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EXECUTIVE DIRECTOR'S REPORT



Karen Jay-Moore

September reminds me of change ~ leaves changing color, programs that have stopped for summer months get back in the swing of things, children starting school. With the Pandemic, we've experienced additional changes over the past few months. Businesses are starting to re-open, more people are allowed to gather together inside and outdoors. We have all had to learn new ways of thinking, being and doing. For some working from home as meant less time on the road, for others chaos. For many, there have been losses experienced e.g. loss of lives of loved ones, neighbours or friends, loss of jobs, loss of connecting socially with others. The silver lining is that we have adapted, learned to use our time differently and found other ways to come together and stay connected.

Hospice is about connections ~ connecting to those who are facing challenging times, a life threatening or life limiting illness, for caregivers someone to talk to, grief support for young and old and volunteers an opportunity to make new friendships and meet others in the community. Staff enjoy connecting with our volunteers, community and clients.

Our programs have been offered online and by phone, yet our Hospice staff have missed connecting with each one of you in person. All staff will be back at the office following Labour Day weekend.

We are re-organizing the meeting room and offices in order to provide our programs with physical distancing in place and we look forward to welcoming you here once again.

There are many ways to get involved and volunteer for Hospice Georgina. If you enjoy planning, advertising, marketing, set up, clean up, hosting or interacting with others you may want to consider being one of our event volunteers.

Office volunteers help with mail outs, stuffing envelopes, creating flyers and brochures and putting packages of information together. Perhaps you have a special talent or hobby or know someone who would like to be involved.

To find out more about Hospice join us for our Virtual Annual General Meeting, September 21, at 7:00 p.m.. To become a voting member call the office.

I encourage you to keep connected and involved. Hospice needs you now in order for Hospice to continue to grow in sharing the caring of others in our community.



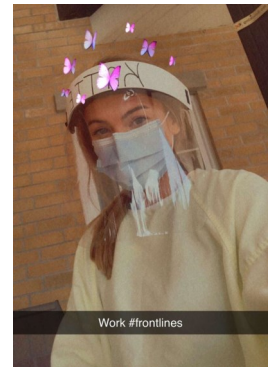
THANK YOU TO OUR DONORS!

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.”**



Katie our lovely volunteer, held a fundraiser for her birthday. Thank you Katie for all you do for Hospice Georgina.

“Thank you for all the birthday wishes! I am so blessed. And thank you to everyone who donated to Hospice Georgina for me, we raised \$325 for an amazing cause.” Katie



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.

Thank you to our monthly donors:
Mary Margaret Thorburn
Mary Catherine Macaluso

VOLUNTEER OF THE MONTH LORRAINE “ Recognizing Everyday Champions”



Lorraine has been a keen supporter and, been a Hospice Georgina volunteer for twenty years. As a active member of the event committee, she brings us a lot of insight. Loraine is always helpful with fundraising and especially with the “Catch the Ace” lottery. She is someone who lives to quietly help out in the background. She is a gentle spirit coupled with a willingness to lend a hand. This makes Lorraine a very important member of our team!

We all know how crucial volunteers are to our organization, so we want to make sure our hardworking volunteers are receiving recognition and are being honored for the work they do in our community.

Thank you Lorraine for all the years of volunteering with us and Hospice Georgina looks forward for another twenty years.



Just a reminder that all volunteers need to report your volunteer hours every month by the 10th. This information is reported to the Ministry of Health, which in turn funds our palliative programs. Without volunteer hours, our funding could be in jeopardy. Reminder... please include travel time to your clients. Please send client hours to Tracey at clientcarecoordinator@hospicegeorgina.com and for fundraising/administration to Laurie at caring@hospicegeorgina.com.

BOARD OF DIRECTORS

Chair: Angela Young
Vice-chair: Sandy Walters-Smith
Treasurer: Heather Rahman
Secretary: Lynne Dryla
Past Chair: Iain Donnell
Members:
 Mary Margaret Thorburn
 Carrie Ann Smith
 Freda White
 Erin Gallant
 Margaret Van Den Hazel

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

BUTTERFLY RELEASE

With group restrictions still in place, we held a butterfly release with staff and with our Event Committee members to welcome our new Executive Director Karen. We hope we can host another butterfly release at a later date to honour and remember your loved one or celebrate your achievements.



MALE

Males have a small black spot on the top surface of the hindwing. Females do not. You can see the spot when the wings are open; sometimes it's faintly visible when the wings are closed, too. Males also have slightly thinner wing veins.



FEMALE

Upcoming Events and Programs

Because of the closure of the office and physical distancing requirements, some of our groups are cancelled until further notice. Some groups have been adapted so that we can still provide support in alternate formats.

Here's a listing of what is currently available:

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

AGM "SAVE THE DATE" Monday Sept. 21st, 2020. For more details contact Laurie at (905) 722-9333 x 5502 or caring@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

WEM Meditation, Zen Jen & Pam Arnold 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.

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

Grief Support Groups Group for spousal loss being offered as Zoom meetings. Contact Sharron at grief@hospicegeorgina.com

Expressive Arts with The Love Project is on hold for now, but art is a great way to express emotions, cope with stress and anxiety, and simply keep busy! Just be creative with whatever you have at home.

PROGRAMS

GRIEF & BEREAVEMENT COORDINATOR REPORT—SHARRON SPENCER



Finding Meaning

I have written here before about the living losses we have been experiencing during this pandemic and how we are all trying to navigate through this in our individual ways.

We have had to figure out how to implement these changes, some have been losses of the way we used to live and some have involved new ways of doing things. All while trying to continue to living our lives and finding a sense of “normalcy”.

For a lot of us, it has meant not being able to do those things that give us joy. Sometimes we focus more on what we have lost or what has been forbidden, that we stop our creative thinking and finding new ways of bringing joy into our life. Having joy is what gives our life meaning. It gives us hope.

As the relaxing of the restrictions continue to ease, some of us may still not feel comfortable returning to “public” living. Just know that which ever you choose is right for you. This in itself creates comfort. Comfort brings us joy. Joy makes things meaningful.

We are happy to announce that the Grief & Bereavement support program has received specific funding that allows us to hire Heather Patriarche part-time from August 2020 through to March 2021. Heather will be providing both one-to-one grief support and education and facilitate grief support groups that we will be running to help our community cope with losses and grieving during the pandemic.

Sharron Spencer
(905) 722-9333 ext. 5504
grief@hospicegeorgina.com



I am happy to join the team at Hospice Georgina. It is a privilege to work with a compassionate and dedicated group of people. I love the safe feeling that the hospice gives and the caring that you can feel as soon as you walk in the door. In my spare time I like reading historical fiction and thrillers, watching movies, and going hiking in the woods.



Grieving Together



This group is open to anyone grieving a loss looking to share and find support amongst others.

This group will run bi-weekly on every second and fourth Tuesday from **7:00pm-9:00pm** virtually via Zoom. Dates include: **Aug. 25, Sept. 8, Sept. 22, Oct. 13, Oct. 27, Nov. 10, Nov. 24, Dec. 8, and Dec. 22.**

There are no fees associated with this group.

For more information or to register, contact Heather Patriarche at 905-722-9333 ext. 4 or email at griefsupport@hospicegeorgina.com



KALE CHIPS

If you happen to have a bounty of Kale like we've been enjoying, can I suggest:

Garlic and Parmesan Kale Chips

- 2 bunches fresh kale
 - 5-6 cloves garlic , minced
 - sea salt , to taste
 - 3 teaspoons olive oil
- 1/4 cup freshly grated parmesan cheese



Instructions

Remove large stems from kale. Chop into chunks and wash well. (I use a salad spinner, which works really great for removing all the water from the kale.) Dry really well! This will make all the difference in allowing the kale to bake up crispy, instead of "steaming" because of water droplets.

Place kale in a large bowl. Toss with olive oil, sea salt, and garlic.

Lay flat on a large baking sheet. For best results, don't overcrowd the baking sheet. (Make these in two batches if necessary).

Bake at 300 degrees F for 10 minutes, then rotate the pan and bake for an additional 10-15 minutes or until crisp. Allow to cool for a few minutes on the baking sheet, then sprinkle with parmesan cheese.

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



HOSPICE GEORGINA

Your Voice

Your Charity

SAVE THE DATE

AGM

2020 ANNUAL GENERAL MEETING

YOU'RE INVITED

Monday September 21, 2020

Your Community

PLEASE JOIN HOSPICE GEORGINA
BOARD MEMBERS & STAFF
FOR OUR FIRST EVER
VIRTUAL ANNUAL GENERAL MEETING

Your Say

7:00 - 8:30 PM

(Only paid members can vote during the short business portion of the evening)

Please RSVP BY SEPT. 16th, 2020
with Laurie at Hospice Georgina
(905) 722-9333 x 5502

For more information
on becoming a
member.
Please call Laurie at
(905) 722-9333



CLIENT CARE COORDINATOR REPORT

TRACEY THIBAudeau



Hello Everyone! I hope that you are finding ways to enjoy the last lingering days of Summer, and that you're getting in some much-needed visits with friends and family.

You may have heard, we are in the process of moving back into our offices, the only thing we are missing is YOU! Looking forward to the days when we'll be able to welcome your smiling faces into the building again.

Judi has continued to venture to the Link -more specifically- tending to the community garden and the veggies we've been happily delivering to our clients! Squash, beans, tomatoes, zucchini, kale -it feels great to get this healthy produce to some of the people in our community who need it the most.

An extra big THANK YOU to Judi for your hard work.

Visiting Volunteers: I am SO happy to announce that we have been able to start offering in-person, socially distanced volunteer visits once again! Since last month we've had a handful of volunteers take us up on the idea and have started this new-normal style of visiting. Our clients are among the most vulnerable in our community and while there are definitely more restrictions in place than we are used to, it's wonderful to be in a position to be able to start the process of re-opening some of our services in person. We are still in a place where group programs are not possible, but we are working towards redesigning some our programming spaces so that we're ready to offer them again as soon as we are able. In the mean-time Coffee and Chats is still happening virtually, as is our Willows Cancer Support group and our Caregiver support group, please be in touch with me if you have any questions.

Volunteers: What a long strange trip it's been through this Covid journey. I can attest, from the wellness calls that I've been making, that the needs of our clients have only increased since the shutdown and the importance of our volunteers is greater than ever. It can be really tough to continue to offer your most empathetic support to others while managing your own Pandemic-related anxieties at the same time.

In September I will be starting to offer a monthly virtual check-in meeting for Volunteers. Volunteers will have the opportunity to share success stories and best practices, support each other through challenges and participate together in on-going learning to support the great work that you do! This will be open to current and alumni Volunteers who wish to connect. Keep an eye on your inbox for your invitation.

I will be in touch with volunteers on an individual basis over the next month or so for an annual check-in. I'm looking forward to connecting with you all.

A heartfelt thank you goes out to our volunteers who have been keeping in contact with our clients despite the Covid-related limitations. Summer is usually a slower time for volunteers and new client referrals, but we expect to see those numbers rise again very soon.

Total Volunteer Hours - June	Total Volunteer Hours -July	New Volunteer Referrals -July
63.75	60.75	1

Wishing everyone health and happiness,
Tracey Thibaudeau
clientcarecoordinator@hospicegeorgina.com
905 722-9333 x 5505