



# TERRACE HOSPICE SOCIETY

250-635-4811

October 2020 Newsletter

## Update from Sue

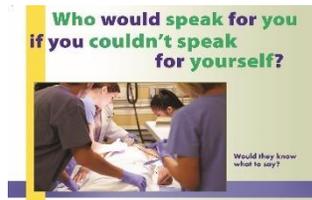
November has rolled around. There has been nothing but growth and development since the new year. In January I had not heard of Zoom. Now I hardly know what a working day looks like without Zoom.

Some of our activities that have previously been on our Hopes-Wishes-and-Dreams List are now firmly planted on our Routine Monthly Calendar. Some are sneaking onto this list. Other Activities will start in the new year. A summary of where we are follows. All are accessible via Zoom or phone.

**Contact THS at 250 635 4811 to be put on our Zoom List for any of these programs. We provide these services from Houston through Prince Rupert and from Kitimat up to Stewart.**

## Book an Appointment for:

*Advance Care Planning* – Educational Small groups planning individual solutions for unexpected medical situations we don't want to talk about.



*Memories of a Lifetime* – Sponsored by Northern Savings Credit Union – Create stories of your lifetime to leave for your loved ones using video, pictures and

memorabilia saved as a video file on a USB for loved ones to watch over and over.

Phone Diana to book an appointment 250 635 4811

## Monthly Activity Calendar

### Mondays

*Caregiver Team Meetings* (9-10) for staff and championing volunteers

*Caregiver Real Talk* – (1:15 – 3:00) Educational activities brought to Caregivers in the region via Zoom and Facilitated by our Caregiver Team

### Tuesdays

*Grief Support Group* (Sept and January Start Ups; 8-week deliveries – must register with Sue)

*Let's Talk About Caring* (1:30 – 3:00) Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month. Conversations that grow from YouTube Clips specific to Caregivers facilitated by someone in our Caregiving Team.

*Let's Talk About It* (1:30-3:00) Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month. Conversations that grow from YouTube Clips somehow related to death and dying. Facilitated by Baxter, a THS volunteer.

### Wednesdays

*Good Grief Drop In* from 1-3 – a quiet time to remember loved ones

### Thursdays

*Caregivers Stories* 1:15-3:00 Quotes from books Caregivers including Jann Arden have written spark conversations and sharing with participants.

*Peaceful Words Book Club* (6:00-8:00 PM) where books stimulate reflections within ourselves and shared with others about death, dying and grief.

### In the New Year:

Traumatic Loss Grief Support Group

Grief and Grub for Guys

Support Group for Medical Assistance in Dying (before and after the event).

Volunteer Training is integrated into many of these activities.



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. Time spent participating in our weekly Book Club and monthly Video club qualifies as Volunteer hours toward certification.

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.

If you aren't comfortable working with clients consider the following Volunteer opportunities

- ❖ Tech Support
- ❖ Office Help
- ❖ Advertising
- ❖ Grant Writing
- ❖ Social Media
- ❖ Community Engagement
- ❖ 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 few hours a month....

**The Terrace Hospice Society wants YOU.**

### Advance Care Planning (ACP)

Coming in November there will be two ACP workshops. Each of these will be in 2 sessions a week apart to give you time to prepare for the second segment (aka homework).

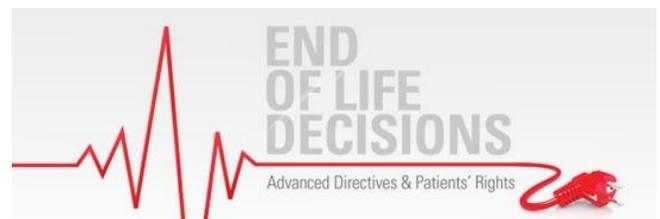
With the world still in turmoil over COVID19 making health care plans now has never been more important. The ACP workshop will show you how to appoint a Substitute Decision Maker, what an Advance Directive is, what Representation Agreements are used for, what is the difference between a Rep 7 and a Rep 9, and so much more. Choose one of the following workshops and **make your plan.**

Workshop #1 - Tuesday November 10<sup>th</sup> and 17<sup>th</sup>  
6:00 – 8:00 pm

Workshop #2 - Saturday November 14<sup>th</sup> and 21<sup>st</sup>  
10:00 – noon

Contact Diana to register. 250-635-4811

[vice.terracehospice@citywest.ca](mailto:vice.terracehospice@citywest.ca)



### Friend and Family Caregivers of the Northwest

We are happy to welcome Rainforest Wellness Pharmacy to our Caregivers Family!



Rainforest Wellness Pharmacy, located in the City Center Mall in Kitimat is so much more than your typical pharmacy, it is a locally-owned, independent business that utilizes a holistic framework, focusing on overall health and wellness from the inside out.

Their commitment to our philosophy of healing the whole family is a valued by our Caregiving team.

## Terrace Farmer's Market with picture

This year Family and Friends Caregivers of the Northwest (FFCGNW) brought our display tent to the Farmer's Market in Terrace. We hoped to access Farmer's Markets in other towns but due to COVID 19 that did not happen.

Debbie, Steve and I (Sandy) went to two Farmer's Markets this fall. We set up our new tent and put out a book-grab-box to engage passers-by. The books were donated by Kitimat Hospice and Canada Post. A business card and a hand-out were placed in each one to inform the recipient how to access our programs. Books are wonderful door openers! We had many people stop and chat, all the books were taken and many great discussions were had about FFCGNW.

On the last weekend, Ellis Ross stopped by. He is our local Provincial Liberal candidate. He loved our program and wanted to know how to help us become vibrant in our community. He also hinted at supporting our growth and development via Eliza's Villages' plans to house not only a hospice house, but a campus of care that includes dementia units, more seniors' affordable housing, and possibly a pain control clinic.

Those visiting the tent could leave their names, email addresses and phone numbers to receive more information about volunteering with this non-profit group or taking part in our various activities. We acted on 15 requests for further information.

Having conversations around family challenges, even as limited as conversations are at the Farmer's Market, was a real draw. The opportunities sparked further interest in the array of activities offered by FFCGNW and Terrace Hospice Society (THS).

The Discussion Group Peaceful Words received a lot of interest. Because of the interest expressed at the Farmer's Market, we are currently listening to the audiotape Tuesdays with Morrie and discussing our lives in relations to the thoughts brought up by

the book. We are looking for more books for future Farmer's Markets as well as for our future Book Mobile program.

Check out our new tent designed by Silvertip Promotions. Great advertising!



## Letter Writing Campaign

Many thanks to our Office Volunteer Johanna for spearheading the annual Letter Writing Campaign which yielded almost \$2000.



As always, we are grateful for the generosity of our local community in their support of the Terrace Hospice Society. This money along with other grants makes it possible to offer all our programs and services **free of charge.**

## Monthly Video Club

“Let’s Talk About It”, our monthly video club, is back in full swing with Baxter as the host. He chooses a short video to watch, generally around death, dying, or grief, and then the group discusses what resonated with each of them. These informal gatherings help the participants talk more freely about difficult topics. It is always interesting to hear the many other viewpoints that come up.



We can have as many as 5 people join in person in our office and still honor social distancing, and another 5 people join via zoom. Call Sue for more info 250-635-4811.

## Peaceful Words Book Club

We will be reviewing *Being Mortal* by Atul Gawande starting Thursday November 12<sup>th</sup> for 5 weeks ending on Thursday December 10<sup>th</sup> from 6:00 to 8:00 pm. In order to honor social distancing, we can accommodate 5 people in our office and another 3 people can join via zoom. We have plenty of copies of this book so stop in our office and sign out a copy. For more info call Diana at 250-635-4811.



## Celebrate a Life

This year’s Celebrate a Life ceremony will take on a new look due to COVID19. Since large gatherings are not allowed, we will be presenting a video on facebook live. We will have music, stories, lighting of the candles and reading the names, as we do every year. Please join us Tuesday December 8<sup>th</sup> at 7:00 pm.

## Special Thanks

Special thanks to the Northern Savings Credit Union for their generous donation to our Memories of a Lifetime program. Leanne Ede, on behalf of NSCU presents a check to Sue, our Executive Director.



Thanks also to MacCarthy Motors for their generosity. Here is Sue accepting a check from some of the crew.

And thanks to the Kimmunity Angels for loaning us 2 new ipads to be used in our lending program for people in isolation. We all work together to enhance wellbeing.



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

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