



TERRACE HOSPICE SOCIETY

OCTOBER 2016 NEWSLETTER

Hospice Newsletter

Volume 5 - Issue No.4

Current Events at THS

- The Terrace Hospice Society is offering free public Advance Care Planning workshops the first Wednesday of every month at 10:00 am in the Library Board Room.
- **Newsletter** – Please submit exciting stuff that other volunteers should know about to terracehospice@citywest.ca

Upcoming Events for THS

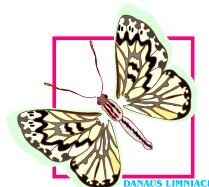
1. **Board Meeting - The third Monday of the month. The next meetings are October 17th and November 21st.**
2. **Celebrate A Life - December. Time and Date TBA**
3. **Advance Care Planning Workshops are being held the first Wednesday of each month in the Library Board Room at 10:00 a.m.**
November 2, 2016
December 7, 2016
January 4, 2017
4. **Bereavement Training for Professionals** Currently working with Online Counselling College out of Alberta. One volunteer has completed the course.
5. **Meet and Greet the new Coordinator** was held June 27, 2016 at noon in the Hospice office.
6. **The first ever BC Center for Palliative Care Northern Regional Conference Annual Northern – (Oct 27, 2016) and the BCHPCA Conference and - Oct 28, 2016** will be held in Prince George. Sue and Diana are attending.



Message from Sue

It has been an amazing three months since the last newsletter went out. Some highlights are listed below. More information is covered about these events within this newsletter.

- There are currently 5 new visiting volunteers attending a 30 hour training/mentoring program with THS
- Diana and Sue have been invited to speak at an upcoming workshop sponsored by the BC Center for Palliative Care to provide public education relating to Advance Care Planning for other hospices in the Northern Region
- Virginia Hawkshaw had been hired for the coordinators position and has since resigned. We wish her the best.
- We have recruited a new board member to learn the ropes of being a treasurer before taking on the role in May, 2017.
- Thanks to new volunteer Cassandra Scherer for typing up the new Grief Support Workbook.
- Monthly Advance Care Planning workshops at Terrace Public Library have been presented each month by Diana Woods and/or Sue Skeates.



The Butterfly: A Symbol of hope

A Symbol of New Life

by Eunice Brown

Regular Events at THS

- **Volunteer Meetings** – New and experienced volunteers are meeting most Tuesday mornings.
- **Board Meetings** – Next Board Meeting will be Nov. 21 2016 from 1200-1300 at the THS. Please contact Sue if you have something you would like discussed.
- **Celebrate a Life** – Dec. 13 2016 at the Elks Hall. Please contact Sue if you can help.
- **Kitsumkalum Health Fair** – Nov. 4, 2016 from 10-2. Please contact Sue if you can help.
- **Holidays** – Hospice will be closed on Remembrance Day (Oct. 11) and for the Christmas Holidays (Dec. 23, 2016 – Jan 3, 2017)

A Word about Music Therapy...

Thank you Annette!

Did you know Music Therapy has the potential to increase quality of life during palliative and hospice care? This is achieved numerous ways; whether its reducing pain and anxiety or providing opportunities for reminiscing and creating new memories. You don't even need to play an instrument or feel like you can sing well.

Music Therapy is now available in Terrace and the surrounding area by Accredited Music Therapist Annette Rolleman. Please contact the Terrace Hospice Society or Annette Rolleman at annetterolleman@gmail.com for more information.



The Skeena Valley Fall Fair was another resounding success this year in spite of the chilly weather and occasional shower. There were tons of activities for the whole family along with some amazing entries in the exhibit hall with ribbons for the biggest or best of the fall harvest and an assortment of jams, jellies, pies and many other goodies. Kids of all ages enjoyed the petting zoo and the Zucchini race was loads of fun as well. Another popular spot was the Goat Nugget Drop contest where people try to guess when the goat will drop its next "nugget." As always the Scarecrow Chal-

lenge was a hoot. Scarecrows from various businesses in the area were strategically placed around the grounds and the idea is to find them all in order to enter a draw for a prize. The RC Club was also on hand again this year to show us how much fun Remote Controlled Cars can be. And the kid's area had everything from games to contests to a bouncy castle. Live music entertained us for most of the day with some pretty awesome local talent and a variety of food vendors made sure our tummies were full. All in all it was a terrific day and as usual

The Terrace Hospice Society volunteers were on hand to take admission at the gates. That's the great thing about volunteering....you get to help in so many different and rewarding ways.



Adult Grief Support

Grief and loss are not discriminatory: they impact every one of every race, culture, age, and income levels. Anyone who has experienced a loss will experience reactions to that loss. However, everyone experiences them differently. There is no set length of time for grieving a loss. According to Reverend K. Czillinger, generally speaking the mourning process for a person to stabilize is about 18-24 months when a family member dies. (Czillinger, 1991). Some people will experience symptoms for a long time, and most often people will feel worse before they feel better. Remember that Grieving is not a weakness; it is a normal reaction to a loss.

Grief is something one must go through after an unbearable heartbreak or loss. Many people will assume that you should be done grieving after a certain amount of time and don't understand when you are not. Don't be surprised if old friends, family or coworkers don't feel very supportive as they may just want you to be back to 'normal' which is unrealistic of them. "This bewildering phenomenon can be attributed in part to a general lack of knowledge of what grief is, leading to unrealistic expectations being placed on the bereaved person" (Hope

for Bereaved, 1991). However, speaking about the grief will help you, and sometimes someone unknown to your social circle may be more helpful.

The Terrace Hospice Society offers a number of services to people grieving a loss. There is ongoing support for planning for life's end; one to one counselling; home visits; end of life support; and grief support group. This fall, October to December, there will be an eight week grief group offered to anyone who feels that they want to explore and learn about grief and loss. We will be exploring feelings, thoughts, and emotions; sharing memories; and looking towards a new future. If you are interested in participating in the upcoming grief group, or any of the other services offered, please contact Ginny at the Terrace Hospice office at 250-635-4811.

Lastly, it is important to remember that things will never be the same as they were before your loss. You're a different person now. This is not necessarily a bad thing: life is fluid and change is normal. Our experiences shape ourselves and our future. Always be kind to yourself. You must experience and go through your grief to survive. Every step forward is an accomplishment!

Beverly Viveiros

We are creatures of this great earth.

Interconnected in ways beyond understanding.

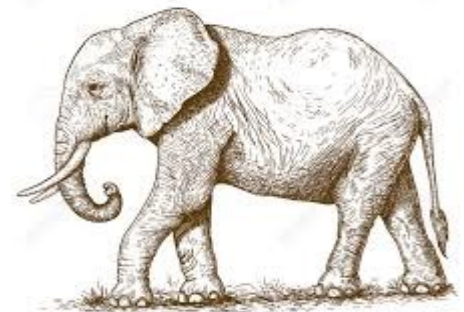
Take elephants, so big, so strong, and yet....

When a member passes, even elephants mourn.

They gather around, extend their trunks and gently touch the tusks of their fallen friend.

It's how they heal and it's beautiful.

So maybe what you need to know is that the world doesn't expect you to be fine with this. Be how you need to be and mourn how you need to mourn.



Grief Support Workbook

Much teamwork has gone into preparing the new 2016 Grief Support Manual. Thanks to Cassandra Scherer for typing up the new Grief Support Workbook. We wish her the best as she returns to school. Thanks also to Bev Viveiros, Pat McGinlay and Diana Wood for editing the manual. ♥

New Volunteers

The advertising by CFRB is working! THS has 5 new and excited volunteers being trained and mentored to become visiting volunteers. The training sessions have changed to include experienced volunteers sharing their expertise, and a mentorship component, where volunteers that feel ready to work with clients are mentored under the guidance of Sue. The energy in the Tuesday morning discussions is invigorating. Many thanks to all those involved! To learn more or to join these sessions, please contact Sue at 250 635 4811. ♥



Celebrate a Life, 2016

Mark your calendars! Dec. 13 THS will host the annual Celebrate a Life at the Elk's Hall from 7-9. The original model for Celebrate a Life will be used again this year. THS is looking for volunteers to help with this annual event again this year. Please contact THS at 250 635 4811 if you can help. ♥

Advance Care Planning

What is Advance Care Planning (ACP)? It is a process of thinking about and sharing your wishes for future health and personal care. It can help you tell others what would be important if you were ill and unable to communicate.

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 that you cannot make decisions for yourself, others will know what is important to you.

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

The Terrace Hospice Society is offering free public Advance Care Planning workshops the first Wednesday of every month at 10:00 am in the Library Board Room. ♥

Every day is a gift..

Treat it kindly.

Share it with Joy.

C. Brown

Terrace Hospice Society

Will be hosting its Annual

Celebrate-A-Life Ceremony

An evening of remembrance

Tuesday, December 13

7 pm - 9 pm

Elks Hall, 2822 Tetrault St.

*A non-denominational candlelight ceremony,
honouring those loved ones whom we have lost. This
ceremony is open to adults and children. There is no
charge to attend and everyone is welcome!*

*For more information, call
250-635-4811*

Do not let anyone tell you how you need to grieve and mourn.

Be careful about comparing your experiences with those of others.

