

Newsletter



Executive Director's Message

Dear Hospice Georgina Community,

I hope this newsletter finds you well as we embrace the warmth and beauty of the summer season. It has been a busy and eventful spring at Hospice Georgina, filled with meaningful activities and programs.

Our annual Pansy Sale was a resounding success! Thank you to everyone who supported this event by purchasing pansies and contributing to our cause. The vibrant flowers brought joy and color to many homes and gardens throughout the community while helping raise vital funds for our programs and services.

The Roast of Rob Grossi was filled with laughter and good-natured teasing. We enjoyed celebrating Rob's contributions to Hospice Georgina and his commitment to our mission. Thank you to all who attended and made it a truly memorable event.

At the Georgina Volunteer Fair, we had the opportunity to connect with individuals passionate about making a difference in the lives of others. It was inspiring to see so many people interested in volunteering their time and skills to support our organization.

We would like to express our heartfelt appreciation to all the volunteers who dedicated their time, energy, and compassion to Hospice Georgina. Your commitment and selflessness make a tremendous impact on the lives of our clients and their families. The Volunteer Appreciation BBQ was a small token of our gratitude, and we were delighted to see so many familiar faces come together to celebrate. Cont'd Pg 6



Newsletter

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Summer 2023 Edition

"If you want to lift
yourself up, lift up
someone else."

-Booker T.

Washington



Thank You To Our Donors

Big or small, every single donation makes a difference. Every single dollar raised or donated to Hospice Goergina stays in our community and allows us to continue to build a stronger community for all. We are thankful for those who make Hospice Georgina their charity of choice and for giving locally. Thank you for your generous support of our efforts in "Sharing the Caring."

- J. Diasio
- M. Waddington
- D. Urquhart
- Ravenshoe United Church
- C. McKenzie-Morgan
- B. L. Graham
- D. & W. Graves
- D. & L. Scarlett
- S. Andrunyk
- T. Clarke
- J. & H. Hayes
- W. Pearce
- P. Wisdom
- B. Eustace
- R. Beechey
- K. Whitney
- K. Wolfe & W. Berlenbach
- J. Thompson
- T. Telford
- J. Scandiffio
- R. Reid
- A. & E. Reda
- M. Mendonca
- L. Ayres
- B. & S. Mallia
- N. Jackson
- R. & C. Grossi
- P. Grossi
- J. & P. Grossi
- H. Gillis
- M. Giampietri
- Fahey Crate Law
- C. Daniel
- T. Cooke
- C. Carson
- C. Burton
- L. & A. Attanasio
- J. Anderson

In Loving Memory



Memory Tree



C. Cryderman purchased a butterfly in loving memory of Emilio De La Garza

- B. Johnson in memory of Marlene Whitney
- B. Johnson in memory of Jim Stiles
- E. Martin in memory of Frederick Davidson
- J. & H. Hayes in memory of Frederick Davidson
- R. & C. Fairborn in memory of Frederick Davidson
- N. Radin in memory of Frederick Davidson
- D. & W. Graves in memory of Marlene Whitney
- B. & A. Bennett in memory of Claire Longhurst
- S. Jacobs in memory of Frederick Davidson
- C. Collier in memory of Frederick Davidson
- E. Donnelly in memory of Frederick Davidson
- S. Jacobs in memory of Claire Longhurst
- B. De Blasiin memory of Claire Longhurst
- C. Owens in memory of Claire Longhurst
- A. Langworth in memory of Claire Longhurst

THANK YOU TO OUR MONTHLY DONOR: M.M. THORBURN

Rob Grossi Roast Recap



The Rob Grossi Roast was a very successful evening filled with laughter and lighthearted roasting. We send a heartfelt thank you to Rob for putting himself in the hot seat to help us raise funds and for being such a great supporter. Whether you attended the fundraiser in person, sponsored or donated, we want to thank you! Your contribution is a significant step forward in making our dream of building a residential hospice in Georgina a reality.



Volunteer BBQ Recap

We are delighted to share the success of our recent volunteer BBQ event, which took place in June. The occasion provided us with a wonderful opportunity to gather and enjoy an evening filled with great company, delectable cuisine, and abundant laughter.

We would like to express our heartfelt gratitude to Amica for their invaluable support in catering for the event. Their generous contribution of food played a crucial role in ensuring we had a fabulous evening.



Furthermore, we extend our sincerest thanks to the Ravenshoe United Church for their generous donation, which greatly enhanced the overall event. Their benevolent support has made a significant impact and is deeply appreciated.

Our BBQ served as a reminder of the remarkable power of community and the immense joy that can be derived from coming together. We eagerly anticipate future gatherings where we can continue to celebrate our volunteers in the spirit of unity, friendship, and compassion that was so beautifully exemplified at our volunteer BBQ.

Front Page Cont'd

Executive Director's Message

We are thrilled to announce the addition of new programs to our schedule. Please take a moment to review the program schedule attached to this newsletter. These programs will continue running throughout the summer, offering valuable support and resources to those in need. We encourage you to participate and spread the word to others who may benefit from these offerings.

As we embrace the summer season, we will take a break from our Lunch 'n Learns. These educational sessions will resume in the fall, providing opportunities for learning and sharing among our community members. We look forward to reconnecting with you all and exploring new topics of interest.

Congratulations to Mary Lovell for being recognized as the June Callwood volunteer. Mary's dedication and outstanding service have made a significant impact on the lives of those she has supported. We are immensely grateful for her contributions and congratulate her on this well-deserved honor.

Over the past few months, we have experienced a significant increase in referrals from individuals needing our services. This growing demand highlights the importance of our work and the necessity for additional volunteers. If you know of anyone in the community who would like to embark on such a rewarding role, please spread the word and encourage them to get involved. Together, we can make a profound difference in the lives of those facing challenging times.

Lastly, we wish you a delightful summer filled with joy, relaxation, and rejuvenation. As you embark on your summer adventures, please prioritize your safety and well-being. We value each of you and look forward to reconnecting with you all in the coming months.

Thank you for your continued support and dedication to Hospice Georgina. We are grateful for the impact you make on the lives of others, and we are excited about the future endeavors that lie ahead. Should you have any questions or require further information, please don't hesitate to reach out.

Warm regards,

Laurie Knapp

Fundraising

Buy you Catch the Ace tickets !

Tickets are available for purchase at the following locations:

- HOSPICE GEORGINA: Monday to Thursday 8:30am–4:30pm
 - AUNTIE M'S CLOSET: Monday to Saturday 11am–5pm
 - FARMERS MARKET AT THE LINK: Sundays 9am - 12pm
 - BLACK RIVER COFFEE: Tuesdays 8–10am
 - SUTTON SOBEYS: Wednesdays 1–4pm
 - ZEHR'S: Fridays 1–4pm
- Or ONLINE at <https://ace.hospicegeorgia.com/>



Bingo World



Visit Bingo World & Gaming today, where a portion of every dollar spent goes to support your community and Hospice Georgia receives a portion!



Stay tuned for more info on our annual Pancake breakfast in October!



A Volunteer Story

When I first met Joan, November 9th, 2020, I sat in the chair that I would sit in many times for the next year and 3 months. It was a big black rolling office chair with a long flowery cushion from top to bottom. Her plants stood out to me as she had probably 10 or more big plants all laid on a table in the big living room window. There were a lot of little trinkets, sculptures, and fancy glasses in glass cases that she would sometimes tell me stories about how she got them. She had thousand dollar bird sculptures, 500 each she said proudly, and an expensive fancy bowl made of onyx. Her curtains were drawn but the sheer curtains would remained closed. A few months later I would open these to let more light in and she kept them open for a long time after, realizing she liked the brighter room. She had a large octagonal coffee table in the middle of the room with papers, candies, bowls, a back scratcher, and a placemat. Near the end of our first meeting, she told me that she was a psychic, and that my brother is around me. At this time my brother was studying in Hungary, and I had had a hard time saying goodbye that summer to him, but I never mentioned him to her, but she new he wore graphic t-shirts and this always baffled my brother when I told him what she knew. I instantly began to cry, I am not sure why, but something came over me.

As I left her place, we said our goodbyes and lovely to meet yous, and when I went outside, to a beautiful mild and sunny November day, I realized that I was finally on my path, something had just clicked, a piece had just fallen into place.

I began visiting her regularly, once a week, I had heard she liked Cribbage and Backgammon so I quickly learned how to play the week before visiting her so that we could play together. We didn't get to play for a while, as Joan had so much to say all the time. She had endless stories about her wild life, she always said she could write a book about, and I agree, but her stories are with her, and tucked away in my heart, and some of those closest to her. I remember one time I was fed up with my own life and said things were not fair, and she really put me in my place (which she was good at), that "you think your life is not fair?" And proceeded to give me details about very difficult stories from her past. I then got whipped into shape realizing I had it pretty good, all things considered.

When the virus became worse again, in the winter of 2020, we retreated to phone calls. We missed our visits but continued our long conversations. I would call her on my way home from work, which back then was 40 minutes long where I would take side roads through forested areas, enjoying my drive and our conversations, sometimes taking a detour to make our conversations longer.

A while into our visits, she finally told me the reason her nurse had requested a volunteer to come visit her from the hospice. She had been sad, and lonely, and would often be crying. Her life was not easy by any means.

When I started my non-profit organization, she told me it was going to go very well, and though I felt that in my heart, the reassurance of someone like her was comforting.

A Volunteer Story

She always had something to say about absolutely everything. Whether it was an opinion, a story, or an idea, she always had something. Her mind was an endless pit of memories, it was absolutely fascinating. She was sharp, witty, funny, strong, and at times frustrating and impossible, but she still accepted me as I am, and I her, and we could talk for hours and hours. In her last few months, she began getting more tired, having nose bleeds, she had recently gotten a new oxygen machine not long before her death that she said sounded like a truck passing through her apartment.

On her 90th birthday, January 20th 2022 (not the 19th because her mother said we only move forward, as she was born right at the end of the 19th), I came over the next day and brought her a 90 balloon, pizza, and cake. We ate, we laughed, we talked, we played our usuals.

I am so grateful that I got to meet this powerful, resilient, and strong woman. She gave me strength and guidance many times, while I gave her company, love, and respect. At first she called me her social worker, then her therapist, her grand daughter, but in the end I was her friend, and angel. Joan loved everything, she was a lover and a fighter. She demanded attention and respect, and she got it, and I willingly gave that to her.

On her last night, we hadn't talked in a few days, the last I had seen her was the Friday before, and we played Cribbage and Backgammon, as usual she beat me at Cribbage, and luckily, I beat her in Backgammon. Tuesday night, she had called me at 5:05pm, left me a voicemail, with her usual voice and demeanour to give her a call back. I decided to call her on my way to a class that evening, and when I did she picked up the phone and said "I need help". I quickly pulled a U-turn and called 911. I rushed in and held her hand, told her the ambulance was coming, told her she isn't alone, I am here, I am here you are not alone, you are safe. About 10 minutes after I arrived, she stopped squeezing my hand back, and she fell asleep, never to wake again. I did not believe it at first, Joan was never going to die, Joan was going to live at least another 10 years was what I truly thought.

I am eternally grateful and honoured that I got to spend Joan's last moments with her. Seeing her leave our earth to wherever we go next. Joan is at peace now and Joan is happy now. She does not live within the limitations of her body, she can do whatever she wants and finally be free of any hardships she had on earth. I know Joan will visit me one day, maybe more than once, maybe in a dream, maybe protect me when I am not looking out for myself, but I feel her with me, her presence was and always will be strong.

Joan, you changed my life, I know we made a big impact on each other, our unlikely pairing. Thank you for all that you added to my life.

I miss calling you.

I miss playing our board games.

I miss hanging out, chatting about everything.

You are in my heart forever.

Rest in Peace, Joan.
January 20, 1932 - February 8, 2022

Upcoming Events

Hospice Georgina

AGM

2023 Annual General Meeting

You're Invited!

Please join Hospice staff and board members at our AGM. Light refreshments will be provided.

When: Monday, September 18th at 7-9pm

Where: The Link

20849 Dalton Rd, Sutton, ON L0E 1R0

Only paid members can vote during the short business portion of the meeting.

Please RSVP by

September 11th, 2023

admin@hospicegeorgina.com

905-722-9333 Ext 5502



Program Calendars

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Canada Day Hospice Closed	4 Caregiver Support Group 1-2:30pm Guided Meditation 2:30-3pm	5 Day Hospice 10am - 1pm	6 Walk & Talk: The Briars 9:30-10:30am Fun & Games 10 - 11:30am	7	8
9	10 Coffee & Chats 10:30am - 12pm	11 Creative Therapy 10:30am-12pm Drop-In Grief Group 7 - 8pm (Zoom)	12 Day Hospice 10am - 1pm	13 Walk & Talk: Sibbald Point 9:30-10:30am	14	15
16	17 Coffee & Chats 10:30am - 12pm	18 Reiki & Reflexology 10am - 3pm	19 Day Hospice 10am - 1pm Therapy Dogs Visit 10:30-11:30am	20 Walk & Talk: The Link & High St 9:30-10:30am Paint Class 10am-12pm	21	22
23	24 Coffee & Chats 10:30am - 12pm	25 Creative Therapy 10:30am-12pm Drop-In Grief Group 7 - 8pm (Zoom)	26 Day Hospice 10am - 1pm	27 Walk & Talk: The Link & High St 9:30-10:30am Fun & Games 10:30am-12pm	28	29
30	31 Coffee & Chats 10:30am - 12pm					

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Day Hospice 10am - 1pm	3 Walk & Talk: The Briars 9:30-10:30am Fun & Games 10 - 11:30am	4	5
6	7 Civic Holiday Hospice Closed	8 Creative Therapy 10:30am-12pm Drop-In Grief Group 7 - 8pm (Zoom)	9 Day Hospice 10am - 1pm	10 Walk & Talk: Sibbald Point 9:30-10:30am Guided Meditation 10:30-11:30am	11	12
13	14 Coffee & Chats 10:30am - 12pm Caregiver Support Group 1-2:30pm	15 Paint Class with Kristen Lavender 10:30am-12pm	16 Day Hospice 10am - 1pm	17 Walk & Talk: The Link & High St 9:30-10:30am Fun & Games 10:30am-12pm	18	19
20	21 Coffee & Chats 10:30am - 12pm	22 Creative Therapy 10:30am-12pm Drop-In Grief Group 7 - 8pm (Zoom)	23 Day Hospice 10am - 1pm	24 Walk & Talk: Sibbald Point 9:30-10:30am	25	26
27	28 Coffee & Chats 10:30am - 12pm	29 Reiki & Reflexology 10am - 3pm	30 Day Hospice 10am - 1pm	31 Walk & Talk: The Link & High St 9:30-10:30am Fun & Games 10:30am-12pm		

Program Descriptions

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

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

Caregiver Support Group: If you are a caregiver to a loved one, meet others with a similar experience, share and learn about strategies, coping techniques, and local resources.

Coffee & Chats: Join us with your favourite morning beverage and an hour of socialization. In this program we take a laidback approach of talking about life and wellbeing.

Creative Therapy: The purpose of the Creative Therapy program is to provide clients with a creative outlet to express their feelings, thoughts, and emotions.

Day Hospice: This group is open to any adult living with a life-limiting illness or chronic condition, who would enjoy meeting others who may understand their experiences. During this program, participants have a chance to socialize, participate in activities, listen to experts speak on important topics, and have lunch together.

Drop-In Grief Group: 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. (Virtual only, Zoom)

Fun & Games: Light hearted, friendly card and board games to play with friends and acquaintances. Beginners welcome.

Grief Support: If you are experiencing a loss of a loved one, our trained staff and volunteers provide individual support. (Office visits & phone calls)

Guest Speakers: Various topics.

Individual Support: Trained volunteers provide non-medical support through 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)

Meditation: These mindfulness meditation sessions are fun reflective classes, promoting balance and calm, and managing loneliness and stress.

Paint Class: A guided paint class for relaxation and fun.

Reiki & Reflexology: Reiki is a form of energy healing. Reflexology looks at the hands and the feet as the windows to the body. By appointment only.

Walk & Talk: Get moving and out in nature, where participants engage in conversation while taking a leisurely stroll.

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

June Callwood Award

Join us in celebrating the remarkable contributions of Hospice Georgina volunteer, Mary Lovell, as she joins the esteemed June Callwood Award Circle of Outstanding Volunteers!

For years, Mary has selflessly dedicated her time and energy to supporting our community through her involvement with Hospice Georgina. She has been a pillar of strength, compassion, and unwavering commitment.

Mary's invaluable presence has touched the lives of many. She has skillfully facilitated our women's cancer group, offering solace and understanding to those navigating the challenging journey of cancer. Additionally, Mary has provided much-needed grief support to children, helping them find healing and hope during their darkest moments.

As a visiting home volunteer, Mary has been a comforting presence for clients with life-limiting illnesses. Her empathy and kindness shine through in every interaction, providing comfort and companionship to those in need. Mary fearlessly takes on any challenge that comes her way, going above and beyond to make a positive impact.

Hospice Georgina is profoundly grateful to have Mary as part of our volunteer family. Her unwavering dedication and compassionate spirit have been instrumental in our mission to provide care and support to individuals and families facing end-of-life challenges.

Let's come together to congratulate Mary Lovell on this well-deserved recognition. If you see her, be sure to extend your heartfelt congratulations.



Team

Board of Directors

Chair: Mary Margaret Thorburn

Vice-Chair: Carrie Ann Smith

Secretary: Judi Carr-Kartash

Past Chair: Iain Donnell

Members:

Freda White

Gayle Clarke

June Scandiffio

Staff

Executive Director:

Laurie Knapp

Administrative Assistant:

Debbie Waterman

Programs & Outreach Coordinator:

Victoria Vass

Client Care Coordinator:

Cassandra Sinopoli

6			5	8		7		
				7	1		9	8
		7	4			1		
				6				9
				4	7		8	6
			8			2		
		1				9	2	
		4					6	
				9		8	5	4

Riddle

Q: The more you take, the more you leave behind.

Answers

6	1	3	5	8	9	7	4	2
2	4	5	3	7	1	6	9	8
8	9	7	4	2	6	1	3	5
7	5	8	2	6	3	4	1	9
1	3	2	9	4	7	5	8	6
4	6	9	8	1	5	2	7	3
5	8	1	6	3	4	9	2	7
9	2	4	7	5	8	3	6	1
3	7	6	1	9	2	8	5	4

A: Footsteps.

Hospice Georgina

The Link

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Sutton, ON

LOE 1R0

(905) 722 - 9333

www.hospicegeorgina.com