



TERRACE HOSPICE SOCIETY

250-635-4811

July 2021 Newsletter



Terrace Hospice Society is pleased to say we are thriving by working with new clients and we are excited that we got some new wonderful volunteers along with opportunities to introduce new programs to the community and having our new Family and Friends Caregivers of the Northwest – program up running.

Monthly Activity Calendar

Mondays

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

Wednesdays

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

Thursdays

Peaceful Words Book Club (6:00-8:00 PM) We are starting a new book “The 5 Love Languages” by Gary Chapman on Thursday, July 29th.

Special Dates

July 24th - is a worldwide campaign held annually on July 24th (7/24) as a reminder that the benefits of self-care are experienced 24 hours a day, seven days a week. It celebrates the importance of self-care and encourages the public to practice responsible self-care.

Circle of Care for Caregivers

The Circle of Care is a program tool created by the Family Caregivers of BC and our program “Family and Friends Caregivers of the Northwest” is using it to build a circle of care around the caregiver to increase informal respite options by identifying caregivers at risk of isolation and intervening effectively by mobilizing informal supports. We hope that this enables participants to decrease social isolation as well as caregiver distress. Circle members will mostly include family members, friends, neighbors, colleagues, volunteers and professionals. FFCNW can help caregivers create and monitor the circle and find a suitable facilitator. The focus hereby is supporting the caregiver.



Friends and Family Caregivers of the Northwest

We are all ready to go to a community near you!
Terrace Friend and Family Caregivers of the Northwest is back on the road! Our first trip to Houston was a roaring success and it was so exciting for our staff member Sandy to be making outreach visits again.

The area we travel to is quite large and we are doing weekly trips bringing information about our exiting new programs!

It is always so amazing to talk to community members all over our beautiful travel area and we are planning on coming to your town soon!

Please ask Sandy about Advanced Care Planning, Friend and Family Caregivers of the Northwest, Volunteer Training and our Book clubs!

If your program has any information you'd like her to bring along please let Sandy know!

See you soon!

Meet Natalie-our new summer student

Meet Natalie! Natalie is our new summer student through the Canada Summer Youth Program! Her position is that of fundraiser and will be helping us gain funding for our programs.

Natalie is from the Okanagan

Valley, and is in Terrace to obtain her Bachelor of Science in Nursing, and eventually become an RN. Natalie has years of healthcare and volunteer experience and is excited to learn more about hospice and palliative care and bring that knowledge into her eventual career as a nurse.



Check Out the Terrace Standard

We have taken on a weekly informational column in the Terrace Standard showcasing our many programs and services. 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.

MacCarthy GM Donation

The Terrace Hospice Society is very excited to bring a new program to Terrace and surrounding areas residents. A huge thank you goes to **MacCarthy GM Terrace** for funding this project and making it possible. Read on to learn more about the new program,
AssistList!



AssistList

AssistList is a volunteer run charity that is already present in the Greater Vancouver Area, and aims to improve quality of life for British Columbians that require home care medical equipment. The Terrace Hospice Society is very excited to bring this already

successful program to our Northern residents. It involves an online marketplace (AssistList.ca) that enables residents to connect, exchange, sell, and purchase pre-owned home medical equipment, such as beds, walkers, and wheelchairs. This will serve to improve quality of life for our residents that may otherwise have difficulty accessing this equipment due to location or financial limitations. This program will assist those that are palliative, receiving homecare, and their caregivers. This program will directly impact and enhance the lives of residents in our community, and we are extremely grateful to have the chance to do this.

Caregiver Corner – Heal Yoga

We are still offering yoga sessions for caregivers who are caring for a recipient who is 55 years or older through our Family and Friends Caregivers of the Northwest program! This yoga class is focusing on caregivers and their needs. Yoga classes are held by Heal Yoga with Virginia (#115-4716 Lazelle Ave) to provide 1 hour of yoga weekly. Next dates are every Monday in August from 1-2pm. Please register by calling 778 634 0134.

HEAL YOGA



Project impact

Early this year we participated in a research project with regards to caregivers and their needs. We created more than 100 questions about caregiving with the main themes about believe, become and love. With these questions we made a card game and invited caregivers to be interviewed. With the answer we



received we got an insight about each caregiver's journey, and we were able to find similarities and other information.

It was helpful for us but also for the caregiver as we got positive feedback because it made them realize their accomplishments and strengths during and after caregiving. Picture shows one of our volunteers cutting the cards.

COMING SOON:

Rainbows Program

We recently had two new facilitators trained for the Rainbows program. Rainbows is an international not-for-profit organization that helps children and youth grieve and grow after loss. Every day, children are touched by the rollercoaster of emotions related to the death, divorce, deployment or incarceration of a loved one. We are planning to offer this to the schools as an after-school program after summer break. We will keep you posted!

Caregiver Support Group



We are excited to let you know that we are opening our virtual doors for our Family

and Friends Caregiver Support Group!

Starting on July 13th at 1:15pm-2:15pm, weekly for a month (There will be no registration required for the first month). Please note: time and day are adjustable, we just need to see how people will be available. This group is designed to support the caregiver by letting them talk about their concerns and try to support them with their needs.

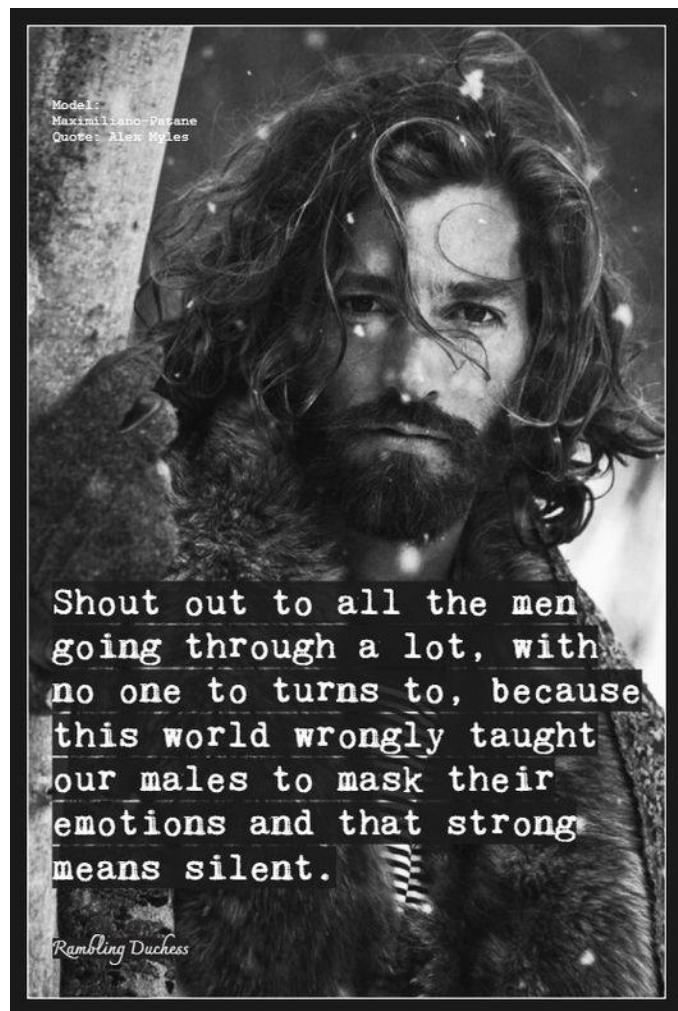
Traumatic Loss Support Group

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 register.

Grief and Grub for Guys



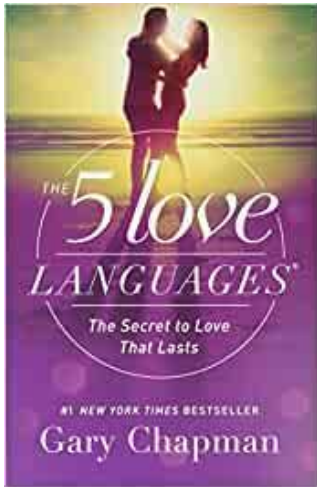
Shout out to all the men going through a lot, with no one to turn to, because this world wrongly taught our males to mask their emotions and that strong means silent.

The Terrace Hospice Society now has 10 trained facilitators to run our Grief and Grub for Guys which is support for men who have suffered a loss. This support group is a series of 8 evenings where they cook together and share their stories of grief with other like-minded men while enjoying favorite recipes from the past. Thanks to the Prince George Hospice Society for the training and also bringing awareness to us that most men need different grief support than women.

To register, call us at 250-635-4811.

Peaceful Words Book Club

Our Book Club is held every Thursday night from 6:00



to 7:30 pm and covers a large range of topics. For instance we just finished "The 5 love languages" by Gary Chapman. It outlines five general ways that romantic partners express and experience love, which Chapman calls "love

languages". They are acts of service, gift-giving, physical touch, quality time, and words of affirmation. This kind of book is not the average genre we discuss in book club, but we decided love is always an important factor and it helps to understand the deeper meanings of life.

This discussion will continue for around three to four Thursday evenings, investigating 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 and provide a safe space to share your views and learn from others.

Phone 250-635-4811 to get on the list for one of our upcoming books.



We need help!



We are always looking for volunteers! It doesn't matter how much time you have on your hands. Terrace Hospice Society appreciates+ every minute you can spare. For volunteer opportunities please contact Anika info.ths@citywest.ca or call her at 250 635 4811.

We are also looking for new board members to assist in the running of Terrace Hospice in particular someone with a bookkeeping background to join the Board as Treasurer. If you think this could be of interest to you please contact us under the number above as well. This position is not time consuming and we would love to welcome you aboard.



COMING SOON:

8 week Grief Support Group

We have traditionally run an 8 week closed grief



group
both
Spring
and Fall,
however
had to
suspend
them
when
covid

rules would no longer permit. We have every hope of resuming these sessions this Fall. If you would like to be put on the wait list please give us a call at 250-635-4811.

**Terrace Hospice Society
Board of Directors
2021 – 2022**

Chairperson ----- Sue Skeates
Vice Chairperson ----- Diana Wood
Treasurer -----Vacant
Secretary ----- Abbey Jones
Director ----- Paul Harrison
Director -----Shelley Gagnon
Director -----Jenn Dahl
Director -----Natalie Payette

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

In trying times
IT'S GOOD TO KNOW
YOU'RE NOT ALONE.



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<https://terracehospice.org/>
<https://caregiversofthenorthwest.org>