MARCH/APRIL 2021 HOSPICE GEORGINA e-NEWSLETTER



NATIONAL VOLUNTEER WEEK APRIL 18-24, 2021



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EXECUTIVE DIRECTOR'S REPORT



April showers bring May flowers!. The melting snow, emergence of grass, and increase in daylight is bringing about new hope to individuals who have felt the weight of winter snow, darker days and COVID. With April upon us we have much to celebrate. National Volunteer week is the time when we recognize the work of volunteers across the country.

At Hospice Georgina it is volunteers, dedicated, compassionate individuals who founded our hospice, believing that Hospice could provide visiting to individuals facing a life limiting illness in Georgina and Georgina Island. Since 1994 Hospice Georgina has lovingly stepped forward to provide support to individuals, families, caregivers and the community in multiple ways. Today we are proud to offer our programs and caregivers, individuals with a life limiting illness, their families, and their support network all benefit from our dedicated volunteers who give generously of their time.

Our Grief support volunteers meet with individuals of all ages helping them on their grief journey to find ways to adjust to their new normal. Over time we have had volunteers provide Reiki, Meditation, Reflexology, Exercise classes, Yoga, Dance, Journal Writing, Arts, Butterfly releases and so much more.

Volunteers make a huge effort in fundraising and event planning, participating in our Pansy sales, virtual hike, walk, bike activity event, and coming up with creative ways to raise much needed funds to support our programs.

It is important to recognize that behind the scenes our board of directors provide many hours of volunteering to ensure our hospice organization is running smoothly and that clients, caregivers, families and our community are always first and foremost in our decision making.

The staff are grateful to you our volunteers for all you do to serve our community. At the moment we are a small staff of 4 and know that without you we would not be able to serve our community needs. Thank you from our hearts to yours for giving so generously of your time, talents and effort.



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."*



Two young children from Keswick raised money collecting bottles and selling lemonade. They challenged friends and family to match their earnings.

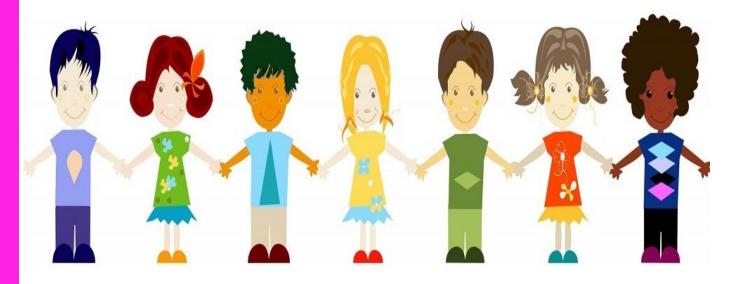
Big shout out to the Cook Family who made and sold dog treats and raised \$250.00.



Another big shout to the Koyan family who raffled off a basket and made \$310.00.

They raised a grand total of \$750.00 for Hospice.

Amazing things can start from tiny humans.





Hospice Georgina also thanks the following donors

Mary Margaret Thorburn Mary Catherine Macaluso



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: <u>https:/bingoworld.ca/newmarket/</u> Hospice Georgina is one of the many not-for-profit organizations in York Region that receives funding from Bingo World NewMarket.

THANK YOU!



VOLUNTEERS NEEDED!

The 24th annual Pansy Event is almost upon us. Last year we had to change the way we run this event, to keep our volunteers safe. It was a HUGE success and for the first time we sold out.

Volunteers are needed to help deliver pansies to residents in Georgina, between April 17-24th. If you are available please contact Laurie at 905-722-9333 ext. 5502 or email caring@hospicegeorgina.com

You can also place your orders online at www.hospicegeorgina.com. Please share this with family and friends.







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

Staff Executive Director Karen Jay-Moore

Office Manager Laurie Knapp

Volunteers & Client Visiting Christine Prakash

Grief Support Heather Patriarch

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



Client Poem

I took these photos last week and the beginnings of this poem came to me as I was taking the photos.





Finding beauty in that which is bent, spent, declining... seemingly done. Beauty in the fragility, the tenacity, the silent yet indisputable realities that my eyes so often miss, but that my heart (at times) perceives: That decaying leaves of winter feed virgin shoots of spring. That life energy changes form, deforms. loses form, POEM

is recycled,

but doesn't end.



National Volunteers Week

Volunteers

Lend Their Hands & Their Hearts

CELEBRATING OUR VOLUNTEERS!

April 18-24 is National Volunteer Week, and Staff and Board Members at Hospice Georgina would like to take this opportunity to express our appreciation and thanks for another year of hard work and a job well done.

Our volunteers do so much for Hospice Georgina! Volunteers lead our Board of Directors. Volunteers help us pay our bills such a heat, lights and Internet through participation in fundraising and monthly donations. Volunteers raise awareness about hospice palliative care in the community by sharing what we do with others. Volunteers are at the front lines of "Sharing the Caring" providing service such as visiting or grief support to clients in Georgina. It is amazing the things our volunteers do to help the Hospice Georgina community. Thank you, from our hearts to yours, for all you do.

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? Christine: Client visiting hours, Day program, holistic modalities, meditation, volunteer meetings volunteerprograms1@hospicegeorgina.com Laurie: Fundraising, Board or administration hours, caring@hospicegeorgina.com. Karen: Grief volunteers, grief meetings, send to executivedirector@hospicegeorgina.com Thank you for supporting our organization.

Volunteers and Client Visiting Coordinator

Welcome Spring!



Dear Volunteers,

I hope March comes in like a lion and goes out like a lamb so that we can have an early spring. Some of us have Spring Fever and can not wait for the grass to become green, see the beautiful buds on the trees, listen to the birds singing and sit outside with a lovely cup of tea.

April is National Volunteer Month. Canada has led the way by celebrating National Volunteer Week starting in 1943 to recognize the contributions of women on the home front during WWII.

Celebrations dropped after the war, and the interest resurged in the late 60's & early 70's. The April week was made official in 1990. In 2021, National Volunteer

Week will be on April 18-24 in Canada and United States.

I would like to take a moment to say a heartfelt thank-you to all our volunteers for your dedication and generous gift of time on a continual basis. Your acts of kindness may seem small, but the impact that they will leave in our community will be huge. Thanks for volunteering.

Christine Prakash

Volunteers & Client Care Coordinator



Goodbyes are always sad



Hello Until Next Time:

My contract with Hospice Georgina comes to an end on March 31. It has been a pleasure working with and being supported by the great staff here. Thank you to all of the clients who shared their stories with me. It was an honour being able to support each one of you. I wish all the best for everyone in the future. I am looking forward to my next chapter, completing my degree in social work.

Heather Patriarche

We were blessed to have received special funding for this position through the United Way, an eight month contract to hire a staff member who would work virtually online for the most part with individuals and groups who required grief support. Heather was the perfect fit for Hospice Georgina, as she had done a placement during her Social Service Worker program. Heather supported individuals in the Tuesday evening Spousal Loss Group and held many one to one individual sessions with clients.

The staff and clients are sad to see Heather go and wish her happiness as she begins a new chapter in her life. Heather said she doesn't like good-bye's so I suggested we just say "hello until next time".

We have advertised the position of Volunteer and Grief Programs Coordinator. People with interest in this position are encouraged to send a letter of interest outlining their experience with grief work and a resume to executivedirector@hospicegeorgina.com.

Until someone is hired our executive director is providing psychotherapy/counselling sessions for clients, and our grief volunteers have started to provide grief support for clients online, by phone and in person when and as it is safe to do so.

Our Grief volunteers meet on the second Tuesday of the month at 1:30 on zoom. If this type of volunteering is of interest to any of our volun-

teers, please contact Karen at executivedirector@hospicegeorgina.com.

Additional grief training will be provided to our volunteers on an ongoing basis.

Karen Jay-Moore Executive Director



<u>Hospice Georgina</u> March 2021 Calendar

To register/receive the zoom link please contact volunteerprograms1@hospicegeorgina.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30am- 11:30am: Coffee & Chats 1:00pm- 3:00pm Caregiver Support Group	2 1:00pm Volunteer Meeting 6:30-pm 8:00pm: Spousal Loss Support	3	4 3:00pm- 4:00pm: Stargazers Cancer Support Group	5	6
7	8 10:30am- 11:30am: Coffee & Chats	9	10 9:30am- 11:30am/1:30-3:30 Virtual Day Hospice	11 3:00pm- 4:00pm: Stargazers Cancer Support Group	12	13
14 Daylight Saving Time	15 10:30am- 11:30am: Coffee & Chats	16	17 Happy St. Patrick's Day! 9:30am-11:30am/ 1:30-3:30 Virtual Day Hospice	18 11:00-12:00: Virtu:al Art Group (Signs) 3:00pm- 4:00pm: Stargazers Cancer Support Group	19	20
21	22 10:30am- 11:30am: Coffee & Chats	23	24 9:30am- 11:30am/1:30-3:30 Virtual Day Hospice	25 3:00pm- 4:00pm: Stargazers Cancer Support Group	26	27
28	29 10:30am- 11:30am: Coffee & Chats 11:30am12:30pm Meditation with Warren	30 1:30pm: Visiting Volunteer Meeting	31 Volunteer Hours Due Today!			Hospice Georgina Staring The Caring

<u>Hospice Georgina</u> April 2021 Calendar

To register/receive the zoom link please contact <u>volunteerprograms1@hospicegeorgina.com</u>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00pm- 4:00pm: Stargazers Cancer Support Group	2 Good Friday	3
4 Happy Easter	10:30am-11:30am: Coffee & Chats 3:00pm-4:00pm: Chair Yoga	5 6 1:00pm Volunteer Meeting	7 1:30-3:30 Virtual Day Hospice	8 3:00pm- 4:00pm: Stargazers Cancer Support Group	9	10
11	10:30am-11:30am: Coffee & Chats 3:00pm-4:00pm: Chair Yoga	2 13 1:30pm Grief Volunteer Meeting	14 1:30-3:30 Virtual Day Hospice	15 11:00-12:00: Virtual Art Group (Spirits Sticks) 3:00pm- 4:00pm: Stargazers Cancer Support Group	16	17
18	: 10:30am-11:30am: Coffee & Chats 3:00pm-4:00pm: Chair Yoga	9 20	21 1:30-3:30 Virtual Day Hospice	22 3:00pm- 4:00pm: Stargazers Cancer Support Group	23	2/
25	1	6 27 1:30pm: Visiting Volunteer Meeting	28 1:30-3:30 Virtual Day Hospice	23 3:00pm- 4:00pm: Stargazers Cancer Support Group	30 Volunteer Hours Due Today!	Hospice Georging Sharing The Caring

Pansy Day

Fundraising

\$20 PER FLAT E-TRANSFER PAYMENT DELIVERED TO YOU Between April 17-24, 2021

Go to www.hospicegeorgina.com to place your order totay!

Thank you for supporting Hospice Georgina



Hospice Georgina Catch the Ace



LL#12049

Hospice Georgina Sharing The Caring