



TERRACE HOSPICE SOCIETY

250-635-4811

February 2022 Newsletter



THS
wishes you
Health and
Happiness
in 2022.

MONTHLY ACTIVITY CALENDAR

Monday

Peaceful Words Book Club (1:00-2:30 PM)

Heal Yoga – (12:00 to 1:00 PM)

This Yoga is for caregivers only.

Tuesday

Caregiver Support Group: (10:00 to 11:00 am)

Facilitated by Sue, this is an open group so caregivers can drop in anytime. There is no commitment to attend every week.

Wednesday

Weekly Team Meetings: (11:00-12:00 noon) for staff and volunteers. All volunteers are welcome.

Good Grief Drop In (1:00 to 3:00 PM) – a quiet time to chat and remember loved ones.

Thursday

Advance Care Planning Workshop: March 24th & 31st, 6:00 pm to 9:00 pm and will take place over 2 sessions. Please register by phone 250 635 4811.

Sunday Caregiver Support Group (1:30 – 2:30 PM)

Facilitated by Catherine, this is an open group so caregivers can drop in anytime. No commitment to attend every week.

CAREGIVER SUPPORT

Caregivers are an integral part of our society but often don't get much recognition or support. They come in all ages, shapes, and sizes to look after family or friends through illness and often through the dying process. These unsung heroes often look after other's needs while neglecting their own health and wellbeing.

Most often a caregiver is looking after their spouse but there are many adult children caring for an aging parent or people stepping in to help out a friend. These caregivers often work full-time and have families of their own. The pressure is sometimes overwhelming.

We at Terrace Hospice aim to support caregivers through the sharing of information and providing peer to peer support groups.



We currently have two support groups running. Tuesday morning from 10:00 to 11:00 am and Sunday afternoon from 1:30 to 2:30 pm.

Please call Anika for more information. 250-635-4811

LIBRARY

The Book Nook at THS is constantly growing and evolving. For those of you who would like to borrow books from us, come on in and see what's new. Every week we have new arrivals just waiting to be your new best friend. Our books are all about Caregiving, End of Life, and Grief Support. You are all welcome to come in and browse and even curl up on the couch and read. Part of our purpose is to provide resources so you can educate yourself on these topics.



BOOK CLUB

Our weekly book club is in full swing again and the great thing is you can join us in person here at the office or you come in via zoom. Everyone is welcome.

The first book of the year "Will My Cat Eat My Eyeballs?" by Caitlin Doughty has been hilariously funny but educational too. There were only 4 of us in that group so we would love to welcome some new faces for the next book which is Finding Peace at the end of Life" by Henry Fersko-Weiss and it will be starting February 14th. Our lovely coordinator, Anika will be hosting this one. Give her a call to register. 250-635-4811 or email info.ths@citywest.ca

ASSIST LIST

Assist List is now live and fully functioning. If you have used home medical equipment or are looking to purchase equipment, just go to assistlist.ca. You must create an account but that is an easy process, and then click the CREATE LISTING button and fill in all the blanks. Just a word of advice....in your write-up describing your item, please include the town that you live in. This lets people know how far it is away from them without having to contact you.



ADVANCE CARE PLANNING

The next ACP 2 session evening workshop will be held March 24th and 31st from 6:00 pm to 9:00.

Making plans for future Health Care now, in advance of an event makes perfect sense. It brings you peace of mind knowing that your loved ones know what medical treatments you would approve of and which you would not. It takes the guesswork out of it should there come a time that you are not able to speak for yourself and your family is faced with difficult decisions. Call 250-635-4811 to register.

HEAL YOGA

Heal Yoga is open for business once again and offering the Caregiver Corner Yoga sessions. Please note that it is still on Monday, but the time has changed. It now starts at noon to 1:00 pm. These free sessions for our Caregivers Corner are relaxing, rejuvenating, and suitable for all abilities and body types.

Give Anika a call to register. 250-635-4811

HEAL YOGA

CALLING ALL VOLUNTEERS

We have a new project in mind and we need your help.

The beautiful people in Terraceview and in the Hospital are lonely and we only have a few volunteers who go to visit. Would any of you consider writing them an honest to goodness letter. On actual paper. Everything is by email these days and very impersonal. These beautiful older people remember very well the days when real letters from loved ones came in the mail. It was always the highlight of the week when mom would get a letter from Aunt Mable or dad would get a letter from his brother in the army. Just a simple introduction and a bit about yourself is all that is required. Back in the day we used to call this being pen pals. I'm sure many of these folks remember this well. Please let us know if you would be willing to write a few letters.

These letters would brighten their day. Please help.

DEATH CAFÉ

The Death Café will be a respectful place to talk about death, dying, and all the things that go with it, all while enjoying a cup of coffee or tea.

These gatherings are held internationally and are dedicated to discussing death openly. It's not counselling but simply community members coming together in a relaxed atmosphere for some engaging conversation. This virtual event will take place the 3rd Wednesday evening each month from 6:30 to 8:00 pm. 250-635-4811 for more info



SUPPORT GROUPS

Share your story and strategies for wellness and get support from your peers. That's what these groups are all about. We are looking for volunteers to lead groups under many guises. Our office sits empty most evenings and if any of you are interested in leading a support group, we will help you get started. Think of the possibilities...

- Cancer support group
- Alzheimer's support group
- ALS support group
- Sjogren's syndrome support group
- Kidney disease support group
- Heart disease support group
- Lupus support group

The list goes on and on. These can be done in person or via video conferencing. Call Anika to see how easy it is to become a valued volunteer. 250-635-4811

CAREGIVER SUPPORT GROUP

We now have two Caregiver Support Groups happening for you. Sunday afternoon with Katherine at 1:30 pm. V-pass not required and then Sue hosts a Tuesday morning support group at 10:30 am either in person or via zoom. Participants joining in person must be fully vaccinated. To register for either give Anika a call. 250-635-4811.



GRIEF SUPPORT EVERY WEDNESDAY

Every Wednesday afternoon in our office we have an eclectic group of people who are having challenges navigating their grief and they come together to help each other out. These beautiful people are there for



one another as they tell stories, share sadness, share tears, and at the end of the day often find a glimmer of hope

in their otherwise gloomy day.

You may wonder why we call the program "Good Grief." It is because of all the good things that come out of this group.

Join us every Wednesday afternoon from 1:00 to 3:00

WE NEED YOUR 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.

We have a number of clients in the hospital and at Terraceview who are lonely because they don't get many visitors. This is your chance to brighten someone's day. And it doesn't have to be a huge time commitment....just a couple of hours a month would make these people so happy.

VOLUNTEER
you can make a difference!



Terrace Hospice Society Board of Directors 2021 – 2022

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