

Hospice Orillia Newsletter

September 2008

Pen to Paper...



from the E.D.'s desk

Well my dear friends, I am coming to the end of my term as Hospice Orillia's Executive Director. I must tell you that this has been quite the ride. When I came to Hospice Orillia as a volunteer in 1999 I had no idea what adventures would lie ahead.

I remember so well how very nervous I was as I approached my first (and second) client's door. It took a bit of time for me to realize that this feeling was a totally self centered (although normal) one. They were the ones who were ill

and vulnerable and inviting a total stranger into their homes. And, most amazing of all, inviting me to travel a journey with them that was so private and personal. The gift of those journeys has changed me as a person and changed my life as well. I know that I have grown.....I have more room in my heart than I ever thought possibleand, that room in my heart has an unlimited capacity!

My hospice journey will probably never be over. Hospice Orillia will, of course, continue to have my heart and my volunteer time. But the rest of my time will be devoted to my husband, our family and our dogs, painting and practicing my guitar. I hope that you will feel free to drop by for coffee and a visit when you are near our home.

The coffee will be on, the dogs don't bite and I know that we will be missing the day to day news and friendships that have been such a part of our lives. I say 'our' and not 'mine' because Bob has been as much a part of Hospice Orillia as I.

I always love to leave people with a quote in their heads. "The easiest kind of relationship is with ten thousand people, the hardest with one." *Joan Baez* Doesn't that just cover the volunteer visiting that is the core of Hospice Orillia? Keep working on the 'ones' everybody and we *will* make a difference in this world.

See you at the art shows!

Heather Tuline-Alden

Executive Director

Hospice Volunteer Birthday's

Amber McGarvey
Oct. 4th

Pat Knowles
Oct. 10th

Judi Maier
Oct. 13th



Hospice Volunteers & Supporters!

Our Dragon Boat team; **Hospice Dragon Hope** is set and ready to go! The races begin **Saturday, September 27th** at approximately 8:30 am at our beautiful Couchiching Beach Park. Come show your support and cheer on our team! **Rowers, we have a practice at the port on Tuesday, September 23rd 6:00 pm, please try to attend!**

Our new Executive Director

It is my sincere pleasure to announce that Hospice Orillia has completed the search for my successor. Annalise Stenekes has come to us from Alliance Hospice in Toronto and the Board of Directors, the staff and I wish her the warmest of welcomes. We are all looking forward to working with Annalise and joining together our passion for palliative care.

Heather Tuline-Alden,

Retiring Executive Director



I'm so excited to be joining the Hospice Orillia team! I've been volunteering, working and studying in the field of Hospice Palliative Care for about 5 years now, and I'm really looking forward to contributing to the amazing work that is being done by this organization. In our society, so many people are unwilling to talk about the "dying" process, which makes our work even more important because our clients often want to talk to someone about what they're experiencing, so that they can freely celebrate the remainder of their lives in a way that is meaningful to them. It's wonderful that we can be there to walk that journey with them. After all - it's all about living!

Annalise Stenekes



Upcoming events

Volunteer Training: Monday, September 8th, Hospice Orillia office

Dragon Boat Practice Race: Tuesday, September 23rd, 6:00pm at the Port of Orillia

Dragon Boat Race: Saturday, September 27th, Couchiching Beach Park

Rama Health Fair: Thursday, September 25th, at The Mask, Rama

Volunteer Fair: Saturday, September 20th, Orillia Square Mall 10:00 –2:00pm

Volunteer Appreciation Dinner: Tuesday, October 14th. Casino Rama RSVP!

Palliative Care Conference: Wednesday, October 22nd, Midland's Brooklea Golf & Country Club

Bereavement Support Group Starts: Wednesday, October 29th, Hospice Orillia

Spaghetti Dinner & Book Launch: Thursday, November 13th, St.Paul's United Church

Nut Fundraiser Sales Start: Monday, September 15th

Spaghetti Dinner & Cookbook Launch!

We're just around the corner from publishing our Hospice Orillia Cookbook!



Michelle Van der Geest, is a graduate from Georgian College's Graphic Art's program. She is the designer of last years Hospice Gala poster &

menu and is my partner for the cookbook publishing project. I am very fortunate to have such a skilled person to work with, Michelle will give the cookbook the special touches that will make it a success!

First copies of the cookbooks will be sold at our **Spaghetti Dinner Fundraiser on Thursday,**

November 13th at St. Paul's United Church. Tickets are **\$15-adults and \$10** for children ten and under. Tickets are available **NOW!**

We still need volunteers for the event, if you're interested please contact Amber at the office or e-mail amber@csolve.net and thank you to all who submitted recipes! **-Amber McGarvey**

Wendy's Wanderings...

I love fall! I particularly love the excitement of that 'back to school' feeling. September also means the start of our annual volunteer training– the opportunity to learn from the expertise of community professionals, to meet new people and learn more about ourselves. Training is never the same two years in a row. There are always changes, based on the feedback of participants; so the training just keeps getting better and better! Come see for

yourself; just call the office ahead of time.

Training will no longer be held at St. Paul's United Church. We have decided with such a small group to have a more comfortable setting here in the Hospice Orillia board room. 10 Peter St. N. Suite #301.

- Wendy Lee



Fall Palliative Care Conference

"Keeping the Patient & Family at the Centre of Palliative Care"

The 6th Annual Fall Palliative Care Conference is open for all hospice care providers to attend. The conference is held at Brooklea Golf and Country Club, in Midland on **Wednesday October 22nd, 2008**. Hospice Orillia volunteers can attend the conference for **\$20.00**. Please contact Rhonda at the office (327-7799) to sign up.

This years agenda includes:

Welcome and overview of the domains of care; Cate Root, Director of North Simcoe Palliative Care Network

Michele Chaban: "Good Grief: Changing the way we meet death"

Vickie Lejambe: "Spiritual Assessment: Where to begin?"

Lisa Goodfellow: "Navigating the System"

Lunch (provided)

Dr. Rick Irvin: "Symptom Management at the End of Life for Patient & Family"

John Rice: "Life Legacies: Where do we go from here?"

"The bad news is time flies. The good news is you're the pilot".

“How lucky I am to have something that makes saying goodbye so hard.” -Little Orphan Annie

Saying goodbye is a process not a destination. Whether you're saying goodbye to a relationship that's ending, a pet who has died or a job you once loved, it takes time to fully acknowledge and appreciate all that has occurred. When we say goodbye, we never say goodbye to one person, one event, or one thing. We say goodbye to many experiences —the lessons learned, the challenges won and lost, the unfulfilled promises, and the unexpected joys. This takes time, patience, and a willingness to sift through and experience all of our feelings.

You must fully embrace the ending to create a new beginning. The best way to create the space for a new beginning is to fully participate in the ending. This means acknowledging “What was” with eyes wide open; saying goodbye with meaning and purpose by using the power of ritual, and revisiting the memories.

We can spend enormous amounts of time and energy trying to avoid the pain of saying goodbye—resources that could be put to better use. Alternatively, we can accept and embrace the sadness as a normal part of the grief process. After all, the sadness simply means that we're experiencing the loss of someone or something that held significance in our lives. When we allow ourselves to go through grief, instead of working hard to go around it, we'll save ourselves a whole lot of energy.

We can't feel joy without cultivating the strength to feel pain. - **Wendy Lee**

Hospice Orillia goes Nuts!

In a Nut Shell Fundraiser

Back by popular demand! Once again we will be selling fresh roasted nuts. Nut order forms are included with this newsletter and orders are ready to be picked up before Christmas. This year we will also feature the best selling nut mixtures, in a basket with a copy of our new Hospice Orillia Cookbook, for those extra special friends and family.

Volunteer Appreciation Dinner

Tuesday, October 14th is our annual volunteer appreciation dinner. This evening is to acknowledge the graduation of our new volunteers who have completed the training course. It is also a time to express of our continued appreciation to our current volunteers and Hospice Orillia supporters.

The dinner will be held in the Anishnaabe Ballroom at Casino Rama. Dur-

ing a fabulous meal Hospice Orillia welcomes one of our volunteers; Liz Human to speak about her life experiences in palliative care from a global perspective based on her experiences in South Africa, Florida and Canada. We are all very excited to hear and learn more from Liz.

All of our volunteers are invited to the dinner and guests are welcome at a

charge of \$20.00.

Please RSVP to Rhonda by September 30th, 327-7799 or e-mail hospice@csolve.net

