



# TERRACE HOSPICE SOCIETY

## October 2019 Newsletter

### Up-Coming Events at THS

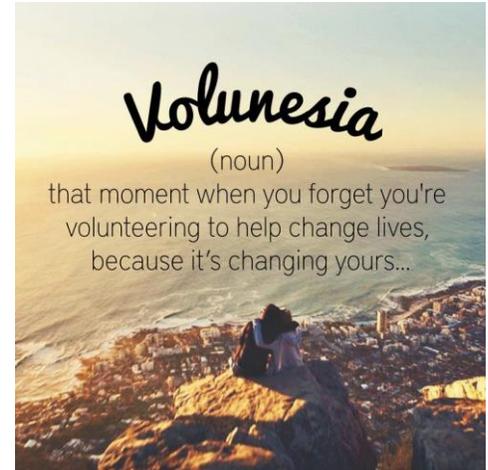
- Next Board meetings will be held October 21<sup>st</sup> and November 18<sup>th</sup>. There is no meeting in December but regular meetings will resume in January, generally the third Monday of each month. These are held at the THS office from 6:00 to 8:00 pm
- Volunteer training is ongoing and takes place from 9:00 am till noon on Saturday mornings at the THS office. We are always looking for new volunteers for a variety of positions. Give us a call if you'd like more information.

### Just a Reminder

Just a friendly reminder that the \$10. membership fees were due and payable at the 2019 AGM in June for the current year. It is very important for our Society that these fees be paid. It is not that the \$10 makes a big difference to our bottom line but it is **extremely** important when we request funding. When we ask for funding, one of the questions they ask is "How many voting members do you have?" And unfortunately if you haven't paid your dues we can't count you as a voting member.

In order for the Terrace Hospice Society to thrive we must keep increasing our operating capital so that we can enhance our current programs and add more services.

To make things easier, you can now pay your membership dues or make a donation on our website. <http://terracehospice.org/donate/> or you can pop into the office for a visit and pay your dues in person. We'd love to see you. ♥ ♥ ♥



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
- 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
- New Board Members who participate in the running of the organization.



## Advance Care Planning

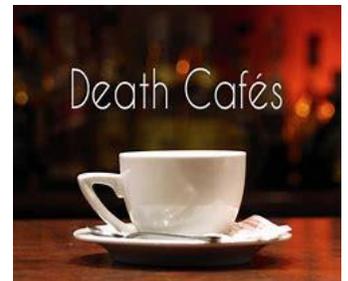
The regular monthly ACP workshops ended in June for the summer and we are now offering it in a slightly different format. We invite people to get a group of family members and/or friends together to discuss their Advance Care Plan. This will take place in one of their homes along with one of our trained ACP facilitators joining them to guide them through the process. We find that a group of people who know each other feel more comfortable talking about end-of-life rather than being in a group of strangers. So call our office soon to arrange a date for a group workshop in your own home. These are fun and lively conversations and the time commitment will be approximately 2 hours. At the end you will have enough information and all the forms needed to make your own ACP. These workshops are free so no excuses, call our office today. 250-635-4811.

We have had many participants in our monthly workshops and have often wondered how many people actually went home and put pen to paper and prepared their ACP. So in February 2020 we plan to take our program to the Coast Mountain College and offer a complete program that will take the participants on a 4 week journey of self-discovery with the final outcome being a completed Advance Care Plan. We will meet one evening a week for 4 weeks. The Terrace Hospice Society will supply all of the documents and forms you will need and by the end of the fourth session you will have a fully formed Advance Care Plan ready for Notarization if you choose. If you're interested, let us know and we will contact you when the dates are finalized. 250-635-4811

## Death Café

The ever-popular Death Café is back. Noel will be hosting this informal gathering where people enjoy a beverage, eat cake and discuss death and dying. The aim is to help normalize conversations around the topic that some people have trouble discussing. As we get older or maybe become afflicted by a life-limiting illness we often find it comforting to be able to discuss end-of-life matters openly. Many times our loved ones are reluctant to talk about death so it is helpful to have another means of opening up.

These gatherings are held internationally and are dedicated to discussing death openly. It's not a counselling session but simply community members coming together in a relaxed atmosphere while sharing respectful and engaging conversation. Everyone is welcome to join the conversation at Cafenara October 23 or November 27<sup>th</sup> from 7:00 pm to 8:30. Free to attend and coffee is on us. Call 250-635-4811 for more info



## Celebrate a Life



The Terrace Hospice Society will, once again, host the annual Celebrate a Life ceremony which will be held at the Elks Hall on Tuesday December 10<sup>th</sup> at 7:00 pm.

Celebrate a Life is a non-denominational candlelight ceremony, honouring those loved ones we've lost, either recent or long ago. We invite all members of the community to join us for this very special event. Kids are welcome. There will be the candle ceremony, stories, music and entertainment. Attendees are invited to write the name of a loved one on a card which is then hung on a tree. This tree will be on display at the Skeena Mall throughout the Christmas season. Refreshments will be served so please stay and chat afterward.

If you need transportation please phone the office 24 hours in advance. 250-635-4811.

***A huge thank-you to all those volunteers who bring this event to life every year.***

## Sue's News

Upcoming events include:

Oct. 7<sup>th</sup> 6:30 - 8:30 Rev. Teri Meyer will be talking to volunteers and volunteers-in-training about the importance of managing Spirituality concerns with Palliative People. This is an excellent talk that is absolutely heartwarming to be a part of. All volunteers and volunteers-in-training are urged to attend.

Thank you to Ron and Steve who have invited our volunteers-in-training to visit and tour their Funeral Home. We will meet at the Funeral Home at 10:30. That time is to be confirmed. Please contact me if you need further guidance on the time or place. Volunteers-in-training will come to the THS office for their regular training at 9 that morning and we will make our way over to the Funeral Home after that.

Diana and Sandy will be going to the Provincial Summit on Aging Nov. 7<sup>th</sup> & 8<sup>th</sup>. We look forward to learning what some of the Key Points were

I have been asked to show some of the webinars that would be helpful for our volunteers or clients to see outside of office hours. I will work to make this a reality.

## Volunteer Training using Passport Tracking

Over the last year, I have been working to make volunteer training more accessible and to address a variety of needs of those who want training. Both the Canadian Hospice Palliative Care Association (CHPCA) and the BC Hospice Palliative Care Association (BCHPCA) recommend up to 30 hours of volunteer training. During that time, THS addresses the basics of volunteer training as outlined in the manuals as well as current and local topics that include Medical Assistance in Dying or Celebrate a Life. Regular volunteer training happens Saturdays from 9-12. These sessions are augmented by alternative learning opportunities including Palliative Care Spirituality Discussions with Rev. Teri Myer, *Let's Talk About It* thoughts with Baxter or *Death Café* encounters with Noel.

Passport Tracking provides a different way of recording learning that volunteers take part in. Thus, THS is able to take in new volunteers-in-training any time of the year, most often starting on the Saturday after their application. Please call Sue (250 635 4811) to sign up.

In September we have captured 3 new volunteers-in-training. This is very exciting for me! We have also got a new book in called *How to be an Even Better Listener: A practical guide for hospice and palliative care volunteers* by Robert Mundle. A university professor who has been studying and publishing about hospice palliative care volunteers for 14 years. I hope to review this book in our next newsletter.

## Book Review by Sue

This month I read *The Conversation: A Revolutionary Plan for End-of-Life Care* by Angelo E. Volandes, MD. I quite enjoyed this book, though anyone who has an interest in Advance Care Planning would not consider what he has to say as a Revolutionary Plan by a long shot. Diana has been speaking to these very thoughts for years when she delivers her ACP sessions. Angelo adds in the physician stories of people who are dying, making the book quite impactful.

This book is written by an American physician who is really a strong advocate for ACPs. Throughout this book he alludes to videos that he and Harvard Medical School made. He had me gung hoe to watch these videos on YouTube or wherever. On YouTube he also talks of these world-view changing videos, but does not tell one how to access them.

In the end I think I have found out how to order the videos, and am awaiting a response to this request. Stay tuned for news on whether these videos are available without breaking the bank! In the meantime, I would recommend this book for the Book Club. Again, I will let you know when it is available through Hospice.

## Farmer's Market Update

On August 10<sup>th</sup> and September 21<sup>st</sup> Volunteers of the Terrace Hospice Society participated in the Terrace Farmers Market. On August 10<sup>th</sup> Sue, Sandy, Tiana, and Michelle manned the booth and on September 21<sup>st</sup> Sue and Sandy did it. All those involved had a great time engaging and bringing awareness to the community about what hospice does and how people can get involved. Information pamphlets included a range of grief support options, informal get-togethers to explore various aspects of death and dying, volunteer training and the need for more volunteers, Advance Care Planning, and posters thanking our supporters. Huge shout out to all the volunteers that made this possible.

We will participate in the market again next year but in the meantime if you have any questions please call us at 250-635-4811 or check out our website <http://terracehospice.org/> for a full listing of our programs and services.

## Grief Support

Thanks to Bev and Sandy for facilitating the Grief Support Group this fall. We are lucky to have such dedicated volunteers working with those who seek out Group Support for this difficult time in their lives. Both Bev and Sandy have been known to spend time and thoughts with individuals prior to the Grief Support Group. Thank you for all the work you do to make our groups meaningful and viable.

## Kitsumkalum Health Fair

Once again Terrace Hospice Society was invited to participate in the annual Kitsumkalum Health Fair held on October 4th. Sandy Pringle and Sandy Hoffmann set up the table and enjoyed talking to everyone about the many programs that Terrace Hospice offers such as; grief support, traumatic loss grief support, children's support, as well as palliative support and holding vigils. The Death Cafe is an inviting environment where people can talk about death and dying in a comfortable atmosphere. For a complete list of our free programs check out our website.

<http://terracehospice.org/programs-services/>

Congratulations to Karen Seymour who was the winner of the T-shirt draw.



### **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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