



# TERRACE HOSPICE SOCIETY

October 2017 NEWSLETTER

## Hospice Newsletter

Volume 6- Issue No.3

### Sue's News

#### New!!! Traumatic Loss Facilitators

Congratulations to Vivian and Sandi for earning their certificates and becoming Traumatic Loss Facilitators. This two day workshop was delivered in Vancouver by the BC Bereavement Hotline and BC Victims of Homicide. In the New Year (2018) they will provide the first Traumatic Loss Grief Group in Terrace sponsored by THS. Way to go Vivian and Sandi!

#### New Faces in the Office!

Welcome to Debra, Gladys and Kyle, new office support workers. Debra is an Administrative Assistant to our Volunteer Coordinator Vivian. Kyle is our computer fix-it guy. Gladys is Sue's Administrative Assistant with a focus on proposal and grant writing.

#### Seed Grant #3

Thanks to BC Center for Palliative Care (BC CPC) for approving the third Seed Grant for the Terrace Hospice Society. This grant will provide Vivian, Kyle, and Donna with ACP facilitator training on Oct. 5, 2017 in Vancouver. Following the training, Vivian, Kyle and Donna will be assisting Diana with delivering ACP Public Education Sessions in Terrace and the region! Thanks to all for helping THS support public education specific to end of life care!

#### Volunteer training July-August

Debra, Remi, and Sarah will join THS in a variety of capacities. Debra will primarily be working in the office. Sarah will champion facilitating the Rainbows Program with Donna. Remi will be away for a couple of months and returning as a visiting volunteer.

Welcome all to our team of volunteers!

### Up-Coming Events at THS

1. Volunteer Meetings are held Oct 11, Nov 1 and Dec 6 at 12PM at the THS Office
2. Advance Care Planning Workshops are held the last Thursday of every month from 7-9PM at the Terrace Public Library
3. Celebrate a Life will be held Tuesday December 12th at 7pm at the Elks Hall.
4. Volunteer training starting at the end of September. Welcome to all the new faces, and to any volunteer that would like to refresh their volunteer training. Contact Sue for more information. Volunteers can take one session or the whole set.

THS Annual General Meeting: June 13th  
2018 @ 7:00 p.m. in the  
Library Board Room

#### Hula Hoop Challenge

Terrace Hospice would like to give a big thank you to Virginia Goddard and the second annual Hula Hoop Challenge. From the remainder of the entry fees- after the winners were paid- THS received a \$175 donation towards the Rainbows Program. It was an unexpected and very welcome contribution towards this great cause.



# “Meet our new Volunteer Coordinator”

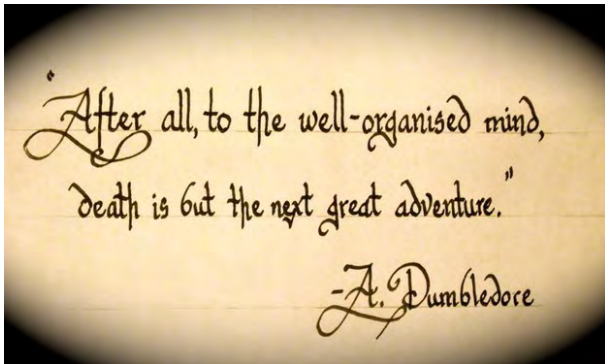
## Meet Vivian

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Hello Terrace Hospice Society Volunteers! I am your Volunteer Coordinator. My Name is Vivian Rita Bryant. I am excited every day to know that I am a part of this amazing Volunteer Team in the Terrace Hospice Society. I have grown up in Terrace. I have graduated from High School here in Terrace through Caledonia Senior Secondary School in 1999/2000. I have Married and have Mothered. I have Loved and I have Lost in numerous ways. As with Life, comes Death. I have had a traumatic loss with the instant death of my late Husband Peter Bryant in 2012. I remember waking up a loving

Wife and going to bed a Widow. I can say the journey of grief is real no matter at what age it happens. This being said, I am happy that I can share my life, my Light, with those who also have lost and with those who are facing death through my Compassion and my Love. I am also a Rotarian with the Skeena Valley Rotary Club, a Volunteer Firefighter with the Thornhill Volunteer Fire Department and a Volunteer Kimmunity Angel with the Terrace Kimmunity Angels Society. We all make a world of a difference here as Hospice Volunteers!

Cheering each of you on in your Journeys here at the Terrace Hospice Society.



## Bereavement Day 2017

November 21, 2017 will mark the first annual Bereavement Day in Canada. The Canadian Hospice Palliative Care Association (CHPCA) invites all Canadians to reflect on the importance of relationships past and present, to think about those who have passed from our lives, and to help advocate for supports at the provincial and national levels for grieving Canadians and end-of-life care in Canada!

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## Rosalyn's Summer Student Reflection

I had the pleasure of working for the Hospice Society from May through August. I wasn't too sure what to expect when I began working here, but I am happy to say that I had an amazing experience. The people involved are what really make the Hospice Society so special. I am privileged to have been able to work with such uplifting and passionate people in the office everyday, and get to know the many volunteers who dedicate their time to helping the society. Each day was interesting and I always left the office feeling good about what I had done during the day. It was always a special treat when Wanda would walk through the office door with her famous muffins and other treats in tow. During May and June, a large focus of my work was on renovating the office. Walls were painted, furniture was built, lights were fixed, and the office became organized and functional. This summer, I helped Vivian and Sue start the Hospice Society's Peaceful Words Book Club, which has been a tremendous success. I have worked to update resources, and help take administrative work off Sue's hands. It was a pleasure to be present at events and represent the Hospice Society. I would like to thank everyone involved with the society, you all contributed to making my experience a wonderful one.

## Riverboat Days Parade

Hospice entered a truck in the parade this year. We would like to thank Diana's husband for his kindness in allowing us to decorate it. There were banners on each side of the box and one at the back. The front of the truck had flowers as well as around the box and on the wheels.

Butterflies were attached to the back window and one flew proudly attached to the antenna. Pink, green, and white balloons rose from the four corners of the box and from the mirrors.



It was a very hot day, so the Freezies that Sue and Sandy handed out were much appreciated. They walked on either side of the parade route giving the children these treats as well as pink butterfly balloons. The adults were given handouts with cards attached. Sue's dog was a hit along the way.

We are looking forward to doing this again next year with perhaps more volunteers to walk along with us.



## The Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed.

Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life!

~Author Unknown~



*Life is not  
measured  
by the number  
of breaths we take  
but by the moments  
that take  
our breath  
away*

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## Looking for Volunteers

THS is an organization run by volunteers and we are always looking for good people to help out in this worthy cause. Volunteers are always needed to help with fundraising, grief support and office

Looking for an accountant, fundraisers, and business people to provide support for or sit on the THS Board of Directors. Our ultimate goal is to enhance Hospice and Palliative Care through appropriate volunteer support.

**Newsletter** – Please submit exciting stuff that the community should know about to

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

## Help Wanted

- We are currently training volunteers for the Rainbows program. It's a program that helps children and youth grieve and grow after loss. In order for us to go further,
- It requires online training and 42 hours per year of commitment to Rainbows. The cost for training will be covered by the Terrace Hospice Society once becoming a hospice volunteer. Please contact the office for more information or to sign up.
- If you have a child you think might benefit from this program, please contact THS at 250 635 4811. THS – Helping children and teens grieve and grow after loss.



Celebrate a Life will be taking place on December 12th at the Elk's Hall. We are looking for volunteers who would like to help with the organization such as clean up and take down, food and helping with the decorating, bulletins and name tags for the tree....etc. If this is something that you would be interested in helping with, please contact the office at [terracehospice.@citywest.ca](mailto:terracehospice.@citywest.ca) or call 250-635-4811



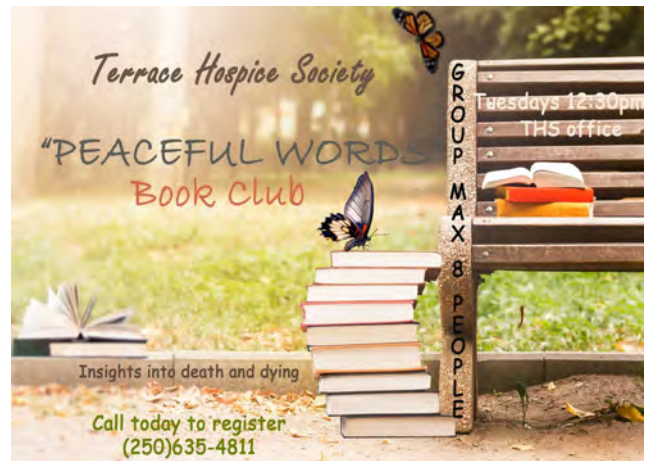
## Peaceful Words Book Club

### TESTIMONIALS

*"Receiving the book contents and messages was so valuable. Learning from others 'takes' of it and sharing our own conclusions helped me to understand even more of my own questions and sort out my feelings. We need people and communication"*

*"- I found that every death is different and we can learn something from everyone"*

*"-I would have appreciated having the books earlier when my spouse passed away. I've learned a lot from this book."*



### Hospice Palliative Care WebEx Workshop

"The Sacred Art Of Living and Dying" first hosted by the Victoria Hospice in 2015. Richard Groves, the facilitator, is putting on a live Information WebEx for our Northern Communities this November that will allow all our hospice societies to join, hear the highlights of the program and ask questions. This is a free WebEx and can be set up as a meeting with Visiting Volunteers and Board Members. You can attend together at THS or individually attended in your own home. Dates are to be announced.

Terrace Hospice Society 

# Celebrate-a-Life 2017

An evening of remembrance

Tuesday, December 12, 2017

at the Elk's Hall,  
2822 Tetraut St.

7 pm - 9 pm

*A non-denominational candlelight ceremony, honoring those loved ones whom we have lost. This ceremony is open to adults and children. There is no charge to attend and everyone is welcome!*

*For more information call 635-4811*



## August 13<sup>th</sup> Volunteer Appreciation Day – Lakelse Lake Picnic Site

Even though it was a windy day out at the Lakelse Lake Picnic Site, many people came out to enjoy the festivities of our 1<sup>st</sup> Annual Volunteer Appreciation Day BBQ. The picnic shelter was decorated with balloons and there was plenty of food to go around. Diana made a wonderful chili, potato salad, and coleslaw while Wanda brought her famous multi-coloured Jello treats; a hit with the kids and adults alike. Hot dogs, snacks, and cake were also served and volunteers were presented with certificates of recognition for all the hard work and dedication that they contribute to the society. We would like to thank all the volunteers who attended the party; it was a pleasure to see you and meet some of your family members at the event. Next year, we would love to see more volunteers attend. Another possible location for the event is at Ferry Island, where it would likely be less windy!



**Terrace Hospice would like to thank all of our Volunteers for their continued dedication and support of our society.**

## Terrace Hospice Society Board of Directors 2017 - 2018

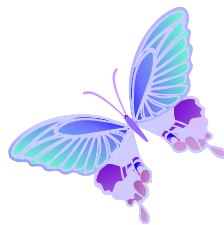
Chairperson \_\_\_\_\_ Sue Skeates  
Vice Chairperson \_\_\_\_\_ Diana Wood  
Treasurer \_\_\_\_\_ Jennifer Morgan  
Secretary \_\_\_\_\_ Adrienne Zachar Davidson  
Director \_\_\_\_\_ Lana Garner  
Director \_\_\_\_\_ Paul Harrison  
Director \_\_\_\_\_ Verna Wickie

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Ministerial Liaison \_\_\_\_\_ Rev. Teri Meyer  
Consulting Physician \_\_\_\_\_ Dr. Fourie

# Terrace Hospice Society

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



*Every day is a gift.  
Treat it kindly.  
Share it with Joy.*

**C. Brown**