



TERRACE HOSPICE SOCIETY

250-635-4811

April 2021 Newsletter



Although the past year has been challenging, Terrace Hospice managed to keep its doors open and continued to serve clients by getting creative and learning new technology. Staying connected is more important now than it ever has been.

Monthly Activity Calendar

Mondays

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

Caregivers Stories 11:00-11:45 Quotes from books by Caregivers including Jann Arden that spark conversations and sharing about being a caregiver with the other participants.

Wednesdays

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

Thursdays

Caregiver Real Talk – (1:15 – 2:00) Educational activities brought to Caregivers in the region via Zoom and facilitated by our Caregiver Team.

Peaceful Words Book Club (6:00-8:00 PM) and we will be reading “Final Gifts.” These books stimulate reflections within us which are often shared with others about death, dying and grief.

Special Dates

March 19th - World Sleep Day is a call to all sleep professionals to advocate and educate the world about the importance of sleep for achieving an optimal quality of life and improve global health.

April 1st is the start of Caregiver Awareness Month. The first Tuesday of April has been unanimously adopted by the Members of Parliament of Canada to recognize the importance of the “invisible” unpaid work.

Interchangeably known as National Caregiver Day, this day marks the beginning of our formal recognition of caregivers and the valuable contribution they make to care recipients, our communities, and our economy.

April 28th - National Day of Mourning is a day set aside in Canada to remember those who died on the job.

May 2nd - Hike for Hospice is a national fundraising day and a way to increase awareness about all the programs and services that Hospice Societies have to offer.

May 4th to 10th - National Hospice Palliative Care Week is a time to celebrate and share achievements of hospice palliative care throughout the nation.

June 15th - World Elder Abuse Awareness Day represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some members of our older generation.

Help is available for Home Reno's

The BC Rebate for Accessible Home Adaptations Program provides financial assistance to eligible low- and moderate-income households to complete home adaptations for accessibility. Up to \$17,500 in rebates towards adaptations that directly address an individual's permanent disability or loss of ability and improve their ability to perform ADLs. It could include exterior and interior ramps and door widening to accommodate a wheelchair, and bathroom modifications, such as grab bars, shower seats and handheld showerheads. Link: [BC Rebate for Accessible Home Adaptations \(BC RAHA\) \(bchousing.org\)](https://www2.gov.bc.ca/gov2/industry/accessible/raha/)

Meet – Anika - our new Coordinator

Anika has joined the team as the new Hospice Palliative Care Coordinator for THS. She moved from Germany to Canada four years ago and has had a diverse job history but was always searching for a career that would bring her life



purpose and meaning. She has long history of volunteering and that is what brought her to THS. It was immediately obvious that she was more suited to be our new Coordinator than a Volunteer.

In her new role at the Terrace Hospice, Anika will recruit volunteers and pair them with suitable clients; develop and evaluate new programs; develop new policies as needed; and promote THS in the community. Currently she is in training and will take courses to gain more knowledge around palliative care and she is happy to learn more about how she can help support you in your journey, or if you just need a friendly ear to hear you, please reach out.

Check Out The Terrace Standard

THS is doing a weekly informational column showcasing our many programs and services. We want everyone to know that Terrace Hospice is still alive and well despite covid. We have had to become innovative with program delivery and learn to work within the confines of covid rules. So, we now use video conferencing to deliver to groups and have the office set up so that we can easily practice social distancing. We are hoping that this information will help people see what we are all about and how we can support them as they become more comfortable talking about death and dying.

The Value of Volunteers

According to the BC Hospice Palliative Care Association there are an estimated 6,000 trained hospice volunteers who provide more than 209,470 (2019) hours of service to more than 120,000 clients and their families every year in BC.

"Hospice volunteers play an indispensable role in enabling hospice societies to offer the best care and support possible for clients living with life-limiting illness, their families and caregivers," says BCHPCA President, Donna Flood. Interim Executive Director Pablita Thomas also adds, "by sharing their time, energy, and expertise, volunteers bring compassion and caring to the lives of those in need."

The Conference Board of Canada (2018) estimates an hour of volunteer time in Canada to be worth \$27.00. At this valuation, hospice volunteers provided more than \$5.6 million worth of added value services in 2019 to our health care system, reports the BCHPCA.

Volunteers are vital to the future of hospice Care and part of the essential care team - Pandemic or not!

Thanks!!!! Terrace Community Foundation

Terrace Hospice Society (THS) offers many free programs and services for people touched by serious illness or death. We provide guidance to Caregivers, Visiting Volunteers for shut-ins, and various ways to help those who are grieving. Education is a big part of what we do so that program leaders and volunteers are fully trained. THS would like to thank the Terrace Community Foundation for its generous financial support for educational manuals.





Hospice often aligns and partners with people who can offer our clients comfort that is outside our area of expertise. This month we would like to introduce you to Sharlene King, owner of Red Key Coaching and Weight A Minute. She has been a Certified Life Coach since 2017 and her

passion is wellness, support, and guidance to help clients gain control of old habits by creating new ones that serve a better purpose. She uses mindfulness, movement and moderation and will be offering her expertise to our Caregiver clients. One of her favorite quotes is:

“The first step towards getting somewhere is deciding that you are not going to stay where you are”.
 ~ Author unknown

We are always looking for Volunteers to help with community engagement, event planning, Board Members, Program leaders, office support and running errands. If you have any of these skills and can Volunteer just a few hours a month....

The Terrace Hospice Society wants YOU.



Coming Soon

Caregiver Corner

Register with Family and Friends Caregivers of the Northwest (778 634 0134) and get perks! Yoga can help caregivers step back and recognize their own needs.

Terrace Hospice Society currently working together with

HEAL YOGA

Heal Yoga (#115-4716 Lazelle Ave) to provide 1 hour of yoga weekly with Virginia exclusively for those who are family or friend caregivers. Start dates and times TBA.

Grief and Grub for Guys

The Terrace Hospice Society is working with Prince George Hospice Society to bring Grief and Grub for Guys to our community. Prince George will train 10 facilitators from the Terrace Region to deliver this series of 8 evenings for guys to share their



stories of grief with other like-minded men while enjoying favorites recipes from the past. To register, call Sue at 250 635 4811.

April 16 is Advance Care Planning Day

Your health can change in an instant. Talking about what matters most to you when it comes to your wishes for health care is more important now than ever. It's time to talk about what treatment options you want as well as what you don't want. But sometimes it is hard to start these conversations with loved ones. Terrace Hospice is hosting a Conversation Game Friday April 16th at noon to show you gentle ways to get your loved ones engaged in talking about what is important to you. This will be a facebook live event. See you April 16th at noon. <https://www.facebook.com/terracehospice>

Peaceful Words Book Club

Thursday night this quote from Final Gifts started off the evening for discussing these issues.

Coping with terminal illness is more than hard work – it's all consuming and creeps into every corner of your life. There are so many people to talk to, so many questions to ask, so much to do. The hopes and triumphs of new or different treatments can change quickly into fears and failures. It's an exhausting, emotional roller-coaster ride. It's like having an unwanted and uninvited stranger in your midst, who seems to take up more and more space. (Page 2, *Final Gifts* by Maggie Callanan and Patricia Kelley).

This discussion will continue for another 3 Thursday evenings though April, investigating other significant quotes in the book.

Book Clubs are important times to share your thoughts and learn about death and dying, grieving or the difficulties inherent with being a friend or family caregiver. Our book clubs are open to all. Phone 250 635 4811 to get on the list for one of our upcoming books.



Terrace Hospice Society is working with BC Bereavement Helpline to train Traumatic

Loss Facilitators in Northwest BC. These services may be available in person (after covid settles) or via Zoom for those who can't attend before the end of the year. If attending a Traumatic Loss Support Group sounds like something you would be interested in, call Sue at 250 635 4811 to get on the wait list.

Advance Care Planning

ACP is still going strong. The next workshop will be 2 Saturday mornings with the week in between to reflect and decide what is important to you. You will learn 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. Your completed Advance Care Plan will bring peace of mind to you and your loved ones.

Join us SATURDAY April 17th and 24th at 10:00 am. Call Terrace Hospice to register 250-635-4811.

Once again we were successful in receiving a grant from BC-CPC which made it possible for 4 of our Volunteers to take the training necessary to be able to facilitate ACP workshops that are specific to people with memory loss. Stay tuned. This should be up and running in May.

Terrace Hospice Society

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<https://terracehospice.org/>

Terrace Hospice Society Board of Directors 2021 – 2022

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