



June 2020

THE COMPASSION CARE CLASSIC

A project by the Hospice of Windsor & Essex County

VOLUNTEER OF THE MONTH - When WECCC reached out to Hospice for volunteer help after Covid -19, Marie Goldspink was the first of their volunteers to come on board to help WECCC reach out to our members by phone. She has been a Hospice volunteer since 1993. Her roles are helping with respite, friendly visiting, and phone call support. Marie was also the recipient of the Hospice Stuart and Marjorie Leishied award in 2004. Marie unfortunately lost her husband a few years ago and has now decided to move to Calgary to be with her children and grandchildren. We want to say goodbye to Marie and thank you for all your dedication, support and hard work at a time when our most vulnerable members needed extra support. The WECCC members you have made a connection with over the past few months are really going to miss your kindness, understanding and trust. Thank you for being so reliable and dedicated. We will miss you and will keep you in our hearts.



THE HOSPICE OF WINDSOR & ESSEX COUNTY

LIFEWALK

Choose Your
Challenge Edition!



JUNE 2020

HOSPICE LIFE WALK – We are asking for your donation to support our WECCC staff who are participating in the LifeWalk 2020: Choose your Challenge Edition in support of The Hospice Windsor Campus, so that they can continue to provide Hospice programs & services at no cost to residents and their families. The whole month of June we will be completing our own personal exercise challenge while raising donations. Will you help us reach our goal? Our LIFEWALK CHALLENGES IS various walking and running challenges. Please click on the link below and it will take you directly to the donation sight. Our goal is to reach \$500.

<https://www.canadahelps.org/en/charities/the-hospice-of-windsor-and-essex-county-inc/p2p/lifewalk-choose-your-challenge/team/None/captain/team-weccc-wonderful-exuberant-commpassionate-caring-community/>

On this page, all you have to do is press “donate to me” and it will directly support the WECCC goal. Thank you for your donation and your support!

SUPPORTING OUR MEMBERS – WECCC has 48 volunteers making phone calls to hundreds of members. Eleven are Hospice volunteers, with 4 from the Erie Shores hospice who are making calls to our county members. Some of the volunteers have run errands for people and have knocked on doors when they haven't heard from them in a while to make sure they are ok. Finding resources and supporting members has been ongoing and we thank our volunteers for all of their support!!!

A COMPASSIONATE TEAM EFFORT – One of our members was featured in the Windsor Star in February and bravely told her story about loneliness and isolation. She was trapped in her home due to mobility issues and a lack of support. WECCC is happy to announce that since that article was released there has been an outpour of support to our member who has is now in a better position. She has been moved from her bedroom to her living room where there is more space and she has been gifted a bariatric bed!! She is still getting used to it but is extremely grateful! A special thank you to Frank and his brother Daman from Franks moving company, Comfort Mobility staff including Jessica and John, Reno from Life and Body, the PSW's Nicky and Eduardo as well as WECCC volunteer Kari. Together we have made this tremendous event happen! Samantha Labute from our WECCC team says, "There were bumps in the road but everyone went above and beyond to support this WECCC member." Thank you to everyone involved!!!

WINDSOR STAR

Local News

Compassion group helps those 'who fall between the cracks'

Trevor Wilhelm
Feb 22, 2020 • Last Updated 4 months ago • 7 minute read



To read the article previously written by the Windsor Star visit:

<https://windsorstar.com/news/local-news/compassion-group-helps-those-who-fall-between-the-cracks/>



University of Windsor

We are thankful to Dr. Kathy Pfaff of the Faculty of Nursing with the University of Windsor, who is conducting an evaluation about our education: "The Importance of Being Connected" and "Sharing My Journey". Preliminarily Kathy has indicated that the education does make a difference for individuals – in their thinking moving forward. We look forward to the results when they are published later this year.

TEAM SUMMER EXPANSION – Our WECCC team is gaining 4 summer employees to help support our movement! From making calls to members to communications, we welcome them to the team!

Student-led Non-profit Grocery Delivery Organization - ASPIRE is a group of volunteers, all medical students, who are delivering groceries to people with high needs and it's FREE! Efforts are across the Windsor/Essex County area. Although they would like to help as many people in the community as possible, they have limited volunteers and therefore they are prioritizing community members who need it the most. If you know anyone who would require assistance, please contact the WECCC office for an application by calling 519-974-2581 Ext 2420 or email Janice at jmoroun@thehospice.ca. Groceries will be picked up by the volunteer at the community member's local choice of store after the request is made and will be delivered with zero contact with the community member. Groceries can be left safely on doorstep and transaction can be made safely as well.

Neuroscience Says Doing This 1 Thing Makes You Just as Happy as Eating 2,000 Chocolate Bars.

What is it?



A Smile



Smiling actually prompts your brain to produce feel-good hormones!

Smiling helps you to be seen in a positive light from the persons seeing your smile too!

Now in the days of COVID 19 – wearing masks – we can't see smiles – but we can see **smiling eyes** – look for them and give and make note of **positive nods!**

Have a happy day and smile for yourself and others!