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October is here and day by day we notice the changes all around us with the beautiful autumn colours, leaves turning from green to beautiful shades of orange, red, yellow, people decorating their homes with pumpkins and scarecrows, and the crisp air. We do have much to be grateful for ~ the country we live in, rural living, our closeness to the water, nature and trails, our family, friends, and services that we often take for granted. Research shows that gratitude is strongly associated with greater happiness. It helps people feel more positive, enjoy good experiences, improve their health, deal with adversity, develop resiliency skills and build relationships (www.health.harvard.edu/healthbeat).

Rhonda Byrne in her book *The Magic* suggests when you wake up in the morning you say Thank you with every step you take to the bathroom. This sets you up for a positive start to your day.

I am grateful to the volunteers who support our clients in many ways ~through our committees such as events and fundraising to ensure that we can offer our programs at no cost to our clients, our volunteers who visit people in the community, online or by phone to keep our clients connected, Judi our avid gardener, who has continued to take care of our garden so our clients can have fresh vegetables, our board members who spend many hours helping our organization, and of course our volunteers who offer their services in other ways e.g. men's walking group, holistic modalities, administration, speakers, and group facilitators. We thank you for all you do for Hospice Georgina.

We are excited to offer initiatives for volunteers to stay connected. Monthly volunteer meetings will provide an educational component and an opportunity to get to know each other. Meetings specific to your role e.g. visiting, grief, or events will offer opportunities to share what is working well, questions and ideas. Grief training will be offered. Tracey will be making phone calls to all volunteers to check in and see how we can support you as a volunteer for our organization. We encourage you to touch base, share your ideas and suggestions.

I would welcome the opportunity to meet with you, hear your ideas, and answer any questions or hear your suggestions. Please give me a call.



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.”*



Ways to Donate to Hospice Georgina

Donate Monthly through automatic debit—you won't notice \$5.00 or 10.00 monthly but at the end of the year you will have a tax receipt to show for it.

Organize a Third Party Fundraiser This can be anything from something simple such as hosting a tea party online or in person, a bake sale or car wash or an event.



Host a Tea Party online. Your friends can enjoy a cup of tea in the comfort of their own home but hear about the wonderful things going on at Hospice Georgina. Hospice will provide a staff or board member to talk about the hospice programs and services. Then we ask you and your friends to make a donation to our



FRESH EGG'S

Thank you Rebecca Joy for the fresh eggs. Hospice Georgina clients were so pleased and very grateful.



Keswick United Church Women ...Thank you for your donation and helping to make a difference.

Donated \$100.00



Thank you to the anonymous donor of **\$500.00** and the heart warming note. We will make sure that it is used to provide our service at no charge to the Georgina Community.

Thank you to our monthly donors:

Mary Margaret Thorburn

Mary Catherine Macaluso

VOLUNTEER OF THE MONTH " Recognizing Everyday Champions" Sandy Walters-Smith



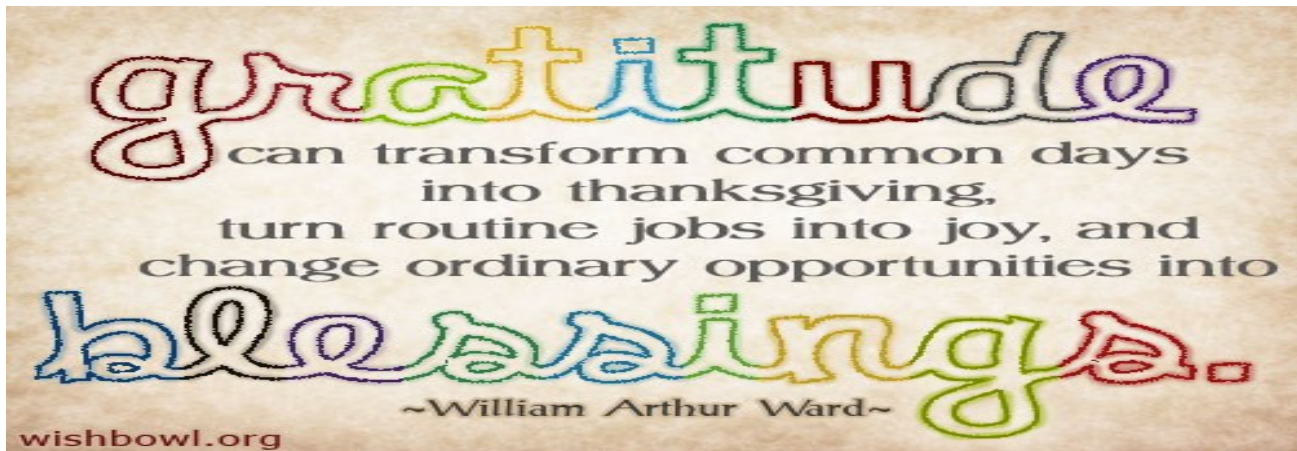
We want to say a Thank You to all of our Volunteers for the work you do for Hospice Georgina. We are so grateful for all you do for our organization.

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

Sandy Walters-Smith.

Sandy is our Vice Chair and Acting Chair of the Board, a member of the Events and Fundraising committee and an active volunteer always advocating for Hospice Georgina.

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



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. This is a partnership where they provide partial funds and our volunteers provide the service. Reminder... 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.

BOARD OF DIRECTORS

Chair: open
 Vice-chair: Sandy Walters-Smith
 Treasurer: open
 Secretary: open
 Past Chair: Iain Donnell
 Members:
 Lynne Dryla
 Mary Margaret Thorburn
 Carrie Ann Smith
 Freda White
 Erin Gallant
 Sabrina Walizai
 Amanda Barnett
 Amy Davies
 Jennifer Whitty

www.hospicegeorgina.com

Staff

Executive Director:
 Karen Jay-Moore
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
www.hospicegeorgina.com

Welcome to our new board members!



Amy Adams
 Amanda Barnett
 Jennifer Whitty
 Sabrina Walizai

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 etc.

Visiting Volunteers
 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.

Upcoming Events and Programs

Day Program: Our day program is starting in a new format. We will be hosting a morning and afternoon session. 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 or Contact Sharron at grief@hospicegeorgina.com

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.

Do you have a special talent, hobby or modality you are willing to share with others.

PROGRAMS

GRIEF & BEREAVEMENT COORDINATOR REPORT



I think it is safe to say that Autumn is here! The colours seem so much more vibrant this year. Along with the cooler weather and longer nights, Thanksgiving is fast approaching. Traditionally a holiday that we usually celebrate with family and friends, it can be very different this year for several reasons.

We are being encouraged to keep our indoor gatherings smaller and wear masks with those outside of our bubble. For people who are grieving their loss of someone special, this could be their first Thanksgiving without that person. Not being able to gather with large family to draw comfort from can intensify grief, as this is another loss.

Some people who I have been speaking with are feeling very angry that they are being restricted. On the logical side, they understand the need to be safe, but on the emotional side, not being able to gather with family and friends when our special someone is so clearly missing, can be heartbreaking.

One suggestion is to do something different this year. **Create new traditions** to celebrate the holidays in the coming years; change the menu, change who prepares the food, change the venue. Sometimes meeting change by making other changes helps. The holiday can be a rough day, but trying to keep things exactly as they have always been can be difficult because, without your special someone, the holiday can never be the same.

New Virtual “Powerful Tools For Caregivers” workshops will be running for six weeks on Wednesday mornings, 10am-11:30am beginning October 21st, 2020. Please see the attached flyer in this newsletter for registration information if you, or someone you know is interested in participating.

Our **Spousal Loss Support group** continues to run virtually on the 1st and 3rd Tuesday evening of the month.

Our **Grieving Together Support group** is running virtually on the 2nd and 4th Tuesday of the month. Please contact Heather at griefsupport@hospicegeorgina.com to register and receive the link to the group.

We are happy to support getting set up with Zoom if someone would like assistance doing so.

Blessings and Gratitude to you and your families!

Sharron Spencer



CLIENT CARE COORDINATOR REPORT



Happy Autumn! What's New at Hospice Georgina?

I hope you have been enjoying the Fall weather and keeping well. Since September we've been working at the office and preparing to welcome clients and volunteers back in a safe and socially distanced way.

We are pleased to be offering a **Men's Walking Group** starting October 8th at 11:00 a.m. on the Sutton/Zephyr Trail.

To register contact Tracey Thibaudeau at clientcarecoordinator@hospicegeorgina.com or call 905-722-9333



Virtual Meditation

Do you need to find a new way to find some peace and serenity?

We're hosting **Virtual Meditation** sessions!

To Register: Contact Tracey Thibaudeau
clientcarecoordinator@hospicegeorgina.com
Telephone: 905 722-9333 x5505

Monthly Volunteer Meeting:

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



We had our first **Monthly Zoom** get together on September 29th and had great conversations. Look for my next Zoom link for the last week of October.

These meetings are an avenue to meet other volunteers, 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.



Charitable Gaming Supports Our Community



Newmarket Charitable Gaming Association is a not-for-profit association of more than 50 not-for-profit organizations in York Region and surrounding areas. Members hold a Charitable Gaming permit to volunteer at Bingo World and Gaming Newmarket in order to raise funds.

Newmarket Bingo World's mandate is to support our members in this fund-raising model and to share information about the contribution Charitable Gaming is making to our local community.

Charitable gaming funding from Bingo World and Gaming Newmarket is an important source of funding for our local community and they strive to champion and grow this

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!

BUY TICKETS ONLINE NOW
HOSPICEGEORGINA.COM

PLAY TO GIVE **PLAY TO WIN**

Hospice Georgina
Sharing The Caring