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Spring is finally here, warmer weather, flowers blooming and new beginnings. We are delighted to welcome Marisa Gutta to the position of Volunteers & Client Coordinator, and Mark Pollard as Volunteers & Grief Programs Coordinator. They are quickly getting acclimatized to their new roles, have facilitated groups, met many volunteers, clients, caregivers and participated in meetings.

They are eager to meet each one of you. I know you will make them feel right at home.

May 6 to 10 is Mental Health Awareness week, a good opportunity for us to take stock of where we are individually in our own Mental Health. What do you do for Self Care especially during these challenging times? I look at Self Care from a **Mind, Body and Spirit** perspective.

It is especially important to Manage your **Mind** and Self Talk. What messages are you giving to yourself on a daily basis? Be sure to say kind and encouraging words to yourself as you would to friends and people you meet. Limit the amount of news you watch, once a day will do, preferably not first thing in the morning or before bed. Choose carefully the shows you watch on TV and limit your time on technology. Start each day with a Gratitude-Attitude stating what you are grateful in the morning and before bed.

We all know that exercise is important for our **Body**. If you are unable to get outside for a walk or bike ride, getting fresh air is the next best thing. Open your curtains, your windows and front door. Stand outside on your back porch, back yard or patio. Breathe in fresh air. Dig in the dirt, dig in your garden or plant seeds and watch them grow, often referred to as Earthing and aids in wellness.

Spirit often refers to your understanding of self, how you walk in the world, your connection to the world around you, your belief systems. Breath work helps us to feel grounded, and safe and it takes us out of fight, flight or freeze mode. Music and laughter are good for your soul. Make a list of your favorite songs and sing out loud, dance or try laughter yoga. Find a few quiet moments during the day in your favorite chair, by the lake or in nature to quiet the mind and get in touch with your inner Spirit.

Surround yourself with positive minded people, those that lift you up with an encouraging word, a smile or comment, and Be that uplifting person for others. You never really know what others might be facing, and your smile may make all the difference in the world. Our volunteers help to lift the spirit of our clients, caregivers and families and for this we are truly grateful.



Gather your family, teams, friends and join us in raising money for Hospice Georgina!

WALK BIKE

HOSPICE

ON THE MOVE!

JOG DANCE KAYAK

VIRTUAL EVENT

MAY 21 - JULY 11 2021

REGISTRATION FEE: \$25.00

WITH PLEDGES OF \$50.00 OR MORE
YOUR REGISTRATION FEE IS WAIVED,
AND ALL REGISTRANTS WILL BE
ENTERED INTO A DRAW FOR A PRIZE

PRIZES FOR:

TOP TEAM FUNDRAISERS
TOP FAMILY FUNDRAISERS
TOP INDIVIDUAL FUNDRAISER

SHARE

#ONTHEMOVE

**AND POST ON THE
HOSPICE GEORGINA FACEBOOK**

FUNDRAISING SUPPORTS OUR PROGRAMS:
ONLINE, BY PHONE, AND IN PERSON (WHEN SAFE TO DO SO)

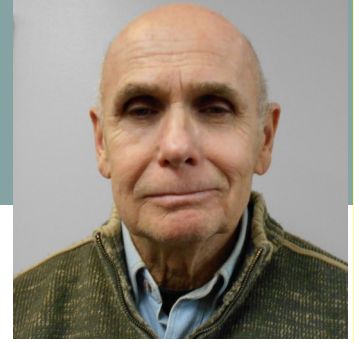
100% OF FUNDS RAISED REMAIN IN OUR COMMUNITY

Our programs are offered free of charge due to the generous donations
of individuals, 3rd party fundraisers, grants and limited funding



TO DOWNLOAD PLEDGE FORMS AND FOR MORE DETAILS
VISIT WWW.HOSPICEGEORGINA.COM

2021 JUNE CALLWOOD AWARD



Congratulations to Clifford Leonard!

Criteria for the June Callwood Circle of Outstanding Volunteers

- Inductees must be registered as a volunteer with a hospice that is an organizational member of Hospice Palliative Care Ontario
- Inductees must not be previous recipients of the June Callwood Award
- The Inductee is an individual who consistently extends him/herself beyond the usual requirements of the volunteer role
- Each inductee should have demonstrated to their hospice the following attributes:
 - Selfless service
 - Generosity of spirit
 - Compassion
 - A commitment to excellence as a volunteer

Clifford Leonard:

Cliff volunteers because he says he has had a great life and it's a way for him to give back to the community.

When told about his nomination on behalf of Hospice Georgina: he thought for sure there must be someone more deserving.

He has been with hospice over 5 years. He was awarded his 5 year pin in 2019.

He serves caregivers, clients in the community as well as offering support to our clients who are grieving.

He provides support by driving clients to and from the Day Hospice program.

When we started a Men's Walking Group – he was quick to say he'd facilitate it.

He enjoys participating in Hospice events and fundraising, attending Grief and Visiting Volunteer meetings and he always hands in his volunteer hours on time which we appreciate very much.

Cliff goes above and beyond for Hospice Georgina and we are proud to have him represent Hospice Georgina.



BOARD OF DIRECTORS

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Mary Margaret Thorburn

Vice-President

Sandy Walters-Smith

Treasurer: Jennifer Whitty

Secretary: Carrie Ann Smith

Past President: Iain Donnell

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Office Manager

Laurie Knapp

Volunteers & Client Visiting

Marisa Gutta

Volunteers & Grief Programs

Mark Pollard

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333

www.hospicegeorgina.com

Food & Meal Recourses

Volunteers please share information below, if you think your clients are in need of the following services.

Food Bank of York Region Home delivery food boxes Monday - Friday 8am-3pm. 8201 Keele St, Units 5 & 6 Concord, ON Canada L4K 1Z4; Phone 437-317-3710 Fill in order form online at fbyr.ca/portal/covid-19-order-form/ available through phone orders soon. **Delivery to residents in Georgina.**

Gathering Place Meals Free take away for local individuals and families Thursdays 4-5:30 pm Moved to Keswick Presbyterian Church (23449 Woodbine Ave, Keswick L4P 3E9) during COVID.

St. Andrew's Presbyterian Church Sutton Community meals cancelled, but still offering a food pantry - call to set up an appointment Tuesdays 1-5pm St. Andrew's Presbyterian Church, 20858 Dalton Road; Phone: 905-722-3544 **Delivery to residents in Sutton.**

Hope For Today Fellowship Church Food Pantry Food Pantry Tuesday 11am-1pm 267 Hollywood Drive, Keswick.

Helping Hands Food Pantry Maple Hill Baptist Church Food Pantry for residents of the Keswick area. 11 a.m. -12 p.m. the first and third Saturday of the month. Fill out the COVID-19 Help Request Form on their website 215 Glenwoods Avenue, Keswick, Ontario; e-mail helpinghandsfoodpantrymhbc@gmail.com; Website: www.maplehillbaptist.org/covid-support/

Georgina Community Food Pantry for residents of Georgina Thursday 3-5pm; Fridays 9am-12pm In person distribution at The Link - 20849 Dalton Rd; Sutton, ON Phone: 905-596-0557. **Delivery to residents in Georgina.**



Stories from a Hospice Georgina Volunteer

POIGNANT EXPERIENCES

By Gay A.

“It’s so important to be able to just listen to people.
It make them feel appreciated and valued.”

A client of mine had Alzheimer’s that was pretty advanced. She was being looked after by a family (not related) and immensely enjoyed being a part of these very loving people’s lives. She loved it so much that she constantly talked and talked. She and I would sit for a couple of hours and enjoy some tea, as I would listen to her share stories of the past. The caregiver just needed a break from the constant chatting once in a while. Her escape was to take two hours and sit by herself in Tim Hortons. That is what she wanted and needed to refresh herself before she returned, relaxed, to care for her patient.



I visited with many residents of Riverglen Nursing Home. The interesting part was listening to their stories. Some residents had lived in the area their whole life and had great memories of “back in the olden days.” Some stories were sad, and others were happy. I think it’s so important to be able to just listen to people. It makes them feel appreciated and valued.

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, meditation, volunteer meetings clientprograms@hospicegeorgina.com

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

Mark : Grief volunteers, grief meetings, send to griefprograms@hospicegeorgina.com

Thank you for supporting our organization.



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: <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!

May PROGRAMS Calendar of Programs for May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Coffee & Chats 10:30-11:30	4 All Volunteers Meeting 1:30-2:30 Drop-In Grief Group 6:30-8:00	5 Wellness Wednesdays Event Committee Meeting 5:30-6:30	6 Stargazers Cancer Support Group 3:00-4:00	7	8
9 <i>Mother's Day</i>	10 Coffee & Chats 10:30-11:30	11 Meals for One Grief Volunteer Meeting 1:30-2:30	12 Wellness Wednesdays Virtual Day Hospice 11:00-12:30	13	14	15
16	17 Coffee & Chats 10:30-11:30	18 Weekly Grief Group 3:00-4:00	19 Wellness Wednesdays Virtual Day Hospice 11:00-12:30	20 Stargazers Cancer Support Group 3:00-4:00	21	22
23	24 <i>Victoria Day</i>	25 Meals for One Weekly Grief Group 3:00-4:00 Visiting Volunteers Meeting 1:30-2:30	26 Wellness Wednesdays Virtual Day Hospice 11:00-12:30	27	28	29
30	31 Coffee & Chats 10:30-11:30 Meditation with Warren 11:40-12:40	← Volunteer Hours Due				

June PROGRAMS Calendar of Programs for June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Volunteers Meeting 1:30-2:30 Weekly Grief Group 3:00-4:00 Drop-In Grief Group 6:30-8:00	2 Wellness Wednesdays Virtual Day Hospice 1:00-2:30 Event Committee Meeting 5:30-6:30	3 Stargazers Cancer Support Group 3:00-4:00	4	5
6	7 Coffee & Chats 10:30-11:30 Caregiving Program 1:00-2:00	8 Meals for One Grief Volunteer Meeting 1:30-2:30 Weekly Grief Group 3:00-4:00	9 Wellness Wednesdays Virtual Day Hospice 1:00-2:30	10	11	12
13	14 Coffee & Chats 10:30-11:30	15 Weekly Grief Group 3:00-4:00	16 Wellness Wednesdays Virtual Day Hospice 1:00-2:30	17 Stargazers Cancer Support Group 3:00-4:00	18	19
20 Father's Day	21 Coffee & Chats 10:30-11:30	22 Meals for One Visiting Volunteers Meeting 1:30-2:30 Weekly Grief Group 3:00-4:00	23 Wellness Wednesdays Virtual Day Hospice 1:00-2:30	24	25	26
27	28 Coffee & Chats 10:30-11:30 Meditation with Warren 11:40-12:40	29 Weekly Grief Group 3:00-4:00	30 Wellness Wednesday Virtual Day Hospice 1:00-2:30 Volunteer Hours Due			

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.”



**Cindy Clarke
Helga Brown
Phyllis Brady
Mark Ayer
Mary Catherine Macaluso
Mary Margaret Thorburn**

**Susan Williams donated
In loving memory of
Janet Big Canoe**



Allstate
You're in good hands.



Thank you Brittany, for choosing Hospice Georgina for the Benevity Community Impact Fund and for all you do at Hospice Georgina.

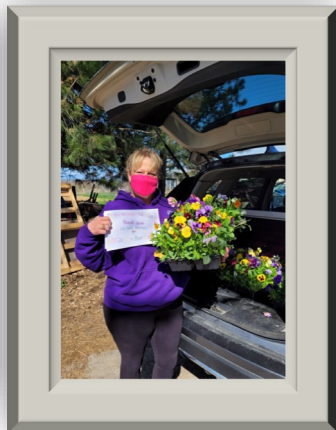
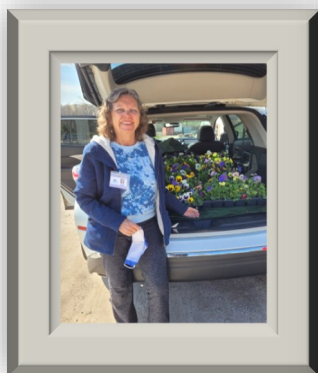
Brittany Lee-Elliott: Keswick Allstate Agency

**Benevity Community Impact Fund—
Donated \$242.75**

What Is the Benevity Community Impact Fund? ...

A company or employee using our platform chose your organization to support. To access detailed donor reports and become eligible for more corporate programs, register your nonprofit in the Benevity Causes Portal.

Pansy Sale



A big thank you to all our faithful volunteers and the Georgina community! Hospice Georgina's 24th Annual Pansy Sale... the fundraiser for which we are best known. The beautiful flowers are grown locally from Homestead Garden Growers.

A special thank you to the following volunteers: Amber, Brenda, Carrie Ann, Lynda H, Lyndia R, Gay, Rick, Darlene, Willie, Lynsey, Mary, Lorraine, Sandy, Lena, Margaret, Irv, Cindy, Sue and Blair.

See you next year.....

Volunteers & Grief Programs Coordinator—Mark Pollard

My name is Mark. I have a diploma in Community and Justice Services and a Bachelors of Social Work from York University. In my spare time I enjoy fishing, gardening, and walking my two dogs, Maverick & Goose.

I am looking forward to virtually meeting all of you! Please feel free to contact me anytime at griefprograms@hospicegeorgina.com or (905) 722-9333 x 5504



Spring, new beginnings

For many, we see spring as a new beginning, the start of something new. We start to see the buds on the trees, flowers growing in the garden, and in this years' case, lots of rain. However, for some we have a hard time with spring when it comes to our grief. So many of us have made so many wonderful memories in the spring and especially the summer. Those memories often include the one we lost, the one we loved. In this way, spring is also a reminder for some that another year has gone by without their loved one. Another Christmas, another New Years, and another Easter. However, I want to share some ways we can make spring special, fun, and still recognize and honour our loved one we have lost. Here are some ideas you may choose to use to honour your loved one:

Planting a garden or a tree in their honour: let's face it, some of us have a greener thumb than others. But, making the effort to plant a garden in your loved one's honour is a fantastic way to honour them. Garden's can be extremely personal. This is where we can let our creativity shine! If your loved one loved a certain type of flower, plant it! If you want to get a garden gnome that reminds you of your loved one, that works too. And if you and your loved one loved to eat, plant a veggie garden! You can even get a plaque with their name on it, which will immortalize their name for a lifetime. To make it easier and less work as the years go by, perennials may be the best option. That way, you get to see your hard work grow back year after year. For those who don't feel like doing that much maintenance, plant a tree! As long if you've got the space, trees are easy, low maintenance.

- **Make a pledge to be a healthier you:** what could be a better honour to your loved one than to live as long and healthfully as long as you can? Once the sun starts shining, get out and go for a walk, bike ride, or hike. Take the time to learn how to cook delicious, nutritious recipes. If you have mobility issues or you just don't feel like exercising, just sit outside! Lake Simcoe starts bustling with life in the spring. Sit and watch the goslings trip over themselves, or the squirrels looking for those nuts they hid in the fall! Health doesn't start and stop with our physical bodies, recognize the importance of psychological health. Sit outside and meditate, call up long lost friends, or reach out to a friend or a professional if you need help.

- **Pick up a new hobby:** Our loved ones wouldn't want us to stay home and get lost in our thoughts. They would want us to get out there, have fun, and live life! New hobbies could include: knitting, fishing, hiking, cooking, painting or making crafts. Another way to have an enhanced sense of self and purpose is to start volunteering. It's easy, and you know you're making a difference! Make sure you volunteer with something you love, or you won't want to do it



Volunteers & Client Coordinator—Marisa Gutta

My name is Marisa and I am a Registered Social Worker. I just completed the Master of Social Work program at The University of Toronto and am very excited to be the Volunteer and Client Coordinator at Hospice Georgina. In my spare time, I enjoy nature walks with my dog named Frank; you will likely see him on a virtual Zoom call.

I am looking forward to virtually meeting everyone! Please contact me at anytime at clientprograms@hospicegeorgina.com or (905) 722-9333 x5505



Putting a Spring in your step!

In conversation with both clients and community members, loneliness and isolation are of major concern. Never has it been more important to recognize your emotions and practice self-care. The pandemic has presented us with great uncertainty, and as we continue to navigate through these times, I would like to offer some tips to both our caregivers and volunteers.

The mind-body-spirit model can be applied when identifying and recognizing our self-care needs. This holistic approach looks at the entirety of an individual and ensures that an individual's emotional, physical and mental health is being cared for.

Tips for Self-Care:

- **Prioritize healthy eating and sleep.** Nourishing your body and getting a good night's rest will allow your body to recharge for the days ahead. Some helpful tips may be to: set a routine, not bring electronics to bed, and try mindfulness meditation. If you are running out of healthy recipe ideas, check out our "Meals for One" social media posts every other Tuesday. This program provides a virtual demonstration of quick, easy, and healthy recipes.
- **Maintain social connections.** The ever-changing restrictions means we must get creative in maintaining social connections throughout the pandemic. Be sure to stay up-to-date on local restrictions and plan accordingly. During stay-at-home orders, perhaps schedule a weekly or bi-weekly call with your good friend. When there are less restrictive measures, perhaps have a socially distanced bonfire or porch visit.
- **Move your body.** Get up and get moving! Even if it is something small, it will make a difference. On a nice day, get out and enjoy a nature walk - this will satisfy your body, mind and spiritual connection.
- **Self-affirmations.** In times like these, it is easy to feel disconnected. Self-affirmations encourage positive thinking about important things in your life. Every morning try to jot down a few affirmations to start your day. For example, "I am loved" or "I am strong". These sayings can set the tone for your day ahead and remind you of the positives in your life!

Interested in volunteering?

Volunteers play an integral part of Hospice Georgina and we are currently looking for more volunteers to join our team! If there is someone you know who may be interested, please contact Marisa at clientprograms@hospicegeorgina.com, or 905-722-9333 ext. 5505 to apply.