments from former Coffee Talk members....

"Coffee Talk was wonderful! I was a basket case at the time - so full of grief. Everyone was fantastic and so very supportive. Talking about loss with others experiencing the same emotions helped me immensely."

"It was a great group, enabling us to share our feelings, ones that only those in the same situation could understand. It was a big help in the healing process. Many many thanks to Sonja for her leadership and understanding."

"I found both the Bereavement programs and Coffee Talk very productive and very very beneficial. Great leadership of the programs...(leaders) are very knowledgeable, excellent content, listen well and generate good participation from all team members."

"One of many responses around moving forward that had a real impact and resulted in removing the fog & guilt around this question, was that we can move forward as our loved one would want us to (as we would have also wished for them) and moving forward still means that we will always love them and always miss them."

# A Story from the House

## All Aboard... by Carol Holden

The staff of Hospice boarded a ship as (resident) Chef Ken prepared them a feast fit for an Admiral. It took Ken back to his 10 years at sea in the Canadian military and revived his love of cooking. Ken's passion poured over the room like the au jus on the prime rib roast dinner he chose for the menu.

Complimenting the dish with garlic roasted fingerling potatoes and glazed carrots in ginger ale and honey... "yes, ginger ale", Ken smiles. Staff gathered around the Admiral's table in the main dining to be honoured as a thank you for the love and care they provide daily.

"It made me feel good again", Ken sighed before excitedly sharing the next cuisine he prepared. This time, Ken brought the ocean to the house table with his rich clam and shrimp linguine. Ken's heart was full with the compliments from staff who said they "loved it", and the thank you letter he received following.

A special thanks to the 'sous chef' volunteers who assisted Ken in the galley. Ken said he is not done yet and up next is his famous stuffed mushroom caps ... his brother Doug affirms that delectable appetizer is worth waiting for. Ken is facing his current life situation like the storms of the sea, "I am going down swinging". Thank you, Ken, for sharing your gift with Hospice staff.



Ken with sous chef Jennifer Green

*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.*

Sandi Porter: **Game Night** Older movie on Netflix Hilarious.

Judy Brady: **Worth** Movie on Netflix True story about 9/11 starring Michael Keaton. Worth watching.

Dan: **Midnight Mass** Horror series on Netflix

Margaret: **New Amsterdam** Medical series on Netflix

Darlene Botman: **Indian Horse** on CBC - Poignant & stirred every emotion in me.



# Focus on Volunteers

## Volunteer Spotlight: Sonja Free

### How long have you volunteered at Hospice Simcoe?

I started in 2013

### In which area did you choose to volunteer?

Bereavement support.

### Why are you volunteering in this role?

### What excites you about it?

There are a couple of reasons for choosing bereavement support. I do have a number of years of experience as a minister and being invited into those sacred spaces in times when someone is dying or being called by a family when a loved one has just died. Helping a family plan a funeral, a celebration of life or a memorial involves the recalling of memories which in turn helps with inner healing. I have also witnessed some of the unhealthy ways family and friends have at times treated the bereaved person...like putting a timetable on the number of months and when one should "be over it and getting on with life".

In bereavement support for an adult or child, being totally present for them, trying to listen well, affirming their feelings is so important. Finding that common ground of understanding creates a safe space for conversation and healing.

My excitement comes in watching the growth and development as our participants are able to create a new normal, move forward yet knowing their loved one will always live on in their heart. That part can never be taken away from them.

It is also a time when I am learning constantly which I enjoy. However, it is also a very humbling time to know I am being trusted with their sacred story.



### Sonja Free

Hospice Simcoe  
volunteer since 2013

# H.R. Corner



*Connie Devlin, our Human Resources Manager, will be sharing information with us bi-monthly.*

Thanks, Connie for keeping volunteers informed.

Fire Prevention Week runs from October 3-9, 2021. On September 9<sup>th</sup>, a mock evacuation drill was conducted at the residence with a City of Barrie Fire Prevention Officer present to evaluate the drill.

A job well done by the clinical team who conducted the actual evacuation of the residents and to the employees and volunteers who portrayed the residents.

## Do you know what to do in the event of a fire at Hospice as a volunteer?

Our fire evacuation policy follows the **REACT** process.

- R** - **Remove** all persons in immediate danger from the building. Leave the building using the closest exit. Designated employees will evacuate the residents/family members in the residence. Meet up at the safe place at your location.  
**Residence safe place** - the flag poles out front | **Bell Farm** - city sidewalk closest to Bell Farm Road
- E** - **Enclose** the fire. Close all doors.
- A** - **Announce** where the fire is. Fire is at front reception
- C** - **Call** 9-1-1
- T** - **Try** to extinguish the fire or evacuate.

**\*\* DO NOT RE-ENTER the building until it has been deemed safe to do so by the fire department.**

### Welcome New Employees

We would like to welcome the following new employees to our Hospice Simcoe team!

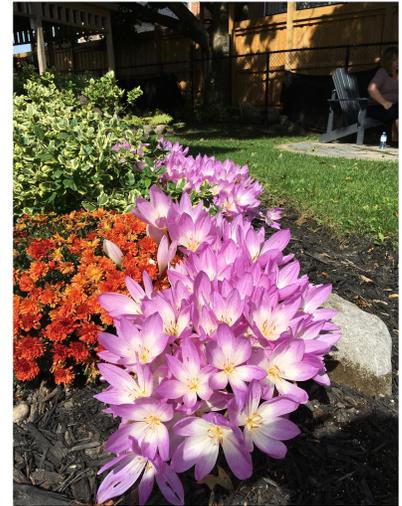
- Michelle Roberts, Marketing and Communications Coordinator
- Joy Greene, Casual RPN
- Shannon McLean, Casual RPN
- Shannon Harwood, Casual PSW
- Maddison Wojtus, Social Worker

### Volunteer Stats

We continue to welcome back existing volunteers and new volunteers. For the 2<sup>nd</sup> quarter (July - September 2021) our volunteers have donated:

- 97 volunteers donated their time
- 2514 hours of time were donated in the 2nd quarter

# Focus on Volunteers



*Our Fall gardens have never looked prettier!  
Thanks to the Holden Family  
for what you do to make Hospice Simcoe beautiful.*



Thanks to Wild Birds Unlimited for keeping our bird feeders stocked!

# Smile!!



Thank you to all of our volunteers who helped out with our Smile cookie campaign and to all the WONDERFUL folks at Tim Hortons.

# What's Happening?

## LUNCH AND LEARN with Laura Lambert:

Monday, October 25th  
12-1pm



Laura Lambert from the Barrie Public Library will be joining us and sharing updates about their in-person and online services and opportunities.

**Watch for the Zoom link in your email.**

## VOLUNTEER SUPPORT MEETING with Susan & Lori:

Wednesday, October 27th  
10:30am

**Watch for the Zoom link in your email.**

*“How we spend our day  
is, of course, how we  
spend our lives.”*

**A. Dillard**

## From the Board



Hello Everyone,

As the new year begins for the Board, we are anticipating another successful and fruitful time ahead. It's always a pleasure for me to share the good news stories.

How great is it that there are volunteers back at the residence? Not just for our residents and families, but for the connections, friendships, warmth and human contact that we have missed terribly. Additionally, the satisfaction we feel when giving to others selflessly, knowing that our efforts bring comfort to those suffering with end of life issues. Never underestimate your contributions. Without fail, the feedback and support we receive from the community is unwavering.

I had an opportunity recently to advise a friend, whose husband was terminal, to seek Hospice care in Oakville. Surprisingly, but not, she did not receive this from Home Care. Other than having good care and support at home, there is no better place for residents and families to receive the exceptional, specialized services provided at a hospice facility. They did take my suggestion and are so grateful. We all need to be Ambassadors! There are so many still who have no idea what we do!

The Board of Directors is extremely proud of the staff and volunteer team. You are amazing.

Our job is to support Kelly and her team to envision for the future, support growth of partnerships and be responsive to community needs.

All the best and most sincerely,  
Chris

# Hospice Events



## Tim Horton's SMILE Cookie Campaign

**MANY THANKS** to everyone who volunteered, donated, purchased and ate cookies in support of this year's **Tim Hortons Smile Cookie week**. We partnered with RVH. It was a great week! We look forward to announcing the proceeds soon.



## 2<sup>nd</sup> Annual Joan Wilson Golf Classic

Recently, the friends and family of Joan Wilson held the **2<sup>nd</sup> Annual Joan Wilson Golf Classic**. The event was held on September 24<sup>th</sup> at Simoro Golf Club. Eighty-four golfers enjoyed a great day of golf, beautiful weather and friendship, all while raising \$9000 for Hospice Simcoe.



Joan died at Hospice in 2017. Organizers said "Joan's legacy is her Family. They are loving, caring and have a host of Friends and family all around them. Her memories will live on in all of us forever as we pay annual tribute to her in the Joan Wilson Golf Classic... For an amazing wife, mother, great grandmother and friend to many".

## GOLF for Hospice - October 4th, 2021



Once again, our tournament was held at the Barrie Country Club and it was a great day! We are grateful to our organizers Marta Duivenvoorden, Jody Patfield and Jen Patfield, and to everyone who supports this great event. Stay tuned next month for photos from the day. We look forward to announcing the proceeds soon.



## Hospice Simcoe's Annual Newsletter

The Annual Newsletter will be in mailboxes, email in-boxes and available for pick up soon. Included in the newsletter is a slip and return envelope for our Annual Appeal. **Thank you in advance for your support!**



Like us, Follow us, Engage with us!



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