

VON VOLUNTEER NEWSLETTER

FALL 2022 (SEPTEMBER – NOVEMBER)



Durham
Hospice
Services



Welcome to Fall 2022!

I am elated to present a refreshed take on our newsletter as we move into a season of 'fresh starts!' VON Durham Hospice Services' team members and clients have faced a number of changes, challenges and successes over this last year, as did the community we serve. I would like to use this opportunity to thank our care team of staff and volunteers who have gone above and beyond to act as our client and community's anchors in the hospice palliative care approach, to grief and bereavement, and a bright light in the lives of many through stormy weather.

Our team has been busy planning a spectacular Fall program, education and event schedule for our clients, community members and volunteers. I am immensely proud of our hospice services staff members and welcome you to (re)acquaint yourselves with the new and familiar faces in the Meet the Team section of this newsletter.

A huge thank you to our Volunteer Coordinator, Tanya, for her careful crafting of this newsletter. We are looking forward to producing a newsletter each quarter to keep our entire team in the loop on all things VON Durham Hospice Services. Stay tuned for more! Wishing you all a safe and healthy Fall!

Warm Regards,

Jessica McGeough
Manager, Home & Community Care
VON Durham Hospice Services



In this issue:

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- Announcements & Good News!
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- Self-Care Moment



"Anyone who thinks
fallen leaves are dead

has never watched them
dancing on a windy day."

- Shira Tamir



Meet the Team



Nice to meet you! Let me introduce
the talented Team behind VON
Durham Hospice Services!
We work hard with our Volunteers
to provide the best quality
care for our Clients.



Sarah Hadfield
Program Supervisor



Maria Tayag
Intake Team Lead



Eva Papachristu
Bereavement Care
Coordinator



Cheryl McFarlane
Supportive Care
Counselor



Laura Wilson
Bereavement Care
Coordinator



Kristen Laas
Hospice Navigator



Erin Zarzeczny
Bereavement Care
Coordinator



Renooka Misir
Hospice Navigator



Kaitlin Brown
Palliative Care
Coordinator



Brenda Derdaele
Palliative Pain & Symptom
Mgmt Consultant

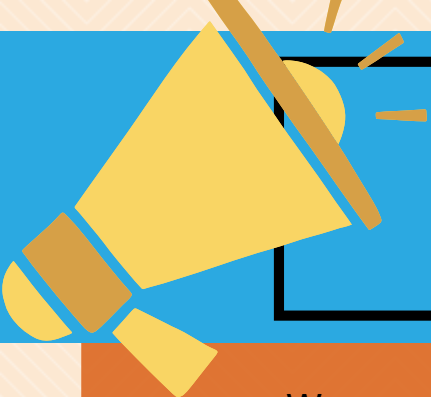


Tanya Bahnesli
Volunteer Coordinator



Kathryn Campanelli
Administrative Asst.





ANNOUNCEMENTS AND GOOD NEWS!

We are thrilled to announce our return to in-person supports is beginning in September! This includes both

1:1 matches and Groups.

It is anticipated that we will likely maintain a hybrid model of both virtual & in-person, giving volunteers and clients a preference of either support.

Also starting in September, we are launching some new programs for our clients!

The *Children & Teens Grief and Bereavement Group* will support children ages 6-12, and teens ages 13-17.

Run concurrently, is a support group for *Guardians of Grieving Children and Teens* to help adults better understand and support children and teens in their grief journey.



**HELP
WANTED**

Do you have experience as a caregiver?

We want to know about it! VON Durham Hospice Services is looking to expand the C.A.R.E. program (Caregivers Achieving Resilience & Empowerment), and we need volunteers with first-hand caregiving experience. This will also greatly support our 1:1 matches and education sessions.

If you have valuable caregiving experience, please contact Tanya:
tanya.bahnesli@von.ca



Thanks to our group of BINGO volunteers, for the month of July we received a fundraising total of:

\$4, 562.46 !!

Charity gaming funds directly support our VON Durham Hospice Services programs, as we are a non-profit organization. We are looking for more volunteers to help out at Pickering Delta Bingo & Gaming.

If you are interested, please contact Tanya:
tanya.bahnesli@von.ca





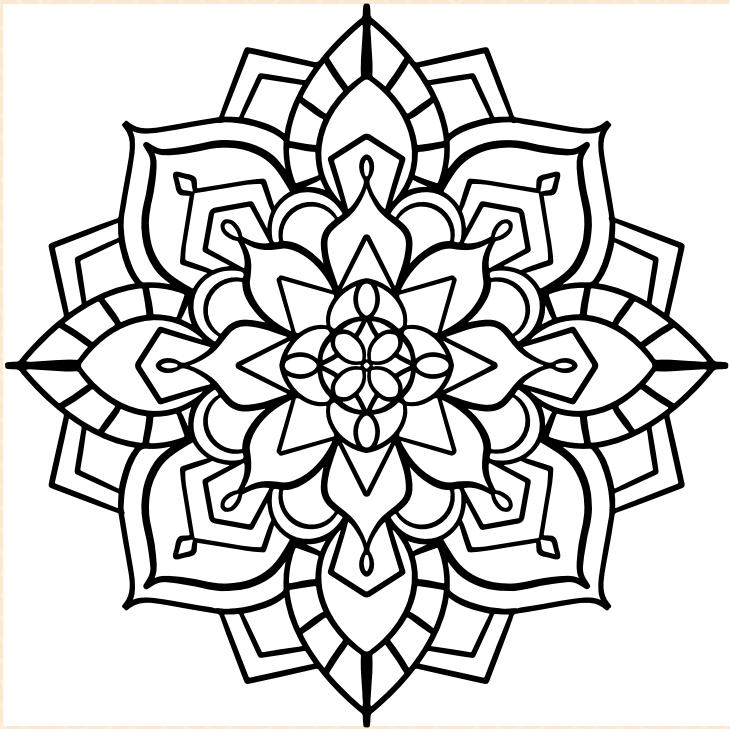
DAY HOSPICE
PICNIC 2022



KIWANIS
HEYDENSORE
PARK, WHITBY



Self-Care Moment



The Coloring Mandala.

Take a pause and color in this mandala however you imagine it.

Meaningful Entertainment

Looking for a thought-provoking movie night? These productions present interesting views on the subject of death and dying:

The Farewell (2019)

After Life (2019)



Amish Sugar Cookies

Ingredients

1 cup butter, softened
1 cup vegetable oil
1 cup sugar
1 cup confectioners' sugar
2 large eggs, room temperature
1 teaspoon vanilla extract
4-1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar

Directions

1. Preheat oven to 375°. In a large bowl, beat the butter, oil and sugars. Beat in eggs until well blended. Beat in vanilla. Combine flour, baking soda and cream of tartar; gradually add to creamed mixture.
2. Drop small teaspoonfuls onto ungreased baking sheet. Bake until lightly browned, 8-10 minutes. Remove to wire racks to cool.



VON Durham Hospice Services
1615 Dundas St. E Unit #304
Whitby, ON L1N 2L1
905.240.4522

