



# TERRACE HOSPICE SOCIETY

## April 2017 NEWSLETTER *Hospice Newsletter*

Volume 6- Issue No.2

### 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.

**Volunteer Team Meetings** – First Thursday of each month at 10:00 a.m.

**THS will be holding a Grief Support Group** for those dealing with loss. Please call 250-635-4811 to register.

**All Volunteers are welcome to attend the NW Regional Teleconferences with Sandra Stanley on the fourth Tuesday of each month at 10:00.**

**Newsletter** – Please submit exciting stuff that other volunteers should know about to

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

### Looking for Volunteers

THS is an organization run by volunteers and we are always looking for good people to help out in this worthy cause. Volunteers are needed in the following areas.

- Planning Special Events
- Public Relations
- Fund Raising
- New Board Members
- Office help and running errands such as delivering newsletters, putting up posters, etc.

We also have many specialty areas for our visiting volunteers. These include:

- End of Life
- Life Limiting Conditions

### Up-Coming Events at THS

1. THS Board Meeting : May 8<sup>th</sup> at noon.
2. Advance Care Planning Workshops are being held the first Wednesday of the month until June in the Terrace Public Library Board Room at 10 a.m.  
April 5  
May 3  
June 7
3. Advance Care Planning Week is Apr 9-15.
4. National Volunteer Week is April 23 to 29.
5. May is Hospice Month.
6. Hike for Hospice Fundraiser will be held at Ferry Island on May 7<sup>th</sup> at 11:00 a.m. with hotdogs to follow at 12:30.
7. Volunteer Training will start in early May for 12 weeks. Call THS to confirm dates.
8. THS Annual General Meeting: May 29 @ 7:00 p.m. in the Library Board Room
9. Kitselas Health Fair will be held on April 5 from 11:00 am to 3:00 pm
10. May 26 and 27 BCHPCA Conference in Richmond: Extending the Circle of Compassion.
11. THS will be featured on Open Connection on CFTK on April 7 and May 3 at 5:30 p.m.
12. The Wellness Expo will be held in the Sportsplex April 29<sup>th</sup> from 10:00 am to 6:00 pm



- Bereavement before and after the passing of a loved one
- Advanced Care Planning



## Northern Health Palliative Care

### MUSIC THERAPY and PALLIATIVE CARE

Collaborating to Enhance Care by Annette Rolleman MTA and Sandra Stanley RN PNC

#### How Does Music Therapy Work?

Music Therapy is the clinical, evidence based use of music by an accredited Music Therapist (MTA) to achieve non musical goals. Non musical goals fall under a number of categories to restore, support and sustain various levels of health: mental, physical, neurological, social and spiritual. Music and the therapeutic relationship are the basis by which the therapy takes place.

There are two possible directions for therapy. One is product oriented involving singing/listening, life review/legacy work or improvisation and songwriting. The other is process oriented work involving lyric analysis and self reflection, visualization, relaxation and guided imagery and music.

#### Where Can Music Therapy be Used?

Music therapy can occur wherever patients are located: hospitals, shelters, clinics, community/mental health, residential care, assisted living, hospices and the home.

#### Who Might Benefit from Music Therapy?

Patients for whom the palliative approach to care is being used as well as patients who are nearer to end of life.

#### What are the Benefits of Musical

More information and education on the NH Palliative Care Program can be found at [www.northernhealth.ca](http://www.northernhealth.ca); on OurNH > Clinical Programs and Services > Palliative Care or contact your local Palliative Care Nurse Consultant.

- An opportunity to deal with unresolved issues.
- Reminiscence can be used to help the patient adapt to change or stress and draw upon personal strengths.
- A creative outlet for processing and affirming emotions and may act as a way to help release and diffuse difficult emotions.
- By providing connection with family members when holding a group session for relaxation or visualization.
- A source of life validation and self-esteem.

#### Useful Tips from an MTA

- When using music, enquire about the patient's preference. Be sure the selections are client centered.
- iPods may be useful, but monitoring and moderation are recommended. Patients may need assistance with using the device: on/off, volume, changing songs. Dementia patients will require extra monitoring. Over usage may contribute to feelings of isolation.
- Use resources when and if available—contact a music therapist for consultation and referral.
- Practice self-care.

#### Resources for the Use of Music

- Link to NH recorded Music Therapy in Palliative Care [webinar](#)
- Music Therapy Association of BC [www.mtabc.com](http://www.mtabc.com)

**References:** Music Therapy and Palliative Care: Collaborating to Enhance Care. Webinar by Annette Rolleman MTA. 2017

# “Meet our New Coordinators”

## Meet Carrie

---

I moved here to Terrace 2 years ago to partake in my Bachelors of science in Nursing through the UN-BC/NWCC Northern Collaborative Baccalaureate Nursing Program. My specialties will include Hospice Palliative Care and Gerontological Nursing. Previously I was the Co-Chair and Operations Manager for the Special Olympics Alberta Games Organizing

Committee. I also volunteer through Volunteer Terrace in the Better at Home Friendly visitor program, and provide transportation and shopping opportunities for Seniors in the community. I have two beautiful children and a beautiful granddaughter. In my free time I enjoy the outdoors fishing and hiking with my three dogs.

## Meet Rebecca

---

Greetings, my name is Rebecca Greaves and I am one of the new coordinators for the Terrace Hospice Society. I hail from Dawson Creek and have very recently relocated to Terrace with my family in tow. My most recent job was the Activity Coordinator at the Dawson Creek Society for Community Living where I worked with developmentally disabled adults to create a program that catered to the needs and desires of the clients. When I am not planning entertainment, or playing mum to my three very energetic boys, I am an ESL teacher. After obtaining a degree in Linguistics, I was presented with an amazing opportunity to travel around the world, live abroad for 12 years, gain invaluable teaching experience, volunteer with Habitat for Humanity International and study many different cultures. At Hospice, I am taking on the

position of Event Coordinator and I aim to create and organize events that appeal to people from every facet of society. My mission is to increase awareness about THS and the services it provides while we simultaneously raise funds and strengthen community involvement. A big part of my role requires me to be active in the general public and this is perfect because I love meeting people and chatting about my passions. I am looking forward to getting to know the locals, exploring the region, working as a team and providing assistance to volunteers and co-workers alike. When you see me around, invite me for tea and please, offer me some advice on ways to stay dry. Feel free to email me if you have any questions, concerns or just want to introduce yourself.

Five of our Volunteers were interviewed for Open Connection with Robert Pictou on CFTK. This program will air on April 7<sup>th</sup> at 5:30 p.m. and again on May 3rd at 5:30 p.m.

# Hospice House

---

Spring is here and the calendar is filling up with volunteer training, health fairs, exciting events and workshops dedicated to raising awareness and providing support for our clients. Even with all this on the go, THS is constantly striving to grow and create new projects favourable for the community. Our latest endeavor aims to present another option for end of life care. It is the right of all individuals to die a dignified death and for most, that means in comfort and surrounded by loved ones at home. Unfortunately, many terminal patients are still dying in hospitals, with limited visitation schedules, less than adequate comfort and where they receive treatment that is often unwanted or unneeded. THS is hoping to change this for members of our region by building a Hospice House.

A Hospice House is a facility that allows palliative individuals to face death in a warm, dignified atmosphere, that is, surrounded by loved ones, feeling safe, comfortable and cared for. Hospice Houses contain guest rooms with all the modern comforts of home. A Hospice House, unlike a hospital, is laid out in a way that allows family members to stay in the company of their

loved one all hours of the day or night. There are no restrictions on visitation, there are no limits on hours and there are even common rooms for relatives and friends to gather, playrooms for children and bedrooms where families can sleep.

Hospice Houses also offer support, advice and information to the families. It is common to find scheduled activities hosted by professionals and societies that include workshops, lectures, fundraising events and support groups. Doctors and nurses are available around the clock and are dedicated to providing quality care and carrying out the final wishes of the patient.

Hospice, in itself, means to improve the quality of life for both the patient and the family; a Hospice House does just that. Due to the increasing need and in an effort to prevent the frustration around end of life care, THS feels that a Hospice House would be very beneficial for the community. Although in its early planning stages, we would love to hear from you. If you are interested in learning more about the Hospice House, giving feedback or becoming a donor, feel free to contact us.

## Health Fair Report by Carrie

---

Back in the beginning of March THS participated in the Community Resources Fair at the Skeena Mall. This was an opportunity for us as hospice to get together and promote who we are as well as get to know other societies within our community. Myself and Elaine manned the booth for the day. We had a very good turnout, spoke to a lot of people and spread the word of who we are and what we do.

April 5th there is the Kitselas First Nations Health Fair that I will also be participating in and promot-

ing awareness to Hospice as well as an Advanced care planning workshop designed for First Nations.

April 29th I will also have us in the Spirit of Wellness Expo at the Terrace Sportsplex from 10 - 6. Here we will be doing a 20 minute seminar on what Hospice is, and some of the services we provide. General Admission is \$5.00, Seniors \$3.00 and children 12 and under free.

I will be making a call out to volunteers to help out at this event. If you are interested please call:

Carrie 250-631-7027 or email me at:

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

## Spring Garden Instruction

Plant 3 rows of peas:

Peas of mind

Peas of heart

Pease of soul

Plant 4 rows of squash:

Squash gossip

Squash indifference

Squash grumbling

Squash selfishness

Plant 4 rows of lettuce:

Lettuce be faithful

Lettuce be kind

Lettuce be grateful

Lettuce really love one another

No Garden is complete without turnips:

Turnip for meetings

Turnip for service

Turnip to help one another

A successful garden must have Thyme

Thyme for each other

Thyme for family

Thyme for friends

Water freely with patience

and cultivate with love.

There is much fruit in your garden

because you reap what you sow.

Many thanks go to Pat and Wanda for their letter writing campaign. This has brought in an additional \$3900.00 in revenue for the Terrace Hospice Society.  
Good job ladies.

# HIKE FOR HOSPICE



Terrace Hospice Society 

May 7, 2017

**Who:** Terrace Hospice Society

Contact [terracehospice@citywest.ca](mailto:terracehospice@citywest.ca) for more details or questions

**What:** Terrace Hospice Society Fundraiser for Rainbows Program (Helping Children & Youth heal, grieve and grow after loss)

**Where:** Ferry Island

**When:** 11:00am May 7<sup>th</sup> (Join us after the hike for a BBQ)

**How to donate:**

- 1) Pledge form (get yours at Terrace Hospice Society)
- 2) Online at Hike for Hospice (donate to team or participant of Terrace Society)

\* Free membership to Terrace Hospice Society with every \$10.00 donation



Hike for Hospice will take place at Ferry Island May 7, at 11:00 a.m and will be followed by a wiener roast, face painting, and other fun activities. Bring your friends, family, dogs, bikes, strollers, wheelchairs, and walking shoes! The Terrace Hospice Society is doing a fundraising event to raise money for the Rainbows Program and to bring awareness to our society! Come on out and support us so that one day we can support you!

## Terrace Hospice Society Board of Directors 2016 - 2017

---

<b>Chairperson</b>	_____	<b>Sue Skeate</b>
<b>Vice Chairperson</b>	_____	<b>Diana Wood</b>
<b>Treasurer</b>	_____	<b>Jennifer Morgan</b>
<b>Secretary</b>	_____	<b>Position currently vacant</b>
<b>Board Member</b>	_____	<b>Mitch Griffith</b>
<b>Board Member</b>	_____	<b>Sonja Orenchuk</b>
<b>Board Member</b>	_____	<b>Peter Gill</b>
<b>Board Member</b>	_____	<b>Debbie Russell</b>
<b>Board Member</b>	_____	<b>John Ryan</b>

---

<b>Ministerial Liaison</b>	_____	<b>Rev. Teri Meyer</b>
<b>Consulting Physician</b>	_____	<b>Dr. Fourie</b>

**Terrace Hospice Society**  
 207 - 4650 Lazelle Avenue  
 Terrace, BC V8G 1S6  
 Tel: 250-635-4811  
 Email: [terracehospice@citywest.ca](mailto:terracehospice@citywest.ca)

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