



TERRACE HOSPICE SOCIETY

250-635-4811

July 2020 Newsletter

We are Back

All of our programs were put on hold for a while due to COVID 19. We are gradually settling in to the new normal. The rules are beginning to relax and the office is once again open for business with a maximum of 5 people at a time to honor social distancing. Over the past several months many of our Volunteers have been keeping in touch with clients either by phone or zoom.

2020 AGM

The Annual General Meeting was held on Monday June 15, 2020 at 6:00 pm. Normally these are held in the board room at the Terrace Library but this year 11 members attended, some in person at the office and others attended via video conferencing. The Chair's report indicated steady growth of programs, services, and clients. The Treasurer's report tells of an overall good fiscal year with a healthy financial situation and responsible spending.

New additions to the Lending Library

A while back, at the beginning of COVID 19, Terrace Hospice became very concerned for people who might be stuck in hospital with no visitors so we put out an appeal on facebook for used ipads or tablets.



The generosity of our community is truly amazing. We now have 8 devices that have become part of our Lending Library and are ready to go out on loan.

Volunteer Opportunities

Volunteer Training is an ongoing process currently being delivered in the office and via video conferencing so that we can all abide by social distancing. Being a Volunteer and making a difference in people's lives is a great honor.



Many of our clients are alone with no family and they appreciate our regular calls to make sure they are okay or just to chat.

THS needs Volunteers to help with:

- Tech Support
- Office Help
- Advertising
- Grant Writing
- Visiting Companionship
- Social Media
- Community Engagement
- Bereavement Support
- Event Planners
- Board Members
- Program leaders for Advance Care Planning, Grief Support, Rainbows for All Children

If you have any of these skills and are able to Volunteer just a for a few hours a month The Terrace Hospice Society wants YOU.

Adult Grief Support Group

This group will meet in a comfortable, safe and confidential setting, with a trained and experienced facilitator.

The 8 week program meets once a week In the evening from 6:30pm-8:30 pm.

Plans are to have this group start sometime in September as soon as COVID allows.

Call Sue at THS to register 250-635-4811

New Volunteers

THS has a number of new Volunteers who are contributing a great deal of knowledge, ideas, and culture to our organization.



One of our newest is **Michael** from Taiwan who has been tasked with creating spreadsheets for the various things we need to track such as Volunteer/Client relations and Volunteer hours. Our Volunteer hours are extremely important when it comes to applying for funding. Our potential donors need to know that THS is a vibrant part of the community with a healthy Volunteer base.

Brad is a whiz at IT stuff and put in a lot of hours sourcing out all of the equipment we need for the Memories of a Lifetime program. He was able to find really good prices for cameras, tripods and a laptop that would be able to easily handle the videos we are going to create.

Shelby is our new webmaster and has been very helpful in updating some things on our website. She will also be a videographer/editor for Memories of a Lifetime. We will be presenting this exciting new program to Terraceview Lodge and McConnell House as soon as COVID 19 allows it.

Debbie is going to be adding her time and expertise to the Friends and Family Caregivers of the Northwest. This program was made possible by a grant from United Way Lower Mainland and started in January.

Terry has recently joined THS to be a part of the Rainbows For All Children program which is grief support for youth. The goal of this after school program is to move children from hurt, through healing to hope.

Abbey is the newest member of the Board of Directors and was voted in at the 2020 AGM as our new Secretary, taking over for Janine. Many thanks to Janine for her many hours of service and helpful input.

Peaceful Words Book Club

The Peaceful Words Book club has been on hold since the start of COVID19 and has been missed by many of our group. The good news is that it will be resuming June 25th. To keep the group small and private we are limiting the size to 8 participants. To honor social distancing some can attend in person and others can attend via zoom. The first book we will be reading is Final Gifts. This group is filled but if you would like to join us for the next book call Sue to register.

Advance Care Planning (ACP)

Great News! THS is now offering Advance Care Planning via zoom video conferencing. Since mid-May we have offered 3 ACP classes with many people calling to see when the next sitting is.

With the world in turmoil over COVID 19 making health care plans now has never been more important. The next workshop will be July 18th and 25th.

End of life decisions should not be made at the end of life.

Plan now

This is another example of how THS helps to make Terrace a better place to live.

Please contact Diana at 250-615-8582 or email dianawood@live.ca to register.

New Logo

Check out our new logo for Friends and Family Caregivers Support of the Northwest.



Many thanks to Shelby, for creating this artist beauty. And notice how it complements the Terrace Hospice logo.

Family and Friends Caregiver Support of the Northwest

Getting Help

Family Caregivers, there is support for you in this journey. You are not alone.

28% of BC residents are family caregivers. 60% of these caregivers are employed and working in addition to caregiving.

The role of a caregiver is rewarding, but can be demanding, taxing and isolating. The role is often unacknowledged.



Our mission at Family Caregivers of BC is to provide access to resources, offer emotional support and let you know that as a caregiver, you are not alone and what you do is incredible.

We have compiled resources to support your journey.

Caring for a family member or friend is a tough job.

- You may be holding down a full-time job or struggling to maintain employment.
- You may have other caregiving responsibilities... like raising children.
- You may be dealing with a health condition of your own, or ignoring your own health because of the stress of caregiving.

The #1 thing we hear from family caregivers is that you feel burned out.

Experiencing some stress is part of everyday life. When symptoms of stress persist though, they can be harmful. Use our Caregiver Self-Assessment to check-in: <https://www.familycaregiversbc.ca/caregiver-self-assessment/> .

Don't forget to check out our **Caregivers Out Loud** podcast at:

<https://www.familycaregiversbc.ca/podcast/>.

To learn more about the support we can give to Caregivers contact Sandy Pringle at 778-634-0134.

Book Review by Keely Robertson

“But Won’t Granny Need Her Socks? Dealing Effectively with Children’s Concerns about Death and Dying.” by Donald W. Knowles & Nancy Reeves

Experiencing the death of a close friend or loved one is not easy. It often leaves you feeling tired, sad, frustrated, and alone. Grief is a difficult journey and unavoidable throughout life. Children encountering death or thoughts about death are unavoidable as well and there will be a time to prepare them to effectively respond to a death of a close relative, friend or pet.



In the book “But Won’t Granny Need Her Socks?” the authors talk about constructive responses to death, examples of behaviour, practical exercises and basic guidelines to understanding what responses would be most helpful for children. If you are feeling uncomfortable talking about death and dying with children this

book will help provide the tools to effectively communicate with them and elevate their concerns as well as yours.

This could be one of the single most important books that a parent, educator, or counsellor could read, since it covers with honesty and clarity a subject we will all have to deal with at some point. We all accept that death is inevitable, but few of us consider that each death will leave curious, bewildered, or hurt children in need of our support. Reading this book would be an excellent first step in preparing for this task.

Education Day features Rainbows for All Children

Rainbows for all Children is a structured after school grief support group for youth. The Terrace Hospice Society will be offering Rainbows Facilitator training to anyone – you don’t need to be a hospice volunteer on a Saturday in September at its Annual Education Day. 8 hrs of training with 2 Rainbows trained facilitators will prepare participants to co-facilitate youth grief groups.

- 8 hrs. training
- \$100 include course manual and lunch
- Call Sue for more information 250-635-4811

Many thanks to SOSJ

for their financial assistance.

Dates will be confirmed ASAP.



Eliza’s Village

As you know THS has been advocating for a Hospice House for a long time and have recently offered support to Thornhill Vision 2018 and the Enterprise4good Society. They are looking at building a “Village style development in Thornhill”. (see the Terrace Standard article on June 18th.)

This Multi-Faceted Housing Facility would have a variety of housing options all in one neighbourhood so that as the housing needs of the residents change, they can stay in the neighbourhood that they love and just move a street or two away to find the home that is more suitable for them at that time.

Allowing them to “age in place” has huge socio economic benefits. They would be able to stay connected to their neighbours and their neighbourhoods. As the residents age together they retain the kinship of life long relationships. Our current model has them pigeon-holed and segregated from each other.

There are still hoops to jump through but in the end it is hoped that it would include many different Housing options, Medical Clinic, Assisted Living, Dementia Care, Hospice Care and most importantly a plan for Sustainability. To make sustainability possible this project will be built under a Social Enterprise model which follows a non-profit format with the money that is generated through the development being re-invested into the Community making it not only sustainable but able to grow as well. There are many models of this type already in use, and very successful, and we think that Thornhill is ready for some forward thinking.

This project is called Eliza’s Village taking its name from Eliza Wright born in Kitselas who married Tom Thornhill in 1892, the first white man to settle the east side of the Skeena River below the Little Canyon. Thanks to the Wright family and the Kitselas nation for their permission to use Eliza’s name.

A HOSPICE HOUSE.....What was but a dream a few years ago is getting closer to being a reality.

Go Bill Go!!!!

One of our volunteers, Michelle, while in her role as a Visiting Volunteer, started seeing Bill who is a senior in our community. They were able to bond over common interests such as cooking, eating, and complaining about the weather, but soon after the visits started Michelle discovered that Bill had a 20 year old scooter that was quickly becoming irreparable. Once COVID 19 started and social distancing came into play there was a lot of fear that Bill would not only become more isolated but that he would be completely unable to leave his home to get food, go to the bank, and simply to get some fresh air if his scooter broke down



completely...and this is exactly what happened. Bill’s isolation and lack of independence was becoming a fearful reality. However, with the support of Michelle, Terrace Hospice, and Kimmunity Angels Bill received a

new scooter and he is able to maintain the independence he has worked so hard to keep. Congratulations Bill on the new wheels!

***Terrace Hospice Society
Board of Directors
2019 – 2020***

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

Terrace Hospice Society
#207 – 4650 Lazelle Av
Terrace BC V8G 1S6
250-635-4811
www.terracehospice.org

We acknowledge the financial support of the Province of British Columbia