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Dear Members, Donors, Clients, Volunteers & Friends,

Happy New Year, everyone. I hope that 2023 finds you well.

We have many exciting things to share with you for the upcoming year and look forward to spending time with you.

We had another successful Catch the Ace, and the Ace of spades was found just before the holidays. A BIG thank you to everyone involved! New in 2022, we held our first Pancake Breakfast event with the Georgina Firefighters. It was very successful, and it will be an annual fundraiser.

Again in 2022, we started the Lunch N' Learns, which were well attended, and we had incredible speakers covering many different topics, including the process of MAID. Our next Lunch N' Learn is on February 21<sup>st</sup>, 2023, from 12-1:30 pm. Presenting by Tonya McConnell will be discussing Retirement Living at Cedarvale, the long waiting list for long-term care, and what to expect. Amica will provide lunch.

In December, we were thrilled to host and toast our exceptional volunteers for our in-person Volunteer Holiday Luncheon. The energy in the room was high, and it seemed as though everyone was excited to be together to enjoy a wonderful buffet meal. While at lunch, Jacinta presented Hospice Georgina with a \$5000 donation from one of "Jacinta's supporters."

I am incredibly blessed to be a part of this organization and surrounded by many compassionate people. I have learned from our highly talented staff and volunteers. We couldn't provide our services without the dedication of our volunteers. They put in countless hours to support the residents of Georgina and ensure our fundraisers are successful.

Continued on page 8



# THANK YOU TO OUR DONORS!

Big or small, every single donation makes a difference. Every single dollar raised or donated to Hospice Georgina 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.”**



## Memory Tree

Blair & Sue Gillies purchased a butterfly in memory of Karen Henderson



## Memory Tree

Rick Winson and Gay Alexander purchased a butterfly in memory of Randy Winson



Sending out a big THANK YOU to the Thursday Morning exercise Club for their generous donation of \$1800.00.



Thank you for your donation of \$1000



Thank you for your donation of \$1000



Thank you Club 55 Pefferlaw for your donation of \$500



Thank you for your donation of \$100



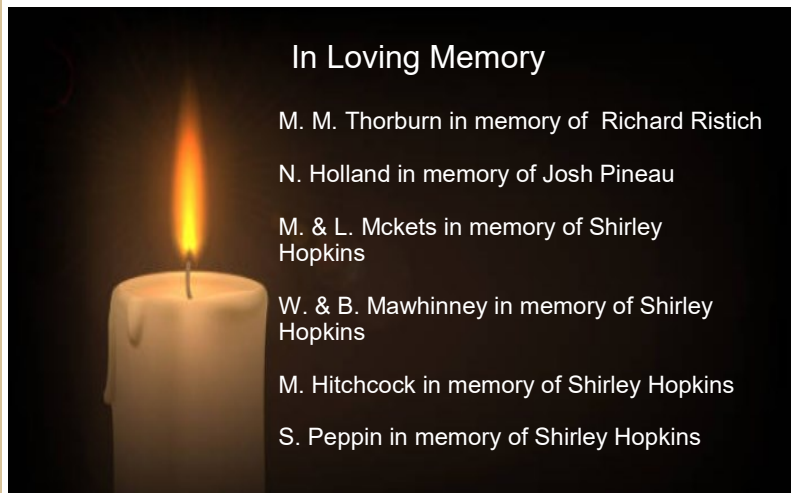
Thank you for your donation of \$5000

### Our Wonderful Donors:

- D. Fitzpatrick \$50
- A. & S. Watt \$100
- R. Lim \$50
- J. Malloy \$200
- J. Lim NGO \$200
- L. Simard \$100
- J. Peach \$50
- L. Ayres \$250
- L. McDonald \$50
- M. Grant \$50
- H. Ngo \$50
- V. Sy \$200
- G. Chui \$50
- C. Yang \$20
- A. Benavides Leal \$50
- J. Danaylov \$25
- M. M. Thorburn \$500
- K. Panfili \$200
- P. Gormley \$50

### In Loving Memory

- M. M. Thorburn in memory of Richard Ristich
- N. Holland in memory of Josh Pineau
- M. & L. Mckets in memory of Shirley Hopkins
- W. & B. Mawhinney in memory of Shirley Hopkins
- M. Hitchcock in memory of Shirley Hopkins
- S. Peppin in memory of Shirley Hopkins



Thank you to our monthly donors : M. M. Thorburn

# VOLUNTEER HOLIDAY PARTY



We were so thrilled to host our Volunteer Holiday Party in-person again this year! After their buffet lunch provided Amica our volunteers chatted and got to know each other. Our volunteers are the heart of Hospice Georgina so this lunch was a small token of our appreciation to show them our gratitude for the hard work they put in all year round. Your compassion, talent, and time does not go unnoticed!



A big thank you to Jacinta, she helped Hospice Georgina receive a donation of \$5000 from her friend Brian at Showtime Freight Services in Aurora! Thank you Brian for your generous donation!

# Good Times At Hospice



Jacinta's Take Charge 4-week workshop included Reiki healing throughout the workshops. Attendees enjoyed these free sessions along with self healing tips and techniques and a lot of laughs!

Our new Paint Class program run by Victoria, our Program Coordinator, has been a blast. The best part is seeing all the different paintings at the end where people's personalities shine through. These are run once a month. Beginners welcome and encouraged.



Look at our furry Day Hospice visitor, Dreamy the Greyhound. This gentle soul brings peace and smiles to our group and office whenever she pops in!



## Meet our Administrative Assistant Debbie Waterman



Hello Everyone,

I am so excited to be the new Administrative Assistant here at Hospice Georgina. I will likely be the person who greets you when visiting our office and I look forward to meeting each and every one of you. The care, services, groups and support Hospice Georgina offers to our community is immeasurable and I am grateful to be part of this amazing team!

In my personal time I enjoy crafting, especially doing macrame projects. I love animals. Big or small I love them all. Spending my down time with family and friends over a nice meal and good conversation is one of my favorite things to do.

Always remember, it doesn't cost you a thing to be kind!

## Meet our Client Care Coordinator Cassandra Sinopoli



My name is Cassandra and I am Hospice Georgina's Client Care Coordinator and grief support worker. I have graduated from York University with a bachelor of honors in Interdisciplinary Social Science, and I am currently working toward completing a Masters of Counselling Psychology with Yorkville University.

My work experience involves facilitating mental wellness and social programs, as well as providing support to people with developmental, physical, and psychiatric disabilities. My passions include everything mental health, and working to develop a more compassionate and empathetic community.

Between working and studying, I enjoy spending time at home with my family and friends, spoiling my dogs, cooking, art, walking through nature, and lounging in my backyard.

*"Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone."*

- Lisa Olivera

## Pancake Breakfast with The Georgina Firefighter's

Our Pancake Breakfast was a fun time for all. Thank you to the Sutton Fire Department and Brittany Elliot for making it happen. Thanks to everyone who attended and enjoyed the yummy pancakes, visited with Sparky, made crafts and listened to the beautiful music. Thanks to all the Staff and Volunteers at Hospice Georgina who participated and helped make it a success. Thanks to our sponsors.



# Thanks to our Sponsors



February 14th is Valentine's day! Have some fun with a heart shaped sudoku puzzle.

Solution on the next page

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

When its too cold to go outside, warm up with a 'Winter' themed word search.

Solution on the next page

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

H G I E L S E S R O H A Y C C  
 H S C A R F Z H A T S O L R D  
 T A G L O V E S I N N G L T O  
 E M I S T L E T O E D I I C E  
 E T F F E R R W E Y N T H S T  
 T S O R F U F D D R A I C N E  
 G I C I C L E S E A S O N O S  
 N R T H T E A H T U T E R I C  
 I H T L I O C I S N R Z I T C  
 R C A E O I S V O A O E M A E  
 E S L L T I N E R J N E G T D  
 T B G C O L D R F O O R T I E  
 T I C I N E S S E S M F H P C  
 A F I R E I N S M T I I U I E  
 H S E L A G M M O E C T E C M  
 C K R A R C T I C W I N D E B  
 A I E T A K S N E D W A I R E  
 N T E R S R A E B R A L O P R

- FIRE
- FREEZE
- FROST
- GALE
- GLOVES
- HAT
- HORSE SLEIGH
- ICE
- ICICLE
- ICINESS
- IGLOO
- JANUARY
- MISTLETOE
- POLAR BEARS
- PRECIPITATION
- SALT
- SCARF
- SEASON
- SHIVER
- SKATE
- SKI
- SNOW
- STEW

- ANTIFREEZE
- ARCTIC WIND
- ASTRONOMIC
- BECOME FROSTED
- CHATTERING TEETH
- CHILLY
- CHRISTMAS
- COLD
- DECEMBER

## BOARD OF DIRECTORS

**Chair:** Mary Margaret Thorburn

**Vice-chair:** Carrie Ann Smith

**Secretary:** Judi Carr-Kartash

**Past Chair:** Iain Donnell

**Members:**

Freda White

Gayle Clark

June Scandiffio

# Hospice Georgina

## Staff

**Executive Director:**

Laurie Knapp

**Administrative Assistant:**

Debbie Waterman

**Programs & Outreach**

**Coordinator:**

Victoria Vass

**Client Care Coordinator:**

Cassandra Sinopoli-Lomardi

Hospice Georgina

The LINK

20849 Dalton Rd., Box 721

Sutton, ON L0E 1R0

(905) 722-9333

www.hospicegeorgina.com

Continued from page 1

We have a busy few months ahead as we look towards the Spring, including our fundraiser, Curling for Care, on March 4<sup>th</sup>. You can find more details about this fundraiser by calling Debbie at (905) 722-9333 ext. 5502 or emailing [admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com). We also look forward to our upcoming event on April 29<sup>th</sup>, the "Rob Grossi Roast" dinner. Stay tuned for more details, and get ready to ROAST.

Please join me in welcoming our newest team members: Debbie Waterman, the Administrative Assistant & Cassandra Sinopoli-Lombardi, the Client Care Coordinator. They started on January 3<sup>rd</sup>; and I am so pleased they have joined our team. You can learn more about them inside this newsletter, and be sure to drop by and say hello!

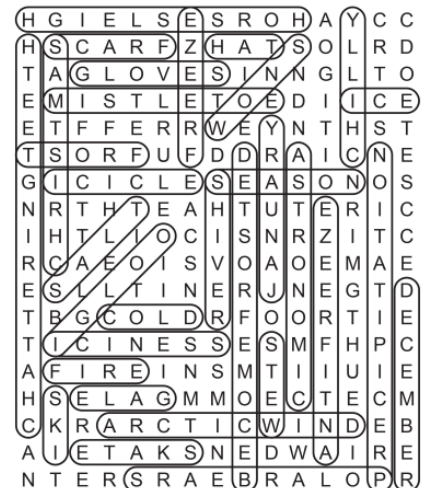
I hope to see you at our upcoming events, training, or groups. Please take good care of yourselves and each other.

*Laurie Ann Knapp*

Executive Director

## Puzzle Solutions

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





## Programs

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

**Caregiver Support Group:** Join us the first Monday of the month from 1:00-2:00pm.

**Coffee & Chats:** Join us Monday mornings from 10:30am-12pm 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.

**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.

**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!

**Drop-In Grief Group:** This group meets on the 2nd & 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)

**Fun & Games:** Light hearted, friendly card and board games to play with friends and acquaintances. Beginners welcome. Thursday from 10-11:30am.

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

**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. (At Hospice Georgina)

**Paint Class:** Guided paint tutorials.

**Stretch & Flow:** Class for relaxation and fun. A guided stretch and relaxation with optional essential oils.

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

[events@hospicegeorgina.com](mailto:events@hospicegeorgina.com)  
905-722-9333 x 5505

## Hospice Georgina Program Calendar: February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day Hospice 10am – 1pm	2 Fun & Games 10-11:30am	3	4
5	6 Coffee & Chats 10:30am - 12pm  Caregiver Support Group 1pm - 2pm	7 Creative Therapy 11am-12:30pm	8 Day Hospice 10am – 1pm	9 Fun & Games 10-11:30am	10	11
12	13 Coffee & Chats 10:30am - 12pm	14 <b>Valentine's Day!</b>  Self-Love Session 10-10:30am  Paint Class: Valentine's Edition 10:30am-12pm  Drop-In Grief Group 7-8pm (Zoom)	15 Day Hospice 10am – 1pm	16 Fun & Games 10-11:30am	17	18
19	20 <b>Family Day (Hospice Closed)</b>	21 Stretch & Flow 10am –11am  <b>Lunch N' Learn for Hospice Volunteers 12-1:30pm</b>	22 Day Hospice 10am – 1pm	23 Fun & Games 10-11:30am	24	25
26	27 Coffee & Chats 10:30am - 12pm	28 Creative Therapy 11am-12:30pm  Drop-In Grief Group 7-8pm (Zoom)				

## Hospice Georgina Program Calendar: March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Day Hospice 10am – 1pm	2 Fun & Games 10-11:30am	3	4
5	6 Coffee & Chats 10:30am - 12pm  Caregiver Support Group 1pm - 2pm	7 Paint Class 10am-12:30pm	8 Day Hospice 10am – 1pm	9 Fun & Games 10-11:30am	10	11
12	13 Coffee & Chats 10:30am - 12pm	14 Creative Therapy 11am-12:30pm  Drop-In Grief Group 7-8pm (Zoom)	15 Day Hospice 10am – 1pm	16 Fun & Games 10-11:30am	17	18
19	20 Coffee & Chats 10:30am - 12pm	21 Stretch & Flow 10am –11am  <b>Lunch N' Learn for Hospice Volunteers 12-1:30pm</b>	22 Day Hospice 10am – 1pm	23 Fun & Games 10-11:30am	24	25
26	27 Coffee & Chats 10:30am - 12pm	28 Creative Therapy 11am-12:30pm  Drop-In Grief Group 7-8pm (Zoom)	29 Day Hospice 10am – 1pm	30 Fun & Games 10-11:30am	31	

# CURL FOR CARE

## Hospice Georgina Bonspiel Saturday, March 4<sup>th</sup>, 2023

**\$50**

Per person

Time: 9:00 am – 4:00 pm

- 9:00 - Learn to Curl
- 10:30 - 1<sup>st</sup> Game

### INCLUDES



Morning coffee & light snack



Hot lunch & afternoon snack



Prizes



2 -6 end games



Sliders , Brooms & learn to curl

Send Entries To:  
Hospice Georgina  
The LINK

20849 Dalton RD.  
Box 721

Sutton, ON L0E 1R0

Phone: (905) 722-9333

Fax: (905) 722-0208

Email: [admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)

>>Closing date for entries Feb. 23<sup>th</sup>, 2023<<

### Entry Form

(Please bring clean indoor sneakers, mitts & layered clothing)

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Single or Partnering (circle)

Experience: yes or no (circle)

Partner Name: \_\_\_\_\_ Position: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cash or Cheque

(Please make cheques payable to Sutton Curling Club)



# CALLING ALL CURLERS!





# Hospice Georgina Volunteer Lunch N' Learn

Tuesday, February 21st, 2023 @ 12-1:30pm

Join us for a talk about Retirement Living at Cedarvale, discussing the long waiting list for long term care and what to expect.

Enjoy lunch donated by Amica, an interactive session, and some take home goodies!

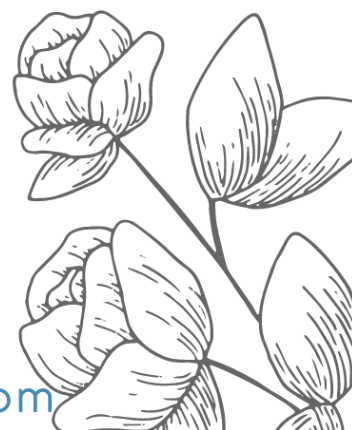
Presented by:  
Tonya McConnell

Please RSVP to Debbie at  
[admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)  
by February 2nd!



20849 Dalton Road  
Sutton, Ontario L0E 1R0  
Phone: 905-722-9333

Email: [admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)





# Hospice Georgina Volunteer Lunch N' Learn

Tuesday, March 21st, 2023 @ 12-1:30pm

Join us for a talk with the  
Pregnancy and Infant Loss  
(PAIL) Network from  
Sunnybrook Health  
Sciences Centre.

Enjoy lunch donated  
by Amica and an  
interactive session!

Presented by:  
Amy Muhr

Please RSVP to Debbie at  
[admin@hospicegeorgina.com](mailto:admin@hospicegeorgina.com)  
by March 14th, 2023



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