



INSIDE:

EXECUTIVE DIRECTOR'S REPORT

Thank you to our donors	2
Volunteer of the Month	3
Volunteers Needed!	4
Upcoming Programs & Events COVID-19 changes	5
Grief Coordinator Report	6
Client Care Coordinator Re-	7
Catch the Ace	8
Families in Focus	9
Bingo World	



November is a time of remembrance, of loved ones, of those who have served our country, for those who are serving each day on the front lines in our hospitals, hospices, grocery stores, providing us with good health, food, and safety. We are excited to have opened our doors to our day program and are glad to welcome you back. We have a new sign in book, Covid questionnaire, sanitizer routine and our meeting room has taken on a new look.

We are in the planning stages of getting volunteers back into the community visiting with clients in a safe way. We know that many of our clients do not interact with others, many have no bubble and need the support of caring individuals. I was Zoom with Executive Directors from other hospices around the province, listening to their ideas of how to re-connect volunteers with clients in their homes. Hospices in COVID hot spots like Toronto, Peel and Ottawa and in more remote rural communities, have embraced change by providing additional training to volunteers.

We too will be providing our volunteers with kits of Personal Protective Equipment (PPE), and with training in Health and Safety, Infection Control, how to put on and take off masks and gloves properly, wash and sanitize hands and overall safety. In hospices where volunteers are visiting clients, masks and gloves are required while gowns are optional.

In addition, we see the benefit of **monthly** meetings for ALL volunteers. What a wonderful way to connect with each other, share how you are involved in hospice and hear suggestions and creative ideas for expanding our services. Learning from each other will benefit each one of us and our organization.

For those who have been offering support in hospice administration, events or fundraising, on the board, grief support, visiting or holistic services such as meditation, reiki, yoga or our community garden, photography and more, we thank you for all you have done for Hospice Georgina. If you would like to try out a new role, or have an idea please connect with me. If it has been awhile since you took training—the HPCO training is a good refresher.

We will be offering training for those interested in providing one to one grief support or group facilitation. Give me a call and/or send me an email and let us know of your interests. Thanks again for all you do.



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.”*



PORTRAITS OF GIVING: Sheri Andrunyk helps make others' journeys easier. Pictured to the left are Sheri Andrunyk and Gayle Clareke

Congratulations to Sheri Andrunyk for being honoured, by giving back to her community with 2020 Portraits of Giving. Warmest thanks to Sheri for the donation in memory of Judy Halsey.

Elaine's Black River Coffee Fundraiser

Elaine and Sheila have teamed up and organized an HAT fundraiser in support of Hospice Georgina. Stop by today and purchase your tickets and receive a quirky hat!



Sutton LCBO



A BIG thank you goes out to our Sutton LCBO for running a fundraiser to give back to our community. Thank you for supporting local charities.

MEMORY QUILTS FOR CHILDREN

Hospice Georgina is very grateful for the beautiful memory quilts, that Trudy is generously donating to our children here at the hospice. We at Hospice Georgina like calling these the “Smile Quilts”. These quilts have brought smiles to the children. If you have any children's fabric that you can donate to support Trudy to continue to create these memory/ smile quilts for the children, it would be appreciated. Thanks Trudy.



Thank you to our monthly donors:

Mary Margaret Thorburn

Mary Catherine Macaluso

VOLUNTEER OF THE MONTH " Recognizing Everyday Champions" Lynne Dryla



We want to say a Thank You to all of our Volunteers for the work you do for Hospice Georgina. We are so grateful for all you do for our organization.

This month we want to say a special Thank You to our Volunteer of the Month, Lynne Dryla.

Lynne has served as our Board Secretary, Treasurer, volunteer, updated our policies and documentation, and is always ready to pitch in.

Thanks Lynne for your efforts and for making us a better place.



Movember (a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November") is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

Motto: Changing the face of men's health

Embrace the life that is calling you. Find your calling. Know what sparks the light in you so you—in your own way - can illuminate the world.]” Oprah Winfrey



Just a reminder that **all** volunteers need to report your volunteer hours every month by the 5th. 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 see clients in the community, please include travel time to your clients. Please send client visiting hours, grief support, or complementary modalities to Tracey at clientcarecoordinator@hospicegeorgina.com and for fundraising, board or administration to Laurie at caring@hospicegeorgina.com. Thank you for supporting our organization in so many ways.

BOARD OF DIRECTORS

Chair: Mary Margaret Thorburn
Vice-chair: Sandy Walters-Smith
Treasurer: Jennifer Whitty
Secretary: Carrie Ann Smith
Past Chair: Iain Donnell

Members:

Freda White
Erin Gallant
Sabrina Walizai
Amanda Barnett
Lynne Dryla
Amy Davies

www.hospicegeorgina.com

Staff

Executive Director: Karen Jay-Moore
Office Manager: Laurie Knapp
Grief Coordinator: vacant
Grief Support: Heather Patriarche
Client Care & Volunteers: Tracey Adams
-Thibaudeau

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

VOLUNTEERS NEEDED!

Message from our Board



Our board members meet on the second Monday of the month. Did you know that many of our board members volunteer in other capacities too?

Our board members are great advocates for our organization helping with events, fundraising, visiting clients, and speaking engagements.

Thank you to all of our board members for your commitment to our organization, dedication and time.

VOLUNTEERS NEEDED!



We are looking for Volunteers to support us in these areas:

Complementary Modalities: Energy work, Reiki, Reflexology, Healing Touch, Tai Chi, Yoga, Drumming, Meditation, Singing Bowls and more.

Visiting Volunteers

Grief Support (one to one and group facilitator)
Events
Fundraising
Administration

If you have a special talent or hobby you would like to share with others either in person or virtually, please give us a call at 905-722-9333. We invite you to join our team.

Please join our Events & Programs

Day Program: This program runs on Wednesday morning or afternoon Contact Tracey for more details at clientcarecoordinator@hospicegeorgina.com

Grieving Together Group This group is open to anyone grieving a loss looking to share and find support amongst others. Runs every 2nd and 4th Tuesday from 7:00-9:00 pm virtually. Please contact Heather Patriarche at (905) 722-9333 x 5506 or griefsupport@hospicegeorgina.com

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.com 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, 10:30-11:30 am is with the Keswick Group and Mondays with is the Sutton Group 10:30 –11:30 am. Please contact Tracey at clientcarecoordinator@hospicegeorgina.com

Meditation, 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.

Meditation with Warren: Meditation with Warren is happening virtually on Tuesdays. Contact Tracey at clientcarecoordinator@hospicegeorgina.com to receive the zoom link.

Women's Cancer Support Group This is an ongoing weekly group that you can join any time. Upcoming groups every Thursday from 2-3 pm by Google Meets video conferencing. Contact Tracey at clientcarecoordinator@hospicegeorgina.com

Spousal Loss Support Group is being offered on Tuesday evenings on Zoom. Know of someone who would benefit. Give Hospice a call.

Grief Support: Interested in providing one to one grief support or being a grief group facilitator? Contact us and add your name to the list.

Expressive Arts is a great way to express emotions, cope with stress and anxiety, and simply keep busy! Contact us to receive the information about this program.

Men's Walking Group: Open to any male who would like to get some fresh air in good company.

Do you have a special talent, hobby or modality you are willing to share with others. Give us a call 905-722-9333.

PROGRAMS

GRIEF & BEREAVEMENT REPORT



Staying Connected will help build self-esteem!

November is here and that means shorter days and cooler temperatures. This can affect how we feel and becomes even more difficult when we are grieving. With COVID cases increasing in the region and more restrictions put in place, it makes it difficult to connect the way we use to. We have to get creative and find ways to connect with others. This will help to reduce the isolation.

Here are some suggestions:

Go outside for at least 15 minutes a day

Stay connected by talking on the phone, online or face-time calls

Being out in nature can decrease stress levels and increase self esteem

If you are unable to get outside bring nature to you. Plant seeds and watch them grow.

Have a TV?—turn it on to the nature channel or a cooking show.

Listen to a CD or podcast or radio of meditations.

Have a computer or ipad? Stay connected with friends by having dinner or lunch dates, or coffee time using an online platform such as Zoom, Facetime, WebEx or Google meet.

Reduce the time spent watching the news

Choose to watch more upbeat TV shows where you learn a new skill or explore something new

Daily activity helps keep you moving, chair yoga, stretching, dancing, singing your favorite songs, listening to podcasts, music or comedy.



New beginnings: Sometimes new beginnings are exciting but come with mixed blessings because they also mean something has come to an end. Sharron Spencer has decided to move on from Hospice Georgina and we wish her the best in her future endeavours. Sharron began as a volunteer at Hospice Georgina about 8 years ago and has worked in the Grief Coordinator role over the past 3 years. Staff will be saying good-bye to Sharron on Tuesday, November 2, 2020. Thanks Sharron for all you have done for Hospice Georgina.

Message from Sharron: As some of you may already know, I will be leaving my position as the Grief & Bereavement Coordinator at Hospice Georgina the first week of November.

I am going to take a break over the next couple of months to rest and hopefully, get my home studio organized and do some artwork! Then my plan is to return to school full-time in January to complete my BA in Thanatology (the study of death, dying and bereavement). I have been studying part-time at Western University of Ontario for the past couple of years and would really like to graduate next year!

While I am excited about my plans, there is a big part of me that is incredibly sad to say good-bye to all of you. I joined Hospice Georgina as a volunteer in spring 2013 and did various roles during those 5 years, including the role of Wellness Wednesday group facilitator, participating in community and fundraising events such as the Painted Perch, the Duck Race, the Hike for Hospice, as a visiting volunteer and as a co-facilitator of the 8-week Bridges Grief Support Group. In June 2017, I was honoured to become the Grief & Bereavement Coordinator, providing support and holding space with the palliative, their caregivers and the bereaved has been an honour I will continue to cherish.

I cannot tell you how much I enjoyed the wellness programs and workshops and the opportunities that I had to spend time together with many of you. It made being at work an absolute pleasure.

The work that Hospice Georgina does in the community is needed and appreciated. Our volunteers have a presence in the community, and I have heard nothing but good positive feedback from those clients you have supported.

Thank you for being a part of my Hospice Georgina journey. I wish you all good health, happiness and all the absolute best! With gratitude, Sharron.

CLIENT CARE COORDINATOR REPORT



Happy Autumn

What's New?

I hope you've been staying positive and testing negative!

We've had an awesome October, with IN-PERSON programs back on the roster again, as well as a couple of new Virtual offerings. Our Day Hospice and Willows group have been meeting weekly (in smaller groups, socially distanced and masked) and it's been wonderful to see everyone again!

New monthly Virtual Arts Program: held over zoom, we provide the supplies and join together for this activity.



Our **Men's Walking Group** got off to a good start on October 8th and will continue as weather permits. Our location has changed to Sibbald's Point due to construction. Please contact Tracey to register and for further information.



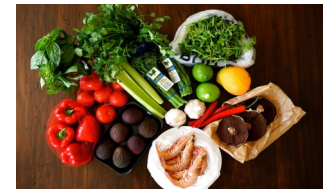
Virtual Meditation

We're hosting virtual meditation sessions facilitated by Warren of WEM

Sessions are being held on Tuesdays at 4:30

We'd love to have you join us!

Do you know of a client in need of support around food security? e.g. affording food or difficulty getting out to purchase it? Please get in touch as we may be able to link them with an agency that can help.



Monthly Volunteer Meeting

Thank you to our committed and passionate volunteers for your great work this month.

Total volunteer hours 46.75, serving 64 individuals.

Reminder: Please submit your volunteer hours by the 5th of each month for the previous month. As part of our funding agreement we must show our volunteer hours, and clients served. These numbers correlate with funding we receive based on targets set. We are collecting hours for all volunteers.

In September we began holding monthly check-in meetings over Zoom for volunteers who see clients.

In **November** we will be hosting our first **Monthly General Volunteer meetings** also held virtually at this time. It's been great to connect with you in these ever changing times to hear about ways we can support you better.

These meetings are an opportunity to meet other volunteers who volunteer in various capacities within our organization, hear about new initiatives, receive information and learn. Members of the Hospice team may also join us to share in the conversation and hear your ideas and suggestions. For more information contact Tracey at clientcarecoordinator@hospicegeorgina.com

A *Catch the Ace*

Progressively **BIGGER** prize and better odds each week

DRAWS WEDNESDAYS AT 9PM

HOW IT WORKS



Choose your card for the progressive jackpot



Purchase your tickets to the weekly draw



The winner of the weekly draw will also have their card revealed



If the weekly winner has chosen the Ace of Spades, they win the Progressive Jackpot!



If they did not select the Ace of Spades, the progressive jackpot continues for at least another week



Check back each week to see how the Progressive Jackpot has grown and enter again!



HOSPICEGEORGINA.COM



FAMILIES IN FOCUS



Hospice Georgina

Porch Portraits

BOOKING NOW!

Suggested

Minimum

\$25 Fee

(Georgina Residents Only)



For more details & to register go to

www.hospicegeorgina.com



