



Terrace Hospice Society

April 2018 Newsletter

What's News

Celebrating Volunteers

This month The Hospice Society celebrates volunteers in recognition of National Volunteer Week April 15-21.

Hike For Hospice- May 6

An annual event, Hike for Hospice raises funds and awareness in the community about THS services. Volunteers always welcomed. At the Millennium Trail, registration @12pm walk for 1pm

Death Café- May 16

New to THS is the Death Café. Hospice is evolving and it's time to start talking about death as a natural part of life. Join us May 16 from 5-7pm @ White Spot.

Book Club

Peaceful Words is THS's very own book club. April's book is "Tuesdays with Morrie"

Rainbows

A new program, the Rainbows program will be piloted in Kitwanga this month.

**Contact Terrace Hospice Society
for information or to register**

THS (250) 635-4811



Terrace Hospice Society exists because of volunteers, in fact, THS only has one paid employee. Volunteering and helping others has many benefits for the volunteer and community.

4 Reasons We Volunteer

Volunteering is good for your mind and body

Volunteering can advance your career

Volunteering brings fun and fulfillment to your life

Volunteering allows you to connect to your community and make it a better place.

Volunteers have hearts of gold and volunteering takes a sheer selfless sense of wanting to give back to the community.

*To our many volunteers, Thanks for helping
us make a difference.*



THS volunteers during National Volunteer's Week with

Councillor Lynne Christiansen, T.H.S. Volunteers Kyle Payne, Sandy Hoffmann, Mayor Carol LeClerc, Councillor Brian Downie THS Coordinator Vivian Bryant

VIVIAN BRYANT, COORDINATOR

"There have been a lot of changes at THS all for the good. New programs, events, volunteers and opportunities, I am excited to be involved in the growth of the society"



THS's first rainbows program is being offered later this month. Rainbows is committed to helping children and teens grieve and grow after loss.

SUE SKEATES, CHAIR

"Welcome to the new trainees who started in April and welcome back to Rosalyn our summer student from last year.... THS has many training opportunities available for volunteers."

Terrace Hospice Society 's next AGM June 18, 2018 @ 6 pm at the Terrace Public Library



Pledge sheets for Hike for Hospice are available on the THS web page terracehospice@citywest.ca



It's about conversations.
It's about decisions.
It's how we care for each other.

Advance Care Planning is a process that prepares you and your family to make decision about your health care. It supports you in understanding and sharing your thoughts about:

What matters most to you? Who makes health-care decisions for you if you cannot?

What health-care treatments you would want or would not want?

Knowledge is power and if you would like to ensure that your wishes are honored call THS to find out when the next workshop will be offered. Contact Vivian or Diana to register for our next ACP Workshop THS(250) 635-4811

