



TERRACE HOSPICE SOCIETY APRIL 2013 NEWSLETTER

Hospice News

Volume 3- Issue No.2

Announcement: Coming Events

- **Adult Grief Support Group will start April 2, 2013**
- **Terrace Hospice Society and RBC Royal Bank Informational Tea - April 27, 2013.**
Palliative Care Consultant, Margaret McDaniel will present Fiona Robertson and music students who will give vocal performances.
Time: noon - 4:00 pm
Location: Happy Gang Centre, 3226 Kalum St.
- **Hike For Hospice - May 11, 2013**
Time: 2 pm
Location: Millennium Trail starting at the Gazebo.
It is a fun way to walk with family and friends while raising money for a worthy cause. Participants who raise a minimum of \$50.00 will receive a Hospice t-shirt!
- **Terrace Hospice Society AGM - MY 14, 2013**
Time: 7:00
Location: Terrace Public Library
- **BC Hospice Palliative Care Association Annual Conference - June 2 - 3, 2013**
Location: Sheraton Vancouver Airport Hotel in Richmond.
Titled: Moving Forward Together ♥
Collaborating with Creativity and Compassion

Here are the **WINNERS** of our raffle:

- 1st prize: return trip for 2 to Vancouver from Hawkeair Harley Poague !
 - 2nd prize: \$100 gift certificate from Canadian Tire Cecile Senechal !
 - 3rd prize: gift basket from Safeway E. Mitchell !
 - 4th prize: handmade tote bag and scrapbooking kit Rose Oscar !
- Grand total raised: \$4,190.13 !!**

AWESOME JOB EVERYONE!

Meet Our Volunteer

I was born in Halifax, Nova Scotia and came to Terrace in 1965. I worked at Mills Memorial Hospital until I retired 11 years ago. My hobbies are bowling, reading, knitting and singing. I volunteer at the Cancer Office, the Hospital Thrift Store and the Music Festival every year. I do office work for Hospice and take clients shopping etc. I like to be busy, and doing volunteer work keeps me in contact with people and I enjoy helping them. Betty Cobbs



Volunteer Appreciation:

A special thanks to Hospice Volunteers as we celebrate National Volunteer Week April 10th - 16th.

Our Hospice Volunteers are:

- V**aluable team members
 - O**ffer comfort and companionship
 - L**end a helping hand
 - U**nderstand the importance of listening
 - N**ature
 - T**remendous support
 - E**xceptionally committed
 - E**motionally give of themselves
 - R**espect and respond to the needs of clients and their families
 - S**upport clients on their journey
- Volunteers are stars which brighten our world!*



Donation Request

Please donate to our lending library. We would like to expand our Humour Section with comedy DVD's. If you have old comedy DVD's you would like to donate, please drop them off at our office at #207 - 4650 Lazelle Avenue.

Coordinator's Corner

After a cloudy mild winter, it is nice to enjoy the sunny days of spring. Regardless of the weather, hospice work continues. Terrace Hospice Society has been planning for our upcoming events such as: our Informational Tea, Adult Grief Support Group and our Annual Hike for Hospice. For further details on these events, please check out our Newsletter's Upcoming Events section or visit our web page at www.terracehospice.org.

According to recent stats released by Canadian Hospice Palliative Care Association, we have a lot of work to do in promotion and providing hospice palliative care services. Stats show only 16% to 30% of Canadians who die currently have access to or receive hospice palliative care and end-of-life care services even fewer receive grief and bereavement services. My immediate response is "why"? As Canadians we live in one of the richest countries in the world, so all Canadians should receive quality end-of-life care. Sadly this is not the case. There are numerous reasons why hospice care is not available and/or accessed. One reason is the fact that we have not made hospice palliative care a priority in our health

care system. With our aging population we need to make it a priority! Everyone from local communities to the Federal Government needs to work towards improving hospice palliative care. Start by asking yourself, "What can I do"?

Here are some easy steps to take:

- find out what hospice palliative care services are available in your community
- share information on hospice palliative care with others locally, municipally, provincially and federally
- support groups who advocate for increase funding for end-of-life services and
- share your wishes for Advance Care Planning with love ones and friends

For more information on Advance Care Planning visit www.northernhealth.ca/YourHealth/AdvanceCarePlanning.aspx

Penny Dobbin,
coordinator



A Visitor From Heaven

A visitor from heaven
If only for a while
A gift of love to be returned
We think of you and smile.

A visitor from heaven
Accompanied by grace
Reminding of a better love
And a better place

With aching hearts and empty arms
We sent you with a name
It hurts so much to let you go
But we're so glad you came



A visitor from heaven
If only for a day
We thank him for the time he gave
And now it's time to say
We trust you to the Father's love
And to his tender care
Held in the everlasting arms
And we're so glad you're there
We're so glad you're there

With Breaking hearts and Open hand
We send you with a name
It hurts so much to let you go
But we're so glad you came
We're so glad you came.

Terrace Hospice Society

The Terrace Hospice Society has been supporting Terrace and surrounding communities since 1992. They documented seeing 62 clients in 2012.

Their mission is to offer support to clients, family and friends throughout the last stage of illness, at the time of death and during bereavement.

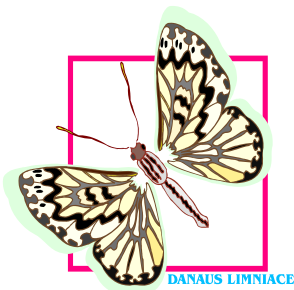
48 Trained Volunteer Visitors offer 1:1 support to people with life threatening illnesses and their families at home, in hospital or in Residential Care. They also support people who have endured loss or change in their lives.

The Terrace Hospice employs a part-time coordinator who:

- holds debriefing amongst active volunteers to evaluate care and promote ongoing wellness
- updates education and resource materials.
- liaison and link with other community resources to promote smooth, integrated services to clients

Regular ongoing programs offered by the Terrace Hospice include

1. A Quarterly Terrace Hospice Society newsletter,
2. Lending Library - extensive supply of resources on end-of-life issues and grief support
3. Outreach programs - such as Angel boxes for



*The Butterfly: A symbol of Hope
A Symbol of New Life
by Eunice Brown*

women who miscarry or have stillborns - as well as Memory tapes - which records a palliative person's life story or personal message.

Positive feedback received - which is supportive of the beneficial role of the Terrace Hospice Coordinator and volunteers include comments such as:

"They were very helpful to me and allowed me some respite every day to do shopping and continue some sort of normalcy to my life which had been overtaken by this drastic life changing event..."

"We knew about hospice and had been supportive of it, but then we were faced with doing 24 hour nursing care. Friends encouraged me to contact hospice, as did our family physician. It proved to be an invaluable service during a stressful time."

With the aging of our population, there is potential that by 2026, the number of Canadians dying each year will increase by 40%. Together we can meet this growing demand by choosing to support and advocate for local hospices throughout Northern BC.

Resource: Penny Dobbin, Coordinator Terrace Hospice Society. THS Presentation 2013 ppt.

For more information: <http://terracehospice.org/>



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.

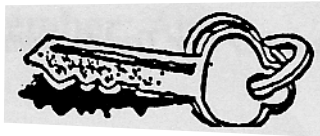
Name: _____ Phone: _____
Address: _____ Postal Code _____
_____ Donation Amount \$ _____

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.

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

Board Chair	_____	David Try
Treasurer	_____	Norene Parke
Secretary	_____	Carolyn Brown
Medical Liaison	_____	Dr. Emily Rice
Board Member	_____	Mag Fleming
Board Member	_____	Shirlee Lindsay
Board Member	_____	Diana Wood
Board Member	_____	Gloria Murdock-Smith

Terrace Hospice Society
207 - 4650 Lazelle Avenue
Terrace, BC V8G 1S6
Tel: 250-635-4811
Email: terracehospice@telus.net

*You held my hand....
I felt your strength
I was not alone.
E. Latimer*