

## **OAK RIDGES HOSPICE HERALD**

Summer 2023 | Issue 16

### In This Issue

WELCOME HANNAH!

IT TAKES A VILLAGE

IN OUR COMMUNITY

VOLUNTEER APPRECIATION WEEK

NATIONAL NURSES WEEK 2023

HIKE FOR HOSPICE 2023

WORDS FROM THE HEART

MEET THE TEAM

COVID UPDATE/PSW DAY

KITCHEN KONNECTION

IN MEMORIAM







www.oakridgeshospice.com

#### SUPPORTIVE CARE AT ORH

Oak Ridges Hospice (ORH) is pleased to announce the appointment of our new Supportive Care Counsellor, Hannah Carlson! Since starting in April, Hannah has introduced many new initiatives and programs to support our residents and their families, as well as a few staff initiatives to keep everyone engaged and supported. We look forward to see what the future holds for Hannah at Oak Ridges Hospice!



Hannah comes to ORH with a passion for end-of-life care in hospice which has only grown over the past five years. Before coming to Oak Ridges, she was the Grief and Family Support Therapist at Hospice Vaughan where she was responsible for providing individual and group psychotherapy sessions to grief and bereavement clients.

Hannah brings with her a variety of skills to assist residents and their families in meeting their psychosocial goals which include traditional verbal processing and music therapy.

"It is truly an honor to provide supportive care to those within my community" says Hannah. "Being able to share the transformative power of music with others has been so meaningful and continuously reminds that beauty can be found even within the most frightening of places... all you have to do is look (or listen) for it."







## <u>IT TAKES A VILLAGE</u>

Every gift has a tremendous impact at Oak Ridges Hospice and we are so grateful for the many individuals, community groups and foundations who have supported us in their own unique way! Below are some highlights from the last few months to celebrate this generous community.

2023 HIKE FOR HOSPICE

# Thank you! Hille for Hospice

Thank you so much to the Hike for Hospice committee for their hard work and dedication in planning, organizing and executing this incredible fundraiser for Oak Ridges Hospice!

#### **PIANO DONATION**



We would like to thank a generous anonymous donor who provided ORH with \$5000 dollars to put towards purchasing a piano. This will support musical initiatives within the hospice such as music therapy at the bedside and music moments in our family room for all to experience!

## YORK FAMILY MEMORIAL GOLF

Tournament



A big thank you to the York family for donating proceeds from the Linda York Memorial Golf Tournament to Oak Ridges Hospice. Together, with family and friends, over \$4,000 was raised for Oak Ridges Hospice!

NAME THAT TUNE 2023



Thank you so much to our wonderful volunteer, Amy Toon and her amazing team who hosted Name that Tune on June 16th in Nestleton! It was a night of fun, laughs, dancing and singing, all while supporting Oak Ridges Hospice! Thank you Amy!

## **IN OUR COMMUNITY**

#### **FARMERS MARKETS**

During the summer months (May, June, July, & August), Oak Ridges Hospice will be set up on a variety of different dates at two local farmers markets to raise awareness, help promote ORH and educate people on what Oak Ridges does and the services we provide. The remainder of the Farmers Market dates are:

July 16th - Uxbridge Farmers Market, 9am - 2pm August 19th - Port Perry Farmers Market, 8am - 3pm August 20th - Uxbridge Farmers Market, 9am - 2pm

Come on out and say hello to different staff & volunteers who will be on site!



#### **COMMUNITY SPEAKING ENGAGEMENTS**

For the last few months, staff of Oak Ridges Hospice have been given a few special opportunities to go and speak to and with local community groups and provide some support and education as to who Oak Ridges Hospice is, the services we provide and the different supports that are available!

Thank you to the Port Perry Lions Club, Port Perry United Church Women's Group, Bowmanville Creek Retirement Community, and 100 Men of Scugog for having us out to speak!



# LOOKING TO HOLD A FUNDRAISING EVENT FOR OAK RIDGES HOSPICE?

Are you a member of a local organization or club, looking to support a special cause in your community?

Whether you already organize a community event, or have an idea for a new event, Oak Ridges Hospice of Durham would be honoured to be the recipient of your fundraising efforts.

Some Events To Consider Hosting: Golf Tournament | Concert | Garage Sale | Car Wash | Bake Sale

#### Reach out today to discuss your event idea!

Meghan McLeod, Fund Development & Communications Coordinator mmcleod@oakridgeshospice.com | 289-225-0205

## **VOLUNTEER APPRECIATION WEEK 2023**

As we pause and reflect on the past few months, we take the time to thank and appreciate all of our wonderful and dedicated volunteers for the countless hours they spend at Oak Ridges Hospice!

During the week of April 17 - 21, we celebrated our volunteers! Treated with lunch, donated by Desjardins Insurance in Port Perry and prepared by Louie's Cafe in Port Perry. Volunteers sat and enjoyed a meal and had a chance to meet and chat with other volunteers in different roles at Oak Ridges Hospice.

Thank you so much to community businesses such as Brock's, Branching Out, Revelations Massage, Lakeview Health & Wellness, Trading Post, POE Designs, Jester's Court, Homestead Furniture & Appliances, That Place on Queen, Pickles & Olives, and so many more for donating wonderful items for our Volunteer Appreciation Week giveaways! These incredible donations really show just how much our communities also appreciate and recognize our hard working and dedicated volunteers!

On June 22nd, volunteers and staff gathered at Two Blokes Cider in Seagrave to celebrate & share stories as well as moments of reflection and fellowship over the course of the year at Oak Ridges Hospice. Special thanks to our Volunteer Co-ordinator Cheryl for organizing, Two Blokes Cider in Seagrave for providing the space, and a big thank you to Courtney Holmes Insurance Agency and Durham Region Dairy Producers Committee for sponsoring the lunch!!









## **NATIONAL NURSES WEEK 2023**

# During National Nurses Week, we take the opportunity to thank and appreciate our hard working nurses!

The week of May 8 - 14, was filled of fun, laughs, and appreciation of our nurses here at Oak Ridges Hospice! our clinical, administration, support staff, and volunteers participated in a week of activities to re-engage and give thanks!

Our week included a breakfast held by our Director of Care, Pam Stevenson and served by Board of Directors members, as well as a reflection room, complimentary massages, Music & Mocktails, First Nations Healing Circle with Kathy MacLeod-Beaver, and topped off with Axe Throwing on Friday afternoon!

Some of our nurses were even internet famous! Each day, Oak Ridges Hospice featured a couple of our nurses on our social media channels. Our audience, volunteers, and even other team members were able to learn a little bit more about each nurse! Thank you to the nurses who participated!





# Happy National Nurses Week!



Oak Ridges Hospice is proud to have an amazing team of nurses to provide outstanding end-of-life care to our residents and care, comfort, and support to friends and family.



#### **HIKE FOR HOSPICE 2023**

## The 6th annual Hike for Hospice was a success! Thank you to all the hard working volunteers who made this special day possible!

On a bright and sunny Sunday June 4th in beautiful downtown Port Perry, over 250 people gathered in Port Perry to walk in support of hospice care in our Durham Region community. Watching the sea of purple shirts and smiling faces was a sight to behold!

Thanks to these individuals and donors like you, the 5th Annual Hike for Hospice successfully raised over \$90,000 for compassionate end-of-life care at the Morgan & Sidhu House!

Additionally, this event helped build awareness in the community so more people are aware of our hospice residence and will hopefully call on us in their time of need. As you may know, the responsibility of caring for a terminally-ill family member at home can be overwhelming. Few families are equipped to provide the constant care needed to keep their loved ones comfortable and safe in their environment, and the additional stress often takes a significant toll on their own physical, mental, and financial wellbeing. Fortunately, Oak Ridges Hospice and the Morgan & Sidhu House are here to offer an alternative for patients nearing end-of-life; a special model of care that blends the comforts of home with the peace of mind offered by professional caregivers and where services are delivered free of charge.

Thank you for helping us bring compassionate care to our current and future residents, as well as comfort and support to their loved ones! On behalf of our entire team, I would like to extend a special thank you and express our sincere appreciation for your generous support of our Hike for Hospice!





Save the date for the 2024 Hike for Hospice: Sunday June 2nd, 2024!

#### WORDS FROM THE HEART

We love sharing with you the kind words we receive from friends and family of our residents. It is through the collective support and compassion of this community that we are able to provide exceptional care at Oak Ridges Hospice. None of this would be possible without each and every one of you.

- "Thank you to all the staff at Oak Rides for making my mom so comfortable in her last days with us. Oak Ridges not only care about the patients but the families too."
- "I would like to thank all the staff for taking such good care of my mother. It was a comfort knowing she was being taken care of at night when we couldn't be by her side. You made the whole family feel like we were in our own homes while visiting. Its all the staff at Oak Ridges that makes it a beautiful hospice.

  Thank you so much."
- "In loving memory of my dear sister. We are very thankful for the amazing care and compassion shown to Nora and every family member during this difficult time. We are so appreciative that the Hospice was where she spent her final days."
- "Thank you to all the staff members who took care of our dear friend during his stay at the hospice. What a wonderful group of people! I was there in Joe's final hours and got to see firsthand the professionalism, the caring, the sympathy shown by everyone present that day."
  - "To all the staff and volunteers at ORH, thank you for the great job you do every day bringing simple comfort and compassion to the patients and their families. Good work! God bless!"



#### **MEET THE TEAM**

During National Nurses Week, we created a questionnaire to get to know our nurses a little better! Now, we want to feature them here!

## Jessica Disik-Johnson

Q: What would you sing at Karaoke Night? A: I don't think anyone would want to hear me sing. However, if I had to, it would be anything by Shania Twain or Britney Spears!

O: Favourite local Restaurant A: Makimono

Q: What two radio stations do you listen to in the car? A: I don't listen to the radio often, but when I do it's 88.1 or 99.9. I typically listen to a Spotify playlist or an audiobook in the car!

O: What is your biggest fear? A: I'm claustrophobio

O: Favourite travel destination?

A: I love travelling to the East Coast

Q: Favourite Music Genre?

All love a little bit of everything!

O: How did you get into nursing, and how long have you been working at ORH?

A: I have wanted to be a nurse for as long as I can remember. I have been working at Oak Ridges for 1 year now.

Q: To you, what is the most important part of your job?

A: For me, getting to know residents and their life stories is the most important past of my job. You get the opportunity to meet so many different people from all walks of life and help them in their final days



## Brooke Simpson

Q: What would you sing at Karaoke Night? A: Back Street Boys - "I want it that way

O: Favourite local Restaurant

Q: What two radio stations do you listen to in the car? A: Personal Spotify playlist or "Stuff you should know" podcast

Q: What is your biggest fear?

A: Drowning or running out of shoes

Q: Favourite travel destination? A: A place I have yet to travel to! or Costa Rica

Q: Cats or Dogs?

A: Whatever category Rihanna & Taylor Swift fit into!

O: How did you get into nursing, and how long have you been working at ORH?

A: This is a loaded question that could only be answered over a pot of coffee or bottle of wine. Being a nurse is the most fulfilling aspect of my life.

Q: To you, what is the most important part of your job?

A: Connecting with people in their true self!

## Kristen Cochrane

Q: What would you sing at Karaoke Night? A: I wouldn't sing at Karaoke Night

Q: Favourite local Restaurant

Q: What two radio stations do you listen to in the car? A: 95.9 (KX96) and 99.9 (Virgin Radio)

Q: What is your biggest fear? A: Snakes & Rodents

Q: Favourite travel destination?

A: Anywhere hot with a beach

Q: Cats or Dogs? A: Dogs

O: Favourite Music Genre?

A: Country

Q: How did you get into nursing, and how long have you been working at ORH?

A: I always wanted to do something in health care. I found my passion for nursing after completing my high school placement in the cancer centre. When my dad died from a terminal illness in 2020, I knew I wanted to make a difference in people's end-of-life journey, I have been working at ORH since April 2021.

Q: To you, what is the most important part of your job?

A: Helping residents and their families navigate the end-of-life journey with comfort and dignity. Working alongside such amazing coworkers makes all the difference in helping someone live out their final days.

## Mercedes Weber

A: What's going on by 4 non blondes

Q: Favourite local Restaurant

A: Pickles and Olives

Q: What two radio stations do you listen to in the car? A: 88.1 and 107.1

Q: What is your biggest fear?

Q: Favourite travel destination? A: British Columbia

Q: Cats or Dogs?

A: Dogs

Q: Favourite Music Genre?

Q: How did you get into nursing, and how long have you been working at ORH?

A: Grade 11 put pressure on kids to know what they wanted to do in life and to start applying to schools/careers. I liked science, the body and wanted to help people. My mom suggested nursing. I've been at ORH for a year and a

O: To you, what is the most important part of your job?

A: Making residents comfortable and educating families.





#### MEET THE TEAM CONT...

## Carly McPhee

Q: What would you sing at Karaoke Night?

A: Summer Nights from Grease! Or almost any show tune or country song.

O: Favourite local Restaurant

A: Port Perry restaurants have yet to disappoint. A new favourite of mine would have to be the Foundry!

Q: What two radio stations do you listen to in the car?

A: I usually listen to my Spotify playlists, bit I also like 95.9. The Highway or Y2Kountry on Sirius XM

O: What is your biggest fear?
A: Snakes, they move too fast!

O: Favourite travel destination?

A: I lived in Hawaii for a year and miss it alot. Amazing culure, food, ocean, mountains, jungle - the island life really has it all!

Q: Cats or Dogs?

A: Dogs - especially my Olde English Bulldog Sully that is sometimes seen around the ORH property

Q: Favourite Music Genre?

A: 90's Country

O: How did you get into nursing, and how long have you been working at ORH?

A: I got into nursing after I completed my master's in Aging and Health and began working administratively for Home and Community Care Support Services. I quickly realized I missed human connection and by constantly being on the other end of a telephone call I decided to help in a different way. I completed a compressed 2 year BScN program and had a placement at Kensington Hospice - this is when I knew hospice palliative care was the career path for me. I have been at Oak Ridges Hospice since we opened in April 2021 and am so happy to be a part of such an incredible team!

O: To you, what is the most important part of your job?

A: There are so many important parts of my job, but I think the biggest impact we have as clinical staff here is the support we provided residents and their families. We create a home-like atmosphere where loved one's can spend their final days together without the added care burden. These are the memories they will continue to cherish once their journey here is complete, and that is one of the many reasons I am so passionate about hospice care.

## Sharlene Boyle

O: What would you sing at Karaoke Night?

A: I would not sing at karaoke

O: Favourite local Restaurant

A: The Keg

O: What two radio stations do you listen to in the car?

A: Spotify/XM Radio

Q: What is your biggest fear?

A: Drowning

O: Favourite travel destination?

A: Punta Cana

Q: Cats or Dogs?

A: Cats

Q: Favourite Music Genre?

A: Undecided because I'm currently listening to a genre I wouldn't usually

O: How did you get into nursing, and how long have you been working at ORH?

A: Saw the great care and not so great care given to my dad when palliative.

Q: To you, what is the most important part of your job?

A: Helping to facilitate a 'good' death and when that is accomplished leading up to and after. I've been at ORH for just over a year!

## Elysia Hood

O: What would you sing at Karaoke Night?
A: Wannabe by Spice Girls

A: Wannabe by Spice Girl

O: Favourite local Restaurant A: On The Reel

O: What two radio stations do you listen to in the car? A: 88.1 and 105.9

A: 88.1 and 105

O: What is your biggest fear?

A: A spider coming down on me white driving

O: Favourite travel destination?

A: A clear blue ocean with a white sand beach and palm trees!

O: Cats or Dogs? A: Both!

0.5------

O: Favourite Music Genre? A: I like many genres but I suppose Indie Rock

O: How did you get into nursing, and how long have you been working at ORH?

A: In high school I began helping kids with special needs. That brought me into the direction of wanting to do something that involved helping others. I have been at ORH for over a year now!

O: To you, what is the most important part of your job?

A: Being able to make a difference in someone's life. I know how precious these moments are for those who come into our care.



## Kim Preston

O: What would you sing at Karaoke Night?
A: Any song that has a group, so I don't sing alone!

Q: Favourite local Restaurant

A: Jester's Court!

O: What two radio stations do you listen to in the car? A: Spotify

Q: What is your biggest fear?
A: Snakes & Spiders

c snakes & spiders

O: Favourite travel destination?

A: Anywhere I can go camping with a view!

Q: Cats or Dogs?

A: Dogs

O: Favourite Music Genre?

A: Soft rock or pop

O: How did you get into nursing, and how long have you been working at ORH?

A: I have an older sister that is also a nurse and I attended some of her university classes and was fascinated by what I heard and saw. I have always loved anything science related and even more I love helping others. I have been nursing for almost 10 years now and have spend the last 7 months of my career at Oak Ridges Hospice.

O: To you, what is the most important part of your job?

A: Working at Oak Ridges Hospice has so many rewards. People often say to me, they could never to my hob, that it's too hard to head with death. One of the most important things about my job though is life, not death. It's about the quality of life, that not only does my resident get in their final weeks and days but also the lives of their loved ones. Anything surrounding death is hard, but if I can do even a small think to make it slightly easier, I will. The reward of going home at the end of my shifts knowing that my coworkers and I helped people in one of the hardest times in their lives, far outweighs the toll end of life can have as a nurse.



#### MEET THE TEAM CONT...

## Kaitlyn Real

- O: What would you sing at Karaoke Night? A: 9 to 5, Dolly Parton
- Q: Favourite local Restaurant
- O: What two radio stations do you listen to in the car? A: KX96 and 94.9 The Rock
- O: What is your biggest fear?
- A: Snakes
- Q: Favourite travel destination?
- A: Anywhere hot with a beach
- Q: Cats or Dogs? A: Dogs
- Q: Favourite Music Genre? A: Country
- O: How did you get into nursing, and how long have you been working at ORH?
- A: I wanted a rewarding career where I could help those at the most vulnerable times in their lives. I have been at ORH for 8 months!
- O: To you, what is the most important part of your job?
- A: Providing support and comfort to residents and their families. Getting to know the residents and hearing of heir life stories

## Laura Pelletier

- Q: What would you sing at Karaoke Night?
- A: Sweeeet Caroline
- Q: Favourite local Restaurant
- A: Foundry
- O: What two radio stations do you listen to in the car?
- A: 105.9 or 95.9 KX96
- O: What is your biggest fear? A: Food Poisoning
- O: Favourite travel destination?
  A: Azcres
- ...
- Q: Cats or Dogs? A: Dogs
- Q: Favourite Music Genre?
- A: Country & Classic Rock 'n' Roll oldies
- O: How did you get into nursing, and how long have you been working at ORH?
- A: My Grandma was a nurse and LOVED her exciting career, I wanted to follow in her footsteps. I've been at ORH for 1 year! Woohoo!
- Q: To you, what is the most important part of your job?
- A: Having purpose and being able to have pride in the care my residents/patients receive

## Carolyn Wilson

- A: Anything Celine Dion
- , ,
- O: Favourite local Restaurant
- A: Bamboo
- O: What two radio stations do you listen to in the car?
  A: Anything Indie
- O: What is your biggest fear?
- A. Small animals
- O: Favourite travel destination?
- A: East Coast Canada or UK
- O: Cats or Dogs? A: Dogs!!
- O: Favourite Music Genre?
- A: Indie or Pop
- O: How did you get into nursing, and how long have you been working at ORH?
- A: I got into nursing because I volunteered with my grandmother on PA days at the hospital pushing patients in wheelchairs on their way home. I loved the human connection that could happen. I feel it's why I still love my job today the stories and connections made. I've been at ORH for a year and a half!
- O: To you, what is the most important part of your job?
- A: The connection, the stories and truly helping individuals at their last days, weeks and months to die with dignity. Also, being there to talk to and support families.



## Mary Chartren

- A: You Oughta Know by Alanis Morrissette
- O: Favourite local Restaurant
- A: Bamboo
- Q: What two radio stations do you listen to in the car?
- A: 94.9 The Rock or 107.7
- O: What is your biggest fear?
- A: I saw Arachnophobia as a child and now I am terrified of spiders
- O: Favourite travel destination?
- A: Anywhere with my wonderful husband
- O: Cats or Dogs?
- A: Dogs
- O: Favourite Music Genre?
- A: Rock
- O: How did you get into nursing, and how long have you been working at ORH?
- A: I became interested in science and nursing at a young age. I have always admired the nurses that took care of me growing up and I have always enjoyed caring for others. I have been working at Oak Ridges Hospice since the day it opened in April 2021.
- O: To you, what is the most important part of your job?
- A: Helping those at end-of-life access our beautiful hospice



# COVID-19 UPDATE FROM OAK RIDGES HOSPICE & MINISTRY OF HEALTH, LONG TERM CARE

Oak Ridges Hospice is thrilled to announce the following COVID-19 Update as of June 27, 2023:

Throughout the pandemic, our Clinical Leadership Team continued to follow the directions of the Ministry of Health and Durham Public Health to ensure the safety of our residents, visitors, staff, and volunteers. We are very thankful that our community has continued to support us as we help them through their family's end-of-life journey.

#### **Updated Guidelines:**

- Visitors will no longer need to complete a COVID self-screening questionnaire on arrival at the hospice. Visitors will continue to be required to check in and out with reception. As always, individuals who are feeling unwell should not visit hospice, to protect the vulnerable population we serve.
- Masking for visitors/families/staff/volunteers/physicians is no longer required.
- Oak Ridges Hospice will always be a mask-friendly workplace. Any staff, visitor, resident, or volunteer may mask at any time according to their own comfort level, and masks for those who wish to wear them will be provided.
- Daily COVID symptom assessment of residents will only be completed on symptomatic residents. InfoAnywhere (IA) COVID 19 Screening Assessment has been changed to as needed, and not required daily.
- A reminder: You wear a surgical mask for source control, to protect others. A fit-tested N95 mask is used to protect you against a symptomatic individual.

## PSW DAY AT OAK RIDGES HOSPICE!

Our PSW's are superheroes!

On June 22nd, we celebrated our PSW's with a day of games and a little tournament to see who had the skills!

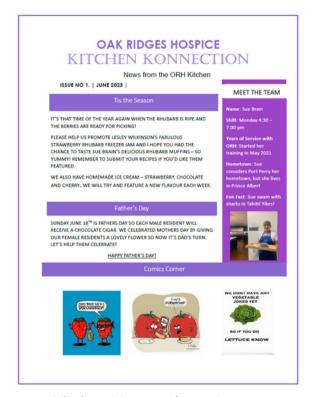
Thank you so much to our PSW's Eileen, Shannon, & Robert for your hard work and dedication everyday to our residents and their loved ones.



## **MARY'S KITCHEN KONNECTION**

Our Kitchen Supervisor, Mary has been a busy bee! On top of providing superior leadership, Mary has been preparing and finding delicious meals for residents, as well as trying new and exciting recipes and co-ordinating all our wonderful kitchen volunteers, Mary has also created a Kitchen publication, called the Kitchen Konnection!

This includes updates and news from the kitchen, kitchen volunteer highlights, recipes from our ORH kitchen.



Kitchen Konnection - June



Kitchen Konnection - July

## THANK YOU DONORS!



We are so appreciative of all the people who have donated either in memory/in honour of a loved one, as a general donation, in-kind donations, events, or others. On behalf of everyone at Oak Ridges Hospice, thank you!

If you are thinking of donating, please visit our website or contact us today!

Contact: mmcleod@oakridgeshospice.com

## **IN MEMORIAM**



#### We gratefully acknowledge donations received in memory of the following individuals\*:

Alan 'Al' Toms Alan Gordon Albert 'Peter' Summers Alfred 'Ron' Junkin Andrew Watson Ann Wilkins Arthur Ashton Avril Aiken Basu Kumar **Betty Gulliver Betty Rodger** Beverley 'Jean' Hodgins **Bob Pollard Brad Elliott** Carol Geddes Catharina 'Rini' Bouwmeester Cecilia Logan Charles 'Chuck' Huycke Christine Vakharia Colin Lane Dario Cucco **David Carter David Donaldson** Diane Smith Donald 'Don' Morreau **Doris Armstrong** Edna Hodgson **Emilia Barone** 

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\*Donations received from January 1st, 2023 to June 1st, 2023