



# TERRACE HOSPICE SOCIETY

## JANUARY 2012 NEWSLETTER

# Hospice News

Volume 2 - Issue No. 1

### Announcement: Coming Events

- **Children's Grief Support Group** will start in March 2012. It's opened to children ages 9-12 (?) who are working through their grief from a loss.
- **Hike for Hospice** will take place on June 3rd, 2012 at (location). Come and enjoy a walk with family and friends while raising money!
- **B.C. Hospice Palliative Care Conference** will take place on May 25th & 26th, 2012. A group of professional and volunteers will gather to have discussions about the hospice societies in B.C.
- **Garage Sale** will be held in the near future! Please come and take a look at the items on sale! ♥

### What is Hospice?

At Hospice we believe that no one needs to face their end of life journey alone. Hospice volunteers are wonderful people who aren't afraid to walk beside one another through the valley of the shadow of death and afterward through the wilderness of grief.

Hospice is an approach to care which:

- emphasizes comfort, quality of life and dignity to those approaching death,
- provides friendship and assistance from volunteers who understand the needs of patients and their families,
- affirms every persons right to die with dignity, and to be informed and involved in decisions affecting their care,
- enables terminally ill people to be cared for and die at home if desired,
- focuses on quality ♥ living when cure is no longer an option

### Volunteer Visitor Training Program - January 2012

Volunteer Training Program is currently in progress with Julie Walsh teaching! ♥

### Celebrate a Life

Once again I'd like to thank all the members and volunteers who helped make this evening a success. It was wonderful to see the people from our Grief Support Group join us.

For many of us, we find comfort in knowing that this evening is coming each Christmas Season. This time of year is so busy it's reassuring to know we have set aside a special evening to remember loved ones, friends and family. Whether our loss is recent or long pass, there seems to be a peacefulness just hearing those names spoken out loud in the candle light, for all of us to hear. Those loved ones have gone from our



### Outreach Program: Angel/Spirit Boxes



Often individuals who experience miscarriages or still births feel their loss is not recognized by society. This outreach program acknowledges their loss and provides information on local support services. Anyone can request angel boxes by phoning Terrace Hospice Society at 250-635-4811. There is no charge for the boxes which can be picked up at our office or delivered directly to the client or family. Volunteers diligently decorate the boxes which can be used to transport the fetus home. ♥

## Coordinator's Corner

Happy New Year! The volunteers and I look forward to continuing to provide quality palliative care and bereavement services to Terrace and surrounding communities!

Our society WELCOMES two new volunteers: *Lysandra Chan* and *Amy Kebernik*. Both are University graduates. Lysandra's area of study was Psychology while Amy studied Music.

To raise funds to support existing programs and services, Terrace Hospice Society held a raffle. Through our raffle, we succeeded in raising

\$3,500.00! The raffle winners are: Mary Hampton -1st. prize winner of return trip for 2 to Vancouver.

Debbie Houlden -2nd prize winner of a handmade quilt from Stitching Generations.

Alex Tsardidis - 3rd prize winner of a framed painting



by Maureen Worobey.

On December 3, 2011, we hosted our Annual Celebrate A Life ceremony. Over fifty individuals attended this evening event! This is the largest turnout we have ever had. A special thanks to everyone, who attended or helped to organize the ceremony, especially Judy Marceau.



Our adult Grief Support Group ended in December. Feedback from participants and facilitators has been very positive. We plan to run another group in 2012 but no dates have been set. We will be running a Children's Grief Support Group from March 28 - May 10, 2012. It will be children between the ages of 10 and 13 who have experienced bereavement. If you know someone, who would benefit from this group, please call our office at 250-635-4811.

"We can do no great things...only small things with great love".....Mother Theresa

By: Penny Dobbin, Coordinator

## Meet Our Volunteer

*Greetings, my name is Lysandra Chan and I'm a new volunteer at the Terrace Hospice Society. I joined this warm team in October. I just graduated from UBC in May of 2011, obtaining my Bachelor of Arts majoring in Psychology. I also just moved back to Terrace this summer and I decided to volunteer at the Hospice Society. I'd heard about the hospice in my last year of undergrad from a lecture on death. Although the lecture wasn't on hospice, I was inspired by what is done in the hospice society. From then on, I've always wanted to become a hospice volunteer myself to provide help and comfort to those who need it and I got my chance in October. Though I've only joined the team for two months, I've learned a lot from the hospice and I love to be part of it. ♥*



## A Golden Moment

Nature's first green is gold,  
Her hardest hue to hold.  
Her early leaf's a flower,  
But only so an hour.  
Then leaf subsides to leaf.  
So Eden sank to grief,  
So dawn goes down to day.  
Nothing gold can stay.

Robert Frost

## Laughter is the best Medicine!

Laughing can help you to cope during stressful situations. Humour and laughter strengthen your immune system, boost your energy, diminish pain, and protect

you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Studies have also shown that laughter, and a good sense of humour, may help to prevent heart disease and heart attacks.

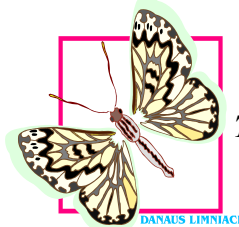
## Organizations who donated to Terrace Hospice Society

Rio Tinto Alcan  
Rain Coast Cranes  
Independent Order of Foresters  
C. Stewart Enterprises Inc.  
London Drugs  
Pronto Towing Ltd.  
Kitsumkalum Band Council  
Dr Phillips Inc.

Knox United Church  
Foresters BC Regional Council  
Sherry Anderson Notary Corporation  
Northwest Fuels Ltd.  
Dr. Mark Forgie Inc.  
McAlpine & Co.  
Far-ko Contracting Ltd.

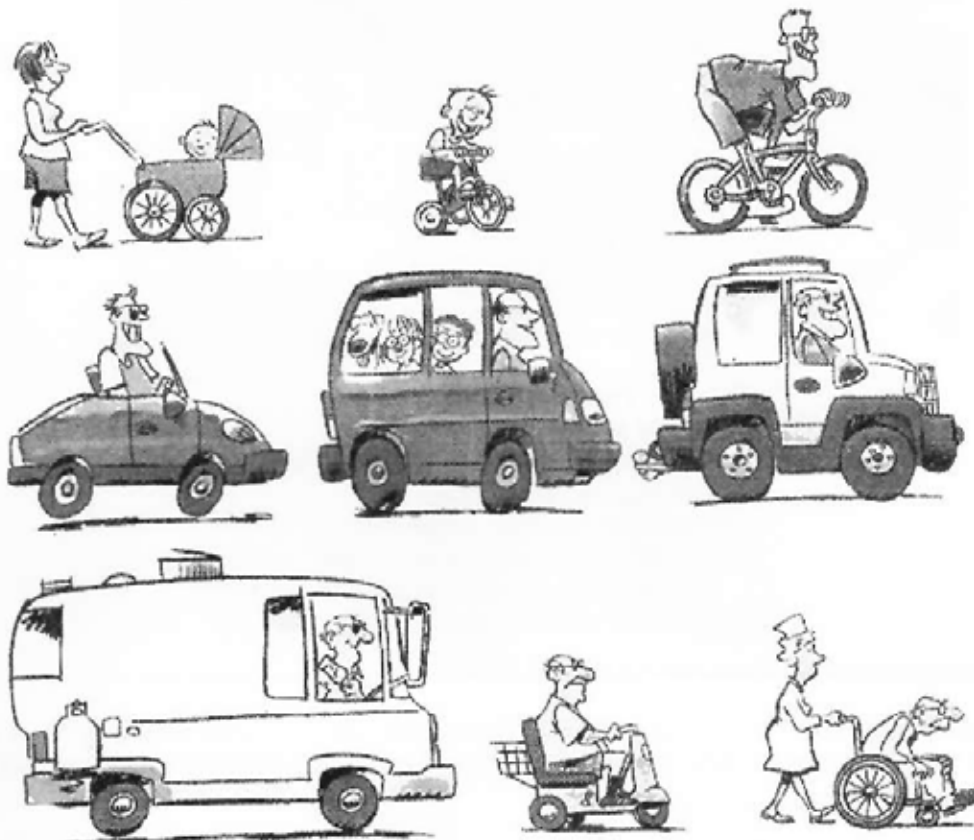
## Individuals who donated to Terrace Hospice Society

Kathy Kuzyk  
Dr. Don Strangway  
Margaret NcDaniel



*The Butterfly: A symbol of Hope  
A Symbol of New Life  
by Eunice Brown*

## The Wheels of Life



# Donation Slip

Yes, I will support the Terrace Hospice Society

Your taxable donations will allow us to help support patients, family and friends and the community through times of grief, loss and bereavement.

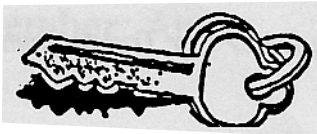
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Postal Code \_\_\_\_\_  
\_\_\_\_\_ Donation Amount \$ \_\_\_\_\_

Yes I would like to become a Terrace Hospice Society member  
Membership \$5.00 (non taxable) \_\_\_\_\_

I have some spare time and would like to help Hospice by

- |   |  |
|---|--|
| <input type="checkbox"/> visiting volunteer | <input type="checkbox"/> to speak to community service groups  |
| <input type="checkbox"/> office support     | <input type="checkbox"/> whatever is needed                    |
| <input type="checkbox"/> fundraising        | <input type="checkbox"/> I have a special talent I could offer |
- Explain \_\_\_\_\_

Mail or drop off your donation to:  
Terrace Hospice Society  
#207 - 4650 Lazelle Avenue  
Terrace, BC  
V8G 1S6



**THE KEY TO HOSPICE IS COMMUNITY SUPPORT.**

## Board Members

Chair \_\_\_\_\_ David Try  
Vice Chair \_\_\_\_\_ Betty Stewart  
Treasurer \_\_\_\_\_ John Malo  
Secretary \_\_\_\_\_ Mag Fleming  
Medical Liaison \_\_\_\_\_  
Ministerial Liaison-Father Ernest Buchanan  
Shirlee Lindsay  
Judy Marceau  
Annette Sorenson  
Kelli Louie  
Colleen Black

## Terrace Hospice Society

207 - 4650 Lazelle Avenue  
Terrace, BC V8G 1S6  
Tel: 250-635-4811  
Email: [terracehospice@telus.net](mailto:terracehospice@telus.net)

*You held my hand...  
I felt your strength  
I was not alone.  
E. Latimer*