



Hospice Georgina
Sharing The Caring

2021 ANNUAL REPORT



**Thank you to our dedicated board members who go above
and beyond to serve Hospice Georgina.**

We appreciate the time, commitment and dedication to our organization.

2020-2021 Board

President: Mary Margaret Thorburn

Past Chair: Iain Donnell

VP: Sandy Smith

Secretary: Carrie Anne Smith

Treasurer: Jennifer Whitty

Board Members

Erin Gallant-Tester

Freda White

Amanda Barnett



President Report Mary Margaret Thorburn



Well, to say this has been an interesting year would probably be an understatement! Having gone through multiple closures, Stay At Home orders, colour-coded levels, Provincial directives, Municipal directives and numerous recommendations from medical authorities, all I can say about our Staff and Volunteers is... THEY ARE AMAZING! They never missed a beat. “Pivot” became the new buzz word. “Sharing the Caring” isn’t just a tag line- it’s who we are... it’s what we do. A global pandemic couldn’t change that! The only thing that changed was HOW we chose to do it.

Many who weren’t familiar with computers or tablets got the opportunity to “get connected” on a new platform, thanks to a generous grant from the United Way. We were also eligible for support for our rent and salaries thanks to government initiatives. We are most grateful for these opportunities but that didn’t mean our fundraising didn’t have to continue! Our very popular Catch the Ace game had to switch to an online event. It continues in this way still but the one thing that is missed by everyone, Hospice Georgina volunteers as well as our Georgina residents, is the personal interaction and outreach. Don’t worry- we will be back when it is safe for everyone! We also held our Annual Pansy sale in the new and improved COVID fashion. Thanks to everyone who always supports this tradition.

We were also blessed at the beginning of June to be “gifted” the popular Facebook page and game, BOREDOM BUSTERS. Amanda Stewart and Wendy Sedore put this together when the bottom fell out of their respective industries (weddings and travel L) When it was time to get things rolling again they very generously asked if we would like to take it on as a fundraiser for Hospice Georgina. They both have very strong feelings for Hospice Georgina. We were both excited and honoured that they would think of doing this for us. There is a huge learning curve but we are hoping to continue this group with the success and outreach that they built. Thank you so much, Ladies!

And in the true spirit of hope and anticipation our E.D. applied for and was successful in obtaining a \$98,500 Ontario Trillium Grant for the needs of Hospice Georgina. We expect that this will assist us in finding funders, updating our website and supporting materials. In addition, our focus will be in increasing the number and variety of volunteers, their training and in providing appropriate kits to use when visiting clients in the community. Stay tuned!

The other area where we have been most fortunate is in staffing. We welcomed Mark Pollard, Grief Support, and Marissa Gutta, Client and Volunteer Support. Even as our offices have not been accessible, they have been developing new programs to meet the changing needs of our clients. How about short videos focusing on affordable nutritious meals for one? Mark enjoys his time in the kitchen!

So, as “ZOOM fatigue” settles in, we are hoping that the positive results that we seem to be seeing, thanks to vaccines and following protocols, we will be back “face to face” in the not too distant future. Thank you all for your on-going support and please reach out to friends and family to invite them to be an active part of Hospice Georgina. Many hands make light work- AND we have a lot of fun!



Executive Director

Karen Jay-Moore

It is my privilege to be Executive Director of Hospice Georgina. I started in this position just one year ago in July 2020, in the middle of a global pandemic lockdown and with staff, board members and volunteers working from home. It was an interesting start to a new job! By Labour Day staff started to transition back to work at the Link office and shortly after began welcoming clients in person. Each office at the Link was only allowed 4 additional people unless using a larger meeting room space.

Staff, volunteers and clients had mixed emotions about returning to in-person sessions with feelings of joy in seeing friends, connecting, conversations and contact, nervous on what to expect, curious about how safe it was to be around others, and questions concerning what each person was doing to ensure their own health and safety and others who came into contact with them. It raised issues of trust, comfort, anxiety and for some triggered other emotions.

Then as COVID cases began to increase province wide we were into another lockdown, and we were back to working from home and adjusting to our on-line programming and meetings. There are benefits to both online and in-person work. Staff, volunteers and clients have done an amazing job adjusting to the changes taking place, and ready to adapt on a moment's notice.

Most importantly our clients have had service from the very beginning. Our volunteers have continued to support clients online, by phone and in person in cases where it is safe to do so. Staff continue to do community visits, assist clients, match volunteers with clients and provide services both in person and online. We have started offering Psychotherapy for complex cases, and continue to provide Grief Support by staff and volunteers. Our Coffee and Chats and Caregiver Support Groups continue, along with monthly meditation. We have expanded the groups we are offering to include: an 8 week Grief Group, bi-weekly drop in grief group, Walking group, Gardening club, Creative Therapy and Discovering Wellness.

We have said good-bye to staff and wished them well in their new endeavours and at the same time say hello to new staff. It takes time and patience to find new staff who share the values of Hospice work and understand non-profit organizations. We are excited about our new team: Mark, Marisa and Victoria have brought their energy and desire to make this a happy and healthy place to work, and we continue to grow in ideas and outreach. Laurie Knapp, Office Manager continues to go the extra mile, keeping us all on track. The staff and volunteers are dedicated and go out of their way to make sure clients needs are first and foremost.

We have engaged in a number of new initiatives over the past year, thanks to our dedicated volunteers. Porch Portraits, Silent Auction, Catch the Ace online, Hospice on the Move and Boredom Busters to name a few. We couldn't do these without our volunteers and staff leadership.

We have been fortunate enough to receive a large grant from the Ontario Trillium Foundation in the amount of 98,500.00 which will allow us to support clients with new technology in their home, provide resource kits for staff, volunteers and clients, research donations and funding opportunities, recruit and train new volunteers, provide training opportunities for staff and hire part time staff for the year to assist with these new projects.

I'd be remiss if I did not mention our board members who rise above and beyond in their dedication to Hospice Georgina. Our board executive and members are always willing to jump in and lend a hand, following the lead of the Board President, Mary Margaret Thorburn. We are grateful to all of you for your dedication and support and look forward to new opportunities to grow together.

PROGRAMS

Coffee & Chats: Join us Monday mornings from 10:30am to 11:30am for a cup of coffee and an hour of socialization with our Volunteer and Client Coordinator and a member of Vaughan Community Health Centre. In this program we take a laid back approach of talking about life and wellbeing.

Meditation with Warren: Enjoy a 60 minute guided meditation session once a month, Monday at 11:40am with Warren. Learn focussed attention breathing exercises, along with mindfulness and compassion kindness.

Caregiver Support Group: Join us the first Monday of the month for the Caregiver Support program. This program is co-facilitated with CHATS and provides caregivers with tools and an opportunity to connect with others with shared experiences.

Meals for One: Check out our social media channels bi-weekly for our Grief Coordinator, Mark, showing you how to cook a delicious, healthy, and cheap meal for one!

Stargazers Cancer Support Group: This cancer support group is available for men and women at any stage in their cancer journey from newly diagnosed, undergoing treatment or sharing a survivor's experience with others. This is an ongoing bi-weekly group on Thursdays from 3:00pm to 4:00pm that you can join any time.

Creative Therapy: The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts and emotions. The program will be offered bi-weekly for 1 hour outdoors during the summer months until indoor in-person programming resumes. Limited spaces available, please contact Marisa or Mark to register.

Eight (8) Week Grief Group: This group is for our adult clients who have lost a loved one within three (3) months to one (1) year since the loss occurred. The group will be eight (8) weeks in length and cover a variety of topics including self-care strategies.

Wellness Wednesdays: Keep an eye out on our social media channels for a weekly Wellness Wednesday video! Each week we will post a video showing a simple way to take care of your physical and mental health!

Walking Group: Join us on Mondays at 1pm for a bi-weekly outdoor walking group, where individuals are able to express their feelings and enjoy a light exercise. Weather permitting. Location in Sutton to be determined. Spaces limited, please register with Mark or Marisa.

Discovering Wellness: This group is open to any adult living with a life-limiting illness or chronic condition, who would enjoy meeting others who may understand their experiences. The program will include self-care techniques and spiritual development tools to aid someone on their path to increased well-being.

To register or to get more information about a program, please email

clientprograms@hospicegeorgina.com or, griefprograms@hospicegeorgina.com

June Callwood Award

For Outstanding Volunteers

Congratulations to our 2021 June Callwood Award Winner: Clifford Leonard

This year we are pleased to honor Cliff with the distinguished June Callwood Award. The criteria for this award is very specific..

- * Inductees must be registered as a volunteer with a hospice that is an organizational member of Hospice Palliative Care Ontario
- * Inductees must not be previous recipients of the June Callwood Award
- * The Inductee is an individual who consistently extends him/herself beyond the usual requirements of the volunteer role.
- * Each inductee should have demonstrated to their hospice the following attributes: selfless service, generosity of Spirit, Compassion, a commitment to excellence as a volunteer.

Clifford Leonard volunteers because he says he has “had a great life and it’s a way for me to give back to the community.”

When told about his nomination on behalf of Hospice—he thought there must be someone more deserving.

Cliff has been with Hospice for over 5 years. He serves caregivers, clients in the community as well as offering support to our clients who are grieving. He provides support by driving his clients to and from the Day Hospice program and facilitated the Men’s walking group last fall. Cliff enjoys attending and participating in Hospice events and fundraising, and he regularly attends the Volunteer meetings, Grief Volunteer meetings and he is diligent about handing in his volunteer hours.

Cliff goes above and beyond for Hospice Georgina and we are very proud to have you represent Hospice Georgina. Congratulations!



Celebrating our Wonderful Milestone Years of Service

5 YEARS

Lillian Davis

Elizabeth McDonald

10 YEARS

Sarah Blair

15 YEARS

Lena Lychak



VOLUNTEER OF THE YEAR AWARD 2021

Lynsey McKechinie



Some of us have been through things so traumatic that the human mind isn't built to handle but we fight and persevere every single day and night. If that's not strength I don't what is. You are a survivor.

PositiveOutlooks

In an organization filled with thoughtful and compassionate individuals, an extraordinary individual that stands out is considered volunteer of the year. The wonderful work that we do can be difficult, but we are surrounded by individuals with big-hearts that are willing to go the extra mile to help our community. It's a unique someone that goes above and beyond the call of duty and Lynsey McKechinie is definitely that person.

Lynsey started with us in 2015 and since then has supported several clients. She remains actively involved in not only supporting clients, but also fundraising events in support of Hospice Georgina. When hearing about Lynsey and her clients, her desire to be the most supportive individual is clear. Her continued dedication is something that is recognized both by Hospice Georgina and her clients.

Lynsey meets all the principles of Hospice Palliative Care and continues to empower her clients, while helping increase their quality of life. Lynsey, you have made a true difference in your client's lives, and also here at Hospice Georgina. Thank you for your continued dedication!



HERE'S WHAT YOU MADE POSSIBLE

Families come to Hospice Georgina with life a limiting illness, are a caregiver or need bereavement services. We supported individuals in Georgina for 2020/21.



12 hours

Children & Youth

1411 hours

Adults & Seniors



1079 hours

Caregivers & Bereavement



72 groups

Programs & Workshops



Volunteers & Client Care Coordinator Marisa Gutta

I am truly honoured to work with a caring community of individuals at Hospice Georgina. Being relatively new to my role, everyone has welcomed me with open arms. The pandemic has changed the way we interact with each other, and also serve our community. However, we have used our creative abilities to ensure clients receive the best services possible during these uncertain times. Although our service delivery is still virtual in nature, the positive effect of these services continue to be observed - clients have identified feelings of reduced loneliness and increased well-being. This is something that we should all be proud of - without the support from our board members, staff, and volunteers, this would not have been possible.

I have been focussed on monthly wellness calls and home visits with clients, especially to those who are unable to attend virtual programming. During these wellness calls, I check-in with clients, assess their biopsychosocial needs, and offer extended support. These wellness calls will continue moving forward - connecting with clients is what we strive to do each day at Hospice Georgina!

For programming, Mark and I have been working hard to improve the service delivery. We are currently working on an outdoor creative therapy group during the summer months, which will follow the most recent COVID-19 restriction guidelines. Additionally, we are organizing a co-ed outdoor walking group to ensure our clients have an opportunity to remain active and social while following proper COVID-19 protocol. This program will also provide individuals with the opportunity to express their feelings and grief.

A new program that I am developing is called "Discovering Wellness". This program will be offered virtually bi-weekly, and will include self-care techniques and spiritual development tools to aid someone on their path to increased well-being.

Other programs are being offered virtually until we are able to meet safely in-person. Coffee and Chats is a weekly group co-facilitated with the Vaughan Community Health Centre and offers older adults a space to connect and socialize about topics pertaining to healthy living and wellness. Stargazers is a bi-weekly group that offers psychosocial support to individuals currently or previously diagnosed with cancer. The Caregiver Support program is co-facilitated with CHATS and is offered monthly for caregivers of individuals with life-limiting illnesses. Lastly, Meditation with Warren is offered monthly and provides individuals with guided meditation practice.

In the near future, I am hoping to implement programs on complementary modalities and fitness - including reiki, reflexology and chair yoga.

Although the majority of our programming is being offered virtually, I am hopeful that we will be able to meet in-person soon. I am looking forward to meeting everyone once it is safe to do so. If you, or anyone you know requires support, please do not hesitate to contact us.

Marisa Gutta, RSW
Client Care and Volunteer Coordinator

Community Champions Supporting Hospice Georgina

We are grateful to the many groups who organized their own community events or fundraising projects this year to support Hospice Georgina. Their enthusiasm and compassion in supporting our programs or general operations is truly amazing!



Jim & Carolyn Crate



**SUTTON HOME
HARDWARE**



**SAVE IT
FORWARD**



GBK Financial



**St. Andrew's Presbyterian
Church Sutton**



**Order of the
Eastern Star**



Club 55 Pefferlaw





Grief & Volunteer Coordinator Mark Pollard

I feel I have been given the ultimate privilege to work at Hospice Georgina these past few months. Being born and raised in this community I feel a special connection to the people here. Working with this organization has brought back so many memories of days past. Working the polls at the Pepperlaw Lions Club, going grocery shopping with my mother at the Sutton IGA, and spending my formative years at Keswick High School. I couldn't be more proud to serve you, the community of Georgina in my new role.

Another year in the "new normal" of COVID-19 has brought many new challenges for everyone. Those grieving the loss of a loved one have only felt the effects amplified. Feelings of loneliness, isolation, and helplessness are common themes when speaking with our clients. Thankfully, through the wonders of technology we continue to adapt and innovate new ways of ensuring our clients have access to quality services and programs!

In May, we decided to replace the Spousal Loss support group with a new Drop-In style group. This group focuses on those who have lost someone coming together and sharing their unique experience. Currently, this group runs once a month on the first Tuesday. Starting July 6th and 20th, this group will be held twice a month to allow people more chances to come together.

We are running an 8 Week Grief Group on a quarterly basis for those who are relatively new to grief or are still struggling with the grief journey. We are currently looking at July 14th to start our summer group from 7pm-8pm, concluding on Wednesday September 1st.

We have developed a couple of programs to help people at home! I have started the Meals for One program where we craft recipes and film corresponding videos of how to make each recipe! This allows people who have been cooking for a family their whole lives to think of some delicious recipes that aren't expensive, and make two servings. Find all of our recipes on our Facebook and Instagram pages!

Along with the Meals for One program we have started a gardening group. In this group we are gathering both volunteers and clients who have a love of gardening and want to become more in touch with the earth. We use a patch of land at The Link's Community Garden to grow flowers and vegetables, which we will donate to those who need them.

In the month of July we have some exciting groups being planned. The Client Programs Coordinator, Marisa Gutta and I, are going to be facilitating a walking group and Creative therapy group. Both of these groups are meant to slowly reintroduce our staff, volunteers, and clients back to being face-to-face. In the walking group, we will plan a route around the downtown of Sutton that is easy and accessible to all. After the walk concludes, we will be meeting back at The Link to sit and chat. In the Creative therapy group, we will be setting up an area at The Link to gather in small groups to express our feelings through various art projects. We look forward to seeing all of our staff, volunteers, and clients back in an in-person capacity as soon as it is safe to do so. Currently, our office is still closed but we are running at full capacity to deliver the much needed support, and services of the hospice.

Mark Pollard

Volunteer and Grief Programs Coordinator



Sponsors and Donors

Building Our Community Connections

Adrienne Sharp
Afzal Khan
Aidriana Cowieson
Amanda Barnett
Angus & Sandra Watt
Barbara Clinton
Berenice Ruhl
Beth Columbo
Brian Harris
Buncha Farmers
Cavelle Hayes
Cindy Clarke
Cindy King
Club 55 Pepperlaw
Deirdre Fitzpatrick
Derek Beaudoin
Diane Potter
Dianne Jay
Dianne Potter
Doreen Turenne
Elise Zmuda
Erin Gallant-Tester
Esther Giddings
Fahey Crate Law Professional Corp.
Forrest & Taylor Funeral Home
Freda White
Gay Alexander
Gaye Darbyshire
Gayle Bailey
Gayle Clarke
GBK Financial
Gertrude Forster
Helga Brown
Jared Koyan
Jeannette Merrill
Jennifer Jones
Jewel O'Beirn
Joanne Smith
Judi Carr-Kartash
Julia Rose
Karen Jay-Moore
Katherine Southern
Kathryn Tessman
Katie Bryck
Kerry Castor
Allstate Ins.
Keswick United Church Women
Kim Tworek
Laurie Ayres
Leah Moody
Lee Venning
Linda Daily
Lynne Robertson
Maria Fernandes
Mark Ayer
Mary Catherine Macaluso
Mary English
Mary Margaret Thorburn
Mary Martin
Maryellen Guy
Melody Gaunt
MERK Photography
Michelle Radigan-Moarriott
Mirinda Touchette
Nancy Gervais & Georg Leber
Newmarket Bingo World
Nicole Myers
Nina Occhiuto
Order of the Easternstar
Pat Henderson
Paul Bray
Paul Gormley
Pearce and Deb Thomas
Phyllis Brady
Rebecca Alexander
Remax/ Team Metherall in Keswick
Renate Freels
Rosa & Fern Gosselin
Sarah Posh
Shannon Cook
Sheila Dobson
Silvana Stirpe
Simon Beekhuizen
St. Andrew's Presbyterian Church
Steve's No Frills
Sutton Home Hardware
Sutton Loyal Orange Lodge
Tracy Rehel
Trish Bootsma
United Church Women

2021 Community Events

Please join me in thanking the following volunteers for their contributions to the Event Committee.



Sandy Walter-Smith Christina Tinsdall Amber Rogers

Carrie Ann Smith Judi Carr-Kartash Katie Bryck

May Margaret Thorburn Brittany Elliot Lorraine Scarlett

Irv Erb Brenda Pembleton Lynda Ritchie

A BIG thank you to all our volunteers in each role you preform.



FAMILIES IN FOCUS

Judi Carr-Kartash

Katherine Southerine

**HOSPICE GEORGINA'S
ONLINE AUCTION**

Auction Begins
Thursday December 3, 2020
9:00 AM

Auction Closes
Monday December 14, 2020
6:00 PM

We have a wonderful selection of handmade items including quilts, blankets and shawls. As well as other items. Get some Christmas shopping done and support our community.

<https://www.facebook.com/hospice.georgina>

ONLINE AUCTION

Judi Carr-Kartash

Hospice Georgina
Catch the Ace

Catch the Ace

Guaranteed **\$1,000** Jackpot

Ticket Bundles
100/\$20
10/\$10
3/\$5

Click Here
To Purchase Tickets

Licence # RAF1201589 Hospice Georgina Sharing The Caring

CATCH THE ACE

Mary Margaret Thorburn

Christina Tinsdall

Carrie Ann Smith

Pansy Day *Week*

\$20 PER FLAT
E-TRANSFER PAYMENT
DELIVERED TO YOU
Between April 17-24, 2021

Go to www.hospicegeorgina.com to place your order today!

Thank you for supporting
Hospice Georgina

Amber, Brenda, Carrie Ann, Lynda H, Lyndia R, Gay, Rick, Darlene, Willie, Lynsey, Mary, Lorraine, Sandy, Lena, Margaret, Irv, Cindy, Sue and Blair

2021 Staff

VALUES

The principles for how we do our work:

Compassion

Professionalism

Leadership

Volunteerism

Learning

Engagement

Inclusion

Client-Centred

Staff



Karen Jay-Moore – Executive Director



Laurie Knapp – Office Manager



Mark Pollard – Vol & Grief Programs Coordinator



Marisa Gutta – Client Care & Volunteer Coordinator



Victoria Vass – Event Coordinator

OUR MISSION

Hospice Georgina is a caring community of individuals who provide Quality of Life, Dignity throughout the Journey and Grief Support to all those living with or affected by a Life Limiting Illness



VOLUNTEER

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