

# VON VOLUNTEER NEWSLETTER

SUMMER 2023 (JUNE – AUGUST)



Durham  
Hospice  
Services



*Hi, my name is Regine Leung.*

I work as a Supportive Care Counsellor with VON Durham Hospice Services.

Upon my training out of the seminary, my first placement was in the trauma and acute care unit at the Sunnybrook Health Sciences Center. One of our basic human needs is to be loved and cared for. I remember sitting with a patient who was groaning in deep pain. Out of my attempt to immediately comfort, I indirectly denied the person's right to enter into the depth of her own sorrow; and to choose for herself when she is ready to begin processing her grief. That experience left a deep impression in my care journey. It reminds me daily to "be" with the person who's suffering, and not to rush into "fixing" mode, as if there was an easy way to understand and bring on quick solutions.

"Sit me up like a man" was another phrase from a dying patient that I will not forget. The person was already in a sitting position when he repeatedly made the request, so what was he actually saying? Dignity! It was a deep cry for dignity that is beyond the physical realm. It may be easy to fall into the feeling that bodily, functional decline can take away a person's self-worth, but no! If dignity is a gift beyond the physical, then we must rethink: Metaphysically, what actually contributes to a person's well-being?

It's a privilege to work alongside you all, to be a part of this compassionate team. Your tears, your joy, and your sharing enrich my understanding of human life on a daily basis. Thank you. You matter.

## In this issue:

- New Team Members
- Announcements & Good News
- Day Hospice Fun!
- Save The Dates!
- Self-Care Moment



**Regine Leung**  
Supportive Care Counselor

# VOLUNTEER CONNECTIONS



**THURSDAY JUNE 22, 2023**

**VON DURHAM HOSPICE SERVICES  
1615 DUNDAS ST E, UNIT# 304**

**6PM – 8PM**

JOIN US FOR AN EVENING OF PEER-SUPPORT, EDUCATION, AND REFLECTION. LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED.

Please RSVP to Tanya:  
tanya.bahnesli@von.ca  
905.240.4522 ext. 244

Save  
THE  
Date



## Update!

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

**February: \$3,787.05!**

**March: \$4,799.88!**

**April: \$3,748.95!**

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

We are always looking for more volunteers to help out at Pickering Delta Bingo & Gaming.

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



# Welcome



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



**Louise Lush**  
Hospice Navigator



**Regine Leung**  
Supportive Care Counselor



**Lydia Tippins**  
Art Therapy Student  
Toronto Art Therapy Institute

## Volunteers

Stephanie B.  
Vanessa S.  
Laura M.  
Nancy N.

Sandra L.  
Kathryn C.  
Julia F.  
Joshua M.

## We need more BINGO Volunteers!

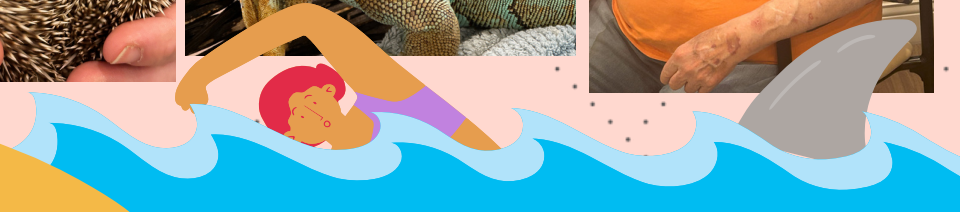
BINGO sessions run continuously throughout the year, 3-4 sessions/month. A brief 45-minute online training module is required, in order to be qualified.

All of the BINGO sessions take place at **Delta Bingo & Gaming Center** in Pickering. There are day & evening sessions, weekdays & weekends, each 2 hours in length.

If this sounds like something you might be interested in, let us know!

# DAY HOSPICE FUN!

Hanging out with: *Zoo To You & Hands On Exotics*



Save  
THE  
Date



INTRODUCING...

JOIN US for our  
upcoming hike event:

## ***Growing with Grief, Walking for Legacy!***

—❖—

This year's fundraising event for VON Durham Hospice Services, focuses on 'making meaning' and legacy work, which are intrinsic to the supports that we provide to our community.

**Sunday September  
24, 2023**

The kick-off will be at:  
*McEachnie Funeral Home*  
28 Old Kingston Rd, Ajax

**Our goal is to raise \$10, 000!**

**Stay tuned for more details  
this summer.**



## **The VON Durham Hospice Services Resource Library!**

VON Durham Hospice Services is glad to announce the opening of our resource library. 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, Child/Youth Grief & Loss, Palliative Caregiving, Death & Dying, Caregiver Resources, Cancer, Alzheimer's & much more....*



***Congratulations!***

VON Durham Hospice Services would like to extend a big congratulations to palliative volunteer **Cheryl J.**

Cheryl is the recipient of the 2023 *HPCO June Callwood Circle of Outstanding Volunteers Award*. The award recognizes Cheryl's example of hospice volunteerism spirit, compassion, and commitment to excellence as a volunteer.

The award will be presented during HPCO's Annual Conference on **Sunday June 11, 2023** in Toronto.

## Try Something New Today: *Walking Meditation!*

Walking meditation can be a great way to practice mindfulness during your meditation practice. It can simultaneously be beneficial physically, and mentally!

### What is it?

It's a great practice for beginners and people who are new to meditation and mindfulness. It also gives us a new awareness, while we perform an activity that we often do on auto-pilot.

1. Pick a place - maybe in the city, at home, or in a park. Picking a relatively calm, peaceful place to walk helps.
2. Take a minute to breathe deeply and bring your full attention to your body.

### How does it work?

3. Begin to walk - SLOWLY! Direct your attention to how your body is moving with each step, and the placement of your feet from heel to toe.
4. Now, gently begin to take note of your feelings, thoughts and moods as well. There is no need to analyze, or judge them at all. Simply let them come, and go.
5. Start noticing all the different sensations around you: how the ground feels, the air around you, sounds, smells, etc.

Try your meditation with different variations!

For example: walk barefoot in the grass, or in the sand; let your hands be loose, or clasped behind your back, or in front of your navel; walk from an extremely slow pace, to a slow pace, then to a jog or run.

### Experiment!

You can also try this mindfulness practice with other activities in your daily life:

- washing dishes
- brushing teeth
- gardening
- eating a meal

## We're back again!

After a break in programming, we are glad to once again be offering supports for caregivers:

### C.A.R.E. Cafe

A virtual drop-in support group for caregivers. Facilitated by a volunteer, with open discussion amongst peers.

### C.A.R.E. Core Concepts

*(Caregivers Achieving Resilience and Empowerment)*

A virtual drop-in group with an educational component. Participants are provided with relevant tools and learning, with group discussion as well.

**Please share this with anyone you may know who would benefit from these supports.**

## Summer Heat Safety

Bring on the sunshine! We love the longer days and rising temperatures, but remember to stay safe this summer:



Schedule outdoor activities carefully, taking breaks in air conditioned shelter.



Drink plenty of water throughout the day.



Wear sunscreen and a hat.



Don't leave children or pets in cars.





# Self-Care Moment



## What The Staff Are Reading...

*This Much Is True* - Miriam

*Life After Life* - Kate Atkinson

# Word SCRAMBLE

*Can you figure out what these 5 summer words are?*

|            |         |
|------------|---------|
| ehniunss   | uipaten |
| cavonita   | cpicin  |
| naworeltme |         |

# ehniunss

# cavonita

**cpicin**

**naworeltme**



# TAKE A LISTEN: INTRIGUING PODCASTS

**Unlocking Us** *with Brene Brown*  
Centered around connection, compassion, and how to bring meaning and purpose into our lives.

**On Purpose** *with Jay Shetty*  
Variety of topics, however Jay Shetty studied as a monk for a couple of years, and much of his podcast revolves around purpose and connection with others.

**The Splendid Table: Conversations & Recipes for Curious Cooks and Eaters**  
With an exploration of ingredients and cooking, conversations are centered around the intersection between food, people, and culture.

Centered around connection, compassion, and how to bring meaning and purpose into our lives.

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With an exploration of ingredients and cooking, conversations are centered around the intersection between food, people, and culture.



1-1/3 lbs boneless skinless chicken breast

1/4 cup pineapple juice


1 garlic clove, minced

1 tsp Sriracha (optional, more to taste)

A close-up photograph of a dish featuring grilled chicken and pineapple. The chicken is cut into thick, vertical strips, showing prominent grill marks and a dark, glossy balsamic glaze. It is garnished with finely chopped green herbs. The chicken is served alongside several slices of pineapple, which also have grill marks and are coated in the same glaze. The entire dish is presented on a light-colored, textured ceramic plate.

## A stylized illustration of a pineapple with a yellow-orange body and a green crown of spiky leaves. It is positioned on the left side of the page.

Meanwhile, pour the excess marinade into a sauce pan. Bring to a boil and let cook 4-5 minutes until slightly reduced. Serve drizzled on the chicken and pineapple.



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