

### Chilliwack Hospice Society volunteer awarded The Sovereign's Medal for Volunteers



Vince Merritt with Thrifty Boutique manager, Sandy Parker and Executive Director Sue Knott

We are honoured to announce that Vince Merritt, a long time Chilliwack Hospice Society volunteer, has been awarded The Governor General of Canada Sovereign's Medal for Volunteers. This is the highest honour for volunteerism in Canada. To qualify for this award a person must have made significant, sustained, and unpaid contributions to their community in Canada or abroad. Nominees must have approximately 10 years of volunteer service over their lifetime with one or more organizations. Significant volunteer work is work which has made a positive, lasting impact to the greater community and which brings honour to Canada. Vince has all these attributes.

In 1953 at the age of 16 Vince boarded a train in Halifax to start his twenty-five-year

career with the Canadian military. The train stopped in various cities across Canada and picked up more new soldiers. Many of these men became lifelong friends. Vince's most notable moment during his military career was while he was posted in Tanzania, and he climbed Mount Kilimanjaro. Vince, his wife Sara-Lynn and their three young children spent three years posted in Germany. While posted there they enjoyed the sights of Europe as a once-in-a-lifetime opportunity. In 1978 Vince retired from the military and then moved on to BC Corrections to start his second career. He spent the next 13 years working in various prisons in the Lower Mainland.

Finally, officially retired, Vince started his volunteer career. Vince went on to spend 13 years with the Chilliwack RCMP volunteering for Victim Services. He met with individuals and their families that have suffered tragedy or who were victims of crime. He left Victim Services in 2009 and came to volunteer with the Chilliwack Hospice Society. For the past 14 years Vince has been helping with electronic repair and testing, repairing mechanical items, and welcoming and sorting items that customers have donated. Throughout Vince's time here he has always stepped up to help wherever he is needed.

When Vince was asked what this award meant to him, this was his reply:  
*"Humility, Pride, Contribution. I feel HUMBLed when I realize that I have been awarded a medal which has been given to more deserving groups of men and women. People like those with community Search & Rescues, volunteer firefighters, Canadian Red Cross, fundraisers, and care workers on the streets of any community. I feel PROUD that I have been recognized along with several thousand other Canadians*

*each year as a deserving volunteer. The main feeling is that I have been awarded this medal at 85, I am not too old to still CONTRIBUTE to my community in a meaningful way."*

Volunteers like Vince enrich their communities. They strive to make their community a better place to live, work and play. As Helen Keller said, "Alone we can do so little; together we can do so much."



Vince Merritt, Sara-Lynn Merritt, and Mayor Ken Popove





# 10<sup>TH</sup> ANNUAL *Hometown* **HOEDOWN** FOR HOSPICE

*Hometown Hoedown for Hospice - March 2023*

*Executive Director's Report - Sue Knott*



We hosted our 10th Annual Hometown Hoedown for Hospice on Saturday, March 4. As promised, the fundraising event for Chilliwack Hospice Society, presented by Simpson Notaries, was a rip-roarin' good time for all 220 people in attendance.



Drinks from the Century Plumbing & Heating Hoedown Saloon and dancing were enjoyed by all with live music from local band, Piper Down, who played a variety of country, rock, folk, and other foot-stompin' hit songs. Smoke and Bones BBQ prepared a delicious buffet dinner with all the fixin's.



Volunteer Lois Makela assembled an incredible 'dessert dash' with donations baked by 20 local businesses and individuals: Buttercup Custom Cakes, Chilliwack Airport Restaurant, Cabin Fever Junction Bakery, Cake Savvy, Cultivate Café, David Parkin, Debra Archer, Hofstede's Country Barn, Laura Hope, Les Armstrong, Lisa



Ballam, Lois English, Mike Brown, Real Canadian Superstore, Robert Picard, Safeway, Save-on-Foods, Urban Cakes Studio, and Waves Coffee House.



*Thank you to the Chilliwack Players Guild members who were our door greeters*

Wenona Guilderson and Marilyn Vik led a team of décor volunteers who transformed Evergreen Hall into a barn party with many items on loan from Atchelitz Thresherman's Association Farm Museum and transportation provided by Scott Hrusik of RE/MAX Nyda Realty.







Another eye-catching photo booth backdrop was created by city councillor Chris Kloot where guests enjoyed having their pictures taken by local photographer Vickie Legere.

Thank you to city councillor Jason Lum who emceed the



event and volunteered as our auctioneer of many entertaining holiday packages and other exciting live auction items. Thanks to the outreach efforts of Desmond Devnich and Sharilyn Jackson, our generous community raised \$7,000 in the TD silent auction.

In sum, Hoedown supporters



raised \$70,000 in support of the many free grief and palliative care programs and services Chilliwack Hospice Society provides. Yee-haw! Thank you to all our sponsors, donors, vendors, staff, and volunteers for their contributions to our event's success.

*Sue Knott*

Sue Knott, Executive Director - Chilliwack Hospice Society



[www.chilliwackhospice.org](http://www.chilliwackhospice.org)



[info@chilliwackhospice.org](mailto:info@chilliwackhospice.org)



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## Freedom Reins Connections

We were pleased to attend a Christmastime fundraiser for Freedom Reins Equine Connections in Yarrow and see the major improvements being made at the ranch. Activities included painting horses' fluffy winter coats, snacking on chili and cookies, entering to win donated raffle prizes, and of course riding these beautiful animals!

Dora Isaak, owner of Freedom Reins, generously facilitates equine interactions for our youngest bereaved clients through small group sessions throughout the year and at our larger Horse Whisperer Children's Grief Camp.

To learn more about these and other children and youth programs at Chilliwack Hospice Society, contact Franceska Hills, Child & Youth Program Manager, by calling (604) 795-4660 or visit our website.



In March, Jennifer Dacre, Bereavement & Palliative Services Manager, and Franceska Hills, Child & Youth Program Manager, had the opportunity to meet with the local **Family Caregivers Support Network** in Chilliwack.

At the Hummingbird Centre, they spoke about ongoing issues including the expressions of grief and loss that come with providing emergency and long-term care for children in government care, how to talk to kids about grief, and other topics relevant to the foster parents involved. Recommended reading and therapeutic creative arts were also explored during the presentation.

Thank you to Candice, one of our practicum students, for taking these photos for us.

## Local Legend

We are so thrilled to celebrate our very own Franceska Hills, Child & Youth Program Manager, who was named a Mazda Local Legend in December.

Thank you to Murray Mazda for this wonderful recognition. As part of Mazda's Local Legends campaign, Murray Mazda gifted Franny and Chilliwack Hospice Society child & youth program \$2,500 worth of paints, canvas, markers, and many other art supplies in support of the program. Franny shares her artistic talent through her work allowing children & youth to process their grief naturally through playful, creative activities.



[www.chilliwackhospice.org](http://www.chilliwackhospice.org)



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## *Staff Picks - Book Reviews*

### *Lucy's Pick*

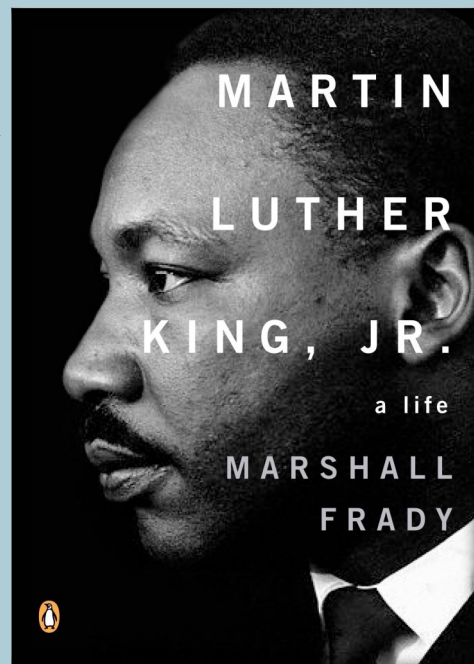
Marshall Frady, a civil rights reporter and journalist died in 2004 at 64. The Reverend Jesse Jackson, a close friend, said of Frady at his service, "He had a keen and distinctive mind and a tremendous capacity to paint a picture with words. We were both from the South and had this experience growing up in a segregated culture." One critic complained that Frady wrote as though he'd eaten a thesaurus; others described his writing as being dense, lyrical and evocative. But I enjoyed the vocabulary we seldom see in the world of texting etc.. Although Frady writes of King's propensity for libidinous behaviour and the concomitant shame that accompanied it, he emphasizes King's unrelenting belief in loving all people and non-violent protest.

Frady follows King's political trajectory from 1955 when he joined the bus boycott after Rosa Parks was arrested to 1967 when he announced the creation of the Poor People's Campaign, which focused on employment and freedom for the poor of every race. It was his plan to unite poor Black people and White people in solidarity.

He was pursued relentlessly by Hoover who handed over incriminatory tapes to Lyndon Johnson (of course there was no response from Johnson; kind of like sending the fox to mind the chicken coop) and accused by the National Association for the Advancement of Colored People of linking two disparate issues, Vietnam and civil rights. King continued to attack the Vietnam War. This change of favour exemplifies how fickle public loyalties can be. Elisabeth Kübler-Ross similarly lost favour when she deviated from the well-known 'stages of grief' to a more esoteric examination of death, researching near-death experiences and spirit mediums.

On April 4, 1968, King was fatally shot while standing on the balcony of a motel in Memphis. This was not a fortuitous time to be political: John Kennedy, 1963; Malcolm X, 1965; MLK and Bobby Kennedy, 1968, were all assassinated. By this time Malcolm had come back from a pilgrimage to Mecca and his beliefs had moved more closely to King's. The Kennedys tolerated King as they were afraid of having to contend with a more militant Black leader. Bobby had begun to appreciate King's work before he (Bobby) was assassinated. King was arrested over twenty times for protesting and was the object of several violent attacks. He received threatening phone calls and his home was bombed and set on fire. He never resorted to violent responses.

Harry Belafonte, singer, actor, and activist, died on April 25 at the age of 96. King was 39 when he died. Belafonte was a supporter of King early in his career, bailing him out of jail on more than one occasion. In 1963, he participated in the March on Washington, which was led by King and became the most prominent protest action for civil rights in American history. King delivered his "I Have a Dream" speech as the event's keynote speaker. This speech influenced the federal government to take more direct actions to more fully realize racial equality. To this day this speech has given hope and inspiration to people from all walks of life. Martin Luther King Day was first observed for the first time on January 20, 1986. His legacy inspires us to strive to work towards a kinder and more just world.

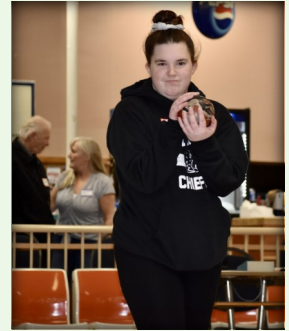






## Volunteer Appreciation Bowling Party

We had such a wonderful time gathering together for our 'Let The Good Times Roll' Volunteer Appreciation bowling event on April 17th at Chillibowl Lanes. Special thanks to Laurie McNaught for organizing the event. We had great fun bowling, and enjoying pizza and ice cream floats. Thank you to all of our amazing volunteers for all you do. **We love you!**



This past winter we were fortunate to host two university **practicum students** Candice Quesnel (left) and Sydney Baker at Chilliwack Hospice Society as part of their learning experience. Both studying at University of the Fraser Valley, Candice is completing the third year of her Bachelor of Social Work (BSW) degree and Sydney has completed the final year of her BSW. Congratulations to both and thank you for your many volunteer hours with us!

## Salad Bowl Planter Workshop

Our 2nd Annual Salad Bowl Planter Workshop was held April 27th. How wonderful to be able to soak up the sunshine while creating our own healthy salad planters and connecting with others who have experienced the loss of a loved one. Gardening and working with soil can contribute to your health and wellness in numerous ways, including reducing stress and offering a low-cost option for better nutrition.

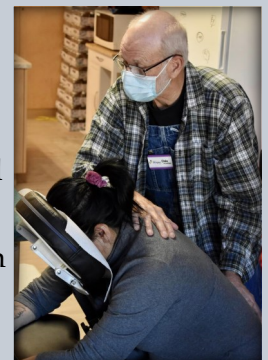
Thank you so much to Rainbow Greenhouses Inc. for their generous support of this project which is so appreciated by our grief community.



## WELLNESS DAY AT STS'AILES

Chilliwack Hospice Society staff and volunteers facilitated a

day of wellness activities at Sts'ailes on November 18th. Executive Director Sue Knott led pour painting sessions and relaxation treatments were given by Dale, one of our Relaxation Program volunteers.





# Upcoming Events




**Keeping Active**  
when you have osteoarthritis or lower back pain

Guest Speaker:  
**Dr. Gillian Hatfield**  
Director, Associate Professor  
Faculty of Health Sciences, Kinesiology  
University of the Fraser Valley

**Thursday, May 11**  
10:00–11:00am



**5<sup>th</sup> Annual Fashionista FASHION SHOW**  
Tea Party with a Twist!

**FRIDAY, THE TWELFTH OF May 2023**  
6:30-10:00PM  
Evergreen Hall

**CASH BAR  
DOOR PRIZES  
HAT CONTEST  
SILENT AUCTION**

**Tickets**  
AVAILABLE IN-STORE ONLY  
**\$25**  
includes a cocktail & hors d'oeuvres



Make a lovely lavender bouquet with supplies donated by Greendale Lavender Company

**Mother's Day**  
MEMORIAL LAVENDER TEA

**THURSDAY MAY 18** 1:00–3:00

**RSVP:**  
Laurie McNaught  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org  
604.795.4660

**CHILLIWACK HOSPICE SOCIETY**  
**HEALTH AND WELLNESS DAY**  
**June 27, 2023 • 10AM – 4PM**

**FREE WORKSHOPS • DOOR PRIZES • TREATS • INFO BOOTHS  
• BUILDING TOURS • THRIFTY BOUTIQUE POP-UP SHOP**



**AGM**  
ANNUAL GENERAL MEETING  
Monday, June 19, 2023 • 5:00pm • 7112 Vedder Rd.

**ADVANCE CARE PLANNING**

**July 6 & 13, 2023** 7–9pm  
Location: Chilliwack Hospice Society  
7112 Vedder Road

A two-part workshop to help you or your parents develop an Advance Care Plan, including one's Beliefs, Values and Wishes, Temporary Substitute Decision Maker, Representation Agreement, and Advance Directive.

Space is limited!  
**REGISTER:**  
604.795.4660  
laurie@chilliwackhospice.org

**SAVE THE DATE**

**18<sup>th</sup> ANNUAL CHILLIWACK HOSPICE SOCIETY GALA**

**DISC**  
..... YOU SHOULD BE DANCING .....

**09.23.23 SATURDAY NIGHT**  
**THE'Í:TSSELÍYA S.A.Y. COMMUNITY CENTRE**

**TICKETS ON SALE JUNE 15**



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A CHILLIWACK HOSPICE SOCIETY SUPPORT GROUP

# GRIEVING

the death of a pet



The death of a pet can provoke immense feelings of loss and grief. Many pet owners grieve quietly and alone, without the support of friends, family and community. For some, grieving a pet often doesn't quantify as a substantial loss, and those grieving are left to feel that their loss is insignificant compared to other deaths. Giving those who are grieving the death of a pet a therapeutic group setting allows for a safe, non-judgmental space to mourn this meaningful death with others who are also suffering.

Our Pet Loss Grief Support Group was held in March and was facilitated by

university practicum student, Candice Quesnel, under the supervision of Jennifer Dacre, Palliative & Bereavement Services Manager at Chilliwack Hospice Society. Topics included: Normalizing Grief, Making Room to Grieve, Self-Care, The Importance of Rituals, and Memorializing your Pet.



Zeus

A participant wrote this about the group: *"The loss of a beloved pet can be a devastating experience, bringing with it a wide range of emotions such as sadness, loneliness, guilt, and even anger. Dealing with such emotions when I lost my four-legged family member Zeus, was extremely challenging, and isolating, as our pets are loved and important family members, and their loss can be just as devastating as losing a human loved one. Through the Chilliwack Hospice Pet Loss Grief Group, I learnt that grieving the loss of a pet is a complex and individual process, and there is no "right" way to grieve the loss of your beloved animal.*

*The Pet Loss Grief Group provided me validation for the loss of my dog, gave me a sense of community, guidance on some healthy coping mechanisms, created a new perspective on my loss, and created a very safe space for me to find meaning in my grief. Through the sharing of stories, expressing emotions, and receiving support from others who have gone through a similar experience, I personally found great comfort and a sense of belonging in the group, to honour my pet's memory and the impact he had on my life. The group allowed me the opportunity to share pictures and stories and create a memorial, which helped me to process my grief in such a positive way, and feel a sense of connection, even after several years of his death. The loss of my dog was such an extremely difficult, isolating, emotional experience, but with the support of the pet grief group, I now know the importance of taking the time to grieve, seek support from others and honour your pet's memory in a way that feels meaningful to you."*

If you are interested in finding out more about this group, please visit our website or email Jennifer Dacre at [jennifer@chilliwackhospice.org](mailto:jennifer@chilliwackhospice.org).



Staff member, Sharilyn with beloved dog, Shelby a few days before she died.



Making memorial sand-jars to honour their pet's memory. Participants shared pictures and stories as they created their jars. Some brought special items (their pet's hair, toys, etc) to place in the jar.



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We appreciate all the support given to us from the community - both personal and business donations. Your donations help us continue to provide grief and palliative support programs & services at no cost to individuals and families.  
Thank you Chilliwack!



This wonderful group of students from University of the Fraser Valley raised \$199.10 through a bottle drive fundraiser in support of Chilliwack Hospice Society. Thank you for your generosity!



Chilliwack Hospice Society hosted a panel of expert guests on March 9, for a presentation on downsizing and decluttering; offering comfort for those who are feeling overwhelmed while providing simple steps to help those present as they sort through a lifetime of memories and belongings after the death of a loved one.

Thank you to our experts for providing their insights with us (left to right): Sandy Parker of Chilliwack Hospice Society Thrifty Boutique, Samuel Niezen of Fraser Valley Junk Solutions, Juanita Selvadurai and Marion Harris of Upstage, and Jim Switzer of Switzers Vintage Decor. Not pictured, Lucy Fraser, Director of Programs at Chilliwack Hospice Society.



## MEMORIAL CELEBRATION

Thank you to Vineyard Community Centre for welcoming us back for our Memorial Celebration and to our volunteers for lovingly providing the snacks and refreshments.

Special thanks to our guest speakers Earla Legault and Rebecca Fleming, and program coordinators Jen Dacre and Lucy Fraser.



We are always delighted to receive beautiful handmade quilts. These quilts are placed on the beds in each room when a new resident arrives at Cascade Hospice Residence. They are then given to the families to keep in memory of their loved one and the time at Cascade Hospice. Thank you for all the quilts we receive throughout the year. We appreciate your continued support.

## Quilts



[www.chilliwackhospice.org](http://www.chilliwackhospice.org)

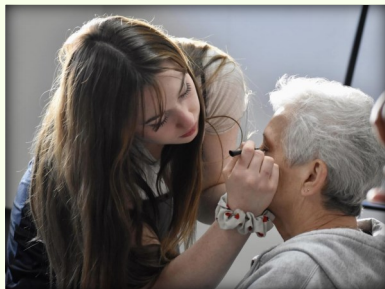
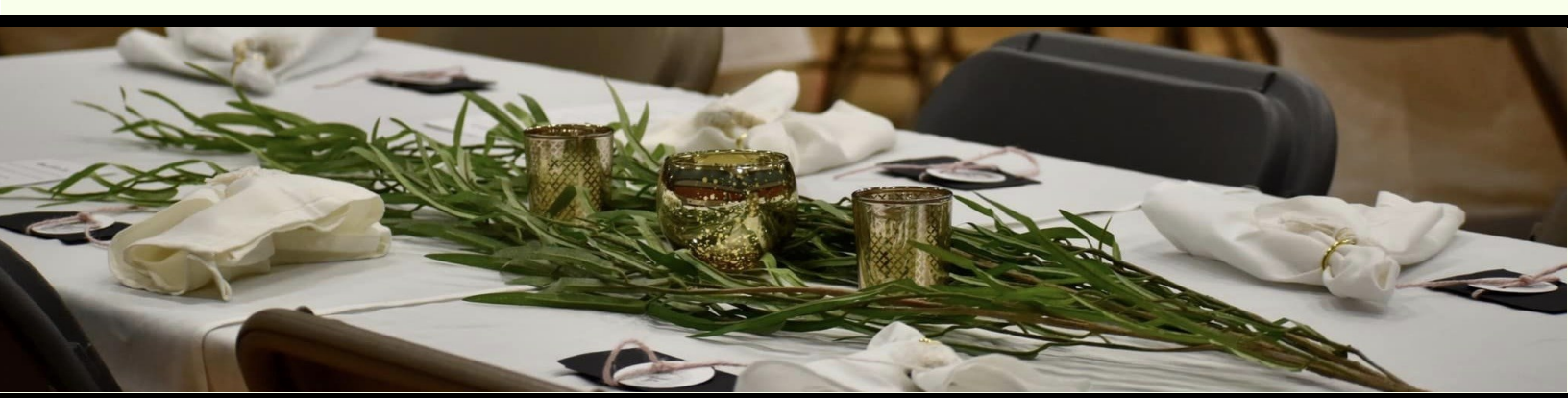


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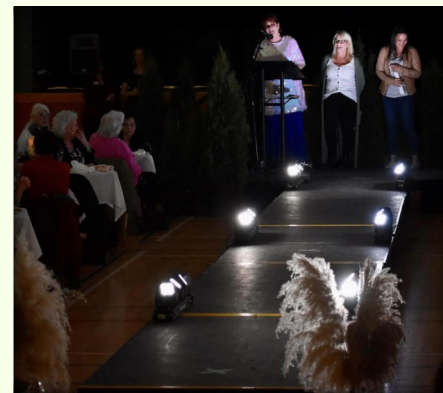




## Fashionista Fashion Show - November 2022

What a fun night! The 4th annual Fashionista Fashion Show was held November 16th at Evergreen Hall. We enjoyed an evening of fun fashion, great food, and shopping. We had lots of fresh faces that took the leap and rocked the runway. Our models are an inspiration. There are so many nerves leading up to taking the first step on the runway but then feeling exhilarated once they had done it. You were all marvelous!

Our volunteers stepped up once again. They helped before, during and after the event. They dressed models, did hair, make up, whipped up scrumptious appetizers, did the set up and the clean up. Many hours are spent searching for the perfect outfits for over 30 models, collecting items for our pop-up shop, and executing all the bits and pieces that go into an event and then they work throughout the show to keep everything running smoothly. A huge thank you to all the Thrifty Boutique volunteers, while many were busy with the show, the rest keep the store running.



Left to right: Executive Director, Sue Knott, Store Manager Sandy Parker, Assistant Manager Stephanie Heinrich







Our gratitude goes out to ALL of you for another successful event.

Please join us on **Friday May 12th**, for our next **Fashionista Fashion Show "Tea Party with a Twist"**. Once again it will be an evening of fashion, appetizers, a pop-up shop, silent auction and some fun cocktails. Grab your mom and friends and join us for a fun night. Upon arrival you will receive a tea cocktail or mocktail. There will be door prizes and a hat contest. **Get your tickets early**, we expect a sell out! Tickets \$25 each, available at the Thrifty Boutique. This is a 19+ event.



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## Programs At-a-Glance

### Bereavement Programs

- ♦ Bereavement Visitation Program
- ♦ One-to-One Grief Support
- ♦ First Step Grief Support Group
- ♦ Children's Grief Support Group
- ♦ In-School Outreach
- ♦ Horse Whisperer Grief Camp
- ♦ Second Step Grief Support Group
- ♦ Relaxation Program
- ♦ Traumatic Loss Grief Support Group
- ♦ Pet Death Grief Group
- ♦ Sibling Grief Peer Support Group
- ♦ Equine Sessions for Children
- ♦ Annual Memorial Events
- ♦ Supportive Walking Group

### Palliative Support Services

- ♦ Palliative Patient Visitation
- ♦ Vigil Services (by volunteer availability)

**Grief is an individual experience; however, it does not need to be done alone.**

**Contact us for more information.  
We're here to help.**

### Community Education

- ♦ Basic Hospice Training
- ♦ Educational Workshops
- ♦ Teen Grief Peer Support Training
- ♦ Advance Care Planning

# Ways to Give

[ChilliwackHospice.org/donate](https://ChilliwackHospice.org/donate)



7112 Vedder Road, Chilliwack, BC V2R 3T6



(604) 795-4660