



# TERRACE HOSPICE SOCIETY

## FEBRUARY 2017 NEWSLETTER

### *Hospice Newsletter*

Volume 6 - Issue No.1

#### 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

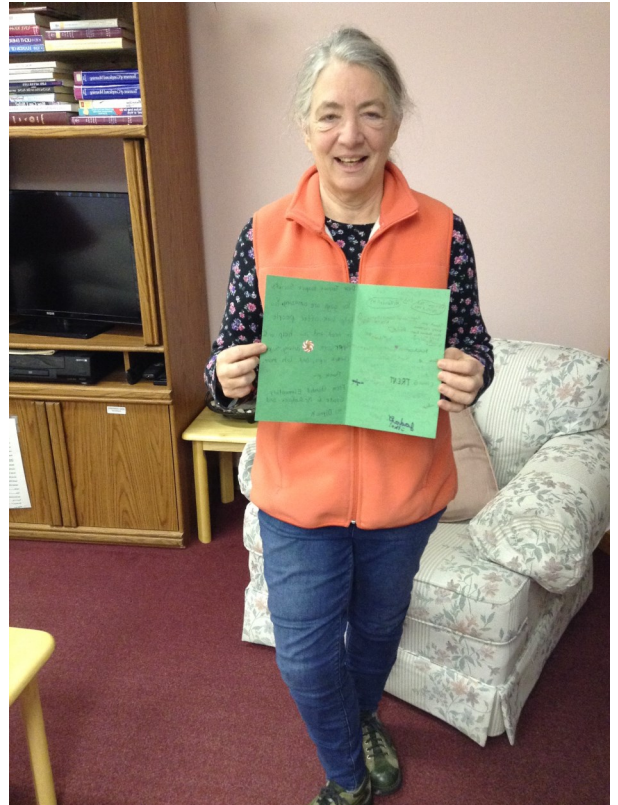
[terracehospice@citywest.ca](mailto:terracehospice@citywest.ca)

#### Upcoming Events for THS

1. **Board Meeting - The third Monday of the month. The next meeting is February 20th at noon.**
2. **Advance Care Planning Workshops are being held the first Wednesday of each month in the Terrace Public Library Board Room at 10 a.m.**

Feb. 1	Apr. 5
Mar. 1	May 3
3. **Advance Care Planning Week is Apr 9-15.**
4. **Bereavement Training for Professionals** Currently working with Online Counselling College out of Alberta. Two volunteers have completed the course..
5. **Hike for Hospice will be held at Pine Lake on May 7th. Time noon**
6. **Volunteer Training, Thursdays starting Feb. 16 for 12 weeks**
7. **Volunteer Training Week May 1-5.**
8. **May 26 and 27 BCHPCA Conference:** Extending the Circle of Compassion held in Richmond.

#### Message from Sue



Terrace Hospice Society thanks the grade 6 classes of Thornhill Elementary School for their fund raising. We will use the money to train volunteers for the Rainbows Program. [www.rainbows.ca](http://www.rainbows.ca) - This program is for children who are experiencing a painful transition from death, divorce, separation or abandonment. If you would like to contribute to this cause, please identify Rainbows with your donation.

Thank you to all for supporting Terrace Hospice

## Meet the Volunteers

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Happy February Everyone!

My name is Danika Buxton and I have recently been hired at The Terrace Hospice Society as a casual coordinator! My experience with Hospice has always been a good one from family passing at the hospice house in Prince George to being a volunteer in my last few years of nursing school. When I am not at Hospice I work at the hospital on various units as a registered nurse. So far this month I have been working on a few things including training for volunteers. This training entails weekly 2 hour sessions on different modules created by the BC Hospice Palliative Care Association on topics such as effective communication, emotional and spiritual support, and pain and symptom management. Another exciting project currently on the go is The Hike for Hospice fundraiser! This will be held May 7 at noon meeting at Pine Lakes Trail. More details on that to come! I am very excited to be working at the Hospice Society and hope to be a great advocate, team member, and helpful asset for volunteers and co-workers. Please email us at anytime if you have questions, ideas, concerns, or just to say hi.

Sheryl Radford

Welcome to Sheryl as a casual coordinator at Terrace Hospice Society. She brings with her years of experience as a LPN at Mills Memorial Hospital



Pat McGinlay has been a volunteer with Terrace Hospice for many years as a volunteer working in the office and looking after the producing our newsletter, posters, and other printed matter.

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## Celebrate A Life

On the evening of December 13th, some cold, winter weather, people gathered at the Elks Hall on Tetrault to remember, honour, sing, listen to music and words of encouragement and share stories about their loved ones who are no longer with us. Under the wonderful leadership of David Try we learned ways to cope with these difficult times in our lives. There was singing, laughter, tears and lots of conversation over refreshments at the end of a wonderful evening. Special thanks to so many people who helped to set up, clean up, read, sing, share musical skills, supply and prepare food, greet people and so many things that made the evening such a success. Thank you everyone.

*The garden loves the rain  
and, yes, this is love.*

*But the love I want for you  
- the love I want to give you -  
is the love  
the rain  
gives  
the garden.*

*Loving is giving freedom*

## BCCPC Conference

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A year ago the Terrace Hospice Society was successful in their bid for a seed grant from the BC Centre for Palliative Care. This grant was to train volunteers to present Advance Care Planning Workshops in order to increase awareness and guide participants in the ACP process. THS sent two volunteers – Sue Skeates and Diana Wood to the training in Richmond. Since then they have presented numerous workshops in Terrace. These local workshops have been well attended and will be continued as long as there is interest.

As a result of this success the BC Centre for Palliative Care invited Sue and Diana to speak at the conference in Prince George in October. The audience were Hospice Volunteers who were new to presenting their own ACP workshops. Sue and Diana shared some of their successes and challenges to encourage them to step out of their comfort zone in order to share this important information.

The following day was the BC Hospice Palliative Care Association's Northern Regional meeting with diverse group of speakers. The Ministry of Community, Sport and Cultural Development

gave an interesting talk on the Community Gaming Grants Program.

Northern Health was on hand to do a presentation on Medical Assistance in Dying (MAiD) as well as Medical Marijuana.

The Houston Memorial Society spoke about the guidelines for those dealing with the death of a loved one and not wishing to use the services of a funeral home.

These meetings took place at the Rotary Hospice House and the participants were invited to take a tour of the facility. This beautiful house has a comfortable, friendly feel to it with 10 private rooms for guests as well as a large open dining concept kitchen for guests who are able to get up and around as well as their family and friends. There is a play room for the kids, a large meeting room, den and a bedroom for overnight visitors. The layout was designed to allow families to remain with their loved ones at all hours. It is our hope that one day soon Terrace will also have a Hospice House.

Our two volunteers were able to attend both events, take the tour of the Hospice House and they came back glowing with renewed enthusiasm.







# Word Search

S C S E I X U G J Y C E V O L  
W P Y D B A U O I Y O M E S D  
T Y I Q N I D X Y A M Q G I X  
I E J R D E T R O P P U S P K  
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C N N M L T D R G G S G T M W  
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CARE  
COMFORT  
COMPASSION  
FAMILY  
FRIENDS  
GRIEF  
GUIDANCE  
HOPE  
LOVE  
SPIRITUALITY  
SUPPORT  
TEAM

