



TERRACE HOSPICE SOCIETY

July 2019 *Newsletter*

Up-Coming Events at THS

- Next THS Board Meeting: July 22nd at 6:00pm.
- Advance Care Planning Workshops are finished for this season and will resume in the fall.
- Volunteer Training is ongoing. Call THS to register.
- 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.



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

Grief Support Update

One local volunteer got her certification in Traumatic Loss Facilitating from BC Bereavement Helpline. Congratulations Sandy! She will be co-facilitating an 8-week Traumatic Loss Support Group starting July 4



Volunteer Training Update

THS currently has 5 volunteers in training. They are taking 30 hours of training using an adapted curriculum from the Canadian Hospice Palliative Care Association (CHPCA).

Scholarship Program Update

This was the first year we have offered a scholarship to a graduate from Caledonia Secondary. Katarina Wigglesworth was the recipient of this award. A copy of the award-winning essay answering the question why Terrace would benefit from a local Hospice House is in the Board Minutes at the office. Of note, she commented that a “regional Hospice House would undoubtedly save lives”

2019 AGM

The AGM was held June 17, 2019 with 10 members in attendance. Highlights included a brief description of the Traumatic Loss Facilitator Training Workshop held April 6-7, 2019. A total of 19 people attended from Houston to Prince Rupert and up the Nass.

Next April we are anticipating having a similar fundraiser inviting people from the same area for a Train-the-Trainer for Rainbows program. Rainbows is our after-school grief support program for children. SOSJ has already committed to funding support for this adventure, and my guess is that we will see positive changes in accessibility to this program over the next two years.

An opportunity with Healthy Living, Compassionate Communities, and the United Way includes a call for proposals to fund a 2.5 year plan to better support Family Caregivers within our community. Stay tuned for more information on this. Also let Sue know if you would like to be a part of this potential opportunity.

THS Welcomes New Board Member

Yvonne Reid has worked in the Health and Social Service sector for over 30 years. She began her career in the mental health field and recently retired from her position as a Director of Operations for the Ministry of Children and Family Development. Ms. Reid has a Masters of Education in Counselling Psychology as well as an undergraduate degree in Social Work. She grew up in Kitimat, and has lived in Terrace since 1974. She is a wife, mother and grandmother, and in her spare time an avid golfer.

Advance Care Planning

THS continues to host Advance Care Planning Workshops. We have done one a month for the past three years and now would like to move in a different direction. Starting in September we will be offering the same workshop material but in a family setting. So rather than one family member coming out to learn how to make an Advance Care Plan, we will go into your home with the family present and make sure everyone knows how to make an ACP. An ACP is important for all adults, no matter what age. Call Diana to set up an appointment. 250-615-8582

Death Café

THS started hosting Death Café a couple of years ago and people are still asking “what on earth is a Death Café?” Let me explain.

A Death Café is not a physical location but a concept. It is an informal gathering with the objective of becoming more comfortable discussing death and dying. These get-togethers generally involve tea or coffee and cake, thus the name Death Café. But it could just as easily take place in a person’s home.

Death Cafes have helped to relax the taboo of speaking about death, particularly with strangers, and encouraged people to express their own wishes for after they die.

There is no agenda for these meetings but are led by the topics brought up by the attendees. Many people say they feel liberated by being able to discuss this openly and freely. Come on out and see what you think.

The next Death Café will resume again in the Fall.



Hopes Wishes and Dreams

Thanks to David Try for leading the board through a Strategic Planning Session at the end of May 2019. We will be following this up with another evening session identifying how we can reach out to our community better. We also modified our Mission Statement which we share with you here.

Our Mission

Our volunteers nurture and advocate for the best end-of-life comfort and support those grieving and bereaved.

Our Vision

To foster environments that support end-of-life comfort and create helpful positive memories.

Our Values

We value human dignity.

We value living well until you die.

We value the best death possible.

We let compassion and respect guide our actions.

Our work thrives with community engagement. We embrace and encourage collaboration, partnership and diversity.

All of the above take place in strict confidence.

Our Future

Terrace Hospice Society is constantly striving to grow and to create new projects favourable to 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 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, fund- raising 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 and 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.



Check out our Website

TerraceHospice.org is undergoing a major facelift. We will add a number of new features including a CALENDAR OF EVENTS so you can see what's happening at a glance, all NEWSLETTERS have been added from 2012 to present day and there is a page of RESOURCES to help visitors find information. We also have a new DONATE page that will allow you to make financial contributions to THS in a number of different ways, as well as paying your annual \$10 membership fee. Check it out and let us know if there is anything you think we should add.

Why is a larger membership better for us?

Why are we always looking for new members to our Society? Well, there are a couple of reasons. The first and most important is that the members of any society represents the voice of the community. So, the more members we have, the more complete picture we have of what our priorities should be. This is how we choose which direction to go and what policies need to be put in place in order to get to our destination. The second reason to have a healthy membership is that it looks really good on Grant Applications. A very large part of what we do is Grant and Proposal writing to raise funds for our existing and future programs. Most grant applications will ask how many members we have. The larger the number, the more assured the potential donor is, that we are a viable organization. So please consider joining THS and make your voice heard.

Let's talk about it

LET'S TALK ABOUT IT is a monthly get together where participants enjoy a short (20 min) video and then spend the next hour or so discussing what each of us got out of it. The topics are centered around death, dying and grief and it is amazing how many different perspectives there are and how we can always manage for find a few giggles. The aim of this group is to learn to be more comfortable discussing a difficult topic. Call Sue for more info 250-635-4811.

THS Board of Directors 2019 - 2020

Chairperson ----- Sue Skeates
Vice Chairperson ----- Diana Wood
Treasurer ----- Pat Watson
Secretary ----- Janine Wilkins
Director ----- Paul Harrison
Director ----- Verna Wickie
Director ----- Yvonne Reid

Ministerial Liaison ----- Rev. Teri Meyer
Consulting Physician ----- Dr. Fourie



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