

## *Freedom Reins gives solace to grieving children at Chilliwack Hospice Society camp*



Chilliwack Hospice Society, in partnership with Freedom Reins Equine Connections, hosted their annual day of children's grief activities on Saturday, June 24. Organized by Child and Youth Program manager Franny Hills, children and their grownups participated in horseback riding, grooming, creative arts, and time for reflection as part of this special day for group grief support. Each year many of the youngest bereavement support clients at Chilliwack Hospice Society are invited to experience a day of reflection, remembrance, and resilience in the company of the beautiful horses who reside at Freedom Reins

Equine Connections in Yarrow and their friends through connections of ranch owner, Dora Isaak. The welcome circle included a game which made clear the many commonalities shared, including the loss of someone special, by each of the children present. After which, each child shared a story about the person they were remembering and attached a photo of them to a wall of remembrance.



This year's event was dedicated to the memory of Hills' nephew, Andy, who died when he was five-years old. The family of the special boy said in a written statement that he reminded them to "be in the moment, that the ordinary can be special, and that connection with one another is a gift."



As always, the most popular area was the ring where horseback riding was taking place. Children donned their helmets and riding boots to ride one of the beauties at Freedom Reins, many for the first time. Led by caring volunteers, children placed a heart sticker on the fence or on the horse with their loved one's name on it. Intimate conversations between horse and rider took place, some tears were shed, and many smiles shone as the children rode around the ring and between obstacles along the course. Other activities included grooming the horses, painting pictures and words on their bodies, and learning about the emotional intelligence of these incredible animals. Another station for creative expression encouraged children to paint their feelings on canvas and paper. Time for guided reflection was facilitated in the stables where grief was explored through various mediums including Play-Doh, books, rock painting, and more time spent with the calmest, understanding horses.



Equine connections is just one of many programs Chilliwack Hospice Society facilitates for bereaved children and youth in Chilliwack and the surrounding communities. One-to-one supports, in-school outreach, and grief support groups are offered throughout the year to children, pre-teens, and teens free of charge. To learn more about the Chilliwack Hospice Society Child and Youth Program, contact program manager Franny Hills at (604) 795-4660 or go to <https://www.chilliwackhospice.org/programs-and-services/child-and-youth/>





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

# DISCO

..... YOU SHOULD BE DANCING .....

18th Annual Gala - September 2023

Executive Director's Report - Sue Knott



The 2023 Disco Gala was the 18th Annual Gala for Chilliwack Hospice Society. The disco theme proved to be everything we dreamed of. A flashing dance floor and giant disco ball set the stage for this glitzy and glamorous dance party. The food was amazing; provided by the award-winning Restaurant 62. Jason Lum was our emcee, and he didn't disappoint. We had five fabulous items in our live auction including our famous wine wall. Our silent auction started a week before the event and closed at 10:30 on the night of the party. People in attendance could bid online and so could the folks that were unable to make it. The fight was on for every item.



The guests were transported back to 1979 when disco was in its heyday. We were thrilled to see how people got right into the fashions of the day. The



music was true to the period as well, with dozens of disco hits bringing us back to our younger years. Our guests went crazy on the dance floor, showing off their best moves!





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

# DISC

..... YOU SHOULD BE DANCING .....

## 18th Annual Gala - September 2023 continued



We showed an inspiring video on our children's program. This video can be found on our website along with all the programs, education, and services we provide free of charge to the community. Events like our Gala take months



to plan and execute. We would not be able to do it without the generous sponsors who make it possible. The auction were all gifts from local businesses who support, not only the Chilliwack Hospice Society, but many other non-profit societies and organizations within Chilliwack and the Fraser Valley. Our staff & volunteers brought the whole event together and worked hard all night to make sure everyone had the best time.



Thank you to all who supported this event or attended it. We brought in \$106,000 to support our free programs, education, and services. We are incredibly grateful. Check out all the photos on the Chilliwack Hospice Society Facebook Page taken by our fabulous photographer and volunteer, Vickie Legere. Thank you, Vickie!

*Sue Knott*

Sue Knott, Executive Director  
Chilliwack Hospice Society



Volunteers Joe Palmer & Vickie Legere



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



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



[@chilliwackhospice](https://www.facebook.com/chilliwackhospice)





## Grief during the holidays: Finding hope

Article by Lisa Sieno

The holiday season can be one of the most difficult times of the year when you have experienced the death of someone you love. Holidays — a time of family togetherness, traditions, joy and thankfulness — can suddenly bring sadness, loss and a feeling of emptiness. It's a time when your senses are confronted with sights, sounds and smells that can trigger memories of the past, resulting in a renewed sense of personal grief.

New or long-lasting grief can make you feel like you're all turned around, going in circles or out of balance. Understanding how you and other family members respond to grief can bring back a sense of balance, which can help you explore ways to embrace loving memories and recognize your needs during this difficult time.

During this holiday season, keep these tips in mind:

**Plan ahead..** Consider where the challenges may come so you can make a plan that is comfortable for you. Tell family members and friends of your needs ahead of time so they understand that things may be different this year.

**Grant yourself permission to change traditions.** It's OK to shift or forgo some traditions this year. Alterations in family traditions don't need to become new traditions. Do what feels right at this time.

**Ask for help.** Accept offers for assistance with shopping, decorating, cooking and other holiday activities.

**Share memories with family and friends.** Your loved one is missed but not forgotten. Memories can bring laughter and tears. Both are OK and can be healing.

**Light a special holiday candle.** Place the candle in an important spot as a symbol that love lives on.

**Create a tribute.** Honour your loved one's passions by crafting something to serve as a long-lasting reminder. For example, you could make a scrapbook, build a birdhouse, plant a tree or make keepsake ornaments with family and friends.

### *Cinnamon dough keepsake ornaments*

This easy-to-make ornament, with its warm cinnamon fragrance, is something that can be hung on your Christmas tree or around the house. It's also a wonderful gift that can be given to others who have been touched by your loved one. Be creative. Use different cookie cutters to create shapes that bring a smile and fond memories to mind. Use paint, markers or other items to decorate the ornament, or write your loved one's name on it. It's meant to be a keepsake that's personal to you.

1 cup of flour	Bowl	Cookie cutters
1/2 cup of salt	Plastic food wrap	Straw
1/2 cup of cinnamon	Rolling pin	Paint, glue, beads, markers or other decorations
3/4 cup of very warm water	Wax paper	Ribbon or yarn for hanging

Combine ingredients together in a bowl and mix well, finishing by kneading the dough with clean, dry hands. If the dough is sticky, dust your hands with a little flour and knead. Roll out the cinnamon dough on waxed paper until it's about 1/4" thick. Cut out desired shapes using cookie cutters. Use a straw to punch a hole in the ornaments for the ribbon to hang. The circle of dough will pull out with the straw. Gently place the shapes on a piece of clean wax paper. Dry completely (about 24 hours). Once dry, thread a ribbon through the hole you created with the straw, and decorate with paint, markers, etc. You also can use Mod Podge or a clear finishing spray to add a shiny appearance.







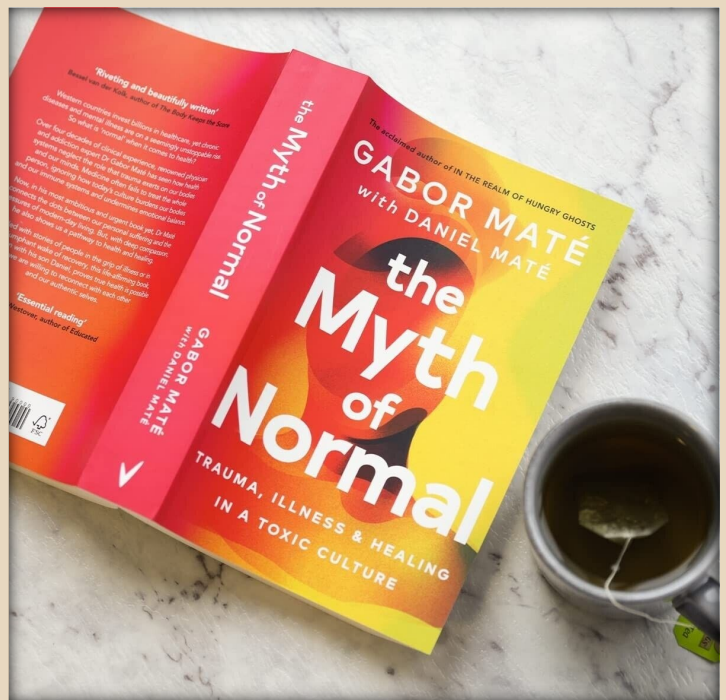
## Staff Picks - Book Reviews

Book Review by Lucy Fraser - Director of Programs

### THE MYTH OF NORMAL: TRAUMA, ILLNESS AND HEALING IN A TOXIC CULTURE

Gabor Maté (born January 6 in Budapest, 1944) is a Hungarian-Canadian physician and author. I first heard of him when he was a palliative physician working out of the Downtown Eastside. I was particularly drawn to his work around the importance of green space in health, physical and mental, and how inequality deprives some of the opportunities to experience green space.

Of late his focus has been on trauma. Leading up to this point and the writing of *The Myth of Normal*, he wrote: *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*; *When the Body Says No: The Cost of Hidden Stress*; *Hold on to Your Kids: Why Parents Need to Matter More Than Peers*; and *In the Realm of Hungry Ghosts: Close Encounters with Addiction*.



Maté has a personal interest in trauma. His maternal grandparents, Josef Lövi and Hannah Lövi, were killed in Auschwitz when he was five months old. His father was forced into grueling labour by the Nazis. He describes how he had “hung onto Auschwitz” for 76 years until friends and colleagues encouraged him to let go. He shares how he learned that “none of us need be perfect, nor exercise saintly compassion, nor reach any emotional or spiritual benchmark before we can say we’re on a healing path.”

I co-facilitate a book club in a women’s prison and one inmate said this book had changed her life. She realized that some of her trauma was influenced by societal factors beyond her control. Maté assures us that our trauma is not solely a personal trauma. Much of it is produced by a “culture that undermines meeting our basic needs for connection, authenticity, and meaning.” Unlike many of the dystopic books we see today, Maté writes of the possibility of a more compassionate future.





# CHILLIWACK HOSPICE SOCIETY HEALTH AND WELLNESS DAY

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

Chilliwack Hospice Society hosted its second annual Health and Wellness Day open house event on Tuesday, June 27, offering free workshops and presentations, relaxation treatments, helpful resources, and tasty treats for more than 70 visitors throughout the day.

Organized by Laurie McNaught, Community Outreach and Education Manager, facilitators from the community and within Chilliwack Hospice Society, presented a wide variety of learning opportunities for guests, beginning with gentle chair

yoga by Emmy Kerr at the start of the morning. Amanda St. Amour of Wild Birds Unlimited gave an informative talk in the Mountain View Wellness Room, while downstairs in the Serenity Garden Room author Karen Skillings read selections from her book of poetry Love, Loss, and New Life.



*Author Karen Skillings*



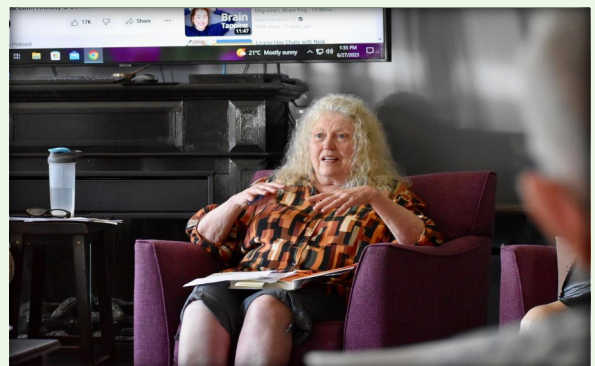
*Community Outreach and Education Manager Laurie McNaught (left) and Amanda St. Amour from Wild Birds Unlimited*

Lucy Fraser, Director of Programs, taught participants about what she has learned about EFT tapping and its benefits for those stricken with anxiety and stress, a common experience for those grieving the death of a loved one. Combined with online videos, the presentation gave those present a moment

to just breathe and experience relief brought about by EFT tapping.



*Relaxation Program volunteer Dale Seguin*



*Director of Programs, Lucy Fraser*

Throughout the day, Relaxation Program leads Marjorie Perzow, Eileen Trojanoski, and Dale Seguin provided relaxation treatments through Healing Touch for those who wished to experience healing through therapeutic touch. This program is offered regularly at Chilliwack Hospice Society, booked in advance through the office.





# CHILLIWACK HOSPICE SOCIETY HEALTH AND WELLNESS DAY

FREE WORKSHOPS • DOOR PRIZES • TREATS • INFO BOOTHS  
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The day's events culminated in an interactive presentation on grief and family dynamics facilitated by Franceska Hills, Child and Youth Program Manager, and Jennifer Dacre, Palliative and Bereavement Services Manager in which adults and youth learned how to navigate difficult conversations when a family member is dying or has died.



*Executive Director Sue Knott (left)*

Executive Director Sue Knott led a group of women through the process of pour painting in a workshop aptly titled 'Pour Out Your Feelings'. A popular activity for both adults and children who visit Chilliwack Hospice

Society, pour painting is a

beautiful medium for exploring grief through creative expression.

Visitors to Chilliwack Hospice Society, some of whom were experiencing the very recent death of a loved one, remarked on Health and Wellness Day being their first time to enter the office and learn about the various programs and services available.

Overall, the second annual event proved to be an important time for learning and healing along many Chilliwack residents' grief journey.



*Child & Youth Program Manager Franny Hills and Palliative & Bereavement Services Manager Jennifer Dacre*



*Thrifty Boutique Pop-Up Shop*

Chilliwack Hospice Society Health and Wellness Day was generously supported by Chilliwack Hospice Society Thrifty Boutique and many other local businesses including, Beautique Beauty Lounge, Chilliwack River Valley Honey, Cookies Grill, Klassen Farms, Mighty Moose Ice Cream, SinAmen Bun Co., Smits & Co.w Farm Cheese, and Wild Birds Unlimited.

Throughout the year Chilliwack Hospice Society hosts a variety of in-person and virtual educational workshops and presentations for the community.

Topics may include advance care planning, financial and legal matters, self-care, and wellness. For more information, contact Laurie McNaught, Community Outreach & Education Manager, at (604) 795-4660 or visit

<https://www.chilliwackhospice.org/education/education-workshops/>



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



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# Upcoming Events

## Gentle Chair Yoga with Emmy Kerr

**Tuesdays** September 12 – December 12

9:30–10:15am

**Chilliwack Hospice Society**  
7112 Vedder Road, Chilliwack

Free to attend

**REGISTRATION REQUIRED**

Call Chantelle at (604) 795-4660

## ADVANCE CARE PLANNING

**November 9 & 16**  
1:00–3:00pm



FOR MORE INFO, CONTACT:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org

## WALKING ALONGSIDE YOU ON YOUR grief journey



**Supportive  
Walking Group**  
meets Thursdays @ 9:30am  
at **CHILLIWACK HOSPICE SOCIETY**  
followed by coffee/tea in the Serenity Garden Room

Supportive Walking Group is every Thursday at 9:30am. Drop-in's are welcome.

## CHILLIWACK HOSPICE SOCIETY SONGS OF THE HEART

Thursday, November 30 | 1-3pm | Chilliwack Hospice Society

Play a recording, sing, or read the lyrics to a song that has been meaningful to you in your grieving process. Join us for a special afternoon with coffee, music, and sharing memories together.



FOR MORE INFO, CONTACT:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org

## ANNUAL Memorial CELEBRATION

WEDNESDAY  
NOV. 22

6:00PM

VINEYARD COMMUNITY CENTRE  
45892 Wellington Avenue

A time of reflection and support in the company of others whose loved one has died  
Everyone is welcome to attend  
Bring a framed photo of your loved one  
Light refreshments will be served



**RSVP:**  
chantelle@chilliwackhospice.org  
**604.795.4660**

## Chilliwack Hospice Society Celebrate A Life

DECEMBER 8-23  
AT THRIFTY BOUTIQUE  
& MINTER COUNTRY GARDEN

**VOLUNTEERS NEEDED** • Contact Laurie at (604) 795-4660 for more info.

"Music allows us to access our deepest emotions, helping us discover, experience, and accept them fully. Music gives you an outlet to grieve when words are impossible, and it gives you a connection with others who may also be grieving." (PathwaysHealth.org)

We invite you to join us on Thursday, November 30, for Songs of the Heart. Bring a song to share with others that has been meaningful to you throughout your grieving process. Maybe it's a special song that your loved one enjoyed, or a song that takes you back to a special memory of time you shared together. Possibly it's a song that expresses your emotions of pain or anger. or a song that has helped in your healing process. If you've written a song or poem this would be a great opportunity for you to share.

When registering we will need you to let us know how you will be providing your song, whether you will be bringing it as a recording, sending it to us online (we can help you with this), or you may want to play, sing, or read the lyrics. This will be a special afternoon with coffee, music, and a special time of sharing together.

For more information or to register for this special gathering, please contact Laurie McNaught, Community Outreach & Education Manager, via email at [laurie@chilliwackhospice.org](mailto:laurie@chilliwackhospice.org)



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



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# THANK YOU!

*For helping us change lives in our community*



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!

## WELCOME CHANTELLE



We're so thrilled to welcome Chantelle Blair as the newest member of our staff team and our full-time receptionist at Chilliwack Hospice Society. Hers will be the first smile you see upon entering the office. Chantelle will be managing our front desk and keeping us organized. Please give her a warm welcome!

# Grieving the death of a pet?

## We're here to help.

One-to-one grief support is available to you at Chilliwack Hospice Society.

Chilliwack Hospice Society is a safe and supportive space to share and process grief.

- 🐾 Normalizing grief
- 🐾 Making room to grieve
- 🐾 Self-care
- 🐾 The importance of rituals
- 🐾 Memorializing your pet

FOR MORE INFO, CONTACT:  
**Jennifer Dacre**  
Palliative & Bereavement Services Manager  
jennifer@chilliwackhospice.org



Are you grieving the death of a beloved pet? We're here to help. One-to-one grief support is available to you at Chilliwack Hospice Society.

For more information, please connect with Jennifer Dacre, Palliative & Bereavement Services Manager, via email at [jennifer@chilliwackhospice.org](mailto:jennifer@chilliwackhospice.org)

Executive Director Sue Knott, Palliative & Bereavement Services Manager Jennifer Dacre, and Child & Youth Program Manager Franny Hills were proud to represent the Chilliwack Hospice Society at the 2023 Pride Festival on August 19th. The Festival creates a safe, accessible, car-free zone in Downtown Chilliwack with local vendors, service providers, performers and family-friendly activities. The Chilliwack Pride Festival aims to uplift and empower people who identify as LGBTQIA+, Two-Spirit, Black, Indigenous, People of Color, or as having a disability and create a space of belonging, inclusion, and celebration.



*Jennifer Dacre and Sue Knott*

## Quilts

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.



*Executive Director Sue Knott accepting donations of quilts for Cascade Hospice from Bev of the Chilliwack PieceMakers Quilting Guild*



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



[@chilliwackhospice](https://www.instagram.com/chilliwackhospice)





*It's beginning to look a lot like Thrift-mas at the Thrifty Boutique*



On October 16th, Christmas arrived at the Thrifty Boutique. Thank you to everyone in our thrifting community who visited the Thrifty Boutique that day. We hope you enjoyed our Christmas reveal as much as we enjoyed setting it all up for you!

Come back soon for more new and pre-loved holiday items. There really is something for every home. Many new and preloved Christmas items are being added to our store displays daily at the Thrifty Boutique. Visit us again soon!





## VOLUNTEERS WE NEED YOU

*If you have a flare for fashion, enjoy designing displays and organizing donations, can identify treasures, enjoy meeting new people, and work well on a team, the Thrifty Boutique would love to have you join us!*

**Areas where help is needed:**

- Donation sorting/intake
- Cashier

**Join the volunteer team at the Thrifty Boutique!**

*The support offered by volunteers in the Thrifty Boutique is a vital part of Hospice. Joining our team promises to be full of opportunity, rich with creative possibilities and personal connections.*

**APPLY NOW**

**[ChilliwackHospice.org/volunteer](http://ChilliwackHospice.org/volunteer)**

or ask for an application in-store!

# SENIORS 55+ Mondays



## 20% off

all regular priced items



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



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



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# 4th Annual Fashionista FASHION SHOW

*Tea Party with a Twist!*

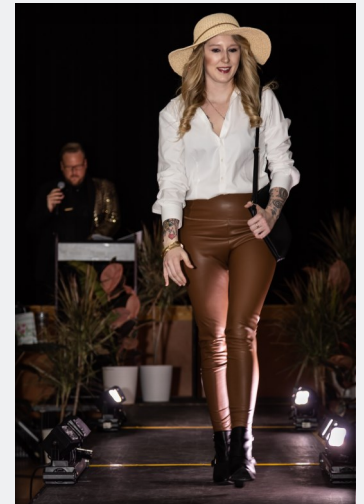
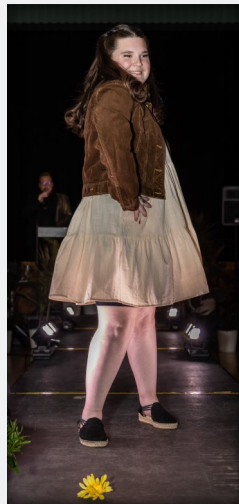
What a fun night! The 5th annual Fashionista Fashion Show was held May 12th at Evergreen Hall.

Our team of volunteers & staff came together once again to put on a spectacular Fashionista Fashion Show in May of this year. So much hard work went in to make this sell-out event spectacular! The huge pop-up

market and silent auction was filled with décor, clothing, kitchenware and more.

As always, a huge thank you goes out to all our volunteers. You all rock! Event day is an organized chaos kind of day. There are so many big and small details that go into an event, but with so many hands it took little time to go from an empty hall to a beautiful experience for our guests. To all our models, thanks for taking the leap and getting up on the stage. You all looked spectacular!

Look for the date for our next Fashionista Fashion show coming spring of 2024!



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



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



@chilliwackhospice



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Tammy Genzale  
*Financial Manager*

Jennifer Dacre  
*Palliative & Bereavement Services Manager*

Franny Hills  
*Child & Youth Program Manager*

Laurie McNaught  
*Community Outreach & Education Manager*

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# ANNUAL Memorial CELEBRATION

WEDNESDAY  
NOV. 22

6:00 PM

VINEYARD COMMUNITY CENTRE  
45892 Wellington Avenue

A time of reflection and support in the company of others whose loved one has died  
Everyone is welcome to attend  
Bring a framed photo of your loved one  
Light refreshments will be served



RSVP:  
chantelle@chilliwackhospice.org  
604.795.4660



## 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](http://ChilliwackHospice.org/donate)



7112 Vedder Road, Chilliwack, BC V2R 3T6



(604) 795-4660