

Cascade Hospice Residence 'Preview



On June 23rd, Chilliwack Hospice Society held an Open House for our Volunteers and donors at the new Cascade Hospice. Over 200 guests attended this event. Pictured in the photo is Joanne Jones, Volunteer, who gave us a hand at the refreshment table.

Congratulations to Cascade Hospice Residence ~ what a beautiful facility!

Cascade Hospice Residence Grand Opening Open House

**Tuesday August 12th
4:00—6:00 PM**

45586 McIntosh Drive, Chilliwack



CASCADE HOSPICE RESIDENCE



Mission Statement

Chilliwack Hospice Society is a community based Volunteer organization which accepts death as a part of life. We support individuals and families during the dying and grieving process.

Cascade Hospice Residence Orientation

The Cascade Hospice Residence Orientation training sessions were held June 9 – 20th and on most days, the Chilliwack Hospice



Society provided self care sessions to the participants at end of their day.

June 9th, 12th, 13th, 19th and 20th were attended by our Volunteers and staff along with the new staff for the Cascade Hospice Residence.

This was an opportunity to team build, to educate the new staff about the philosophies of Hospice; for our Volunteers to come together to share their experiences and learn new, supportive and inspiring information. We used this opportunity to establish a foundation for developing the culture that will be embraced at the Residence. We are looking forward to assisting in supporting Chilliwack with excellence in Residential Hospice care.

Please help us with our Cascade Project!

Chilliwack Hospice Society has committed to provide the *extras* for the patients and families that will be staying at the new Cascade Hospice Residence. As you have already seen, we have asked our supporters to help to fund this project and, to date, we are excited and grateful to announce that together, we have raised \$19,500.00. Each donor has the opportunity to be named on a plaque with the item(s) they have funded. We still have opportunities to fund 5 television sets @ \$750.00 each and 6 television wall mounts @ \$150.00 each. The total we are yet to raise is \$4,650.00 (please see the insert for more details).

Thank you all for helping to make possible this necessary care and support for those in our community facing end of life.

Chilliwack Hospice Society Volunteer wins Heartfelt Award!



Brenda Janzen and her dog, **Misty Joy**, have been Volunteers with the Chilliwack Hospice Society since November 2005, although her association with hospice began when the organization began over 20 years ago.

Brenda facilitates the 1st Step Grief Support Group, a weekly drop-in support group for people who have experienced the loss of a loved one.

Although Brenda is often heard saying, "... I just put the coffee and cookies out and the participants do all the work", she ensures that everyone is included in the group and has an opportunity to express their feelings.

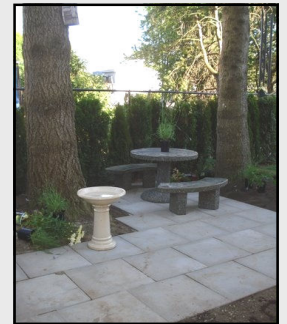
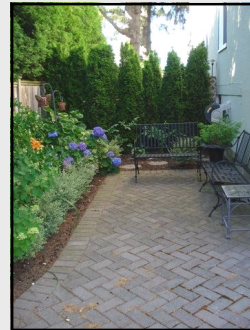
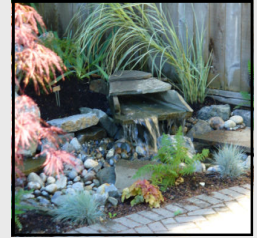
Saturday mornings, Brenda and her toy poodle, Misty Joy, visit at the Chilliwack General Hospital, visiting palliative care patients and their families. This team helps to make visiting under difficult circumstances just a little easier. She has been called to the hospital's emergency room to be with families and patients under stress. She also assists with orientation and mentors new Hospice Volunteers who wish to work in the palliative care unit at the hospital. Brenda does one-on-one companionship to patients in their homes.

Brenda has an amazing commitment to detail and ensures there is follow-up with everyone in her group and is ready and willing to assist wherever needed.

Congratulations and a heartfelt, "Thank-You"!



Chilliwack Hospice Society's Rotary Centre Grounds Gets a Facelift!



Chilliwack Hospice Society is enjoying a wonderful new gazebo, displaying several beautiful stained glass windows (a donation to the Centre). Also new to the gardens are several lovely sitting / picnic areas in the back yard.

We owe a great debt of thanks to the following people and/or organizations for making this come together!

- ♥ Chilliwack Foundation for funding the Memory Gardens for the Hospice Society's Centre.
- ♥ Edie Simpson who orchestrated the entire project.
- ♥ Ben Reimer, Mark Reimer and Dave for their work on the Gazebo.
- ♥ Crosby Rampton and crew from Rampton Stonescapes for their work on the hardscape.
- ♥ Ron Galley and his father, Ken Noel, of Ron Gallie Electric
- ♥ Nick, Derek, Tyler and Fraser of Planting Dreams
- ♥ Bruce Renwick and Mark of Rainbow Irrigation
- ♥ Donna Dolman ~ gardening

Healing Touch Workshop



On May 31st and June 1st 23 individuals (20 Hospice Volunteers and 3 community members) completed Phase 1 training through the **Healing Pathways Program** of Naramata Centre. Lorraine Struyk and Helen Bonnett (our instructors) were assisted by 2 Volunteers, Frankie Hester and Lynne Wells (UFV).

Marjorie Perzow has organized follow up practice sessions to help us prepare for Phase 2 training which will take place in the fall. The following comments about the training are from Heinz Nemetz, a Hospice Volunteer and lone male participant: *"I left feeling unruffled; touched in various places (but in a good way!); mentally, spiritually, emotionally and physically de-stressed and a better man (and still a man at that! [in spite of the ratio of men to women]). Lorraine and Helen not only managed to make most of us believers but were delightfully knowledgeable and truly inspirational, something men are supposed to NOT get, but somehow the two of them did make it happen to me, for which I'm grateful and indebted. I will definitely be there for Phase 2!"*



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We are trying to reduce the number of Newsletters print and mail out. If you would be willing to receive your copy electronically (and if your computer allows this type of file), please send your e-mail address to: info@chilliwackhospice.org and help us to reduce our mailing costs and save a few trees!

Volunteer Corner . . .

August-October 2008 ~ Opportunities for all Volunteers!

Children's Grief Program Participants BBQ (date tba):

In August, we are planning a BBQ for all children who participated in our first two Children's Grief Groups. We will be painting 'Griefstones' to put into our memory garden. The families will be contacted for further details.

Relaxation Program:

Bi-Weekly, every Monday, alternating weeks from 10:30-11:30 AM and 5:30-6:30 PM at Chilliwack Hospice Centre. Drop in or call 604 795 4660 for more details.

Volunteer Training:

Thursdays, beginning September 18th from 6:00—9:00 PM and Saturdays, beginning September 20th from 1:30-4:30 PM (for 5 weeks, consecutively).

Volunteer Meeting:

Tuesday, September 22nd at 7:00 PM at the Hospice Centre. We have a Rabbi coming to speak to us about end of life and the Jewish Faith. That night we will also have a short ceremony to remember the patients and clients we have worked with and who have touched our lives during the last seven months. All Volunteers welcome to attend!

Volunteer Opportunity:

We are currently looking for **Office Volunteers** who enjoy answering phones, greeting people and accomplishing miscellaneous tasks. If you see yourself in this position, please call Tammy Genzale at 604 795 4660.

Farewells and New Faces at AGM

On Monday, June 16th, Chilliwack Hospice held its Annual General Meeting. Executive Director, Geri McGrath thanked the Board of Directors for their guidance this past year, while saying farewell to three Board Members: **Etta Richmond, Mike McAstocker and Carol Tichelman**. Geri thanked them for their dedication and passion for Hospice, commenting that Etta had been Board Chair since she began working at Hospice almost 2 years ago and had been an inspirational mentor and friend. Geri added that Mike was one person she could always count on for support and help around the Centre and that Carol was always steadfast in her vision of Hospice. Thank-you! Three new Board Members were elected, introduced and welcomed: **Victor Froese, Ann Ramsbottom and Rick Chappell**.

George Carlson (pictured below), a new Volunteer at Hospice, who recently completed the Basic Hospice Training in April, spoke to the membership at AGM about his role as a 1:1 Volunteer. George has been working with a gentleman in the community who requested someone he would be able to visit with and George stepped up to the plate. George spoke about how their friendship evolved and how comfortable they are when they visit, talking about family, fishing, sickness and the challenges that accompany a life-threatening illness. A video was presented that featured George and Peter (palliative Client), chatting about their relationship and how important it was to both of them. George was able to give some insight in what is involved in being a 1:1 Volunteer and how he viewed it as a privilege to be included in Peter's life.



Donations made from June-July 2008 In Memory of ...

- | | |
|------------------|---------------------------|
| ♥ Bill Wiggins | ♥ Jean (Mackenzie) Leslie |
| ♥ Corina Praat | ♥ Ken Enger |
| ♥ David Ferguson | ♥ Linda Eppler |
| ♥ Donald Barnes | ♥ Lynn Gowan |
| ♥ W. G. Turner | ♥ Myrna Guilbault |
| ♥ Howard Brewer | ♥ Shirley Jean Baines |
| | ♥ Matthew Davy |

Children's Grief Group

Our second **Children's Grief Group** was expanded from 6 weeks to 7 and ran from May 12-June 24. Lucy Fraser and Cynthia Berg co-facilitated the group with help from Program Assistants, Colleen Rush, Heinz Nemetz, Tracey-Lee Rein and Karen Vander Meulen. Eleven children ranging in ages 5 to 12 attended the sessions. We



found the mix of children who had experienced a loss by death or who were experiencing anticipatory grief worked well. This group also confirmed the importance of a high ratio of

Volunteers to children to accommodate the needs of complex experiences of grief. We find ourselves challenged and inspired learners, sometimes amused and always profoundly touched by the candor, humour, expressiveness and courage of these young beings who teach us far more than we do them. As with the first group, the second closed with Annette Reyerse from *Lasting Memories Dove Release* bringing in her doves for the children to release. We are grateful for Annette's support of our program. It is extremely moving to see the children send a message to their loved one and then release the dove. If you are aware of any children who might benefit from our autumn Children's Group, please have their parent / guardian contact us.

BCHPCA Annual Conference

The BC Hospice Palliative Care Conference was attended by 2 Volunteers ~ Brenda Janzen and Glenda Grunow and 3 staff members ~ Shirley Esau, Tammy Genzale and Geri McGrath. Each of us attended varied workshops and lectures over the three-day conference. The opportunity to meet and share with other Hospice Societies from all over the province was very exciting. We were all inspired and energized. Chilliwack Hospice Society's picture of our inaugural Dove Release for our first Children's Grief Group



(pictured again to the left) was featured on the front page of BCHPCA's provincial Annual Report. This report will be taken to the Canadian Hospice Palliative Care Conference and will be circulated nationally!

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*Coordinator of Administrative
Volunteers / Bookkeeper*

Thank-You ...

- ◆ Shelley Mohammed for her creation and production of the beautiful Pink Tears for breast cancer. Also, Ross Christopherson & Anna Hubbs at The Goldsmith Shoppe for assistance with our Pink Tears for breast cancer. All proceeds come to Hospice.
- ◆ Merle's Catering for her wonderful appetizer buffet at the 'Sneak Preview' of Cascade Hospice
- ◆ Speedy Printers for their fast work and great service.
- ◆ Ethel Stephenson for her kind donation of crocheted lap quilts for our clients.
- ◆ Thank you to our Volunteers who help out at the Centre in the office, the Bingo Hall and special events such as the Gala, Celebrate A Life, the Home Show, Hike for Hospice, Children's Grief Program, Relaxation Program, etc.
- ◆ Thank you, too to our Client Volunteers! Thanks for those of you who visit, comfort and support the dying and bereaved in ways that never cease to amaze!
- ◆ Sandra Andreasen from Décor West for donating the beautiful nesting tables for the Centre!
- ◆ Brenda Janzen, Lee White and Yvonne Campbell who so faithfully oversee the weekly 1st and 2nd Step Grief Groups.
- ◆ Gidney Signs for our new sign

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