



TERRACE HOSPICE SOCIETY

July 2017 NEWSLETTER

Hospice Newsletter

Volume 6- Issue No.3

Sue's News

Danika completed the Volunteer Training Program with two new Volunteer Graduates! Well done Danika, and well done Vivian and Erin!!! We look forward to working with you as time goes by.

On May 25th, I attended the BC Center for Palliative Care (BC CPC) conference - Celebrating the Harvest in Richmond. While there, I was filmed about the Advanced Care Planning (ACP) Seed Grant along with four other participants. Eventually, that should be posted on the BC CPC website.

On May 26th, I co-presented at the BC Hospice Palliative Care Association (BCHPCA) about the same grant. I was also voted in to sit on the BCHPCA's board as the Northern Regional Director. I look forward to working on this provincial board and bringing new ideas to the Terrace Hospice Society.



Vivian Bryant has accepted the role as Volunteer Liaison with the Board. She will be asking volunteers for input as we step into THS's future. I anticipate that she will be set up with an email in the very near future. Please contact Vivian with ideas of how we can be stronger as a community service. All ideas are appreciated.

Thanking one and all endlessly for your support to THS.

Till next newsletter, I remain your Chair and Volunteer Coordinator.

Sue



Up-Coming Events at THS

1. THS Board Meeting : July 17th at 6:30pm
2. Advance Care Planning Workshops are taking a break for the summer and will resume again in September. Stay tuned!
3. Riverboat Days Long weekend in August we plan to have a float entered in the annual parade

THS Annual General Meeting: June 13th
2018 @ 7:00 p.m. in the
Library Board Room

Office Update

During the month of May, Rebecca and Rosalyn were hard at work renovating. We would like to welcome everyone to come check out our new and improved office! We have an exciting new colour of paint on the walls, new computers, a new desk, new filing cabinets and other exciting surprises in the office to show you. Come visit us sometime in the newly renovated office. A big thank you goes out to Erin for helping paint!



“Meet our Summer Student”

Meet Rosalyn

My name is Rosalyn and I am working as the summer student for the Terrace Hospice Society. I am entering my third year of study in the Bachelor of Science in Kinesiology program at the University of Alberta. I plan on applying into a Masters of Science in Physical Therapy program upon completion of my bachelor's degree. I love my university, but I may have to look somewhere warmer than Edmonton for my next degree. When I am not studying at school, I can usually be found out with friends or playing soccer and hockey. During the school year, I volunteer my time helping teach English to Grade 3

students in an Arabic-English bilingual school. I was born and raised in Terrace and am always happy to return home in the summer. When not working in the THS office, I'm likely out coaching my U9/10 girls soccer team or exploring hiking trails in the area. I hope to bring youthful energy and fresh ideas to THS, and plan on using my organizational skills to help get the office tidy once and for all! I look forward to meeting all of the people involved with hospice and helping out wherever I can. Please introduce yourself if you see me around, I'd love to get to know you.

Hike for Hospice

Hike for Hospice took place at Ferry Island on May 7th. The weather held out for the day and we raised over \$550 to help fund the Rainbows Program. Patrons were very interested in the cause; it is a program that would be well used in Terrace and surrounding areas. The number of patrons doubled from the previous Hike which was held 2 years ago. A great time was had by all. We offered vegetable and fruit platters along with Freezies, hotdogs and donuts. Many of the patrons came with small children who also enjoyed a scavenger hunt and face painting. Next year, we will aim to hold it later in the day and perhaps offer some more activities along the route. A big thank you goes out to everyone who helped make the day a success



Thank you to all of our donors who helped out with Hike for Hospice, the Crime March and Health Fairs

SAVE-ON-FOODS

SAFEWAY

CREATIVE ZONE

THE CANADIAN WHOLE-SALE CLUB

THORNHILL MEAT MARKET

TIM HORTON'S on KEITH

AQUA CLEAR BOTTLERS

DON DIEGO'S

MR MIKES

Advance Care Planning

By Diana Wood

What is Advance Care Planning (ACP)? It is simply a process of thinking about and sharing your wishes for future health care with your loved ones and with your health care provider. It gives you an opportunity to tell others what would be important if you were ill and unable to communicate.

Let's face it, we all hope to die peacefully; able to communicate until the very end. But that's not always the case. What if you couldn't speak for yourself? Do you have a Substitute Decision Maker in place? An SDM is just one component of a well thought out Advance Care Plan.

Some people feel strongly about things like resuscitation, blood transfusions, etc. An ACP will give you the opportunity to make your decisions ahead of time so that if the time comes when you are not able to make decisions for yourself, others will know what is important to you and be able to carry out your wishes.

This can bring peace of mind to you and your loved ones. For you, it can relieve the uncertainty of not being heard and for your family, it gives them clear direction to make decisions on your behalf at an already stressful time.



The Terrace Hospice Society has been offering Advance Care Planning Workshops for the past year and we're pleased to say that this information has been very well received. We have presented 12 free regular monthly workshops to the public at the Terrace Library. We have also presented this information to the Nursing students at NWCC as they will be in a perfect position to be able to introduce people to the concept. Soon, we will be making these presentations to Social Work students as well. We, at THS, are passionate about bringing this knowledge to as many people as possible. We often don't have control of when we die, but we do have control of the decisions being made when we are not able to communicate. An Advance Care Plan gives us that control.

These workshops are a free service that THS offers and we will continue bringing you this information for as long as people are interested.

For the past year we have delivered these workshops the first Wednesday of each month at 10:00 a.m. at the Library. These are finished for now but we will resume in September with evening workshops to meet the needs of those who work during the day. We haven't decided on which evening of the week so if you have a preference please give THS a call at 250-635-4811 and let us know what suits you. We will do our best to accommodate.

And for those who are having a hard time bringing up the topic of death and dying to your family, we would be happy to deliver a private workshop for you and your loved ones. Sometimes it's easier for a non-family member to bring up this delicate topic.

I promise you that once everyone has heard the presentation they will all agree that it is very important for everyone to have an Advance Care Plan. Don't let the price of these workshops fool you..... they may be FREE but they are priceless in terms of value and peace of mind.

Terrace Hospice Society 

Health Fairs and Community Awareness

Over the course of the past few months we have participated in several community events. We were at both the Kitselas and Kitsumkalum Health Fairs and were able to reach out at many different organizations that have clients in need of such services. We were successful in raising awareness, received new client intakes and had some local community members inquire about volunteering with THS. We had a draw for a \$25 gift certificate from Mr. Mikes at the Kitsumkalum fair. In addition, we set up a table at the Spirit of Wellness Expo at the end of April. It was here that we plugged the Hike for Hospice and the Rainbows program. We handed out balloons and had a beautiful gift basket as a draw prize. Through these fairs, we were able to reach out to a lot of community who were unaware of our existence and even received some new donors.

We also wore our THS T-shirt while we were volunteering with the Relay for Life; raising awareness about our society while simultaneously helping out with a great cause.

Looking for Volunteers

THS is an organization run by volunteers and we are always looking for good people to help out in this worthy cause. Volunteers are needed in the following areas.

- Planning Special Events
- Public Relations
- Fund Raising
- New Board Members
- Office help and running errands such as delivering newsletters, putting up posters, etc.

A Smile

It costs nothing, but creates much
It enriches those who receive,
Without impoverishing those who give.
It happens in a flash and the memory of it lasts
forever.
None are so rich they can get along without it
And none so poor but are richer for its benefits.
It creates happiness in the home,
Fosters good will in a business,
And is the countersign of friends.
It is rest to the weary, daylight to the discouraged,
Sunshine to the sad, and nature's best antidote
for trouble.
Yet it cannot be bought, begged, borrowed, or
stolen,
For it is something that is no earthly good to any-
body
Till it is given away.
If someone is too tired to give you a smile,
Leave one of yours.
For, nobody needs a smile so much
As those who have none to give.



Friendship Cake

1 cup greetings
1/2 cup of smiles
1/2 cup of love
1 tsp. sympathy
2 lg. handshakes
2 cups hospitality

Cream greetings and smiles. Add handshakes, beaten slightly. Add love slowly. Sift sympathy and hospitality. Serve with humility.

Recipe from 1998 Platt SD Hospital Recipebook

Help Wanted

- We are currently looking for volunteers to train in the Rainbows program. It's a program that helps children and youth grieve and grow after loss. In order for us to go further, we need to recruit a team of 4-5 individuals who would like to be a part of this great cause.

It requires online training and 42 hours per year of commitment to Rainbows. The cost for training will be covered by the Terrace Hospice Society. If you are not already a volunteer and would like to help out we will cover your cost of training once becoming a hospice volunteer. Please contact the office for more information or to sign up.

- We are also looking for volunteers who would like to champion a float in the Riverboat days Parade! Please call the office if you are interested.



Anne of Green Gables - The Musical

THS had the opportunity to fundraise with the Carmen Arts group for their Canada Day weekend production. The cast worked really hard and the play was well received in the community.

A huge thank you to all the THS volunteers who came out and supported the Carmen Arts Group for the Anne of Green Gables production. We were responsible for the intermission ice-cream sales and over three productions managed to fundraise \$291.00. It was the perfect way to raise community awareness for the society. We appreciate your support in coming to enjoy the play and buying ice cream. A shout out to Save-On-Foods and Safeway for their in-kind donations.

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 footstool,

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.

Newsletter – Please submit exciting stuff that the community should know about to

terracehospice@citywest.ca



*Victims and Survivors
of
Traumatic Loss*

Let's make the journey together

GRIEF
SUPPORT



Terrace Hospice Society

(250)635-4811

Crime March Report

The Terrace Hospice Society was out to show support at the British Columbia Victims of Homicide Crime March on May 31st. Victims and survivors of crime and their supporters came together to march from the Millennium Trail to George Little Park. The event was held as a part of National Victims and Survivors of Crime Week to raise awareness and acknowledge victims and survivors of violent crime. The festivities on hand included a hot dog lunch, community booths, and speeches by community groups including: Community Victim Services, the local RCMP and the Ksan House Society. A family member of Zachary-Turner Good, who was killed in 2015, also spoke.

Pictured below are two of Zachary's brothers with one of our volunteers, Erin (left), and Events Coordinator, Rebecca (right).



THS had a booth containing a variety of informational THS brochures (including one on Traumatic Loss for survivors of Homicide and Suicide), volunteer applications, free books, and a draw for a free t-shirt. A slide presentation of the Terrace Hospice Society was playing to help inform people of who we are and what we do. We spoke to many people who attended the event, handed out brochures and introduced them to the Terrace Hospice Society. It was a pleasure to be a part of the event and we hope to see it continue to grow in the future.



Our Booth



Sue Enjoying Lunch

Terrace Hospice Society Board of Directors 2017 - 2018

Chairperson _____ **Sue Skeates**
Vice Chairperson _____ **Diana Wood**
Treasurer _____ **Jennifer Morgan**
Secretary _____ **Adrienne Zachar Davidson**
Director _____ **Lana Garner**
Director _____ **Paul Harrison**
Director _____ **Verna Wickie**
Volunteer Liaison _____ **Vivian Bryant**

Ministerial Liaison _____ **Rev. Teri Meyer**
Consulting Physician _____ **Dr. Fourie**

Terrace Hospice Society

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*Every day is a gift.
Treat it kindly.
Share it with Joy.*

C. Brown