

WINTER 2023



THE Quarterly Quilt

THE OFFICIAL NEWSLETTER OF:

HOSPICE
VAUGHAN



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Holiday Greetings from Hospice Vaughan!

This holiday season, our hearts are filled with gratitude for you - our compassionate Hospice Vaughan community. Each day we are reminded that Hospice Vaughan is more than a building - we are an essential community of care. Whether you are a volunteer, a donor, an event attendee, or a member of our incredible staff - **you are a part of the Hospice Vaughan community of care**, and we could not do this work without you.

As we reflect on the role of this community of care, we are reminded of the significance it plays in pursuit of our mission. Hospice Vaughan is committed to ensuring that every individual and family, regardless of their financial situation, receives the comfort, dignity, care and support they deserve. **Our year-end fundraising campaign, *Hospice Care is Everywhere***, is a crucial part of our efforts to continue providing these essential services. With only a portion of our expenses funded by the government, we rely on the generosity of our community - local businesses, individuals, community groups and partner organizations - to ensure that all our programs and services remain free of charge. Your support will enable us to continue to deliver the very best care *and* invest in **new programs and services designed to meet the ever-growing needs** in this community - a few of which you can read about below.

Finally, we want to acknowledge that this time of year can be especially difficult for those who are experiencing grief - whether from the loss of a loved one or due to the uncertainty in the world right now. Thank you to our team of Grief Counsellors who have put together a list of helpful tips to guide us through this season. Please feel free to pass these along - simply acknowledging someone's grief can often be the most helpful thing of all.

Thank you for being a part of the Hospice Vaughan family. We wish you and your loved ones a peaceful holiday season.

With warmest regards,
Hospice Vaughan

Community Programs & Services

Our goal to serve as a "Palliative Care Hub & Centre of Excellence" is achieved through our community offerings designed to meet the growing needs of those living with a life-limiting illness, their families, and those grieving the death of a loved one.

What We Offer

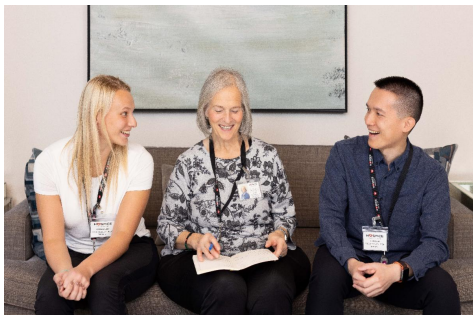
Our programs and services are a lifeline to those with life-limiting illness, their caregivers, and those grieving the death of a loved one. We provide them with assistance navigating the health care system, offering one-on-one counselling and group support.

In addition to our regularly scheduled group programs, we offer many unique workshops that cover an array of topics such as caregiver burnout, advance care planning and implementing mindfulness practices.

If you or someone you know would

Each week we open our doors to the community to attend our regularly scheduled Group programs, Social Club, complementary therapies, and wellness activities, such as meditation, yoga and reiki.

benefit from our community offerings, please visit our calendar at:
www.hospicevaughan.com/events_auto/
OR contact our community navigator at:
ariannac@hospicevaughan.com OR
905.850.6266 ext. 221 or ext. 203



Feature Story: Tips to Help Manage Grief During the Holidays

By: Ann Marie Gonda RN, MS

The loss of a loved one is difficult to manage at the best of times and can be particularly difficult during the Holiday Season. It seems everywhere you turn, there are parties, people are buying presents, everyone is joyful, Holiday music is playing **but you don't feel like celebrating**. It's okay, and it is normal to feel this way. Depending on your situation, you may not be able to just ignore this Holiday Season altogether. There may be little children who are full of excitement and expectation of carrying on traditions from previous years or plans for a special celebration were made a long time ago and now the Holidays are upon us. What do you do? How do you navigate the Holidays? Here are some helpful hints to assist you through this.

1. First and foremost is to acknowledge that this Holiday Season may be very different without your loved one, and it may be quite difficult for you so be kind with yourself and remind yourself that you are doing your best.
2. Be honest and tell people what you want to do and what you don't want to do. It's okay if you decide to skip the Holiday all together this year.
3. You may decide to donate to a charity in memory of your loved one instead.
4. You may want to see a Counsellor and talk with someone. Don't be afraid to ask for help.
5. You may want to wear clothing or accessories that belonged to your loved one.
6. Perhaps you may want to scale down "celebrating" or, not at all this year.
7. You may want to create a "memory stocking" in honor of your loved one where you can write down treasured memories and read them together with family
8. If you are planning on having the Holiday gathering at your home, don't be afraid to ask your family/friends for help or even host it for you.
9. Light a candle in your loved one's memory and have it burn throughout the gathering at a place setting or in your home.
10. Toast in honour of your loved one, share a fond memory, look through old photos or play music they enjoyed.
11. Try and do one thing, just for yourself every day, no matter how small it may seem.
12. Find one thing or person in your life to be grateful for each day. Write it down in a journal or call that person and tell them that you are grateful for them.
13. Listen to your body, take a nap, or just have some quiet time away from

technology.

14. Bundle up and go outside, or stay in and take a bubble bath if you can.
15. Eat healthily if you can, and don't be afraid to indulge a bit, but don't let overindulging become your comfort.
16. Alcohol can become a "fast friend" so be careful if you notice this.
17. Treat yourself and buy a gift just for you or a gift your loved one would have enjoyed and donate it to a charity.
18. Remember crying is okay.

While implementing these suggestions, try to find joy in the process. Despite the challenges the holidays may bring, it's perfectly acceptable to experience moments of happiness and share love. Enjoying yourself doesn't diminish the profound love and sense of loss for your loved one, so please release any feelings of guilt associated with these moments of joy. Prioritize self-care, take the time to nurture yourself, and may you discover comfort amidst the holiday season.

If you find that you are having difficulty coping and don't want to speak with a friend or family member, please call the Community Crisis Response Service at **1-855-310-COPE (2673)** or reach out to our team at Hospice Vaughan at **905-850-6266**, we're here to support.

Community Program Highlights



Music & Movement

This group program was a new pilot program we offered in Sept-Nov for 6 weeks! With overwhelming positive feedback, we're looking forward to offering it again in 2024!

This unique collaboration program came out of a request by members of our community who were looking for a program to support their journey with Parkinson's Disease. The request was made for an exercise program specifically targeting the physical impacts of this illness. This led the recreation therapist and music therapist to discuss how Hospice Vaughan could meet this need and resulted in the creation of the Music and Movement program. This 6-week pilot program served 6 participants (including a

Session activities included Neurologic Music Therapy interventions, an evidenced based practice that helps those with neurological disorders/experienced neurological events including Parkinson's Disease. Each session included activities using drums, voice, and walking to create an environment of fun, connection, and growth. There were many special moments throughout the sessions with lots of laughs and personal stories shared. It has created an opportunity for this program to be offered to a broader

combination of individuals with Parkinsons and their caregivers).



range of individuals with other illnesses and we plan for a return of this program in the new year!



What is the Safe Harbour Program?

Our new day program provides a safe place for anyone living in our community with a life-limiting illness to find support and connection with others who understand. Each 6-week series includes a different theme with activities designed to help cope with the challenges of an illness, as well as to foster an environment to have fun and meet some great people. Our next 6-week series will be in the new year and will be exploring the “Waves and Storms” of an illness journey. This will include ideas such as appointment anxiety, the waiting game and how to cope with the unexpected waves that hit us out of the blue.

If you or someone you know is interested in attending our Safe Harbour Program, please contact our community navigator at:

ariannac@hospicevaughan.com OR 905.850.6266 ext. 221 or ext. 203

Become a Certified Translator!

In partnership with the Elspeth Heyworth Centre for Women, we are offering an opportunity for those fluent in two or more languages to become trained as an interpreter.

Starting February 1st 2024, this 11-Week program hosted on Wednesday or Thursday evenings and Fridays will offer those the opportunity to build a strong foundation in their target language with the goal of supporting

more inclusive, client-centered end-of-life care.

For more information or to sign up contact
Shareeza: shareezal@hospicevaughan.com



Give the gift of compassionate care this holiday season!

Each day we are reminded that Hospice Vaughan is more than a building –we are a community of care. It is about creating a network of support where caregivers can find support to navigate health resources and to advocate for their loved ones. It is about supporting individuals to live as actively as they can until they die and extending a compassionate hand to their families. It is about creating safe spaces where people of all ages can find compassion, love, and comfort during times of grief and bereavement. Life limiting illness does not discriminate and neither does Hospice Care. That's why this year's holiday campaign is *Hospice Care is Everywhere*.

Vaughan is growing and along with it there is the need for more access to comprehensive end-of-life care. Since opening the hospice residence in 2021 we have had the privilege of caring for over 500 individuals and their families during their end-of-life journey. In that same time, we have helped hundreds of individuals in the

community navigate the challenges of caregiving and grief and bereavement. But we know that there are many more individuals and families who would benefit from our care. Our goal is to ensure that access to hospice palliative care is available to anyone, wherever and whenever they may need it. Whether that is a grief support group in the local library, a home visit from a trained end of life volunteer to provide support or companionship or a workshop or wellness activity in our beautiful spaces at Hospice Vaughan.

By joining us in our year-end campaign, you're ensuring that individuals and families across the City of Vaughan, will continue to access the care and support they need.

[DONATE](#)

Events



Three Remarkable Events, One Incredible Impact

Thanks to three wonderful community-hosted events for their support of Hospice Vaughan

In the spirit of gratitude and community, we extend our heartfelt thanks to the organizers of three remarkable events in support of Hospice Vaughan. Their dedication and generosity have made a significant impact on our mission to provide essential end-of-life and bereavement support in Vaughan.

First, the 8th Annual Spooktacular, held on October 27th, was a huge success! The event, filled with ghouls, goblins, and an abundance of Halloween spirit, raised an incredible \$30,000 for Hospice Vaughan. Thank you to our Board Chair & King of Halloween, Louie Chiaino and his amazing volunteer committee for all their efforts. We are already looking forward to next year!

The Return to Calabria Gala, hosted by

Just yesterday on Dec.6th, Hospice Vaughan was host to a very successful 2nd Annual Holiday Gift Basket Sale led by Carmela Sisto and her team of incredible volunteers. Highlighted at this amazing sale included 100 beautifully decorated gift baskets (all donated by local businesses and individuals) and special entertainment from the Kleinburg Treble Makers. Altogether, this wonderful event raised over \$10,000! Thank you to everyone who helped make the event a success!

Funds raised through these three events play a pivotal role in ensuring that Hospice Vaughan can continue to provide essential end-of-life and bereavement supports. If you have an idea for an event or would like to make Hospice Vaughn the beneficiary of your

Heritage Calabria on November 24th, was a night of elegance and celebration. The event brought together a community rich in culture and generosity. We are honoured to have been Heritage Calabria's chosen charity for this year's event!

own special event - milestone birthday, anniversary, wedding, memorial event - please contact Andriana at andrianaa@hospicevaughan.com



Upcoming Events

LOVE IS IN THE AIR

Hearts Gala

2024

Presented
by



NEW LOCATION!

Join Us at Universal Event Space
6:00pm on Friday, February 9th

Get your tickets today! Over 90% sold out!

hospicevaughan.com/gala

Notes of Love and Gratitude

Every day at Hospice Vaughan we receive messages of love and gratitude from individuals and families touched by our care. Today, we share them with you as a reminder of the role of Hospice Vaughan in the lives of so many.

“ Hospice Vaughan is beautiful and the people are wonderful. I am extremely thankful for not only the love and care they provided to my mother but also the support they provided to me. ”

“ It was a wonderful experience of **great care** and we were all very glad that is where we experienced his last days. Thank you! ”

“ Hospice Vaughan is the most amazing place. I'm forever grateful my mom was able to spend her remaining days in such a **loving and caring** place! ”

Holidays at the Hospice



"The joy of brightening other lives
becomes for us the magic of the
holidays"
-W.C. Jones

Special thanks to two very special
elves, Antonella Carogioiello and Ilena
Greco, for decking the halls of Hospice
Vaughan to make our building a warm
and inviting place to be during the
holidays! We are so thankful to have
such amazing people help make
Hospice Vaughan such a beautiful
place.

Follow Us!



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VOLUNTEER

Have questions about the Newsletter?

Please contact our Communications and Stewardship Officer at:
maryl@hospicevaughan.com or by phone at 805-950-6266 ext.201

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