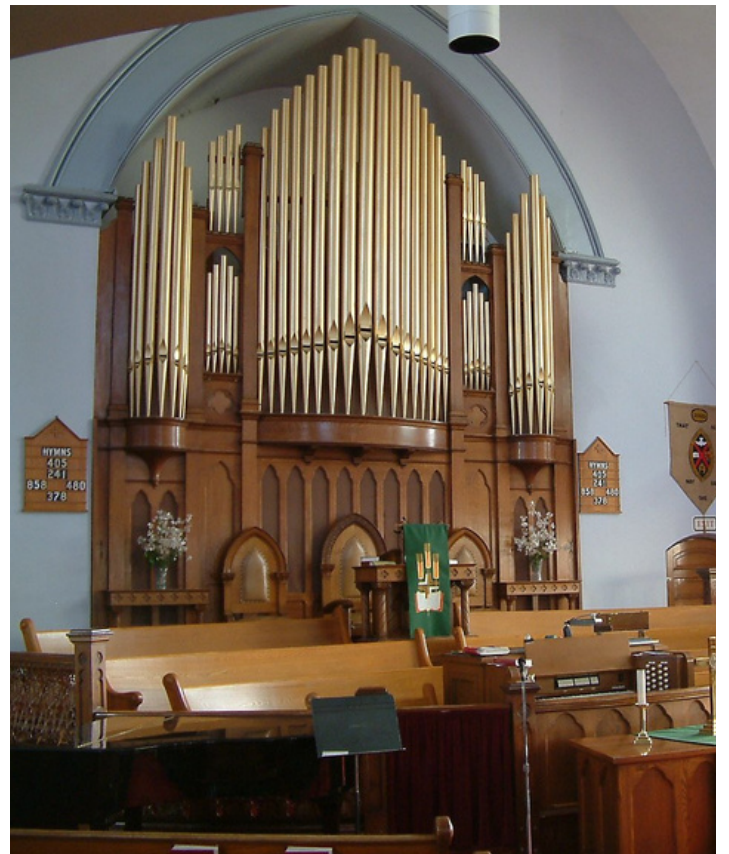


NOVEMBER 1, 2020

## NEWS & ANNOUNCEMENTS



## Financial Update

|                       | Jan-Aug 2019 | Jan-Aug 2020 |
|-----------------------|--------------|--------------|
| <b>Revenue</b>        |              |              |
| Givings               | 83,498.54    | 74,693.74    |
| Fundraising/rental    | 26,377.66    | 10,965.57    |
| Covid Gov't Subsidies |              | 12,298.80    |
| Total Revenue         | 109,876.20   | 97,958.11    |
|                       |              |              |
| <b>Expenses</b>       |              |              |
| Staffing costs        | 76,916.87    | 87,727.15    |
| Office supplies       | 14,149.37    | 9,697.77     |
| Facilities            | 20,564.13    | 22,290.57    |
| Committees            | 3,948.96     | 2,980.23     |
| Total Expenses        | 115,579.33   | 122,695.72   |
| <b>Net Loss</b>       | -5,703.13    | -24,737.61   |

First off, the Finance committee want to THANK EVERYONE for their continued financial support during this pandemic. We understand personal finances can be tight this year, but we appreciate what people have given. Our finances have been hit but we could be doing worse. We are taking advantage of the Government Covid-19 wage subsidies. We also have received the Covid-19 Small Business loan to help with extra every day expenses occurred during the pandemic.

In celebration of the 175th Anniversary of Melville it has been asked, if you can, to make an additional \$175 donation.

Thank you again  
for all your contributions!

Kaillie  
Treasurer



## Community Events

**November Mondays, 7:30 - 8:30 pm - For the Love of Creation: A Faith-based Initiative for Climate Justice** is hosting a set of Zoom events. Free.

- Nov 2nd: Communicating Climate Change
- Nov 9th: Advocating for Climate Justice
- Nov 16th: Grieving, Healing, and Connecting with Creation
- Nov 23rd: Creation Care: A Letter of the Faithful
- Nov 30th: Climate Action Now!

More info and register at <https://www.kairosCanada.org/event/for-the-love-of-creation-fall-online-forum/2020-11-02>.



**TRINITY UNITED CHURCH**

*Outdoor  
Christmas Marketplace*

**THURSDAY  
NOVEMBER 26  
4pm—8pm**

**crafts, baking, planters  
Visit from Santa at 6!**

**400 Stevenson St. North**

**MASKS REQUIRED**





Community Services

Hospice  
Wellington™  
YOUR STORY MATTERS

# At a Glance

## Winter 2021

To register for all programs, contact [info@hospicewellington.org](mailto:info@hospicewellington.org) or call, 519-836-3921. Registration is required, space is limited.

Hospice Wellington offers its Community programs to support clients through the experience of life-limiting illness, caregiving and bereavement. At Hospice Wellington, health and safety remain paramount and are monitored daily. Winter programming has been planned with the goal to return to in-person support where possible, but there will continue to be flexibility in response to any changes in the COVID-19 public health directives and programs may need to provide a virtual format.

## Phone Supports

### Palliative, Grief & Bereavement and Caregiver Support:

Hospice Wellington offers one-to-one phone support with a trained volunteer companion. Mutually agreeable session dates, times, and frequency will be arranged between client and volunteer.

## Gentle Art Therapy Invitations

Ten (10) weeks, Tuesday evenings, 5:30 p.m. - 8:30 p.m.

January 5 – March 9, 2021

(onsite in Hospice Wellington's Art Therapy Studio and/or a virtual platform, if necessary)

Group Art Therapy program providing emotional support using alternative modes of communication including art-making, creative writing, and verbal expression. Weekly topics with corresponding materials will be provided to explore aspects of self-care and self-expression connected to the individual's journey through grief. All materials are provided to support client engagement.

## Art Therapy Workshops: Dots to Mindfulness

Six (6) individual workshops, Thursday evenings, 5:30 p.m. - 8:30 p.m.

January: 7 & 21, February: 4 & 18, March: 4 & 18

(onsite in Hospice Wellington's Art Therapy Studio and/or a virtual platform, if necessary)

Join Hospice Wellington's Art Therapist alongside Community Artist, Roxana, to learn and explore the use of Dot-Painting. The process of dot painting can provide opportunities of self-expression, enhanced self-esteem and the development of new coping skills. During these workshops you will be introduced to this type of painting, learning techniques, and be guided to create a beautiful piece that will give you a sense of accomplishment and self-satisfaction. No background in drawing or painting required, all workshop materials provided.

## Spousal Loss Grief Group

Eight (8) weeks, Tuesday's, 10:00 a.m. - 12:30 p.m. or 6:00 p.m. - 8:30 p.m.

January 5 - February 23, 2021

(onsite at Hospice Wellington, or a virtual platform, if necessary)

Grief and bereavement support for individuals who have experienced the death of a spouse through sudden loss or due to any illness.

## Grief Education & Support

Ten (10) weeks, Monday evenings, 6:00 p.m. - 8:30 p.m.

January 11 - March 15, 2021

(onsite at Hospice Wellington, or a virtual platform, if necessary)

Weekly educational workshops exploring emotional, mental, physical, spiritual and social aspects of grief with the final hour of each session providing a voluntary space for support.



## Distance Reiki

Our volunteer Reiki Master is offering distance sessions over the phone for palliative care, caregiver, and grieving clients. New referrals are accepted at any time, and our volunteer will coordinate mutually agreeable session dates, times, and frequency. Reiki is a Japanese technique for stress reduction and relaxation, facilitating healing by treating the whole person, body, mind and spirit, to achieve a sense of peace, security, and well-being. We are hoping to begin in-person sessions in the near future.

## Distance Therapeutic Touch®

Our TT volunteers are offering distance sessions over the phone for registered clients accessing support for palliative care, and their caregivers. Volunteers will coordinate mutually agreeable sessions dates, times, and frequency. Therapeutic Touch is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of energy to repattern energy fields towards wholeness and health.

## Gentle Yoga

**Monday afternoons, 1:00 p.m. - 1:45 p.m., concluding March 29, 2021**

Our Gentle Yoga classes are available to registered clients accessing support for palliative care, their caregivers, and bereavement clients. We hope to continue offering classes in-person at Hospice Wellington with physical distancing measures. Participation is open to all levels of physical ability, and can be accommodated with the use of a chair upon request.

## Palliative Day Program

**Wednesdays, 10:00 a.m. - 1:00 p.m., January 6 - March 31, 2021**

Our on-site Palliative Day Program offers a friendly environment for clients living with a life-limiting illness. It provides social and emotional support in a relaxed setting, while caregivers have an opportunity for respite. The program includes special guests and activities, as well as opportunities to connect with other program participants, program staff and volunteers at Hospice Wellington. Clients can be referred by their family, healthcare professionals and friends, or they can make their own referral.

## Tuesday Mourning Scroll

**Tuesday mornings, 10:00 a.m. - 11:15 a.m., concluding March 30, 2021**

Formerly our Bereavement Walking Group, clients are provided with the opportunity to connect virtually through Zoom to bridge peer support. Staff and trained volunteers will offer grief-related resources and facilitate small group discussions. This group will resume in-person at the Royal Distributing Athletic Performance Centre (RDAPC) when physical distancing restrictions soften. New referrals are welcome in the current virtual model, and waitlist is available when this group can resume in-person.

## Education & Resources

### Advance Care Planning (ACP)

Presentations are available for service clubs, faith communities, corporate wellness programs and community organizations to increase awareness and understanding of Advance Care Planning. We encourage everyone to engage in conversations about the care they would like to receive in the event that they are too ill or injured to speak for themselves. **Contact Dale at 519-836-3921 ext. 227** to arrange a presentation. Resources can also be found at [acpww.ca](http://acpww.ca).

**The Integrated Wellness programs listed below are presently on hold. Stay tuned for start-up dates:**

- Massage Therapy **COMING SOON**
- Qigong
- Therapy Dog Program
- Therapeutic Touch® at Guelph General Hospital
- Therapeutic Touch® at Groves Memorial Community Hospital



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Guelph, ON N1G 3R8  
Community Level: 519.836.3921  
Residence Level: 519.822.6660  
[info@hospicewellington.org](mailto:info@hospicewellington.org)  
[www.hospicewellington.org](http://www.hospicewellington.org)

# Church Givings

The expenses of the church (staff wages, utilities and upkeep of the building) continue even when worship is not happening. Please consider making a contribution by one of the following methods:



- e-Transfer is now available! It's easy, fast and secure. Simply log into your online or mobile banking app and select the account. Choose or add Melville's email secretary@melvilleunited.com. Enter the amount and in the comment section you can tell us where you want your contribution to go (general, M&P, floor replacement, etc.)
- Cheque: made payable to: Melville United Church - which can be mailed to the church at P.O. Box 41 , Fergus, ON N1M 2W7 or put in the mail slot beside the parking lot door. The church is temporarily closed but the mailboxes are checked regularly. Post-dated cheques are also welcome
- Donate online through the Canada Helps web-site with a credit card <https://www.canadahelps.org/en/charities/melville-united-church>
- Email Lynda secretary@melvilleunited.com to arrange Pre-Authorized Remittance payments (PAR). Thank you to those already on PAR.



**Be up to date on  
Melville news!**

**Send us a message and  
let us know you want to  
be added to the mailing  
list:**

**secretary@melvilleunited.com**