



# TERRACE HOSPICE SOCIETY OCTOBER 2013 NEWSLETTER

# Hospice News

Volume 3 - Issue No. 4

## Announcement: Coming Events

- Due to lack of participants, we had to cancel our fall Adult Grief Support Group. We will offer this in the new year.
- World Hospice & Palliative Care Day  
Oct. 12, 2013
- Volunteer Training Program  
Date: Oct. 19, Nov. 2, Nov. 16, Nov. 30  
Time: 10 am - 12 pm (lunch break)  
1:00 - 4 pm
- Celebrate-A-Life--- December 10, 2013  
at Elk's Hall on 2822 Tetrault St. 7 pm – 9 pm.  
Terrace Hospice holds a non-denominational service each December that is open to everyone who has suffered a loss. The service plays a healing role for people in their journey towards grief recovery during a difficult time of year.



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



## Volunteer Training

The Volunteer Training Program takes place on four Saturdays; Dates: Oct. 19, Nov. 2, Nov. 16 and Nov. 30. Time: 10:00 am to 12:00 noon stopping for lunch and then starting back up from 1:00 pm to 4:00 pm.

Volunteers wishing to work with our clients are required to complete this course in its entirety.

For more information or to register, please call Terrace Hospice at 250-635-4811.



## A Retraction

We would like to retract part of the information from our previous article "Terrace Hospice Give Back" found in Volume 3 Issue 3.

Palliative clients who are registered on the BC Palliative Care Benefits Program can get some medication, home care and some equipment for free through the Ministry of Health. This Program is not a Terrace Hospice Society program as the wording in our previous article may have suggested. It is a provincial health program. Our apologies for any miscommunication.



# World Hospice and Palliative Care Day - October 12, 2013

September 26, 2013

It is time to start dispelling the myths

In Recognition of World Hospice and Palliative Care Day 2013, the Worldwide Palliative Care Alliance and its global partners are focussing on “dispelling the myths”, and encouraging people to promote the facts about hospice and palliative care.

1. MYTH: Having hospice and palliative care means you will die soon.

FACT: Hospice and palliative care is not just for the end of life. It is a holistic approach that includes caregiver support, spiritual care, bereavement and much more during any stage of disease process.

2. MYTH: Hospice and palliative care is just for people with cancer.

FACT: All those who are diagnosed with a chronic life-limiting illness can benefit from hospice and palliative care - including Advanced Diabetes, Heart or Organ Failure and/or Dementias.

To ensure all those with life-limiting conditions are cared for with dignity and according to their wishes, Terrace Hospice Society is asking for integrated hospice and palliative care health services.

Dr. David Try, Board Chair for Terrace Hospice Society, stated:

“Hospice and palliative care are essential for any national health care system to fully care for those with the most serious chronic illnesses. Palliative care is for all persons with limited life expectancy no matter what their disease or age. Palliative care is safe, effective and promotes dignity, comfort, and support”.

To mark this day of action, advocates, patients and caregivers reunited in improving access to palliative care for people with life-limiting conditions by integrating palliative care into existing services. They also urge institutions to engage in public education to dispel unhelpful

myths and promote hospice and palliative care facts.

“World Hospice and Palliative Care Day is a day of celebration for the progress that has been made in reducing pain and suffering”. Added Sharon Baxter, Worldwide Palliative Care Alliance and Executive Director of the Canadian Hospice Palliative Care Association.

To mark World Hospice and Palliative Care Day 2013 thousands of people in over 70 countries will be coming together at more than 1,000 events to celebrate, support and speak up about hospice and palliative care.

## In the Northwest:

**A Healing Touch Certificate Program (LEVEL 1);** is being offered, by Healing Touch International in partnership with Regional Hospices in the Northwest, at Kitimat General Hospital, October 26/27.

Benefits of Healing Touch can include: reducing stress, calming anxiety, strengthening the immune system, decreasing pain, enhancing healing recovery, supporting cancer and non-cancer care plans, all while creating a sense of wellbeing. To register please call **Lynne Wahl at 250-632-8463** or **Denise Welsh at 250-632-6392**.

To find out more about World Hospice and Palliative Care Day 2013 visit [www.worldday.org](http://www.worldday.org)

For media enquiries, please contact **Penny Dobbin, Coordinator for Terrace Hospice Society at 250-635-4811**. 

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

*E. Latimer*

## *Farewell Tea*

A very successful farewell tea was held on July 16th for our Hospice Volunteers, Lysandra Chan, Linda Marshall and Germaine Robertson. 15 people attended the tea. Lysandra has been a Hospice volunteer visitor for 2 years and Program Facilitator for "Sharing My Story". Linda has been the Bookkeeper for our Society for

17 years! Germaine has been a hospice volunteer for 5 years and Lead Facilitator for Adult Grief Support Group. Our Society has benefited greatly from their work for which we are deeply grateful! Thank you for all your work and fellowship! We wish you all the best in your endeavors!



## Hospice Stats

For all our Hospice Volunteers it is extremely important for everyone to report their volunteer hours. When we consulted with the Gaming Commission this summer, they stressed the importance of maintaining accurate reports on our volunteer hours. First our stats weigh heavily in their decision in deciding the amount of funding we could receive. Secondly these statics are a requirement for our Society when Gaming funds are provided. A HUGE THANK YOU to our volunteer, Randy Fowler who compiles and maintains our stats! If you have forgotten to send your stats to Randy, you can still send in any volunteer hours from April 1, 2013 to now. To clarify the 2 kinds of volunteer hours, there are:

Direct hours = All client services including initial consultations for both palliative care and grief support and, any travel time.

Indirect hours = Non client services, any hospice function or activity, such as administration, meetings, training, working the office, fund raising, celebrate a life, health fair, board work, and any travel time.

Please take time to email your stats.





### What can you do?

Whether you are an individual wanting to advocate for your personal or familial needs, a professional, or an organization, here are some ways you can get involved!

- **Write a letter** to the editor, your MP, or your MLA.
- **Speak to your health care professional**, your local health authority or your hospital.
- **Print out** some of our downloadable materials and post them in your office.
- **Find out** what services are available in your community.

You can familiarize yourself further with the current situation and key messages by going to [www.chpca.net/hpcfirst](http://www.chpca.net/hpcfirst). Together we can ensure that all Canadians have access to high quality end-of-life care.

*“A sense of humour can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected and smile through the unbearable”.*

*Moshe Woldoks*

### An Alzheimer's Poem

Do not ask me to remember:  
Don't try to make me understand.  
Let me rest and know you're with me.  
Kiss my cheek and hold my hand,  
I'm confused beyond your concept.  
I am sad and sick and lost  
All I know is that I need you to be  
With me at all cost.  
Do not lose your patience with me.  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone.  
Please don't fail to stand beside me,  
Love me 'til my life is done.

## Co-ordinator's Corner

We had a lovely summer and now we return to our regular routine. I hope everyone was able to enjoy some sunshine over the last two months.

Due to lack of participants, we have had to cancel our fall Adult Grief Support Group. We will offer this in the new year.

Our Annual Celebrate-A-Life ceremony will take place on December 10th at the Elk's Lodge. Please see the "Coming Events" section on the front for more details. The evening provides comfort and support during the holidays to those who have lost a loved one. We warmly welcome people of all ages from all cultural backgrounds.

We will also be offering Hospice Volunteer Training this fall. It will be facilitated by Joelle McKiernan, a grief counsellor who has her own business Mourning's Dawn Grief Counselling. We are glad to have Joelle share her vast experience and knowledge in providing hospice palliative care. This training program has been recently updated to meet the

national standards established by the Canadian Hospice Palliative Care Association.

Regional Hospice Societies have been working with members of Healing Touch International to offer a Healing Touch Certificate Program (Level 1) in Kitimat on October 26th and 27th. This workshop is open to the community. Please contact Lynne Wahl at 250-632-8463 or Denise Welsh at 250-632-6392, if you would like more information or would like to register.

On October 12, 2013, World Hospice and Palliative Care Day encourage older members of your family and community to be active in the decisions around their care.



Penny Dobbin, Coordinator

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Please come and check out our library of books, CD's, DVD's. We have a wide range of books being donated monthly.

New Medicine Cards - The Discovery of Power Through the Ways of Animals

We have episodes of The Andy Griffith Shows, Laurel and Hardy, Dick Van Dyke Shows, Classic Westerns.



### Terrace Hospice Society proudly welcomes our new Board for 2013-2014

<b>Board Chair</b> .....	<b>David Try</b>
<b>Board Vice Chair</b> .....	<b>Gloria Murdock-Smith</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>Coordinator Liason</b> .....	<b>Jennifer Morgan</b>
<b>Board Member</b>	<b>Diana Wood</b>
<b>Board Member</b>	<b>Mag Fleming</b>