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As Ontario slowly opens again Hospice Georgina needs to take time to re-focus to ensure that our processes are up to date and that safety is at the forefront of our minds. Part of this will be phasing in our office staff within the Link. Working with the town to ensure safety will be paramount, and of course our visiting volunteers, who are essential to supporting our clients with life limiting illness. All of these factors will be key when developing practices and process for reopening. However we are not quite there yet. What our work and visits will look like as we slowly re-launch into this aspect of Hospice Georgina, will have to be addressed thoughtfully. We must be extra careful to ensure the safety of our vulnerable clients and those who support them. We are in the process of developing some work strategies and also program adjustments to ensure everyone is safe. Some of these strategies may include self-screening assessment prior to arrival, COVID screening and checks at office door as well as within the LINK, office visits limited to 1 person at a time, doors to main office area closed and use of the sliding window, seating in main office area to be only on wipe able surfaces and proper spacing when programs are started again, traffic flow arrows to ensure proper distancing controls, extra cleaning supplies and sanitizers for everyone. Things will have to change, and programs will have to adjust to a new way of supporting clients. Our volunteers who visit clients will have to use various precautions. Some of these measures might include outdoor visiting, prearranged visits, limiting time to visits, the use of self-screening tools not only for clients and family members, but for the visiting volunteer as well, and obviously the use of PPE's. We will have to be creative, and sensitive to all of our needs. We are still working out all of the details and promise to keep you all up to date as these processes/policies are developed. If you need information on Ontario's plan for re-opening you can follow this link for more information. <https://covid-19.ontario.ca/>

I also wanted to take a moment and acknowledge the hard work and dedication that all of you have shown to Hospice Georgina over the past few months. We have all had to stretch ourselves and overcome difficulties and loss. Our community is stronger for this and with us diving into more change it is important to take a moment and show gratitude and thanks. No job is too little, and no effort is less than another. Supporting one another and focusing on our network of rooted devoted volunteers and community partners/members is essential. So thank you all for all you do in sharing the caring. We are continuing to search for our new Executive Director and we are excited for this change to occur. As with everything recently, this process has been an interesting journey in managing technology and time. We are confident however that we will find the right person for this job and we will ensure everyone is up to date on information as we move along in this process. As always my ears are open and if anyone needs to chat please feel free to connect with our amazing supportive staff or myself. As always I can be reached at.....boardchair@hospicegeorgina.com Take care of yourselves,

Angela Young,
President of the Board



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.”**



Hospice Georgina would like to thank you and your team at 105.9 The Region, by supporting us with free advertisement. We appreciate your generosity.



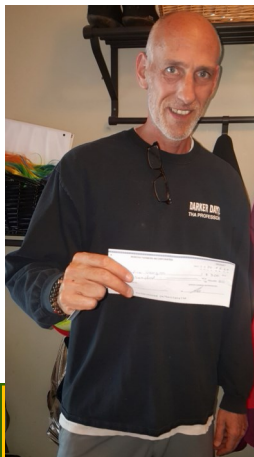
Doug Moore, Hospice Georgina is grateful for your generous \$100.00 donation. I was a pleasure speaking with you. We'd like you to know that your thoughtfulness is making a difference in people lives in our community.



Sutton Loyal Orange Lodge

A very special thank you as well to the Orange Lodge of Sutton for your generous donation of \$100.00 yearly.

Susan Williams donated
In loving memory of
Janet Big Canoe



Cory, from Buncha Farmers raised \$300.00 in memory of his wife Dorothy Besser. Your donation in honor of Dorothy's memory touched us deeply. Thank you for your support at this difficult time.

Thank you to our monthly donors:

- Mary Margaret Thorburn
- Mary Catherine Macaluso

The goal of Hospice Georgina is to continue to make a difference in Georgina. With the help of donations from supporters such as you we will continue to support our community and provide programs at no charge. Thank you for your generous support of our efforts in “Sharing the Caring.”

VOLUNTEER OF THE MONTH "Brenda" "Recognizing Everyday Champions"



Brenda began volunteering with HG in the office and fundraising early 2015. Most recently she helps in the Day Hospice programs. Brenda is optimistic, patient, and positive with the clients. She always has a smile on her face and she is willing to jump in and help wherever needed. The clients appreciate her caring and comforting interactions and she makes the program enjoyable.

Brenda brings a positive energy to Hospice Georgina and we would like to thank her for all that she does. All the best and congratulations Brenda.



Just a reminder that all volunteers need to report your volunteer hours every month by the 10th. 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
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Past Chair: Iain Donnell
Members:
 Mary Margaret Thorburn
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 Erin Gallant
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www.hospicegeorgina.com

Staff

Office Manager:
Laurie Knapp
G&B Coordinator:
Sharron Spencer
Client Care Coordinator:
Tracey Adams-Thibaudeau

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Goodbye with Gratitude

For some people reading the June Hospice Georgina newsletter, they will have already heard that I resigned from my position as Executive Director. My last day was June 5th. But I didn't want to go without one last goodbye and thank you. Hospice Georgina has been my home away from home, and my extended family for the past seven years. And they've been some of the best years of my life. In that period of time, the town of Georgina has grown, Hospice Georgina has grown, and I have grown. I am so grateful for having been a part of the successes the agency has seen. My departure is bittersweet, as it always is when leaving home to go on a new adventure. I will continue working in the non-profit sector in York Region, taking up a new opportunity for continued growth.

Let's celebrate what we have accomplished TOGETHER!

- New office at The Link
- Accreditation in 2016 & 2019
- New Day Hospice
- Variety of complimentary therapies & wellness programs
- Expanded staff and office hours
- 68 active volunteers
- Mentors program
- Publishing a book
- New caregiver support program
- Self-management workshops
- Successful fundraising program
- 200+ clients served annually

More Sharing the Caring than ever before. Keep it up, everyone. You've got this.

Marie

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.

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, 10:30-11:30am.

Please contact Tracey at clientcarecoordinator@hospicegeorgina.

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 on June 18th, & 25th, 2pm by Google Meets video conferencing.

Contact Tracey at clientcarecoordinator@hospicegeorgina.com

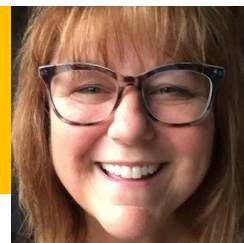
Grief Support Groups Group for spousal loss being offered as Zoom meetings.

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.

PROGRAMS

GRIEF & BEREAVEMENT COORDINATOR REPORT



This month's news from the Grief & Bereavement program is the announcement of Heather Patriarche SSW, who is working with us for a few weeks. Some of you may remember Heather when she did a placement with us a couple of years ago. Heather is passionate about supporting individuals as they walk their grief journey. She is continuing to study for her Social Work degree at York University. Heather has been working to reach out to clients to check-in on how they are coping, especially during the pandemic. We have all experienced some overwhelming feelings as we've navigated our way through the changes and restrictions of the pandemic, but for griever, it has been particularly difficult and even more isolating. We are also offering support for Professional Caregivers who continue to support those during this pandemic along with the added stresses from COVID 19.

Sharron



Who's keeping you company while you work from home?



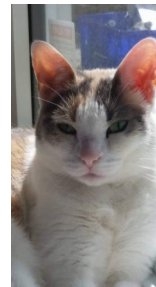
Artie It is often hard to get him to sit still as he is just so busy with work, but for this particular shot he had no problem posing. (I think he secretly likes being a uni-rainbow-doggie) Angela Y.



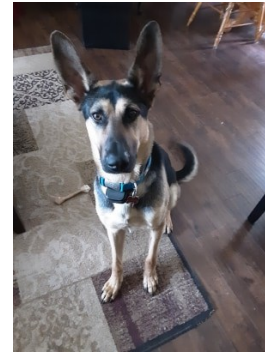
Chase Is 140lbs and runs this house. But I love him to death. Margaret VDH.



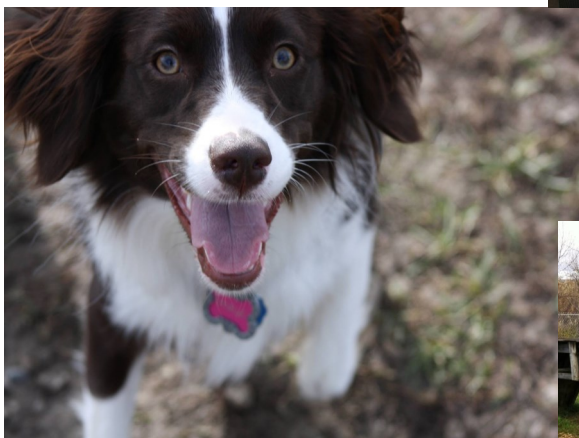
Moose Our Chocolate lab. He is 8 years old. Moose thinks he is in charge around here. Actually I think he is my supervisor. He follows me EVERYWHERE!!!! Sometimes I just walk in circles to see just how long he will follow. I will let you know if I ever find out as I usually get tired before him lol.



Oops and this is **Peaches** she is the one who is actually our BOSS. Cheers, Carrie Ann S.

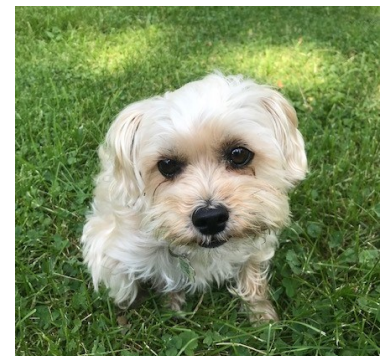
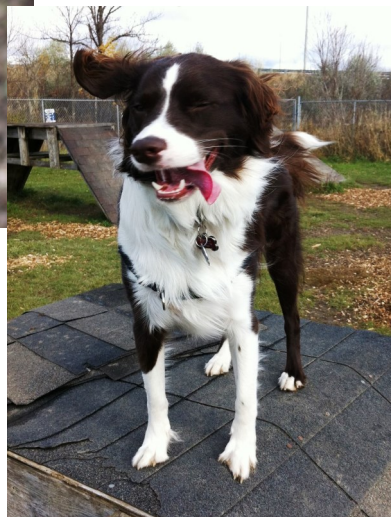


Sammy#2 We aren't sure if he is a dog, he looks more like a rabbit. My husband likes the name Sammy, hence why he is Sammy#2. Sandy W.



Chloe Some of you might remember Chloe being in the office, providing comfort to our clients. Chloe is now retired, kicking back and living the life.

Ellie (short for Noelle because we got her at Christmas) is a 7 year old English Springer/ Australian Shepard mix. She favours the Australian Shepherd traits in the way she herds her people, stubbornness and her physical stature (Aussie big butt!), but her Springer side shows with her goofy playful side and that happy smile! She is one of 12 pups in the litter and we are still in touch with them! Sharron S.



Louie He is the king of our castle and the sweetest boy. Sandy WS.

HOSPICE GEORGINA LITTLE GARDEN



Hospice Georgina's little garden at The Link is back for 2020!

It's no secret to those of us who garden that it is an almost sacred, therapeutic task. A garden can be invigorating with its constant movement and aroma, but it can also be a source of solace, a place for prayer and meditation, or even a conversation starter. Because of these factors, gardens for those in hospice care are shared with our clients and volunteers.

The last 2 years and this summer, Hospice Georgina has a plot in the circular community garden located behind The Link. This will be our third time participating in the garden and last year's effort was an enjoyable success.

Let's hear it for our garden volunteer "Judi"

Every gardening project requires committed volunteers. Volunteers contribute a wealth of experience and enthusiasm. They also bring abundant skills, fresh ideas, and extra hands to help with garden activities.

Again this year Judi has taken on the garden commitment by providing the plants, her skills and time to maintain our little hospice garden.

We thank you and appreciate your time and hard work to keep the garden going.





Central Self-Management Program Healthy Living Now Webinars

Healthy Living Now Webinars are interactive one-hour sessions for those who are looking for support to better manage their health. The webinars are designed to be practical, enjoyable, and informative. The group will be sharing experiences and learning together in a supportive atmosphere.

Getting a Good Night's Sleep Thursday June 18 1-2pm



Topics Covered:

- What is Sleep?
- Benefits of Sleep
- Tips for Getting a Good Sleep
- Problem Solving
- Making a Plan

Managing Stress Thursday June 25 1pm-2pm



Topics Covered:

- What is Stress?
- What Can I Do About Stress?
- Benefits of Exercise
- Choosing My Thoughts

Pre-registration is required, for more information visit our website:
www.healthy-living-now.ca
Call: Sally Kirby 289-231-0926
skirby@southlakeregional.org



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