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2020 was a year of mixed blessings. It presented opportunities, challenges and reflection. There were many lessons to be learned: to live life to the fullest, to celebrate each day, to spend time with family and loved ones, make health and wellness a priority, to make connections, to find joy in simple pleasures, to be grateful for all that we have and to take time to reflect and pause each day.

The year 2021 is upon us and I'm certain we will all welcome a new year, a new beginning, a fresh start, a time when many set new goals.

One way to celebrate the new year is to have a 2021 Gratitude Jar. Find a very large empty jar. Each time you reflect upon something you are grateful for such as the memory of a loved one, the warmth of the sunshine, a walk with a friend, write it down on a slip of paper and put it in the jar. Watch the jar begin to grow. Soon your jar will be full to overflowing and you might even need to start another jar. If you are having a difficult day, read through the slips of paper to be reminded of how blessed you are. This is a great activity for everyone of all ages. Having an attitude of gratitude not only lifts your spirits, it puts you in a more positive mindset.

During December we received donations from organizations such as Magna, All-state, and the Town of Georgina, small businesses, volunteers and individuals as contributions for our gift bags. These bags of food and/or Christmas treats were delivered to community clients and those who are grieving the loss of a loved one.

We celebrated our volunteers by providing lanterns to them as a reminder that our volunteers represent the light and hope they provide to others.



We are so blessed to have dedicated volunteers, staff and board members who continue their commitment to our organization. We are excited about the programs we offer and new programs starting 2021. Our volunteers will continue to provide support by phone, online zoom sessions and in person when it is safe to do so.

Wishing you all a new year filled with blessings, joy, health and connections.



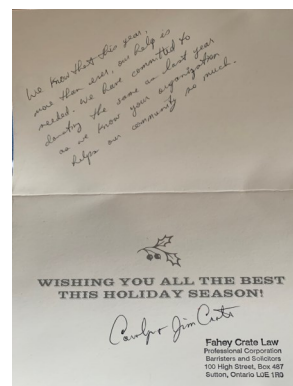
THANK YOU TO OUR DONORS!

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.”*



Newmarket Chapter No. 252 - On behalf of Hospice Georgina, we would like to thank you for your contribution of **\$200.00**. Your financial support helps us continue in our mission and assist those in our community.

Thank you to Fahey Crate Law for donating **\$1000.00** and for all your ongoing support. The generous support of individuals like you makes it possible for our organization to exist and to make the community a great place to live.



Hospice Georgina relies solely on donations from the public to keep our doors open and continue with the work we are trying to do. Your generous donation is deeply appreciated. **Donated \$500.00**

Hospice Georgina also thanks the following donors

- Mary Margaret Thorburn
- Mary Catherine Macaluso
- Dianne Potter
- Angus & Sandra Watt
- Deirdre Fitzpatrick
- Pat Henderson
- Paul Gormley
- Maria Fernandes
- Joanne Smith



**BINGO WORLD
+ GAMING**

WE'RE RAISING MONEY!

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

bingoworld.ca



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 the training for the different 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. Apply now at www.hospicegeorgina.com



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?

Barbara: client visiting hours, grief support, or meditation, reiki, day program to volunteerprograms2@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

Amanda Barnett

Amy Davies

Staff

Executive Director

Karen Jay-Moore

Office Manager

Laurie Knapp

Grief, Volunteers & Programs

Barbara Allin

Grief Support

Heather Patriarch

Client, Volunteers & Programs

open, accepting applications

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333

www.hospicegeorgina.com

Meet New Board Member Amanda Barnett



I'm Amanda Barnett, a new Hospice Georgina board member. I'm a registered nurse with over 13 years experience working in both hospital and community settings, and am currently employed as a staff nurse at Hill House Hospice, a residential hospice in Richmond Hill.

Having advanced education and certification in hospice palliative care, I have comprehensive knowledge in providing palliative care to clients and their support systems, and have been a palliative care resource to fellow staff of former employers.

Having lived in Georgina for 11 years, I pursued an opportunity to volunteer at Hospice Georgina not only to become more involved in the community I call home, but also because I have a vested interest in the work and success of Hospice Georgina.

Through my profession, I've seen first hand the positive impact this organization has on the quality of life of individuals with life-limiting illnesses, as well as the beneficial support services for individuals affected by those with life-threatening illnesses or who have experienced the death of a loved one.

I believe my experience and education has equipped me with applicable skills to help advance the mission and sustainability of Hospice Georgina along with its other board members and staff.

Being a board member of Hospice Georgina, I not only hope to gain valuable leadership experience, but I also aim to become an influential advocate for hospice care and services in my community.

When not working or volunteering, I enjoy spending time hiking trails in my Udora neighbourhood, cross stitching, and reading non-fiction literature.

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.

Contact volunteerprograms2@hospicegeorgina.com

Day Hospice Program: This program is for people living with life limiting illness and runs in-person on Wednesday mornings. Currently on hold due to COVID –19 restrictions. For more information contact Karen: executivedirector@hospicegeorgina.com or volunteerprograms2@hospicegeorgina.com

Caregiver Support Group (CHATS & Hospice Georgina) runs weekly sessions, with a varying schedule to accommodate different needs. Caregiver support groups being conducted using MS TEAMS. Contact volunteerprograms2@hospicegeorgina.com

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 volunteerprograms2@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 us 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 3-4 pm virtually by Zoom

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.

Virtual Arts Group is a great way to express emotions, cope with stress and anxiety, and simply

PROGRAMS

CANDLE LIGHT SERVICES AVAILABLE FOR VIEWING

For anyone interested in viewing the service, it is available on MW Becker's website.

Please see link below:

<https://mwbeckerfuneralhome.com/>



The ritual of lighting a candle to pay tribute to a life 'passed' has long been a part of our culture. Keeping a light burning in remembrance signifies that the memory still lives on and burns bright. It is a ritual that promotes reflection and signifies remembrance.

Fundraising Update

ONLINE AUCTION

On behalf of our organization, we would like to thank our volunteer "Judi" for organizing and running our recent online auction. To the community donors for all the donated items. Your generous contribution will help us keep providing our programs at no charge. Also, to the supporters and followers for making this auction a success. Your contribution, and the contributions of others like you, go a long way to supporting our mission.

We raised \$2234.00



Grief Programs and Volunteer Coordinator

Hello, from Hospice Georgina's newest staff member!

My name is Barbara Allin, the Grief Programs and Volunteer Coordinator. I am so excited to be a part of this wonderful team!

I am happily married, mom to three amazing boys and I come to you from across the lake, in Innisfil! I am a registered Social Service Worker and have worked within the social services sector for the past seventeen years; supporting teens and their families in rehabilitation and family-centered programming, working with students as an Educational Assistant in the school board, as well as in-home support to individuals with Autism and developmental disabilities.

I have completed the 30 hour Hospice Palliative Care Ontario training and I am in the process of completing my End-of-Life Doula certification. In addition, I am a practising Reiki Master Practitioner/Teacher and Spiritual Development Mentor.

With both my personal experiences and many opportunities to walk alongside so many individuals, as they navigate their life's journey, each has blessed me with an understanding of the depths of the soul. It is our need for balance, connection, understanding and meaning, within both ourselves and with those around us, that motivates and guides my heart-centered approach to life, to learning and to healing.

As I step forward into this beautiful new endeavour within Hospice Georgina I look forward to the relationships that will form and the continued growth that unfolds.

Warmly,
Barbara Allin



Volunteer of the Month:

We are grateful to Volunteer and Board Chair Mary Margaret Thorburn who goes above and beyond for Hospice Georgina. During the last week of December you would see her arrive daily with Santa Hat and mask ready to deliver packages to our clients in the community. We received a phone call from one of the recipients to tell us how much she appreciated the thoughtful gift and the visitor who came to her door. The recipient commented on how kind this visitor was and so easy to talk to. Mary Margaret is "On Air" each Wednesday night for our Catch the Ace draw. We know she believes in the work of our staff and volunteers and we appreciate her daily acts of kindness.



3rd Party Fundraisers

Local artists Shelia Dobson & Susan Sutherland created ten Bespoke filled and Knitted Hats to be raffled for Hospice Georgina. Fundraising is particularly difficult in these Covid times and this was an easy way to reach community members. Many thanks to all the folks who bought tickets and supported Hospice Georgina. **Raised \$210**



The Staff of Lipchitz Professional Corporation are celebrating THEIR own 10 Days of Christmas. Each day they are holding a fun event to earn points towards some nice gifts. They chose Hospice Georgina to be the recipient of their Day 5 “Poke the Tree” As you can see by the picture attached, they filled cups with little gifts.



Staff paid to “poke” and see what their cup held. Items were decorations, candy, candles and silly gifts. The staff event raised \$100 and is donating it to Hospice Georgina.

Their staff wrote the following - We thank you for all the hard work and amazing services you provide to our residents. We hope you, your staff and volunteers have a very safe and Merry Christmas.

Raised \$100

Steve’s No Frills has once again given back to the community with their annual “Give a Little, Help” Charity fundraiser.

Steve and his staff fundraise each holiday season to raise funds for Hospice Georgina programs. A big thank you goes out to Steve and staff at Sutton No Frill’s for raising **\$330.57.**



The Dawning of a New Day!

Karen Jay-Moore

I have served in different capacities in hospice and have had the privilege of sitting with families and individuals as their loved ones transitioned to the spirit world. I have shared their journeys, been touched by those who have welcomed me into their home and hearts, helped with legacy memories and have felt the loss of my own loved ones to the spirit world. This poem was written on behalf of the many who are grieving and struggling to see the beauty in each new day.

I awake to find another new day upon me,
the soft sunshine creeps through the blind that is drawn and I wonder, what will it be like today?

Will I be missing you as much as yesterday?
Will I be able to breathe a little easier?
Will my heart ache less?
Will I find my voice, and speak your name?

Will I be able to listen to the birds chirping outside without thinking of you each time I hear them?
For you loved to sit and listen, to watch them come to the feeder and flit about happily.
Watching you enjoy the birds singing their songs brought inspiration and reminded me to experience joy in the simple things in life.

As I see the sunshine peek through the window I wonder why it shines so bright, doesn't it know that my heart aches to see you still? And then it dawns on me. Perhaps it is you who has come to visit.

I feel the warmth of the sun upon my face, urging me to get up once more.
The gentle breeze that brushes by me has a wisp of scent that reminds me of you and
I feel the strength rise up in me to face another day with a soft smile.
I feel the courage to find joy in the simplistic things in life.

As I put my feet on the soft carpet beneath my feet, I am reminded to walk gently, to breathe in and out as if that is my only task for the day. One foot then the other, one step at a time.
When people ask, how are you today? I pause, reflect and respond in only that moment of time for it changes from one minute to the next.

When I see signs around me that give me a glimmer of hope you are near me, I wonder with awe and amazement if this can be so. Then I remember, and sigh gently, for you did say you'd always be with me, that I would be able to feel your presence around me, see signs that you are with me still.

I feel your presence in the gentle rain, the rain feels like the tears I have shed. The soft gentle wind comforts me, the person who walks past me, looks like you for a second, glances and smiles at just the right moment and it reminds me of you, or when I catch myself laughing and it reminds me of your laugh, for a single moment I am reminded you are here.

As I awake to this new day I am grateful for the memories we have, the joys, heartache, good times and journey we shared, for they made me who I am today. You helped to shape me and my world. I move forward in hope, peace, love and grace, knowing that you are always with me.

Author: Karen Jay-Moore,

Date: November 23, 2020

Volunteers and Client Programs Coordinator Report



Staying apart –Together

Our Wednesdays together have changed from how they were when I started just over a year ago, we are no longer gathered around a table, no longer sharing snacks, but let me tell you –our Day Hospice group has been full of beautiful moments and many smiles behind our masks. We’ve been doing a lot of talking about gratitude. In a time such as this we recognize the importance of taking note of the good things and just the simple act of gathering. We’ve been making beautiful crafts to keep or give as gifts, which is a fun way to get together and try something new. Our group is on pause again due to COVID restrictions, and while we’re on pause our clients are foremost in our thoughts and in our hearts. Be well until we meet again, friends!



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. Please contact for details clientcarecoordinator@hospicegeorgina.com



Thank you. First and Foremost.

It is with mixed emotions that I must tell you, my days at Hospice Georgina have come to an end. I am moving on to other opportunities and I’m excited for what the future holds but I would be remiss if I didn’t acknowledge the astounding experience I’ve had as Client Care Coordinator for the past year here at Hospice Georgina. On Day 1, when I walked into the door on a Monday morning and into Coffee and Chats I got a chance to see the true meaning of community–in action. Warm smiles greeted me and the friendliness of participants and staff alike made me feel right at home. For whatever length of time you were here, and whatever else you were going through in your life (and for many –that was a lot), you came for support and to support other people, you let other people IN on our journey. What a gift it has been to be a part of it.

Before I came to work at Hospice Georgina I didn’t know very much about the organization or the services that were offered here, and now that I do I will tell the world about the great work that happens here (and I hope you do to). I hope I’ll be seeing you around. Tracey