



TERRACE HOSPICE SOCIETY (THS)

207 – 4650 Lazelle Ave.

January 2020 **Newsletter**

Up-Coming Events at THS

- Next Board meeting is January 20th. Board meetings are generally the third Monday of each month. They happen in THS office from 6:00 to 8:00 pm.
- January 8th is the first of the weekly “Good Grief” drop-in group at THS 1:00 to 3:00 pm.
- January 14th starts a 9 week Grief Support Group at THS from 6:30 to 8:30 pm.
- January 14th is Let’s Talk About It Video Club meeting at THS from 1:00 to 2:30 pm.
- January 23rd Death Café at Cafenara 7:00 to 8:30 pm



Looking for Volunteers



**Volunteers
Needed!**

- Volunteer training takes place from 9:00 am till noon on Saturday mornings at the THS office. We are always looking for new volunteers for a variety of positions. Intake is ongoing. Call 250 635 4811 if you’d like more information.
 - Planning Special Events
 - Public Relations
 - Fund Raising
 - Office support and running errands
 - Grant and proposal writing
 - Social Media
 - Leading programs such as Rainbows, ACP, Grief Support

*To leave the old with a burst of song;
To recall the right and forgive the wrong;
To forget the things that bind you fast
To the vain regrets of the year that’s past;
To have the strength to let go your hold
Of the not worthwhile of the days grown old;
To dare go forth with a purpose true,
To the unknown task of the year that’s new;
To help your brother along the road,
To do his work and lift his load;
To add your gift to the world’s good cheer,
Is to have and to give a Happy New Year.*



Celebrate a Life



The annual Celebrate a Life ceremony was held on December 10th with a very good turnout. It was great to see lots of new faces and many of them stayed around after for snacks and chit chat. David Try was the Master of Ceremonies and did an awesome job as always. Music is a big part of CAL. We were honoured to have Rusty Ljungh on keyboards with lovely songs of the season and Annette Rolleman played guitar and sang. Annette and some of our Volunteers also played the Hand Chimes while we all sang Shalom. Rev. Terri Myer with her lovely voice played guitar and sang a beautiful musical medley.

We love it when people share their inspirational and uplifting stories about losing loved ones and how that affects the Holiday Season. Thanks to Ron, David and Ruth for their shares with the rest of us.

Ruth told of how her mom loved Coke Floats and when she was near the end of her life she still craved Coke Floats. In honour of her mom Ruth and her daughter Emily brought soft drinks and ice cream and served Floats to anyone who wanted one.

Many thanks to our MC, the many story tellers, musicians, and volunteers who came together to make this another successful Celebrate a Life. We hope to see you all next year.

We are pleased to say that two participants from Celebrate a Life signed up to join our team of volunteers with volunteer training starting in January.



♥ *A huge thank-you to all those volunteers who bring this event to life every year.* ♥

Death Café

The Death Café is taking on a new look. Noel has been facilitating it for the past year or two and has decided to take a well-deserved break. Thanks Noel for all your time and energy in making this program so successful. Tiana, one of our newer Volunteers, will be taking over and hosting the Death Café on the 4th Thursday of each month at Café Nara from 7:00 to 8:30 pm. Please join us for conversations about death, dying and bereavement. Beverages and snacks will be provided by THS.

These gatherings are held internationally and are dedicated to discussing death and dying openly. Sometimes it's difficult to talk to loved ones about this so it's nice to get together in a relaxed atmosphere while sharing respectful and engaging conversation. Everyone is welcome to join the conversation. Call 250-635-4811 for more information or just show up.

Grief Support

Twice a year THS offers Adult Grief Support with Bev facilitating. This Tuesday evening group starts January 14th for 9 weeks at the office from 6:30 to 8:30 pm. This is a small group of 8 people and registration is required. Call Sue for more info or to register 250-635-4811.

We here at THS have often wished we could provide more Grief Support Groups but we can't stretch our loyal and hardworking Volunteers any further. So we have come up with a partial solution. We will now be hosting a free weekly drop-in group which offers a special space to those who are grieving. This is a comfortable open group for sharing experiences of grief while respecting each other's questions, feelings, viewpoints, and spirituality. Participants can attend as often as they like. No registration is required. Join us as you continue to make the many difficult adjustments in life following a loss. This is not counselling but it is a way to share your feelings with others who may be going through something similar. Refreshments provided.

Let's Talk About It Video Club

Baxter leads the *Let's Talk About It* drop-in sessions the second Tuesday of the month from 1-3 at Terrace Hospice Society. These discussions start by watching a video to introduce a topic that is explored as a group of whoever shows up on a given day. In January we will be considering how kids experience grief. If you have Jan. 14, Feb 11, or March 10 free, consider coming by the office to share your thoughts and ideas.

Office Upgrade

The office has seen some changes lately. Sue now has a private space to call her own with a door that actually closes. A huge thank you to Derrick from Irly Building Center for the materials for this wall and also to Paul, his helper, and Mike for building the wall. And we finally have new blinds at a super great price from Your Décor. These blinds actually open and close so that we can have it a bit darker when we enjoy the Video Club.

The Letter Writing Campaign

We have a very loyal and dedicated group of Volunteers who regularly spend time doing a Letter Writing Campaign where we appeal to the local businesses for donations. We do get some grant money from the Province but the majority of our operational budget comes from our very generous and giving community. In the future, if you should get a letter from us asking for a donation please consider where that money goes. We offer several Adult Grief Support Groups throughout the year, sponsor Rainbows Grief Support for Children which is an after-school program, offer a weekly drop in grief group, provide Vigiling Program, Book Clubs, Video Club, our monthly Death Café, Celebrate a Life Candlelight Ceremony every December. ALL of these programs are provided FREE of charge. In 2019 this latest Letter Writing Campaign brought in just over \$5000.

Pick a Pitch

In November we participated in the Terrace Community Foundations' first annual Pick A Pitch fundraiser on Philanthropy Day. 10 non-profits competed for the gate money by giving a 60 second pitch for their community project. Some were in costume, some were drumming, some were telling jokes or stories and a good time was had by all. The audience voted on their favourite presenter and the winner of \$2155 went to Helping Hands who are an amazing group that helps people struggling with health care costs. Sue made a pitch for our Rainbow program and although we didn't win any money we came in third. Next year we will blow their socks off.



Family & Friends Caregivers of the Northwest



Healthy Aging
by United Way At home. In community.

In January 2020 THS will introduce our new Family & Friend Caregivers Support Program in partnership with Healthy Aging, United Way and Family Caregivers of British Columbia (FCBC). FCBC is a registered non-profit dedicated 100% to supporting family caregivers. Most of us have cared for aging, ailing or disabled loved ones and have experienced firsthand the stress, joy, confusion, and feelings of purpose that come with caregiving. FCBC's mission is to improve the quality of life for family caregivers through support, information, and education. They provide leadership to strengthen the voice of family caregivers and highlight the significance of caregivers' roles. FCBC helps family caregivers navigate this often exhausting, but also rewarding role. THS is partnering with this team over the next 2.5 years to provide more comprehensive services to families who are growing and developing through the caregiving period of a loved one's life. Anyone who would like to explore these opportunities can contact Sue at 250-635-4811 for more information on this specialty within THS.

Sue's News

Upcoming events include:

- If you have requests for educational opportunities, please get them in to Sue as soon as possible.
- Volunteer Training Saturdays 9-12
 - Currently 4 people enrolled with 2 new participants joining in January. More are welcomed!
- THS will pilot Information Sessions in the TV Room at the hospital every other Thursday starting later in 2020
- Kitsumkalum will have a Health Fair on April 3. Contact Sue if you want to help.
- April 4 we will have our Annual Regional Training Day. This year we will highlight Rainbows Facilitator Training. If you are interested in attending please tell Sue as soon as possible.
- Our AGM will be held June 15 this year.

Advance Care Planning

There are legal, medical and financial issues that need to be addressed in advance of illness and death. If we don't think about these questions while we are healthy, we make it very difficult for the people we love when we are unable to speak for ourselves. One of the comments we often hear is that after someone takes our ACP Workshop they lose focus, get busy, forget etc etc and never actually complete their Advance Care Plan. So we have a solution. In February we will be hosting a 4 session Workshop which will take you from conception to completion in 4 easy steps. Diana will guide you every step of the way with instruction, videos and lots of laughs and will result in a fully completed Advance Care Plan at the end of the fourth session.

This will take place in the Library Board Room on Saturday mornings from 10:30 to noon for 4 weeks starting February 1, 2020. Admission is \$20 and you can pre-register by calling 250-635-4811



THS Board of Directors 2019 - 2020

Chairperson ----- Sue Skeates
Vice Chairperson ----- Diana Wood
Treasurer ----- Pat Watson
Secretary ----- Janine Wilkins
Director ----- Paul Harrison
Director ----- Verna Wickie
Director ----- Yvonne Reid

Ministerial Liaison ----- Rev. Teri Meyer
Consulting Physician ----- Dr. Fourie

Volunteers
do not necessarily
have the time;
they just have the *heart.*



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