



# TERRACE HOSPICE SOCIETY

January 2019

## *Hospice Newsletter*

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### Current Events at THS

THS is now taking registration for the next **Grief Support** Group starting February 5<sup>th</sup>, 2019, for those dealing with loss.

Please call 250-635- 4811 to register.

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### 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 support and running errands such as delivering newsletters, putting up posters, etc.
- Grant and proposal writing
- Social Media
  - Championing programs such as Rainbows, ACP, Grief Support, Visiting clients etc. Free training is available

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### Up-Coming Events at THS

1. THS Board Meeting: January 21st at 6:00pm.
2. Advance Care Planning Workshops are being held the last Saturday of each month until June in the Terrace Public Library Board Room at 11 a.m.
  - January 26
  - Feb 23
  - March 30
  - April 27
  - May 25
  - June 29
3. Volunteer Training will start in February. Call THS to confirm dates.
4. Advance Care Planning week is April 1<sup>st</sup> to 5<sup>th</sup>
5. National Volunteer week is April 7<sup>th</sup> to 13<sup>th</sup>
6. May is Hospice Month.
7. May 24<sup>th</sup> and 25<sup>th</sup> BCHPCA Conference in Richmond
8. Hike for Hospice Fundraiser will be held on the Millennium Trail May 5th at 2:00 pm with hotdogs to follow at 3:00
9. THS Annual General Meeting: June 17 @ 6:00 p.m. in the Library Board Room



The Terrace Hospice Society would like take this opportunity to wish you all a very Happy and Prosperous 2019. Hugs and gratitude to all of our amazing Volunteers who make THS a healthy and vibrant organization. Many thanks also to our many Sponsors, both financial and in-kind donations are what keeps THS able to carry out this important work.

## Recipe for a Happy New Year

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Take twelve whole months, clean them thoroughly of all bitterness, hate, and jealousy. Make them just as fresh and clean as possible.

Now cut each month in to twenty-eight, thirty, thirty-one different parts, but don't make up the whole batch at once.  
Prepare it one day at a time out of these ingredients.

Mix well into each day one part of faith, one part of patience, one part of courage, and one part of work.

Add to each day one part of hope, faithfulness, generosity, and kindness.  
Blend with one part prayer, one part meditation, and one good deed.  
Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play, and a cupful of good humor.

Pour all of this into a vessel of love.  
Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.

Your final results may vary depending on your attitude.

Have a Happy New Year!

Many thanks again to Pat and Wanda for their letter writing campaign. They have championed this project for the past several years bringing in a significant amount in donations for the Terrace Hospice Society.

♥ Great job ladies ♥

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## **Celebrate a Life 2018**

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The annual Celebrate a Life ceremony was held on December 11<sup>th</sup> with a good turnout and refreshments afterward. This is a time we gather together to honour our loved ones who have passed. Many thanks to all those who helped make it all possible: David Try – Master of Ceremony, Keyboard music by Donna Thomson, Songs by Annette Rolleman, Reflections by Ron Malma, Sharing of the Light as well as music with Rev. Teri Meyer and all of the volunteers who planned and orchestrated this event.

## **Death Cafe**

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The Death Café is sponsored by the Terrace Hospice Society and is a place to talk about death, dying, bereavement, and to enjoy a cup of coffee or tea. It is open to the public and these gatherings are held internationally and are dedicated to discussing death publicly. It's not a counselling session but simply community members coming together in a relaxed atmosphere while sharing respectful and engaging conversation. Join the Conversation February 17<sup>th</sup> at 1:30 pm. Call 250-635-4811 for further information.

## **Peaceful Words Book Club**

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The Terrace Hospice Society hosts a weekly Book Club. This is a small group discussing books around death, dying, and bereavement. The next book will start in February. Call 250-635-4811 for further information.

## **Hike for Hospice**

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Hike for Hospice is our annual fundraiser for the Rainbows Program which is Grief Support for children and youth designed to provide support and healing for young people going through painful transitions. This year's Hike will take place Sunday May 5<sup>th</sup> on the Millennium Trail at 2:00 followed by Hotdogs and refreshments. Bring your friends, family, dogs, bikes, strollers, wheelchairs, and walking shoes. Come on out and support us so that one day we can support you. Call 250-635-4811 for further information.



## **Grief Support**

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Our Grief Support has grown to include Group Grief Support, Victims and Survivors of Traumatic Loss and Rainbows for youth and teens. These take place several times a year and registration is required. The next Adult Grief Support Group meets weekly and starts February 5<sup>th</sup> from 6:30 – 8:30 pm. Call 250-635-4811 for further information.

## Hopes, Wishes and Dreams ...

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Terrace Hospice Society (THS) provides volunteer companionship to help those with life limiting illnesses, end of life challenges and those who are grieving the loss of a loved one. Our big dream is to one day make a Hospice Cottage a reality in the Terrace area. Last year to build capacity volunteers championed the following new programs: Peaceful Words, a book club for those struggling with grief; The Death Café, for those wanting to exchange ideas about death and dying informally with others; and the Rainbows program, an after-school program helping children grow through their grief.

In 2019 our goals are to: continue our current services; host a Traumatic Loss Facilitator Workshop; develop a support system for family caregivers; revitalize the Room 207 music support program; and to recruit more volunteers to increase what we offer Terrace and area.

If you are interested in being a volunteer or a champion for THS please contact Sue at 250 635 4811.

Thanks to all for supporting our hopes, wishes and dreams for 2019!

Sue Skeates (Chair, THS)

### Terrace Hospice Society Board of Directors 2018 - 2019

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Chairperson -----	Sue Skeates
Vice Chairperson -----	Diana Wood
Treasurer -----	Pat Watson
Secretary -----	Janine Wilkins
Director -----	Paul Harrison
Director -----	Verna Wickie
Ministerial Liaison -----	Rev. Teri Meyer
Consulting Physician -----	Dr. Fourie



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