

**AUGUST 2018 HOSPICE GEORGINA eNEWSLETTER**

**Let us be grateful  
to people  
who make us happy:  
They are the charming  
gardeners  
who make our souls  
blossom.**



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**EXECUTIVE DIRECTOR'S REPORT**



**Marie Morton**

**Join us at our Annual General Meeting!**

Every year, our staff and Board of Directors invite all our volunteers, donors, community supporters, and any interested parties to join us for our Annual General Meeting. This year, plan to join us on Monday, September 17th, 7pm at The Link to learn about developments over the past year and the forecast for the future, including election of members to the Board of Directors.

Although we have had our AGM at The Link for the past couple of years, this is our first AGM as tenants at The Link. A lot has happened since last year! To help us celebrate this momentous step, we will be joined by guest speaker Jim Beechey from the Georgina Community Health Care Council. The GCHCC was key to the capital project that brought us to our new home at the community hub.

We will also take this opportunity to celebrate the many accomplishments of our volunteers in this past year. Each and every one of our volunteers makes significant contributions to help us in *Sharing the Caring*, and it is difficult to single out a handful of them for recognition. We will be acknowledging volunteers who have reached important milestones: 5, 10, and 15 years of service. We will be highlighting our inductee to the June Callwood Circle of Outstanding Volunteers for 2018, which was awarded in April at the Hospice Palliative Care Ontario conference. Perhaps most exciting will be the announcement of Hospice Georgina's Volunteer of the Year award. Want to know who it is? Then join us!

We will provide light refreshments and fellowship will abound. Hope to see you there! Until then, keep on *Sharing the Caring*.



# THANK YOU TO OUR DONORS!

We are grateful for the following community donations in support of the services provided at Hospice Georgina. Our goal is to make a difference in Georgina and continue to provide programs at no charge with the help of donations from supporters such as you. Thank you for your generous support of our efforts in **“Sharing the Caring.”**

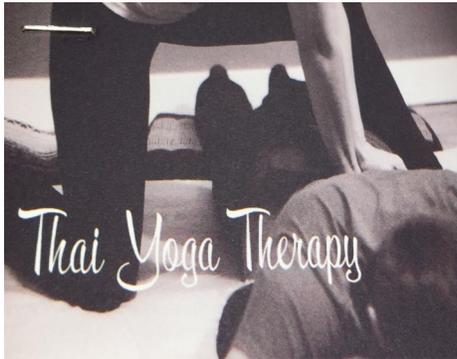


### Thank you to our monthly donors:

Mary Margaret Thorburn  
Mary Catherine Macaluso

### In Memoriam

**Doug Smith  
Elaine Woods  
Bill Guy**



Thank you Chantelle from Thai Yoga Therapy for the donation of \$50.00



Thank you to **Gertrude** for the beautiful 20 handmade quilts, PJs, gift baskets and yummy salsa for our clients, prizes and silent auction at events. You truly are an angle.



Rob Grossi and HG staff would like to thank volunteers Sue, Blair, Mary Catherine and Megan for serving pizza and pop with the Grossi family at the Sutton Fair.

A warm thank you to Rob Grossi and family for putting on the pizza charity booth again this year and sharing the proceeds with Hospice Georgina – **\$1005.00!**



### **WARM UP GEORGINA!**

Every client with Hospice Georgina receives a warm afghan, made by a volunteer or community supporter. Thank you all for your support and please spread the word to knitters!



**No Frills donated \$650.00 with the help from our community, in the save it forward program. Thank you to all who participated. Every coupon matters!**



women's support network  
of york region

**Donated \$200.00  
Thank you**

Thank you **Randy Noble** for donating his winnings of from the 50/50 draw at The Ones Car Show.

## Visiting Volunteer Voice

*“Human contact—connections—these are gifts we all have the ability to share. What truly matters in this lifetime is the difference we can make in the lives of others.”*



Interested in reading true stories about hospice from volunteers, clients and others? Copies of the touching book *Hearts Linked by Courage: Sharing the Caring* are available for purchase at our office. All proceeds go to support our programs!

## INTERESTED IN BECOMING A VOLUNTEER?

Whether you're interested in becoming a front-line volunteer supporting someone at their bedside, or more comfortable behind the scenes helping with fundraisers and events, there's a rewarding experience for everyone!

### Volunteer roles include:

- Visiting Volunteer
- Board Member
- Grief & Bereavement
- Complimentary Therapy Facilitator
- Administrative Support
- Fundraising Committee



For more information on volunteer roles and to apply, please contact Laurie Knapp (905) 722-9333 x5502 or [caring@hospicegeorgina.com](mailto:caring@hospicegeorgina.com)

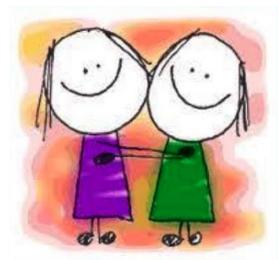
## Volunteering - Make the Difference Today!

The goal of Hospice Georgina is to continue to make a difference in Georgina. With the help of donations from supporters such as you we will continue to support our community and provide programs at no charge. Thank you for your generous support of our efforts in “Sharing the Caring.”



We invite you to get involved with our **NEW** fundraising event committee and play an active role in an area that interests you! The committee is headed by a Board Member. We need a committee of volunteers to work with our staff to do the planning, logistics and **brain storm** new ideals. We are looking for committee members who are passionate about our mission and interested in helping to make events a raving success! **First meeting Wed. Sept.26th at 7 pm at Hospice Georgina.**

If you are interested in joining the committee, please call Laurie Knapp (905)722-9333 x5502 or email



#### Volunteer Hours:

Just a reminder that all volunteers need to report your volunteer hours every month by the 10<sup>th</sup>. This information is reported to the Ministry of Health & Long Term Care, which in turn funds our palliative programs. Without volunteer hours, our funding could be in jeopardy. **Reminder... please include travel time to your clients**

# Therapeutic Tuesday Wellness Information Session

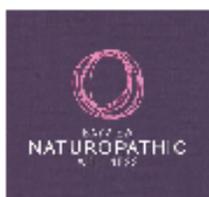
Come join us at Hospice Georgina for an info session on Nutrition and Cancer provided by Dr. Kitty Shang BSc, ND, of Bayview Naturopathic Wellness.

**When: Tuesday August 28th 1-3pm**

Kitty is a Licensed Naturopathic Doctor. Her passions in particular are women's health, digestive health, chronic degenerative diseases, and cancer care. She also works with health practitioners to provide a comprehensive care for her patients.

Michael Ramzy, Pharmacist from Sutton Apothecary, will also be attending and is available for Questions and Information afterwards.

For more information or to RSVP please contact Sharron Spencer at (905) 722 - 9333 x 5503 or [grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)



## MARK YOUR 2018 CALENDARS!

**Mon. Sept. 17th, 7pm** — Annual General Meeting, being held at The Link. Join us in recognizing the work of our volunteers, including the Volunteer of the Year Award! Please RSVP with Laurie.

**Sun. Sept. 30th, 9am-2pm** — Please join us at The Link for our first Holistic Wellness Fair, a fundraiser for United Way Greater Toronto!

**Mon. Nov. 19th, 6pm-9pm** — Please join us at Boston Pizza for Musical Bingo Night with dinner. Tickets coming soon.

### GETTING TO KNOW HOSPICE VOLUNTEER KENDALL



I grew up in Toronto but I've had a cottage in Georgina for about 16 years where I live during the summer! I've worked for a few businesses/organizations around town and have been attending Laurier the past couple of years. My major is communications but I have special interests in Anthropology, Cultural studies and Women/Gender studies. I have always had a soft spot for animals and have spent many years volunteering with the Georgina Animal Control throughout high school, I love anything having to do with water and enjoy writing. My role with Hospice Georgina has so far been very minimal as I've only recently joined the team but I plan on volunteering with the event team as well as eventually becoming a visiting volunteer. Volunteering has always played an important role in keeping my life balanced and aiding me in finding a balance between helping myself but also others in the community. It's something that I really stand behind and believe that everyone should find something they're passionate about to spend time doing something for those who need a helping hand!

## Grief & Bereavement Report

### Holding Space

The recent story of Tahlequan, the Orca whale mother who lost her calf, captured the world. As we watched and witnessed a mother grieving the death of her baby, she shared with us her mourning.

Not only did this wonderful creature carry her dead calf on a 17-day tour of grief, but her pod mates were right there beside her, holding space. Holding Space.

Often, when we see someone in the throes of bereavement, we feel helpless. There are no real words of comfort. That person doesn't know what they need – in one moment they don't want to be alone and the next moment they wish everyone to leave so they can be alone. As a visiting volunteer, a family member, a parent, a sibling, a friend, we can offer to Hold Space. We already do this without realizing that this is what we are doing!

Holding Space is meeting a person where they are at and standing beside them. You walk along next to them on their path without judgment, sharing their journey not knowing where you are going or how long it is going to take. You give your heart and offer unconditional support. Holding space can happen with a complete stranger. You are standing in the grocery check-out and the person ahead points to the food on the conveyor belt and tells you they are buying things for their loved one but they are going to have to blend it into a smoothie because they can only eat pureed food now. And you listened without judgement or trying to fix the problem. This is Holding Space.

You are holding space as you watch the tears well up as a stranger in the Dentists' waiting room turns to tell you that the last time they sat in this waiting room, they were with their mother who just died last month. For that moment, you are present and offering unconditional support. This is Holding Space.

If we are aware of ourselves, we can show compassion for others. Caring for others acknowledges their pain and can help to lessen it, if just that little bit. This is not only healing, but this is a gift. This is Holding Space; giving support and helping someone through until they are able to move ahead. When someone says to you, they can't imagine the heartache that someone feels, they are doing just that – trying to imagine what someone else feels.

Registration is open for our Bridges Support Group - a group that helps people who are grieving the loss of someone special. The group will run Monday evenings from October 15-November 19, 2018 from 6:30-8pm

### 2018/19 BOARD OF DIRECTORS

**Chair:**

Iain Donnell

**Vice-Chair:**

Mary Catherine  
Macaluso

**Secretary:**

Angela Young

**Treasurer:**

Heather Rahman

**Members:**

Margaret Burrows

Lena Singh

Sandy Walters-Smith

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

### Staff

**Executive Director:**

Marie Morton

**G&B Coordinator:**

Sharron Spencer

**Office Manager:**

Laurie Knapp

**Client Care Assistant:**

Christina Tinsdill

**Hospice Georgina  
The LINK**

20849 Dalton Rd.

Box 721

Sutton, ON

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(905) 722-9333

Sharron Spencer at 905-722-9333 ext. 5504



**United Way**  
Greater Toronto



# AGM

**HOSPICE GEORGINA**

*ANNUAL GENERAL MEETING*

## YOU'RE INVITED

Your  
Charity

Your  
Say

**DATE: Monday September 17th, 2018**

**TIME: 7:00 – 9:00 pm - Light refreshments offered**

**PLACE: The Link**  
20849 Dalton Road  
Sutton, Ontario  
LOE 1R0



Your  
Community

RSVP by September 14<sup>th</sup>, Laurie at Hospice Georgina (905) 722-9333  
x5502

Your  
Voice

Only paid members can vote during the short business  
portion of the evening.

Visit [www.hospicegeorgina.com](http://www.hospicegeorgina.com) for more information

