



TERRACE HOSPICE SOCIETY JULY 2013 NEWSLETTER

Hospice News

Volume 3 - Issue No. 3

Announcement: Coming Events

- **Board Meeting**
July 9, 2013
7 pm at the Hospice Office
All Hospice volunteers are welcome to attend
- **Hospice Picnic**
near the end of July at Rose Marie Fleming's cabin
4535 Beamstation Drive
Directions to be provided at a later date.
- **Board Meeting**
August 13, 2013
7 pm at the Hospice Office
All Hospice volunteers are welcome to attend



Hike for Hospice

Every bit helps....

TERRACE - The Terrace Hospice Society raised \$770.00 with its annual Hike for Hospice May 11th on the Millennium trail. Hospice coordinator Penny Dobbin said that Gabby Fleming raised the highest amount of money with \$255 in pledges



Terrace Hospice Gives Back

by the Terrace Standard

IT'S HOSPICE month and the local branch wants to give back to the community and provide information about hospice that people may not know.



*2nd Annual
Informational Tea
April 2013*

As the population ages, and as more people live longer with chronic illnesses, the need for hospice services is increasing, says Penny Dobbin, Terrace Hospice Society Coordinator.

More resources are needed in the north; for example, in the province, there are slightly more than 200 hospice/palliative care beds, but in the northwest, including Prince Rupert, Kitimat, the Bulkley Valley and here, there are only six.

And while people think hospice doesn't apply to them as they're not elderly or terminally ill, they're still affected by the lack of hospice resources.

From her experience working as a social worker in a hospital in Prince George, Dobbin would see the palliative/hospice beds filled so the people who were waiting for a bed there, and couldn't go home and take care of themselves, would be put in the hospital, which took up beds from other patients.

The result: gridlock in emergency with people getting medical help but not admitted to hospital because there weren't any beds for them, she said.
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People who are on a waiting list for a bed in Terraceview, which can take six months to one year, can't go home so they end up in a bed in the hospital here, she says.

Another thing is that if people are registered for palliative care, they can get some medications, home care and some equipment for free, taken care of through hospice.

People need to get registered on the list for care earlier, instead of in the last month or weeks when they're dying.

Hospice can see people as soon as they're diagnosed with a chronic illness as talking to hospice doesn't have to mean the person is dying, but rather they're prepared, and have access to resources, just in case.

'We're a death denying society', said Dobbin about what a speaker said at a hospice conference.

People are getting away from traditional funerals but people should maintain the tradition and rituals associated with grieving.

That doesn't mean the person's last wishes to not have a funeral shouldn't be honoured; but other traditions, like wakes, do help loved ones with grieving.

And it's important to let people grieve in their own way and in their own time.

Often children who lose a parent will tell the remaining parent to stop grieving once it's six months or so later.

'However, it's not that easy, especially when people have been married for 20 or 30 years or more and the loss of a spouse, who's been there every day and night for that long is like losing a body part. It can take a long time to heal from the loss. ♥

Meet Our Volunteer

My name is Gloria Murdock-Smith. I have over thirty year's experience working in health, social services and justice projects for First Nations communities across Canada. Over the past six years I have worked as a Health Authority CEO. Currently I operate my own company where I coach leaders,

assist administrators, draft strategic plans and build relationships across Canada. As I work towards my retirement, I am able to fulfill a dream of mine by offering more of my time to volunteering. With Hospice I wish to give back to society by offering my skills and experience wherever there is a need.

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

E. Latimer

BC Hospice Palliative Care Annual Conference 2013

I was fortunate to attend the conference again this year. The keynote speakers were Dr. Bashir Jiwani and Nontombi Naomi Tutu.

Dr. Jiwani is an Etchicist and Director for Fraser Health Ethics Services. Dr. Jiwani spoke about the ethical dilemmas facing palliative individuals and their families.

Ms. Tutu is the third child of Archbishop Desmond Tutu. She gave an inspirational talk on caring for palliative individuals and ourselves. The poem "I Will Not Die an Unlived Life", featured in this issue was the focal point of her presentation. The author, Dawna Markova, wrote it after her father's death. According to Dawna, the poem is a way to remember what it is to live a life with passion and purpose.

While the keynote speakers inspired me, the workshops enable me to gather knowledge and skills that I can apply to the services offered by our Society. Finally, the conference allowed me to network with Hospice Societies in our region and throughout the province. ♥

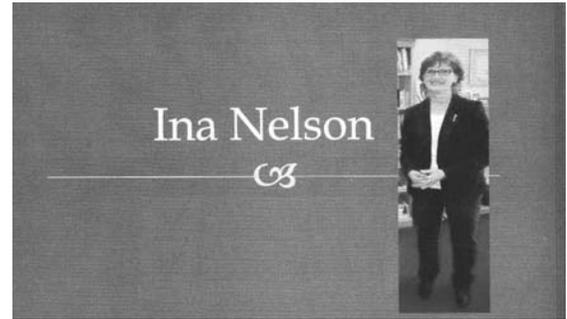
I Will Not Die an Unlived Life

by Dawna Markova (Feb. 11, 2008)

I will not die an unlived life
I will not live in fear
of falling or catching fire.

I choose to inhabit my days
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.

I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom
goes on as fruit.



Ina Nelson was awarded the Volunteer Award in recognition of Shara-Lee. Ina is a long-term member of the Terrace Hospice Society. She has assumed many roles within our organization. Her success in each of these roles has exemplified excellence in providing Hospice Palliative Care.

As a hospice volunteer visitor, she donated numerous hours of direct care to palliative and bereaved clients. This year alone, she has accumulated over 150 visiting hours! Ina's commitment to her clients is unwavering. Even when faced with personal struggles, she manages to find time for clients. They know they can depend on her to provide both emotional and compassionate care. Clients describe her as a caring lady who exceeds their expectations! Because of her positive reputation, new palliative clients have requested Ina to be their volunteer visitor. She provides a vast range of services for them such as providing transportation, meal preparation, companionship, comfort care and respite. Her client's best interest and well-being is always her primary concern.

She also co-facilitates our Adult Grief Support group which runs twice a year. Her facilitator role involves screening group members, preparing grief material, obtaining supplies, co-facilitating group sessions once a week for 10 weeks; facilitator debriefing and ensuring necessary documentation is completed. Participants often express their thanks for the facilitators; time, compassion and expertise in their group evaluation.

Every week on Mondays Ina volunteers at our hospice office. Her warm friendly disposition makes clients feel at ease when they call or visit the office. She easily manages any administration tasks from updating the petty cash ledger to obtaining referral information on new clients ♥

New Books

Choices by Randy Savoe

Helping A Spouses Grieving Heart

by Alan D. Wolfelt, Ph.D.

Seeking Mino-Pimatiswin (An Aboriginal Approach to Helping) by Michael Anthony Har
Creating Meaningful Funeral Ceremonies

by Alan D. Wolfelt, Ph.D.

No One Has To Die Alone - (Preparing For a Meaningful Death) by Lani Leary, Ph. D

Healing Conversations by Nance Guilmartin
Life is Not a Stress Rehearsal

by Loretta LaRoche

New DVD's

A Child's View of Grief by Alan D. Wolfelt, Ph. D.

A Teens View fo Grief by Alan D. Wolfelt, Ph. D.

Mindfulness For Beginners by Jon Kabat-Zinn

Healthful Sleep (A Meditation)

by Belleruth Naparstek

Donated Books

How To Survive the Loss of a Love

by Harold Bloomfield, M.D., Melba Colgrove, Ph.D., Peter McWilliams

The Light Beyond by Raymond A. Moody, Jr. M.D.

Through A Season of Grief

by Bill Dunn & Kathy Leonard

Beginnings (A Book for Widows)

by Betty Jane White



Hospice A.G.M.

The Terrace Hospice Society held it's 2013 Annual General Meeting at the Terrace Public Lirary on May 29, 2013. Twelve members attended and heard the yearly reports. After many years on the Board, Shirlee Lindsay stepped down as a Board Member. We will miss her presence on the Board. However, she will continue to support Hospice work by remaining a member of our Society. We welcome Jennifer Morgan who joined our Board at the AGM. In total we have 8 directors but we are still in need of a Ministerial Liason Board Member. Please let us know if you or someone you know would like to be our Ministerial Liason. Linda marshall, who has been our bookkeeper has stepped down. We thank her for all her hard work over the years and wish her all the best in her endeavours. We will miss you Linda. ♥



“Living with a life-threatening illness is tough, demanding, and intense for loved ones as well as for the patient. With practical, emotional, and spiritual support through all stages of illness and bereavement, loved ones can experience moments of special communication, growth, and even joy! This is the goal of the hospice team”.

The Hospice Volunteer - Author Unknown

I can't change your diagnosis
but I can listen to you struggle to accept it.
I can't affect a cure,
but I can help make you comfortable.
I don't have all the answers,
but I can be with you when you question.
I can't keep you from dying,
but I can help you live today.
I can't prolong your life,
but I can help you see your life has meaning.
I can't give you my faith,
but I can support you in whatever you believe.
I can't know all the ways you are hurting,
but I can hold you hand;
I can't give you back your family,
but when the time comes I can help them let you go.
I can't take your place in your family,
but I can comfort them when you are gone.
I can't change the outcome,
but I can make a difference.

Co-ordinator's Corner

Summer is here as we all appreciate the warmer weather and sunny skies.

Over the past year, our Society was able to offer two Adult Grief Support Groups. Due to the groups' success and high demand, Terrace Hospice Society plans to run another Adult Grief Support Group in October 2013.

We are already accepting referrals, so please call us at 250-635-4811, if you would like to attend the group.

As mentioned on page three of this issue, our Hospice Volunteer, Ina Nelson was awarded the BC Hospice Palliative Care Association's Volunteer

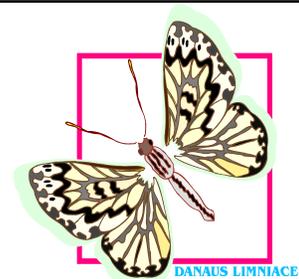
Award in recognition of Shara Lee! Ina represents the highly qualified volunteers that our Society has been able to recruit. It is their compassion and commitment that enables our Society to exist!

I am extremely pleased with our Hospice events and the support we have received from the community! In partnership with RBC Royal Bank, we hosted our 2nd Annual Informational Tea. To celebrate May as Hospice Month, we held our Hike for Hospice and participated in the Skeena Diversity Health Fair. As public awareness of hospice grows, those in need of palliative care and bereavement support will be aware of our services and how to access them.

Have a safe and happy summer!
Penny Dobbin, Coordinator ♥

Terrace Hospice Society proudly welcomes our new Board for 2013-2014

Board Chair	David Try
Board Vice Chair	Gloria Murdock-Smith
Treasurer	Norene Parke
Secretary	Carolyn Brown
Medical Liaison	Dr. Emily Rice
Coordinator Liason	Jennifer Morgan
Board Member	Diana Wood
Board Member	Mag Fleming



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

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