



HOSPICE HAPPENINGS

VOLUNTEER NEWSLETTER



National Nursing Week May 10–16, 2021

National Nursing Week is an annual celebration that takes place each May from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12. At this time, nurses are recognized for the role they play in the health-care journey of patients.

At Hospice Simcoe, we have always appreciated the work done by the RNs, RPNs and PSWs who make up our clinical team. This year, however, we have many more reasons to be thankful for their contributions. The pandemic has highlighted the roles they play and brought to light their courage and commitment. COVID-19 changed so much in our hospice community. New protocols were introduced, some of which changed on a daily basis. Staff had to commit to the changes and they willingly did so. With no volunteers in the house, they took on other tasks as well. Their ability to change and adapt as the weeks, then months rolled along was amazing. For this, we are very proud and extremely grateful.

The theme of Nursing Week this year is #WeAnswerTheCall and was developed to "show the the many roles that nurses play in a patient's health care journey." (www.cna-alic.ca) To this end we are highlighting our wonderful clinical team in May's newsletter. From beekeepers, world travellers, athletes and musicians to equestrians, crafters and snowmobilers, they are a varied group of individuals. But together they work to achieve a common goal at hospice: To provide the best palliative care at end of life.

Perhaps during National Nursing Week you might like to show them some love. A thank you note, a social media post, or a kind word would be appreciated. Let a nurse know that their work during these tough times has been noticed and appreciated.

Check out our clinical team's stories and photos on pages 2-5.

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!



Some words from our front-liners...

This past year has been an experience different for all but shared in many ways. While so many things have changed, the family feeling that comes with being part of the clinical team remains strong and solid. Now, more than ever, we talk and reflect with each other. We lift each other up. We listen to each other when needed. We take turns providing encouragement to each other on those inevitable down days. Together we look forward to the moments of joy that surely are coming. In an open and honest way some clinical staff would like to share a reflection of nursing during COVID-19. Jennifer Miller

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● *"I think one of the most memorable moments of the past year at Hospice Simcoe was providing care to one of our Hospice family member's mother. We have all supported each other through COVID-19 and being able to bring in their parents and provide the best possible End of Life Care during a pandemic was, for me, a special time. It also reinforced for me whether you work in the front office or provide care at the back of the house, we are one big family working as a team to give the hospice experience to those who need us."* K.L.
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"True Reflection...COVID-19 has made me oh-so-grateful for the people in my life. My family, my dear friends and my oh so incredible team!!! It's challenging to work through a pandemic but working with this team just reminds me how truly blessed I am. Music, singing (not well!!!), and dancing (a la Elaine) continue to keep my spirits up. Hahaha! Sorry guys. But seriously my respect and admiration for you all just continues to grow!" F.M.

"This past year has been extremely challenging, frustrating, anxiety-provoking both at work and at home. While we miss the physical connection with people, a warm embrace, a welcoming handshake, we are fortunate to still have the ability to have an emotional human connection with patients and their families at hospice. It's what has fed my soul and kept me moving forward one day at a time." L.H.

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● *"Being part of this family has kept me strong! Although we can still share laughter and tears I can't wait to hug you all so hard! I'm going to make it long and awkward, haha!"* J.M.
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Some words from our front-liners...

From Kevin Lloyd

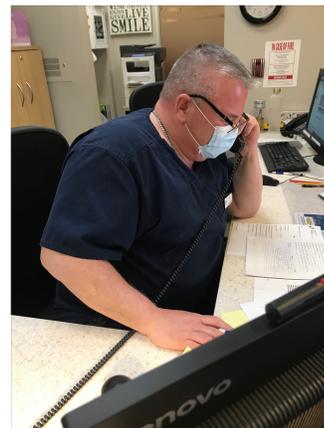
What crazy and challenging times we have all been living in - especially those of us in the health-care field. COVID-19 has made it difficult for Palliative Care clinical staff to provide the level of care we long to provide while meeting the emotional support needs of our residents and their families. Not being able to give a hug when needed is, for me, the hardest of all. (Although I must admit I've given a couple or three to those who really needed one over the past year.) And here we are, thirteen months into COVID-19...still caring, still supporting despite the pandemic stressors we face at home, in the community and at work. Amazing people, all of you.

I had the opportunity to be part of the opening of Hospice Huronia in Penetanguishene right at the beginning of the pandemic - March 26th to be exact. It was fun, challenging, rewarding and full of constant new difficult tasks. We literally started from scratch at a time when it was extremely difficult to get everyday items such as paper towels. But we did it and provided the best possible care to many residents and families in the Midland/Penetanguishene area. And they continue to do so. All that, despite no PSWs, no housekeepers, no volunteers and minimal office staff. Our director, Debbie Kesheshian wore many hats and kept us going. But my heart has always been with Hospice Simcoe and I had the great fortune to return to our House this past January on a permanent basis.

I have always appreciated and respected everyone in our Hospice Simcoe family and my experience at Hospice Huronia truly reinforced that appreciation for all of you who are part of our team. Hospice Simcoe is special. There is a warmth felt when you walk through the doors - a warmth that I have never experienced quite the same anywhere else. You don't just get warmth from fireplaces and throw cushions and paint colours. You get warmth from people. And our house is full of special people.

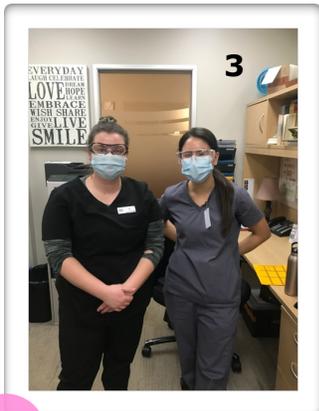
I'm writing this for Nursing Week but we as nurses cannot do our best without the team surrounding us. So here's a BIG shoutout to not just the nurses, but to every single person, the 'people' of hospice, who create the warmth and truly care about what Hospice is and what Hospice can become.

Thank you, Kevin, for this heartfelt story and tribute to the team that surrounds you. We're happy you're back with us!



Our FANTASTIC Clinical Team

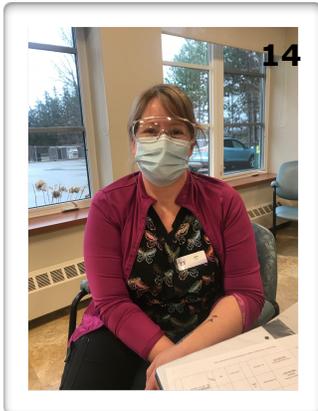
Many thanks to Lori Scholten-Dallimore who took all the photos of our clinical team. Although they are all wearing masks, we hope this will help you get to know them! They're a wonderful bunch of light-hearted yet compassionate people!



- 1. Cheryl Latondress
- 2. Garrett Lambert
- 3. Aryn Nicholson & Cassandra Cristillo (nursing student)
- 4. Natalie Chan
- 5. Marion Podewills
- 6. Emily Freethy
- 7. Emily Turner
- 8. Francine Michaud-McKenzie
- 9. Yola Schwetz



Our FANTASTIC Clinical Team



- 10. Brittany Irvine
- 11. Nancy Eatough
- 12. Sharon Gilbert
- 13. Lindsay Peitsch
- 14. Jennifer Miller
- 15. Sandy Blenkhorn
- 16. Laurie Harkins
- 17. The 2 Stooges

"Words cannot describe how humbled and proud I am of our clinical team. The teams' strength is a true statement of their deep conviction to providing compassionate end-of-life care. Their high performance has never wavered. They pulled together during this health-care crisis and continue to do amazing work! I will be forever grateful to each and every one of them."

- Kelly Hubbard



Today I Dressed For Battle

by Emma Cloney

I had the pleasure of talking to Emma Cloney, the author of this poem. An obstetrics nurse from Winnipeg, Emma wrote this poem just after she returned to work at the beginning of COVID-19 last year. Quickly, after it was posted to Facebook, it went viral and was featured on media sites throughout the country. It's certainly no wonder why. This poem paints an authentic picture of what our frontline health-care workers are facing every day.

In addition to her nursing career, Emma is also a professional singer/songwriter who performs with The New Customs, a duo that entertains at festivals and music venues across the country. (Their music is lovely - check it out at www.TheNewCustoms.com).



Emma works at the Health Science Centre in Winnipeg and comes from seven generations of nurses and nurse midwives. (Her Irish grandmother moved to England to practice midwifery. In fact, she was one of the midwives upon

which Call The Midwife was based.)

When Emma is talking about nursing, especially the field of obstetrics and childbirth, you can hear the passion in her voice. And she is equally passionate about her music - her lyrics tell inspirational stories.

Thanks for this poem, Emma, and for letting us share it to honour our clinical team at Hospice Simcoe.

*Today I dressed for battle
to fight an enemy I can't see.
Stood in lines of frontline troops being scanned into
work,
our new routine.
Packed a lunch for a 12 hour shift
I'll likely never get to eat.
And looked out the hospital windows
at ghostly empty streets.
Fought with the fear inside me to go
to the job I've always loved.
Afraid that everything I can do here
still won't be enough.
My hands are cracked from washing,
my heart heavy with fear,
knowing that the enemy we're fighting
can follow me home from here.
A nurse's heart beats with compassion,
and we'll take care of you.
Weather through the storm
and see this crisis through.
So again we'll dress for battle
to fight the enemy we can't see.
We came to work for you
PLEASE stay home for me.*

Emma Cloney



The New Customs



Volunteers in Action

It was nice to see at least a couple of our musicians, Sandy and John, back in the house on a Tuesday afternoon before our most recent lockdown. Hopefully, the entire group will be able to return soon.



Kim and Kathleen Holden were at Hospice to do some Spring cleanup on our gardens. Word has it that the Holden family is very talented when it comes to gardening, so we're lucky to have them on board.



Speaking of gardening...are you an avid gardener? Or has COVID-19 brought out the gardener in you? We'd love to see some of your garden photos or pictures of your seedlings as you prepare them for your flower beds or herb gardens.

Do you have any tips for those of us new to horticulture? Send us your tips or photos at: hospicesimcoenewsletter@gmail.com

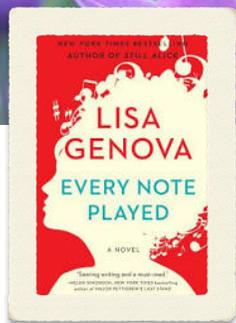


Judy and Alice continue to create wonderful goodies in the kitchen.



Many thanks to Susan and Lori for arranging ways for our volunteers to get together during National Volunteer Week. From Zoom get togethers to Yoga to Meditation, you kept us engaged.

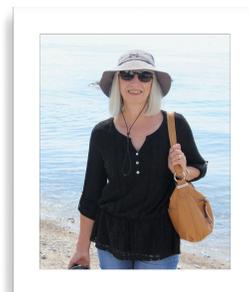
Book Review



Every Note Played is Lisa Genova's latest novel. The author holds a PhD in neuroscience from Harvard University and is also a gifted writer. These two passions intersect to produce some powerful stories. In her previous books, Still Alice (Alzheimer's disease), Left Neglected (Stroke), Love Anthony (Autism), and Inside the O'Briens (Huntington's disease), Genova captured the experiences of families as they grappled with the disease, while also instructing the reader about the disease process.

Every Note Played concerns ALS (Amyotrophic Lateral Sclerosis), a devastating neurodegenerative disease. (There have been some ALS patients who have chosen to be supported by Hospice Simcoe, both at home and in the residence, throughout their final days.)

This story chronicles the experience of Richard, a renowned concert pianist at the peak of his career, who suddenly finds himself unable to perform. His disease progresses quite rapidly with a series of incremental losses in mobility, swallowing and speech. Richard ends up moving back in with his ex-wife, Karina, despite their acrimonious divorce three years earlier. Karina had also been a gifted pianist, perhaps even more so than Richard, but had given up her career to raise their only child. Their marriage had been complicated by bitterness, resentment and infidelity, yet Karina became a reluctant and overburdened caregiver to Richard in his final months. As Richard's condition worsened, Karina and Richard were eventually able to acknowledge their own part in the failed marriage, and Karina was able to see her way forward to a reimagined future.



Thanks to Donna Goodeill for this review!

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.

Check out these suggestions:

Dan...Who Killed Sara and Lupin (Netflix)

Susan...Jack Ryan and Whatever May Come (Amazon Prime)

Sandi P...The Push novel by Audrey Audrain and

Behold The Dreamers by Imbolo Mbue

Kathy M...The Father, movie (Amazon Prime)



What's Happening?

ZOOM Lunch & Learn

Monday, May 31st

12-1pm

Ruth McDonald from
"Listening Post Barrie"

May Volunteer Support Meeting with Susan & Lori

Date: TBD



For future Lunch & Learn & Volunteer Support Meeting suggestions: please submit ideas to susan@hospicesimcoe.ca

From the Chair.....

Hello Everyone,

As we continue to deal with the extreme challenges related to the pandemic, I hope you and your loved ones are well.

I want to take this opportunity to thank Susan and team for all the lovely messages and activities organized to recognize our dedicated volunteers. It has been difficult for all of us not to be able to see each other and enjoy, not only our work, but the social interaction we experience during visits to Hospice. No amount of virtual meetings can replace the utter warmth and joy one feels on entering the building. Of course, the efforts put forth by Kelly and all to keep us in touch and informed are fantastic. Thank you!

Coming up in May is National Nursing week. It begins on Monday, the 10th, ending on Sunday, May 16th. It occurs during this time every year to commemorate Florence Nightingale's birthday, which is the 12th of May. As most of you know, I have a nursing background, as do many of our volunteers and Directors. It was my chosen profession from the time I was a little girl. I had three sisters who were all teachers and although I used to envy their summers and holidays not having to work, I never regretted my decision. Nurses dedicate themselves to helping others and trying to improve quality of life for the suffering. I cannot even imagine the exhaustion, trauma and helplessness some must feel during this tumultuous period. I do know, however, the majority of these health care professionals focus on the positives and celebrate victories as a united body. Thank you to our staff for coming to work, providing excellent care to our patients and families. Please take the time to acknowledge and thank a Nurse for all they do during that week.

Take good care, stay safe and get vaccinated! Tell a loved one how much they mean to you today!



Are you Hiking for Hospice this year? We'd love to hear from you. Is yours a virtual hike? Are you able to hike as a family - in different places? We'd love to hear from you.

Please send your photos or stories to us at

hospicesimcoenewsletter@gmail.com



HOSPICE HAPPENINGS

In our Community...



JOIN US FOR HIKE FOR HOSPICE

From SUNDAY, MAY 2, and throughout the month of May, join hundreds of others in our community to remember loved ones and help raise funds for Hospice Simcoe.

Create a team, collect pledges, and help us reach this year's goal of \$100,000!

If you haven't already you can register, donate, or download a pledge form on our website at www.hospicesimcoe.ca

Don't forget to send us your pictures and share with us who you're remembering.

Then, stay tuned to our website and social media to see our Hike photos.

We are so grateful to this community and our 'hikers' who continue to support us through this meaningful event. We could not provide the programs and services we do without your generosity.

Special thanks also to our corporate sponsors for donating so generously to this year's Hike : Purehealth Pharmacy, Kiwanis Club of Barrie, Barrie Press, Abram's Service Centre, Allandale Veterinary Hospital, Auto Trim Design, Dalston General Store, Deluxe Taxi, Jeff White Group, Jeff's Junk, MediGas, Parker Coulter Realty Brokerage, Plumbtech, Mason Miller, The Chilton Team, The Peggy Hill Team, snapd Barrie, Rock95 and KOOLFM.

Please remember to adhere to public health guidelines regarding the number of people who can gather together.



Bradford Greenhouses
GARDEN
GALLERY

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!