



TERRACE HOSPICE SOCIETY JANUARY 2015 NEWSLETTER

Hospice News

Volume 5- Issue No. 1

Announcement: Coming Events

- **Annual Informational Tea - April**
Date: TBA
- **National Volunteer Week**
April 12 – 18, 2015 “Celebrate Service”
Recognizes the collective power of volunteers to make a difference!
- **Advance Care Planning Day**
April 16, 2015
“My Voice” Advance Care planning Guides are available at Terrace Hospice Society office located at 207 - 4650 Lazelle Ave.
- **National Hospice Palliative Care Week**
May 4 – 8, 2015
- **Annual General Meeting**
Date: May 27, 2015
Time & Place: TBA
- **Annual Hike for Hospice**
Date: June 21, 2015
Time: 2pm
Place: Millennium Trail



Volunteer Appreciation:

A special thanks to Hospice Volunteers as we celebrate National Volunteer Week April 12th - 18th. Our Hospice Volunteers are:

Valuable team members
Offer comfort and companionship
Lend a helping hand
Understand the importance of listening
Nature
Tremendous support
Exceptionally committed
Emotionally give of themselves
Respect and respond to the needs of clients and their families
Support clients on their journey
Volunteers are stars which brighten our world!



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



A Warm Welcome and Congratulations to our new Hospice Volunteers who completed the Hospice Palliative Care Volunteers Training Program! We are glad to have the following individuals as members of our team:

Tierra Baker,	Cheryl Gilbert,
Simran Jawanda,	Tanya Losier,
Russ Maxwell,	Tif McNaughton,
Louis Pelletier	Elizabeth Swan

and Elizabeth Trenholm!



Thank you to all the Organizations who donated to Terrace Hospice Society in 2014

Entrec Cranes Ltd.

Great West Life

Park Avenue Medical Clinic

Dr. Dunfeild Inc.

RBC Royal Bank

Rotary Club of Terrace

Terrace & District Medical Association

Tim Hortons on Keith Ave. and Lakelse Ave.

Fabricland

Terrace Real Estate Company Ltd.

Studio 3 Salon & Spa

Don Diego's

Connect Hearing

Skeena Sight & Sound

Safeway

Save-On-Foods

Provincial Employees Community Services Fund

Terrace Real Estate Company Ltd.

Your Décor

Hawkair

Thank you to all the individuals who donated to Terrace Hospice Society in 2014

Kate English

Betty Cobbs

Mervin Ramano

Laury Coburn

Nancy Wesley

Gerry Bakker

Carla Power

Gail Sears

Gerry Croft

Adrienne Woeste

Wendy Matheson

Linda Lambert

Shirley Fricke

John Malo

Victor Pedro

Loretta Kuemper

Jennifer Lindstrom

Collin Parry

M. Powell

R.C. Nast

Lena Rothwell

Alie Toop

Toni Nisyok

Lloyd Johnson

Julie Killoran

Justin Robinson

Carolyn Brown

John Vicente

Barry Dobbin

Sue Skoates

J. Bergsma

Dawsen Leblond

Wanda Maclean

Jo Colby

Michelle Segovia

Crystal Adams

Carmen McPhee

Robert Minhinnick

Aveline McConnell

Barb Shannon



Coordinator's Corner

Happy New Year Everyone! It is nice to reflect on the past year while looking forward to the coming year. In 2014, we enjoyed partnering with different organization in hosting events. Many individuals enjoyed donating and/or buying fabric during our Fabricland Fabric Trade-In-Sale! RBC Royal Bank and Terrace Hospice Society held our 3rd Annual Informational Tea.

We were proud to offer two Adult Grief Support Groups, one to one visiting, hospice palliative care volunteer training and many other services. We also launched our new Hospital Bed Loan program which

has been well received by the community. Within weeks of starting the program we had a hospital bed loan request from one of our clients.

Thus we are enthusiastic about 2015! We look forward to coming events like: our 4th Annual Informational Tea, May is Hospice Month, Hike for Hospice and local health fairs! We encourage everyone to visit our website and Facebook page for information on our programs and coming events.

On behalf of Terrace Hospice Society, we wish you moments of happiness and joy in every day of 2015!



Celebrate a Life

This year's ceremony had a record number of attendees with over 74 individuals present! It was nice to see some familiar faces plus many new faces. It takes a great deal of courage to share in an evening that brings both joy and sorrow.

This was the 20th year that our Society has hosted the Celebrate-A-Life Ceremony at the Elk's Hall. Of all the celebrations around Christmas, this one evening is set aside to allow us to pause and reflect on the loved ones who are no longer with us. Many of us experience mixed emotions around Christmas time. It is nice to know we are not alone and there are those nearby to support us.

Many thanks to Rev. Teri Meyer who did a phenomenal job as MC! All our guest speakers and performers were outstanding! Your words and

music touched our souls and helped us find strength within ourselves. Special thanks to local businesses who continue to support this event and all the volunteers who make the evening possible! Our Celebrate-A-Life tree was displayed at the Skeena Mall. Many mall customers placed their loved one's name(s) on the tree. Over 400 names were placed on the tree to honor the memories of those we lost. Angel ornaments were introduced this year which added an extra loving touch to our tree. My wish is this evening gave you support through the holidays and that we will see you again next year to "Celebrate-A-Life".

By Penny Dobbin



Coffee House at the Happy Gang Center

On January 14th, we held a coffee House from 2pm to 3pm at the Happy Gang. Although we were a small group, we had lots of discussion on Hospice Palliative Care. Society still views Hospice Palliative care as a vigil volunteer sitting by a person's bed side. While we do offer this service, there are many more services we provide. Attendees were surprised to learn about our Hospital Bed Loan program, our Angel/Spirit Boxes, the "Sharing My Story" program and how we provide transportation for our clients. We received high praise from one lady regarding our Adult Grief Support

Group. Ann Huston provided information and tips on Advance Care Planning. Filling out a Provincial Advance Care Planning Guide called "My Voice", is a good idea, should you become ill and unable to communicate your wishes in respect to medical treatment. An advance care plan provides family or close friends and health care providers with a guide to your care and treatment, based on your wishes. *It is never too early to make an advance care plan!* It was a pleasure to connect with the community members to share information over coffee. We look forward to hosting a similar event in the near future!



FACTS: About End-of-Life Care in BC

BC Hospice Palliative Care Association is a member-driven organization that works with health care professionals, volunteers, members of government and other caring individuals to ensure that all people in BC and Yukon have access to Quality End-of-Life Care. We improve the quality of life for people in BC and Yukon affected by life-limiting illness, death and bereavement.

32,000 people die in BC annually which conservatively affects over 160,000 British Columbians. For over 25 years, BCHPCA has acted as the collective voice in BC and Yukon by providing strategic leadership and advocating for hospice palliative care. Our members provide a broad range of services to patients, families, caregivers and communities.

End-of-Life Care

is the term used for the range of clinical and other care services for dying people and their families. The goal of end-of-life care is to ensure the best possible quality of life for dying people and support for their families.

Palliative Care

is specialized care for people who are dying, normally from an active, progressive and advanced illness with little or no prospect of cure. The care is aimed at easing suffering of the patient, rather than curing.

Hospice Palliative Care

is a philosophy of care focused on relief of suffering and improvement of the quality of living and dying for patients and their families. It helps them to prepare for and manage the dying process, and cope with loss and grief during illness and bereavement.

Advance Care Planning

is the process whereby a capable adult develops a plan that describes to family members, trusted friends, and health care providers what kind of care the person would want (or not want) if they were not capable of making health care decisions when needed.

Caregiver Support

is a service including respite and grief and bereavement counseling for families, friends and other caregivers who provide end-of-life care for their patients and loved ones. This support is provided by many hospice societies and is directed to relieving the stresses of caregivers during illness and subsequent bereavement.

There are over 50 hospice societies in British Columbia and over 5,000 professional and volunteer caregivers dedicated to providing quality end-of-life care for British Columbians.

The majority of funding for hospice societies in British Columbia comes from private donations and community contributions.

British Columbia's population over 65 years of age is increasing together with demand for end-of-life care services.

More than 90% of deaths in British Columbia occur through chronic and/or end-stage illnesses which will require end-of-life care.

The majority of British Columbians die in hospital. Less than 30% of British Columbians have access to end-of-life care services.

Most British Columbians would prefer to spend their final days at home, in familiar surroundings with their families and friends around them.

Depending on the region where they live, British Columbian families may have to cover more than 50% of the costs of end-of-life care for their loved ones.

More than 85% of Canadians have not heard of advance care planning; and less than 10% have spoken to a health care professional about their end-of-life care choices.

Meet Our Volunteer

My name is Rae-Ann Polowski. I am originally from Ontario but moved to BC in 2009. I have worked in Terrace and Prince Rupert. While I was changing jobs, I discovered I had more free time on my hands. I decided I would like to volunteer with a reputable organization. I honestly didn't know a lot about hospice until I heard about hospice care from a good friend of mine. This conversation inspired me to join the Terrace Hospice Society Board in 2014. Being on the Board has really opened my eyes! I now truly know the meaning of hospice palliative care and how hospice services benefit many members of our community. I am excited to be a volunteer with Terrace Hospice Society! ♥



*"Keep your face to the sunshine
and you cannot see the shadows"*
Helen Keller

Terrace Hospice Society proudly welcomes our new Board for 2014-2015

Board Chair	Gloria Murdock-Smith
Board Vice Chair	Diana Wood
Treasurer	Jennifer Morgan
Secretary	Jody Stone
Board Member	Tawana Tokarchuk
Board Member	Rae-ann Polowski

Terrace Hospice Society

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