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How blessed we have been with this wonderful weather, even the rain renews us, provides sustenance for the earth, plants and gardens as shown in the picture above.

At this time of year we are reminded of Thanksgiving and so much that we have to be grateful for: the transition of seasons, the changes taking place in the fall with leaves turning beautiful shades of color, birds flying south for the winter, people getting ready for cooler temperatures, living in Canada, the clean air we breathe, food, shelter, health, friends, family, hospice volunteers, giving and receiving.

During the past year and a half, we have found creative ways to connect with our friends, family and loved ones. We have been constantly reminded of the need to reach out and support those without someone to talk to, who may need a meal or two, or a conversation over the phone.

At Hospice Georgina we have continued to provide programming both online and in person. Our staff have been amazing at keeping in touch with clients, doing in-home visits, and offering programs outside, in-person and online.

Now with the weather becoming a bit colder, we have moved programming to the meeting rooms inside at the Link. With restrictions easing by allowing more people to attend programs, we are pleased to see more people join us. We have strict guidelines in place in order for everyone to attend our programs and stay safe.

We hope you will join us for one of the many programs we are offering. If you have an idea of something you'd like to see offered, please reach out and let us know. Do you want to help out with one of our programs or one of your ideas? Please let us know what you have in mind.

Wishing you all a safe and happy Thanksgiving.



Volunteer and Client Coordinator



Update from MARISA

“Autumn is a second spring, where every leaf is a flower” - No Author

It feels like we were just writing the Summer newsletter - time flies! This summer has been eventful, but we are very excited about what is coming these fall and winter months. Victoria already mentioned some exciting programs - including our Walk & Talk and Discovering Wellness. In addition to these programs, we also have Creative Therapy running bi-weekly on Tuesdays at 1pm. Each session includes a different craft for clients to express their feelings and emotions. For example, one craft included painting flower pots related to personal flourishing! Starting on Wednesday, October 13th from 10am to 2pm, we will be having our Day Hospice program in-person! This program will include educational sessions, activities and a take-home food item for clients.



LOOKING FOR VOLUNTEERS TO OFFER COMPLEMENTARY MODALITIES BI-WEEKLY THURSDAYS AT 11AM FOR DISCOVERING WELLNESS

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

*Please note that the time for the ALL Volunteer Meeting (first Tuesday of the month) and the Visiting Volunteer Meeting (last Tuesday of the month) has been **CHANGED TO 10AM**. These meetings are still being held on Zoom and you will receive a reminder one week prior.

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! This Fall we will be providing training to volunteers on how to submit and log their own volunteer hours onto the Hospice Georgina database!



April Hours	May Hours	June Hours	July Hours	August Hours
41.88	52.3	77.2	61.5	55.95

Grief Programs

What's new in Grief Support?

We are advertising to fill the role of Grief Programs Coordinator. If you or anyone you know may be interested in this position please send resumes and letters of interest to the Executive Director at executivedirector@hospicegeorgina.com



Sarah Posh is a Counselling Psychology student and is doing her student placement at Hospice Georgina from September 2021 to April 2022. Sarah is a wife and mother of 3 children. Helping others has been a passion of Sarah's whether someone is grieving and going through a loss or is on a journey of self discovery. Sarah's mission is to empower her clients to take their first step towards positive change and well being. Her philosophy encompasses inclusivity and cultural awareness which she believes is important to providing clients with a safe, non judgmental space

Our **Walking group** has a planned route and occurs on a weekly basis. They meet on Tuesdays at 11:00 at the Link and have friendly chats while getting exercise. Please reach out to Marisa or Sarah if you are interested in joining this group.

We have a **Creative Therapy group** where we will be expressing our feelings through art, crafts, physical, and spiritual therapies, running at The Link every other week. This group meets weekly on Tuesdays.



Our **8-Week Grief Group** will starting up in October. Two of our experienced volunteers will be leading this group every Sunday starting the Sunday after Thanksgiving. If you think your client will benefit from this program please forward their names to executivedirector@hospicegeorgina.com



[tor@hospicegeorgina.com](mailto:executivedirector@hospicegeorgina.com)

Our **Drop-In Grief Group** meets **twice** a month online on the **1st** and **3rd** Tuesday from 6:30-7:30pm. Anyone is welcome. Our facilitators for this group are Lynda Ritchie

We are offering **Individual counselling** support online and in-person if you know of clients who are interested or could use some one to speak to about their grief.



We do have groups planned for **children and teens** where there is a need or interest.



Our **Gardening Group** is winding down for the season. We appreciate the volunteers who have helped with the garden and the clients who have benefited from receiving some vegetables.

Client Program DESCRIPTIONS

Coffee & Chats: Join us EVERY Monday morning from 10:30-11:30am for a cup of coffee and an hour of socialization with our Volunteer and Client Coordinator, Marisa Gutta and a member of Vaughan Community Health Centre. In this program we take a laid back approach of talking about life and wellbeing.

Caregiver Support Group: Join us the FIRST Monday of the month from 1:00-2:00pm for the Caregiver Support program. This program is co-facilitated by Marisa Gutta with CHATS.

Creative Therapy: Join us **Bi-weekly on Tuesdays from 1:00-2:00pm at the LINK.**

The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts and emotions. This group is co-facilitated by Marisa Gutta and Victoria Vass. Volunteers are welcome to help out. Limited spaces available, please contact Marisa to register. **Next Session: Tuesday, September 28, and then on October 12, 2021**

Drop In Grief Group: This group meets on the **First and Third Tuesday** of the month and is co-facilitated by Sarah Posh and Lynda Ritchie. Participants may attend when they are able without having to commit to each session. Those who have already participated in the 8 week grief group may find this one particularly helpful. It might be more difficult for those who are newly grieved, yet all are welcome to attend. Let Sarah or Karen know of your interest in this group.

Eight (8) Week Grief Group: This group is for our adult clients who have lost a loved one. It is recommended for people whose loved one, friend or acquaintance has died from 3 months to 1 year ago. The first week is the hardest, meeting new people and talking about your loved one. As the weeks go by you will find this to be a source of healing. The group is eight (8) weeks in length and cover a variety of topics. **Next Session begins: October 17, 2021 after Thanksgiving on Sunday afternoons.** Please contact executivedirector@hospicegeorgina.com to register.

Individual Counselling: There are many reasons why individuals may be experiencing a loss in their life, a death of someone close to you, COVID restrictions, loss of income, changes and transitions. For those experiencing grief due to the death of someone close to you, we offer individual counselling. Individuals may call us directly or send an email to executivedirector@hospicegeorgina.com

Walking Group: Join us on **Tuesdays** for a **weekly** Outdoor walking group from 11:00 to 12:00 p.m. where individuals are able to engage in light conversation and get some exercise. This group is co-facilitated by Lynda Ritchie, Sarah Posh and Marisa Gutta. **Weather permitting.** Please register with Marisa: clientprograms@hospicegeorgina.com or Sarah by emailing: griefsupports@hospicegeorgina.com

Discovering Wellness: Bi-Weekly on Thursdays from 11:00-12:00pm. This group is open to any adult living with a life-limiting illness or chronic condition, who would enjoy meeting others. The program will include self-care techniques and spiritual development tools to aid someone on their path to increased well-being. The group is co-facilitated by Marisa Gutta and volunteers. Please contact Marisa to register.

Staff Emails for Programs:

Marisa Gutta: clientprograms@hospicegeorgina.com (Most Programs)

Sarah Posh: griefsupports@hospicegeorgina.com (Walking Group, Drop In Grief Group)

Karen: executivedirector@hospicegeorgina.com (8 week Grief Group, Individual Counselling)

Victoria: events@hospicegeorgina.com (Boredom Busters)

COVID GUIDELINES for PROGRAMS!

In light of COVID, we have policies and procedures in place to keep everyone safe.

Clients and volunteers must provide us with proof of double vaccinations by signing a declaration of vaccination document and/or a declaration of declination of vaccines or reason you are unable to receive it. Staff will be providing you with this information.

Programming:

1. **Physical Distancing:** Physical distancing of 6ft or 2m will be implemented at all times during the program as a precautionary measure. Hospice Georgina staff and volunteers will be present at events to ensure social distancing.
2. **Sanitization:** Staff members will ensure the sanitization of chairs and equipment at the program; before and after the program/event. Hand sanitizer will be provided for use by all participants. Hand sanitizer and handwashing before and after will also be encouraged.
3. **Personal-Protective Equipment:** All participants must wear a mask throughout the entire event indoors and outdoors. Masks must cover the nose and the mouth.
4. **Screening:** A COVID-19 pre-screening will be completed at the time of check-in before entering the venue in-person.
 - a. Only those individuals who have passed the screening and do not show symptoms of COVID-19 will be permitted to attend the program. Individuals who do not pass the screening will be asked to leave.
 - b. **If you are feeling unwell, you are required to stay home**, take the COVID-19 online self-assessment and get tested, if the assessment indicates as such.

Vaccination Status: Individual vaccine status and proof of vaccination will be asked as of **September 20, 2021**. All participants and staff attending must be **fully vaccinated**.

As per the Government of Ontario Ministry of Health (2021), an individual is considered fully-vaccinated if they have received: The full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines, One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada

Hospice Georgina complies and follows the recommendations and guidelines as set out by York Region Public Health for COVID-19, and the Ministry of Health and Long Term Care.



Gratitude

Each day I am reminded of things to be grateful for: the sunshine and rain, the cloudy skies above, family and friends, food, shelter, difficult times where I have found strength, happy times when I have experienced joy, seeing people smile.

When I wake up in the morning to when I go to sleep at night, I remember to give thanks.

Who are you thankful for?

What are you thankful for?

What acts of kindness have you given or received lately?

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



Events & Volunteers News



News from Victoria Vass, Fundraising Liaison for Hospice Georgina:

With the last little bit of summer, we still have some tomatoes, banana peppers, and basil growing in our community garden behind the link. Come by for our Walk and Talk program on Tuesdays at 11am and pick yourself some fresh vegetables for your salad!

Our tablet loaning program is new and improved and starting in October. We have brand new tablets that we will be loaning out to Hospice clients! We will preload applications and help you set yourself up for the best experience. You will be able to use these tablets to tune in to our programs through online video chat, play brain games, connect with loved ones, listen to music, meditate, and more!



Our new program Discovering Wellness, every other Thursday at 11am, features an hour of an activity relating to self-care. It is so important that we take care of ourselves no matter if we are unwell, or caring for someone that is unwell. At Discovering Wellness, we do stretch and flow, aroma therapy, mindfulness, and much more. This is to help us take time out of our challenging lives for ourselves and remember to love ourselves first.



We have been working hard to fundraise for Hospice

Georgina. We have a new initiative that started this year in June called Boredom Busters.

It is on Facebook where we run draws twice a week. The funds raised go towards running our programs. If you would like to join the amazing team of volunteers who are helping to run this program please contact me at events@hospicegeorgina.com



Drop-In Grief Group

Every other Tuesday, Starting September 21st, from 7-8pm via Zoom



PAST EVENT



Hospice on the Move: This was our first virtual event. We are so grateful for the incredible show of community support. “We challenged folks to participate on their own schedule and activity. Seeing family and friends rally together has been really gratifying. We are already looking forward to next year.

On behalf of our Staff and Board, we would like to thank each and every **PARTICIPANT, DONOR, SPONSOR and VOLUNTEER** for supporting our annual Hike for Hospice “Hospice on the Move” This years' hike raised \$3775.00. We feel very grateful to be a recipient of your kindness and community spirit. Thank you so much for making a meaningful contribution to hospice care. **THANK YOU, THANK YOU, THANK YOU!!!**

Hospice on the Movetop participates



Individual Participant—Esther Giddings raised the most funds for the individual category. Esther won a Apple Watch for her participation.

Great job Esther and thank you for always supporting this event!

Family Participant—Gayle Clarke & Family raised the most funds. They received a gift card for the whole family to enjoy a dinner together. Thank you Gayle

Team Participates— Spirit Whisperer's won the team category.



VOLUNTEERS

What: Volunteer Hours submitted by the 31st of the month

Why? 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 visit clients in the community, please include travel time to your clients.

Who do I sent this information to?

Marisa: Client visiting hours, Day program, holistic modalities,
clientprograms@hospicegeorgina.com

Laurie: Fundraising, Board or administration hours,
caring@hospicegeorgina.com.

Karen: Grief volunteers to executivedirector@hospicegeorgina.com

Thank you for supporting our organization in all you do!



Get Involved at Hospice Georgina

We offer a variety of opportunities to learn, grow and give back to our community. Serving as a hospice volunteer can challenge your spirit, fill your heart and enrich your own life. You are guaranteed to meet extraordinary people who will share this incredible journey with you.



BINGO IS BACK

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

for more details visit bingoworld.ca/newmarket

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



ENTRIES SUPPORT

Hospice Georgina
Sharing The Caring

CATCH THE ACE

Progressive Jackpot
\$1,000

Weekly Prize
\$36

Weekly Draw Closes
00 10 13
Days Hours Minutes

PLAY NOW

HOSPICE GEORGINA CATCH THE ACE IS BACK!

We are very appreciative of all those who supported Hospice Georgina through our Catch the Ace raffle. We hope our supporters are enjoying the opportunity to safely continue fundraising with an added bit of fun and excitement in the mix.

We are pleased to announce the jackpot is starting with another **guaranteed \$1000**.

Ticket prices are as follows: 10/\$10, 60/\$20 and (Best Value) 200/\$40, giving you the chance to win both the weekly prize and the progressive jackpot with 50% of ticket sales going to Hospice Georgina for palliative care and grief support.

Will your envelope have the ACE of SPADES in it? Purchase your tickets today for a chance to WIN BIG and help provide compassionate hospice care in Georgina.

Let the fun begin...GOOD LUCK!

Purchase tickets at hospicegeorgina.com or hospicegeorginacta.com

Lottery Licence # RAF1218035

BOARD OF DIRECTORS

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Vice-President

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Marisa Gutta

Grief Programs

Sarah Posh
Student Placement

Events & Volunteers

Victoria Vass

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.”

Thank you SOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO much for donating this beautiful “Cherry Cheese Cake” today. It was a pleasant surprise and thank you for supporting Hospice Georgina. Also, to Rob Grossi for donating his cheese cake to hospice.

Tim you did wonderful! Thank you!

RECENT DONORS!

People like you are an inspiration to all. Thank you for this generous act of giving. Today, your donation is a gift that could not be appreciated more.

M. Grant \$50.00
Anonymous donor \$100.00



Hospice Georgina also thanks the following donors

Mary Margaret Thorburn

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