

Hospice Orillia Newsletter

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Tuesdays with Morrie

June & July 2009

A special production of the hit play “Tuesdays with Morrie” is coming to the Orillia Opera House on **Tuesday, June 23rd**. The proceeds of this opening night performance are being donated to Hospice Orillia, and we hope you will consider joining us for this unique opportunity. The intimate setting performance will be followed by a “Meet the Cast” reception including refreshments (featuring local strawberries!).

Tickets are limited and can be purchased at the office for **\$30**.



Summer Volunteer Potluck

Please mark your calendar for our “Volunteer Potluck” on **Wednesday, July 15th, from 5:00-7:00 pm**. Rhonda & Bill Sheppard are hosting the gathering at their home 3182 Monarch Drive, West Ridge. This is a great opportunity to meet other Hospice volunteers and spend time with staff outside of the office (we promise to behave ourselves)! Volunteers are asked to **RSVP by July 13th** to Rhonda at office@hospiceorillia.org or call the office at 327-7799.

Garden of Remembrance

On May 24th, Hospice Orillia hosted it's 9th annual Garden of Remembrance ceremony at Couchiching Beach Park. 41 people & 2 dogs were in attendance for this special event, where community members were invited to plant a flower in memory of a loved one who had died. The event opened with a smudging ceremony and music was performed by local group Sugar Moon. In this photo, Bereavement Coordinator Wendy Less shares some thoughts on grief and healing.



Hospice Orillia Wish List:

New office space, upgraded computer systems, 4 wireless mice, volunteers for bingo, filing cabinet with lock, Kleenex, digital camera.

View the newsletter online at www.hospiceorillia.org

Anna-tations

I've been working with the Board and Staff finalizing our Strategic Plan (key organizational goals for the next 3 years) and writing my Annual Report for 2008/09—both of which will be presented at the Annual General Meeting on June 2nd. The more I reflect and write about the year that has passed, the more I am humbled by the mere fact that our community has a Hospice program available to it's residents. Organizations and services like ours don't just happen by chance. They are the result of many years of hard work, perseverance, probably a few tears, and an incredible vision shared by several individuals in the community. In our case, it has been 20 years since this organization was incorporated and our first AGM took place, and I am proud to say that we are still thriving and growing.

One of the big accomplishments this past year has been our completion of the Level One Accreditation process with the

Hospice Association of Ontario. This process only pertains to the Visiting Hospice Services (not Bereavement yet), but it allowed us to ensure that our practices of promoting our services, supporting our clients, managing our volunteers, and working with other service providers, meet the minimum provincial standards. Amber McGarvey and I were honoured to accept the Certificate on behalf of Hospice Orillia at the HAO conference on April 19, 2009. The Certificate now hangs on the wall of our office reception area and reminds us every day of how much we have accomplished.

I invite you to attend to our **Annual General Meeting & 20th anniversary celebration** on Tuesday June 2nd at 7pm to hear more about our accomplishments of this past year (April 2008 – March 2009) and celebrate as a family the fact that we are 20 years young, and still thriving.

Dates to Remember

“Circle of Friends” Volunteer Night - **On Wednesday June 17th take a tour of Hospice Simcoe's new residential facility.**

Take Home Chef Raffle Draw— **The draw for a gourmet meal takes place June 17th.**

Tuesdays With Morrie— **Tuesday, June 23rd, Orillia Opera House**

Take Home Chef Raffle- **June 17th, 2:00pm**

Summer Volunteer Potluck- **Wednesday, July 15th 5:00-7:00pm**

Bingo— **Sunday June 21st, Saturday July 25th, Sunday August 30th**

Check out all the different ways you can volunteer with us!

We are always looking for different ways to expand our how volunteers are utilized at Hospice Orillia. If you are a visiting volunteer and are not 'available' to take on a client, there are several other ways to continue supporting the organization! We are always looking for office help, bingo volunteers, event & fundraising planning, admin assistance, community awareness, outreach, volunteer recruitment etc. If you are interested in volunteering in any of these categories then please don't hesitate to call the office and offer your expertise! *Thank you to Cheryl Sartor, Joanne Watson & Bonnie Roberts who have taken on special tasks to assist the office. We appreciate all your help!*

Pets & People *By Wendy Lee*

Most pet owners consider their pets as part of their family. Not only are pets our companions, they also help meet our need for physical contact. We touch our pets and they seek out our touch. We are comforted, calmed and grounded by them. There is no other source of unconditional love that compares to that a pet has for its owner. Our pets love us just as we are; they don't care about what job we have, how much we weigh or how we dress. They love us without judgment.

Pets play a large role in the Hospice family, and when our pets die, we grieve the loss of this profound relationship. There have been many pet deaths for Hospice people in the past year – Amber McGarvey's 12 year boxer Jude (who was named after the infamous Beatles song) in March 2008; Duchess, beloved golden retriever of former Board member Sharon Robinson, in June 2008; 19 year old Corky, Rhonda Sheppard's lovingly spoiled Manx cat in December 2008, and on April 21, 2009, 12 year old Phoebe a beagle-shepherd owned, cared for and loved by Heather Tuline Alden, former E.D. of Hospice Orillia. There are probably many others that we are not even aware of.

Each of these deaths was grieved, not only by their owners, but by those who knew them. Some owners have welcomed new pets into their lives, a tribute to their former pets who taught them that we have an endless capacity for love. We never 'run out' of love; it's not like a gas tank or bank account.

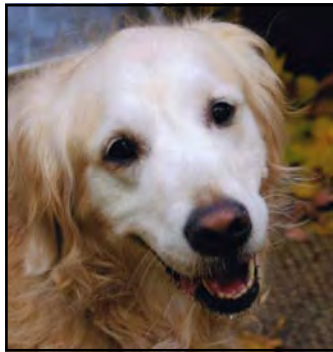
We also have animals who are very much a part of the Hospice family. Jim Woodford's dog Heidi regularly visits Jim's client in a Long Term Care facility. Bingo Coordinator, Faye Roger drops by the office on a regular basis with her tiny dog Hercules and Cheryl Sartor's soft and cuddly puppy Gus is a frequent visitor as well. Although Annalise's two cats Owen and Clarence have not yet visited the office; we enjoy the stories of their escapades.

Animal's lives are shorter than human lives. People are born so that they can learn how to live a good life –like loving everybody all the time and being nice. Pets already know how to do that, so they don't have to stay as long.

Sara and Sami, & how they came to live at my house...*By Rhonda Sheppard*

My husband and I are confirmed cat lovers, and have had 3 cats throughout our marriage that have all gone to cat heaven at various times, the last one at age 19 this past Christmas eve. It was difficult to say goodbye to such a good friend and our home felt empty. We knew we would share our home again with yet another cat or two but we were waiting for the right time. A couple of weeks ago I got an e-mail from a co-worker inviting me to take a look at some newly born kittens that would need a home soon. Their photos were just adorable. My husband and I had many discussions and took many looks at the photos and even made plans to go look at them. I myself felt uneasy about baby kittens, it had been a very long time since we had those. Unknown to me—my husband felt the same way. After disclosing our feelings we decided not to go look at the babies. We would wait for another time that felt right. The next day my husband said "let's go the pet store". When I asked why he replied, "they always have cats to adopt." I wasn't on the same page and said I would go with him but wouldn't go inside, because if I did, I knew what would happen. He went to an all together different store than we usually shopped in and I wondered out loud why. He said it just felt right. Well, I did go inside and found two beautiful calico cats, a mother and her daughter who needed a home together. I got so choked up and emotional I could hardly speak. We both fell in love with them right there. My husband said we should just adopt these two, they need a home. I was trying to buy time and said I need to talk to someone from the SPCA, I need questions answered, and I'm not going over there, because I would come home with 6 cats and ½ a dozen dogs. It wasn't safe for me.....Well, just as I said that, a man from the SPCA walked through the door. My husband looked at me and said "I think this is a sign." Well you know the ending. We will be a family in a couple of days.....This time I am so excited I know it's right. I still think of our dear Corky but she would love it that we have chosen Sara and Sami to fill our hearts. [Continued at the bottom of page 4.](#)

Pets & People continued...



Hera is volunteer Joanne Watson's dog, a female Golden Retriever.

"Hera inspires me to venture forth into Mother Nature in all seasons. Though she is now an older dog,

her enthusiasm to go for a walk has not diminished and knows no bounds, and puts a smile on my face every time I accept her begging re-

quest!

Once outside, we both benefit from the exercise and restorative peace which Mother Nature endows.

Hera always greets me happily at the door upon my return with a gift in her mouth. (her stuffed toy). She never talks back, but can sulk if she doesn't have her walk. She is a kind, trusting, dear soul.

I love her dearly."

~Joanne Watson



Heather & Bob's Phoebe & the run away brassier!



Jude, missed dearly by the McGarvey family. (above)

I have several favorite memories of Jude, but the funniest was how she (to be polite) 'passed gas' every time she would jump up on the window sill to have a look outside. It was always awkward explaining to new guests about her not-so-lady-like gas problem!

She was very excited to see us come home, with never ending kisses. Xo *~Amber McGarvey*



Faye & Hercules

Corky (below)



(cont'd from page 3) This newsletter was dedicated to pets and pet loss within our organization. I could not have predicted that I would be writing this today. I wrote of the joy of getting new pets after the loss of another. Yesterday our dear little Sami had a fall in our home with injuries she could not overcome and she died. I am in shock that this had to happen when we only had her for

three weeks, but I must say Sami played hard for those three precious weeks. I hardly knew her but I dearly loved her and will miss her tiny feet running through the house.



Sara & Sami

I will have those cherished memories to carry me through.

~Rhonda Sheppard

“Pay It Forward”

By: Amber McGarvey

If you haven't seen the 2000 drama/romance movie “Pay It Forward” you're missing out! The movie that stars Kevin Spacey, Helen Hunt & Haley Joel Osment is based on a concept that 12 year-old Trevor McKinney (Haley Joel Osment) creates and puts to 'use'. Trevor 'believed in the goodness of human nature' and explains to his classmates and teacher (Kevin Spacey) his theory that the world will become a better place if we accept a good deed from someone and return the favour to 3 other people. His concept grows in ways no one could imagine. Affecting his mother (Helen Hunt), school peers, his emotionally and physically scared social studies teacher, a drug addict, homeless alcoholic etc and they each go on to Pay It Forward! In the end his idea goes full circle and the little boy is responsible for goodwill stretching from Nevada to the other side of the country. Without ruining the movie, I suggest making a big bowl of popcorn and grabbing some tissues before sitting down to watch the flick.

A couple of months back I was thinking of how we could 'Pay It Forward' in our community. Hospice Orillia was the first place I wanted to start. I had noticed a decrease in our referrals for one reason or another and thought that this is something we can try to change together. As a Hospice volunteer & staff person I am aware that there is a general lack of knowledge about Hospice services in our community (even with all our media coverage!) and thought we as volunteers of all sorts could pass the information of this organization forward. So this is where you come in, and how you can help be ambassadors for Hospice Orillia. Step One: Find three people; neighbours, co workers, strangers in Orillia and surrounding area. Step Two: Tell them about our visiting volunteers, lending library & bereavement programs. Step Three: Explain to them how easy it is to make a referral or to become a volunteer. Step Four: Give yourself a pat on the back.

PAY IT FORWARD! Thank you!

“The capacity to care is the thing that gives life its deepest meaning and significance.” ~Pablo Casals

Meet the Volunteer

Norinne Lowrey has been a Hospice Orillia volunteer for over 8 years! She began volunteering for this organization after taking care of a 100 year old woman in her home.

Norinne's says that her biggest accomplishment is “learning from every client” and learning more about First Nations. Her hobbies include gardening, entertaining (but not the clean up) and her love for globetrotting! Norinne has travelled to Japan, Ireland, Scotland, China, Mexico, Cuba, Hawaii, the Yukon and Wales and is always looking for a travelling companion.

She says that one of her clients made her feel like she was the Queen of England.

Norinne's favorite foods are the fruit and vegetables grown in her garden; “I always have a bucket of soup on the go”. When asked if you could have any career what would it be and why she responded “I'd go back to nursing; even after I stopped work I looked after lots of people”

Hospice Orillia is very fortunate to have a warm, caring volunteer with such a great sense of humor and outlook on life! Thank you Norinne for your continued support & dedication! ~Amber McGarvey



How to record your volunteer hours

There have been recent changes in how we report our volunteer hours to our main funder -The Ministry of Health & Long Term Care. In the past, a Hospice Orillia volunteer has recorded their hours using their own 'system' and reported how many hours they spend each month with their client. Now we are also required to record the data of each contact with the client. Below is what needs to be kept track of, and how.

1. Record the **dates** that you spoke/saw your client
2. Record if the contact was **in person** or over the **phone**
3. Record the **time** spent during your contact (Including **transportation** time!)
4. Fill out the "Volunteer Hours Form" and send to the office by phone, e-mail, fax or deliver it in person

The form can be found on our [website](#). Thank you all again for your continued hard work and dedication. I need all the help I can get with the changes in reporting statistics.
~Amber

NEW! Health/Illness Information Education Article

While at the 15th Annual Palliative Care Conference held at Casino Rama May 27th, I thought we should start a new column for the newsletter. Each issue will feature a different illness which some of our clients have been diagnosed with. This will help us all learn about a specific disease/illness. Enjoy. ~Amber

ALS stands for **Amyotrophic Lateral Sclerosis**, sometimes called **Lou Gehrig's disease**. It is a rapidly progressive and fatal neuromuscular disease that is characterized by degeneration of a select group of nerve cells and pathways (motor neurons) in the brain and spinal cord. This loss of motor neurons leads to progressive paralysis of the voluntary muscles. The heart is not a voluntary muscle, and therefore remains unaffected by the disease. However, since breathing is controlled voluntarily by the chest muscles, death usually occurs when the chest muscles are no longer able to help the lungs achieve adequate oxygenation.

ALS is not contagious, but it is fatal. For the most part, the battle is short, with 80 per cent losing their lives within two to five years of diagnosis. Between 10 and 20 per cent live 10 years or more after diagnosis, while others live only a few months.

For some people, the muscles for speaking, swallowing or breathing are the first to be affected. This is known as bulbar ALS. The term "bulbar" refers to the motor neurons located in the brain stem that control the muscles used for chewing, swallowing and speaking. ALS symptoms, and the order in which they occur, vary from one person to another.

In the majority of cases, ALS effects the lower portion of the spinal cord first. This is known as limb onset ALS. In these cases, the first signs of ALS are usually muscle weakness, cramps and weakened reflexes in the arms and legs. The rate of muscle loss can vary significantly from person to person with some patients having long periods with very slow degeneration, and others experiencing rapid degeneration.

For more information about ALS, please visit

<http://www.alsont.ca/>

To enhance communication of current events, in addition to the Newsletter, a bi-monthly update is sent by e-mail (the 2nd & 4th Wednesday of the month). Please call the office if you have an e-mail address and you haven't been receiving these notices. Thank you.

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