

VON VOLUNTEER NEWSLETTER

WINTER 2022/23 (DECEMBER – FEBRUARY)



Durham
Hospice
Services



Like many nurses,

I was drawn to the ER for the excitement and the adrenaline. I relished the unpredictable chaos that each shift brought. But the longer I worked in ER, the more I realized something was missing for me – the human connection. It was difficult to make that connection with each patient, when I was literally running from one, to another. Some shifts, I felt that I was lucky if I could even remember their name.

Working as a Hospice Navigator is like working in a completely different world. My job is to build connections with my clients. Not only do I know their names—I know how they take their coffee, and the name of their dog. I have the time to sit with my clients and get to know them on a personal level. I value the relationships we are nurturing. Many of our clients are homebound and socially isolated. They rely on the connections that we, and especially that you, as volunteers, provide.

I can't tell you the number of times my clients have told me how important their volunteer visits are to them. As we head into the holiday season, let us remember what is truly important... connections.

Kristen Laas
Hospice Navigator



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- Announcements & Good News
- Winter Safety & Grief Through the Holidays
- Day Hospice Fun!
- Self-Care Moment

"Every avalanche begins with the movement of a single snowflake, and my hope is to move a snowflake."

— Thomas Frey



Library Re-Opening!

VON Durham Hospice Services is glad to announce the re-opening of our resource library on **December 16**. Located in our Whitby office, we have a variety of written, and audio/visual materials available for volunteer or client use.

You are invited to browse our collection, and visit the front desk to borrow an item for your reference.

Some topics include:

Grief & Loss, Alternative Therapies, Palliative Caregiving, Professional Resources, Child/Teen, Cancer, Alzheimer's & much more....

At this time, we are also accepting donations of resource materials to be added to our shelves. Please inquire with us if you have relevant items that may be useful to our VON Durham Hospice Services community.



VON Durham Hospice Services

Holiday Volunteer Education & Appreciation Dinner

Buffet Dinner + Guest Speaker
Space is Limited - RSVP today!
tanya.bahnesli@von.ca
905.240.4522 X244

WEDNESDAY
7
DECEMBER

6-9 PM
THORNTON FUNERAL CENTRE
1200 THORNTON RD. N
OSHAWA

Welcome

Please join us in welcoming some new members of the VON Durham Hospice Services team!



Sara Vanderveer

Student, BSW Trent University, supporting Palliative Care



Graham Burlton

Student, BSW Trent University, supporting Grief & Bereavement

Volunteers:

Lynda J.
Ramona K.
Fariah R.
Elizabeth M.
Shannon C.
David D.
Marianne K.
Tara R.



DEALING WITH GRIEF THROUGH THE HOLIDAY SEASON...

The grief journey is challenging at any time of year, but after experiencing a loss the holiday season can seem overwhelming, and make coping even harder. Typically, this is a time to gather with those we care about; making new memories, and honoring yearly traditions. These things that once brought us joy, might now fill us with dread.

To cope with grief over the holidays, it is important to set personal boundaries.

Some people may decide it is best for them to continue holiday festivities as usual; some may choose to adjust their plans to attend fewer gatherings or avoid certain traditions; and others may decide to forgo celebrations altogether.

If you wish to include the person you have lost in your holiday celebrations, consider lighting a candle in their memory, hanging a commemorative ornament, serving their favorite dish, or sharing your favorite memories of the person during the gathering.

Whatever you choose to do, ensure you take the time to acknowledge your feelings around the holiday season and communicate your needs with those you celebrate with.

There is no right or wrong way to spend the holiday season.
Do whatever feels best for you.



Eva Papachristu
Bereavement Care
Coordinator

ARE YOU READY FOR WINTER?

Winter can be a dangerous season if you're not prepared!
Whether at home or out in the community, take the time to make sure you are being safe.



Service your vehicle. Oil change, check brakes, install working wipers and winter tires. Do you have an emergency kit in the trunk?



Drive carefully! Roads may be slippery. Leave a safe distance between others, and drive according to weather conditions.



Wear shoes with grip outdoors, and beware of snowy sidewalks. Don't forget to salt walkways around your home.



Dress appropriately for the weather! In extreme cold conditions, there may be risk of frostbite after prolonged exposure.



Update!

Thanks to our group of BINGO volunteers, we received a fundraising total of:

September: \$4068.23 !

October: \$2, 221.57 !

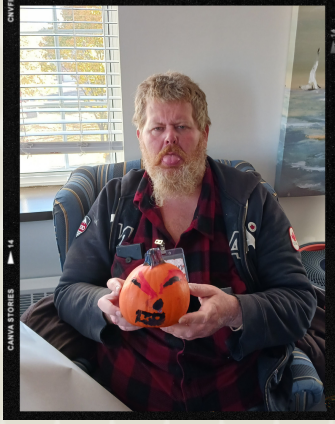
Charity gaming funds directly support our VON Durham Hospice Services programs, as we are a non-profit organization.

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

D A Y H O S P I C E

SPOOKY HALLOWEEN



Wishing You a Safe, Happy Holiday,
and a Joyful
New Year!



With love,
the VON Durham
Hospice Services Team

Self-Care Moment

Q1: What do you have in December that you can't have in any other month?

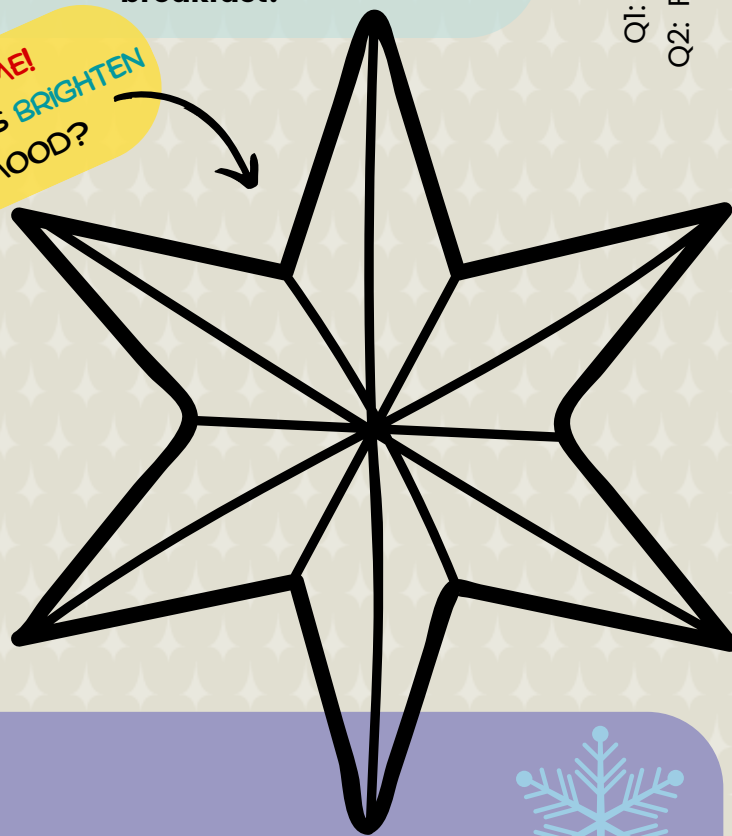
Q2: What did the snowman have for breakfast?

Answers

Q1: The letter D

Q2: Frosted Flakes

COLOR ME!
WHAT COLORS BRIGHTEN
YOUR MOOD?



Christmas Nut Snowballs

Ingredients

- 2 1/4 cups unbleached all-purpose flour, sifted
- 3/4 cup finely chopped pecans
- 1/2 cup sifted confectioners' sugar, plus more for rolling
- 1/4 teaspoon kosher salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 2 Tablespoons honey
- 1 teaspoon bourbon or fresh orange juice

Directions

Step 1

Whisk together flour, pecans, confectioners' sugar, and salt in a medium bowl. With an electric mixer on medium-high speed, beat butter and honey until fluffy, about 3 minutes. Mix in bourbon or orange juice just to combine. Add flour mixture, and beat just to combine. Turn out dough onto a piece of plastic, wrap tightly, and chill 3 hours.

Step 2

Preheat oven to 350 degrees. Roll dough, 2 teaspoons at a time, into balls. Place 2 inches apart on parchment-lined baking sheets. Bake until brown around edges, about 12 minutes. Transfer cookies to wire racks; let cool completely. Roll in confectioners' sugar to coat. Cookies can be stored in an airtight container at room temperature up to 1 week.



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