



Take time to relax, reflect and enjoy each moment!

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I love summertime. You can see what sunshine does to lift people's spirits. The warmth of the sunshine upon my face makes me smile and I enjoy sitting outdoors and listening to the birds sing, laughter from people playing outdoor games, bike riding and swimming., family get togethers, and outdoor barbecues. What do you love about summer?

With Covid restrictions lifting we are seeing more people getting out and greeting people for the first time in a long time. At first cautiously, and now masks are the norm as people adjust to going about their daily lives in new ways.

Our staff are working remotely, yet we have started offering some programs in person. We recognize the importance of getting re-connected. With this warmer summer weather and Covid guidelines in place we will do our best to offer programs in person where possible.

Our Creative Therapy program happens outdoors at the Link, under tents for shade and has been well received so far, our Walking program is also a great way to get fit, keep connected to others and get fresh air. Our Gardening Club uses our garden plot in the Community Garden at the back of the Link. Contact our program staff: Marisa and Mark for more information about programs and services. We always enjoy having our volunteers involved and this is a great way to include your clients too.

Summer is a time when we reflect on the programs and services we'd like to offer to our clients. Our staff are not only running programs but coming up with new ideas to implement this Fall. If you have ideas or suggestions please send them along, I'd love to hear what they are, and if you have a talent in a specific area of interest, it is often one of the best ways to get involved. Do you know anyone who likes woodworking? If so, we have ideas to get them involved in volunteering.

We are encouraging each of our volunteers to ask a friend to be a volunteer with Hospice Georgina. We have a great need for volunteers to help serve our clients and to offer more programs. We are looking for those who do complimentary therapies such as Reiki, Reflexology, Tai Chi, Qi Gong, Healing or Therapeutic Touch. If you'd like to visit clients on a weekly, bi-weekly or monthly basis or help with our programs please get in touch.

Stay safe and have a happy summer.



Karen Jay-Moore
 Executive Director (905) 722-9333 x 5503
 executivedirector@hospicegeorgina.com



Volunteers and Client Programs Coordinator

Update from MARISA



I hope everyone has been taking advantage of the warmer weather. With the easing of COVID-19 restrictions, Mark and I are excited to start implementing outdoor programs as per current guidelines. It will be nice for everyone to safely reconnect. For the summer months, we have a few exciting programs planned that Mark has already alluded to. The Creative Therapy program and walking group are two that I am most excited for! I am also in the midst of organizing a program called Discovering Wellness, which is a bi-weekly program that will provide clients with self-care tools and spiritual development techniques to increase personal well-being. The program will begin August 11th. If any of your clients are interested in these programs, please forward them to me for registration.

Through discussion with clients and volunteers, it is clear that the ongoing COVID-19 pandemic has presented us with challenges as a result of isolation measures. Individuals may experience mental health consequences and sedentary lifestyles, which poses concern for individual well-being. With the warmer weather and sunshine upon us, outdoor activities can mitigate negative impacts from isolation. In fact, gardening and being outdoors is known to play a strong role in mental health - especially during COVID-19 periods of confinement (Theodorou et al., 2021). Gardening activities are shown to decrease negative emotions, and buffer feelings of stress. Viewing a natural environment and being immersed in nature is shown to increase connectedness and relaxation (Theodorou et al., 2021). We are encouraging volunteers and clients to get outdoors and get involved this summer!

Let's keep our volunteer hour numbers rising! It is important to report volunteer hours at the end of each month for funding purposes. We are able to offer the community of Georgina services and programs free of charge based on our statistics, so please remember to send all visiting hours to myself by the end of month! We are excited to announce that for the fall we will be providing training to volunteers on how to log their own volunteer hours onto the Hospice Georgina database. For the fall, visiting volunteers can also look forward to educational pieces on advance care planning and managing challenging behaviours - these will be topics discussed in our monthly meetings.

Marisa Gutta, Volunteers & Client Programs Coordinator
(905) 722-9333 x5505 clientprograms@hospicegeorgina.com



LOOKING FOR VOLUNTEERS TO OFFER COMPLEMENTARY MODALITIES

(Reiki, Tai Chi, Chair Yoga, etc.) If you, or someone you know may be interested, please contact me at 905-722-9333 (ext. 5505) or, clientprograms@hospicegeorgina.com

Volunteers & Grief Programs Coordinator

Update from MARK



Happy Summer Everyone!

I hope you have all been doing well and enjoying the beautiful weather. It is finally time that we are able to get out and see each other!

This summer, we have planned several exciting groups in an in-person capacity. First, we will be launching a walking group. Our walking group will have a planned route at Sibbald Point Park. We also have a Creative Therapy group where we will be expressing our feelings through art, crafts, physical, and spiritual therapies, running at The Link every other week. Our 8-Week Grief Group will also be running again, starting July 15th, from 7:00-8:00pm. If you think your client will benefit from this program please forward them to me. We will also be running this group in the fall.



Our Drop-In Grief Group will also be running **twice** a month on the **1st** and **3rd** Tuesday from 6:30-7:30pm, starting July 6th. Our Gardening Group will also be starting in July, please contact me if your clients are interested and would like to join the group!

Please let your clients know about these groups as we need the numbers to keep the groups up and running! Currently, we are still working virtually however, some of our groups are working their way outside. We are offering one-on-one counselling support in person if your clients are interested.

Mark Pollard, Volunteers & Grief Programs Coordinator (905) 722-9333 x5504 griefprograms@hospicegeorgina.com

Program DESCRIPTIONS

Coffee & Chats: Join us EVERY 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.

Meditation with Warren: Enjoy a 60 minute guided meditation session on the last Monday of the month at 11:40am with Warren. Learn focused attention breathing exercises, along with mindfulness and compassion kindness.

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

Meals for One: Check out our social media channels bi-weekly for our Grief Coordinator, Mark, showing you how to cook a delicious, healthy, and cheap meal for one!

Stargazers Cancer Support Group: This is an ongoing bi-weekly group on Thursdays from 3:00-4:00pm that you can join any time. The Cancer Support Group is available for men and women at any stage in their cancer journey from newly diagnosed, undergoing treatment or sharing a survivor's experience with others.

Creative Therapy: Join us bi-weekly on Mondays from 1:00-2:00pm outdoors at the LINK. 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 or Mark to register.

Eight (8) Week Grief Group: This group is for our adult clients who have lost a loved one within three (3) months to one (1) year since the loss occurred. The group will be eight (8) weeks in length and cover a variety of topics including self-care strategies.

Wellness Wednesdays: Keep an eye out on our social media channels for a weekly Wellness Wednesday post! Each week we will post a photo or video showing a simple way to take care of your physical and mental health!

Walking Group: Join us on Mondays for a bi-weekly outdoor walking group from 3:00-4:00pm, where individuals are able to express their feelings and enjoy a light exercise. Weather permitting. Location at Sibbald Point Park. Spaces limited, please register with Mark or Marisa.

Discovering Wellness: NEW bi-weekly group starting August 11th from 11:00-12:00pm. This group is open to any adult living with a life-limiting illness or chronic condition, who would enjoy meeting others who may understand their experiences. The program will include self-care techniques and spiritual development tools to aid someone on their path to increased well-being.

Currently, all programs are facilitated through Zoom; please register by emailing clientprograms@hospicegeorgina.com or, griefprograms@hospicegeorgina.com

PROGRAMS

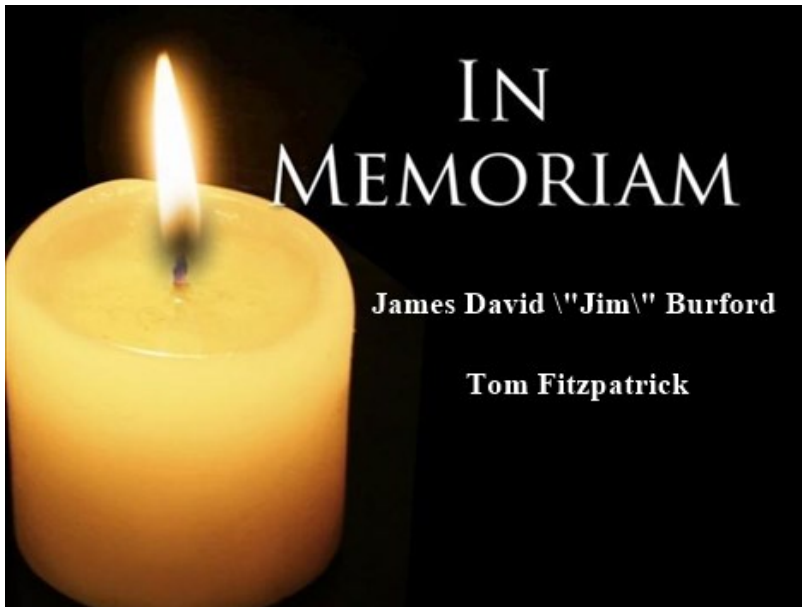
THANK YOU TO OUR DONORS!

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 for your **great** generosity! We, at Hospice Georgina, greatly appreciate your donation, and your continue support. Your support helps to further our mission through, providing our programs at no charge. **Donated \$100**

Thank you so much for continuing to support Hospice Georgina. Your help has been invaluable; Again, thank you so much. We sincerely appreciate your generosity. **Laurie A. Donated \$500**



Hospice Georgina also thanks the following donors

Mary Margaret Thorburn

Events & Fundraising News



Congratulations to this week's lucky and DEDICATED winner, Bruce Adkins, who chose Card #1 which was the ACE OF SPADES 😲. Bruce's winning ticket number was A-1450499. Bruce is taking home tonight's pot of \$202.00. The accumulating Jackpot was at \$6,181.00. Bruce DID FIND the Ace of Spades this evening so he is taking home a grand total of \$6,383.00!!!

Hospice Georgina would like to thank all our loyal and dedicated supporters. Without you and your on-going support we would not be able to continue offering our programs and services to the people of Georgina free of charge.

Please stay tuned to find out when and in what form our next Catch the Ace game will appear. Our COVID version was successful but, like you, we miss seeing you all in person so much! Thanks for being an active part of keeping Georgina safe and healthy ❤️



the beginning of June we were graciously given the opportunity to take on a Facebook based group called **Boredom Busters** from Amanda Stewart and Wendy Sedore.

They started this group in order to 'bust boredom' during the pandemic and colder months. This group took off and people really enjoyed playing so it has continued on.

This group runs draws twice a week, giving out prizes to winners. We post items for people to bid on and twice a week we run races and spin wheels to announce winners.

The money raised from **Boredom Busters** goes directly towards supporting Hospice Georgina's programs and services. We raised \$5,100 in our first 3 weeks!

A huge thank you to all that are participating, supporting Hospice Georgina's initiatives. We are truly grateful that we were given this opportunity.

Join the group today and start have fun while supporting Hospice Georgina!

Events & Fundraising News



Hospice on the Move: This was our first virtual event. We are so grateful for the incredible show of community support. “We challenged folks to participate on their own schedule and activity. Seeing family and friends rally together has been really gratifying. We are already looking forward to next year.

On behalf of our Staff and Board, we would like to thank each and every ***PARTICIPANT, DONOR, SPONSOR and VOLUNTEER*** for supporting our annual Hike for Hospice “Hospice on the Move” This years' hike raised \$3775.00. We feel very grateful to be a recipient of your kindness and community spirit. Thank you so much for making a meaningful contribution to hospice care. **THANK YOU, THANK YOU, THANK YOU!!!**





WE ARE OPEN!!

**FRIDAY JULY 16TH
9AM-2AM SUNDAY - THURSDAY
9AM-3AM FRIDAY/SATURDAY**

TAPTIX ONLY

**JOIN US FOR
BINGO AT HOME**

**THURSDAYS/SATURDAYS/SUNDAYS
VISIT OUR WEBSITE FOR
MORE INFORMATION
bingoworld.ca**

Bingo Live

Play Smart

We are pleased to receive funding from Bingo World & Gaming to support our programs. Please visit their website for full details and 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!

VOLUNTEER HOURS

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?

Marisa: Client visiting hours, Day program, holistic modalities, clientprograms@hospicegeorgina.com

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

Mark: Grief, griefprograms@hospicegeorgina.com



Thank you for supporting our organization in all you do!

August PROGRAMS Calendar of Programs for August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  <small>shutterstock.com - 177483968</small>	3 Drop-In Grief Group 6:30-7:30 All volunteers Meeting 1:30pm Cancelled	4 Evening 8- Week Grief Group 7:00-8:00	5	6	7
8	9 Coffee & Chats 10:30-11:30 Caregiving Program 1:00-2:00 Walking Group 3:00-4:00	10 Grief Volunteers Meeting 1:30pm Cancelled	11 Discovering Wellness 11:00-12:00 Evening 8- Week Grief Group 7:00-8:00	12 Stargazers Cancer Support Group 3:00-4:00	13	14
15	16 Coffee & Chats 10:30-11:30 Creative Therapy 1:00-2:00	17 Drop-In Grief Group 6:30-7:30	18 Evening 8- Week Grief Group 7:00-8:00	19	20	21
22	23 Coffee & Chats 10:30-11:30 Walking Group 3:00-4:00	24	25 Discovering Wellness 11:00-12:00 Evening 8- Week Grief Group 7:00-8:00	26 Stargazers Cancer Support Group 3:00-4:00	27	28
29	30 Coffee & Chats 10:30-11:30 Meditation 11:40-12:50 Creative Therapy 1:00-2:00	31 Visiting Volunteer Meeting 1:30pm Cancelled VOLUNTEER HOURS DUE!	Sept 1 Evening 8- Week Grief Group 7:00-8:00			

BOARD OF DIRECTORS

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Thorburn

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Volunteers & Client Programs

Marisa Gutta

Volunteers & Grief Programs

Mark Pollard

Events & Fundraising Liaison

Victoria Vass

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Sutton, ON L0E 1R0
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www.hospicegeorgina
.com

Walk & Talk

Join us for a walk in Georgina to enjoy the beautiful weather and have meaningful conversation around grief and living with chronic illness.

Join us afterwards near the Community Garden at the Link to wind down and refresh with a bottle of water.

Every 2nd Monday at 3pm
starting July 12th

