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Dear Members, Donors, Clients, Volunteers & Friends,

Spring is here, and as we have seen the lifting of many COVID-19 restrictions, our staff team and volunteers are buzzing with excitement as we begin to bring back a number of programs, services, and events that were a cancelled or held virtually. We are also changing our newsletter distribution schedule to Spring, Summer, Fall

and Winter.

I look forward to meeting many more of you in person in the days and weeks ahead. We could just chat and enjoy a cup of tea or coffee. I would like to know a little more about our incredible supporters.

Please reach out to me either by phone or email and we will arrange a time for us to meet.

New staff members have been welcomed to our Hospice team. They also look forward to meeting everyone.

I am thrilled to say that our annual Pansy Fundraiser is back. Please visit our website at www.hospicegeorgina.com to place your order.

Along with the excitement of upcoming events and the ability to see each other in person, I recognize that there is a lot of pain and extremely difficult situations here and around the world. I remind everyone that our grief and palliative services are here for you, when you need us. Please be kind to yourselves and others. Take care!

I hope that you enjoy Spring to the fullest. Stay safe and healthy. From all of us at Hospice Georgina, we wish you a happy spring!

Sincerely,
Laurie Knapp

Executive Director



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario.



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.”*



A BIG thank you to the Sutton Kinettes, who donated some of the proceeds from the Kinsmen's Super TV Bingo.

Your gift is providing programs to our community at no charge. Thank you again for your ongoing support.

Thank you to Renate Freels for your great generosity! We greatly appreciate your donation, and your sacrifice. Your support is invaluable to us, thank you again!



Thank you to Ruth Rae for your generous donation and support in memory of her husband Gord.



A huge thank you to Sutton by the Lake Ladies group for their continued support and generous donation. **\$500.00**

Thank you to our monthly donors:

Mary Margaret Thorburn

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
 Lynda Ritchie
 Gayle Clark

Creative Therapy Group

This group is virtual and in person, every 2nd and 4th Tuesday at 11am.

"Reflective Painting".

"Time and reflection change the sight little by little 'til we come to understand." - Paul Cezanne



Hospice Georgina

Staff

Executive Director:

Laurie Knapp

Administrative Assistant:

Erin Verhaaff

Programs & Outreach:

Victoria Vass

Client Care Coordinator:

Shannon Beresford

Grief Support:

Sarah Posh (student)

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333

www.hospicegeorgina.com

What? Volunteer Hours submitted by the 31st of the month or by the 3rd at the latest.

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?

Erin: admin@hospicegeorgina.com



Please Join our Events & Programs

Program Calendar: April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Coffee & Chats (HYBRID) 10:30am-11:30am Caregiver Support Program (HYBRID) 1pm-2pm	5 Reiki & Reflexology 9am-2pm	6 Day Hospice (In-PERSON) 10am-1pm	7 Functional Fitness (In-PERSON) 12-1pm	8	9
10	11 Coffee & Chats (HYBRID) 10:30am-11:30am	12 Creative Therapy (HYBRID) 11am-12pm Drop-In Grief Group 7:00pm-8:00pm (VIRTUAL)	13 Day Hospice (In-PERSON) 10am-1pm	14 Functional Fitness (In-PERSON) 12:30-1:30pm	15	16
17	18 Coffee & Chats (HYBRID) 10:30am-11:30am	19 Volunteer Lunch N' Learn 11am-1pm	20 Day Hospice (In-PERSON) 10am-1pm Service Canada Presentation (HYBRID) 10:30am-11:30am	21 Functional Fitness (In-PERSON) 12:30-1:30pm	22	23
24	25 Coffee & Chats (HYBRID) 10:30am-11:30am	26 Creative Therapy (HYBRID) 11am-12pm Drop-In Grief Group 7:00pm-8:00pm (VIRTUAL)	27 Day Hospice (In-PERSON) 10am-1pm	28	29	30 OTF Appreciation BBQ + Shredding Fundraiser 10am-2pm

Program Calendar: May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Coffee & Chats (HYBRID) 10:30am-11:30am Caregiver Support Program (HYBRID) 1pm-2pm	3 Reiki & Reflexology 9am-2pm	4	5	6	7
8	9 Coffee & Chats (HYBRID) 10:30am-11:30am	10 Creative Therapy (VIRTUAL & IN PERSON) 11am to 12pm Drop-In Grief Group 7:00pm-8:00pm (VIRTUAL)	11 Day Hospice (In-PERSON) 10am – 1pm	12	13	14
15	16 Coffee & Chats (HYBRID) 10:30am-11:30am	17 Volunteer Lunch N' Learn 12-1:30pm	18 Day Hospice (In-PERSON) 10am – 1pm Meditation: CJ's Insightful Encounters (HYBRID) 3-4pm	19	20	21
22	23 Victoria Day (Hospice Closed)	24 Creative Therapy (VIRTUAL & IN PERSON) 11am to 12pm Drop-In Grief Group 7:00pm-8:00pm (VIRTUAL)	25 Day Hospice (In-PERSON) 10am – 1pm	26 Volunteer Movie Night 7pm	27	28
29	30 Coffee & Chats (HYBRID) 10:30am- 11:30am	31				

Program Calendar: June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day Hospice (In-PERSON) 10am – 1pm	2	3	4
5	6 Coffee & Chats (HYBRID) 10:30am- 11:30am Caregiver Support Program (HYBRID) 1pm-2pm	7 Reiki & Reflexology 9am-2pm	8 Day Hospice (In-PERSON) 10am – 1pm	9	10	11
12	13 Coffee & Chats (HYBRID) 10:30am- 11:30am	14 Creative Therapy (HYBRID) 11am-12pm Drop-In Grief Group 7:00pm- 8:00pm (VIRTUAL)	15	16	17	18
19	20 Coffee & Chats (HYBRID) 10:30am- 11:30am	21	22 Day Hospice (In-PERSON) 10am – 1pm	23 Volunteer BBQ 6pm	24	25
26	27 Coffee & Chats (HYBRID) 10:30am-11:30am	28 Creative Therapy (HYBRID) 11am-12pm Drop-In Grief Group 7:00pm- 8:00pm (VIRTUAL)	29 Day Hospice (In-PERSON) 10am – 1pm	30		

Client Program DESCRIPTIONS

Coffee & Chats: Join us Monday mornings from 10:30-11:30am with your favourite morning beverage and an hour of socialization with our Program Coordinator and a member of Vaughan Community Health Centre. In this program we take a laidback 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 done in partnership with CHATS.

Creative Therapy: Join us every 2nd and 4th Tuesday of the month from 11:00am-12:00pm. The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts and emotions. Limited spaces available.

Day Hospice: Offered weekly on Wednesdays from 10am to 1pm. The purpose of the Hospice Day Program is to provide clients with recreational and therapeutic activities, while also providing support for palliative and grief related topics, and lunch!

Drop-In Grief Group: This group meets on the 1st and 3rd Tuesday of the month. Participants may attend when they are able without having to commit to each session. It might be more difficult for those who are newly grieved, yet all are welcome to attend.

Functional Fitness: This program is designed to maintain and improve mobility. Our goal is to increase muscular strength as well as improve balance and coordination. Debra D'Souza is a CanFitPro Fitness Instructor Specialist, specializing in fitness for seniors. Registration required!

Guest Speakers: Various important topics related to health and aging.

Individual Support: 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 support.

Reiki & Reflexology: Every 1st Tuesday of the month, by appointment only.

Tablet Loaning Program: Borrow a tablet to attend our programs on Zoom, play brain games, use wellness apps, and connect with loved ones.



B I N G O W O R L D
+ G A M I N G

WE'RE RAISING MONEY!

A portion of gaming revenue goes directly to support local community groups like us!

bingoworld.ca/newmarket



Charitable Gaming.
Community Good.

We are happy that Bingo World and Gaming Newmarket are back open. We are grateful for their support of our organization, which helps funding our programs at no charge.



Hospice Georgina
Catch the Ace

\$5

GUARANTEED
\$1,000 JACKPOT



**CATCH
THE
ACE**



Hospice Georgina
Sharing The Caring

License #RAF1238999

www.hospicegeorgina.com

SUPPORT A GREAT CAUSE!

PANSY WEEK

New vendor this year! Thank you to
Thomas' Greenhouses in Pefferlaw.

**\$25 PER FLAT
E-TRANSFER PAYMENT
DELIVERED RIGHT TO YOUR
DOOR
BETWEEN APRIL 19-24,
2022.**

*Go to www.hospicegeorgina.com to
place your order today!*

Thank you for supporting Hospice
Georgina.



Free Community Programs



Hospice Georgina offers a variety of individual and group programs for gathering and support.

Our clients range in age from children to older adults and include their families and caregivers.

Coffee & Chats: Join us Monday mornings from 10:30-11:30am with your favourite morning beverage and an hour of socialization with our Program Coordinator and a member of Vaughan Community Health Centre. In this program we take a laidback approach of talking about life and wellbeing. (At Hospice Georgina & over Zoom)

Caregiver Support Group: Join us the first Monday of the month from 1:00-2:00pm. This program is done in partnership with CHATS. (At Hospice Georgina & over Zoom)

Creative Therapy: Join us every 2nd and 4th Tuesday of the month from 11:00am-12:00pm. The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts, and emotions. (At Hospice Georgina & over Zoom)

Day Hospice: Offered weekly on Wednesdays from 10am-1pm. The purpose of the Hospice Day Program is to provide clients with recreational and therapeutic activities, while also providing support for palliative and grief related topics, and lunch! (At Hospice Georgina)

Drop-In Grief Group: This group meets on the 2nd and 4th Tuesday of the month. Participants may attend when they are able without having to commit to each session. It might be more difficult for those who are newly grieved, yet all are welcome to attend. (Zoom)

Grief Support: If you are experiencing a loss of a loved one we offer individual support. (Office visits & phone calls)

Guest Speakers: Various important topics related to health and aging. (At Hospice Georgina & over Zoom)

Individual Support: Volunteers support people through non-medical support including conversation, playing games, silence, having a cup of tea, or providing respite to a tired caregiver. A volunteer is able to visit in the client's home, long-term care facility, retirement community, other accommodations, or phone calls. (Home visits & phone calls)

Reiki & Reflexology: Every 1st Tuesday of the month, by appointment only. (At Hospice Georgina)

Tablet Loaning Program: Borrow a tablet to attend our programs on Zoom, play brain games, use wellness apps, and connect with loved ones.

Contact Victoria
events@hospicegeorgina.com
905-722-9333 x 5505

Memorial Tree

Donate in Memory of a Loved One

Donating to our memorial wall is a meaningful way to ensure someone's lasting legacy, while providing valuable support that will ensure our community can continue to provide end of life care and grief support.

