

# VON VOLUNTEER NEWSLETTER

FALL 2023 (SEPTEMBER – NOVEMBER)



Durham  
Hospice  
Services



*Hi, my name is Danielle Belliveau*

I am a registered Social Worker who has previously worked with children, youth, families and volunteers at Big Brothers Big Sisters of Toronto for over 8 years. I've always had a love of helping others and giving back to my community. My own life experiences have shaped this passion, as someone who has experienced a number of significant losses during my life - beginning with my mother in 2001, my father in 2012 and finally my grandmother who raised me in 2015.

When reflecting on these experiences I felt called to take what I'm passionate about and see if there was a role that aligned with supporting individuals who have experienced a loss or are in need of support while receiving hospice services. It felt like the universe was reading my mind when I came across the Volunteer Coordinator position at VON and applied immediately.

I'm excited to be a part of the team and feel privileged to be able to work alongside such a compassionate and caring team of staff and volunteers.

Your passion becomes a purpose when you use it to help others  
- Jay Shetty

**Danielle Belliveau**  
Volunteer Coordinator



## In This Issue

- New Team Members
- Annual Butterfly Release of Remembrance
- New Programming
- Announcements
- Day Hospice trip to the ROM
- Fundraising Hike - Sept 24th
- Self-Care Moment





# Now Offering...

## Homicide Loss Support Group

This group was developed for individuals who have experienced a loss due to homicide. This is an 8-week closed group facilitated by trained volunteers who have lived experience with homicide loss.

This group combines peer support and a safe space to discuss specific topics and strategies related to a loss by homicide.

## What is required to support our Bereavement Program?

- Lived Loss Experience
  - *This program is structured through peer support; Clients are matched to volunteers based off of a like-loss model*
- 10 hour (5 weeks) VON Durham Hospice Services Grief & Bereavement training

## Butterfly Release of Remembrance



## Youth Grief & Bereavement Group

This group is for youth ages 9-13 who have experienced a loss.

Practical tools and peer support are utilized to help youth better understand and cope with their grief.



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



**Danielle Belliveau**  
Volunteer  
Coordinator



**Bea Gravelle**  
Trent University  
Placement Student



### Update!

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



**May: \$ 4,064.93 !**

**June: \$4,604.14 !**

**July: \$5,565.21 !**

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 Danielle Belliveau:  
[Danielle.Belliveau@von.ca](mailto:Danielle.Belliveau@von.ca)

## VOLUNTEER CONNECTIONS



**WEDNESDAY, SEPTEMBER 20, 2023**

**6PM TO 8PM**

**1615 DUNDAS ST E, WHITBY ON, L1N 2L1  
(SUITE 304)**

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

**Please RSVP to Danielle:**  
[danielle.belliveau@von.ca](mailto:danielle.belliveau@von.ca)  
905.240.4522 ext. 244

## 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.

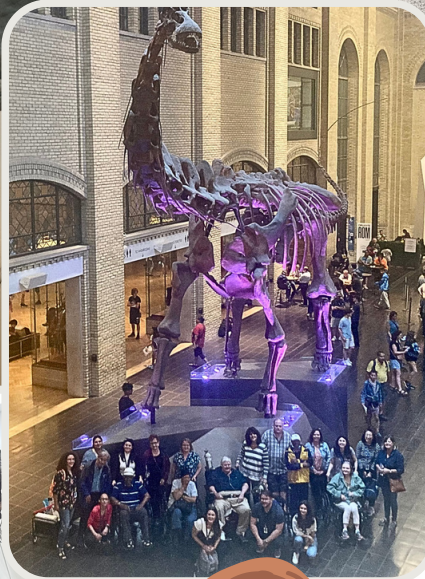
All of the BINGO sessions take place at **Delta Bingo & Gaming Centre** in Pickering. There are day & evening sessions, weekdays & weekends, each 2 hours in length.

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



# Day Hospice at the ROM

ROYAL  
ONTARIO  
MUSEUM





## FREE PUMPKIN CROCHET PATTERN

Materials: #4 weight yarn and corresponding crochet hook, Yarn needle, fiberfill

1. Make a loop and ch (chain) 17 sts.
2. Turn the chain over and Single Crochet in the back ridges of each chain.
3. Once the row is finished, make a turning chain and turn the work over. Single crochet in the back of each chain. Repeat, making a turning chain each time you finish a row. Work until your piece measures 10 inches. Cut yarn, leaving a long tail.
4. To assemble the pumpkin: Once you finish crocheting the piece will look like a rectangle. Fold the piece over and sew the side seam. Run a stitch around the bottom of the pumpkin and pull to gather.
5. Add the stuffing to the pumpkin and push the needle through the inside (including the fiber fill). Run a stitch around the top of the pumpkin. Pull to gather. Weave in ends.
6. To create the pumpkin stem: Pick up the stitches around the top of the pumpkin. Work in single crochet for a few rounds. Break yarn and sew the top of the stem closed. Weave in ends.

<https://gina-michele.com/2020/09/07/how-to-crochet-a-pumpkin-the-easy-way/>

## Best Places in Durham Region to see Fall Colours!

- LYNDE SHORES CONSERVATION AREA
- DARLINGTON PROVINCIAL PARK
- LAKERIDGE SKI RESORT
- OAK RIDGES MORaine
- HEBER DOWN CONSERVATION AREA
- PURPLE WOODS CONSERVATION AREA
- PORT PERRY

[https://www.durhamregion.com/things-to-do/7-great-places-to-see-the-fall-colours-in-durham-region/article\\_9357a32a-a325-5978-b6b4-34057f117dbb.html](https://www.durhamregion.com/things-to-do/7-great-places-to-see-the-fall-colours-in-durham-region/article_9357a32a-a325-5978-b6b4-34057f117dbb.html)

Self-Care  
Moment

## Ingredients

- ½ Tbsp. olive oil
- 2 garlic cloves minced
- 1 onion diced
- 1 butternut squash peeled and diced into cubes
- 32 ounces vegetable broth
- 1-2 tsp. salt



## Butternut Squash Soup

### INSTRUCTIONS (SEE INGREDIENTS ABOVE)

- IN A DUTCH OVEN POT (OR HEAVY POT), HEAT OLIVE OIL OVER MEDIUM HEAT. ADD ONION AND GARLIC. COOK UNTIL SOFTENED. ABOUT 5 MINUTES.
- ADD CUT UP BUTTERNUT SQUASH AND VEGETABLE BROTH. BRING TO A BOIL THEN COVER AND SIMMER FOR 15-20 MINUTES UNTIL SQUASH IS SOFTENED.
- CAREFULLY POUR ENTIRE CONTENTS OF POT INTO BLENDER (I USE MY VITAMIX). ADD SALT.
- CAREFULLY BLEND UNTIL SMOOTH. SERVE IN BOWLS WITH THYME IF DESIRED. ENJOY!

<https://www.yummyhealthyeasy.com/easy-butternut-squash-soup/>

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



# GROWING WITH GRIEF, WALKING FOR LEGACY HIKE EVENT

## EVENT DETAILS

**DATE:**  
SUNDAY, SEPTEMBER 24TH  
2023

**TIME:**  
9:30 AM TO 12:30 PM

**VENUE:**  
MCEACHNIE FAMILY  
CENTRE  
20 CHURCH ST. N, AJAX

Volunteers  
needed

We are looking for volunteers  
to support this event! If you  
are interested please contact

Danielle Belliveau at

**Danielle.Belliveau@von.ca**

or

**(905) 240-4522 ext. 244**



THIS YEAR'S FUNDRAISING EVENT WELCOMES ALL AGES  
AND IS FOCUSED ON MAKING MEANING AND CREATING  
LEGACY THROUGH ONE'S EXPERIENCE WITH GRIEF.

JOIN OUR TEAM FOR FOOD, FUN AND MEMORIAL  
ACTIVITIES! THERE WILL BE PRIZES AWARDED TO OUR TOP  
FUNDRAISERS.

OUR GOAL IS TO RAISE

\$10,000

Registration is **free** and it's easy to  
collect your fundraising pledges  
online in support of VON Durham  
Hospice Services.

To register: **<http://bitly.ws/HBY8>**