

# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER



### OUR SECRET GARDEN PART 1

by Carol Holden

As the volunteer gardeners at Hospice Simcoe cultivate the soil and tend to the flowers in full bloom, they hear the voices of volunteers excitedly anticipating their return to the house. It has been a long road for everyone, with healthcare having the greatest emotional impact. Hospice volunteers, however, have continued to flourish through these unprecedented times. When hospitals and nursing homes closed their doors to all visitors, Hospice Simcoe navigated solutions to facilitate loved ones while balancing the stringent provincial guidelines. When community programs and businesses shut down, our Hospice navigated solutions to continue to offer services and programs through using technology in so many unique ways. When volunteer programs continued to be shut down, Hospice Simcoe chose to engage, support and embrace us with continuous communication updates, education, training and activity opportunities. In addition, Hospice Simcoe advocated for volunteers to be included in the essential support to the healthcare sector to qualify our volunteers to receive their first vaccination in advance. As well, many of our volunteers promoted, participated and supported the Hike for Hospice and were instrumental in raising more than \$111,000.



Compassion. Support. Care.

We don't have to be in the building to live out the vision of Hospice Simcoe, but it will provide the 'human touch' we have missed over the past sixteen months. As volunteers, our hearts are filled when we fill the hearts of others. Hospice Simcoe is like a 'secret garden' where volunteers bring the added colours, like the flowers that complement the greenery that represents our staff team.





This month we're introducing a new feature, our **Volunteer Spotlight**. We hope to introduce you to volunteers from the many areas within our organization and to learn what it is they do within their chosen area. This month we're featuring Kerry Desmond who volunteers in fundraising and reception.

## Volunteer Spotlight



Kerry Desmond

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

I've been volunteering for 5+ years.

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

My main focus is fundraising although I work at the front reception at the residence as well.

### Why are you volunteering in this role? What excites you about it?

My background in sales, advertising and sales training helps a great deal. I've always enjoyed meeting new people and I find it easy to connect with people I haven't met before. Hospice Simcoe is such an easy sell! Once people are informed of the good we do in the community, they want to help.

Organizing Dish for Hospice, one of my tasks this past year, wasn't difficult once restaurant owners understood that we're a local organization doing amazing work in the community.

It excites me to support such a wonderful cause and to promote Hospice Simcoe in the area.

## Fundraising Volunteers

Our Fundraising volunteers assist in a variety of ways. Some help out at events like Hike for Hospice, Golf and Gala. Others support us by contacting donors to answer questions, take donations, and make thank you calls.

We are very grateful for their support!



## Reflections from Lori...

Something that has become even more apparent to us during this past year and a half, in our journey through COVID, is the way we impact people's lives with the gift of human "touch." I have italicized the word "touch" for obvious reasons. Touch over the last year has been something that we can no longer take for granted as part of the care experience. Person to person contact has had to be with caution or modification.

However, regardless of these necessary modifications, "that human touch" is an essential part of who we are and what we do as Hospice staff and volunteers. As an organization, I think we have done an incredible job of making sure that the need for that human touch has been met, finding new and creative ways to make connections. Here at the residence, we have found ways to make sure that the human touch is greater than ever, whether it be "virtual hugs" or giving hugs through PPE, volunteers standing in doorways to visit and take orders for food, singing through our masks and at a distance. There have been displays of volunteer art to encourage families, meals cooked and delivered by volunteers and community partners, and the use of technology like Zoom and Face Time to keep families and friends connected when they couldn't visit or provide complimentary therapies. Wherever there was a way, we found it!

Eventually, as things open up, we will be able to provide more of that all important ACTUAL touch—hands on a shoulder, hugs, complementary therapies, and one day we will even be able to SEE a smile, but in the meantime, we can never underestimate how much we can touch a soul with a word of encouragement, simply by being present and a listening ear. Nothing will change the priority of the human touch in the work we do here at Hospice. A pandemic may cramp our style a little bit, but we will not be moved from our incredibly important path of compassion, support and care.



# SUMMER GARDENS

When we asked for pictures of your summer gardens we had no idea what wonderful gardeners - and artists - we have among our volunteers. Thanks to all of you who shared photos with us. Your gardens are gorgeous!



Joan Nieman- Agapas's bright flowers attract the bees to her garden.



Laura Keyes sent along her perennial and hosta garden photos.



Sandy Dudley's gardens are stunning - apparently her husband is the gardener in the family. It looks like Sandy knows how to enjoy her garden time.

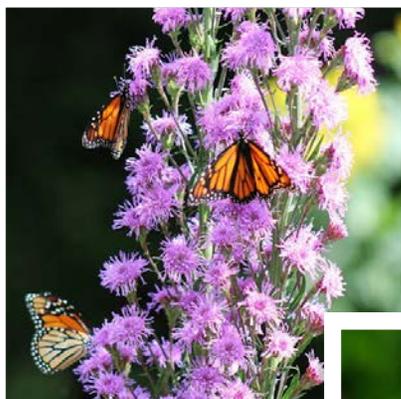
# SUMMER GARDENS



Thanks to Rick Irvin for sending photos of our incredible hospice gardens. And thanks to the team who maintains them so beautifully.



Can you spot the butterfly in Wendy Camber's garden?



It must have taken a lot of patience to get these shots from Mike Clothier's garden.



Teresa Amado's garden ... what a peaceful retreat.



Check out this Bedazzle Bug that lives in Kerry Desmond's garden. It's actually 2 Golden Tortoise Beetles.



# A MESSAGE FROM H. R.



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

Mother Nature certainly brought some challenges in July. Our gardens were loving all the rain. As we all know, sadly, Barrie and Innisfil experienced an extreme weather event when a tornado touched down.

A few of our volunteers were directly affected by the tornado. We are very grateful that all are safe, but they did experience some property damage.

What stood out in the media was the amazing work of the volunteers that assisted in supporting those affected. Members of the community stepping up to donate items, prepare food and cleaning up debris in the neighborhoods affected. **Volunteers do make a community!!**

## Volunteer Stats

Hospice Simcoe's services are partially funded from the Ministry of Health and Long Term Health Care. As part of our service agreements with the Ministry, we must meet certain targets. These targets do include stats regarding the amazing work that is provided by volunteers. The stats are submitted quarterly.

It is amazing to see how much time our volunteers have contributed, despite the challenges that COVID-19 has brought us. For the 1<sup>st</sup> quarter (April -June 2021) our volunteers have donated:

- 101 volunteers donated their time
- 3139 hours donated 1<sup>st</sup> Quarter

Recording your hours into **Better Impact** assists us with our reporting requirements and provides a way to recognize everyone for all their efforts. Please remember to enter your hours for all your donated time with us.



## CONGRATS!



There is a new addition to our Hospice Simcoe family. Emily Crump, an RN on our clinical team, and her husband Spencer welcomed Charlotte Violet, born May 10th, 2021. Charlotte came into the world at 18 inches long and weighing 7lbs 5oz.

Everyone is doing great! Approaching 3 months, Charlotte's entertaining her family with her coos and smiles.



# WHAT HAVE OUR VOLUNTEERS BEEN UP TO?



Mary Ann Pope, our lead kitchen volunteer, has continued to keep volunteers engaged throughout COVID. When restrictions were eased and volunteers were coming back into the kitchen, she and Susan led a Zoom meeting outlining the safety procedures. To top it off, Mary Ann demonstrated how to make these yummy tarts. Because they can be frozen individually they're perfect for our guests' needs.

## No Bake Mini Key Lime Pies

### Ingredients:

1. 3/4 c. fresh lime juice (or good bottled)
2. 14 oz can sweetened condensed milk
3. 8 oz whipped topping plus more for garnish
4. 8 oz cream cheese softened
5. 1/2 stick unsalted melted butter
6. 1 sleeve honey graham crackers turned into crumbs ( about 1 1/2 cups of crumbs

### Instructions:

1. Crush graham crackers and mix with butter. Set aside.
2. Cream the cream cheese until smooth using a hand mixer, add the condensed milk and mix until smooth. Add the lime juice and mix until smooth.
3. Let the whipped topping defrost and add to the cream cheese mixture, folding it in until combined.
4. Taking individual silicone cupcake liners, fill with the cream cheese mixture to about 3/4 of the way up. Top with the graham cracker crumbs. Place on a platter or sheet tray and place in the freezer for 4 hours or until set.
5. Unmold pies carefully and serve graham cracker side down. The easiest way to do this is to submerge the bottom half of the mold in warm water for a few seconds.
6. Serve with whipped topping and a key lime garnish.

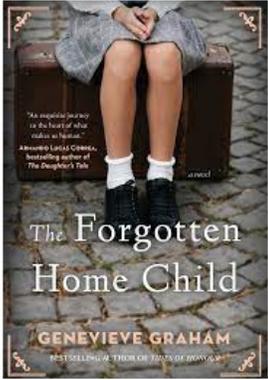


Thanks to [thisillygirlskitchen.com](http://thisillygirlskitchen.com) for this recipe.

ENJOY!!!

# BOOK REVIEW

## The Forgotten Home Child by Genevieve Graham



The Forgotten Home Child opened my eyes to a part of Canadian History that I had never heard of before.

From 1869 until 1948 over 100,000 British children ages 3 to 18 were taken from England's streets, orphanages and homes and shipped to Canada, supposedly to a better life. Many lived in worse conditions than the ones they had left. These children were put to work in factories, in underground jobs and on farms where they worked as slaves and indentured servants and were beaten and abused in every way.

This book had my attention from beginning to end.

The story opens with Winny, who is 97 years old. She lives with her granddaughter and great grandson, Jamie. Jamie wants to know about their family history and asks Winny to tell them about her early life. Her story starts on the streets of London and takes us from her arrival in Halifax in 1936 to present day. It involves five children who knew each other from Bernardo's Homes in London. We follow them as they connect and disconnect and connect again through the Great Depression, World War II, life in the 1950s, the Vietnam War to present day.

This is a story I think I will never forget.



*Thanks to Sharron Bowden for contributing this book review!*

*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.*



Donna G.: The Sister's Tale, novel by Beth Powning

Teresa A.: A Long Petal of the Sea, novel by Isabel Allende

The Soul of an Octopus: A Surprising Exploration Into the Wonder of Consciousness by Sy Montgomery

Cathy C.: What Comes After, novel by Joanne Tompkins.

The Secret Keeper of Jaipur, novel by Alka Joshi.

Sandi P.: We just discovered Hoopla - an app you can get and watch movies and series through the Barrie Public Library. We've watched some British detective series which are excellent.

Danielle sent along a *restaurant* recommendation this month:

**The Common Stove** in Orillia.



# What's Happening?

Hello Everyone,

Well, lots of good news coming at us these days! It's looking very promising that life may return to some normalcy with the decline in COVID cases and the huge success of the vaccine roll out. Thanks to all who have rolled up their sleeves, despite all the contradictory information. I remember quite well when I was a little girl, lining up for various vaccinations provided by the School Nurse. In those days we didn't have social media or over zealous reporters feeding false and confusing stories. The only way to eradicate a pandemic is with vaccinations. I guess maybe my age group and parents then were more compliant and trusted the experts! The rise in COVID cases in the U.S.A is amongst unvaccinated individuals. Just my two cents!

## From the Chair



The Board has actually had a busier summer than usual. Kelly has done an exceptional job developing relationships with Community Partners. We have had discussions with two Agencies, exploring partnerships and even integration to avoid duplication in services and reduce administrative costs. These ventures ensure that funds are used for direct patient care. The overall mandate of Ontario Health is to explore these partnerships and find efficiencies. Very exciting. Hospice Simcoe is recognized as a leader in this regard. Many thanks to Kelly for her forward thinking and innovation. Of course, none of this would occur if it weren't for the exceptional care provided to our patients and families. Thank you all for that! Our volunteers, staff and amazing leadership team make everything happen. I know I speak for the entire Board when I say it makes our job very easy!

I hope the rest of your summer is nothing but fantastic. So looking forward to being back at the Residence and seeing everyone.

Did you all hear about the stunning arrival of Sandi Porter's new grandchild being delivered in the car by her son? So cool.

Sincerely, Chris

### Lunch & Learn

There is no Lunch & Learn scheduled for August.

**\*\*Reserve Monday, September 27th @ 12pm for our next Lunch & Learn with our very own**

**Dr. Brian Morris.**

**Topic: Cancer 101**



**Volunteer Support Meeting: Date TBD - watch your email**

Do you have a Hospice story you would like to share? Email our Editor, Sandi at [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com)

# HOSPICE HAPPENINGS

## In our Community



Our annual **Hospice Simcoe Golf Tournament** is back and in full swing! (pun intended)

Mark your calendars for Monday October 4<sup>th</sup> at Barrie Country Club and stay tuned for more information.

If you're interested in participating, please contact Josie at [josie@hospicesimcoe.ca](mailto:josie@hospicesimcoe.ca)



### TIM HORTON'S SMILE COOKIE CAMPAIGN

We're thrilled to announce that together with RVH, Hospice Simcoe has been selected as a partner in the 2021 Tim Horton's Smile Cookie Campaign! From September 13<sup>th</sup> - 19<sup>th</sup> 100% of proceeds from the sale of Smile Cookies across Canada will go to selected charities.

You'll be hearing lots more on this in the days to come and learn how our volunteers and supporters can help make this the most successful Smile Cookie campaign ever!

### COMMUNITY THIRD PARTY EVENTS

If you know of any individuals, service clubs, organizations or businesses that will be hosting an event this year, we would appreciate them considering Hospice Simcoe as the charity recipient. For more information, contact our fund Development Team. On average, these events collectively raise approximately \$100,000 each year for us.

Like us, Follow us, Engage with us!



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