

Hospice Orillia Newsletter


October & November 2008

Spaghetti Dinner...

Tickets are now available at Hospice Orillia for our upcoming Spaghetti Dinner Fundraiser. **Thursday, November 13th.** Dinner will include pasta, Caesar salad, garlic bread, beverage and dessert.

I have teamed up with David Hallman, an amazing chef, member of the Muskoka District Chef's Association and one of our newest visiting volunteers at Hospice Orillia. Dave has already gathered food donations for the evening and will help coordinate the dinner. We are grateful to have a chef on our team, but are still in need of more volunteers to help with the set up, decorating and cookbook sales. Volunteers will not be expected to serve the spaghetti dinner. If you are available please contact Amber at the office. **Thank you and don't forget to purchase your tickets!**

~Amber McGarvey amber@csolve.net

THURSDAY 267 NOVEMBER 13, 2008
Admit One
Hospice Orillia Presents

<i>Spaghetti Dinner Fundraiser</i>
Thu. November 13, 2008 5:30 PM St. Paul's United Church 62 Peter St. N
\$15.00 Adults \$10.00 Children 10 & Under 267

Hospice Orillia Cookbook

We are finalizing the details for the cookbook and sending it off to the printers! The Hospice Orillia cookbook will be launched at the **Spaghetti Dinner on Thursday, November 13th.** The book is filled with delicious recipes, coloured pictures, stories, conversion charts and a "rate this recipe" box. The cookbooks will be sold for **\$20 each** and will be available at the office and Manticore Books (103 Mississagua St.E.) after the launch. For those of you who submitted recipes, thank you very much for sharing your favourites with others!

Candles of Remembrance

This is a family event to celebrate the lives of loved ones.



Sunday, November 30th, 2:00pm City Hall Council Chambers

We invite anyone in the community who would like to attend to call Hospice Orillia.

THAT'S A LOT OF DOUGH!

A GIANT thank you to Doug & Valerie Hale and Ron & Carolyn Harris; owners of Tim Hortons for choosing Hospice Orillia as the recipient of the Smile Cookie Campaign. Total sales from the Smile Cookies topped **\$10,000!** We are so appreciative for their generosity and support. This donation allows us to continue providing our services to those in the community.



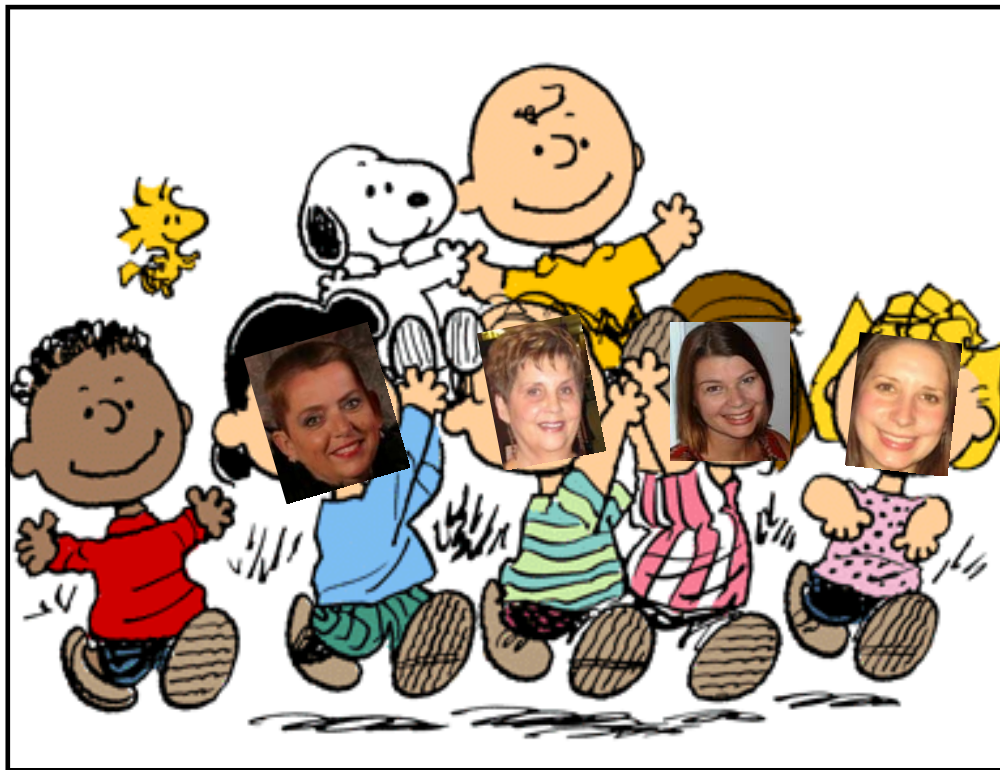
'Peanuts' are ready to order!

Our "In a Nut Shell Fund-raiser" has begun . Packages of dried fruit, hand roasted nuts and chocolate covered goodies make the perfect Christmas present. This year make sure to pick up a copy of

our new cookbook to add to your basket. Order forms are available at the office, or can be faxed/e-mailed to you.

Orders will be filled and can be picked up before the second week in December. Please contact Rhonda at the office for more details

327-7799 or
hospice@csolve.net



Upcoming Events...

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, Order forms available now!

Silent Art Auction at O.D.A.C.: Runs from November 5th to December 1st

Dodgeball Tournament: Saturday, November 15th., Georgian College Orillia Gym

Candles of Remembrance: Sunday, November 30th, Council Chambers

The Honour's Bachelor of Social Work program at Lakehead University Orillia campus is hosting a **Dodge This! Dodgeball tournament** with all proceeds going to support Hospice Orillia's Bereavement Program. The tournament will be held on **Saturday, November 15th at the Georgian College Gymnasium from 11:00 am until 5:00pm**. Teams of six players (16 years and older) are to raise a minimum of \$20 in pledges per player. With 100% of those pledges going to Hospice Orillia. Registration forms are available by contacting **HOSPICEFUNDRAISING@YAHOO.CA** or Hospice Orillia. The Lakehead students will be able to answer any questions or concerns. You can search the event on Facebook. Be creative, have a **theme for your team!** Prizes will be awarded to the best dressed/costumes, most money raised and overall 'skills'. If you are not able or don't play Dodgeball then please come and cheer on a team and enjoy the days festivities, food and fun. This is a great opportunity to have the youth in Orillia recognize a non-profit organization and get involved with fundraising. If anyone has any contacts for door prizes or food donations please contact Amber at Hospice Orillia. **Registration deadline is November 1st.**



Thank you and hope to see you on the court!

A voice from a volunteer in training...

By: Linda
"Morningstar"

I recently was gifted with a book: "Liberating Losses When Death Brings Relief" by Jennifer Elison and Chris McGonigle.

As I read the book I became completely aware of how I was moulded into the traditional way of thinking about death. I have had my experiences with the dying over the years as many of us have. Though I must say I actually did not have the honour of witnessing the death in ones' final spiritual journey. In reading the book, I became completely aware of the fact that the focus was always on the dying and not much thought is ever given to the loved ones left behind. As far as the loved ones' left behind, the way we look at that maybe we should be taking a new ap-

proach to the thinking surrounding death. The norm in society has always been the accepted way. Anything done to 'rock the boat' should I say is taboo and not seen in good light.

On reading the shared stories told by the ones' left behind in the book brought to mind that "yes, I should be looking at things differently!" Every human being has the right 'to be', 'to feel' and 'to think' what they need in order to heal themselves. No one really has the right to judge. We are all entitled to make choices in our life. As it is said *"It's particularly ironic that relieved griever, when most in need of comfort and understanding, can find themselves further stressed by ostracism, whether perceived or real."*

You see the sadness

and the hope in the shared stories. I invite you to read this enlightening new way of thinking and feeling by accepting what a person may need to do to heal. And to those who suffer in silence, I say to you, "thank you for liberating your losses". There are people out there who do listen, hear you and understand. I thank Hospice Orillia for gifting me with this new way of being. And looking forward to furthering my knowledge in the field by reading a new book on "How We Die. Reflections on Life's Final Chapter".

"Life is important and so are the people we know, and so we keep them close. Be kinder than necessary, for everyone you meet is fighting some kind of battle."

- author unknown -

Anna-tations...

Thanks to all who joined us at this year's Volunteer Appreciation Dinner!

It was a wonderful opportunity to celebrate the contributions of all Hospice Orillia's volunteers - those who visit clients in their homes, those who help with the Bingo, those who donate quilts, those who facilitate Bereavement Groups, those who sit on our Board, and those who help with fundraising and special events. The delicious 4 course meal was donated by Casino Rama, and took place in one of their magnificent ballrooms. Our thanks

go out to Sherry Lawson from the Casino for her continued support.

Seven new volunteers were awarded their certificates for completion of the 30-hour volunteer training. Congratulations to Kathie, Linda, Barry, Joanne, Dave, Carol, and Shelley! Visiting volunteer Liz Human shared some thought-provoking stories about her experiences working and volunteering in Hospice Palliative Care both in South Africa and more recently, in Florida.

Her stories reminded us that no matter where

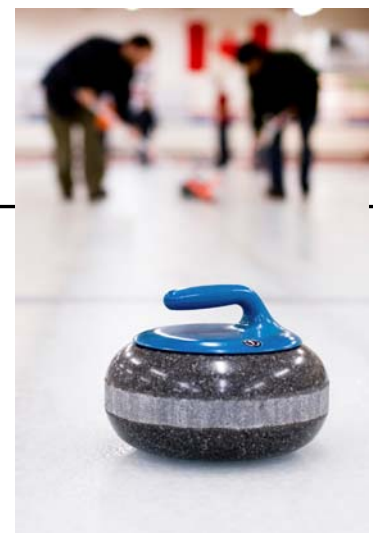
you go in the world, people benefit from Hospice Palliative Care support. She closed her message with the words from the son of a dying patient that help define the work that we do at Hospice Orillia: "Please don't rush. Make me feel like I am the most important person in the world to you right now. Listen twice as much as you talk. Don't just use your mouth; show me how you feel with your eyes".

- *Annalise Stenekes*

“Spiel for Hospice”

On **January 17th, 2009** Hospice Orillia will be having our third bonspiel at Barnfield Point. If you curl or would like to join a team for this fundraiser, please call the office and sign up. Closer to the event we will contact everyone and organize details. Please save the date!

We will be looking for door prizes, snack foods and volunteers to help run this event. Robin Shepherd is one of Hospice Orillia's visiting volunteers and will be in charge of this event.



Team Hospice Dragon Hope



A BIG thank you to this years Dragon Boat team!! Our Team captain Dr. John Stokreef and his 'Little Skipper' Amber McGarvey are pleased to announce that we raised over **\$7000** this year! This events success wouldn't have happened without an amazing team. Our team; Hospice Dragon Hope paddled through the rain and improved their race speed **placing 11th overall out of over 30 teams in the competition!** Congratulations and thank you for all your hard work, on and off the boat. The enthusiasm was incredible (not to mention the chilli) and our team spirit and warm up stretches paid off throughout the event. Your fundraising efforts are greatly appreciated!

Hospice Dragon Hope Race Times: 01:16.29, 01:16.80, **01:13.96**

Thank you all very much and we can't wait until next years festival.

~Amber McGarvey

The following volunteers celebrate their birthdays in October, November and December.

Joanne Watson, Gwynne Haras, Lois Blais, Daniel Smith, Deborah Kehoe, Bonnie Robert & Christine Doige.

Have a wonderful birthday! From the staff at Hospice Orillia



“ We are not simply what we ‘own’ we are who we help and the difference we make in the world” -anonymous

Hospice Orillia

10 Peter St.N
Suite #301
Orillia, On
L3V 4Y7
705-327-7799
hospice@csolve.net

For the past three years, Heather Tuline-Alden has been the Executive Director of Hospice Orillia and we celebrated her retirement on Tuesday, October 9th at O.M.A.H.

Heather started as a volunteer at Hospice Orillia in 1999, and has been a tireless advocate for improved hospice palliative care services in Orillia ever since. Her compassionate, enthusiastic and artistic nature served her well in this role, as she worked to enhance the visibility of Hospice Orillia throughout the community. Her success

was evident to anyone who looked around the room at her retirement party and saw Garfield Dunlop, MPP and Bruce Stanton, MP in attendance, as well as representatives from the North Simcoe Muskoka LHIN, Information Orillia, the Alzheimer's Society, North Simcoe Palliative Care Network and more. One of her family members who could not be present at the event sent a letter that was read aloud. It said, *"You have always been a giving person, reaching out to those in need. Even when you were going through tough times yourself, you always sought to help other people. Reaching out to others has always been natural for you, just as a flower turns to face the sun. It is never forced; it is simply an extension of your soul."*

Congratulations to Heather on her retirement.



Wendy's Wanderings...

By: Wendy Lee

It is no accident that our annual volunteer appreciation dinner occurs within days of Thanksgiving. It is an opportunity for the staff of Hospice Orillia to thank the many volunteers who are the heart and soul of our organization, and to welcome new volunteers to our Hospice family.

Some people embrace change, while others resist it. Nature can be such a fantastic teacher. As we watch the leaves gently falling to the ground, we can learn about letting go of our strong hold on the past and giving ourselves freedom for new wonder and joy. We can also learn about letting go of old ideas and seeing ourselves in a new light

A large part of volunteer training is about 'knowing ourselves'. We are shaped by many forces including our families, culture and belief systems. Before we can truly 'be' with others, we learn about ourselves.

4 FREE TICKETS for our Spaghetti Dinner are available, and you are limited ONLY by how well you know yourself. To enter all you have to do is write or e-mail your 5 Favourite Things to us – it's that simple! Here's an example –

Wendy:

CBC radio
Saturdays
Yoga
Sound of water
Handwritten letters

Amber:

The Wizard of Oz
Cotton candy
My Pillow person
Guell Park
in Barcelona
Thunderstorms

Annalise:

rain falling on the roof
first flowers of spring
bear hugs
wind in the leaves
belly laughs

Rhonda:

cards in the mail
feeding chipmunks
Hot water bottle
sunshine
dinner with family