



TERRACE HOSPICE SOCIETY JULY 2012 NEWSLETTER

Hospice News

Volume 2 - Issue No. 3

Announcement: Coming Events

- **Volunteer Training Program**
September 17 - November 26
Monday evenings From 6 pm - 7:30 pm
Instructor: Joelle
- **Terrace Hospice Society - 20th Anniversary**
September 23, 2012
1:30 - 4:30 pm
Location: to be announced
- **Grief Support Group**
Oct. 2, 2012 for 10 weeks
Tuesday Evening
6:30 - 8:30 pm ♥

Bank Supports Hospice Information Afternoon

by Staff Reporter - The Northern Connector



First row: Rita Beaudry, Penny Dobbin and Michelle Bradford.
2nd row: Ruth Haddad, Nick Tokarchuk, Tawana Tokarchuk and Linda Izatt. 3rd Row: Tina Practiante, Gale Beaman, JoAnne Morrison, Carolyn Brown and Alyssa Proulx.

TERRACE - On April 28th, Terrace Hospice Society and RBC Royal Bank hosted an afternoon informational tea.

The purpose of the tea was to give back to the Terrace community, and share information on services offered by Terrace Hospice Society.

Fiona Robertson with her daughter, Jenny, and her students Chantel Snyder and Ella Romanchych volunteered their musical talents.

Community members, who attended the tea, were treated to tea, snacks, hospice information and sprightly music!

Refreshments and entertainment were supplied free of charge by RBC Royal Bank employees and Terrace Hospice Society volunteers. ♥

Hike for Hospice

Twenty-six people turned out for Hike for Hospice on a sunny Sunday afternoon! The total raised for Hospice services and programs was \$1,792.44!! Special thanks to Gabby Fleming, our top fundraiser, who raised \$480.00. 2012 marked the 10th Anniversary of "Hike for Hospice" as a National event across Canada. ♥



Advanced Care Directive Saved The Day

by Meg Milner, RN BSN MA

A very dear friend of mine, a retired nurse actually, many years ago asked me to be her Health Representative as she has no family and we 'adopted' each other. She knitted and sewed for her adopted three 'grandchildren' and we spent birthdays and special times together. She and my husband are both avid gardeners so there were many rich conversations and greenery shared. However, over the past two years, this special lady has had major health concerns. In 2009, Advanced Care Directives as "My Voice" came to my attention so I had our adopted Gramma, my husband and I complete the forms together so we had our wishes expressed and plans in place.



Three weeks ago, I was away for work and our Gramma ended up in acute care, semi-

comatose and palliative but with an order to resuscitate as her wishes were not clear, I was able to deliver her "My Voice" Advanced Care Directive to her physician and care team so that they could follow her choice and wishes and permit her to have a supported, dignified end-of-life. Today, she is still with us, and we, as her family, can be peaceful in the knowledge that her wishes are being honoured and I do not need to hold the challenging responsibility of decision-making on her behalf, without her documented, clear wishes expressed.

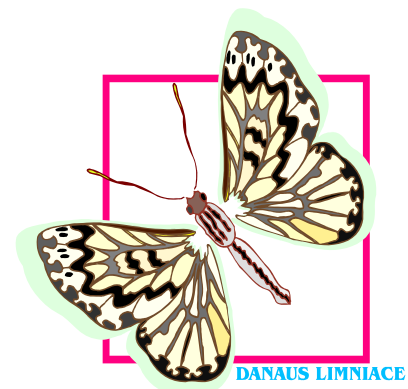
I am hoping that you and your loved ones complete your Advanced Care Directives now, to ease your family's pain at your end-of-life and more

importantly, ensure that your wishes are clear.

Meet Our Volunteer

Hello!

My name is Carolyn Brown and I have been a Terrace resident for over twelve years. I decided to join the Hospice Society because I understand the significant need in our community for the type of support that hospice provides and I greatly appreciate the dedication of hospice volunteers. I am a retired healthcare professional and have been a board member of a provincial college. I look forward to contributing to hospice care in Terrace by serving on the Terrace Hospice Board.



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

New Books

This Time Together by Carol Burnett

Chicken Soup for the Dog Lover's Soul

Chicken Soup for the Girl's Soul by Jack Canfield

Chicken Soup for the Soul at Work by Jack Canfield

Chicken Soup for the Sports Fan's Soul by Jack Canfield

Chicken Soup for the Bride's Soul by Jack Canfield

Chicken Soup for the Soul by Jack Canfield

Chicken Soup for the Fisherman's Soul by Jack Canfield

Chicken Soup for the Christian Family's Soul

Chicken Soup for the Teenage Soul

Chicken Soup for the Preteen Soul

Chicken Soup for the Teenage Soul a Tough Stuff

**Chicken Soup 101 Stories to Open the Heart and
Rekindle the Spirit**

A Second Chicken Soup for the Woman's Soul

Chicken Soup for the Grieving Soul

Chicken Soup for the Volunteer's Soul

Chicken Soup for the Mother's Soul

Chicken Soup for the Fan's Soul

Chicken Soup for the Woman's Soul

Chicken Soup for the Girlfriend's Soul

Chicken Soup for the Unsinkable Soul

Chicken Soup Cancer Book

Chicken Soup Count your Blessings

A Third Serving of Chicken Soup for the Soul

A Fourth Serving of Chicken Soup for the Soul

A Fifth Serving of Chicken Soup for the Soul

A Sixth Serving of Chicken Soup for the Soul

Chicken Soup for the Soul in Menopause

Chicken Soup for the Single Parent's Soul

Never Cry Wolf

A Death in the Family - self counsel

Sad Isn't Bad by Michalene Mundy



CHILDREN'S BOOKS

But Won't Granny Need Her Socks by Donald Knowles

Children Can Learn to Cope with Loss and Change

I Know Someone Who Died (activity book)

Gentle Willow by Joice C. Mills, PHD

Help Me Say Goodbye by Janis Silverman

Chicken Soup for the Kid's Soul by Jack Canfield

Tea Spoon of Courage

Stay, Breathe With Me by Helen Allison

***UPDATE JUNE 21st**

In Love With the Mystery by Barbara Klich

Understanding Grief (Helping Yourself Heal) by
Alan Wolfelt

Grief Recovery by Larry Yeagley



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

Co-ordinator's Corner

Where to begin? Let's start with April events. **We Care**, who recently opened an office in Terrace, gave a presentation to Hospice Volunteers. *Linda Preston*, Office Manager at We Care, did a great job informing us of their services which range from personal care to accompanied visits. Thank you *Linda* for this presentation! Our Society partnered with **RBC Royal Bank** to host an *Informational Tea* for Terrace and surrounding communities. The event went so well, that we plan to host it again in April 2013! Special thanks to *Gale Beaman*, Hospice PR Volunteer, for spearheading the event! We ended April by implementing our penny drive called "**Pennies for Hospice**". To date the drive has raised over \$300. Thanks to all the organizations who are participating in the drive, and the community members who donate change. "**Pennies for Hospice**" will continue over the summer months.

May is nationally known as "Hospice Month".
Canadian Hospice Palliative Care Association

helped us celebrate May 6 - 12, 2012 as *National Hospice Palliative Care Week*! Some of the ways we celebrated included: a Hospice display at the Terrace Public Library, our AGM, BCHPCA Annual Conference and establishing our very own website. Thanks to *Kristine Kofoed*, who developed this fantastic website! Be sure to check out our web page at www.terracehospice.org! You can also find the Terrace Hospice Society group on Facebook.

So far in June, we held our **Hike for Hospice**. The weather cooperated and the Terrace Community came out to hike and provide financial support for our Society. Thank you to everyone who participated. Please note that over the summer months of July and August our office will be open from 9 am to 1 pm. We will resume regular office hours in September.

Enjoy the Spring Weather!

By: Penny Dobbin, Coordinator



Terrace Hospice Society proudly welcomes our new Board for 2012-2013

Board Chair.....	David Try
Board Vice Chair / Ministerial Liaison	Fr. Ernest Buchanan
Treasurer	Norene Parke
Secretary	Carolyn Brown
Medical Liaison	Dr. Emily Rice
Board Member	Kelli Fleming
Board Member	Shirlee Lindsay
Board Member	Kelli Louie
Board Member	Betty Stewart

Terrace Hospice Society

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Terrace Hospice Society welcomes the following new volunteers:

Betty Misfeldt	Office Volunteer
Sarah Nelson	Office Volunteer
Hannah Dale	Event Volunteer
Gale Beaman	PR Volunteer