



# TERRACE HOSPICE SOCIETY

July 2016 NEWSLETTER

## *Hospice Newsletter*

Volume 5 - Issue No.3

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### Current Events at THS

- **Grief Recovery Method®** - Has been started with two clients unable to attend grief support groups
- **Newsletter** – Please submit exciting stuff that other volunteers should know about to [terracehospice@citywest.ca](mailto:terracehospice@citywest.ca)
- **ACP Public Information Sessions** – Monthly public information sessions are now available through THS and will be held at the Library.

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### Upcoming Events for THS

1. **Bereavement Training for Professionals**
  - A) Currently working with Online Counselling College out of Alberta. If you are interested please contact Sue.
  - B) Two volunteers have registered and have started the course.
  - C) BC Hospice Palliative Care Conference- May 27/28 at the Radisson Vancouver Airport Hotel
2. **Meet and Greet the new and outgoing Board Members** – June 27, 2016 at noon in the Hospice office.
3. **Noah Tokarchuk** will be starting as the new office support worker with Hospice on June 27, 2016. Welcome Noah!
4. **Volunteer Training** – Coming soon! So far 5 people will be attending! Spread the word.
5. **Annual Northern BCHPCA Conference** - Oct 28, 2016 Please contact Sue if you are interested in attending

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### Regular Events at THS

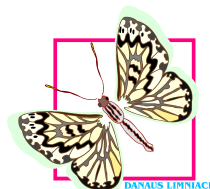
- **Volunteer Meetings** – Normally at 11:00 the first Monday of the month at the office. These are on hold over the summer.
- **Board Meetings** – The Third Monday of September—September 19th, November 21st,

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### BCHPCA Conference 2016: Plans, Partnerships, Promotions and Practicalities

The BCHPCA conference was held at the Radisson this year. This two day event was a huge success, attended by many hospice societies throughout the province. There were many break-out sessions, and sessions for all. Physician Assisted Dying was one session for all. We know now that the new bill did not pass senate. At the time of the conference, this was an unknown.

Some of the smaller sessions included Hospice research being supported by BC Center for Palliative Care. The focus of these research commitments had the common thread of community development, compassionate communities, and the role of the volunteer. Exciting stuff!



*The Butterfly: A Symbol of hope*

*A Symbol of New Life*

*by Eunice Brown*

## Message from Sue

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Much has happened in the past three months. Some highlights are listed below. More information is covered about these events within this newsletter.

- The successful letter-writing campaign spear-headed by Pat McGinlay, Wanda Fairless, and Rose Marie Fleming is bringing in donations
- Elizabeth Trenholm has provided consistency with office support for the last three months, and will be moving south at the end of June. She will be missed.
- We have recruited new board members and must say goodbye to others
- Sue Skeates is now certified in the Grief Recovery Method®
- Thanks to the Royal Bank, as well as Fiona Robertson and her crew of Musical Drama-teers for being a part of the annual Informational Tea on April 30.
- Thanks to new volunteer Tania Cordts for putting up posters around town
- Rev. Teri Meyers and volunteer Tiff McNaughton provided support to caregivers at Terraceview Lodge
- May included an Advance Care Planning workshop attended by Diana Woods and Sue Skeates, and the annual BCHPCA Conference attended by Sue Skeates both in Richmond.
- THS was the only hospice represented at the workshop sponsored by the BC Center for Palliative Care to provide public education relating to Advance Care Planning in the Northern Health Region.
- The AGM was held on May 30, at 6:30 at the public library
- THS once again has Wi-Fi! Volunteers can connect to internet in the office.



Grief Recovery Certificate presented to Sue

## AGM May 30, 2016

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The THS held its annual AGM at the end of May this year. It was well attended with 3 board members, 3 new board members, one potential new board member, and 3 hospice volunteers. The meeting was efficient with the THS currently sitting in a good fiscal position. The election of Directors was deferred till June 27 at the THS at noon. Wanda Fairless and Pat McGinley are arranging food for all visiting and board volunteers that attend this meeting. Everyone is welcomed.

## What's new at THS?

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A new computer that is linked to the older computer! Thanks to TCSI Consulting for their expertise and attention to detail in advising on what would best suit the needs of THS.



## Advanced Care Planning

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The Terrace Hospice Society and the BC Centre for Palliative Care have partnered to present public workshops for Advance Care Planning. Sue Skeates and Diana Wood from THS have taken the training to facilitate these sessions and plan to present 12 workshops over the next year.

Advance Care Planning is a process to help you think about, discuss, and ideally record your wishes for healthcare if for some reason you are unable to speak for yourself. This process can guide others in making healthcare decisions for you based on your desires and beliefs. This takes the guesswork out of the decision making process for your family.

These free public informational workshops will explain how to make an ACP and also why it is so important to have one. This information, along with resource materials, will guide the participants in making their own individual Advance Care Plan. This simple approach can bring peace of mind as others will know what your wishes are even if you are not well enough to speak for yourself.

## The Heart of Hospice

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The heart of the Terrace Hospice is the many volunteers who work diligently at the jobs that need to get done. Whether it is working directly with the clients, offering grief support, working in the office, helping at our fund raising events or just being there when called upon to do the work of hospice, we couldn't do it without you. Many thanks to all volunteers.

We look forward to welcoming a new group of volunteers in the near future.

Our belief in hospice and all it stands for, keeps us connected and dedicated through the highs and lows of our lives as volunteers.

Keep up the great work. We couldn't do it without you.



## Volunteers, God Bless Them

Many will be shocked to find when the day of judgment nears,

That there's a special place in heaven set aside for volunteers.

Furnished with big comfy recliner couches and foot-stool,

Where there's no committee chairman, no group leaders or car pools.

No eager team that needs a coach, no bazaar and bake sale.

There will be nothing to staple not one thing to fold or mail.

Telephone lists will be outlawed but a finger snap will bring

Cool drinks and gourmet dinners and treats fit for a king.

You ask, "Who'll serve these privileged few and work for all they're worth?"

Why all those who reaped the benefits and not once volunteered on Earth.

TERRACE HOSPICE SOCIETY  
ANNUAL GENERAL MEETING  
Monday, May 30, 2016 at 6:30 PM  
Terrace Public Library  
**MINUTES**

Attendance:

Sue Skeates (AGM Chair), Diana Wood, Wanda Fairless, Pat McGinlay, Jennifer Morgan, Julie Walsh, Sonia Orenchuk, Debbie Russell, Milea Lindstrom, Mitch Griffith

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| <p>1. Call to Order at 6:35 PM by Sue Skeates</p> <p>2. Sue Skeates welcomed everyone</p> <p>3. Approval of the Agenda<br/>Approved by Jennifer Morgan<br/>Seconded by Diana Wood<br/>Carried</p> <p>4. Introduction of the Attendees<br/>Sue Skeates- took over Chair position and Coordinator<br/>Diana Wood- Board Member<br/>Jennifer Morgan- Treasurer<br/>Debbie Russell-HR at Nechako interested in the Hospice Society<br/>Milea Lindstrom- Here to learn about the Hospice Society<br/>Sonia Orenchuk- interested in being a board member<br/>Mitch Griffith- interested in being a board member<br/>Pat McGinlay- Volunteer<br/>Wanda Fairless - Volunteer<br/>Julie Walsh- Volunteer</p> <p>5. Minutes of 2015 AGM<br/>A. Business arising- None<br/>Motion to approve minutes<br/>Approved by Diana Wood<br/>Seconded by Jennifer Morgan      Carried</p> | <p>6. Reports<br/>A. Chairperson<br/>See attached report<br/><br/>B. Financial<br/>Jennifer went over the financials from Alan K Hooper Inc. The society's current financial situation was explained. She also touched on our sources of funding and how important it is to follow the set out budgets. We are in a good financial position.<br/><br/>C. Coordinator.<br/>Sue Skeates has stepped in as Coordinator and her report is in the dual Chairperson and Coordinator report.</p> <p>7. Discussion and Question<br/>None</p> <p>8. Recognition of outgoing board Members<br/>During the past year, we accepted with regret the resignation of three board members - Gloria Murdock-Smith, Rev. Teri Meyer and Tawana Tokarchuk. Rev Teri Meyer remains our appointed Ministerial Liaison. Dr. Fourie will act as the appointed Medical Liaison. Both of these positions act in an advisory capacity with neither member having voting privileges.</p> |
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## AGM Continued from page 4

### 9. Election of Directors

The Election of the positions of the board will happen at the next monthly meeting of the board of directors.

### 10. Motion to adjourn

7:20 PM

Jennifer Morgan/ Diana Wood  
Carried

### 11. Next AGM is May 2017.

Week of 21<sup>st</sup>-27<sup>th</sup>

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## Informational Tea



May 30, 2016: It was another successful fund-raising effort with the Royal Bank at the Happy Gang! Fiona Roberson and her Dazzling Drama-teers were featured at the tea. The presented a delightful play based on Snoopy and the Gang in a Musical adapted for they event. Many thanks go out to those that participated! Fun was had by all.

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## New and Old Board Members

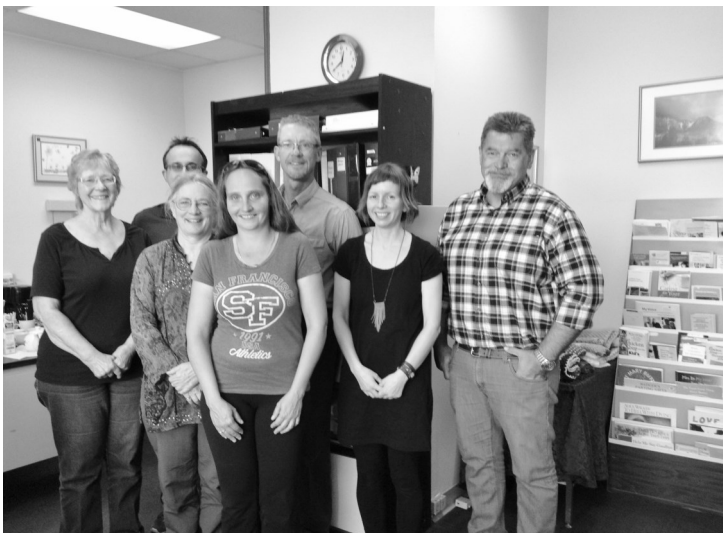
In the past year, Rae-Anne Polowski, Tawana Tokarchuck, Gloria Murdock-Smith and Reverend Teri Mayer have stepped down from the board. The board and volunteers wish them the best in their upcoming adventures.

Reverend Teri Meyer will be the Ministerial Liaison specific to educational and consultation capacities. Dr. Fourie has agreed to take on the role of consulting physician.

Other new members to the board include Sonja Onanchuck, Mitch Griffith, Peter Gill, Debbie Russell and Bonnie Casault (September).

Those remaining with the board include Sue Skeates (chair), Karen Walker-Lavery (Vice-chair), Jennifer Morgan (Treasurer, wanting to mentor a new treasurer), and Diana Wood. The position of secretary is currently open.

We look forward to the new input from the incoming board members. There will be a meet and greet with the incoming and outgoing board members June 27, 2016 at noon at the Hospice office.



*Back row: Donna Woods, Peter Gill, Mitch Griffith, Front row: Sue Skeates, Jennifer Morgan, Sonia Orenchuk and Dr. Fourie*



*The very First Hospice Board. Can you name them?*



## Meet & Greet Luncheon

On June, 27<sup>th</sup> the new board was voted in, It will consist of our returning members, Sue Skeates (chair), Jennifer Morgan (treasurer), Diana Wood and Teri Meyer (Ministerial liaison). New members include, Mitch Griffith, Sonia Orenchuk, Peter Gill, Dr. Jaco Fourie (Medical Liaison) and Debbie Russell (absent). Volunteers attending the meet and greet included; Rose and Henry Dreger, Linda Perry, Wanda Fairless,

Rose Marie Fleming and Pat McGinlay. Thanks to our new office worker Noah Tokarchuk for taking minutes on the board meeting on his first day of work.

Special Thanks to Pat McGinlay, Wanda Fairless and Rose Marie Fleming for organizing this event.



*Henry Dreger helping to set up the luncheon table. In the background are Diana Wood, Sue Skeates and the new office employee, Noah. Noah was the acting secretary for the board meeting.*



*Wanda Fairless, Henry Dreger and Rose Marie Fleming—all volunteers*

*Every day is a gift..*

*Treat it kindly.*

*Share it with Joy.*

**C. Brown**



*Rose Dreger and Linda Perry—both volunteers*

## Terrace Hospice Society proudly welcomes our new Board for 2016

<b>Board Chair</b>	_____	<b>Sue Skeates</b>
<b>Vice Chair</b>	_____	<b>Karen Walker-Lavery</b>
<b>Treasurer</b>	_____	<b>Jennifer Morgan</b>
<b>Secretary</b>	_____	
<b>Ministerial Liaison</b>	_____	<b>Rev. Teri Meyer</b>
<b>Consulting Physician</b>	_____	<b>Dr. Fourie</b>
<b>Board Member</b>	_____	<b>Debbie Russell</b>
		<b>Diana Wood</b>
		<b>Mitch Griffith</b>
		<b>Sonia Orenchuk</b>
		<b>Peter Gill</b>
		<b>Bonnie Casault (September)</b>

## Organizations/Individuals who have donated to Terrace Hospice Society

Alteck	Northwest Counselling Centre
Aqua Clear	Northwest Training Ltd.
Ron Bartlett	Pacific Northern Gas Ltd.
Bryant Electric	Park Ave Dental Clinic
Bob Erb	RCMP Veterans Assoc.
H&R Block	Rent a Car Ltd. (National Car rentals)
Janitor's Warehouse	Safeway
MacCarthy Motors Ltd.	Sight and Sound
Momack Holdings	Keith D. Stamp
Misty River Books	Terry's Lock & Security
Northern Savings Credit Union	

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Thanks to the mystery person who left a bouquet of flowers in the office, the night of June, 27<sup>th</sup>. It was a delightful surprise to walk into the office and see the colorful display from a secret admirer.