

VON VOLUNTEER NEWSLETTER

SPRING 2024 (MARCH - MAY)



Durham
Hospice
Services



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Hello, I'm Stephanie

I grew up in a household where talking about death and dying was commonplace. My mom, a retired palliative care nurse, would share her experiences about death on a daily basis. What I didn't realize is that these conversations would lead towards a very fulfilling career.

A few years ago, I lost my dad to a very aggressive form of pancreatic cancer. Even though we knew that prognosis was very grim, we still weren't prepared for what was going to happen. It wasn't until after my dad's death that I was introduced to a death doula. I spent many hours speaking to her about my grief, and how I wish the healthcare system was better equipped to deal with death. I realized that I wanted to be a part of the solution. I wanted to be a part of a movement that changes the sole purpose of our healthcare system - to keep people alive through any means possible. I wanted to be able to give people the death that they deserved, which is focused on compassion, comfort, and peace. A year later, I was a certified Death Doula with a mission to help others navigate our healthcare system, and to empower them to make informed decisions regarding their death.

As a death doula with a background in health sciences, I believe that I can contribute an unique perspective towards grief, death and dying. My hope is to share my knowledge with others, but to also learn from all of you ... the clients, volunteers and staff at VON Durham Hospice Services.



Stephanie Byfield
Grief & Bereavement
Care Coordinator

"Spring a
reminder of how
beautiful change
can truly be
- unknown





Happy New Year!

December 2023

Holiday Volunteer Education
&
Appreciation Dinner!



Thank you
to our
fantastic
hosts at
Thorton
Funeral
Centre!



Welcome

Please join us in welcoming the newest member of the VON Durham Hospice Services team!

Stephanie Byfield

Grief & Bereavement Care
Coordinator

Volunteers

Lakshaya S.
Amber R.
Nichole F.
Janine V.
Jackie S.
Michael S.

The Death Café Series is back!

We are happy to announce that the next installment of our Death Café Series will be taking place again in May in-person at the VON Durham Hospice Services Whitby Site.

What is a Death Café?

A group-directed discussion of death. The goal of creating these spaces is to encourage and normalize conversations about the one reality we all share, but that few wish to talk about. By increasing our awareness of death, we're better positioned to make the most of our (finite) lives.

SAVE THE DATE

Thursday May 2nd, 2024

6:00 - 7:30 pm EST

Monday May 6th, 2024

10:30 am - 12:00 pm

Details & Registration coming soon



Update!

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

November: \$2,5066.77

December: \$3,559.61

January: \$3,033.90

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@von.ca

Day Hospice Activities



HAPPY
VALENTINE'S
DAY



Karaoke
Party





Volunteer Appreciation Week!

April 14th-20th 2024

LET'S
CELEBRATE
you



More information to come on what we will have
in store!

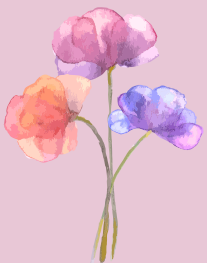
How To Create a Memory Shadow Box

When someone passes away, you may want to do something to honour them while also permanently memorializing them in your home.

Creating a memorial shadow box is one way you can honour your loved one.

Steps:

1. Purchase a shadow box at your local craft store
2. Select your favorite photos, memorabilia, collectables or items that remind you of your loved one.
3. Determine your layout and how you want to arrange the items in the shadow box.
4. Ensure to items are affixed to the back. You can put a piece of cloth in the back to pin things to, or simply glue them to the back
5. Place the completed Shadow Box somewhere in your home that brings you joy.



in
loving
memory



UPCOMING EDUCATION OPPORTUNITIES



VOLUNTEER Connections

WEDNESDAY MARCH 20TH, 2024 6:00-8:00 PM

VON DURHAM HOSPICE SERVICES

1615 DUNDAS STREET EAST, WHITBY ON, L1N 2L1
LANG TOWER WEST BUILDING, SUITE 304

RSVP



PLEASE RSVP TO DANIELLE
danielle.belliveau@von.ca
905-240-4522 Ext 244

This Volunteer Connections meeting will include guest speaker Sandra Dee. Sandra is an Eldercare Planner specializing in caregiver support, senior living and navigating the complexities of aging.

She joins us to share information about Navigating Your Aging Journey: Community Support, Home Safety, and Living Options.

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

VON DURHAM HOSPICE SERVICES

LEAP Education

An online, self learning course that provides personal support workers and care aides with the essential competencies to provide a palliative care approach

WHO IS IT FOR?

- ✓ Personal Support Workers
- ✓ Care Aides
- ✓ Health Care Assistants



REGISTER NOW



905-240-4522 Ext 244



danielle.belliveau@von.ca

Rolling entry until
September 2024

If you are interested in either of these educational opportunities please contact **Danielle Belliveau** at **danielle.belliveau@von.ca** or **905-240-4522 Ext 244**

Self-Care Moment



Spring Word Search



WORDS

- Bunny
- Butterfly
- Caterpillar
- Daffodil
- Daisy
- Equinox
- Easter
- Garden
- Hiking
- Picnic
- Umbrella
- Rain
- Sunshine



Blueberry Bars

INGREDIENTS

For the Crust and Topping

- 3 Cups of all purpose flour
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 Cup granulated sugar
- 2 sticks unsalted butter cut into pieces

For the filling

- 1/2 cup of granulated sugar
- 4 tsp of cornstarch
- 3 1/2 cup fresh blueberries
- 1/2 cup blueberry jam
- 2 tsp of lemon zest
- 2 tbsp of fresh lemon juice
- Pinch of Salt



DIRECTIONS

1. Preheat the oven to 375 degrees with the rack position in the lower third of the oven. Spray a 9x13 inch baking pan with cooking spray and line the pan with parchment paper.
2. To make the crust and topping: Whisk together the flour, salt, cinnamon, and sugar in a medium bowl until combined. Add the butter. Using a pastry blender or your fingertips, work the butter into the flour mixture until well combined and the mixture is the texture of wet sand (the mixture should hold together when squeezed). Press half of the mixture into the prepared pan in an even layer. Bake until lightly browned, about 15 mins.
3. To make the filling; Whisk together the sugar and cornstarch in a medium bowl. Add the blueberries, jam, lemon zest and juice, and salt, tossing to combine. Spread the filling in an even layer over the warm crust in the pan
4. Sprinkle the remaining crust mixture over top of the blueberry filling in an even layer, leaving some larger clumps. Bake until golden brown on top and the filling is bubbly around the edges and in the center about 1 hour. Remove and let cool in the pan for about 3 hours. Cut into bars and serve.

