



TERRACE HOSPICE SOCIETY

250-635-4811

April 2020 Newsletter

Up-Coming Events at THS

Due to covid 19 the office is closed and all programs and services are on hold for the time being. We look forward to seeing you all again as soon as it is safe.

Our Annual General Meeting will be Monday June 15, 2020 at 6:00 pm. Normally these are held in the board room at the Terrace Library but if we are still home bound at that time we will use video conferencing. We are currently looking for a Board Secretary to join our team. If you are interested or would like to attend please contact Sue for login details. 250-635-4811

Looking for Volunteers

Volunteer Training is an ongoing process that will soon be delivered via video conferencing so that we can all abide by social distancing. Being a Volunteer and making a difference in people's lives is a great honor.



Many of our clients are alone with no family and they appreciate our regular calls to make sure they are okay or just to chat.

Other Volunteer opportunities include making posters, office support, fundraising, or

leading programs such as Advance Care Planning, Grief Support, Rainbows for kids, in anticipation of when we can deliver these programs again.

If anyone has experience with Wordpress, we could use your expertise in making occasional updates to our website.

Call Sue at 250-635-4811 to find out how easy it is to become a member of our team.

The smallest act of kindness is worth more than the grandest intention. - Oscar Wilde

Covid 19

My goodness life has certainly changed for all of us in the last few weeks.

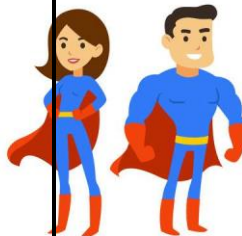
This pandemic has disrupted people's lives in so many ways. Loss of loved ones.

Loss of jobs. Churches are empty. Businesses closing. Kids home from school. Shopping malls are closed. No restaurants open.

And yet, amidst all the doom and gloom there are so many rays of sunshine.

- Smog is lifting over cities due to less traffic and manufacturing
- Families get to spend more time together
- We can stay in our PJ's all day
- We now have more time to spend on self-care
- More time to curl up with a good book
- Movie night.....every night

And the list goes on and on. There are so many things to be thankful for. Let's not give in to fear over covid 19 but instead, let's notice all of the good things in our lives.



And let's give a collective thank-you to the **superheroes** who put their lives on the line for us every day. This includes medical personnel, grocery clerks, researchers, truck drivers, pharmacy clerks, law enforcement, farmers, take out restaurant staff, janitorial, etc etc.

They deserve a huge pat on the back for putting their lives on the line for us.

Let's honor all of these heroes by staying home to flatten the curve.



Terrace Hospice Library

We are all practicing social isolation so I've gotta ask you. **Are you bored? Getting cabin fever? Have you run out of new books to read?** Well, Terrace Hospice has you covered. We have added a number of new books to our library and if you would like to check any of these titles out Diana would be more than happy to deliver them to you. At a safe distance of course.

Call Diana 250-615-8582 to place your order.

- The 36-hour Day: A family guide to caring for people who have Alzheimer disease, other dementias, and memory loss.
- A Healing Touch: True stories of Life, Death, and Hospice.
- When Evening Comes: The education of a Hospice Volunteer
- Soon: Tales from Hospice
- Hospice Tails: The Animal companions who journey with Hospice Patients and their families
- The Handbook of Hospice Care
- Dying Declarations: Notes from a Hospice Volunteer.
- Hospice Voices: Lessons for living at the end of life.
- Hospice, a Labor of Love
- Breaking The Habit of Being Yourself: How to lose your mind and create a new one.
- The Science Behind Tapping: A proven stress management technique for mind and body
- Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying,
- The Grief Recovery Handbook: The action program for moving beyond death, divorce, and other losses including health, career, and faith.
- Year of Yes: How to dance it out, stand in the sun and be your own person
- The Dwindling: A daughter's caregiving journey to the edge of life



Family and Friends Caregiver Support of the Northwest

THS has partnered with Healthy Aging to create our own chapter called Family and Friends Caregiver of the



Northwest. Healthy Aging started work on its inaugural podcast season '**Caregivers Out Loud**'. The first episode was released **Tuesday, April 14th**. Now more than ever unpaid family and friend caregivers are caring for others and keeping them safe during a time of increased vulnerability.

The podcast produced by Family Caregivers of BC provides another avenue of awareness, education and support for busy caregivers and health care providers.

The podcast highlights and shares the voices of '**Caregivers Out Loud**' in four episodes that will be released during April and May. Each episode discusses themes of caregiver wellness including support networks, communication, relationships and self-care. The host, Jodie McDonald, is a therapist specializing in boundary-setting, self-care and education for caregivers. She has insightful conversations with caregivers about their joys, trials and self-discoveries. Listen to the first 26 minute podcast at <https://www.familycaregiversbc.ca/podcast/>.

To learn more about the support we can give to Caregivers contact Sandy Pringle at 250-631-7282



Hike for Hospice

May 3rd is Hike for Hospice day which is one of our annual fundraisers. To comply with 'stay at home' orders we have canceled this event but we would encourage individuals or couples to walk for Hospice, at a safe distance of course. We are always thankful for all donations.

Advance Care Planning (ACP)

Advance Care Planning has undergone a number of changes in past couple of months. Since 2015 we had been delivering half day workshops to teach all of elements of an ACP. Then in February we tried a new format that was 4 morning sessions with assignments that needed to be completed prior to the next session. This was to help people not only get all the information they needed, but also complete the paperwork in the course so that they walked away with a fully developed plan. To our surprise the class was sold out with a long waiting list for the next course.



So we got busy planning a second course but then covid 19 interrupted our plans and this session was put on hold until social isolation ends.

However, we think that in the midst of this pandemic, now is the time that people really need to have this information. So our team is looking at how we can deliver the course through video conferencing. Stay tuned for dates and time.

Please contact Diana at 250-615-8582 or email dianawood@live.ca to register.

End of life decisions should
not be made at the end of life.

Plan now

My Life Story

We have an exciting new program ready to start once life gets back to normal.

My Life Story, also known as Legacy Therapy, is a way for people to tell their story and have it forever preserved in a video.

We will have one of our volunteers interview the client by asking leading questions about their life to encourage them tell stories. We will have another member of our team in charge of the lighting and camera.



Telling their story can be about anything. They may want to talk about their childhood or stories of their travels or about their family. They can share their wishes and dreams or words of wisdom they would like to pass on the younger folk. We can also include photos, grandma's favorite recipe, love letters, certificates of achievement, diploma's etc. These can all be edited into the video or included as separate attachments.

The videotape and attachments will be loaded onto a thumb drive (memory stick) and given to the client so that they can pass this keepsake to their family or friends. **What a lovely gift.**



We plan to introduce this first to our Hospice and Caregiver clients and then offer it to the residents at Terraceview Lodge and McConnell House. After that we will open it up to the public.

United Way, through their Healthy Aging Program purchased all of the equipment and we are ready to go, however we need more Volunteers to help us with this fun project. This kind of involvement is so rewarding.

If you'd like to help out call Diana at 250-615-8582.

**Healthy
Aging**
by United Way
At home. In community.

Self-care

During these trying times many of us are spending a lot more time at home. This is a golden opportunity to practice some well-deserved self-care which will help reduce stress and make the world seem a little brighter. Social isolation makes it challenging because our usual go-to's such as the spa or getting our nails done is no longer an option. Here are some other ways of pampering yourself.

- Spend time in the sun soaking up that vitamin D
- Plant a special flower for someone you've lost.
- Find inspirational videos on youtube.
- Curl up with a good book.
- Take a leisurely walk in nature and notice all of the sights, sounds, and scents.
- Find a rock you like and put it on your bedside table. Every night before bed think of three positive things that happened that day.
- Soak in a bubble bath with candles and your favorite beverage.
- Do a 5 minute meditation to clear the mind clutter.
- Dance around to your favorite song. Get in touch with your playful side.
- Laugh every day and laugh lots. If there is nothing funny in your life watch some kitten or puppy videos.
- Make it a habit to learn something new every day.
- Notice beauty around you. Find at least one beautiful thing every day that enchants you.
- Allow your creative side to shine through writing, drawing, painting, scrapbooking etc.
- Have that special dessert you've been craving.
- Take a deep breath in – hold it – exhale slowly and know that everything will be fine.

However you choose to nurture yourself, put your whole heart into it. You deserve pampering as much as anyone. Put yourself first.



One tree can start a forest,
One bird can herald spring,
One smile can begin a friendship,
One hand can lift a soul,
One star can guide a ship at sea,
One word can frame the goal,
One sunbeam can light a room,
One candle can wipe out darkness,
One laugh can conquer gloom,
One hope can raise our spirits,
One touch can show you care,
One voice can wake up everybody,
One life can make the difference.
Be that one.

*Thanks to all of our Volunteers
who give from the heart and make
the Terrace Hospice Society the
wonderful organization that it is.*



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Terrace Hospice Society's Family and Friends Caregiver Support Program is funded by the Government of BC and managed by the United Way

**Terrace Hospice Society
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