

JULY 2018 HOSPICE GEORGINA eNEWSLETTER



INSIDE:

EXECUTIVE DIRECTOR'S REPORT

Thank you to our donors	2
Welcome new volunteers & Volunteers needed	3
Event Committee	4
Vendors Wanted	5
Save the date	6
Getting to know hospice volunteer	7
Grief Bereavement Report	8
Upcoming Events	9
AGM & Library Update	10 11



Marie Morton

Sharing the Caring in Action!

Hospice Georgina is fortunate to have such great support from the community in so many ways. I would like to highlight one great example. The residents of Sutton by the Lake, an adult housing community, have banded together in a fantastic fundraising initiative to benefit Hospice Georgina.

Organizer Elva Noddle explains it best. "Hospice Georgina is a favorite charity of several of us here at Sutton by the Lake. Every year we have a group of us that do the Hike for Hospice." So when it came to Elva's attention that some of the residents in their little community simply threw away their empty alcohol and beer containers, it sparked an idea. Elva spread the word among her friends and neighbors that instead of all that material going into trash or recycling, she would happily collect all those containers and "turn them into cash." She let it be known that her fellow Sutton by the Lake residents could drop off bottles and cans at her house in the purpose-made drop off box on the side of her house. She even went as far as volunteering to pick up bottles and cans from willing donors. In the fliers she distributed in the community she noted, "I will personally be responsible for returning them and keeping track of what we have collected and it will be donated to Hospice Georgina once a year at hike and will be on behalf of all SBTL residents."

Between Elva's resolve and the generosity of the Sutton by the Lake community, the initiative has already been a resounding success, and several hundred dollars have already been collected. When the community fundraises on behalf of Hospice Georgina and donates to support our mission, our staff and volunteers can spend more time helping our clients and less time fundraising. Truly, this is *Sharing the Caring* in action! Thank you, Elva, and thank you Sutton by the Lake!



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



Our Lady Of The Lake-CHS
Donated \$75.00

Thank you **Lee Dale** for donating his winnings \$165.00 from the 50/50 draw at the car show.



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.*”

Welcome to our New Volunteers!

Please welcome our newest Hospice Georgina volunteers. If you see them around Hospice, make sure to say "Hello" and get to know our newest volunteers.



KAITLYN



GARY



GINA



Chair Yoga

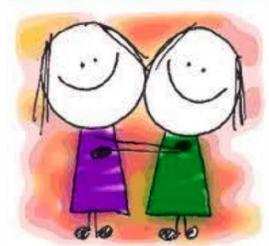
As Hospice Georgina's complimentary therapies program expands, we need new volunteers to support the demand. Hospice Georgina is seeking certified yoga instructors who are willing to join our team. Free training in the specific practice of Chair Yoga is provided to those planning to volunteer. Interested in learning more, contact Marie at 905-722-9333, x.5503 or mmorton@hospicegeorgina.com.

Our Chair Yoga program has been helping our clients living with life-limiting illness or coping with bereavement. They work on improving strength & flexibility, reducing stress, improving mental clarity, and improved ability to manage pain.

If you are interested in volunteering – and we hope you are – please contact Laurie Knapp (905) 722-9333 X5502 or email carng@hospicegeorgina.com



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!



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

Volunteer Hours:

Just a reminder that all volunteers need to report your volunteer hours every month by the 10th. 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**

MARK YOUR 2018 CALENDARS!

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

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

We have received funding from YRT/VIVA to purchase bus tickets to hand out to the Georgina Community. If you know of anyone who is in need, we have a number of Adult ticket books to hand out free of charge. Ticket books can be picked up at the office during business hours. Please note also that a hospice staff member will need to do the initial intake to collect some data from the person receiving the ticket booklets. Looking forward to working with all of you on further assisting our clients and their loved ones. Thank you for all you do!



Feel free to call or email the office for more information.

Hospice Georgina

The LINK 20849 Dalton Rd. Unit C
Sutton, ON L0E 1R0

Office Hours - Mon - Thurs 9 am - 4 pm

VOLUNTEER T-SHIRTS



Our stock of volunteer t-shirts is getting low. If you have a t-shirt at home, please drop off at the office next time you're around.

Much Appreciated,
Laurie

GETTING TO KNOW HOSPICE VOLUNTEER PAULA



PAULA

How long have you lived in Georgina?

I've lived in Georgina for two years.

Tell us a bit about your background...

I have a MFA in Visual Art and am currently working for myself as a visual artist/content creator. I love anything to do with the ocean, can't go a day without coffee and love taking photographs.

Tell us about some of your favourite things to do...

Anything to do with water, making art, baking and binge watching British programs through Netflix.

What is your role at Hospice Georgina?

Volunteer - I'm working on completing the course online.

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

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

L0E 1R0

(905) 722-9333

Grief & Bereavement Report

Reiki Sessions are now available at Hospice Georgina!

As part of our Therapeutic Tuesday events, Hospice Georgina will now be offering Reiki sessions for our palliative and bereaved clients, and caregivers, on the 3rd Tuesday afternoon of the month for up to 4 sessions at no cost.

Please contact Sharron Spencer at 905-722-9333 x 4 or email: grief@hospicegeorgina.com

What is Reiki?

Reiki is a Japanese technique used for relaxation and stress reduction that in turn promotes healing.

The theory behind Reiki is that an unseen "life force energy" flows through us. When our "life force energy" is low, we are more likely to become sick or feel stressed.

What does the session consist of?

A Reiki session is offered to a fully clothed recipient who is lying on a treatment table or sitting comfortably in a chair.

The Reiki Practitioner places their hands just above the body in a series of placements on the head and front and back of the torso to the knees and feet.

What might I experience?

Here are some of things people typically say after a Reiki session;

"I feel very refreshed" "I think I fell asleep" "I can't believe how hot your hands got!" "I feel more relaxed but very clear headed!" "My headache is gone!"

You can have music playing or you can also request silence if you prefer.

Reiki treatments are individual, changeable, and sometimes very subtle.

People often experience heat from the practitioner's hands. The most common experience is an almost immediate release of stress and a feeling of deep relaxation.

Reiki is cumulative and as people continue treatments, they notice: stronger digestion, a sense of being grounded, less reactive and sleeping deeply that night.

What happens after the session?

Some practitioners may make common sense suggestions for after-care, such as drinking water and following your body's needs.

Usually you will feel refreshed. Sometimes you can feel more tired in the evening than usual. This is the body's natural healing response. People commonly report a sense of calm and mental clarity and sleeping well after Reiki.

How many sessions should I receive?

Four sessions is the traditional recommendation and gives you time to evaluate what benefits you are receiving.

Sharron Spencer at 905-722-9333 ext. 5504



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
L0E 1R0



Your
Community

RSVP by September 14th, 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 for more information





UNDER CONSTRUCTION



Did you know Hospice Georgina has a Lending Library available to all members of the community?

We are in the process of organizing and updating all of our resources ranging from (but not limited to) Advanced Care Planning, Caregiver & Family Resources, Disease & Illness Information, Grief & Bereavement, and Mental Health and Wellness.

We even have educational films like "Strong Medicine" with the partnership of *CATIE* and *The Canadian Aboriginal AIDS Network (CAAN)*

Feel free to check out our progress and a book!

