



**THIS #NVW2020, LOUDLY AND PROUDLY
APPLAUD THIS NATION'S VOLUNTEERS!**

NATIONAL VOLUNTEER WEEK 2020 APRIL 19-25

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EXECUTIVE DIRECTOR'S REPORT

Hospice Georgina Applauds our Volunteers!

National Volunteer Week is celebrated this year from April 19-25. National Volunteer Week is an annual celebration intended to spur an important conversation — why volunteers matter. The goal of National Volunteer Week is twofold: to thank the 12.7 million volunteers across Canada who give their time in support of a multitude of causes and services, and to recognize the valuable role of volunteer-supported non-profits, organizations and other initiatives.

At Hospice Georgina, we are privileged to be supported by 67 volunteers who do important work for us across a wide variety of jobs, everything from direct client support to group facilitation, from Board governance to fundraising, and everything in between. In years past, we have always made an effort to celebrate our volunteers in person, with an open house, a lunch, with small gifts, a cake, or something that is **in person and personal**. We are so very sad that we can't be with our larger team this year to share hugs and stories in person, to break bread together, and to celebrate Sharing the Caring up close and personal.

All I can say for this year's National Volunteer Week is that I have been humbled with the outpouring of support from our volunteers over the past couple of months in the face of pandemic. So many of you have reached out to offer whatever support we need. Our Visiting Volunteers are still supporting our clients with phone calls to help reduce social isolation. Other volunteers are helping out with groups that have moved to a virtual platform with Zoom. Some volunteers are helping out with practical deliveries of food to clients. And at a time when our ability to fundraise is being severely impacted, our volunteers have stepped up to do doorstep drop-off deliveries of pansies, which has made it possible for us to adapt our Pansy fundraiser to safely fit within the restrictions of pandemic. Wow, I am overwhelmed with the outpouring of support from all volunteers.

And to our volunteers I offer my simple and humble, but heartfelt, *thank you!*




THANK YOU TO OUR DONORS!

We are grateful for 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

Over the years, Hospice Georgina has carefully managed our resources, allowing us to continue operations during these trying times. However, in the uncertain times caused by COVID-19, our ability to fundraise is going to be impacted, possibly for several years to come. The community has always been there for Hospice Georgina, and we always want to be here to support community needs. To help make that happen, consider becoming a monthly donor at whatever level is comfortable for you. It's easy to do, just click the link below and select "Donate Monthly."

<https://www.canadahelps.org/en/charities/hospice-georgina/>

How does your donation help?

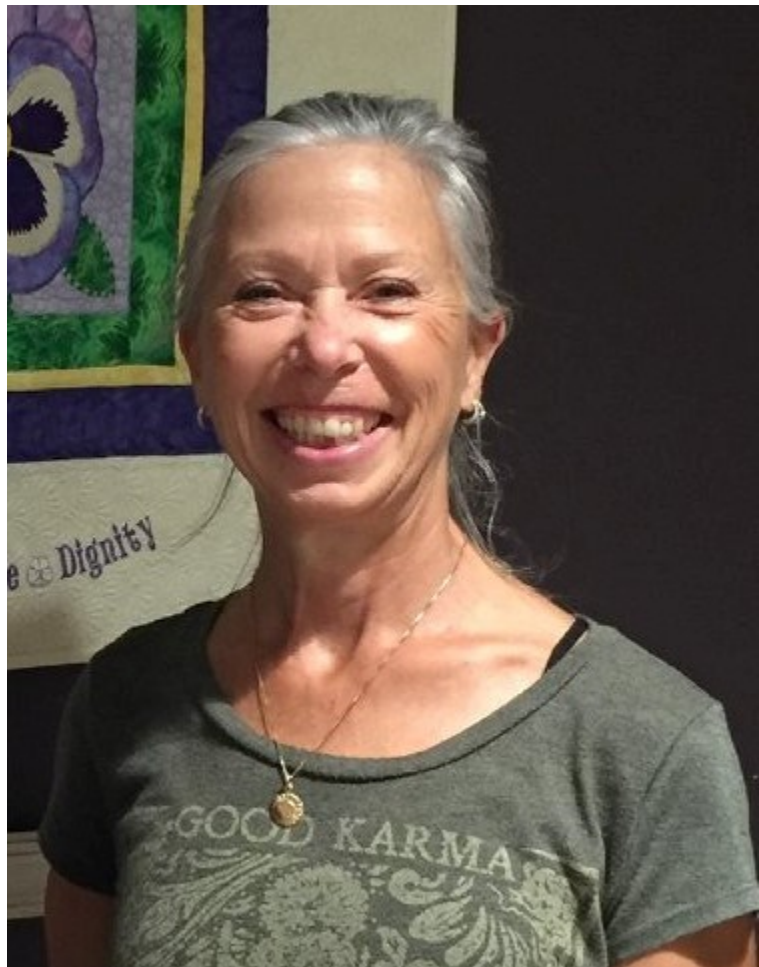
Our Visiting Volunteers are continuing phone support for their clients to help reduce social isolation. We are continuing to accept new client referrals for all services. Working from home, staff are:

- ◆ Providing 1:1 phone support sessions for clients across all service streams
- ◆ Facilitating support groups with Zoom
- ◆ Providing wellness activities and information via our Facebook page, YouTube channel, and by email
- ◆ Identifying and helping fulfill practical client needs (food, transportation, masks, etc.)

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.”

VOLUNTEER OF THE MONTH "NINA"

In a month that sets aside a week to honour volunteers nationally, it is difficult to select just one of our wonderful 67 volunteers for extra acknowledgement. In the world of COVID-19, all of our volunteers are really going the extra mile to support their clients in social isolation, and to support Hospice Georgina as we work on Sharing the Caring, with so many limitations. But this month's shining star is Nina P. She was one of the first volunteers who stepped forward with an offer of practical support for some of our most vulnerable clients at home. Following safe distancing practices, Nina helped out with food delivery, picking up meals and then delivering them across Georgina. The first round came in the form of packed up meals from our Day Hospice program, and subsequently of homemade soup donated for our clients from The Corner House Bistro. What could be better for our clients than delicious, nutritious meals delivered with Nina's winning smile. Thank you Nina, for everything you've done for clients during this pandemic!



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, which in turn funds our palliative programs. Without volunteer hours, our funding could be in jeopardy. Reminder... please include travel time to your clients.

BOARD OF DIRECTORS

Chair: Angela Young
Vice-chair: Sandy Walters-Smith
Treasurer: Heather Rahman
Secretary: Lynne Dryla
Past Chair: Iain Donnell
Members:
Mary Margaret Thorburn
J. David Hobson, QC
Carrie Ann Smith
Freda White
Erin Gallant
Margaret Van Den Hazel

www.hospicegeorgina.com

Staff

Executive Director:
Marie Morton
Office Manager:
Laurie Knapp
G&B Coordinator:
Sharron Spencer
Client Care Coordinator:
Tracey Adams-Thibaudeau

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20849 Dalton Rd.
Box 721
Sutton, ON
L0E 1R0
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Freda — Board Member



I joined the Board with the hope of learning and sharing in my

Community. To be part of supporting individuals that need our time and support as quickly as possible. My goal is to take the Volunteer Course when it is available, and do some one on one visits. Working in a Nursing Home, caring for my parents (so they could stay at home), has made me want to give my time in a more personal way. I have been a member of the Egypt Hall Board and the Ladies Auxiliary at the Sutton Legion, both were wonderful to be a part of...so many great people and they work so hard to keep the doors open to give back to the community as well...but in a different way.

Freda

Upcoming Events and Programs

Because of the closure of the office and physical distancing requirements, some of our groups are cancelled until further notice. Some groups have been adapted so that we can still provide support in alternate formats.

Here's a listing of what is currently available:

Caregiver Education Support Group (CHATS & Hospice Georgina) runs on the first Monday of the month 1-3pm and 2nd Monday of the month 2-4 pm.

Please contact Tracey at clientcarecoordinator@hospicegeorgina.com.

Caregiver support groups being conducted using OTN, secure video conferencing.

Wellness Meditation and **Zen Jen Meditation** are both available on Hospice Georgina's YouTube channel so that anyone can practice meditation anytime or anywhere they want. Enjoy the opportunity to find some peace and clam, and have less stress.

Distance Reiki Sessions with Donna Available to clients, their caregivers and our volunteers.

Enquire with Sharron at grief@hospicegeorgina.com.

Women's Cancer Support Group This is an ongoing bi-weekly group that you can join any time. Upcoming groups on May 7th and 21st, 2pm by Zoom.

Contact Tracey at clientcarecoordinator@hospicegeorgina.com

Grief Support Groups Group for spousal loss being offered as Zoom meetings.

Contact Sharron at grief@hospicegeorgina.com

Expressive Arts with The Love Project is on hold for now, but art is a great way to express emotions, cope with stress and anxiety, and simply keep busy! Just be creative with whatever you have at home.

Functional Fitness is also on hold, but physical activity is another great way to cope and keep busy. YouTube is a great source for physical activities and workouts for every age, every stage, and every ability. Just remember to listen to your body and start slow.

PROGRAMS

GRIEF & BEAVREMENT COORDINATOR REPORT



How is everyone managing? How are you feeling today as you read this Newsletter? It's important that we do a daily check-in with ourselves;



not just physically, but emotionally, mentally and spiritually. Some days we tamp down the emotions we are feeling while we complete other tasks or hope it will go away. A few days later, it bubbles up and we have to at least acknowledge it, give it a name. Sometimes we don't even understand what the emotion(s) are that we are experiencing. If we can't put a name to it, how can we manage through it?

For those who are grieving and living through our COVID19 pandemic at the same time, it's become even more stressful. Whether you are grieving yourself, or are speaking with someone who is, please note that it's not unusual to feel as though the world and our supporters have forgotten about us. We feel selfish for thinking of ourselves most of the time, but especially when there is something huge going on in the world that has disrupted and changed how we go about "normal" life. Let go of that guilt of feeling forgotten and making this about you! I give you permission! Despite the changes we are adapting to in our daily life to remain safe for ourselves and others, our grief hasn't changed. In fact, it's likely intensified because the person you would lean on may be gone from this world, making everything seem that much more difficult.

If you, or someone you know, is grieving during this time and could use a friendly ear to chat with, please don't hesitate to get in touch with Tracey or Sharron for support or just a chat. We will be happy to hear from you. There should be no guilt in reaching out to help get us through our day! Please keep yourself safe!

Please call and leave a message at 905-722-9333, or you can email Tracey at clientcarecoordinator@hospicegeorgina.com or Sharron at grief@hospicegeorgina.com



Pansy Day

ORDER FLAT
E-TRANSFER PAYMENT
DELIVERED TO YOU

For information go to www.hospicegeorgina.com

**THANK YOU FOR SUPPORTING
HOSPICE GEORGINA**



Thanks to an enthusiastic community response and intrepid volunteers, the 23rd annual Pansy Day sale was a resounding success resulting in a complete sell out.

People were able to order online and pay by e-transfer. Volunteers were able to make contactless pick-up at local grower Homestead Garden Growers and do door-step drop-offs.

Thanks to Office Manager Laurie for all the coordination of orders, payments, pansies, and deliveries. Thanks to delivery drivers Carolyn, Maddy, Cora, Merv, Carrie Anne, Judi, Gay, Rick, Brittany, Brenda, Cam, Erin, Heather, Asad, Lynne and Lynda.

Extra thanks to Mayor Margaret Quirk and the Town of Georgina Emergency Operations Committee, as well as York Region Public Health who helped us design a process that would keep everyone safe.



NEED TO TALK TO SOMEONE?

Call 1-866-345-0183

Monday to Friday 8:30 am to 4:30 pm

More information available on our website



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

These are strange times of uncertainty, fear, anxiety and isolation. CMHA have people you can speak to. Hospice Georgina have telephone supports available as well: 905-722-9333, ext. 4. Leave Sharron a message and she will return your call and help you decide what type of care you think would benefit you most! Need to see a face? Need help picking up medications or food? We can help you out with this! We can connect through video-chat too!