

# Hospice Orillia Newsletter

December 2008 & January 2009

229 SATURDAY  
229 APRIL 4, 2009

**Hospice Orillia Gala**

*Dancing with Stars*  
CAN BE MURDER!

**Dinner & Silent Auction**

5:30 pm Cocktails &  
Silent Auction Viewing  
7:00 pm Dinner Murder Mystery

Casino Rama  
Silver Nightingale Ballroom  
229

229 **\$100.00**

## Save The Date! Saturday, April 4th, 2009 Hospice Orillia Gala

Hot off the press, Hospice Orillia's Spring Gala tickets are now available! We are very excited to announce this years murder mystery, "Dancing with Stars, can be Murder!", performed by Toronto's famous "Mysteriously Yours" theatre company.

The suspense will unfold during a delectable four course meal in the breathtaking décor of Casino Rama's Silver Nightingale Ballroom.

Guests will have time to browse the silent auction tables and be greeted by the actors, with dinner starting at 7:00pm.

Tickets are \$100 each and can be purchased now by calling 327-7799 (they make the perfect Christmas present!)



## Spiel for Hospice

Robin Shepherd has been working hard organizing the Hospice Orillia Bonspiel. He now needs your help signing up teams for the curling event. The bonspiel is being held at **Barnfield Point on Saturday, January 17th, 2009**. There will be two draws; 9:00 am & 11:00am. Each draw will have two games, an 8 ender and a 6 ender. When calling to register please specify which draw you wish to be in. The entry fee is \$120 per team, four players. Continental breakfast and hot lunch are included in your entry fee. There will be door prizes and a 50/50 draw. Please contact Robin Shepherd at 309-2242 or [binski36@hotmail.com](mailto:binski36@hotmail.com) or Hospice Orillia 327-7799 if you are interested in curling or volunteering for the days activities. Please pass this information on to friends, and let's get some teams signed up!

## I Wish you Enough...

A friend sent me this e-mail two weeks ago and it has stuck with me thus far. Maybe it's just this time of year, when we review where we are at in our lives, and what we wish for in the future. I thought I should pass it on, as we are usually bombarded with pointless, silly e-mails, junk mail and e-bills! This is a story that might make you think too.

*"Recently I overheard a mother and daughter in their last moments together at the airport. They had announced the departure.*

*Standing near the security gate, they hugged and the mother said, 'I love you and I wish you enough'.*

*The daughter replied, 'Mom, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Mom'.*

*They kissed and the daughter left. The mother walked over to the window where I was seated. Standing there I could see she wanted and needed to cry. I tried not to intrude on her privacy but*

*she welcomed me in by asking, 'Did you ever say good-bye to someone knowing it would be forever?'*

*'Yes, I have,' I replied. 'Forgive me for asking, but why is this a forever good-bye?'*

*'I am old and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral,' she said.*

*'When you were saying good-bye, I heard you say, 'I wish you enough'. May I ask what that means?'*

*She began to smile. 'That's a wish that has been handed down from other generations. My parents used to say it to everyone'. She paused a moment and looked up as if trying to remember it in detail and she smiled even more. 'When we said, 'I wish you enough', we were wanting the other person to have a life filled with just enough good things to sustain them'. Then turning toward me, she shared the following as if she were reciting it from memory.*

*I wish you enough sun to keep your attitude bright no*

*matter how gray the day may appear.*

*I wish you enough rain to appreciate the sun even more.*

*I wish you enough happiness to keep your spirit alive and everlasting.*

*I wish you enough pain so that even the smallest of joys in life may appear bigger.*

*I wish you enough gain to satisfy your wanting.*

*I wish you enough loss to appreciate all that you possess.*

*I wish you enough hellos to get you through the final goodbye.*

*She then began to cry and walked away."*

I also wish you 'enough' in the new year. Share this with your family and friends and may they carry it with them in the new year. Thank you  
~Amber McGarvey

## Our website is coming soon!

We have been developing a website for Hospice Orillia over the past few weeks, and it will be ready in early January. Nancy Nevala, of Hinterland Design (<http://hinterland.ca/>) and Sirkka's Fashions, is designing the site for us and Casino Rama has generously donated \$1000 towards this project. We will be hosting a "website launch party" on Wednesday, January 21st at 3:00 p.m. in order to celebrate and thank Nancy and the Casino for their generosity. Please drop by and join us for the party!

*"The beautiful young is an accident of nature. The beautiful old is a work of art."  
-Aristotle.*

## Wendy's Wandering's...

Many of the conversations I have had during the past few weeks have been about the increased stress and sense of pressure that people experience as the holiday season approaches.

It seems as if many traditions that were once viewed as special, and a source of great pleasure are now considered to be 'one more thing to add to the list'. This is especially true for those who are grieving. In our bereavement support groups we talk about what is really meaningful and important in celebrating the holiday season. Recognizing that we have choices

is very powerful, and often the result is much more simplified celebration.

My inspiration for simplification comes from many sources, from Hospice volunteers and group participants from whom I learn so much, from my friend Cathie whose coffee mug bears the inscription 'Live Simply so that others may Simply Live'; and from Linda who shared some of the following thoughts with me:

However good or bad a situation is it will change.

Dream more while you are awake.

Spend more time with people over 70 and under 6.

The happiest people don't have the best of everything; they just make the best of everything they have.

Don't compare your life with others, for you have no idea what their journey is all about.

My wish for all of you this season is for a profound sense of appreciation of all the blessings in your life. May you love generously, care deeply and live simply.

*I wish you enough!*

~Wendy Lee

The following Hospice Orillia volunteers who celebrate their birthday in December & January. We wish you a wonderful birthday, and all the best for the new year!

Daniel Smith, Deborah Kehoe, Bonnie Robert, Christine Doige, Deborah Defoe, Elizabeth Richardson, Carol Ruby, Patti Graham.



## Upcoming Events

Month of December, TELUS Mobility— Meerkat sales

Saturday, January 17th, Barnfield Point—Hospice Orillia Bonspiel

Wednesday, January 21st, 3:00pm, Hospice Office— Website Launch Party

Thursday, January 29th, 7:00pm, Hospice Office—Movie Night

Wednesday, February 25th, Hospice Office—Next Bereavement Group

Saturday, April 4th, Casino Rama— Hospice Gala & Murder Mystery

## Anna-tations

Holiday greetings to one and all. This time of year is one of reflection and gratitude for the blessings we experience in life. Hospice Orillia is blessed with an amazing group of volunteers - a fact for which I am so very thankful. One of the key components of our volunteer training is the concept of "self care" and we always have interesting discussions about what this means to each of us. As Janis Joplin once said, "Don't compromise yourself. You're all you've got". My first few months working here at the Hospice have been so busy, and I have to keep reminding myself to slow down and take care of myself, because if I don't — who will?

It is in the spirit of "self care" that, starting in the new year, the Hospice will

host a monthly volunteer event. We're not sure what to name it yet (send in your suggestions!) but we're hoping to have rotating themes like a movie night, a guest speaker, a field trip, etc. In addition, a portion of these evenings will focus on reflection and dialogue about the joys and struggles we are experiencing in our work with clients. It is my hope that having an opportunity to come together this way will be part of our continuing self-care as we do this meaningful (and challenging) work of "hospice".

The first event will take place on **Thursday January 29th at 7:00 pm** at the Hospice office. We hope to see you then! Also, please send in your suggestions for topics you would like to cover.

## Merry Meerkats!

Every holiday season TELUS chooses a local charity to receive the proceeds from the sales of their "critters". This year the Meerkat, which is featured in the TELUS Mobility commercials is the creature of choice. Hospice Orillia staff and volunteers were on site Saturday, December 13th to assist with the sales and present customers with information on our services. Thank you Joan Manser and Joanne Watson for your help.

The Meerkats are available for the rest of the month of December and make the perfect



Stevie Howe (TELUS employee), Amber McGarvey, Joanne Watson, Joan Manser, Sarah (TELUS manager), Annalise Stenekes

A lounging meerkat



stocking stuffer! **\$5.99 each** or a steal at **two for \$9.99 (taxes included)**. Pick up some today at the TELUS store, **865 West Ridge Blvd.**, Orillia.

Thank you TELUS for your support!



## Holiday Office Hours

The office will be closed from Wednesday, December 24th to Monday, January 5th, 2009. Staff will check messages daily. Please have a safe and happy holiday season.

Congrats to Kathie Mendez & Cathie McBride who entered our "Favourite Things Contest" and won tickets to the Spaghetti Dinner last month. These are Kathie Mendez's 5 favourite things:  
Puppy breath, trees, reflections on water, chubby babies, spaghetti!

## Cookbook Sales & Important Recipe Correction

Over 100 Hospice Orillia cookbooks have been sold! Our first print of the cookbook has been a great success! Thank you to everyone who has already purchased a copy, (or several for friends and family).

Even with all the editing we have caught a few errors, so please pass the word on. Jean Johnston's recipe for 'Cheese Scones' under the bread section the first paragraph states to "Cream butter and sugar until fluffy" (pecan shortbread), please **omit this whole paragraph** and start your recipe method with "In a large mixing bowl..." Sorry for any inconvenience.

Cookbooks are still available, and make an excellent (last minute) Christmas or hostess gifts. Books are sold at three locations for \$20.



Manticore Books (103 Mississauga St.E), The Shadowbox (15 Peter St. S) and Hospice Orillia office. Thank you for your support!

~Amber McGarvey

## New Year's Resolution...

I want to know your New Year's resolutions. Send your thoughts about the upcoming year, what you would like to change or challenge. Share with other volunteers what your plan is to achieve this goal.

My new years resolution is to travel and explore more. I'm excited for some (more) adventure in my life.

May you set yourself a new years resolution and have the best of luck fulfilling it!

Happy New Year's, peace and love,

~Amber McGarvey & the staff at Hospice Orillia

**"Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." ~Bill Vaughn**

## Hospice Orillia

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[www.hospiceorillia.org](http://www.hospiceorillia.org) (coming soon!)



Jackie, Marcia, Anne, Dave, Dawn, Gerry

## A GIANT Spaghetti Thank You!

A big round of applause goes out to an amazing team of people who helped make the Spaghetti Dinner & Cookbook Launch a huge success!

Once we got the hang of the seating arrangements, guests were greeted by students from Patrick Fogarty and O.D.C.V.I. Guests were served Caesar salad, pasta with a spicy sauce, garlic bread and a mouth watering raspberry white chocolate cake for dessert.

Dave Hallman, a Hospice Orillia visiting volunteer and a local chef was behind all the kitchen magic. Dave had almost all the ingredients donated for the event, making the dinner almost 100% profit for Hospice. I couldn't have done it without Dave, his wife Dawn and his kitchen team! Thank you very much for all your hard work!

Thank you to all Hospice volunteers & supports and staff for your help, this event took months to plan and only hours to see it all come together and hear the rave reviews! Hospice wouldn't exist without such support, energy and hard work from all of you. Thank you once again.

*~Love Amber McGarvey*



Above: High school students collecting community service hours while serving the dinner.

## Bereavement Group

Grief is a normal response to the death of a loved one. However, just as the relationship between any two people is unique, so is the way in which a person grieves.

After someone dies, people often feel very much alone. According to Dr. Alan Wolfelt, author of *Understanding Grief*, participating in bereavement support group is one of the best ways to assist in the healing process.

Hospice Orillia's Bereavement Support Group provides a safe, confidential atmosphere for the sharing of memories and emotions. As well as having the opportunity to tell the story of your relationship with the person who dies and to acknowledge your pain, you will also develop an understanding of the process of grieving. The next group begins **Wednesday, February 25th, 2009**. The group will run for 8 consecutive weeks from **1:30-3:00 p.m.**

**Advanced registration is required. For more information call 327-7799**