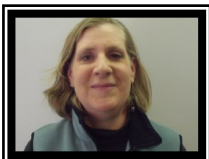




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**EXECUTIVE DIRECTOR'S REPORT**



Celebrating Hospice Palliative Care in May

The first full week of May marks National Hospice Palliative Care Week in Canada. National Hospice Palliative Care Week is a time to celebrate and share achievements of hospice palliative care throughout the nation, but it also provides a platform to look at shortcomings and create bridges for these gaps. This year, CHPCA responded to a call for an updated “Busting the Myths” campaign. Myths circulate about accessibility, ease of access, illness criteria and cultural misperceptions of hospice palliative care and impacts care that is accessed and provided. To learn more, visit: <https://www.chpca.ca/campaigns/national-hospice-palliative-care-week/>

Hospice Georgina’s volunteers have been key to making hospice palliative care accessible in the community by visiting people in their homes across the entire Town of Georgina, and sometimes even beyond our borders when needed. Our volunteers have helped with ease of access to hospice palliative care in so many ways, such as volunteers providing transportation for clients to and from the Day Hospice program. Our volunteers know about the illness criteria for service from Hospice Georgina. It’s not just about cancer, it’s for people with other life-limiting and life-threatening conditions like COPD, congestive heart failure, neurological diseases, and more. Our volunteers provide support to anyone who needs it in Georgina, of any culture, any faith group, any socio-economic group, any gender identity, everyone! Feedback from our clients, their caregivers and the bereaved have let us know time and time again that the work we all do together makes a difference. Keep up your good work, and celebrate the impact each and every one of you have made in the town where you live!



*Marie Moton*



## 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 Dr. & Mrs. Stapleton for your donation. Your support means so much, You truly have made a difference.



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 "Jen"



Jennifer Funnell is May's Volunteer of the Month at Hospice Georgina. Jenn is an intuitive healer and meditation specialist, providing her energy work by mentoring others to recognize their own intuition, as a tool for wellness. At Hospice Georgina, she has been providing one of our monthly mindfulness meditations for more than two years, along with individual ThetaHealing sessions. ThetaHealing is a mind/body technique that uses energy that flows to produce permanent changes at the cellular level; affecting individuals physically, emotionally and spiritually. If you haven't tried a session with Jenn yet, we highly recommend that you do! Jenn has also facilitated some of our most popular workshops; Meditation 101, along with Therapeutic Wellness Vision Boards and Connecting to Our Intuition. Jenn lives in Georgina with her husband and two children. She is also an animal communicator. Animals have always been a part of her home life since childhood and she currently enjoys a pug, cats and many chickens! We can't thank Jenn enough for her giving kindness to provide help and support to our Hospice community.



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](mailto:clientcarecoordinator@hospicegeorgina.com) and for fundraising/administration to Laurie at [caring@hospicegeorgina.com](mailto: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  
J. David Hobson, QC  
Carrie Ann Smith  
Freda White  
Erin Gallant  
Margaret Van Den Hazel

[www.hospicegeorgina.com](http://www.hospicegeorgina.com)

### Staff

**Executive Director:**  
Marie Morton  
**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  
(905) 722-9333

## 2020 JUNE CALLWOOD AWARD



### June Callwood Circle of Outstanding Volunteers

Congratulations Carrie Ann Smith, who is the recipient of the June Callwood Award for 2019/2020. The June Callwood Award was established in 1994 by Hospice Palliative Care Ontario, to acknowledge and thank outstanding hospice volunteers throughout Ontario. The award was named in honour of the late June Callwood, and long time advocate of hospice, community activist, author and recipient of the Order of Canada. June was the inaugural recipient of the award. Since then, 706 hospice volunteers have been inducted into the Circle of Outstanding Volunteers. In all her years as a journalist, author, broadcaster and humanitarian, June Callwood's name became synonymous with integrity, talent and passion for social justice. She has touched the lives of generations of Canadians by giving that passion expression through her words and through her work in the service of those in need.

Carrie Ann's dedication and generous spirit are qualities that make her a wonderful Hospice Volunteer. Her very practical side helps her to see what she can do in that moment to make the difference in someone's life. Carrie Ann joined the HG volunteer team in 2009 and has had many roles. She's been part of the Rainbow program for children, supported grief programs, visiting clients in their home or helping to raise awareness and funds by being a member on the Event Committee, and most recently joined the Board. Her energy is infectious! Carrie Ann is positive, supportive and always helps others to see the best in every situation. She believes in Hospice and the work that we accomplish by working together. Her caring attitude has touched the hearts of many. She has stepped in and managed to meet the needs of families in crisis – no task is too big or too small. One of the family members relayed to Hospice that "God sent us an angel when we needed it most: her name is Carrie Ann."

Carrie Ann is honoured to receive this award. The award ceremony normally held at the HPCO conference in April was postponed due to COVID-19. The ceremony is due to be rescheduled to the fall where Carrie Ann will be recognized in front of her peers. If you see or speak to Carrie Ann, please congratulate her on her outstanding achievements.

It is a privilege for the staff, Board and volunteers to work with Carrie Ann.

## 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](mailto: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](mailto:clientcarecoordinator@hospicegeorgina).

**WEM Meditation** and **Zen Jen** 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 May 7th & 28th, June 4th, 11th, 18th, & 25th, 2pm by Google Meets video conferencing.

Contact Tracey at [clientcarecoordinator@hospicegeorgina.com](mailto:clientcarecoordinator@hospicegeorgina.com)

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

Contact Sharron at [grief@hospicegeorgina.com](mailto: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

# CLIENT CARE COORDINATOR REPORT



Hello Everyone! Happy May? ~~November?~~ May!

The weather may not be able to make up it's mind as to what month it is, but hey...it's May! The warm weather and blooming flowers are right around the corner. In times of difficulty, maybe it's seeing the buds coming up out of the ground that gives you hope, or the birds building their nests. Maybe its standing under some tall trees and just listening to the wind. Nature can be very grounding, which is something we all need. Good for you for staying grounded!

Maybe you listen to music or watch a funny movie to take your mind off all the bad news. Humour and distraction can be very helpful and are valid coping mechanisms. Way to find your groove! Maybe you've discovered a yoga practice or landed on a meditation that has been working for you, like the ones we have posted on our Youtube channel: [https://www.youtube.com/channel/UCBqqbt7yXfnQAcKO\\_ljzkNg](https://www.youtube.com/channel/UCBqqbt7yXfnQAcKO_ljzkNg). Gentle movement and meditation are great ways to cope with the stresses we are all feeling in our daily lives. Namaste!

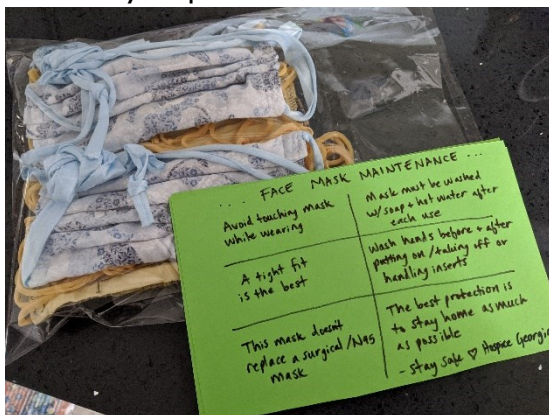
Maybe you're one of the many who finds it therapeutic to cook or bake. It's a wonderful way to feel connected and in control of your nourishment. Way to *bake* it happen!

Maybe it feels good for you to help others and you're delivering food or doing check-in calls to someone in need. Perhaps you are sewing masks for frontline workers, or you've written a positive message on a stone at the end of your driveway. Nice work staying engaged!

Maybe some days you may just need to give up on doing anything and stay in your Pajamas. Those days are necessary sometimes too. Glad you're honouring yourself that way!

Whatever your 'thing' is that keeps you going...keep at it! This situation won't last forever, this too shall pass. It's important to do the things that fill your cup and make you feel whole.

These are some masks that we delivered to some of Hospice Georgina's most vulnerable clients over the past couple of weeks, supplied by volunteers generously giving of their time, energy and resources. The clients who received them were so appreciative to have some protection and a little bit of home-made love on their side as they go about the necessary and unavoidable appointments they require.



Wishing everyone health and stability until we see eachother again,  
Tracey Thibaudeau

# Meditation: A simple, fast way to reduce stress

*Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.*

If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace.

Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment.

And you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

## **Meditation and emotional well-being**

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

## **Meditation and illness**

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress.

While a growing body of scientific research supports the health benefits of meditation, some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as:

Anxiety-Asthma-Cancer-Chronic pain-Depression-Heart disease-High blood pressure-Irritable bowel syndrome  
Sleep problems-Tension headaches

*If you are feeling like you need a little bit more Meditation in your week here are links to 3 sessions hosted by Hospice Georgina's wonderful volunteers: Go to Hospice Georgina YouTube channel to view these videos.*

[3m Meditation over Georgina By HG Volunteer Pam Arnold](#)

[Zen Jen Meditation](#)

[WEM Meditation](#)

# Advance Care Planning Conversations in Times of COVID 19



## Presented by:

Susanne Urzendowsky

Social Worker & Clinical Practice Lead (MSW, RSW)

**Wednesday**  
**May 20<sup>th</sup>, 2020**  
**1:00 PM – 2:00 PM**

VIA  
**zoom**

The objectives of the session are:

- Discuss the Importance & Benefits of ACP
- ACP & the Role of the Substitute Decision Makers (SDMs) in Ontario
- Discuss and Differentiate the Concepts of ACP and Goals of Care
- Practical Strategies to Support the Conversation
- Working with Individuals or Groups – Initiate Discussions with Peers

RSVP [egureva@myhospice.ca](mailto:egureva@myhospice.ca) | **FREE** Register NOW!

**PalCare**