



# TERRACE HOSPICE SOCIETY

April 2019

## *Hospice Newsletter*

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### Current Events at THS

**THS is now taking registration for the next Grief Support Group** starting

September, 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. Next THS Board Meeting: May 27<sup>th</sup> 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. Only 2 left this season. Come on out and learn how to make your ACP for future healthcare  
May 25  
June 29
3. Volunteer Training is ongoing. Call THS to register.
4. May is Hospice Month.
5. Hike for Hospice Fundraiser will be held on the Millennium Trail May 5<sup>th</sup> at 2:00 pm with refreshments to follow at 3:00
6. Webinar for Room 217 and MAiD at the THS office June 12<sup>th</sup> at 12:30 pm.
7. THS Annual General Meeting: June 17 @ 6:00 p.m. in the Library Board Room



## **THS Hosts BC Bereavement Helpline (BCBH) Traumatic Loss Facilitation**

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On April 6-7 Terrace Hospice Society hosted a Traumatic Loss Facilitator Training Workshop for a group of 19 people. Hospice Societies in the North were invited to attend, along with counsellors from First Nations Villages. A few other people learned of this by word of mouth. People from Houston, Smithers, Moricetown, Kitwanga, Kitsumkalum, the Nass, Terrace and Prince Rupert were present at this event.

Thanks goes to Bob Erb for putting up the initial financial investment. The Sovereign Order of St. John of Jerusalem donated funds to bring the BC Bereavement Help Line Facilitator Marlyn Ferguson up for the weekend, and provided catering services for the lunches and coffee breaks for all of the participants. Emmy's catering was a hit for sure among the participants. We all enjoyed the food. Thank you Emmy!

Terrace is now able to provide its own Traumatic Loss 8-week Support Group starting in June 2019 with 3 facilitators, and hopefully 8 participants. Please contact Sue Skeates at 250 635 4811 if you would like to apply for this upcoming event.



## **Thank You Walmart!!!**

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Terrace Hospice Society (THS) is delighted to publicly thank Walmart for their cheque of a thousand dollars to help make the Traumatic Loss Facilitator Training Workshop a success. Without the funding the 19 volunteers would not have been trained to offer Traumatic Loss Group Support Programs in their communities. Thank You Walmart for giving back to the community of Terrace in this way.

## **Let's Talk About It**

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The third Tuesday of every month Baxter, a new volunteer, presents a 20-minute YouTube and leads us in a discussion of the topic at hand. I have to say, the participants are all individuals, and it surely is like herding cats when some of us voice our interpretations of what we have seen/heard. Fun was had by all. All members are welcome to attend this informal gathering on Tuesdays from 2 till we are done thinking and laughing. Thank you Baxter for championing this portion of THS.

## Thank You IdealOs!!!

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Over the last year Ideal has provided color printing for Terrace Hospice Society. Here, the chair of Terrace Hospice is thanking Elisha Menzel from IdealOs with a receipt for the In-Kind printing they have done to support Terrace Hospice though this very busy year.

Because of this, the twice-yearly Bereavement Support Group had manuals printed for them, Terrace Hospice Society had newsletters printed in a new and improved format, much advertising was done for various groups and activities, including the Death Café, Advance Care Planning, and the Hike for Hospice (May, 2019). Thank you IdealOs for your always friendly support of our volunteer, non-profit group.



## Our New Mattress Program

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Terrace Hospice Society is pleased to announce plans to start a special funding commitment to donate three Palliative Care Mattresses to Terraceview Lodge. Special Thanks goes to Bob Erb who challenged us to find places that would match his donation to make this fundraiser a success. In all, THS hopes to raise over \$60,000.00 for these mattresses. If anyone has a good fundraising idea or would like to be involved with this process, please contact Sue at 250 635 4811. Thanks to all for supporting THS!

## Hike for Hospice

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Our annual Hike for Hospice raises money 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 was on Sunday May 5<sup>th</sup> and we raised a total of \$2521.00. A big shout out to all those who came out to support this wonderful cause. And many thanks to Sonny's Collectables for donating prizes for the best dressed dog and the most outrageous hat. Sadly no one participated in these contests so we will tuck those prizes away for next year. Thanks also to Gemma's for donating the prize for the hiker that brought in the most pledges. This was won by LT&S Ventures of Terrace. Congratulations. Thanks also to the Dairy Queen who supplied coupons for DQ ice cream which was much appreciated by all the kids on such a warm sunny day. Cheers to Aqua Clear who supplied water for hikers. Much appreciated. Thanks to everyone involved that made this day such a success.



## Volunteer Training starting in June, 2019

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Terrace Hospice Society will be starting Volunteer Training in June, 2019. This is excellent experience for those of you wanting to go into social work, nursing or counselling. It is also a wonderful experience for people who are retired and want some meaningful volunteer work in their lives to keep them young and interested in this interesting and always changing world of compassionate care. Phone Sue to fill out an application form, and to have your questions answered. 250 635 4811

### 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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