



# OAK RIDGES HOSPICE HERALD

Winter 2024 | Issue 18

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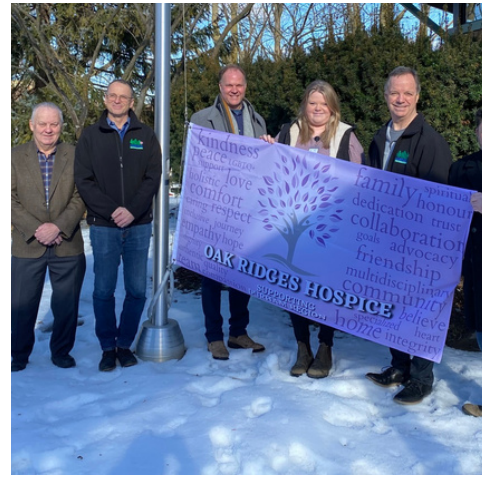
FROM THE KITCHEN

IN MEMORIAM



## 2024 HOSPICE AWARENESS DAY & FLAG RAISINGS

On the crisp morning of January 29th, 2024, the spirit of compassion soared high as Oak Ridges Hospice unfurled its banner across Durham Region, marking Hospice Awareness Day. Our flags ascended gracefully at the heart of three township offices - Scugog, Brock, and Uxbridge - as well as the Region of Durham Headquarters. These emblems of solidarity, designed by care team member Jessica Vellozo, stood as beacons of hope, each with the promise of comfort and support. We extend our sincerest thanks to the Townships and the Region of Durham, whose unwavering support fuels our mission to provide solace and care for our community.



@oakridgeshosp



@oakridgeshosp



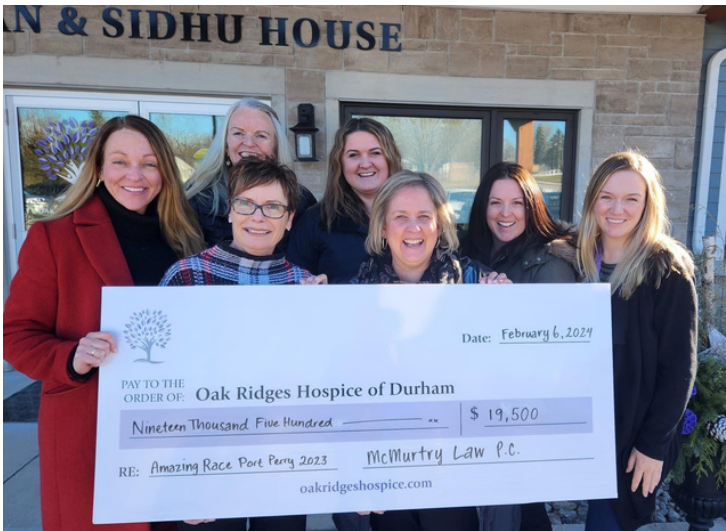
@oakridgeshospice

[www.oakridgeshospice.com](http://www.oakridgeshospice.com)

# IT TAKES A VILLAGE

Every gift has a tremendous impact at Oak Ridges Hospice and we are so grateful for the many individuals, community groups and foundations who have supported us in their own unique way! Below are some highlights from the last few months to celebrate this generous community.

## AMAZING RACE 2023



Thank you to McMurry Law and the Amazing Race committee for an amazing event in 2023. A grand total of \$19,500 was donated to Oak Ridges Hospice!

## WILMOT CREEK ART SHOW



Thank you to the residents of Wilmot Creek for donating the proceeds of their One of a Kind Art Show to Oak Ridges Hospice!

## MARK WILLES



Thank you Mark Willes Automotive for raising \$5425 for Oak Ridges Hospice since 2021 from their annual end-of-year fundraiser.

## RONA PORT PERRY



Thank you to the wonderful staff & customers at Rona in Port Perry. Not only did they make donations, they organized and participated in raffle draws and a fundraiser BBQ to support the hospice! A grand total of \$7,027.38 was donated to ORH!

## IT TAKES A VILLAGE CONT...

### 2023 KINDRED FOUNDATION GRANT

**Oak Ridges Hospice is thrilled to share that we are one of the recipients of the 2023 Kindred Foundation Grant!** With this grant, we have been able to expand our offerings to better support our residents and their loved ones.

The financial support from the Kindred Grant made it possible for us to purchase new musical instruments that enhance our Music Therapy offerings. We were also able to purchase a stethoscope that records heart beats, adding another option for families to create a lasting memory from their loved one.

Additionally, with the support of the Kindred Foundation, we were able to host a series of workshops aimed at supporting the loved ones of past residents. Dubbed the 'What's Next' workshop series, topics ranged from Cooking for One to Social and Community Engagement, Financial Planning, and more. These workshops shared practical tips and information for adjusting to life after losing someone. The funds from this grant also support the ongoing work that our Supportive Care Counsellor, Hannah Carlson, is doing to support our residents and their loved ones through the end-of-life journey, further strengthening our commitment to compassionate care.



**We are so appreciative of all the people who have donated to Oak Ridges Hospice and we appreciate all the initiatives to fundraise for the hospice. We wouldn't be able to provide the compassionate care and support to so many without you!**

**If you are thinking of donating or hosting a fundraiser, please visit our website or contact us today!**

Contact: [mbetlem@oakridgeshospice.com](mailto:mbetlem@oakridgeshospice.com)

## MEET THE TEAM

### Could you share a little bit about your personal/professional journey that brought you to ORH?

I was born in Lindsay and grew up in Janetville, where my family is originally from. Over the years I have lived in several places throughout Ontario. I moved to Port Perry in 2020 where I live with my partner and our rescued Egyptian street dogs.

For the past 30 years, I have been cooking up delicious culinary creations. As far back as I can remember, I have always had an interest in the culinary arts, getting my first job in a kitchen at the age of 17. Over the years I have found a new love in managerial positions, where I excel in leading and mentoring a team through a hands-on approach. Most recently I was the Director of Culinary Services at Port Perry Villa.



Sue Lynn Carter, Kitchen Lead

### How do you see the Kitchen Lead position supporting residents and families at the hospice?

As that old saying goes "kitchen is the heart of the home." I see my position as an opportunity to not only nourish the residents and families who enter the hospice, but to also create a warm and welcoming space where everyone who enters feels at home. Food is more than just physical nourishment, it has the ability to create conversation, to bring people together, and to support overall well-being. I'm looking forward to being a part of that here at Oakridges Hospice.

### What are you most looking forward to in your new role?

I guess I sort of answered that already! I am honoured to care for folks in my community who are at a challenging point in their lives. Having lost my Dad eleven years ago to cancer, I understand loss and the tremendous grief that it carries. If I can make someone's experience just a little bit easier, that's what I am looking forward to the most.

### What is your favourite thing to cook/bake and why?

Soup! Who doesn't love a good bowl of soup? There is something comforting about curling up on the couch with a warm bowl of hearty soup. Soup is versatile, its flexible, and you can get creative! My partner and I make a lot of soup from scratch at home, with our favourites being thirteen-bean and hearty vegetable. I am excited to show off my soup skills here at the hospice.

### If you could have a superpower, what would it be and why?

If I had a superpower, it would be to save all the homeless dogs out there. I'm an animal lover at heart and my partner and I have often talked about how we'd love to have a little hobby farm full of rescued dogs.

## IN THE COMMUNITY

### CHAMBER OF COMMERCE COMMUNITY ENGAGEMENT AWARD

On Friday, February 9th, 2024, Oak Ridges Hospice was honoured to receive the Community Engagement Award at the Scugog Chamber of Commerce Awards. This recognition holds immense significance for our small not-for-profit organization, as it underscores our deep commitment to engaging with and serving our community. The award highlights our efforts in fostering meaningful connections, collaboration, and support networks, essential pillars for a hospice dedicated to providing compassionate care. The occasion was celebrated amidst the vibrant atmosphere of the Fire & Ice Gala at Trail Hib, where numerous businesses came together to celebrate our collective contributions to the community.



### COMMUNITY VOTES



Oak Ridges Hospice is nominated in the category of Best Non-Profit in this year's Community Votes Oshawa. We are so honoured to be considered in this category alongside so many other wonderful organizations.

### SPEAKING ENGAGEMENTS & TOURS

We would like to thank all the groups who have welcomed Oak Ridges Hospice to speak about the work we do. If you are interested in learning more about the hospice or would like someone to do a presentation to your group or business, please reach out! We also welcome tours of our hospice home, the Morgan & Sidhu House, so if you are interested get in touch.

Contact: Michelle Betlem at [mbetlem@oakridgeshospice.com](mailto:mbetlem@oakridgeshospice.com)

## HAPPENINGS IN THE HOSPICE



### Valentine's Day at Oak Ridges Hospice

Our Staff celebrated this "day of love" with mocktails from Hannah and Kristen! Staff were encouraged to wear their best red's and pink's and join in on the festivities!



### Easter at the Hospice

Thank you to our incredible team of staff and volunteers who prepared and served a wonderful home cooked dinner for our residents and their loved ones over the Easter Weekend.

## NATIONAL NURSES WEEK IS MAY 6 TO 10, AND PSW DAY IS MAY 19

**At Oak Ridges Hospice, our care team stands as the very essence of our identity. They embody the spirit of compassion and dedication, offering unparalleled support to our residents and their families.** Each member of our team exemplifies excellence, tirelessly putting the needs of others at the forefront of their daily endeavors. As we approach Nurses Week and PSW Day, we invite everyone to join us in celebrating these remarkable individuals. They deserve our utmost gratitude and recognition for their unwavering commitment and the profound impact they make on the lives of those under our care. We encourage you to share your words of appreciation, allowing us to convey the depth of our gratitude to our exceptional care team. Let's come together to honour their invaluable contributions and express our heartfelt thanks.



**If you would like to share a message to our care team that we can share with them during Nurses Week and PSW Day, please send it to Pam Stevenson, Director of Care, at [pstevenson@oakridgeshospice.com](mailto:pstevenson@oakridgeshospice.com)**

## HAPPENINGS IN THE HOSPICE CONT..

### VOLUNTEER WEEK IS APRIL 14-20

National Volunteer Week is when we come together to celebrate the exceptional individuals across Canada who selflessly dedicate their time and energy to making their community a better place. Under this year's theme "Every Moment Matters," we reflect on the profound impact of volunteerism, particularly within Oak Ridges Hospice. **Over the past year, 130 dedicated volunteers have collectively contributed over 10,000 hours to our mission.** Each smile shared, task completed, and connection made adds a unique richness to our services, highlighting the true significance of our volunteers. At the heart of every ORH volunteer lies a genuine desire to help others in need and to make a difference in the lives of others. Whether they're assisting with administrative tasks, organizing fundraising initiatives, providing a warm welcome to our hospice, preparing homemade meals, or offering compassionate support to residents and their families—each action has a ripple effect that resonates far beyond its initial occurrence, leaving a lasting impression of kindness and compassion. We express our deepest gratitude to our dedicated team of volunteers, recognizing their integral role in advancing our mission of providing hope and comfort to the community through compassionate end-of-life care. **Thank you for your unwavering support and commitment!**

*Thank You!*  
**ORH VOLUNTEERS**



Your enthusiasm, kindness, and unwavering dedication inspire us all!



**NATIONAL  
VOLUNTEER WEEK**  
APRIL 14 – 20, 2024

#NVW2024 #EveryMomentMatters

Interested in volunteering at Oak Ridges Hospice? Visit our website at:

[www.oakridgeshospice.com/volunteer](http://www.oakridgeshospice.com/volunteer)

# UPCOMING EVENTS

## ADVANCED CARE PLANNING WORKSHOP



JOIN US!

# ADVANCED CARE PLANNING WORKSHOP

OAK RIDGES HOSPICE  
1722 Scugog St. Port Perry L9L 1E2



TUESDAY  
30 APRIL, 2024



REGISTER FOR THIS FREE WORKSHOP AT:

[www.bit.ly/ACPworkshop](http://www.bit.ly/ACPworkshop)

PRESENTATION BY:  
BRENDA DERDAELE, RN CHPCN(C)

START AT  
5:00 PM



*In partnership with:*



Durham  
Hospice  
Services

*How & How Limited*  
Funeral Directors Since 1860



OAK RIDGES HOSPICE  
OF DURHAM LTD.

*This event is made possible by:*



In the bustling journey of life, we often overlook the importance of preparing for the unexpected. Advanced Care Planning (ACP) is a beacon of foresight, guiding us through crucial decisions about our healthcare and ensuring our wishes are respected when we might not be able to express them. Discover how easy it is to take the first steps in Advanced Care Planning at our upcoming workshop on April 30! Let us guide you through initiating conversations with loved ones about your healthcare wishes, while dispelling any fears or stigmas surrounding the process. Our experienced healthcare professionals will provide valuable insights to help you document your preferences effectively. Join us and gain the confidence to plan for your future care with clarity and peace of mind. RSVP today to secure your spot!

[www.bit.ly/ACPworkshop](http://www.bit.ly/ACPworkshop)



## UPCOMING EVENTS CONT..

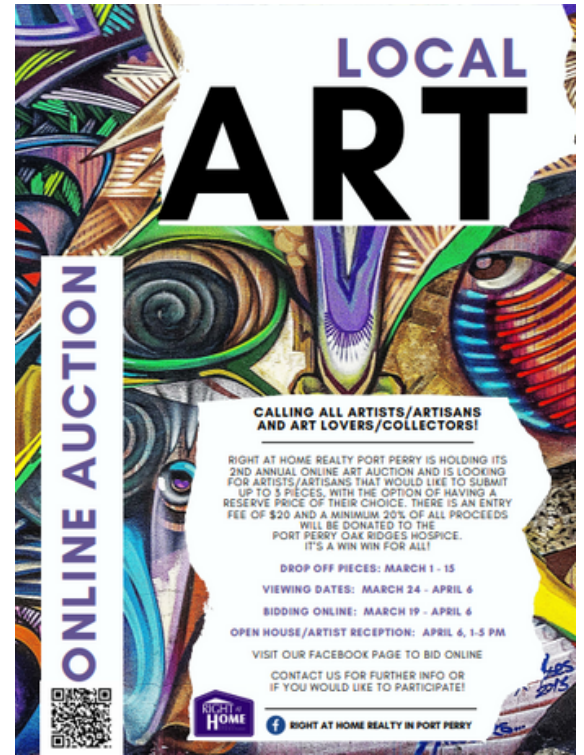
### RIGHT AT HOME REALTY ART AUCTION

The team at Right at Home Realty in Port Perry have been busy hosting their 2nd Annual Art Auction!

Visit the Right at Home Realty offices to see all the artwork from amazing local talents available in the auction. The Artist Reception is on Saturday April 6, 1-5 p.m. where you will be able to meet some of the artists and make your final bids to secure the perfect piece to add to your collection. There is also a Split the Pot Cash Raffle that you can purchase tickets for in person.

We are incredibly grateful for the tremendous amount of work that has been put into this event. Proceeds from this event benefit Oak Ridges Hospice, as well as the artists.

Visit the [Right at Home Realty Facebook Page](#) to place your bids or visit in person at 237 Queen St, Port Perry.



### DONATION BASED YOGA CLASSES



**Karma Yoga Classes**

Donation based  
yoga classes!

*Net proceeds collected for  
The Oak Ridges Hospice*

**Tuesdays 9:45am  
Thursdays 12:00pm  
Saturdays 9:30am**

  
OAK RIDGES HOSPICE  
OF DURHAM LTD.  
[www.lotusloft.ca](http://www.lotusloft.ca)

Join Lotus Loft in Port Perry on a journey of self-discovery and altruism as they offer donation-based yoga sessions that extend beyond the mat to uplift Oak Ridges Hospice and foster a sense of unity.

Immerse yourself in the transformative power of yoga while contributing to the greater good of our community. Your presence not only nurtures your well-being but also becomes a catalyst for positive change.

These classes are available throughout the month of April and you can reserve your spot online at [lotusloft.ca](http://lotusloft.ca)

In March, the generosity of attendees contributed to a donation of \$446!

## HIKE FOR HOSPICE



7TH ANNUAL

# Hike for Hospice

*Save the Date!*

**Sunday June 2, 2024**  
**Palmer Park, Port Perry**

### **Our biggest event of the year is back!**

Join us on Sunday June 2, 2024, for the 7th Annual Hike for Hospice. Get out your hiking shoes and let's make this year's journey of love and solidarity unforgettable. Mark your calendars – it's not just a hike, it's a celebration of community and compassionate care. We can't wait to see you there!

**Find more information at: [OakRidgesHospice.com](https://OakRidgesHospice.com)**

# Registration Opens April 15!

Presented by:



**Sponsorship Opportunities are available!**  
Click [HERE](#) to view our Sponsorship Package or  
contact Michelle Betlem at  
[mbetlem@oakridgeshospice.com](mailto:mbetlem@oakridgeshospice.com)

## WORDS FROM THE HEART

**We love sharing kind words we receive from friends and family of our residents.** It is through the collective support and compassion of this community that we are able to provide exceptional care at Oak Ridges Hospice. None of this would be possible without each and every one of you.

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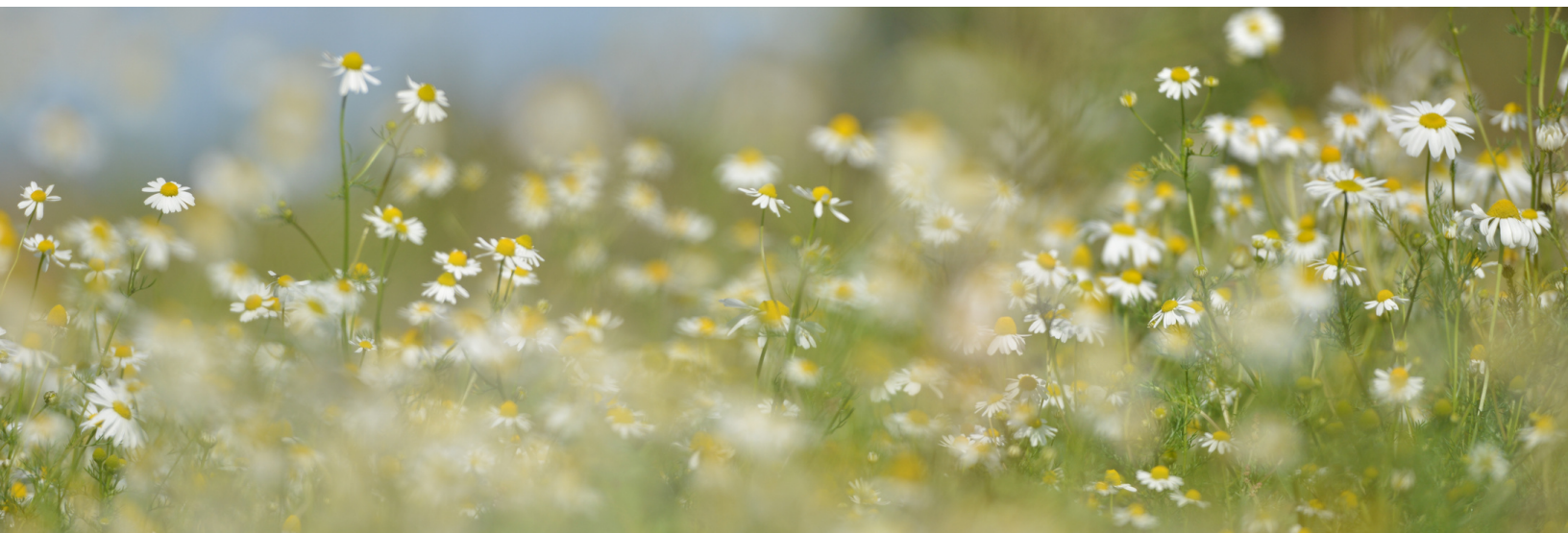
“Oak Ridges is a warm, caring and homelike facility that assisted my wife of 42 years in her final month of life. They welcomed my family and friends to share in her last days. A wonderful place for the most difficult time in her and my life.”

“Words cannot express my gratitude for the wonderful care you gave to my sister. Thank you all for making her final journey special.”

“Just want to take a moment to thank all the wonderful staff, nurses and psw's (special mention goes to Shannon as you were outstanding). The care and compassion you all showed was uncompareable. The special time allotted to have privacy and say our goodbyes. But, especially the way you had mum prepared for us and had the staff take mums final journey passed us as your soloist/guitarest played and sang “sunshine” by John Dever. It was so very special.”

“Thank you everyone for putting on this wonderful meal and allowing us to be a family at Easter together. The volunteers and staff here at Oakridges have gone above and beyond to make my father and our family comfortable during this time. Our heartfelt thanks to each and everyone of you.”

“While R was not in your care for long, the kindness shown to the family will have a long-lasting impact.”



## FROM THE ORH KITCHEN

# Banana Muffins

### Ingredients:

- 5 Large Ripe Bananas
- 1 1/4 cups sugar
- 2 eggs, lightly beaten
- 2/3 cup melted margarine
- 3 cups flour
- 2 tsps. baking soda
- 2 tsps. baking powder
- Optional: Approx. 1 1/2 cups blueberries or cranberries

*\*Try adding 1 cup of Butterscotch or chocolate chips for added sweetness!\**

### Directions

1. Preheat oven to 375F
2. Mash bananas, add sugar, lightly beaten eggs. Mix well.
3. Add melted margarine, mix well.
4. Add all dry ingredients, sift together.
5. Add your choice of berries and/or chips, mix well.
6. Bake at 375F for 20-25 mins



## ORH COOKBOOK

Indulge in the warmth of community and the flavors of compassion with the ORH Cookbook. Featuring a curated collection of beloved dishes crafted by our dedicated volunteers and staff, this cookbook offers a taste of home and a glimpse into the heart of our hospice.

All proceeds from the sale of the cookbook support compassionate care at the hospice.

[ORH Shop - Cookbooks](#)

# IN MEMORIAM

We gratefully acknowledge donations received in memory of the following individuals between  
October 1, 2023 to February 29, 2024:

Ida Andringa  
Rowena Antle  
Doris Armstrong  
Heather Baldock  
Jim Ballingall  
Sylvie Beaulieu  
Ronald Belton  
Robert Benner  
Marlene Bond  
Lorie Bowering  
Mary Brauer  
Valerie Bray  
Marg Britton  
Lorraine Brown  
Robert Brownson  
Linda Brunton  
Barbara Budd  
Eleanor Caddick  
Salvatore Cannata  
Settimio Canonico  
Lorna Capucho  
Helen Chalifoux  
Robert Clark  
Joanne Cleator  
Eva Cook  
Kevin Coughlin  
Janice Coulton  
Geraldine Craigen  
Terrence Crawford  
Leo Cutler  
Adrian Daley  
John Devitt  
Allan Dormer  
Patricia Douglas  
Austin Dow

William Downes  
Sharon Dunsmore  
Stanley Edgell  
Walter Edwards  
Doreen Eldemire  
James Ferguson  
Janice Fernihough  
Deborah Flaherty  
Darlene Fleming  
Pamela Fleury  
Mary Ford  
Patricia Fraser  
Donald Frew  
Kuni Fukusaka  
Ena Fulton  
Ken Gadsden  
Michael Gaudet  
Brian Genge  
John Gibbens  
Bryan Gollop  
Katharine Greenen  
Bruna Grogan  
Robert Hall  
Noreen Hilbig  
Peggy Hillis  
Beverley Hodgins  
Manon Hodginsns  
Klaas Hoogsteen  
Norma Howsam  
Joan Howse  
Robert Hunt  
Gerry Hunter  
Jean Jarvis  
Dalton Jones  
Gerry Hunter

Jean Jarvis  
Dalton Jones  
Andreas Kemperle  
Thomas Kipping  
Thomas Kirton  
Nettie Kolisnyk  
Esme Laflin  
Charles Laidley  
Norman Lambert  
Kathleen Liddiard  
Douglas Lipps  
Mary Lou Breward  
Leonard MacIntosh  
Nancy MacMillan  
Betty MacPherson  
Patricia Marchelletta  
Thomas McGarry  
Brian McKay  
John McKinnon  
Glenn McLeod  
Keith McNally  
Edward Mewett  
John Moon  
Heather Orr  
Phillip Ovenell  
Joseph Pace  
Lynda Patterson  
Robert Paul  
Kenneth Pereira  
Elizabeth Perry  
Denise Phillips  
Thomas Phipps  
Richard Pinnock  
Robert Porteous  
Larry Posacki

Ilean Pugh  
John Quattrocchi  
Leonard Read  
Marie Renaud  
Dorothy Reynolds  
Ethel Richard  
William Robertson  
Marie Rochehe  
Margaret Rorabeck  
Gary Round  
Barry Rynard  
Maria Sartor  
Constantian Shoukas  
Robert Skitch  
Diane Smith  
Carol Stott  
Anton Suchy  
Morton Symington  
Anne Taylor  
Donald Thacker  
Jean Thornton  
Sofia Vamvakidis  
Jennifer Vandervan  
Cecil Vanderwal  
Nancy Vincent  
Joseph Visneski  
Marilyn Wallace  
Andrew Watson  
Doug Whalen  
Helen Whiteway  
Howard Williams  
Kathleen Williamson  
Paul Wilson  
John Wolters  
Lynne Wonnacott  
Kenneth Zawalykut

Learn more:

[oakridgeshospice.com](http://oakridgeshospice.com)

Contact us:

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(289) 225-0202

**OAK RIDGES HOSPICE**

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