

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.



Thrifty Boutique

*Thank you for your
support over the
last year!*



Please join us for our 1st Anniversary
Saturday, January 22nd from 10:00 - 5:00
Cake, refreshments and draws throughout the day.

Christmas Parade



On December 4, 2010, the Chilliwack Hospice Society participated for the first time in Chilliwack's Parade of Lights and Sounds. We are proud to say that we won second place in our category for organizations and clubs, and while winning in a parade may not seem an important part of our mandate, promoting our organization is. We have a passion to see that those who are terminally ill or bereaved receive the support they need and deserve. Being involved in the parade allows us to show the City of Chilliwack who we are



and assists us to fulfill our promise of heartfelt support during dying and grieving.

A great big thank you goes out to all those who made it happen: Larry Wigham for the use of his hay wagon, Harry Engelbrecht for generators, Minter Country Garden for trees, Henderson's Funeral Home for printing the cards we attached to our hand-outs, Karen Engelbrecht for the use of her shop for storing and decorating the float, Derrick Kemp for lights and a whole lot of labour in putting the float together and taking it apart again, decorating and walking alongside, Jennifer Mino who came up with the décor ideas and the time to make it happen, Doug Presseau, Irene Farlin and Deanna Holmes for decorating the float, our hospice band - Carson Baerg, Jake, Leah, Vanessa and Deanna Holmes, Leslie Hart and Kari Gall and horses Quincey and Ziggy, Lucy Fraser and Benny, Geri McGrath and Missy for walking alongside, River Mason and Logan Burns for handing out ornaments and Steve Holmes who oversaw the design and construction of the float and driving the truck to tow it. Thank you Coletta Holmes for organizing this event! It was a great time and we are already thinking about next year!!

Program Updates



Fall 2010 First Step Grief Group Photo

Our Fall First Step Group finished up on Dec. 6th. We had an average attendance of 17 wonderful people who courageously came together to share their stories of loss and those who would like to, will continue on with the Second Step Group. The Second Step Group meets the first Friday of the month for a social luncheon and the third Friday of the month for a meeting. For more information, please contact our office.

The **Relaxation Program** is now being offered at Cascade Hospice Residence under the name of Complimentary Therapies. We are excited to have our relaxation team volunteers available to attend to hospice residents, family members and staff.

Volunteer Opportunities:

January is a busy month for planning as we work toward many of our big events and programs. If you would like to help out with the Home & Garden Leisure Show, Hike for Hospice or the Horse Whisperer Grief Camp, please contact Coletta at 604-795-4660 to talk about your area of interest.

If you are interested in volunteering at the Thrifty Boutique or helping with the November Night Gala, please email Tammy at tammy@chilliwackhospice.org.

Celebrate a Life

Minter Country Gardens once again provided us with a space and tree for our Celebrate a Life Christmas event. We had many wonderful volunteers who shared some very meaningful conversations with people from the community. \$1,470 was raised, and 381 butterflies were placed on the tree in memory of loved ones.



MEMORIAL CELEBRATION



91 people braved the weather for our Memorial Celebration held on November 18, 2010 at the Chilliwack Arts Centre. It was a wonderful evening for those who had come to remember their loved ones. For some, reconnecting with those who were a part of their loved one's care was the most important part of the evening. Chilliwack Secondary Jazz Choir delighted us with their voices then Jim Gaetz shared his personal story of loss. Jim gave some practical ideas on finding a new normal as well as Getting Through the Holidays. We had a wonderful memorial ritual and tasty treats brought by our volunteers. Thank you to the many who helped to make this happen – the CHS volunteers, Chilliwack Community Arts Council, Chilliwack Secondary Jazz Choir, Decades Coffee Club, Jim Gaetz, Little Mountain Greenhouses and Florist, Shaw Cable and Star FM.



*Thank You from Chilliwack Hospice Society
to everyone who helped make the 2010
November Night Gala
"French Quarter Masquerade" a huge
success, raising over \$75,000!*



Volunteer Corner

Fall Basic Hospice Volunteer Training:

Eighteen people completed the fall session of the 30-hour Basic Hospice Volunteer Training on October 28, 2010. Most will be joining the Cascade Hospice, Hospital and Vigil Teams and working with our bereavement support programs. In addition, many offered to volunteer at community events such as the Christmas Parade and Celebrate a Life and several people also volunteer at the Thrifty Store Boutique! A warm welcome to our new volunteers!



Standing back row left to right: Jennifer Mino, Annette Majercsak, Linda Ffrench, Laura Walker, Lois Comeault, Gary Johnson, Derrick Kemp, Brenda Sharpe, and Thelma Dumville

Seated: Julie Woodward, Carol Sagert, Samantha Batista, Corrinne Dickson, Simone Dickson, Danielle Marcotte, Anu Arora, Sophia Bracchi (Missing: Eugenia Yoo)

A special thank you to: Dr Ron Bull, Joan Weir, Kim Giesbrecht, Cindy Nicholl, Stewart McLean, Mary Evans and Wendy Ritchie for their continued support and participation of the volunteer training and for taking time to share their wisdom and knowledge with us – much appreciated!

Upcoming Training:

- ♥ **Meal Time Companion Training** (Date TBA)
- ♥ **Basic Hospice Volunteer Training: Mar 1- 31, 2011**

If you know of someone who may be interested in the training and becoming a Client & Patient Volunteer, please ask them to contact Colleen Rush at (604) 795-4660 ext.224.

Volunteer Education & Support Meetings

At our October 27th meeting, our guest speaker for the evening was Jillian Armit - Education Coordinator of the Chilliwack Alzheimer Resource Centre. Jillian shared information with us about Alzheimer Disease and Dementia and what local / provincial resources and supports are available to support people in our community living with this disease.

At our November 30th meeting the topic for the evening was "Hospice Volunteers & Healthy Boundaries" facilitated by Mary Evans. Mary reviewed with us the importance of setting and maintaining healthy boundaries with our clients.

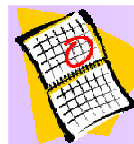
Mark Your Calendars! The next Volunteer Education & Support meetings will be held on January 25, February 22 and March 30 2011, from 7:00-9:00 pm. Our guest speaker for the January 25th meeting will be Anu Arora who will be leading us through some fun "Bollywood" dance and team building activities. We hope you can join us!

Donations made in memory and loved ones from October-December 2010

- | | |
|--------------------------|---------------------------|
| ♥ Anelia Basson's Father | ♥ John MacLean |
| ♥ Steaven Gray's Mother | ♥ Don Rutley |
| ♥ Dorothy Pavey | ♥ Sigrid Kraemer |
| ♥ John Rooney | ♥ Stan Wilkinson |
| ♥ Elizabeth Chayka | ♥ William Vaughan |
| ♥ William Bullock | ♥ Connie Harwood |
| ♥ David Ferguson | ♥ Bill Walters |
| ♥ Murdece Pyvis | ♥ Rita Boake |
| ♥ Gina Schra-Hung | ♥ Dr. R. J. O'Mahony |
| ♥ Paul Gray | ♥ Ginger Deryck |
| ♥ Paul Vaillancourt | ♥ Lyle Cross |
| ♥ Dr. Michael Tam | ♥ Pat Henderson |
| ♥ Gladys Kellerman | ♥ Marlien Sheridan |
| ♥ Gerry Lawson | ♥ Deryck Krueger |
| ♥ Shirley Prusakowski | ♥ Jim Francis |
| ♥ Russell Bannister | ♥ Margaret "Rita" D'Souza |
| ♥ Fay Paul | ♥ Bob VanderFlier |

Volunteer Christmas Pot Luck

Our Centre was packed as over 45 volunteers and guests enjoyed the delicious dishes each other brought! Thank you to all who were able to come out and enjoy one another's company and for a chance for the Hospice Society staff to wish you all a very Merry Christmas!



Upcoming Events

- | | |
|--------------|-------------------------------|
| Jan 28 - 30 | Home & Garden Leisure Show |
| March 1 - 31 | Spring Basic Hospice training |
| March 5 | "Soul Collage" workshop |
| April 14 | Volunteer Appreciation |
| May 1 | Hike for Hospice |

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Coletta Holmes

Program Coordinator

Chris Mason

Housekeeping

Janice Hill-Jones

Thrifty Boutique Manager

Thank You ...

- ◆ Our Volunteer Team Leaders, Eileen Lemna (Office), Doug Aldrich (Cascade Hospice), Brenda Janzen (Hospital) & Dorothy Cornish (Vigil).
- ◆ Lee White and Yvonne Campbell who so faithfully oversee the 2nd Step Grief Group.
- ◆ Administrative Volunteers who work at the Thrifty Boutique, in our office, at the Bingo Hall, the Hike Committee, the Gala Committee and our Board!
- ◆ Client Volunteers! Thanks for those of you who visit, comfort and support the dying and bereaved in ways that never cease to amaze!
- ◆ Relaxation Program Team for bringing "healing touch" to those in our community.
- ◆ For all the generous donations received from groups and individuals.
- ◆ Doug Aldrich, Brenda Janzen, Dorothy Cornish, Marja Van Wyk, Kathleen Wiens, Eileen Lemna, and Vi McDonald for speaking about their various roles during the volunteer training.
- ◆ Mel Melissen, our "Mr. Fix it" for volunteering at our Centre.
- ◆ Margorie Perzow, Renee Battaglio, Kathryn Marynowski and Diane Strauss for teaching Relaxation techniques at the Volunteer Training.
- ◆ Walter's Bulldozing, Rick, George and crew for their kind donation of equipment.
- ◆ Canex Building Supplies for their kind donation of materials at our Thrifty Boutique.
- ◆ Grace MacDonald and the Chilliwack Piece Makers for the beautiful quilts for Cascade Hospice Residence.
- ◆ Steve Barnes from Land & Sea Plumbing for volunteering time to fix our kitchen garbarator.
- ◆ Dogwood Monarch Lions Club for donating a new colour laser printer and a lateral filing cabinet.
- ◆ Eddie Schroeder from Fraser Valley Renovations for volunteering time to install our screen door and helping around our Centre with some quick fix-its.

Thrifty Boutique

Is in need of furniture, décor and gently used clothing.

Please drop off donations Monday through Saturday 9:30 - 4:30

at 230 - 45428 Luckakuck Way (BCAA Center).

**Thank you to
Chilliwack
Hospice
Society's
Official
Newsletter
Sponsor!**

Our Office is closed on the following dates:

April 22 & 25 (Easter)

May 23 (Victoria Day)



Tim Rowan
Manager

Abbotsford
Mission
Chilliwack

Woodlawn - Mt. Cheam Funeral Home

45865 Hocking Ave., Chilliwack (604) 793-4555

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