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## EXECUTIVE DIRECTOR'S REPORT



**Marie Morton**

New Chapters at Hospice Georgina

If you weren't able to attend Hospice Georgina's Annual General meeting on September 30<sup>th</sup>, not to worry. Here's the Executive Director's message from the Annual Report:

Anyone who knows Hospice Georgina and has been following our work over the past six years, knows that we are driven by our mission, and our actions are guided by strategic direction. At last year's Annual General Meeting, we shared with our members and supporters about our move to

The Link, the success of that project, and the impact it has had on our ability to increase "Sharing the Caring." It is worth reviewing some key points. Our move to The Link has given us a much higher visibility, and made it easier for members of the community to find and use our services. Being at The Link has given us an accessible space. Both the building and our office are in full compliance with the Accessibility for Ontarians with Disabilities Act. We have access not only to the spaces within our own office, but also to shared spaces such as meeting rooms and event halls. Based on both the foot traffic into our office, and the increase in clients, it is obvious that people in Georgina are more aware of our services.

This central, accessible, and flexible location has allowed Hospice Georgina to begin our newest chapter of growth. In January of 2019, we launched our new Day Hospice program. Day Hospice is a program offered at all community hospices in York Region. Offering this program in Georgina brings a new level of equity of service in our community. The Day Hospice is a program for people with serious, life-threatening, chronic illness who are still looking to get the most out of life. The program gives them an opportunity to participate in activities with their peers, supported by our staff and volunteers. We assist with their transportation to and from the program, and we provide a hot lunch with extras to take home. Over the past eight months, the success of the program speaks for itself. There has been music and singing, poetry and photography. There have been games and cards, guest speakers and presentations. There have been arts and crafts, exercise and yoga. We have celebrated birthdays and holidays, supported each other in loss, and laughed together with love. Most importantly, there has been compassion, friendship, and inclusion for our clients, and respite for their caregivers. Our goal at the launch was to have 10 clients participating in every session of this weekly program. Less than a year in, we are already at capacity and are able to provide quality to days in our clients lives when there are no more days to add to life.

I would like to take a moment to acknowledge the work of many hands who helped make this happen. Thank you to our staff who planned and implemented the program, to our volunteers who help support the clients during Day Hospice, and to our Board for their clear strategic vision. Thank you to our guests and service providers who have come to Day Hospice with activities, programming, and meals. Thank you for Sharing The Caring!



Contact: Marie Morton, Executive Director  
mmorton@hospicegeorgina.com or 905-722-9333, x5503

# THANK YOU TO OUR DONORS!

We are grateful for the following 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.”**



SARAH STAPLETON

**Briars Golf Club Ladies League**  
**\$531.00** proceeds in support of our **Women's Cancer Program.**



**SUTTON HOME HARDWARE**  
Thank you to Dave and Anita at **Sutton Home Hardware** for their gifts of support and friendship! Hospice Georgina appreciates all you do for us. **Donated \$1000.00**

**IN MEMORY OF JEAN SMALLWOOD**  
  
M. LEGGETT  
MR. & MRS. WERRY  
J. LINDSAY  
MR. & MRS. O'CONNOR  
S. SMALLWOOD  
K. KRICFALUSI



PORTIA & NINA

**Yoga in the Park Portia Chambers & Nina Patterson**  
**Donated \$281.00**  
Thank you Nina & Portia for your continue support.



**Sutton Agricultural Society Fair & Horse Show**, thank you for your generous donation and helping make a difference.  
**Donated \$500.00.**

**Thank you to our donors:**  
Mary Margaret Thorburn  
Mary Catherine Macaluso  
Joanne Beamish



Thank you everyone for making our efforts successful in selling the raffle tickets and for volunteering your time at the Hoedown. It paid off.....Hospice Georgina received \$7,237.05. **THANK YOU AGAIN.**

**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 YEAR LYNDA



Lynda H., the Hospice Georgina Volunteer of the Year! Celebrating her support of Day Hospice, launched this year, and so very successful because of her hard work. Thank you, Lynda, for Sharing the Caring today, and or the past 6 years!

## VOLUNTEER OF THE MONTH—JUDI

Judi has been volunteering with us since the summer of 2018, so it only seems fitting that we feature her as our volunteer of the month! Judi is the caretaker of our Hospice Georgina garden and sits on the Fundraising Committee. Judi is a 'butterfly guru' and raised over 70 Monarchs this summer, She held a butterfly release event in support of Hospice Georgina.

Thank you Judi, for all you do! Your time and dedication are so appreciated! We don't know what we'd do without you.



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 & Long Term Care, which in turn funds our palliative programs. Without volunteer hours, our funding could be in jeopardy. Reminder... please include travel time to your clients

## BOARD OF DIRECTORS

**Chair:**

**Angela Young**

**Vice-chair:**

**Sandy Walters-Smith**

**Treasurer:**

**Heather Rahman**

**Secretary:**

**Lynne Dryla**

**Members:**

**Iain Donnell**

**Mary Margaret Thorburn**

**J. David Hobson**

**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**

## Please welcome Tracey our new Client Care Coordinator

Happy to Meet You!

A little over a decade ago I became aware of the Therapeutic Recreation field, and had a light bulb moment. I had always been drawn to people, their stories and their challenges and the more I learned about the effect that Recreation can have on people's lives, the more excited I was about the idea of pursuing it as a career. After Graduating from the Centennial Recreation and Leisure Services program I managed to land my first role in Long Term Care, which is a sector I stayed in as Programs Manager until recently. I was especially passionate about Palliative Care and Dementia Care and took on many exciting projects aimed at improving the quality of life for the Residents I served. In the meantime, I was lucky enough to become a parent and move to Georgina where I fell in love with this community, and was drawn again to make a career change, to work more hands-on in my community with Hospice Georgina.



My name is Tracey and on Monday October 7<sup>th</sup> I began my new position as the Client Care Coordinator. I am thrilled to be here and part of this wonderful team. I am excited to get to know everyone, so feel free to drop by my office and say Hello!

Tracey

## Upcoming Events and Programs

**Meditation 101 Workshop with Zen Jen** Tuesday November 26th 1:30-4:00pm. Pre-Registration is required. Please contact Sharron at 905-722-9333 x5504

**Coffee and Chats** (VCH & Hospice Georgina) runs every Monday from 10am-11:30am. This program is a free social group open to anyone 55+. Registration is required. Contact Marie for more details.

**Intuitive Development Workshop with Zen Jen** This workshop will explore the purpose and use of intuition in everyday life. Thursday October 31 9:30 am –12:00 pm. Call Sharron to register at 905-722-9333 x5504 or email [grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)

**Caregiver Education Support Group** (CHATS & Hospice Georgina) runs on the first Monday or Wednesday of the month 1-3pm. Please contact Marie for more information.

**Expressive Arts** with The Love Project runs on the first Tuesday of the month from 1:30-3:30pm. Contact Sharron for more information.

**Day Hospice** runs in 5-week sessions on Wednesdays from 10am-2pm. It is a program for individuals with life-threatening illness. Please contact Tracey 905-722-9333 x5505 for information and assessment.

**Wellness Meditation** is available on the last Thursday of every month from 2-3pm, registration with Tracey is required. \*\*For October and November this program is moved up to 1-2 pm\*\*

**Zen Jen Meditation** is open to anyone and runs 2nd Tuesdays of every month from 2-3pm. Contact Sharron for more details.

**ThetaHealing** available to clients only. Please contact Sharron for information.

**Reiki Session with Donna** Tues. January/February/March 28th 9:30 am, 10:30 am & 11:30 am. Available to clients, their caregivers and our volunteers. Book your appointment with Sharron x5504.

# PROGRAMS

# Grief & Bereavement Coordinator Report

## National Bereavement Day

**November 19, 2019**, is the annual **National Bereavement Day** in Canada. On this day, the Canadian Hospice Palliative Care Association (CHPCA) invites all Canadians to think about those who have passed away from our lives and help advocate for support at local, provincial, and national levels for grieving Canadians.



This year's theme is "Coping with grief, together through living and grieving" The 2019 digital campaign aims to encourage individuals and groups to learn about grief and bereavement, this year CHPCA highlights the importance of coping with grief and encourages all Canadians to support those living with grief and bereavement.

As a society, we are so focused on prolonging life and curing illness that very little thought is given to what happens at the end of our journeys – including to those who are left behind. CHPCA would like to help bring this discussion to the forefront of Canadians' minds, and allow time to grieve, to remember, and to heal. CHPCA wants to normalize the idea that grief and bereavement

is a part of life and challenge Canadians to ask each other about their grief and to share their stories. We all handle bereavement and grief differently and helping Canadians understand that would go a long way to improving the ends of one's life for dying Canadians, their family caregivers and other loved ones.

*At Hospice Georgina, we can help provide coping tools and support for those dealing with grief, bereavement, anticipatory grief, ambiguous grief, and chronic sorrow. We can also provide ideas on how to support someone who is grieving.*

Sincerely,  
Sharron Spencer

# 2019 AGM



## THANK YOU FOR ATTENDING OUR 2019 AGM

We had yet another successful Annual General Meeting (AGM) at The LINK. We would like to thank all who attended and to our guest speakers.

Welcome to the new Board members Freda White, Carrie Ann Smith, J. David Hobson and returning Mary Margaret Thorburn. We look forward to your leadership and involvement with HG.



Please join us at  
***Hospice Georgina's  
Annual Open House***

**Tuesday, December 17, 2019  
3 PM to 6 PM  
20849 Dalton Road, Unit C, Sutton West**

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**  
**(905) 722-9333**  
20849 Dalton Rd. Unit C, Sutton  
[www.hospicegeorgina.com](http://www.hospicegeorgina.com)

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







## Therapeutic Tuesday at Hospice Georgina

### Meditation 101 Workshop

Facilitator: Zen Jen

When: Tuesday November 26th

Time: 1:30-4pm

Where: at Hospice Georgina

Pre-registration is required



This informational workshop provides the opportunity to explore meditation that will teach us how to use this valuable tool for stress relief and will include tips on how to build this into your regular wellness practice.

#### **Pre-Registration is required.**

For information or to register, please contact Sharron at (905) 722 - 9333  
or email [grief@hospicegeorgina.com](mailto:grief@hospicegeorgina.com)

*Hospice Georgina provides non-medical support in the community to those with a life-limiting illness, their caregivers, family and friends, and the bereaved.*



# Pregnancy and Infant Loss Network

## Volunteer Information Session: Georgina

Pregnancy and Infant Loss (PAIL) Network provides free bereavement support to families who have experienced the loss of a pregnancy at any stage, or the death of their baby, up to 12 months of age. We welcome any families who have suffered a pregnancy or infant death to join with others who share in their grief. PAIL Network is very proud to be able to offer this free service and we are grateful to the many volunteers around the province who share their hearts with bereaved families, like their own.

We currently have volunteer opportunities for people in the community of Georgina who are approximately two years past their bereavement date and are looking for meaningful ways to offer their support to others. We are actively training peer supporters for local bereavement groups and events, phone support, and for private online support groups.

**Date:** Tuesday November 5, 2019, 6:30p-7:30p

**Location:** Hospice Georgina: The Link; 20849 Dalton Rd, Sutton

**All are welcome**

For more information about being a peer supporter, please visit our website at [pailnetwork.ca](http://pailnetwork.ca) or email [PAILvolunteer@sunnybrook.ca](mailto:PAILvolunteer@sunnybrook.ca)



Pregnancy and  
Infant Loss Network

 **Sunnybrook**  
PREGNANCY AND  
INFANT LOSS NETWORK