



## INSIDE:

Thank you to our donors	2
Volunteer of the Month	3
Words from Carry Ann — Board Member	4
Upcoming Program & Events	5
G&B Report	6
Bereaved Mother Loss Support Group	7
Catch the Ace Winner	8
Functional Fitness Program	9
Partner/Spousal Loss Drop-in Support	10

## EXECUTIVE DIRECTOR'S REPORT



**Marie Morton**

For anyone who has been following Hospice Georgina's Catch the Ace progressive lottery fundraiser over the past 50 weeks, we are pleased to announce that the Ace of Spades has finally been caught! Meghan Savoie was the lucky person whose ticket was drawn on February 12, 2020. She selected Envelope 31, and it was revealed that the sneaky Ace of Spades had been hiding there all along. Meghan will be walking away with a total jackpot of \$52,525.50. Money raised from the community will be a benefit back to the community. The proceeds will help to fund the free services Hospice Georgina offers like visiting volunteers, day hospice, bereavement groups, one-on-one grief counselling, complimentary therapies, social inclusion groups and more. The more than \$70k raised by Hospice this round will be used to help Hospice Georgina's future growth and programs. Since 1994, Hospice Georgina has been providing non-medical support for palliative people, people living with live-threatening, life-limiting and chronic illness, their caregivers and families, and the bereaved. All of Hospice Georgina's services are provided FREE of charge in Georgina, with supports available both in-home and at our office in Sutton. Information on programs is available at [www.hospicegeorgina.com](http://www.hospicegeorgina.com). Hospice Georgina benefitted from both luck and hard work. It was sheer luck that the Ace of Spades was not found until Week 50, generating excitement, interest and funds. Community engagement with Hospice Georgina both online and in person has grown noticeably, meaning that more people are aware of our mission and services. The rest was hard work on behalf of Hospice Georgina staff and volunteers. Most notably Office Manager Laurie Knapp provided the logistical support that ensured that the game operated smoothly. Hospice Georgina's 15-member Fundraising Event Committee worked week after week, including holidays, for 50 weeks straight. They learned as they went, transforming into a well-oiled machine. But most of all, they did what they do best: Sharing the Caring. Thank you to everyone in the community who supported this fundraiser with their participation. Stay tuned as we launch our second game with a new chance to Catch the Ace!

*Maria*



# 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.”*



A big thank you to Vee and everyone at The Corner House Bistro, for the generous donation of \$500. Hospice Georgina was the charity of choice from October-December 2019 for the Charity Bread program. Thanks for their support of our work, and thanks to everyone who said "yes" to that extra serving of delicious bread!

every contribution is  
hugely valued

thank  
you!

Sheri & Wayne Andrunyk donated  
In loving memory of  
Judith Irene Halsey



## Thank you to our monthly donors:

Mary Margaret Thorburn  
Mary Catherine Macaluso

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 "GINETTE"



### THANK YOU FOR VOLUNTEERING

Ginette has been a volunteer for Hospice since 2014 and has offered her time as a visiting volunteer by supporting the day hospice program and by participating in our fundraisers.

In the book "Hearts Linked by Courage" Ginette's client wrote these kind words:

*"I was so happy to hear who my volunteer was. I had met Ginette at a group where she was dancing around the room. She was so lively and friendly, encouraging others to join her in dancing. I was so happy watching her and others dancing—tears of joy poured down my cheeks."*

Ginette brings a smile and laughter to all she meets. Her compassion for others is clearly evident in her joyful approach. Ginette is an invaluable contribution to our organization and the community. There is not a kinder act than helping someone in need.



Thank you Ginette and congratulations!



Just a reminder that all volunteers need to report your volunteer hours every month by the 10<sup>th</sup>. 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**

**Members:**

**Iain Donnell**

**Mary Margaret Thorburn**

**J. David Hobson**

**Carrie Ann Smith**

**Freda White**

**Erin Gallant**

**Margaret Van Den Hazel**

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

## Staff

**Executive Director:**

**Marie Morton**

**Office Manager:**

**Laurie Knapp**

**G&B Coordinator:**

**Sharron Spencer**

**Client Care Coordinator:**

**Tracey Adams-Thibaudeau**

**Hospice Georgina**

**The LINK**

**20849 Dalton Rd.**

**Box 721**

**Sutton, ON**

**L0E 1R0**

**(905) 722-9333**

## Carrie Ann—Board Member



Hi, I am Carrie Ann. I was born and raised in neighboring Queensville Ontario. I raised my children here in Georgina and love being part of this wonderful community.

My Grandmother was receiving Hospice support in Penticton, British Columbia. I was so grateful that these services were available to her and my Aunt, who was caring for her at home, that I decided to get involved here and pay it forward.

Over the past 10 years, I became a visiting volunteer as well as a grief and bereavement volunteer. I am on the Board of Directors and the Event Committee and am so proud to have been part of our very first Catch the Ace fundraiser.

After the loss of my father-in-law last year (who received hospice support in the form of a fantastic visiting volunteer) I found myself wanting to get a little more involved so I became a Board member.

My dream for this community is to have a residential hospice. This is something that still needs much investigation. I am so proud to be part of these first steps.

I continue to be inspired by the amazing people I meet while we all strive for the same goal - to provide support to our community members whether it be facing a loss, end of life care or life-limiting circumstances.

Sincerely,  
Carrie Ann



Catch the Ace volunteers taking a nap, after their hard work making the fundraiser a success.

# Upcoming Events and Programs

**Coffee and Chats** (VCH & Hospice Georgina) runs every Monday from 10am-11:30am. This program is a free social group open to anyone 55+. Registration is required. Contact Tracey at 905-722-9333 x5505 for more details.

**Caregiver Education Support Group (SUTTON)** (CHATS & Hospice Georgina) runs on the first Monday of the month 1-3pm. Please contact Tracey 905-722-9333 x5505 for more information.

**Caregiver Education Support Group (KESWICK)** (CHATS & Hospice Georgina) runs on the 2nd Monday of the month 2-4 pm. Please contact Tracey 905-722-9333 x5505 for more information

**Kintsugi Bowl Workshop** - Tuesday March 24th, 1-4 pm. We invite our volunteers at no cost. Please RSVP by Monday March 16th as we need to order supplies and space is limited. Please register by contacting Sharron Spencer at 905-722-9333 ext. 4

**Expressive Arts** with The Love Project runs on the first Tuesday of the month from 1:30-3:30pm. Contact Sharron for more information.

## Functional Fitness

Wednesdays March 4, 11, 18 & 25 1-2 pm  
Program designed to maintain & improve mobility. Registration required, contact Sharron at 905-722-9333 x5504.

**Day Hospice** runs in 5-week sessions on Wednesdays from 10am-2pm. Program for palliative individuals. Assessment required prior to registration. Please contact Tracey at 905-722-9333 x5505 for information and assessment.

**Wellness Meditation** is available February 27th, last Thursday of every month from 1-2 pm. An opportunity to find some peace and clam, and have less stress. Registration with Tracey is required.

**Zen Jen Meditation** is open to anyone and runs the 2nd Tuesday of every month from 2-3pm. Contact Sharron 905-722-9333 5504 for more details.

**Reiki Session with Donna** February 26th and March 31st 9:30 am, 10:30 am & 11:30 am. Available to clients, their caregivers and our volunteers. Book your appointment with Sharron x5504.

**Women's Cancer Support Group** This is an ongoing bi-weekly group that you can join any time. February 13th and 27th, 2-4 pm. Tracey at 905-722-9333 x5505.

**Pansy Day** Saturday April 25th, 9:30 am-3:00 pm. Volunteers will be needed for picking up pansy

# PROGRAMS

# Grief and Bereavement Report



## Continuing Bonds with Loved Ones We Have Lost

When a loved one dies, we slowly find ways to adjust our relationship with that person. This allows continuing bonds that will last throughout our lifetime. One of the things we fear when we are grieving is that the connection we shared with that person, will disappear. That our loved one will be forgotten.

Continuing bonds is a more modern theory about how we grieve. Even though our loved one is no longer physically present, we maintain a connection with them which can continue to grow during our lifetime. By staying connected, rather than “letting go” of the relationship, this helps us with our grieving and ability to better cope with the loss and all of the changes that occur as a result of this loss.

It's not that we need to “let go” or “detach” from the deceased, but rather we create a new relationship. This is healthy grieving. Why would we want to sever ties with or let go of someone who meant so much to us?

Remember, we will never stop missing our loved one. We will always grieve the loss of them. Grief isn't something that you go through. It becomes a part of you, and we need to make room for it in our lives so that we can build life around this grief. Here are a few suggestions of the ways that we continue the bond with our loved one:

Keeping something of their belongings, having pictures of them around the home, talking to them, continuing daily habits and rituals, having conversations about them and saying their name. Visiting places where you feel close to them, allowing yourself to indulge in memories of them. These already happen naturally, but our society has a tendency to criticize ourselves into thinking that we should be ‘moving on’. Change is never easy, especially when we think we must fight to hold on because we are supposed to let go.

Staying connected to your loved one actually gives you a better ability to cope with the loss.

Sharron Spencer (905) 722-9333 x5504

[grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)



## HOSPICE GEORGINA

# BEREAVED MOTHER'S SUPPORT GROUP

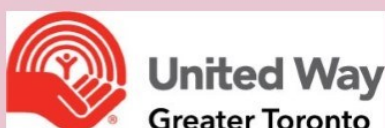
*Sharing your grief following the loss of an adult child*

**DATES: MONDAY'S:**  
MARCH 16TH, APRIL 20TH, MAY 18TH & JUNE 15TH,  
2020

**TIME: 2PM—3:30PM**

**VENUE: HOSPICE GEORGINA, THE LINK, 20849 DAL-  
TON RD, SUTTON, L0E 1R0**

*This workshop is offered to all at no charge, registration is re-  
quired. For more information or to register, please call  
Sharron Spencer at 905-722-9333 ex 4, or email to  
[grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)*





# CATCH THE ACE WINNER!



On February 12th the Ace was found in envelope #31 in week 50, a lucky Meghan Savoie from Keswick took home \$52,525.50. A special thank you to our volunteers for selling tickets week after week. BIG thank you to our volunteers for selling tickets week after week. BIG thank you to Keswick Canadian Tire, Sutton Sobey's, Black River Coffee, Sutton and Keswick Home Hardware, The Town of Georgina and Weeping Willow Coffee for allowing us to sell tickets in their store front. Thank you to everyone who purchased tickets in support of Hospice Georgina.







## Six-Week Functional Fitness Program with Debra

This 6-week program is designed to maintain and improve mobility. Our goal is to increase muscular strength as well as improve balance and coordination, at your own pace.

Debra D'Souza is a CanFitPro Fitness Instructor Specialist, specializing in fitness for seniors. Different levels of exercise will be offered.

**1pm-2pm on Wednesday's**

**February 19, 26, March 4, 11, 18 and 25**

**Hospice Georgina at The Link  
20849 Dalton Rd, Sutton**

**Please contact Sharron for information or to register at  
905-722-9333 ext 4 or email: [grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)**



## **Hospice Georgina Bereavement Support Group PARTNER/SPOUSAL LOSS DROP-IN SUPPORT**



**Finding support with others after the loss of a spouse or partner**

**There are no fees associated with this program.**

**Dates: Tuesday's February 25th, March 31st, April 28th, May 26th, June 23rd**

**Time: 2pm-3:30pm**

**Location: Hospice Georgina, The Link, 20849 Dalton Rd, Unit C, Sutton, On**

**For information or to register;**

**contact Sharron Spencer at (P) 905-722-9333 ext. 4 (E) [grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)**

