



# INSIDE:

# EXECUTIVE DIRECTOR'S MESSAGE

<b>Thank you to our donors</b>	<b>2</b>
<b>Pancake Breakfast</b>	<b>3</b>
<b>Volunteer of the Year</b>	<b>4</b>
<b>Events &amp; Programs Calendar</b>	<b>5</b>
<b>Program &amp; Community Outreach Coordinator</b>	<b>6</b>
<b>Volunteer Years of Service Recipi-</b>	<b>7</b>
<b>AGM</b>	<b>8</b>
<b>Volunteer Lunch N'Learn</b>	<b>9</b>
<b>Candle Light Service</b>	<b>10</b>
<b>Brain-Training Games</b>	<b>11</b>



Dear Members, Donors, Clients, Volunteers & Friends,

The leaves are falling, and the clocks will turn back soon. Fall is a time for reflection. As the leaves begin to change, we are reminded of our life's changes. There are times when we all need that extra boost. And it's a true gift that nature can provide us, an entire season. If fall invites us to re-awaken and remember moments of beauty in our lives. The cool, fresh air, and colours bring enjoyment and freedom to breathe deeply and be in the wide colourful outdoors. All this invites to celebrate the goodness around us, and equally, the goodness within ourselves and all the goodness we have cultivated with those we love. May the fall season bring a smile to our faces. May the beauty and festivals and fall days welcome you into a space to celebrate. And may we all look to one another in such a way that we can each grow.

As we head into the final months of 2022, I want to thank each of you for your support over the past year. We continue navigating through the pandemic, and the support from our community has been unwavering. The generosity shown by our supporters continues to ensure we can offer our programs and services free of charge to our community.

Every day we learn more about the challenges individuals face around grief and life-limiting care in our community and expect the demand for our services will increase. We are committed to adapting to our community's changing needs.

Your help makes all the difference.

Warm regards,  
Laurie



# THANK YOU TO OUR DONORS!

Big or small, every single donation makes a difference. Every single dollar raised or donated to Hospice Georgina stays in our community and allows us to continue to build a stronger community for all. We are thankful for those who make Hospice Georgina their charity of choice and for giving locally.

Thank you for your generous support of our efforts in **“Sharing the Caring.”**



## MEMORY TREE DONATIONS

**“Even Though You Flew Away in My heart You Will Forever Stay”**



Richard L.



Dave & Ann C.



Brenda P.



Audrey T.



Rosa G.



Laurie K.



Laurie K.



Thank you so much to our friends at Sutton Home Hardware! Always such a generous and supportive community partner. We couldn't continue our important work without your help.

**Maynard Investment—\$500**

**Maria G. \$500**

**Elizabeth M. \$20**

**Marilyn V. \$20**

**Audrey T. \$25**

**Katherine L. \$5000**





Community Event!  
**Hospice Georgina  
Pancake & Family  
Fun Day**  
with the  
Georgina Firefighters



**\$5 Early Bird  
Meal Ticket**

Meal include 3  
pancakes, 2 sausages,  
and a drink

To purchase early bird tickets visit  
[www.hospicegeorgina.com](http://www.hospicegeorgina.com)

At the door: \$8 (cash or bank  
transfer only)

Children 3 and under free!

Pictures with Sparky!  
Children's story telling!  
Kids craft table!  
Live music!

Hosted at the Link  
Event Hall  
20849 Dalton Rd,  
Sutton  
Saturday, October 22  
9am-1pm



Your community hospice for Georgina residents  
with a life limiting illness and grief support services



## BOARD OF DIRECTORS

**Chair:** Mary Margaret Thorburn  
**Vice-chair:** Sandy Walters-Smith  
**Treasurer:** Carrie Ann Smith  
**Secretary:** Judi Carr-Kartash  
**Past Chair:** Iain Donnell

**Members:**

Freda White  
Gayle Clark  
June Scandiffio



## VOLUNTEER OF THE YEAR AWARD 2022 JUDI CARR-KARTASH

Please congratulate Judi on being our Volunteer of the Year. Judi is a program facilitator, plants and maintains our hospice garden, is a fundraiser volunteer member of the Event Committee, and most recently joined the Hospice Georgina board as secretary.

Judi was nominated based on her invaluable work on various projects in the office. She is a facilitator of the Creative Art Therapy program. Judi's knowledge and ability in the art are indeed a gift that she shares freely with our clients.

In addition, Judi "brought to life" our vision of creating a Memorial Tree and Donation Wall in the office of Hospice Georgina. She is often in the office helping wherever necessary and at numerous events offering help whenever needed.

Hospice Georgina certainly realizes the value and contributions of all our volunteers. On this occasion, we highlight the accomplishments of Judi. This award is truly deserved!

Volunteers like Judi embrace the very core values of Hospice Georgina — SHARING THE CARING. Our work would not be possible without the support of dedicated volunteers.

Thank you, Judi!



## Hospice Georgina

### Staff

**Executive Director:**

Laurie Knapp

**Administrative Assistant:**

Erin Verhaaff

**Programs & Outreach**

**Coordinator:**

Victoria Vass

**Client Care Coordinator:**

Shannon Beresford

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333

[www.hospicegeorgina.com](http://www.hospicegeorgina.com)

## Programs

Hospice Georgina offers a variety of individual and group programs for gathering and support for eligible clients.

**Caregiver Support Group:** Join us the first Monday of the month from 1:00-2:00pm. This program is done in partnership with CHATS. (At Hospice Georgina & over Zoom)

**Coffee & Chats:** Join us Monday mornings from 10:30am-12pm with your favourite morning beverage and an hour of socialization with our Program Coordinator and a member of Vaughan Community Health Centre. In this program we take a laidback approach of talking about life and wellbeing. (At Hospice Georgina & over Zoom)

**\*Creative Therapy:** Join us every 2nd and 4th Tuesday of the month from 11:00am-12:00pm. The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts, and emotions. (At Hospice Georgina)

**Day Hospice:** Offered weekly on Wednesdays from 10am-1pm. The purpose of the Hospice Day Program is to provide clients with recreational and therapeutic activities, while also providing support for palliative and grief related topics, and lunch! (At Hospice Georgina)

**Drop-In Grief Group:** This group meets on the 1st & 3rd Tuesday of the month. Participants may attend when they are able without having to commit to each session. It might be more difficult for those who are newly grieved, yet all are welcome to attend. (Zoom)

**Fun & Games:** Light hearted, friendly card and board games to play with friends and acquaintances. Beginners welcome. Thursday from 10-11:30am. (At Hospice Georgina)

**Grief Support:** If you are experiencing a loss of a loved one, our trained staff and volunteers provide individual support. (Office visits & phone calls)

**\*Guest Speakers:** Various important topics related to health and aging. (At Hospice Georgina & over Zoom)

**Immersed in Nature:** Thursday at 1pm, join us at various locations around Sutton for a light stroll, easy chats, and getting out in to nature.

**Individual Support:** Trained volunteers provide non-medical support through conversation, playing games, silence, having a cup of tea, or providing respite to a tired caregiver. A volunteer is able to visit in the client's home, long-term care facility, retirement community, other accommodations, or phone calls. (Home visits & phone calls)

**\*Meditation:** These mindfulness meditation sessions are fun reflective classes, promoting balance and calm, and managing loneliness and stress. (At Hospice Georgina)

**Reiki & Reflexology:** Every 1st Tuesday of the month, by appointment only. (At Hospice Georgina)

**Tablet Loaning Program:** Borrow a tablet to attend our programs on Zoom, play brain games, use wellness apps, and connect with loved ones.

[events@hospicegeorgina.com](mailto:events@hospicegeorgina.com)  
905-722-9333 x 5505

## PROGRAM & COMMUNITY OUTREACH COORDINATOR—VICTORIA



### Krumplileves (Hungarian Potato Soup)

Krumplileves (Krumpli: potato, Leves: soup) is a tasty dish from my culture, filled with flavour and warmth, and it is super easy to make. It is filling and smoky from the potatoes and sausage, and you can't have a Hungarian dish without paprika! We always top it with some sour cream and mix it into the soup, and you can have a piece of fresh bread or just the soup on its own.

This recipe makes 4 servings.

### Ingredients

- 3 tablespoons vegetable oil divided
- 6 ounces sliced Hungarian sausage or kielbasa optional
- 1 medium onion chopped
- 2 cloves garlic peeled and minced
- 4 cups chicken stock
- 3 large russet potatoes
- 2 bay leaves
- Salt and pepper to taste
- 2 tablespoons all-purpose flour
- 1 teaspoon Hungarian paprika

### For serving:

- Sour cream
- Bread



### Instructions

In a large pot, drizzle 1 tablespoon of the vegetable oil over medium heat. Add the sliced sausage if using and cook until golden and the fat has rendered. Remove to a plate with a slotted spoon, leaving the fat in the pan.

Add the onion to the pan and cook, stirring occasionally, until softened. Mix in the garlic and cook just until fragrant, 30 seconds to 1 minute.

Pour in the chicken broth, followed by the potatoes, bay leaves, salt, and pepper. Bring to a boil, then reduce to a simmer, cover, and cook until the potatoes are tender. If using, add the browned sausage slices back to the pot. Continue to cook until just heated through.

In a small pan, drizzle the remaining 2 tablespoons of oil over medium heat. Whisk in the flour until smooth and cook until golden and bubbly. Remove from heat and stir in the paprika. Stir into the soup.

Transfer the soup to individual bowls, season as desired with top and with sour cream, and serve with slices of rustic bread.

# Celebrating our Wonderful Milestone Years of Service Recipients

**5 YEARS**  
**Erin Gallant**

**-Tester**

**10 YEARS**  
**Cavelle**

**Hayes**

**15 YEARS**  
**Gay**

**Alexander**  
**Iain**

**Donnell**  
**Sandy Watt**

**20 YEARS**  
**Lynda**

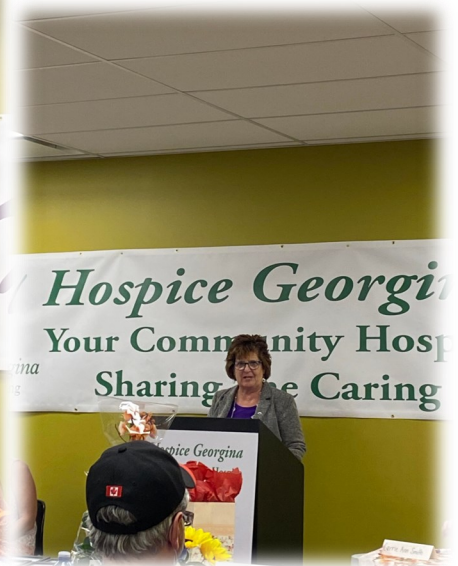
**Ritchie**



# ANNUAL GENERAL MEETING



We had yet another successful Annual General Meeting (AGM) at The LINK. We had a great turnout, incredible speakers, and good company.







# Hospice Georgina Volunteer Lunch N' Learn

Tuesday, October 25th, 2022 @ 12:30-2pm

AlayaCare demonstration  
and question and answer  
period. Learn to input your  
volunteer hours.



Enjoy lunch  
graciously provided  
by Amica, and an  
interactive session  
with us!

Presented by:  
Laurie and Victoria

Please RSVP to Erin at  
[admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)  
by October 19th!



20849 Dalton Road  
Sutton, Ontario L0E 1R0  
Phone: 905-722-9333

Email: [admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)



## CLIENT CARE COORDINATOR—SHANNON

I HOPE THIS FALL  
BRINGS YOU...



The courage to start fresh  
Resilience to fight against the odds  
Kindness that warms people's hearts  
Wisdom to find the right direction  
Strength to keep moving forward

## COMMUNITY CANDLE LIGHT SERVICES



The holiday season is upon us. For many, this is a challenging season for families with a loss. This year Forrest & Taylor Funeral home will be holding its Annual Christmas Candlelight Memorial Service at the Knox

United Church in Sutton.

**Monday, November 28, 7-9 pm**

All are welcome to join!

For more information, please contact (905) 722-3274

A dark blue advertisement for Bingo World + Gaming. The logo features a large white 'B' with a swoosh, followed by 'INGO WORLD' and '+ GAMING' in white capital letters. Below the logo, the text reads 'WE'RE RAISING MONEY!' in white, followed by 'A portion of gaming revenue goes directly to support local community groups like us!' in white. At the bottom, the website 'bingoworld.ca/newmarket' is listed. On the right side, there is a logo for 'Charitable Gaming. Community Good.' featuring a teal heart above a white house icon.

# Benefits of Playing Brain-Training Games

People of all ages use brain-training games to improve mental functioning and prevent brain aging. Backing them up is research showing that brain-training games may help improve attention levels, memory, response time, logic skills, and other measures of cognitive function if played over a long timespan.

To give your brain a workout while having fun, try these games and activities that may improve your mental focus and fitness.

Sudoku is a number placement game that relies on short-term memory. To complete a Sudoku puzzle, you have to look ahead and follow trails of consequences—if you put a 6 in this box, that one must be an 8 and this one a 4, and so on. This type of planning helps improve short-term memory and concentration.

## Easy Sudoku 1, 2

**No 1**

1	8	6						5
		5				1		4
	9				1			
	5		1		2		8	
		1	4			7		
8			5	9	7	6	1	
2	1			4				6
6			9				4	
5			7	1			3	8

5	4	9	7	1	6	2	3	8
6	7	8	9	2	3	5	4	1
2	1	3	8	4	5	9	7	6
8	2	4	5	9	7	6	1	3
9	6	1	4	3	8	7	5	2
3	5	7	1	6	2	4	8	9
4	9	2	3	5	1	8	6	7
7	3	5	6	8	9	1	2	4
1	8	6	2	7	4	3	9	5

**No 2**

		8		9		2	4	
			7					
	7	3	8	4	6		9	
		6	4	8		2		3
			2	3		6		
3		4					8	7
6	9	2			8	4		
8				4				
	3		6	9		5	2	

4	3	7	6	1	9	8	5	2
8	1	5	3	2	4	9	7	6
6	9	2	5	7	8	4	3	1
3	2	4	9	6	1	5	8	7
7	8	1	2	3	5	6	4	9
9	5	6	4	8	7	2	1	3
2	7	3	8	4	6	1	9	5
1	4	9	7	5	2	3	6	8
5	6	8	1	9	3	7	2	4