

NOVEMBER 2017 HOSPICE GEORGINA eNEWSLETTER



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EXECUTIVE DIRECTOR'S MESSAGE



Marie Morton

We have arrived at The Link!

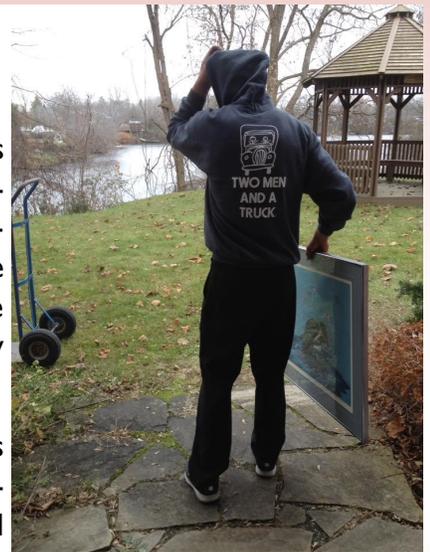
Thanks to the hard working guys from Two Men and a Truck Moving, Hospice Georgina has successfully transitioned to The Link. Everyone will have to excuse our mess as we settle in, but it is the beginning of an exciting new chapter!

We owe thanks to the volunteers who helped us pack up, brought boxes and bins, then helped us unpack and settle in afterwards. Our helpers included Lynda R., Tina, Brenda, Lena L., Lynda H., Heather, Tara and her team from Community Living, and the BMO team of Stephanie, Richard, Christine, and Rob on our United Way Day of Caring.

In case you missed it, our new address is 20849 Dalton Road and we're in Unit C, which is the third office on the right as you go in the main doors. Our phone number remains the same, but each member of staff now has their own extension and private/confidential voice mail.

Although we are snugly in our new quarters for the winter, Hospice Georgina's gazebo is going to spend the winter at our old location until we have favorable weather in 2018 to get it safely moved to our new home where clients and volunteers will be able to enjoy it as they have in the past.

Come visit us for our Holiday Open House, and stay tuned for a date for our Grand Re-Opening in the New Year!



THANK YOU TO OUR DONORS!



Johanniter Aid Association –
Donated \$2000.00 as continuing support for Hospice Georgina’s ongoing volunteer training program.

Thank you to **Newmarket Chapter No. 282** for donating \$1000.00



Thank you to **Suzanne Lorimer** for donating \$86.00 raised at the 4th Annual Christmas and Holiday shopping open house!

Jennifer Carter-Britton
Laurie Ayres
MJ Rogers
Joanne Beamish
Elaine Berryman

A special hand-made quilt donated by Lindythis beautiful quilt will be given to one of the children receiving grief and bereavement support at Hospice Georgina.



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.”

Community Supporter Event



Every year at Christmas Forrest & Taylor hosts a memorial service to remember the lives of loved ones. This year the memorial service took place on **Monday, November 27th, 7:30 pm** at the Forest & Taylor Funeral Home in Sutton.

M.W. Becker Funeral Home's 22nd Annual Christmas Candlelight Memorial Service. The service will be held at the Keswick Christian Church, 2 Old Homestead Road, Keswick on **Thursday, December 7, 2017 at 7:00 pm** Refreshments will follow the service.



GETTING TO KNOW HOSPICE VOLUNTEER LILLIAN

How long have you lived in Georgina?

I lived in Georgina for 13 yrs before retiring and moving to Beaverton in 2012.

Tell us a bit about your background... I come from the Sudbury area, family of 10 children where music was a big part of our daily lives. I am from a bilingual French speaking community.

Tell us about some of your favourite things to do... Some of my favourite things to do are: singing in the community choir "The Voices of Georgina" and spend time with my family, especially my 3 year old grandson.

What is your role at Hospice Georgina? My role with Hospice Georgina is a visiting volunteer and I have given respite to end of life caregiver. I really enjoy being a part of the volunteer community



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www.hospicegeorgina.com

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Grief & Bereavement Report

November 21st was the 1st Annual National Bereavement Day!

What is Bereavement?

Bereavement is the sense of loss that we feel when a loved one dies. It is the whirlwind of emotions experienced, such as sadness, anger, guilt and/or frustration and anxiety. The period immediately following the death is often referred to as the mourning period. People who are acutely bereaved or grieving may also be described as “in mourning” for the deceased.

The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to a significant loss. There is no right or wrong way to grieve, but there are many healthy ways to cope that can ease your sadness and help you come to terms with your loss.

Some Coping Skills and Activities

- allow yourself time to grieve and adjust to your own feelings – there is no set time limit
- be patient and kind with yourself
- remember and talk about happy memories to stay connected to your loved one and don't be afraid to say their name!
- try not to make major decisions/changes such as moving, changing careers/jobs, or financial changes as you may not see that the decision is not logical due to the 'fog', numbness and other emotions of grief that could cause regret later
- create ways to honour your loved one, especially on special anniversaries or family gatherings such as lighting a candle, preparing their favourite meal, creating a memory box and other memorial activities
- find support – family, friends, clergy, support groups, professional support to help you work through the emotions
- suppressing feelings is sometimes necessary for a short time due to the extreme pain, but it is better to express than bottle them up inside
- exercise and being in nature can be very healing
- therapeutic activities that help you express emotions you may not even realize you are experiencing or suppressing such as: music, arts, painting, drawing, using colour, collaging, journaling, expressive writing or writing poetry
- physical activities such as Expressive dance, Tai Chi, Meditation, Qi gong or Yoga
- alternative holistic therapies to help release emotional blockages and provide healing such as Reiki, Trance Vibration, Homeopathy, Acupuncture, Aromatherapy – just to name a few!

One of the most important things is to remember to be compassionate to yourself. Bereavement is like a physical injury that needs time to heal from the inside out. Often times it will feel like the band-aid has been ripped off and the wound is exposed. Some days will be easier than others, but remember that your loved ones walk beside you and will always be in your heart.



United Way
Toronto & York Region

SPECIAL EVENTS

Thank you everyone for coming out to our first ever Paint Night! It was a great evening full of laughter and painting. A big thank you to Sharron and Eric for all their work in preparing the boards and helping Hospice Georgina to raise funds for United Way Toronto York Region.



MARK YOUR CALENDAR

December 5th, 1-3 pm- Expressive Arts with The Love Project CA

December 13th, 12-2 pm-Volunteer Holiday Potluck Party

January 2018-Grand Re-Opening and Annual Open House...stay tuned for details!

(FOR ALL EVENTS, PLEASE RSVP SO THAT WE CAN PLAN ACCORDINGLY)

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**



Hospice Georgina
Sharing The Caring



VOLUNTEER HOLIDAY POTLUCK

DATE: Wednesday December 13, 2017

TIME: 12-2 pm

WHERE: Hospice Georgina (The LINK)
20849 Dalton Road
Sutton, ON L0E 1R0

COME ONE, COME ALL!

**BRING YOUR FAVOURITE SEASONAL DISH, SOME
HOLIDAY CHEER AND A HEALTHY APPETITE.**

*This meeting will give everyone a chance to
meet new volunteers, and the opportunity
to have a chat with those who have been
around a while.*



Please RSVP with Laurie (905) 722-9333



Please join us at



HOSPICE GEORGINA'S ANNUAL OPEN HOUSE



**We invite the community to drop by
to see our new space and enjoy refreshments**



Wednesday, December 13th, 2017



Hospice Georgina (The LINK)

20849 Dalton Road

Sutton, ON L0E 1R0

2-6 pm



**This is our opportunity to thank you for
another year of supporting
hospice palliative care in Georgina**



Writing Poetry for Healing and Loss Workshop Tuesday December 19, 2017 – 1:30pm-3:30pm

- Join us for our annual writing workshop with Sue Reynolds from Go for Words!
 - Susan Lynn Reynolds is a writer, creative writing teacher, and psychotherapist and is a repeat guest facilitator at Hospice Georgina
 - Sue will guide us through the process of writing a poem to promote healing and express grief
- There is no fee, but please register with Sharron Spencer for this event

**To register, please contact
Sharron at Hospice Georgina:
905-722-9333 x 5504
grief@hospicegeorgina.com**



**Hospice Georgina
905-722-9333
152 High Street, Sutton
www.hospicegeorgina.com**

Your neighbourhood centre for palliative support, grief support & education