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November is a time of remembrance and reflection. A time to remember loved ones, of those who have served our country, providing us with a safe place to live. It is a time of reflection of what we have to be grateful for and lessons we have learned in the difficult times as well as in happier times.

We are excited to have opened our doors to our volunteers and clients and are glad to welcome you back to the office for programs and events. We have new protocols in place, please be ready to show your vaccination card or QR code when attending meetings, events or appointments.

Over the past year and a half we have all learned much from our COVID experiences. We all benefit from staying socially connected and have learned creative ways to facilitate our programs, and keep in touch with volunteers and clients. While not everyone likes the online platform and Zooming, it has been helpful to our clients who are not able to get out due to mobility concerns, health or inclement weather.

We are offering our programs both in person and online. The tablet loaning program will help clients stay connected with programs, friends and family. Two of our staff had the pleasure of delivering a tablet to a client recently and seeing her delight in learning how to become connected to family, through video and email for the first time.

Our monthly Volunteer Meetings are happening in person on the first Tuesday of the month. We will alternate between morning and afternoon timeframes to accommodate different requests. This is a wonderful opportunity to get together and share ideas, suggestions and learn how to improve the services for our clients and within the community. Volunteers are the heart of our organization and we are grateful for all you do for Hospice Georgina. Our priority over the next several months is to raise awareness about Hospice Georgina and to expand our volunteer services. We hope you will join us on December 9th from 12:00 to 2:00 for our Volunteer Appreciation event and from 2:00 to 6:00 for our Open House. We encourage you to spread the word about hospice, opportunities available for volunteering and our organizations' mission. Thank you for being an important part of our organization and sharing your time and talents with the clients we serve.

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.*”



Sutton Home Hardware

Hospice Georgina would like to thank you for your continued support each year, and always supporting our events. Your recent donation of \$1000.00 is making a difference to the families in Georgina.

Thank you for “Sharing the Caring”.— **Donated \$1,000.00**



*I have been on the Georgina Studio Tour for four years now and am amazed at the talent in Georgina. I started doing art as a teenager as a way to express feelings when I was dealing with abuse and depression. I have always enjoyed the beauty of nature and like to share that in my art. Hospice was helpful to me after my husband died, we had been happily married for 25 years. It helped to talk with others who were also experiencing loss. So, I have dedicated the proceeds of my sales from the tour to Hospice Georgina. **Karen Watson***

A warm thank you to Karen for raising funds at this year’s Georgina Studio Tour this year. Thank you for your donation and helping to make a difference. — **Donated \$500.00!**

Thank you to our monthly donors:

Mary Margaret Thorburn





VOLUNTEER

APPRECIATION LUNCHEON

DATE: Thursday, December 9, 2021

TIME: 12-2 pm

WHERE: Hospice Georgina
20849 Dalton Road, Unit C
Sutton, ON L0E 1R0



COME ONE, COME ALL!

*BRING YOUR HOLIDAY CHEER
AND A HEALTHY APPETITE*

This meeting will give everyone a chance to meet new volunteers, and the opportunity to have a chat with those who have been around a while.

Please RSVP with Marisa (905) 722-9333



Just a friendly reminder...

Just a reminder that all volunteers need to report your volunteer hours every month. 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.

Marisa: client visiting hours

Karen: grief visiting hours

Laurie: Fundraising, board or administration

Thank you for supporting our organization in so many ways.

BOARD OF DIRECTORS

Chair: Mary Margaret Thorburn
Vice-chair: Sandy Walters-Smith
Treasurer: Carrie Ann Smith
Secretary: Carrie Ann Smith
Past Chair: Iain Donnell
Members:
 Freda White
 Erin Gallant

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.

Hospice Georgina

Staff

Executive Director:
 Karen Jay-Moore
Office Manager: Laurie Knapp
Grief Coordinator: vacant
Grief Support: Sarah Posh
Volunteers & Clients:
 Marisa Gutta

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



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 co-facilitation
 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



November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Coffee & Chats 10:30-11:30 (VIRTUAL) Caregiver Support 1:00-2:00 (VIRTUAL)	2 ALL Volunteer Meeting 10am Walk and Talk 11:00-12:00 (IN-PERSON) Drop-In Grief Group 7:00-8:00 (VIRTUAL)	3 Day Hospice 10:00-1:00 (IN-PERSON)	4 Discovering Wellness 11:00-12:00 (IN-PERSON)	5	6
7 8 Week Grief Group 1:00-3:00 (IN-PERSON)	8 Coffee & Chats 10:30-11:30 (VIRTUAL)	9 Walk and Talk 11:00-12:00 (IN-PERSON) Creative Therapy 1:00-2:00 (IN-PERSON)	10 Day Hospice 10:00-1:00 (IN-PERSON)	11	12	13
14 8 Week Grief Group 1:00-3:00 (IN-PERSON)	15 Coffee & Chats 10:30-11:30 (VIRTUAL)	16 Walk and Talk 11:00-12:00 (IN-PERSON)	17 Day Hospice Volunteer Meeting 10am	18 Discovering Wellness 11:00-12:00 (IN-PERSON)	19	20
21 8 Week Grief Group 1:00-3:00 (IN-PERSON)	22 Coffee & Chats 10:30-11:30 (VIRTUAL)	23 Walk and Talk 11:00-12:00 (IN-PERSON) Creative Therapy 1:00-2:00 (IN-PERSON) Drop-In Grief Group 7:00-8:00 (VIRTUAL)	24 Day Hospice 10:00-1:00 (IN-PERSON)	25	26	27
28 8 Week Grief Group 1:00-3:00 (IN-PERSON)	29 Coffee & Chats 10:30-11:30 (VIRTUAL)	30 Visiting Volunteer Meeting 10am Walk and Talk 11:00-12:00				



December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day Hospice 10:00-1:00 (IN-PERSON)	2 Discovering Wellness 11:00-12:00 (IN-PERSON)	3	4
5 8 Week Grief Group 1:00-3:00 (IN-PERSON)	6 Coffee & Chats 10:30-11:30 (VIRTUAL) Caregiver Support 1:00-2:00 (VIRTUAL)	7 Creative Therapy 1:00-2:00 (IN-PERSON) Drop-In Grief Group 7:00-8:00 (VIRTUAL)	8 Day Hospice 10:00-1:00 (IN-PERSON)	9 Volunteer Appreciation 12:00-2:00 (IN-PERSON) Open House 2:00-6:00 (IN-PERSON)	10	11
12 8 Week Grief Group 1:00-3:00 (IN-PERSON)	13 Coffee & Chats 10:30-11:30 (VIRTUAL)	14	15 Day Hospice 10:00-1:00 (IN-PERSON)	16 Discovering Wellness 11:00-12:00 (IN-PERSON)	17	18
19 8 Week Grief Group 1:00 3:00 (IN-PERSON)	20 Coffee & Chats 10:30 11:30 (VIRTUAL)	21	22	23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>
26	27 <i>Boxing Day</i>	28	29	30	31 <i>New Years Eve</i>	

Staying Connected in times of Grief

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.

Hospice Georgina offers individual support, Drop In Grief Support Group and an 8 week Grief Support Program. Reach out and give us a call if you'd like to participate in one of these services.

Here are some suggestions to brighten your day!

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 or learn something new

Listen to a CD or podcast or radio of meditations.

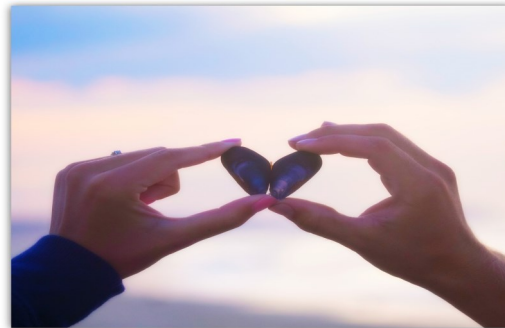
Have a computer or ipad? Stay connected with friends by having dinner or lunch dates, or coffee time using an online platform such as Zoom, Facetime, WebEx or Google meet.

Reduce the time spent watching the news

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

Join Hospice Day Program, Creative Therapy or Discovering Wellness programs

Volunteer: There is nothing better than spending time helping others and/or helping a good cause.



Volunteers & Client Coordinator



Update from **MARISA**

Happy Winter Season Everyone!

“Winter is a season of recovery and preparation” - Paul Theroux
The cold weather is upon us! For some, this means a busy season is ahead - filled with holiday celebrations and the start to a new year. Let’s take this time to reflect on our past year. With the gradual easing of COVID-19 restrictions, operations are feeling a little more “normal” with in-person programs and increased community interaction. For many, this year has been a challenging one, and reintegrating into the community can be both exciting and anxiety-provoking.

The winter season can be daunting to some, as it often means limited sunlight and cooler temperatures. However, I am encouraging you to start a personalized winter wellness plan to combat the winter blues. Here are some Winter Wellness Tips provided by the UHN Foundation (2021):

Be Kind to Yourself: Write a note of the small things you do well, or put effort to.

Nourish your Body: Eating in regular intervals can help you feel more grounded.

Stay Active: Try at-home workouts, outdoor walks, anything to get moving!

Build Mastery: Try to build a new skill or practice a hobby.

LOOKING FOR VOLUNTEERS TO OFFER PROGRAM SUPPORT: TWICE A MONTH TUESDAYS AT 1PM AND THURSDAYS AT 11AM.

Are you interested in wellness topics, or have a service to offer (yoga, reiki, mindfulness)? If you, or someone you know may be interested, please contact me at 905-722-9333 (ext. 5505) or clientprograms@hospicegeorgina.com

Let’s keep our volunteer hour numbers rising! It is important to report volunteer hours at the end of each month for funding purposes. We are able to offer the community of Georgina services and programs free of charge based on our statistics, so please remember to send all visiting hours to myself by the end of month!

Please let us know how you would like to be more involved with Hospice in the New Year - your continued participation and involvement is so very appreciated.

Total September Visiting Volunteer Hours	Total October Visiting Volunteer Hours
Approx. 69.48 hours	Approx. 61.98 hours



Monthly Volunteer Meeting: First Tuesday of the Month

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

Reminder: Have you updated your confidentiality form, Police check in the past 3 years?



HOSPICE GEORGINA OPEN HOUSE

Your neighbourhood centre for palliative care support,
grief healing and education



**THURSDAY, DECEMBER 9, 2021
2 PM TO 6 PM
20849 DALTON ROAD, EVENT HALL, SUTTON**

We invite the community to drop by for snacks, refreshments, and conversation.

This is our opportunity to thank you for another year of supporting hospice palliative care in Georgina.

Hospice Georgina
20849 Dalton Rd. Unit C, Sutton
(905) 722-9333
www.hospicegeorgina.com





Forrest & Taylor Funeral Home

The holiday season is upon us. For many the Covid-19 restrictions make it challenging for loved ones to gather and remember those who have passed.

This year Forrest & Taylor Funeral home will be holding their Annual Christmas Candlelight Memorial Service virtually through Zoom on

Monday, November 29, 2021 at 7:30 p.m.

During this time we will pay tribute to your loved one. We will light candles and a personalized Christmas ornament will be placed on our tree

All are welcome to join

<https://us02web.zoom.us/j/84501402623?pwd=RGFZM2N0U3NtZW50aE40L0JHRXVHQT09>

Meeting ID: 845 0140 2623 Passcode: 993932

For more information please contact 905-722-3274



We are pleased to receive funding from Bingo World & Gaming to support our programs.

Did you know that our partners at Bingo World & Gaming Newmarket are welcoming back their bingo players? Join them Wednesday to Sunday at 12:30 pm & 7 pm. A portion of all sales go directly back to our community through organizations like ours!

For more information please visit www.bingoworld.ca/newmarket



BINGO IS BACK

Wednesday to Sunday in August
12:30pm & 7:00pm

for more details visit bingoworld.ca/newmarket

CATCH THE ACE PAST WINNERS

<p>PRIZE</p> <p>\$124</p> <p>Winner A-3666798</p> <p>Name Alyssa Davies</p> <p>Card #23 7 of Spades</p> <p>WEEK 7 NOV 3 2021</p>	<p>PRIZE</p> <p>\$92</p> <p>Winner A-4346423</p> <p>Name Esther Giddings</p> <p>Card #41 8 of Clubs</p> <p>WEEK 6 OCT 27 2021</p>	<p>PRIZE</p> <p>\$106</p> <p>Winner A-7100846</p> <p>Name William McCue</p> <p>Card #29 10 of Diamonds</p> <p>WEEK 5 OCT 20 2021</p>	<p>PRIZE</p> <p>\$72</p> <p>Winner A-1863385</p> <p>Name Rob Sefton</p> <p>Card #17 10 of Spades</p> <p>WEEK 4 OCT 13 2021</p>	<p>PRIZE</p> <p>\$82</p> <p>Winner A-7871907</p> <p>Name Linda Zucker</p> <p>Card #11 8 of Hearts</p> <p>WEEK 3 OCT 6 2021</p>	<p>PRIZE</p> <p>\$72</p> <p>Winner A-5916304</p> <p>Name Patricia Howes</p> <p>Card #26 Jack of Diamonds</p> <p>WEEK 2 SEP 29 2021</p>
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PRIZE

\$82

Winner
A-5584152

Name
Bruce Adkins

Card #8
10 of Hearts

WEEK 1
SEP 22
2021

Join in on the fun and support your local HOSPICE from the comfort of your home!

Tickets start at \$10.00, you can order your tickets and select the envelope you think the Ace of Spades is hiding in. If your ticket is drawn tonight at 8 pm, you win the Weekly Prize and your envelope will be opened. Find the Ace of Spades and you also win the Progressive Jackpot, IS NOW OVER A \$1000.00. Best of all, 50% of all ticket sales go to Hospice Georgina to support our

Go to www.hospicegeorgina.com or www.hospicegeorginacta.com to purchase your tickets today.

YOU CAN ALSO BE A WINNER & SUPPORT YOUR LOCAL HOSPICE