



For a community that cares

September 2016 Hospice Georgina eNEWSLETTER



Funded through
The Regional
Municipality of York



United Way
Toronto & York Region





A personal message from the Executive Director

The past four years, I have been honoured to share information about advances at Hospice Georgina. In 2013 we initiated, and in 2014 we completed the Innoveave Strategic Clarity module, from which we developed an intended impact statement “to build capacity of the volunteer resources to help community members and their families with life limiting illness or bereavement.” That goal led directly to last year’s successful Seniors Mentoring Seniors project, which helped institute a formal mentoring program for our volunteers. It has been a way to benefit from the depth of knowledge possessed by our experienced volunteers, and at the same time to provide extra support for new volunteers.

Again this year, I have an equally exciting development to share. For 2016, Hospice Georgina received a York Region Community Investment Strategy grant for a study to consider the feasibility of implementing an adult palliative day program at The LINK community hub in Sutton. An adult hospice palliative day program is defined as a program that includes planned social and recreational activities, a meal, and minor health care and daily living assistance. The program would be designed to provide for an adult's physical and emotional well-being. Such a program would provide the opportunity for participants to socialize, as well as offer respite for caregivers.

The preliminary results of the study are in, courtesy of Yarbrough Consulting and Training Services. The study set out to answer three major questions:

1. Is an adult hospice day program needed in the community of Georgina?

Looking at demographic trends, community resources, Hospice Georgina’s current case load, the online surveys, focus groups, and the interviews conducted with other hospice day program staff, the determination was that there is a need for such a program in the community of Georgina. Based on data, the number of interested participants in the area was found to be at 1,168, with the potential number of participants in the program at 14.6.

2. If an adult hospice day program is needed, what will it take to make this program a reality?

It was determined a day program should run once a week, for a six-hour time period, from approximately 10 a.m. to 2 or 3 p.m. The cost and availability around transportation is another vital factor within the equation, and there is a potential for volunteer drivers and in-kind gifts from other partners to help along with this, in order to keep costs low. Further, while the LINK has been the suggested location for this day program, other facilities were also identified as possibilities, due to existing partnerships with Hospice Georgina. Other considerations outlined in this study under what is needed to implement a day program in Georgina, include: program eligibility factors; staff and volunteering requirements (outlining roles and training needs); snack/meals costs; possible activities; as well as potential annual costs.

3. What does Hospice Georgina want an adult day program to accomplish in the community?

It was determined that a day program run by Hospice Georgina would offer a plethora of positives in the community. First, it would provide respite to caregivers once a week; as well as offer social interaction, activities, support, and an opportunity for these palliative patients to interact with peers, weekly. It also would provide volunteers with a chance to establish productive partnerships and enhance their skill set. There is also a potential to increase Hospice Georgina’s profile in the community, and enhance their network with new and existing partners, as a result of the day program.

That’s a great start for what we hope will be a new Hospice Georgina service in the future!



MARK YOUR CALENDAR

For all events, please RSVP so that we can plan accordingly

Save these dates for 2016!

Continuing Ed. – Tues. Oct 4, 10 am –12 pm
Time Together – Wed. Oct 19, 12-2 pm
Time Together – Mon. Nov 14, 10 am – 12 pm
Continuing Ed. – Tues. Nov 29, 2 – 4 pm
Continuing Ed. – Tues. Dec 6, 10 am –12 pm
Pot Luck & Open House – Wed. Dec 14, 12 – 2 pm

BOARD of DIRECTORS

Iain Donnell, Chair
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Margaret Burrows, Secretary
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Marie Morton – Executive Director
Jackie Kaminski – G&B Coordinator
Laurie Knapp – Office Manager

For those of you who are not aware, August 24th marked Laurie's 5th year on staff with Hospice Georgina. In those 5 years, she's done a magnificent job as Office Manager and overall contributing to the success of the agency. On behalf of the rest of the staff, the Board of Directors, the volunteers, and the community...we thank you, Laurie, for your 5 years of service!

Connect with us, like us, subscribe to us and follow us.



GETTING TO KNOW HOSPICE'S VOLUNTEER – KIM



How long have you lived in Georgina?

I have lived in Georgina, 10 years.

Tell us a bit about your background... My background, if you are referring to my past work experience, is as follows, I was a Purchasing Agent for 13 years. Then, I worked with persons with special needs in a group home...Then, worked in the Emergency dept. of a downtown hospital doing registration, bed allocation and a variety of duties that the nurses taught me.

I was born in Montreal, Quebec and arrived in Toronto in 1973. Had two daughters and two marriages.

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

Most of my favourite pastimes are finishing old furniture to give it new life. I truly enjoy decorating. I read, walk, swim...love the water. I spend a lot of time with my sister, we are so in tuned . I also enjoy sailing on our boat. My grand daughter is a precious gift. My dog, Jack is a challenge and joy wrapped in one.

What is your role at Hospice Georgina?

My role at Hospice so far is a visiting volunteer to two wonderful ladies. I enjoy this time very much. I read, listen to their past stories and shop with one lady.



Please welcome Carol D. as our newest HG volunteer. If you see Carol around hospice, make sure to say “Hello” and get to know our newest HG family member.

All we need is **U**

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.



AGM (Annual General Meeting)



We had a wonderful turnout for our AGM at hospice future home "The Link" led by Board Chair Iain Donnell who welcomed guests and thanked volunteers. The new Board of Directors was elected and all other Directors are staying on for this term. Special recognition went to two special volunteers at the AGM.



Volunteer Recognition Milestone Anniversaries

10 years -Lena Lychak & Esther Giddings

15 years -June Peach & Anne Woodrow



The first was to Margaret Van Den Hazel with the June Callwood Award, which she received last spring. Margaret has devoted many hours and years to support Hospice Georgina. Today Margaret is one of the volunteer mentors and always a helping hand in fundraising.

The second was an Outstanding Volunteer award given to Debra Scott for 14 years of dedicated support to Hospice Georgina and clients. Debra was the founder of the Labyrinth at the town Civic Centre. Debra has retired this year and will be greatly missed.



Wishing you all the best!





Lisa and Summer

The Wednesday Wellness group at Hospice Georgina had a visitor.....Here is Summer's story told by Lisa!

Summer has come to visit and get some loving's! She is an 11-1/2 year old purebred greyhound and is a retired racing dog. She's an American who immigrated to Canada in 2010, when her career was over. She ran over 165 races, doing very well. You didn't lose money betting on this dog!

Since coming to the Great White North, she has successfully completed Beginner's Obedience and she's also done a season of Agility. Even though Summer fell off a piece of equipment during Agility, she was still willing to do it because her mother was asking her to. But since she didn't really enjoy it, they stopped doing it. Summer did like going through those tunnels, though!

She'd probably love to keep racing but as they age, just like people, the risk of injury increases. Plus she's just not fast enough anymore, even though she can still easily reach more than 30 miles per hour. In fact, greyhounds hit full speed in just a few strides! In a fit and currently racing greyhound, that could be as fast as 45 miles per hour.

All racing dogs are tattooed. This includes a unique number in the left ear and the date of birth in the right ear. And they are very carefully tracked. In fact, Summer's pedigree is online and stretches back to 1820! Those 1820 dogs lived in Bedford, in the east of England.

These dogs are bred for speed and temperament. An aggressive dog would prefer to fight instead of race, so no one would want to breed a dog like that. In fact, greyhounds are so gentle that other dogs often pick on them and, in a fight, the greyhound will lose as they generally won't fight back. Well, unless you were a squirrel or a rabbit attacking them. Then all bets are off!

Here are a few fun facts about greyhounds:

- They are the only breed of dog mentioned in the Bible.
- In 1493, they became the first European dogs introduced into the New World.
- General George Custer had 14 greyhounds and he coursed them the night before the Battle of Little Big Horn.
- Grey is not a common color among greyhounds. In fact, they don't really even come in grey but in a rare blue-grey.
- Being a sighthound, they are best suited for seeing moving objects. So when you recall a greyhound to you, it's better if you're moving around and not standing still. After all, they can see clearly for about half a mile. And, to keep it interesting, they can see behind themselves without moving their heads. They can see 270° without moving.
- When you get a retired racing greyhound, they have quite likely never seen any other breed of dog. In fact, they often don't recognize that other breeds even exist. Sometimes they will learn but other times, they remain breed snobs for all their lives.
- In Medieval England, it was against the law for a commoner to own a greyhound.



So now her racing career is over but she gets to enjoy therapy dog work, her favorite stuffed animals and camping in Ontario's provincial parks -- with the occasional trip to the United States because, after all, she's a southern girl at heart.

Thank you Lisa & summer for sharing your story and time with Hospice Georgina group.

Happenings...



Thank you to Mayor Quirk and Hospice Georgina volunteers for helping out at the Mayor's Motorcycle Rally. A portion of the proceeds will go to Hospice Georgina. Thanks to our volunteers for always being there when we need them. (Brenda, Cathey, Sue, Blair, Margaret & Lynsey)



Congratulations to the Wednesday Wellness group for coming in 3rd place in the Painted Perch.

GEORGINA COMMUNITY FOOD PANTRY **ESCAPE ROOM** *Hospice Georgina Sharing the Care*

Oh no! You're trapped in a locked room—can you guess the clues and solve the riddles in time to escape?

October 4 & 5 1-8pm @The Link 20849 Dalton Rd. Sutton
For ages 13-113

Cost: \$10/person and a canned good - Teams of any size

- To book a time slot for your Team on Tuesday, Oct 4th call 905 722-5540 Jericho
- To book a time slot for your Team on Wednesday, Oct 5th call 905 722-9333 Hospice

ALL PROCEEDS TO UNITED WAY TORONTO & YORK REGION
United Way Toronto & York Region jerichoyouthservices.org **JERICHO** youth services

Could you figure yourself out of a locked room? Grab your friends and solve riddles in 30 minutes or less! In collaboration with Hospice Georgina and the Food Pantry. \$10.00 pp and donation to the Georgina Food Pantry At the Georgina Food Pantry The Link - Sutton Book Teams for the following dates below: (ages 13 & older)
Tuesday October 4th call Jericho 905-722-5540
Wednesday October 5th call Hospice Georgina 905-722-9333
There will also be delicious baked goods for sale.

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.”

Ours thanks go to:



Georgina's The Ones
Paul, Derek, Gary &
Gina
\$605.00



Grossi Family Pizza Night
Rob Grossi \$1049.00

**Iain Donnell
Maynard Investments
Laurie Ayres
Gale Jacklin**



Saint Elizabeth
Well beyond health care
\$4000.00



Ladies Lounge
Tracey Sheldrake &
Pam McQueen
\$2034.50

In Memoriam

**Sutton BIA - in memory of Anne Crates
Evelyn Sedore – in memory of Morgan Jones
Lori Walker – in memory of Sharron Wray**



Yoga in the Park
Portia Chambers &
Nina Patterson
\$271.00

Grief & Bereavement



Shedding light on New Journey

Hospice Georgina's New Journey group is a safe place for adults to have open discussion and receive practical information after the death of a loved one. It is facilitated by experienced volunteers two Tuesday afternoons per month in the Hospice living-room. This group can provide a feeling that you're not alone and it can provide continual support through difficult times. Contact Jackie for an intake assessment if you or someone you know would like to attend the New Journey group. For those people who are unable to make it into Hospice, home visits are available.

Maintaining Client Confidentiality... in a small town

While living in a friendly community is a great thing, it isn't the easiest for keeping private information private. Nevertheless, it is Hospice Georgina policy to safeguard client identities and information. In order to reinforce what maintaining client confidentiality in a small community looks like, over the next few months, scenarios with best practice answers will be presented in the newsletter. Here is the first scenario, please follow along:

1. Doug is a visiting Hospice volunteer. Clive, a long-time friend of Doug's, has recently lost a loved one due to tragic circumstances. Doug referred Clive to Hospice for grief support two weeks ago. Doug is concerned for his friend. What can Doug do?
 - A. Ask a Hospice staff member when he sees her at No Frills if Clive has called for support, and explain the tragic circumstances.
 - B. Call Clive, ask how he's doing, listen to Clive's answer, and respond appropriately.
 - C. Ask Clive if he called Hospice for support.
 - D. Drop in at Clive's and offer to chop his fire wood if needed.

Best Practice = (B) The best way to find out information about someone you care about is to ask them directly. Hospice staff and volunteers are not permitted to confirm or deny a community member as a client. If a client wants to talk about their experience at Hospice that is their choice. Conversations about clients need to be relevant, with the right person (i.e. appropriate staff member), and in a private location (closed door at Hospice). Choices c) and d) do not violate client confidentiality. However, it is important to respect the client's needs and choices.



Call Jackie at 905-722-9333 for more information.



Police Screening & Offence Declaration

Vulnerable Sector Search Police Record Checks are required yearly from Hospice Georgina volunteers for insurance purposes! Laurie has PRC request letters available.

For PVSC volunteers the fee is \$30.00, starting January 1, 2016.

Please note: As of January 1, 2016, the Customer Service Unit **will no longer be operating** from the Whitchurch-Stouffville or Aurora Community Substation.

All services will continue at the Community Resource Centre:

Community Resource Centre

10720 Yonge Street

Richmond Hill, ON

Monday to Friday: 8 a.m. to 6 p.m.

Saturdays: 8 a.m. to 4 p.m.



You can also **apply online** (open 24 hours a day/seven days a week) for Police Background Checks. Applicants can select **District # 3 for Georgina** as the location to pick up the completed check. Turn around time is 10 Business days.

<https://www.yrp.ca/en/services/Online-Police-Background-Checks.asp>

If you are unable to complete the online process contact Laurie at Hospice Georgina for assistance

OFFENCE DECLARATION

This form is to be completed by September 1 of each year by all Hospice Georgina employees and volunteers, who have previously completed a criminal background check for Hospice Georgina.

Go you <http://www.hospicegeorgina.com/volunteering/> to download or pick up the form at the office.

We have received funding from YRT/VIVA to purchase bus tickets. If you know of anybody who is in need of transportation support, we have Senior/Child tickets to hand out free of charge that can be picked up at the office during business hours. Looking forward to working with all of you on further assisting our clients and their loved ones.

Office Hours - Mon - Thurs 9 am - 4 pm.

