



# TERRACE HOSPICE SOCIETY JANUARY 2013 NEWSLETTER

# Hospice News

Volume 3- Issue No. 1

## Announcement: Coming Events

- **Hospice Raffle: Feb. 1 - Mar. 23, 2013**  
1st Prize: 2 return Hawkair tickets to Vancouver  
2nd Prize: \$100.00 Gift Certificate from Canadian Tire  
3rd Prize: Safeway Gift Basket  
4th Prize: Handmade Tote Bag and Scrap Booking Kit  
**Tickets can be purchased at the Terrace Hospice Society office: #207 - 4650 Lazelle Avenue or from one of our Hospice Volunteers.**
- **Terrace Hospice Society and RBC Royal Bank Informational Tea - March 23, 2013.** Come join us for afternoon tea, listen to local youth sing and learn more about Hospice Services and Programs.  
Time: 1:00 pm - 4:00 pm  
Location: TBA
- **ehospice is here!**  
A website and free app that will bring you international and national news and intelligence on Hospice, palliative and end of life care. (see ehospice article on page 5)  
**Check it out at [www.ehospice.com](http://www.ehospice.com)**  
**\*NOTE: This app is for hospice information only. It does not connect directly to Terrace Hospice Society.**
- **Grief Support Group starting in April 2013** ♥

## Celebrate a Life

Christmas time is a special time to be with loved ones but some loved ones cannot be physically present. To honour those we have lost, we come together as a community to remember them during our Annual Celebrate-A-Life ceremony. This year's Celebrate-A-Life ceremony was a huge success again! Approximately 56 people attended our event! The musicians and speakers did a fantastic job! For the first time the Sweet Adelines performed at this event. Everyone agreed their performance made the evening even more special and meaningful. We hope they will join us again. Thank you to everyone who organized and participated in our Celebrate-A-Life, especially the members of the Elks Lodge! ♥

Congratulations to all the volunteers who completed our Winter Volunteer Training Program!

Betty Cobbs	Maggie Hartman
Lendra Hovanes	Maria Korsak
Bill Henderson	Dawn Garner
Germaine Robertson	Elaine Temple
Ina Nelson	

♥

## Meet Our Volunteer

I grew up in Poland. For over twenty years I have been living in Canada. I lived in Montreal, Vancouver and since 1997, here in Terrace where my husband and I have been working in the forest industry. I love helping people and had worked as a volunteer nurse in a hospital in Poland. During my university years in Poland, I worked in various charitable groups. While in Vancouver, I worked helping disabled children. I

am presently semi-retired and I have more time, so I started thinking of how I could be useful helping others again.

I believe it is very important to help people, to be of assistance to them when they are approaching end of life. Because of my christian upbringing, my faith helps me understand how precious life is at any age. I believe through conversation and prayers, I could be useful in bringing comfort to those in need. Also I am capable of helping with their physical needs or just by being their companion. Maria Korsak ♥

## Coordinator's Corner

It has been a jam packed year for our Society! Along with celebrating Terrace Hospice Society's 20th Anniversary, there has been a significant increase in referrals. In the past two years, the number of hospice clients has risen from a monthly average of 12 clients to 28 clients! Our adult Grief Support Group which runs twice a year, is always full, with an ongoing wait list for the next group. The number of Hospice volunteers has doubled! We use to have just over 20 volunteers, now we have over 40. This growth is very rewarding for me and the members of our Society. We are passionate about providing quality Hospice Palliative Care to all Canadians. Hospice palliative care is provided in a manner

that is sensitive to the client's and family's personal, cultural and religious values, beliefs and practices, their developmental state and preparedness to deal with the end of life process. Everyone is entitled to equal access to hospice palliative care services wherever they live. If you or someone you know may benefit from our services, please call us at 250-635-4811.

Although our referrals have increased, we know there are many more individuals who would benefit from Hospice Palliative Care Services. We look forward to serving you in 2013!

"Every day is a gift, Treat it kindly, and Share it with Joy." C. Brown

Penny Dobbin, coordinator. ♥

## RCMP veterans give out first donation here

by Terrace Standard

Published: November 19, 2012

LOCAL RCMP veterans association members chose the Terrace Hospice Society as the recipient for their first donation.

Retired RCMP member Rick Meijer got the go ahead for the donation after he suggested it to the Prince George division, which has been giving out donations there for several years, said Meijer.

He hopes it will become an annual donation and said at the top of the association's list to give to all hospice and seniors groups.

The RCMP Veterans Association is made up of retired officers and people who worked for the RCMP, said Meijer. ♥

Find this article at:  
<http://www.terracestandard.com/community/179818171.html>



## Organizations who donated to Terrace Hospice Society in 2012

Pronto Towing Ltd.  
Northern Savings Credit Union  
B.C. Hospice and Palliative Care  
Association Gaming Account  
KM LNG Operating

Hawkair  
Provincial Employees Community Services Fund  
Royal Bank of Canada  
Overwaitea Food Group  
Rotary Club of Terrace

## Individuals who donated to Terrace Hospice Society in 2012

Betty Stewart  
Shirlee Lindsay  
Susanne Henry  
Mrs. Antonietta Corman  
Mr. George A. Kofoed  
John Malo

Jennie Smith  
Robert N. Erb  
Rose-Marie Fleming  
and especially everyone  
who donated to our  
Hike for Hospice

## Businesses that participated in the Penny Drive:

Wightman & Smith  
Terrace Bowling Alley  
Cafennara  
St Matthew's Church  
Terrace Volunteer Bureau  
Sight & Sound, Skeena Mall  
Canada Post  
Terrace Chrysler Ltd.  
My Fitness Centre Apparel

Northwest Business Machines  
Innovative Autoworks  
Misty River Books  
Ken's Marine  
Spotted Horse Nursery  
Sight & Sound, Keith Ave  
Lucky Garden Restaurant  
Ministry of Forest, Lands and Natural Resource



## Highlights of 2012

- Recruited 17 new Volunteers
- Held our First Penny Drive
- Held our First Informational Tea in Collaboration with RBC Royal Bank
- Created our new website: [terracehospice.org](http://terracehospice.org)
- Hosted two Grief Support Groups
- Celebrated the 10th Anniversary of 'Hike for Hospice'
- Celebrated Terrace Hospice Society's 20th Anniversary



Hold on to what is good  
even if it's a handful of earth.

Hold on to what you believe  
even if it's a tree that stands by itself.

Hold on to what you must do  
even if it's a long way from here.

Hold on to your life  
even if it's easier to let go.

Hold on to my hand  
even when I've gone away from you.

- A Hope prayer

# Welcome to ehospice

**ehospice is here! - a website and free app that will bring you international and national news and intelligence on hospice, palliative and end of life care.**

The information and communication technologies available today have vast capabilities - people are now able to communicate and collaborate in ways that were unthinkable 20, 10, even five years ago - and this is where the concept of ehospice came from.

Technology has become so responsive and convenient, that it is taken for granted in daily life. We do not pause to think about how astounding it is that we are able to communicate with another person or group of people on the other side of the world, almost instantaneously.

This potential for instant communication has led to suggestions that information and communication technology should be viewed more as a space of interaction than a communication tool. ehospice aims to provide this space for interaction and collaboration, and the sharing of information tools, advice, and resources between people involved in hospice, palliative and end of life care all over the world. Dr. Anil Pateria Hon. Secretary of the Indian Association of Palliative Care, in his introductory statement on the ehospice India site, quoted Victor Hugo, saying: "You cannot resist an idea whose time has come."

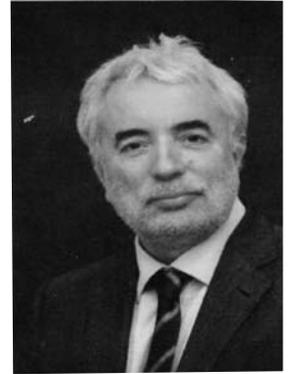
In his article on social media and palliative care (this issue), Dr. Jim Cleary points to the importance of people's engagement with technology so that it becomes more than just a tool particularly in the field of palliative care, where resources are so limited, it is vital that we draw on any opportunity to enhance our efforts.

"The vision of ehospice is to be part of a networked world, collaborating and communicating to improve patient care. None of us act in isolation, although we may often feel that we are working on our own ehospice is designed to reduce isolation in day-to-day hospice and palliative care work."

Sharon Baxter, executive director of the Canadian Hospice and Palliative Care Association, said "ehospice is a great opportunity for us to come together as an international community. It's going to be a wonderful tool to connect and ensure that we are all up to date on hospice palliative care news both locally and around the world."

Dr. Anil Palen said that the Indian Association of Palliative Care is happy to be part of ehospice and to be managing the Indian edition. He referred to the significance of the launch date of ehospice, as 2 October is the birth date of Mahatma Gandhi, who had always kept suffering, ailing and marginalized people close to his heart. Dr. Palen said: "ehospice will change the way information on hospice and palliative care is shared worldwide. It will be easy to access and open to all. We wanted it this way and remember what Gandhi has said: "Be the change that you wish to see in the world."

David Praill:  
"The vision of ehospice is to be part of a networked world, collaborating and communicating to improve patient care."



***"I believe that this is going to bring all hospice and palliative care workers together, as well as interest other people who are very key in making this world a better place for those living with life threatening illnesses. There is so much we can learn from each other and so much we can do if we work together. The palliative care/hospice family is expanding, and ehospice is part of that expansion."***

In addition to the ehospice editions worldwide, there will also be an international children's edition, where you will find news related to children's palliative care from all over the world. Joan Marston, CEO of the International Children's Palliative Care network said: "This is an exciting time in the development of palliative care for children worldwide, with increasing awareness of children's palliative care needs and a real attempt by professionals from a variety of countries to share their knowledge and experience. The launch of an international children's page on the new ehospice website is an effective way of getting the message to many more people in different parts of the globe and raising the profile of children who would benefit from palliative care."

As you begin to use ehospice, you will get to know how you can contribute and what you can take from this collaborative enterprise. You can submit your news and as people start to engage, you will be able to access current news, advice and best practice examples from others all over the world. For example, find out how to construct an inpatient building using the earth of the ground on your hospice site, through an article about Tapologo hospice in Rustenburg, South Africa (upcoming). Get to know leaders in the field through personal profile articles, like the profile of the new APCA CEO Emmanuel Luyinka, on ehospice Africa. Access resources such as toolkits and charters, including the European charter for the rights and responsibilities of volunteers (this issue), and the Southern African HIV Clinicians Society guidelines for anti-retroviral therapy in adults (Africa edition).

**continued on page 5**

# Donation Slip

Yes, I will support the Terrace Hospice Society

Your taxable donations will allow us to help support patients, family and friends and the community through times of grief, loss and bereavement.

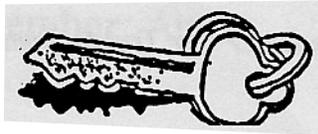
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code \_\_\_\_\_  
\_\_\_\_\_ Donation Amount \$ \_\_\_\_\_

Yes I would like to become a Terrace Hospice Society member  
Membership \$5.00 (non taxable) \_\_\_\_\_

I have some spare time and would like to help Hospice by

- |   |  |
|---|--|
| <input type="checkbox"/> visiting volunteer | <input type="checkbox"/> to speak to community service groups  |
| <input type="checkbox"/> office support     | <input type="checkbox"/> whatever is needed                    |
| <input type="checkbox"/> fundraising        | <input type="checkbox"/> I have a special talent I could offer |
| Explain _____                               |  |

Mail or drop off your donation to:  
Terrace Hospice Society  
#207 - 4650 Lazelle Avenue  
Terrace, BC  
V8G 1S6



**THE KEY TO HOSPICE IS COMMUNITY SUPPORT.**

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## Terrace Hospice Society proudly welcomes our new Board for 2012-2013

<b>Board Chair</b> .....	<b>David Try</b>
<b>Treasurer</b> .....	<b>Norene Parke</b>
<b>Secretary</b> .....	<b>Carolyn Brown</b>
<b>Medical Liaison</b> .....	<b>Dr. Emily Rice</b>
<b>Board Member</b> .....	<b>Mag Fleming</b>
<b>Board Member</b> .....	<b>Shirlee Lindsay</b>
<b>Board Member</b> .....	<b>Diana Wood</b>

### continued from page 4

ehospice is an emerging and dynamic site of sharing and learning. It will grow through the contributions of the readers, and take shape in response to your needs. If there is something that you would like to see on ehospice, please let us know either by using the online form or contacting a member of the ehospice team. ♥

**Terrace Hospice Society**  
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