



# HOSPICE HAPPENINGS

## VOLUNTEER NEWSLETTER

Last month, we celebrated our clinical team, a group of RNs, RPNs and PSWs who are always on the front lines; but especially so these past fourteen months. Carol Holden takes the time to look back on other times when the same kind of dedication needed to be shown - when medical teams had to **answer the call**.

### We Answer the Call

When SARS hit Ontario in 2003, there was a heightened sense of fear and anxiety within the healthcare sector. While the cases remained predominantly in the GTA area, 'Code Orange' was activated provincially and RVH enacted their 'Code Orange' internally. This included screening, visiting protocols, safety measures, and the cancelling of elective surgeries. All day surgery and ambulatory care nursing staff 'answered the call' being redeployed to the security team for frontline screening and pre-assessment prior to entering the facility. We even called in the military to assist, by erecting tents outside of the Emergency entrance so that the facility would not be compromised.

I recall a specific incident where nursing staff gathered together around a patient in the pre-assessment tent attempting to encourage the patient not to cancel her urgent cancer surgery. Her husband was restricted from entering and unable to be by her side. Nursing staff developed a rapport within minutes. On that cold April morning, agreeing to be her support system, they 'answered the call'. In April 2009, 'we answered the call' again, to the H1N1 global pandemic where Barrie developed a community assessment location, diverting patients from the hospital. The entire healthcare community supported the centre with redeployed nursing staff. 'We answer the call'.

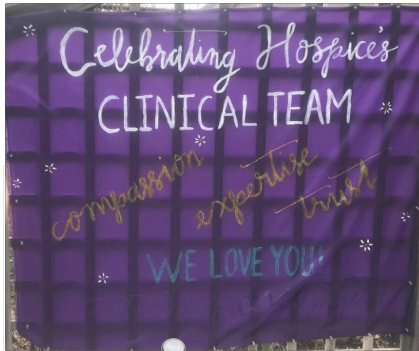
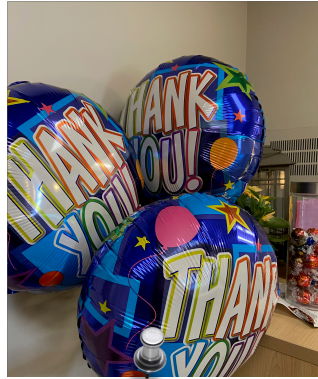
Today, in 2021, our Hospice nursing team 'answers the call' to COVID-19. We utilize the infrastructures and processes from the preceding pandemics as the original baseline foundation, along with ever-changing medical directives from the province. While all are committed to the response, our nursing and medical teams carry the acute stress each day as they place their lives at risk, caring for those in need. They 'answer the call'.

Each day at Hospice, our clinical team lives with the 'what if?', placing their lives ahead of the residents', and can only live in the moment. They are our unsung heroes who 'answer the call' where resilience literally responds to the risk, one day at a time, journeying with our residents on their final earthly journey.

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 Haiplik: [susan@hospicesimcoe.ca](mailto:susan@hospicesimcoe.ca) Thank you!

# Nursing Week Celebrations

Many thanks to volunteers and staff who sent some love to our clinical team during Nursing Week!



Thanks to Carol Holden for this lovely poem and for the creative input she has brought to Hospice Happenings. Carol's writing and photography (along with her enthusiasm) have been a welcome addition. It's great to have a partner in this monthly collaboration.

## We Answer the Call

Remaining resilient  
Ever-changing protocols  
steadfast and strong  
We answer the call

New ways to unite families  
Look beyond the four walls  
Commitment to our residents  
We answer the call

With compassionate care  
No wish too big or small  
Love knows no boundaries  
We answer the call

Thankful for the privilege  
The 'hope' at the end of the hall  
The guiding light in their final journey  
We answer the call

Keep my light burning  
As my soul hits the wall  
Residents soothing my heart  
We answer the call

The gift of sharing their life  
Silent tears like a roaring waterfall  
My exhausted spirit restored each day  
We answer the call

From all the staff and volunteers at Hospice  
We send our love and support to all  
Admiring your courage and commitment  
THANK YOU, Hospice Nursing team . . .  
for answering the call

*"Live life when you have it. Life is a splendid gift - there is nothing small about it."  
Florence Nightingale*

# Book Review by Anne Robinson

## The Poisonwood Bible by Barbara Kingsolver

My most favourite book (5th time read as of now).....The Poisonwood Bible by Barbara Kingsolver.

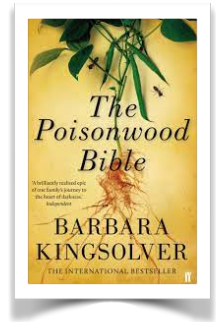
The Poisonwood Bible is a story told by the wife and four daughters, of Nathan Price, a fierce, evangelical Baptist who takes his family and mission to the Belgian Congo in 1959.

They carry with them everything they believe they will need from home, but soon find that all of it - from garden seeds to Scripture - is calamitously transformed on African soil.

What follows is a suspenseful epic of one family's tragic undoing, and their remarkable reconstruction, over the course of three decades in post-colonial Africa.

The novel is set against some of the most dramatic political chronicles of the twentieth century: the Congo's fight for independence from Belgium, the murder of its first elected prime minister, the CIA coup to install his replacement and the insidious progress of a world economic order that robs the fledgling African nation of its autonomy.

Taking its place alongside the classic works of post-colonial literature, this ambitious novel establishes Kingsolver as one of the most thoughtful and daring of modern writers.



*Many thanks to Anne for her first book review. Hopefully she'll have some others for us!*



Have you 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.

Send your suggestions to: [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com)

**Liz Worrall: The Innocent Netflix** A mystery based on the book by David Baldacci. Some blood, some sex, some intrigue - it has it all! A wonderfully choreographed mystery by one of today's best selling authors.

**Kathy French: The Butcher Shop Girl (Book)** is a compelling memoir of resilience and persistence that captures the vivacious spirit of a small-town girl determined to succeed by any means necessary.

The *Butcher Shop Girl* begins with *Carmen's* unique coming-of-age as she's ripped from her extended family after her Catholic parents' divorce.

(Kathy's son Kory French has a **podcast, Book Talk**, that you might want to check out. He interviews up and coming authors about their latest works. (Available on Spotify and Apple podcasts.)

**Cathy Charlton (Book) Greenlights** by Matthew McConaughey

**Tammy Pollard (Book) The Choice-Embrace the Possible.** A memoir by

Dr. Edith Eva Eger





# NAMETAG LAMENT

Lyne Drolet, a dedicated Hospice Simcoe volunteer is missing her time in the house and so, it seems, is her nametag! She's sharing this delightful story with us this month. Thanks Lyne.



Hibernating! That's what I've been doing! Laying dormant for too many hours, days and months. I'm self-isolating and very safe but boy, I'm really starting to feel restless and want to get back to work. Right now, I am surrounded by multicoloured pens, in a Hawaiian print case, tucked away in a purse...this Hawaiian pink fabric is my pandemic mask and it protects me. I can't be seen but I'm still there.

I am grieving. Something has gone from my once fulfilling and interactive life. I used to be able to get out. I was treasured in my master's hands, and put on like a precious and expensive brooch, like the ones that lay in specially handcrafted jewelry boxes. I would rest happily on my masters chosen fabrics, often beside light and colourful scarves. Proud to be out of the fabric case, out into the open, the world that I loved.

From my position on my master, I could see and hear everyone...and my friends, the other name tags, would smile back at me. And OH! THOSE HEART-TO-HEART HUGS... they were the best back in the day...It was always so great to hear other people's heartbeat.

When I was worn near my master's heart, I knew that good and important work surrounded me. This work is called Volunteer Work! It was such a great feeling...love and humanitarian energy all around.

Now I am well rested and ready to come out.

- Ready to do the work that is needed on our planet.
- Ready to see faces, full faces, not just eyes.
- Ready to experience new stories of kindness and support.
- Ready to learn more about grief and life after a pandemic.
- Ready to talk and share the narratives of these long years.
- Ready to help and lend my best listening ear.
- Ready and knowing that my inactiveness is fully capable of becoming active.



It has been 14 months since I have seen the light of day. I am missing my master's touch and I long to be paraded on her again. Let me out soon! I need to see my "tag friends", my Hospice family that I miss so much!

**Volunteer hours...**  
 In spite of the recent lock down restrictions, Hospice Simcoe Volunteers have donated 4546 hours since the beginning of 2021! We thank you for engaging in person, on Zoom and staying connected!

**We appreciate YOU!!!**



# WHAT'S IN YOUR YARD?

## Backyard Visitor

As I sit here putting the June newsletter together, a chubby, bright orange Baltimore Oriole is perched on our feeder enjoying the oranges we set out in anticipation of his arrival. We had never welcomed orioles before but last year one dropped by and our goal was to entice him back - hopefully with friends this time. Our brother-in-law - the avid birder - said this was the week they start coming back so we were ready.



I don't know if it's the lack of excitement in this pandemic life of ours, or my advanced years, but this has actually made my day!

During our Zoom newsletter editorial meeting, we talked about our interest in birds, in flowers, and in gardens, wondering if you, our readers, might share your stories with us.

How do you attract birds to your backyard? What flowers do you plant? What kinds of feeders do you use? How do you keep the varmints from taking all the feed? What benefits do you reap from your efforts?

We'd love to hear from you. Send your photos and ideas to us at [hospicesimcoenewsletter@gmail.com](mailto:hospicesimcoenewsletter@gmail.com) so we can share them in the July newsletter.

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*Thanks to Fredda French for sharing this story about Stumpette, their special yard friend.*

Our 'Stump' is what remains of a majestic, beautiful, Norway Spruce. When we moved into this house 10 years ago now, our tree was 20 feet high and covered most of the front windows of our home. These species can grow to 35 feet!

Each year, my husband would climb up on the roof and into the tree, trying to prune it!! For safety reasons, a hard decision to remove such a beautiful tree was finally reached.

I requested the arborist leave two limbs for her arms, then I could dress her for each Season and Holiday. While I am outdoors working in garden, many neighbours walking by stop, commenting about her wardrobe.

It has become a daily ritual for 3 little neighbours to drop-by and visit her up close.



# BEREAVEMENT ... FROM COLLEEN

With the cold, short days of Winter temporarily behind us, we can now focus on looking forward to Summer. There is just something about that season; days get longer and hotter, plants and trees are in bloom, people get together with their family and friends for adventures and memory-making. It's a nice change of pace after hibernating the past several months.

But what if someone you cared about, "someone previously partaking in your summer festivities, had died?" Then what? When people are bereaved, they can understandably have a complicated relationship with this sunny season. On one hand, it can feel as if Summer, and all it has to offer, can serve as an opportunity to re-engage with life, a time when grief isn't consuming every second of it. On the other hand; it can be a time and source of various triggers, along with acute grief. During this time, things like barbeques, festivals, gatherings with families and friends, these can all be a constant reminder that your person is no longer here, and all the changes that have transpired in your life as a result. Not something that makes it easy to enjoy Summer journeys, is it?

Yes, Summer can be particularly difficult when grief touches a person's life; however, that doesn't mean those grieving have to have a Summer full of sadness and sorrow. Here are some strategies the bereft can utilize to get through Summer of grief which include: \*Acknowledge your feelings about Summer without your person.

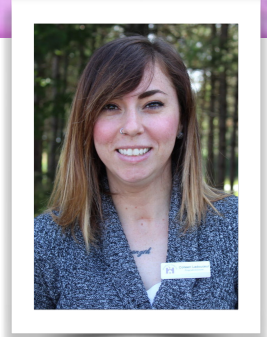
\*Realize there is no right or wrong way to think or feel.

\*If there was something you particularly enjoyed in previous Summers, try these out again checking to see what still brings you joy. Additionally, don't be afraid to bring someone else along with you.

\*If you aren't comfortable doing the same things that once brought you joy, go ahead and try new things, create new rituals (you can even do this in a manner that honours the memory of your person).

\*Remind yourself that grief consumes a lot of energy, so when invitations for various events and gatherings come your way, give yourself permission to say no or to set limits that meet your needs. Don't be afraid to reach out for support, a community of people exists having a good understanding of what you are going through. You are not alone.

\*Lastly, don't feel guilty about having fun and enjoying yourself, you deserve it!



## Making The Most Of It

On a recent Zoom we asked volunteers what they were doing to keep grounded in these pandemic days. From Jan Cole: "A couple of tree hugging pictures. We call the picture with my grandson the "hugging tree". Notice that the top is a double tree so we figure it is meant for two people (grandchildren for sure) to reach around and hug while still keeping the required distance. The tree feels our energy and love and so does the other hugger. Hey, gotta make a not so great situation fun!"



# What's Happening?

\* "Diversity and inclusion is a holistic endeavour that requires us to recognize people as whole and complicated beings and recognize the systems that impact people's ability to thrive and live authentically in this world."

\* Beyond Diversity: An LGBT Best Practice Guide for Employers by Great Place to Work and Pride at Work Canada.

June is PRIDE month, and we are excited to have Meg Ramore from Safer Spaces as our guest presenter for our June Lunch & Learn. This educational opportunity will assist in broadening our knowledge on being a Safe Place for those we provide services to.

**Lunch & Learn**  
Monday, June 21st  
@ 12pm on Zoom.



The AGM - Annual General Meeting will be held on Monday, June 21st @ 5:30pm -via Zoom.

Registered volunteers are invited to attend. If you wish to do so, contact Cathy Charlton.  
([cathy@hospicesimcoe.ca](mailto:cathy@hospicesimcoe.ca))



Hello Everyone,

As I am writing this, it is an absolutely gorgeous day. Nothing but sunshine and the perfect temperature. Happy summer. This is reason to celebrate. Being able to enjoy the outdoors makes a huge difference, having been restricted for what seems like an eternity. Good news on the horizon as well, related to the pandemic. The vaccine roll- out is amazing. I know many of our volunteers will soon be receiving second doses. It will be so fantastic when we can get back to some normalcy and, of course, return to Hospice.

The Board continues to work behind the scenes, along with Kelly, to ensure the smooth operation of our wonderful organization and planning for the future. Part of this is recruiting new Directors and developing a sound succession plan. As you know, I have been Chair for an extended period for a few reasons. It is essential that we prepare for my departure. More news to follow. We continue to attract exceptional candidates which speaks to the excellent reputation of Hospice. We will have our regular Board Meeting on the 31st of May. Just a reminder that the Annual General Meeting will take place on June 21st. It will likely be conducted via Zoom. Please watch for the notice. I would like to encourage you to attend virtually.

Thanks to all who have actively participated in the Hike for Hospice. We are encouraged by the numbers but still have a way to go to meet our goal. It is certainly more challenging raising funds during this time but we all just have to keep working hard. We are in a good financial position, however, the impact of this economy is still an unknown for charitable organizations. We receive less than half of required funds from the government.

As always, much appreciation for all you do and many thanks to our generous donors.

Sincerely,

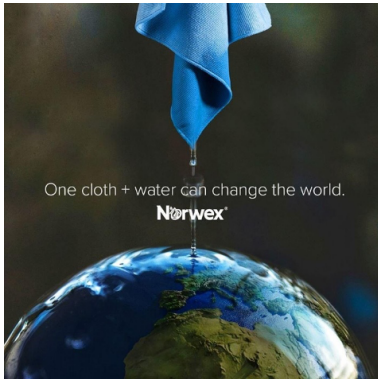
Chris





# HOSPICE HAPPENINGS

## In our Community...



### 3rd Party Events

For the month of June all Norwex products purchased through the link below will help raise funds for Hospice Simcoe! A great opportunity to purchase some of your Norwex favourites with 30% of total sales being donated back to Hospice.

Never heard of Norwex? Learn more: <https://youtu.be/9efZfbYksaY>

View the Catalogue: [Spring 2021 Norwex Catalogue - Canada \(joomag.com\)](http://joomag.com)

Shop: [Shop - Norwex Canada](#) | [Official Site](#) | [Sustainable Microfiber & Cleaning Products](#)

### Hike for Hospice 2021

As I write this, we are in the final week of our 19<sup>th</sup> annual Hike for Hospice. Despite our Hike being virtual for the second year, it has been a great success. We are well on our way to our goal of \$100,000.

We are very grateful to the many hikers and donors who hiked and donated. Thank you for your support.

If you have been collecting cash or cheques and using a paper pledge form, we ask that you drop them off to Hospice Simcoe's Residence during office hours (Monday-Friday, 9am-5pm). A volunteer or staff can assist you at the front door.

Please remember to adhere to public health guidelines, wear a mask and practice safe social distancing (6 feet).



Hospice Simcoe is one of the charity recipients for this year's Bradford Greenhouses Garden Gallery fundraising program. It's quick and easy to support Hospice Simcoe when you are buying your flowers and plants - just tell the staff person, prior to checking out, that you support Hospice Simcoe. 5% of the value of your purchase will be returned to Hospice Simcoe as a gift card, enabling us to purchase flowers, plants and seasonal decor for the residence. This program runs from April 11th to October 11th and is available at both Barrie & Bradford

locations. The Barrie location is open for public shopping daily. Bradford is closed to the public until further notice due to construction. Both locations are open for online shopping and curbside pick up. This offer is not valid for those collecting Garden Gallery "Grow for the Green" points.

**Thank you for your support!**