



INSIDE:

ACTING EXECUTIVE DIRECTOR’S REPORT

Thank you to our donors	2
Welcome to the Team—Amanda Jeffries	3
Volunteers Needed!	4
Programs	5
Programs & Community Outreach Report	6
Get involved with Creative Therapy	7
Elder Abuse	8
Tax Season is on its way!	9
Bingo is back & Catch the Ace	10



Dear Members, Donors, Clients, Volunteers & Friends,

Happy New Year!

I hope everyone has found a way to stay warm and safe. The New Year has been off to a cold, snowy start, and we are in another wave of the COVID pandemic but thanks to our incredible donors, supporters, volunteers and staff, our office remains open to support those in our community who are facing end of life and those who are grieving the loss of a loved one.

I am continually blown away by the support that you, our community, show the Society. As we continue to pivot and navigate the pandemic our priority is always to be here for our community. We are able to do the work we do thanks to each of you.

New year and new beginnings. We are delighted to welcome Amanda Jeffries the new Client Care Coordinator, and Erin Verhaaff the Administration Assistant. Victoria Vass has also started a new role as the Programs & Community Outreach Coordinator. Please drop by and introduce yourself, to our incredible team.

Lastly, thank you for your patience and understanding as we weave our way through the curveballs that COVID lobs our way. We have needed to cancel/postpone/host virtually much of what we do.

The virtual volunteers’ meetings will be canceled. I am hopeful in March we can start a volunteer Lunch and Learn in person. Details will be provided soon.

Please know that we cannot wait to be able to see all you in person soon! Until then, please stay safe and take care of one another.

Sincerely,

Laurie Knapp



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.”*



Thank you to Fahey Crate Law for donating **\$1000.00** and for all your ongoing support.

Thank you to Keswick United Church Women group for donating **\$75.00**.



Thank you Forrest & Taylor for donating **\$500.00** and always “sharing the caring”

Thank you to Club 55 Pefferlaw for your ongoing support **\$500.00**.



OUR INDIVIDUAL DONORS:

Deirdre Fitzpatrick
Gayle Clark
Angus & Sandy Watt
Dianne Potter
Rosa Gosselin
Laurie Colterman

Thank you to our monthly donors:

Mary Margaret Thorburn

Client Care Coordinator—Amanda Jeffries



Hello, my name is Amanda. I have recently joined the team at Hospice Georgina as the Client Care Coordinator. I have a background in medical and complex care. My specialty is in Dementia and Alzheimer's.

I have a Business Management degree but decided I wanted to be a part of something bigger, something that had impact on myself and the people I help.

I am excited to be a part of this kind and compassionate team, and I look forward to meeting everyone included with Hospice Georgina, as I know I will be learning a lot from my peers and clients.

Being someone who has experienced her own loss I believe that having people around me and having all the extra support really brings a comfort in our time of need. Sometimes all we need is someone to vent to or cry to and someone who has compassion and can understand our different emotions.

I want to be that person. I hope you will take the time to get and know me and introduce yourself either in person, phone call, email it doesn't matter. If you reach out I will be here.

Let's talk soon!



BOARD OF DIRECTORS

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

Members:
Freda White
Erin Gallant

Hospice Georgina

Staff

Acting Executive Director:
Laurie Knapp
Client Care Coordinator:
Amanda Jeffries
Administrative Assistant:
Erin Verhaaff
**Programs & Community
Outreach Coordinator:**
Victoria Vass

Grief Support:
Sarah Posh (student)

Hospice Georgina
The LINK
20849 Dalton Rd., Box 721
Sutton, ON L0E 1R0
(905) 722-9333
www.hospicegeorgina.com

VOLUNTEERS NEEDED!



Message from our Board

Our board members meet on the second Monday of the month. Did you know that many of our board members volunteer in other capacities too?

Our board members are great advocates for our organization helping with events, fundraising, visiting clients, and speaking engagements.

Thank you to all of our board members for your commitment to our organization, dedication and time.



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: one to one and group co-facilitation
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.

Programs



Program Calendar: Feb 2022

Monday	Tuesday	Wednesday	Thursday
	1 Creative Therapy (VIRTUAL) 1pm to 2pm Drop-In Grief Group 7:00-8:00 (VIRTUAL)	2	3 CHATS Elder Abuse Prevention Session (VIRTUAL)
7 Coffee & Chats 10:30am to 11:30am (VIRTUAL) Caregiver Support Program 1pm to 2pm (VIRTUAL)	8	9	10 CHATS Elder Abuse Prevention Session (VIRTUAL)
14 Coffee & Chats 10:30am to 11:30am (VIRTUAL)	15 Meditation with Lena (VIRTUAL) 11am – 12pm Creative Therapy (VIRTUAL) 1pm to 2pm Drop-In Grief Group 7:00-8:00 (VIRTUAL)	16	17 CHATS Elder Abuse Prevention Session (VIRTUAL)
21 Coffee & Chats 10:30am to 11:30am (VIRTUAL)	22	23	24 CHATS Elder Abuse Prevention Session (VIRTUAL)
28 Coffee & Chats 10:30am to 11:30am (VIRTUAL)			

Client Program DESCRIPTIONS

Coffee & Chats: Join us Monday morning from 10:30-11:30am for a cup of coffee and an hour of socialization with our Volunteer and Client Coordinator and a member of Vaughan Community Health Centre. In this program we take a laid back approach of talking about life and wellbeing.

Caregiver Support Group: Join us the first Monday of the month from 1:00-2:00pm for the Caregiver Support program. This program is done in partnership with CHATS.

CHATS Elder Abuse Prevention Sessions: Sign up for this FREE educational series on awareness and prevention of Elder Abuse, presented by CHATS.

Creative Therapy: Join us bi-weekly on Tuesdays from 1:00-2:00pm. The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts and emotions. Limited spaces available, please contact Marisa to register.

Day Hospice: Offered weekly on Wednesdays from 10am to 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!

Drop In Grief Group: This group meets on the First and Third 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.

Individual Support: There are many reasons why individuals may be experiencing a loss in their life, a death of someone close to you, COVID restrictions, loss of income, changes and transitions. For those experiencing grief due to the death of someone close to you, we offer individual support.

Meditation with Lena: Every 3rd Tuesday of the month, join us for a guided and silent meditation.

Programs & Outreach Community Coordinator



Update from Victoria

Hello!

I hope you have been having a wonderful start to 2022, below are my updates about our current programs.

Due to restrictions, we were required to run our programs virtually in January. I am thankful that we have this option, so that we can continue to see each other in these challenging months. It is crucial for our mental health to stay connected, and at least we are able to do this through our computers, tablets, and phones until it is safe to see each other in person again.

In February, we are opening up again to do in person programs, but we will continue to run most programs both virtually and in person to give everyone opportunities to join in.

Our that will open in person and continue online are Creative Therapy (every 2 weeks Tuesday 1-2pm), Coffee & Chats (every Monday 10:30-11:30am), Caregiver Support Group (1st Monday of the month 1-2pm), and Meditation (every 3rd Tuesday of the month 11-12pm).

Programs that we will start in February that are only in person are our Functional Fitness class (Thursday's 12-1pm) and Reiki and Reflexology (1st Tuesday of the month).

Our tablet loaning program is still available to those that would like to borrow a tablet from us. If you do not have a good means to connect with us, please contact me and I can set you up with one. You will be able to use these tablets to tune in to our programs through online video chat, play brain games, connect with loved ones, listen to music, meditate, and more!

Also running virtually and presented by CHATS on Thursday's at 12-1pm, is an educational series about Elder Abuse Prevention running for 6 weeks starting January 27th.

If you have any questions or would like to register for any of the above programs, please reach out to me at events@hospicegeorgina.com or 905-722-9333 ex 5505. All programs require registration due to capacity limits.

Please take care of yourselves, hope to see you at our programs!



CREATIVE THERAPY

Virtually on Zoom

1:00PM TO 2:00PM | TUESDAYS BI-WEEKLY

STARTING JANUARY 18, 2022

Pre-registration required, kits with art supplies will be delivered to your home. To register, please call Victoria at 905-722-9333 or email events@hospicegeorgina.com



Elder Abuse Prevention Across the Generations



**"Elder abuse is an important public health problem."
NO COLOUR - NO GENDER
"A Hidden Crime"**

Presenter: Paula Duncan, Caregiver Education Counsellor - CHATS



1:00 p.m. – 2:00 p.m.

- Jan. 27, 2022** What is Elder Abuse
- Feb. 3, 2022** Ageism and Abuse
- Feb. 10, 2022** Elder Abuse and Caregivers
- Feb. 17, 2022** Financial Abuse
- Feb. 24, 2022** Sexual, Physical & Psychological Abuse
- Mar. 3, 2022** Mental Health Addiction and Abuse

You will learn:

- 5 Types of Elder Abuse Warning
- Signs and risk factors
- How to help and be supportive "safely"

Join our Free workshops

To register visit: www.chats.on.ca/elderabuse
You will receive a Zoom link when you register.



CHATS Head Office

240 Edward Street, Suite 1,
Aurora, Ontario L4G 3S9

www.chats.on.ca

E seniorshelp@chats.on.ca
T 905.713.6596
TF 1.877.452.4287

Charitable Registration Number: 13209 0978 RR0001
Funding support for CHATS provided by the CLHIN



@chatsseniors



CHATS Seniors



Tax Season is on its way!

VOLUNTEER TO HELP YOUR COMMUNITY WITH THEIR INCOME TAXES

We will be providing free income tax clinics for low income seniors, adults and families in 2022!

Requirements:

- familiar with OR willing to attend training using e-software for online taxes
- Police reference check OR willing to complete
 - attend in person tax clinics

Call for more information:

905-722-4616

905-722-9333

905-722-5540

info@routesc.org



We are pleased to receive funding from Bingo World & Gaming to support our programs.

Did you know that our partners at Bingo World & Gaming Newmarket are welcoming back their bingo players this month? A portion of all sales go directly back to our community through organizations like ours!

For more information please visit www.bingoworld.ca/newmarket

THANK YOU!



THE ACE OF SPADES HAS BEEN FOUND!

Congratulations to the final winner, Christina Newton, who chose Card #47 which was the ACE OF SPADES! Christina's winning ticket number was A-1501344. Christina is taking home tonight's pot of \$162.00. The Jackpot was at \$2,049.00. Since the Ace of Spades was found this evening, Christina is taking home \$2,211.00! Congratulations, Christina

We would like to thank ALL of you for your continued support of Catch the Ace and of Hospice Georgina in general. We couldn't do what we do without it!

