

THE Quarterly Quilt

THE OFFICIAL NEWSLETTER OF:

H  **SPICE**
VAUGHAN

SPRING 2024



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Spring Greetings from the Executive Director

Dear Friends of Hospice Vaughan,

As the subtle signs of spring begin to paint our surroundings with renewed energy, I am excited to welcome you to the latest edition of our quarterly newsletter. Spring symbolizes growth, one of the many themes we work to accomplish here at Hospice Vaughan through our commitment to *growing* awareness.

As the first healthcare facility of its kind in Vaughan, we have embraced the challenge of raising awareness of our programs and services. Just as spring breathes new life into the world around us, we are dedicated to fostering increased community

engagement and expanding our marketing and communications efforts. It is imperative that we continue to sow the seeds of knowledge and understanding about the critical role of hospice palliative care and grief and bereavement support in our community. The more people that know about us, the more people will come to us for care.

In this edition, we share with you some of the ways we are advancing the Vaughan community's healthcare system. From educational outreach programs to community events that celebrate life, love, and legacy, we are committed to nurturing a culture of compassion and support.

Thank you for your unwavering dedication to our mission and for being an integral part of our Hospice Vaughan family.

With warm regards,

Stephanie Karapita
Executive Director

Events



A Night to Remember...

*The Hospice Vaughan 2024 Hearts
Gala at a glance!*

On Friday, February 9th, 2024, we celebrated a beautiful evening of Life, Love, and Legacy— all things we cherish every day at Hospice Vaughan. The evening was an incredible spectacle of community fellowship, breathtaking performances, and wonderful live music! With the support of our incredible sponsors, a dedicated and driven Tribute Committee, 1300 event attendees, and a community filled with love that supported us through raffle ticket purchases and online auction sales, we achieved a record-breaking success.

Every dollar raised from the 2024 Hearts Gala stays in the Vaughan community, ensuring that Hospice Vaughan can continue to provide compassionate support to those living with a life-limiting illness, caring for a loved one, or coping with grief. Events like these raise vital funds, ensuring that all of our programs and services, including our 12-bed residence, remain **free of charge**. Thank you for being part of our community of care!

We hope to see you next year!

For more information, please visit:
www.hospicevaughan.com/gala



Upcoming Event

HIKE
FOR
HOSPICE VAUGHAN
WALK · HIKE · DONATE

SUNDAY, JUNE 2 2024

SONOMA HEIGHTS PARK
100 Sunset Ridge, Woodbridge

REGISTRATION 9:00AM
OPENING CEREMONIES 10:00AM
WALK STARTS 10:30AM
LUNCH & FESTIVITIES TO FOLLOW



SPONSORSHIP AVAILABLE NOW! | ONLINE REGISTRATION OPENS APRIL 15, 2024
www.HOSPICEVAUGHAN.COM/HIKE

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, one-on-one counselling and

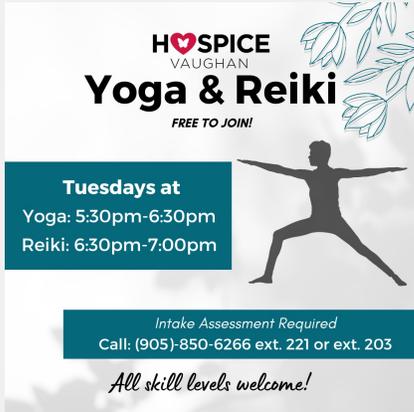
In addition to our regularly scheduled group programs, we offer many unique workshops that cover an array of topics such as caregiver burnout, advance care planning and mindfulness practices.

group support.

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

If you or someone you know would 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

Community Program Highlights



HOSPICE VAUGHAN
Yoga & Reiki
FREE TO JOIN!

Tuesdays at
Yoga: 5:30pm-6:30pm
Reiki: 6:30pm-7:00pm

Intake Assessment Required
Call: (905)-850-6266 ext. 221 or ext. 203

All skill levels welcome!

Yoga & Reiki: *A flourishing success*

This group program is a regular offering at Hospice Vaughan and assists with relieving stress through breath control and low-impact movement.

Tuesday nights are busy upstairs at Hospice Vaughan as a group gathers for Yoga and Reiki. Yoga and Reiki are known exercises that assist in reducing stress by calming the mind through meditation, light movement and mindfulness.

We are so grateful to be offering this service to the community thanks to the talents and amazing dedication of our volunteer yoga instructor and Reiki master, Juliana.



"Juliana is nothing short of amazing," remarks one participant, echoing the sentiment of many. Another attendee shared with us the profound personal impact of the Reiki session, describing feelings of rejuvenation and revitalization.

We are so grateful to our volunteers, such as Juliana, for creating such amazing support and opportunities for our clients!



Social Work at Hospice Vaughan



March marks National Social Work Month- a time to celebrate our valued social workers and the benefits they provide to the community. At Hospice Vaughan, we are so lucky to have three incredible Social Workers on our community team.

Providence and Arianna are our two Community Navigators, responsible for conducting intake assessments for our community programs, as well as handling community education, outreach, and healthcare system navigation. Kristen is one of our Grief and Family Support Therapists, offering support to community clients through individual private sessions and grief groups.

This year's theme, **#SocialWorkOpensDoors**, encapsulates the many ways in which social workers provide new and empowering opportunities for the individuals they assist. These opportunities range from guiding individuals to mental health services to connecting them with appropriate support systems. Our social workers take pride in their ability to connect, empower, and support individuals, providing care and assistance to Vaughan residents in dealing with the challenges of life-limiting illness, while also advancing education, research, and public awareness.



Interpreter Training is Underway!

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

Starting February 1st 2024, this 11-Week program offers participants the opportunity to build interpreter skills in their target language with the goal of supporting more inclusive, client-centered end-of-life care.

Currently, the group has been learning various modes of interpreting services- whether in person with a client or through an online service like *RivInt*. Additionally, the group is learning the following skills - Active Listening, Note Taking, Memory, Mental Transposition and Verbalization. These skills will help participants

provide accurate translation and interpreter services for residents, families and clinicians.

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.



“Your dedication, kindness and compassion during this difficult time has truly been a blessing. Thank you for **making a difference!**”



“You gave me such a beautiful blessing of allowing me to be a daughter and the ability to spend quality time with a woman who I loved so dearly. Your **kindness and compassion** will always be remembered.”



“We were all touched deeply and will forever remember that our father also spent his last days in **such a welcoming home** where we were all welcomed too!”

Support Hospice Vaughan!



Looking to support Hospice Vaughan? There's many different ways you can assist in providing compassionate end-of-life care in your community.

Here's a few ways you can support:

- Volunteer your time and skills
- Host an event in support of Hospice Vaughan
- Donate in honour of a loved one
- Become a monthly donor

For more information on supporting Hospice Vaughan, please visit:
www.hospicevaughan.com/gifts-and-giving

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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