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At Hospice Georgina we pay close attention to this time of year which can be particularly difficult for many people. The Festive Season is often a challenge for those who are sick, for caregivers who give of themselves so generously and others facing an illness or facing this festive season without someone special. We encourage you to remember those who may be alone, grieving or sick and to reach out with a phone call, to let them know they are remembered.

At Hospice Georgina we are gathering items to put into gift bags that will be delivered by volunteers and staff to individuals in the community. If you would like to contribute in a small way we are creating 50-75 gift bags to hand out. Please drop off any items to Hospice Georgina by giving us a call.

These gifts will serve as a reminder to individuals that they are not alone, they are in the hearts and minds of many who care.

This is a year like no other. We understand at this time of year the days are getting shorter and darker earlier, but in addition, news reports warn people to stay within their own family circle, to physically distance from others, wear masks and to shop only for essential items.

As we enter into December, I am reminded of the many people who are grieving the loss of a loved one, family member or friend, those whose precious ones have succumbed to the Covid 19 virus, or those anxiously waiting to greet their loved ones in Long Term Care facilities.

For many this time of year is a reminder of gratitude, to remember how fortunate we are to live in Canada, how blessed we are to have healthcare, agencies who will serve our many needs, and neighbours willing to lend a helping hand.



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.”*



SUTTON HOME HARDWARE— \$1000

Thank you to Dave and Anita at Sutton Home Hardware for their gifts of support and friendship! Hospice Georgina appreciates all you do for us.



Ravenshoe United Church-



\$100

Thank you for your donation. We are blessed to have you as a donor and know that you care about hospice care as

much as we do. Thank you

CLUB 55 PEFFERLAW-\$500

Thank you for contributing to help us with our goal of supporting Georgina’s residents, it is very much appreciated. Donations make it possible for us to help others at no charge. Thank you for being involved and supporting our goal of “Sharing the Caring”

Hospice Goergina also thanks the following donors

- Alan Sharer
- Melody Grant
- Amanda Barnet
- Rosa & Fern Gosselin
- Sharon Lindale
- Mary Margaret Thorburn
- Mary Catherine Macaluso

VOLUNTEERS OF THE MONTH " Recognizing Everyday Champions" Our knitters and quilters

We want to say a Thank You to all of our Volunteers for the work you do for Hospice Georgina. We are so grateful for all you do for the people in the community who need the support of our programs, volunteers and staff.



This month we want to say a special Thank You to our volunteers who **knit, crochet and quilt the wonderful lap quilts and blankets** for members of the community. Our volunteers deliver these beautiful blankets to their clients living in the community. It's a wonderful way to meet someone for the first time by bringing such a beautiful gift.

**BINGO WORLD
+ GAMING**

WE'RE RAISING MONEY!

**A portion of gaming revenue
goes directly to support local,
community groups like us!**

bingoworld.ca

Play Smart
Know your limit. Play within it.

Hospice Georgina is pleased to receive funding from Bingo World & Gaming to support our local programs. To check out the current schedule and other details, please go to <https://bingoworld.ca/newmarket/>

Important

What? Volunteer Hours submitted by the 31st of the month or by the 5th at the latest.

Why? This information is reported to the Ministry of Health, which in turn funds our palliative programs. In this partnership, they provide partial funds and our volunteers provide the service.

Reminder... If you see clients in the community, please include travel time to your clients.

Who?

Tracey: client visiting hours, grief support, or meditation, reiki, day program to clientcarecoordinator@hospicegeorgina.com

Laurie: Fundraising, board or administration hours, caring@hospicegeorgina.com.

BOARD OF DIRECTORS

President Mary Margaret Thorburn

Vice-President: Sandy Walters-Smith

Treasurer: Jennifer Whitty

Secretary: Carrie Ann Smith

Past President: Iain Donnell

Members:

Freda White

Erin Gallant

Sabrina Walizai

Amanda Barnett

Amy Davies



Staff

Executive Director: Karen Jay-Moore

Office Manager: Laurie Knapp

Grief Coordinator: vacant

Grief Support: Heather Patriarch

Client Care & Volunteers: Tracey Adams-Thibaudeau

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333



VOLUNTEERS NEEDED!

Message from our Board



Well, here we are and it's almost December! To say we miss all your smiling faces would be an understatement. Everyone has been working hard at keeping programs and connections happening. ZOOM has become a household word and people who had not ever used computers or laptops before have been developing new skills. For those not comfortable with that new technology, the trusty telephone is still a lifeline to making human connections. It is wonderful to be part of a dedicated group of volunteers who come up with creative ideas to keep us all connected!

Whether your connections have been on the phone, participating in an online craft workshop, online meditation or coming in person to our Day Program, keeping connected and stimulated is so important! As volunteers, people have stepped up to participate in whatever way they have felt comfortable. It would be wonderful if we could get together regularly to share our volunteer experiences during this unprecedented time and to brainstorm different ways of moving forward with our important work.

Hospice Georgina is nothing without its committed volunteers. It would be marvelous if we could meet regularly. It would be wonderful to hear what might work for you... monthly during the day? In the evening? Would you need some direction in using ZOOM (for the time-being!)? Please let us know. We all look forward to physically being together again- there is nothing that can replace that J In the meantime, let's continue being our creative selves and make each day one that our clients look forward to living. Stay safe. Stay Healthy!

Mary Margaret Thorburn, President



We are looking for Volunteers to support us in these areas:

Complementary Modalities: Energy work, Reiki, Reflexology, Healing Touch, Tai Chi, Yoga, Drumming, Meditation, Singing Bowls and more.

Visiting Volunteers

Grief Support (individual and group facilitator)

Events

Fundraising

Administration

If you have a special talent or hobby you would like to share with others either in person or virtually, please give us a call at 905-722-9333. We invite you to join our team.

Join our Events & Programs

Do you have a special talent, hobby or modality you are willing to share with others. Give us a call 905-722-9333.

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Day Hospice Program: This program is for people living with life limiting illness and runs in-person on Wednesday mornings Contact Tracey for more details at clientcarecoordinator@hospicegeorgina.com

Caregiver Cafe: For the Families of loved ones at River Glen Haven: Join Hospice Georgina for this virtual event from the comfort of your own home, grab a beverage and let's talk. Thurs Dec 10, 1pm

Caregiver Support Group (CHATS & Hospice Georgina) runs weekly sessions, with a varying schedule to accommodate different needs. To enquire about times, please contact Tracey at clientcarecoordinator@hospicegeorgina.com Caregiver support groups being conducted using MS TEAMS

Coffee & Chats (Vaughan Community Health Centre & Hospice Georgina)-Everyone's favourite drop-in group is back, virtually! Check in for a chat on Mondays at 10:30am. Please contact Tracey at clientcarecoordinator@hospicegeorgina.com for the link

Meditation, Meditation, along with other wellness videos, are 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 calm, and have less stress.

Meditation with Warren: Meditation with Warren is happening virtually on Tuesdays at 4:30. Contact Tracey at clientcarecoordinator@hospicegeorgina.com to receive the zoom link.

Women's Cancer Support Group This is an ongoing weekly group that you can join any time. Upcoming groups every Thursday from 2-3 pm virtually by Zoom
Contact Tracey at clientcarecoordinator@hospicegeorgina.com

Spousal Loss Support Group is being offered on the first Tuesday of the month from 7:00-8:30m on Zoom. Know of someone who would benefit? Give Hospice a call.

Grief Support: Interested in providing one to one grief support or being a grief group facilitator? Contact us and add your name to the list of those wanting extra training.

PROGRAMS

Candle Light Services

The Christmas season is rapidly approaching. For most people, it is a time filled with joy and anticipation of presents, time spent with family and friends, and good food. For others, Christmas is a time that is filled with sadness because they have lost a loved one. It is difficult to imagine what the Christmas season will be like without them.



Forrest & Taylor Funeral Home – Candle Light Service Monday, November 30th, 7:30

This Christmas season, you and your family are invited to join us as we remember your loved one during our Annual Christmas Memorial Service. Due to Covid 19 restrictions, we have decided to conduct our Christmas Memorial Service Virtually through Zoom. This service will be held, on Monday, November 30th, 2020, at 7:30 pm. During this time we will pay tribute to your loved one. We will light candles and a personalized Christmas ornament for your loved one will be placed on our tree. Please contact us if you would like a personalized ornament hung on our Christmas Memorial tree and if you would like it mailed to you following the service.

Annual Christmas Memorial Service Zoom Information

[https://us02web.zoom.us/j/89955731038?](https://us02web.zoom.us/j/89955731038?pwd=NGlrQm9QbXR0UmcIWnBIV2p4SkJuQT09)

[pwd=NGlrQm9QbXR0UmcIWnBIV2p4SkJuQT09](https://us02web.zoom.us/j/89955731038?pwd=NGlrQm9QbXR0UmcIWnBIV2p4SkJuQT09)

Meeting ID: 899 5573 1038

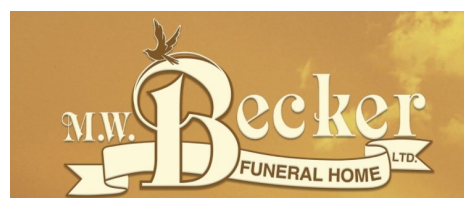
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MW Becker Funeral Home—Candle Light Service

This year MW Becker Funeral Home candle light service will be prerecorded and available December 17, on their website.

<https://mwbeckerfuneralhome.com/>



GRIEF & BEREAVEMENT REPORT



The Christmas season is upon us but this year is like no other. This season is especially difficult for those missing a family member, friend or special someone. In addition, we have less daylight and colder temperatures to content with as well. To help reduce isolation we need to get creative. At Hospice our volunteers would like to connect with those needing a friendly conversation or a helping hand.

Here are some suggestions:

Fresh air for at least 15 minutes a day helps raise your spirit, mind and mood. Being out in nature can decrease stress levels and increase self esteem.

Stay connected by talking on the phone, online or face-time calls

Plant seeds and watch them grow. If you are unable to get outside bring nature inside to your home.

Listen to a book on tape, podcast or radio

Have a computer or ipad? Stay connected with friends by having dinner or lunch dates, or coffee time using an online platform such as Zoom, Facetime, WebEx or Google meet.

Reduce the time spent watching the news, once per day will do. Choose to watch more upbeat shows where you learn a new skill or explore something new. Tune into the nature channel or a cooking show.

Daily activity helps keep you moving, chair yoga, stretching, dancing, singing your favorite songs, listening to podcasts, music or comedy.

Practice mindful techniques: breathing in and out, breathe in to the count of 4, hold for the count of 4, breathing out to the count of 4, relax for the count of 4. Then breathe in and out normally focusing on your breathing.

Photo Albums: Got any old photo albums or pictures on your computer? Take a trip down memory lane by looking through special memories, travel, moments and cherishing the special times.

Call an old or new friend: This is a time to remember friends you may have lost touch with and get re-connected. Or perhaps you've always wanted to reach out and connect with someone you've recently met.

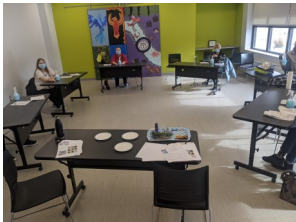


CLIENT CARE COORDINATOR REPORT

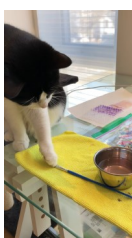


Staying apart –Together

What a pleasure it's been to share my Wednesdays with our Day Hospice participants since we were able to safely re-open to in-person programming in October. With everything else that's been going on in the world our Wednesdays mornings have been an oasis of community, creativity and caring. We have found ways to adapt and use our space differently in order to keep participants safe, and that feels great!

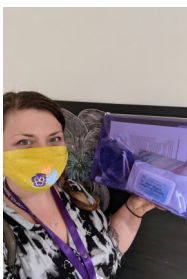


As always we try to do our part and connect clients with Community organizations that can help live life to the fullest. Do you know of a client in need of support around food security? e.g. affording food or difficulty getting out to purchase it? Please get in touch as we may be able to link them with an agency that can help.



Virtual Arts Group

If you are interested in connecting virtually and creating something beautiful with us we'd love to have you join us once per month for the Virtual Arts Group. Even the cats are in on it! Please contact Tracey for details clientcarecoordinator@hospicegeorgina.com



Monthly Volunteer Meeting

Thank you to our committed and passionate volunteers for your great work this month.

Reminder: Please submit your volunteer hours by the 5th of each month for the previous month. As part of our funding agreement we must show our volunteer hours, and clients served. These numbers correlate with funding we receive based on targets set. We are collecting hours for all volunteers.

In November's monthly virtual check-in meeting for client-facing volunteers we discussed Falls Prevention strategies to help keep our clients safe and tips for staying positive over the Holidays. Volunteers also shared the ways in which they are connecting with their clients. Some by phone or Zoom, others are doing visits here at the Hospice Georgina space, others still are doing in-home visiting. Our in-home visiting volunteers have received a kit with all of the COVID essentials, to keep everyone as safe as possible.

These meetings are an excellent opportunity to hear what is working from other volunteers in the organization and to hear about what is happening each month at Hospice Georgina. For more information contact Tracey at clientcarecoordinator@hospicegeorgina.com

FAMILIES IN FOCUS

Hospice Georgia wants to thank **Judi & Katherine** our amazing volunteers for setting aside the month of November to take family photos around Georgina, We also like to thank the families who took part in this fundraiser and supporting Hospice Georgia.



