

VON VOLUNTEER NEWSLETTER

WINTER 2023/24 (DECEMBER - FEBRUARY)



Durham Hospice Services



My nursing journey began...



...when I graduated as a registered nurse during a time where employment in the sector was hard to find. Due to this, myself and a few of the nurses from my graduating class decided to move to Reno, Nevada and work at a skilled nursing facility. I spent a couple of years there gaining a wealth of experience and knowledge but realized how important family was and decided to return home to Ajax, Ontario.

I have spent the majority of my career helping clients manage respiratory difficulties in their home and although this was my passion for many years, I felt the need to do something different. I started working at VON Durham Hospice Services as a Hospice Navigator in March 2023. This position allows me to support the journey of individuals and families with a life limiting illness while getting to know them on a personal level. This passionate team of staff and volunteers that I am blessed to work with is an added bonus to this role.

Our clients and families are so grateful for their wonderful volunteers and the difference they make to their overall well-being. As we approach the holiday season, may we take a moment to pause and give thanks to all of you who make an incredible impact on the lives of others.



Louise Lush
Hospice Navigator



In This Issue:

Announcements & Good News

Volunteer Awards

Growing with Grief, Walking for Legacy Event

Winter Safety

Day Hospice Fun!

Self Care Moment



*"The snow is sparkling like a million little suns -
Lama Willa Miller"*

Welcome

New Volunteers!

Lauriane. M
Alyssa.P
Iteashia.O
Debbie.S
Jennifer.H



VON Durham Hospice Services

Lights of
REMEMBRANCE

Winter Memorial Event

TUESDAY DECEMBER 12TH 2023

Material Pickup: 9am-7pm at
1615 Dundas St E (Suite 304), Whitby ON L1N 2L1
Registration: <http://forms.gle/ZSEyo7PntqknRtMG7>
Or call (905) 240-4522



Holiday
Volunteer Appreciation
Dinner

Buffet Dinner
Topic: Mindfulness & Stress Management
Space is Limited-**RSVP** today!

TUESDAY 5 FROM 6 TO 8:30PM

DECEMBER

**THORTON FUNERAL CENTRE
1200 THORNTON RD NORTH, OSHAWA**

**RVSP TO DANIELLE
DANIELLE.BELLIVEAU@VON.CA
905-240-4522 X 244**

Eat, drink and be merry!



Update!

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

August: \$3,406.91

September: \$3,623.21

October: \$2,642.43

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 Danielle at **danielle.belliveau@von.ca**



VOLUNTEER AWARDS

Ontario Volunteer Service Awards - September 13th 2023



The Ontario Volunteer Service Awards recognizes the outstanding contributions of volunteers and their continuous years of service. We love our volunteers!



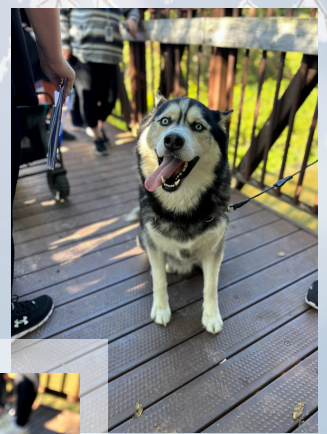
Pictured left to right:
Fay D. (8 Years)
Martha W. (16 years)
Brenda P. (10 Years)
 & **Ken C.** (14 Years)

Not pictured:
Noreen T. (10 years)
 & **Val S.** (7 years)





\$14,000 RAISED!



We cannot thank you enough for the support in helping us surpass our fundraising goal!

An extra special thank you to our hosts at McEachnie Funeral Home along with our sponsors Mount Pleasant, Home Instead, & Arbor Memorial - you made this incredible event a success!



STAY SAFE & HEALTHY THIS WINTER!



Make sure your house is ready for the winter. Check your heating system to ensure its working properly. Clean your gutters, turn off any outside faucets. Ensure you have supplies in case of a power outage - flashlights, extra batteries generator, water, non perishable food items, wood if you have a fireplace.



Ensure your vehicle is ready for the colder weather. Book your car for service - ensure oil, coolant, brake fluid, and window washer fluid are topped up. Put on snow tires & make sure you have an emergency kit in your trunk



Always check the weather and dress appropriately. During extreme cold conditions the risk of frostbite increases with prolonged exposure to the elements.

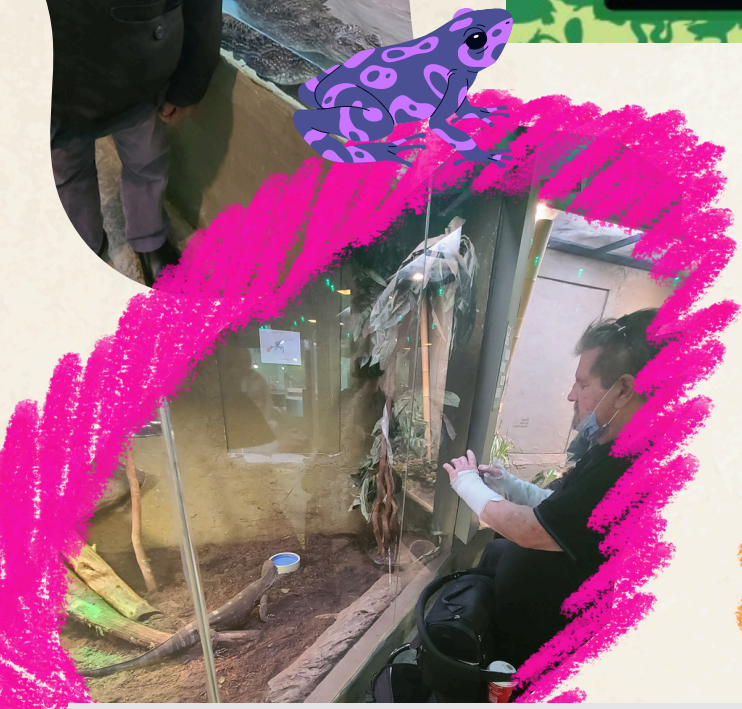


Winter weather tends to coincides with cold & flu season. By getting vaccinated, you are protecting yourself and others from influenza.



Drive Safely! Roads may be slippery and unplowed. Keep a safe distance from other vehicles and take your time. Drive according to weather conditions.

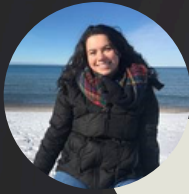
DAY HOSPICE GOES TO



Self-Care Moment



DEALING WITH GRIEF THROUGH THE HOLIDAY SEASON...



Laura Wilson
Bereavement Care
Coordinator

The holiday season is a wonderful time of year for many people. It is also true that for some the upcoming holiday season can be overwhelming as they navigate various changes and feelings that come up with their experience of grief and loss.

The grief journey is never a simple one, however things can be extra difficult around the holidays when thinking of past memories and the adjustments that will now come with many holiday traditions. It can sometimes feel like taking one step forward and two steps back as we recognize that the upcoming season will be different in so many small and intimate ways. What once may have brought feelings of joy and excitement, has suddenly turned into wanting it to silently pass by. To cope through the holidays, firstly recognize that this is something that will need an extra amount of kindness to yourself as you navigate new ground and adjust to the idea that it will be different. Some individuals wish to continue the traditions and plans as usual, whereas others wish to be by themselves as the thought of large social interactions are draining. Whatever the decision is, make sure that you communicate your wishes and feelings behind the decision to those you would normally celebrate with.

Honoring the person who you have lost around the holidays can also be an important way of remembering them around this difficult time of year. Perhaps making their favourite meal or dessert, lighting a candle in memory of them, or setting a place for them at the table as a way to honor them are all personal and private ways of holding someone close to you during this time of year.

Around these cold winter months, it is important to do what feels right for you during your grief journey, and give yourself some extra grace and kindness as you go through it. There is no right or wrong way to grieve, just what feels best for you.

Ingredients

- 1 cup salted butter (2 sticks), plus more for the pan
- 1 tbsp. peppermint extract
- 4 oz. bittersweet chocolate, broken into pieces
- 1 1/4 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1/2 cup semisweet chocolate chips
- 2 cups of sugar
- Crushed candy canes or peppermints, for topping
- 3 large eggs

Directions

1. Preheat the oven to 350°. Butter an 8-inch square baking pan. Line the pan with parchment paper, leaving an overhang on 2 sides; lightly butter the parchment.
2. Melt the butter and bittersweet chocolate in a medium saucepan over medium-low heat, stirring, about 3 minutes. Remove from the heat and whisk in the cocoa powder until smooth. Let cool slightly, about 5 minutes.
3. Stir the sugar into the chocolate mixture until well combined. Stir in the eggs, one at a time, and mix until well combined. Stir in the peppermint extract. Add the flour and gently stir until completely combined.
4. Pour the batter into the pan and spread evenly. Tap the pan on the counter to release any air bubbles. Bake until a toothpick inserted into the center comes out clean, about 40 minutes (do not overbake). Let cool until firm enough to easily lift from the pan using the parchment paper, about 25 minutes. Lift out of the pan and transfer to a rack to cool completely.
5. Put the chocolate chips in a microwave-safe bowl and microwave at 50 percent power in 30-second intervals, stirring, until melted. Drizzle over the brownies and sprinkle with crushed candy. Let set before slicing.

Peppermint Brownies

