

# Hello February



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Today I am reminded of how lucky we are to experience the four seasons in Canada. The sun is shining, the snow sparkles, the air is crisp and on my morning walk the snow crunches beneath my feet. If you happen to live close to the water, you will notice the people out ice fishing, skating, kite boarding, ski-dooing or cross country skiing. There is much to be grateful for in our lives.

During COVID the one thing people have been missing is connecting with other people in person. All of the activities mentioned above are those that can be done alone at a distant from other people yet still allow individuals to get out and enjoy our cold winter weather. Connecting with others and socializing is important to our well being and peace of mind.

Many people thrive on human connection and human touch, a hug, a kiss or holding of hands, family gatherings or visiting with friends. We have had to learn new ways of staying in touch with family and friends and reaching out to those in need. Many are writing letters instead of emails, delivering baked goods or flowers or talking on the phone while outside a family member's window.

This is why the work of our Hospice staff and volunteers is important, to keep in touch with individuals at a difficult time in their lives, to let them know they are not alone. The phone calls, video conversations or socially distanced visits are keeping our clients connected. Thank you for all you do as volunteers to support our clients during these changing times.

Another way to stay connected within Hospice will be to attend our monthly meetings scheduled for the **first Tuesday of the Month at 1:30**, these meetings will be for all volunteers and staff. Our Volunteer & Client Coordinator will also be hosting volunteer meetings for those that visit with clients. These meetings will be **held the last Tuesday of the month at 1:30**. These meetings will be a chance for you to connect and get to know others, share ideas and learn together. Our Grief Support Team will host a meeting for volunteers interested in providing Grief Support on the **1st Wednesday of the month beginning March 3rd at 10:00 a.m.**

As you navigate your way in the world over the next few days, weeks or months, let's think of ways we can connect with others who need our support. Thank you for all you do.



# 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.*”



## In Memory of Peter Lackie

Nancy G. & Georg L.  
Derek B.  
Paul B & family



## St. Andrew's Presbyterian Church Sutton

Thank you for making a donation to Hospice Georgina. Your gift is sure to make a real difference to the life and mission of Hospice Georgina. **\$100.00**



## Hospice Georgina also thanks the following donors

Mary Margaret Thorburn  
Mary Catherine Macaluso  
Laurie Ayres  
Brian Harris  
Pearce & Deb Thomas  
Anonymous Donors (3+)





We are pleased to receive funding from Bingo World & Gaming to support our programs. Although the Centre is currently closed due to Covid-19 restrictions, please visit their website here to stay informed: <https://bingoworld.ca/newmarket/> Hospice Georgina is one of the many not-for-profit organizations in York Region that receives funding from Bingo World Newmarket.

## THANK YOU!



Volunteers are the heart of our work here at Hospice Georgina.

We are VERY grateful to all of our volunteers for the continued generosity and commitment to our families, our work and Hospice Georgina.

We provide an orientation and training for the various volunteer opportunities. All of our volunteers who work directly with our families are required to take Hospice Palliative Care Ontario's 30 hour online training, in addition to meeting with staff to see what is the right fit for you!

Invite your friends to join us at Hospice Georgina. We'll welcome you into our family of volunteers.

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**What?** Volunteer Hours submitted by the 31st of the month or by the 3rd 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 visit clients in the community, please include travel time to your clients.

**Who do I sent this information to?**

**Christine:** Client visiting hours, Day program, holistic modalities, volunteerprograms1@hospicegeorgina.com

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

## BOARD OF DIRECTORS

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Christine Prakash

#### Grief Support

Heather Patriarch

### Hospice Georgina

#### The LINK

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## Hospice Volunteer Stories

### THE LESSON IN THE WOOD PILE

My first meeting with my new hospice client happened to be in a snow-covered field behind his house. I found him struggling in the cold, trying to load a wheelbarrow with wood. The problem was, besides his physical ailments, his wood-burning furnace needed to be filled daily in order to supply hot water and heat to his home. And unfortunately, to make matter worse, the woodpile for his furnace lay some fifty feet away.

It had taken my client over two hours to accomplish what I was to complete in fifteen minutes. I couldn't help but reflect—not so much on the futility of the situation—but on our determination to maintain independence, especially as we get older.

Up to now, my volunteering role had been more of a passive observer, but this situation called for more immediate action. I soon realized that the large woodpile had to be moved. If the wood could be stacked with arms' reach of the furnace door, I believed this would be the best balance between my client's sense of independence, and my role of trying to make his life easier.

I couldn't do it myself, there was just too much wood. So I asked a few friends to help. To be honest, I was a little apprehensive about asking. We all are busy juggling work, kids, life, and it seems more and more that time has become a commodity unto itself. But I shouldn't have worried. Everyone I approached immediately wanted to help. I am blessed with truly great friends, and it took only a few hours, on a Saturday afternoon, to move and stack the mountain of wood.

It's hard for me to ask for help sometimes. I forget that I am not alone, and that it isn't of weakness but a sign of strength to ask for assistance. What surprised me that most about our afternoon was how rapidly the job was done. Something that looked daunting and overwhelming the week previous was accomplished very quickly with able and willing hands.

I think we all struggle at some point between self-reliance and sharing a burden. I know I have, and I think this experience has helped me, in some small way, to understand the struggle that many hospice clients go through. Independence is delicate balance, and its reassuring to know that there are many exceptional, compassionate people in our community willing to step in a a moments notice an unselfishly shoulder part of some else's burden.

After all, what are we here for if not for each other.





By Antony Cook, HG Volunteer  
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Georgina & I C Publishing (pg 120)



# Hospice Georgina February 2021 Calendar

To register/receive the zoom link please  
contact [volunteerprograms1@hospicegeorgina.com](mailto:volunteerprograms1@hospicegeorgina.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:30am-11:30am: Coffee & Chats (65+)	6:30-pm 8:00pm: Spousal Loss Support Group		3:00pm- 4:00pm: Stargazers Cancer Support Group		
7	8	9	10	11	12	13
	10:30am-11:30am: Coffee & Chats (65+)			3:00pm- 4:00pm: Stargazers Cancer Support Group		
14	15	16	17	18	19	20
			10:30am-11:30am Low Impact Exercise 2:00pm-3:00pm Valentine's Trivia	11:00-12:00: Virtual Art Group 3:00pm- 4:00pm: Stargazers Cancer Support Group		
21	22	23	24	25	26	27
	10:30am-11:30am: Coffee & Chats (65+) 11:30am- 12:30pm: Meditation with Warren	1:30pm: Visiting Volunteer Meeting	10:30am-11:30am Low Impact Exercise 2:00pm-3:00pm Match that Love Song	3:00pm- 4:00pm: Stargazers Cancer Support Group		
28						



## Volunteers and Client Visiting Coordinator

We welcome our newest member of the team - Volunteer & Client Coordinator, Christine Prakash, who will be the “go to person” for the volunteers. Christine will be coordinating client centered programs, matching clients with volunteers, and overseeing our volunteers, training, appreciation and volunteer hours. Christine will be making calls and getting to know you.



I am delighted to join the Hospice Team as Volunteer and Client Visiting Coordinator. I feel honored to be in this role and excited to meet the volunteers, clients and to assist in matching clients and volunteers.

I currently reside in Holland Landing, enjoy hiking/nature walks with my dog “Rocco”, watching classic films, listening to Indie jazz music, fishing and spending time with family at the cottage. Nothing soothes my soul more than sitting at the dock or spending nights beside the fire. I do quite a bit of gardening, yoga and journaling in my spare time.

I am honored to be a member of the Hospice Georgina Family and look forward to working with all of you. It is my core belief that everyone deserves to have quality of life and die with dignity.

It is not in the stars to hold our destiny, but in ourselves. W.

**Grief Volunteers:** We would like to provide volunteers with additional opportunities to support our clients. If you have had experience visiting with clients in the community and would like to support clients who are grieving please join us in this upcoming meeting. Our Grief Support volunteers will be able to comfort clients by offering one to one phone calls, zoom sessions or in person grief support, when it is safe to do so. Our **1st meeting** of our Grief Volunteers will be held on Wednesday, March 3, 2021 at 10:00. We will have meetings on the first Wednesday of the month. If you’d like to join us send an email to Karen at [executivedirector@hospicegeorgina.com](mailto:executivedirector@hospicegeorgina.com)

**“To be inspired is great. To inspire is incredible.” –Anonymous**  
**At Hospice Georgina, our volunteers inspire us to be the best people we can be. They inspire us to love more, give of ourselves and to make a difference every day.**



# Grief Programs



As we enter into February, slowly making our way through an already drawn out winter and ongoing challenges of Covid restrictions, many of us are quietly carrying grief on so many levels.

For some it may be missing loved ones who have died and having to face Valentine’s Day without them, for others it may be illness, or the separation of family and friends, or the loss of a job. No matter the challenges, we all find ourselves asking “what is my new normal supposed to look like?”

**Please know first and foremost that you are not alone.** Whether friends, family or community resources, it is important to take that first step of reaching out for support.

**Honouring your personal journey.** Just as no two snowflakes are the same, acknowledging your journey as sacred and unique to your own hearts knowing and to your own personal growth.

**Give yourself permission.** Allow the flow of where your heart guides you to be within your grief and healing, knowing that you will have both good days and bad and that that is OK.

**Holding space for grief.** Acknowledging where you are at and what you need is an important aspect of self care. Finding time to grieve, to remember, to feel and to love.

## Say It Better

When someone dies, the first steps are usually pretty clear — you fill the family’s refrigerator with meals, go to the funeral, and send bereavement cards. After the initial period, the process tends to go off script. We don’t want to remind a person of their loss and the fact that they are grieving. So, in response, we tiptoe around talking about it.

Although well-intended, we might say things that are hurtful or not helpful because we are focused on getting through the uncomfortable moment rather than being present for the grieving person. Below you will find helpful phrases you can use to communicate effectively with a grieving person.

Rather than say ...	You can say ...
How are you doing? They’re in a better place.	It is good to see you today. I’m sorry you’re suffering.
I know how you feel. They wouldn’t have wanted you to be sad.	I can’t imagine what you are going through, but I am here to listen. It is OK to feel the way you are feeling.
You must be strong for your family.	How is your family doing? Do you have concerns about your family?
Patient	Guest
They are in a better place.	He/She was a wonderful person and they will be missed. I know how much you miss them here with you.
Give it time. It will get better. Have a good day.	I know that missing them will be forever. Let’s talk about the memories you shared. Take care of yourself. It was good to see you today.



## 3rd Party Fundraisers

Thank you to KESWICK Boston Pizza for selecting Hospice Georgina for their community Valentine's Day fundraiser!

Starting now until February 14th!

\*\*Order a Chocolate Explosion (1\$ donation from each cake)

\*\*Add a digital heart to your order at [BostonPizza.com](https://www.bostonpizza.com)

\*\*Order a famous Heart-Shaped Pizza on February 13th & 14th (\$1 donation from each heart pizza)

Again, our sincere thanks goes out to Keswick Boston Pizza and all our community for your continued support and dedication, we are truly grateful... None of our programs offered to our community at no charge, would be possible without our incredible community and supporters.



# BOREDOM BUSTERS

BIG thank you to Jason, a member of the online Boredom Busters group. They held a 50/50 draw and the winner Jason chose Hospice Georgina to receive the proceeds. Thank you to both the admins of the group and to Jason for selecting Hospice Georgina. Also for your kind words about your experience with hospice care.

All funds raised provide needed palliative and bereavement support for clients, and families in Georgina.. All funds stay in our community, ensuring our friends and neighbours get the support they need, when they need it most.



# **VIRTUAL ART GROUP**

Thursday February 18th

11:00-12:00 pm

On ZOOM

Activity of the month: Intuitive Painting



Join us for conversation while we practice a mindful method for creating a background on canvas.

Pre registration required to receive porch drop off of art materials.

Please email Christine at:

[volunteerprograms1@hospicegeorgina.com](mailto:volunteerprograms1@hospicegeorgina.com)



**Creation of the month: Hoop Wreath**



Here is some beautiful hoop wreath created at our Virtual Art Group in January!

## Fundraising

**Round 3 of Catch the Ace begins...**the application has been submitted... the date is set...stay tuned!

### **Round 2: THE ACE OF SPADES WAS FOUND!!!**

Congratulations to the winner, Catherine McNeven, who chose Card #24 which was the **ACE OF SPADES!** Catherine's winning ticket number was A-2706484. Catherine took home \$12,675.00 in January.

We would like to thank everyone who got caught up in the fun with us for the last 5 and a half months. Your support means the world to both Hospice Georgina and the clients that we serve. Because of your on-going support we are able to offer all of our services and programs free of charge..

THANK YOU TO EVERYONE WHO SUPPORTED US IN OUR CATCH THE ACE RAFFLE

# Hospice Georgina Catch the Ace



[Click Here](#)  
To Purchase Tickets

**LL#12049**

