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#### **EXECUTIVE DIRECTOR'S REPORT**



I am so excited to be joining the team at Hospice Georgina. From the moment I met the volunteers and staff I had a great feeling about the organization and felt welcome. I am an advocate for and believe in Hospice work. As a hospice volunteer, I loved volunteering in the community, singing with a small singing group, facilitating grief support to individuals and groups, helping in the residence or facilitating Reiki, Reflex-

ology or meditation. To walk along side an individual on their journey is a truly humbling experience and I can't think of a better way to spend our time.

I am looking forward to meeting each one of you and hearing what you cherish about the hospice volunteering you do, and what your special skills and hobbies are that we might be able to tap into to enhance the outreach of our hospice. When we get back into the office, my door will be open to welcome you. Or give me a call - I'd love to chat with you and find out how you are involved or

would like to be involved in Hospice.

In these times of COVID 19 we have found opportunities to connect with each other in new ways, to get creative in supporting our neighbours. If you have a

creative idea to share with us please reach out and give us a call. You will notice a new sign-in form when you come to hospice. This is for Health and Safety reasons so that we can keep track of who is at hospice, or in our programs, in case of fire drills, and as a result of our heightened awareness to keep everyone safe. We will also be asking that you wear a mask unless you have health reasons that prevent you from doing so. Thank you for helping us to keep you and others safe.

Hospice Georgina has much to celebrate. The programs offered by staff and volunteers span the ages in the community. Outreach into the schools, senior homes, grieving women and men, children, spouses, day programs, client visits, groups and individuals, special events, fundraising and Holistic modalities are wonderful assets and only happen through the work of dedicated volunteers.

t Thank you for all that you do to help serve individuals in the community. I am looking forward to meeting you. Karen Jay-Moore

## 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.*"





Cavelle Hayes donated \$100 in celebration of Gay's 80th birthday. Thank you Cavelle and Happy 80th Gay we hope you had a great day. Gay also donated \$50 for receiving a bag of homemade masks which



were made by one of our clients. Thank you Gay and our client for the generous gifts.

> Thank you to our monthly donors: Mary Margaret Thorburn Mary Catherine Macaluso

"Giving is not just about making a donation. It is about **making a difference**."

### VOLUNTEER OF THE MONTH "KAREN" "Recognizing Everyday Champions"



Karen Cowderoy has been volunteering with Hospice Georgina as one of our

wellness volunteers since December 2017. On the first Tuesday of every month, Karen facilitates our Expressive Arts Program with her non-profit art program called, The Love Project. Her program helps individuals to express themselves using different mediums and craft products – even without any artistic ability! Her giving helpful nature is contagious and Hospice Georgina has been so blessed to have Karen give our clients and community her time and expertise!



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. Please send client hours to Tracey at clientcarecoordinator@hospicegeorgina.com and for fundraising/administration to Laurie at caring@hospicegeorgina.com.

#### **BOARD OF DIRECTORS**

Chair: Angela Young Vice-chair: Sandy Walters-Smith Treasurer: Heather Rahman Secretary: Lynne Dryla Past Chair: Iain Donnell Members: Mary Margaret Thorburn Carrie Ann Smith Freda White Erin Gallant Margaret Van Den Hazel



**Bingo World & Gaming** 

We cavit wait to see you!

Ve at Bingo World are excited to announce that we will be re-opening ur doors on Friday. July 24, 2020. We are pleased to welcome you act to Bingo World where we will be upholding and practicing safety leasures to provide you with a healthy and safe environment. In order to follow the guidelines for safe social distancing and capacity

ok forward to seeing you

Taptix Hours 11 am - Midnight World & Gaming Newmarket make a difference in our community. The goal of Charitable Gaming, is to increase awareness and revenues for essential local programs and services. Charitable groups that benefit from bingo receive a portion of the proceeds based on their volunteer participation and role at the gaming centre. Come on out and support your local charities.

#### www.hospicegeorgina.com

#### **Staff**

Executive Director: Karen Jay-Moore 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

#### York Region Masks Mandatory

York Region Council has made the wearing of masks mandatory for persons entering any enclosed public spaces. (effective July 17, 2020). Business owners and operators in York Region must have a policy in place to prohibit people from entering if they are not wearing a face mask or covering and must have approved York Region signage on the premises.

You do not need to wear a face mask or covering in the following situations:

Children under five years of age

• Any person with medical conditions who are unable to safely wear a face mask or covering

Any person who is unable to place or remove a face mask or covering without help

• Anyone who requires accommodation under the Ontario Human Rights Code

- At home with your immediate family members
- While eating on a restaurant patio

• While actively engaging in an athletic or fitness activity including water-based activities

Learn more about what you need to know as a business owner or operator at <u>york.ca/mandatorymasks</u> which includes information, resources and materials including a downloadable sample policy available for adaptation, as a mask policy must be created for your establishment and a download for "Mask or Face Covering Signage".

# **Upcoming Events and Programs**

Because of the closure of the office and physical distancing requirements, some of our groups are cancelled until further notice. Some groups have been adapted so that we can still provide support in alternate formats.

Here's a listing of what is currently available:

**Caregiver Education Support Group** (CHATS & Hospice Georgina) runs weekly sessions, with a varying schedule to accommodate different needs. To enquire about times, please contact Tracey at clientcarecoordinator@hospicegeorgina.com Caregiver support groups being conducted using OTN, secure video conferencing.

**Coffee & Chats** (Vaughan Community Health Centre & Hospice Georgina)-Everyone's favourite drop-in group is back, virtually! Check in for a chat on Tuesdays and Thursdays, 10:30-11:30 am is with the Keswick Group and Mondays with is the Sutton Group 10:30 –11:30 am. Please contact Tracey at clientcarecoordinator@hospicegeorgina.com

WEM Meditation, Zen Jen & Pam Arnold 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.

Women's Cancer Support Group This is an ongoing weekly group that you can join any time. Upcoming groups every Thursday from 2-3 pm by Google Meets video conferencing.

Contact Tracey at clientcarecoordinator@hospicegeorgina.com

Grief Support Groups Group for spousal loss being offered as Zoom meetings. Contact Sharron at grief@hospicegeorgina.com

**Expressive Arts** with The Love Project is on hold for now, but art is a great way to express emotions, cope with stress and anxiety, and simply keep busy! Just be creative with whatever you have at home.



## **CLIENT CARE COORDINATOR REPORT**

Hello Everyone! Happy July! I hope that you are finding joy in these sunny blue skies and the simple pleasures of Summer. I wanted to share a few exciting things that have been happening.

Tablets: As you may know, a number of our services are now being offered virtually. For some of our clients connecting with video was impossible because they didn't have a device to access. Thanks to the United Way we received funding in June which allowed us to purchase 4 tablets, to help our clients connect. One client who is 95 years old has been using ZOOM for the first time to connect with his peers, it's been wonderful to see our clients taking on the new technology and staying in touch.

Face Masks: I wanted to give a word of thanks to one of our clients Anita S. In her spare time she has been busy making fabric masks which she has donated to Southlake and to us at Hospice Georgina! Anita had some really creative ways of sourcing fabric (using pajama pants found on the clearance rack at Giant Tiger for example) She is putting her creativity and compassion to good use as well as her sewing skills. Thanks Anita!

Community Garden: Another big THANK YOU goes out to Judi, who has been investing her time, energy and green thumb to ensure that our Hospice Georgina Community Garden plot is thriving. Through the extreme heat and Covid restrictions at the Link Judi has been diligently tending to the crops and her efforts are beginning to pay off with her first harvest going out to clients this week. Thank you so much Judi!

Visiting Volunteers: I am SO happy to announce that we are beginning to offer in-person, socially distanced volunteer visits once again! We are in the process of offering virtual training to ensure volunteers are able to operate safely for the sake of our clients and Volunteers. Our clients are among the most vulnerable in our community and while there are definitely more restrictions in place than we are used to, it's wonderful to be in a position to be able to start the process of re-opening some of our services in person.

So many of us are coming out of our quarantine at last and making our way into the homes and backyards of friends and families. It feels good to be out amongst people but certain activities feel undeniably strange. Restrictions are beginning to ease, but for many people who are at greater risk of Covid complications navigating the world are anything BUT easy. Wherever you are in your Covid-19 journey, I hope you are staying true to the things that make you feel comfortable and safe.

Wishing everyone health and happiness until we see each other again, Tracey Thibaudeau







# It's hard to say goodbye



Hospice Georgina is sorry to announce that Zen Jen and her family are moving up north between Sudbury and North Bay at the beginning of August. It is exciting and bittersweet. The family are realizing a dream of living on some acreage with

out buildings and a pond. We want to wish them well with their move and an easy transition into their new life. A special thank you to Jenn for all of her time, skill and healing that she has shared with us at Hospice Georgina – from monthly mindful meditations, Chair Yoga, ThetaHealing to all the workshops that you facilitated! You are leaving behind some empty shoes that will be difficult to fill!

We wish you well on your new adventure!





#### HOSPICE GEORGINA

# VIRTUAL BEREAVED MOTHER'S SUPPORT GROUP

DATES: 2ND MONDAY OF THE MONTH (exception is October it will be held on the first Monday due to Thanksgiving):

AUGUST 10, SEPTEMBER 14, OCTOBER 5, NOVEMBER 9 & DECEMBER 14, 2020

TIME: 2PM-3:30PM

**VENUE: VIRTUALLY BY ZOOM** 

This support group is offered to all at no charge, registration is required. For more information or to register, please call Sharron Spencer at 905-722-9333 ex 4, or email to







Hospice Georgina Sharing The Caring

## Hospice Georgina Bereavement Support Group VIRTUAL PARTNER/SPOUSAL LOSS SUPPORT



Finding Hope after the loss of your Partner or Spouse.

There are no fees associated with this program.

Dates: Tuesday's September 1st, October 6th, November 3rd, December 1st, 2020 Time: 6:30pm-8pm

Location: Virtual by Zoom

For information or to register;

contact Sharron Spencer at (P) 905-722-9333 ext. 4 (E) grief@hospicegeorgina.com

