

Newsletter - Winter 2024

Hygge & Grief: Coping Through the Long Hard Winter

Article from griefincommon.com

Grieving in winter is no easy thing, and for those of us who live in the cold and snowy parts of the country, we may dread the forced isolation winter weather brings. The Danish (who themselves can suffer very long and dark winters) have adopted an idea that I think could apply well to those who are grieving this time of year. It's called hygge.

The origin of the word is disputed, but most agree that it's derived from a Danish word meaning, "to give courage and comfort". Some say it's simply rooted in the word "hug".



Whatever the origin, the idea behind hygge is simple. Rather than dreading the cold winter days, we view this as a time of respite and relaxation instead. Cozy blankets, fuzzy socks, fireplaces, dim lights, and mugs of tea so big you need both hands to hold them...these are some of the images that come to mind when Danes are describing hygge.

Now to the griever feeling just a bit raw, this may all sound a little too cute, like something you'd see in the pages of "Country Living" magazine (in fact I'm pretty sure I did see an article about hygge there at one time). So why and how would this apply to grief?

Because hygge isn't actually about stuff. It's a state of mind, and it's a reminder that at some point we all need to slow down, turn inward, and gives ourselves a little time to rest. It's not about what you have or what you don't have...

It's about taking care of yourself

It's about taking a break from the hustle of a hectic routine

It's about a shift in perspective and trying to find small comforts in difficult times

And it's the bigger lesson of taking what we have and doing what we can to find just a little joy, however small, in our daily lives.

Reconnect with someone you've lost touch with. Get all the ingredients and take an afternoon to make YOUR favorite meal. Pick up an old hobby or find something to do with your hands like puzzles, knitting, crafts. Listen to music, read a good book, spend a day on the couch watching old movies...

You get the idea.

In the end, hygge is just a fancy and hard to pronounce word for taking care of yourself in tough times. Grief is exhausting and some days it may feel like your full time job. Yes, winter is hard. Icy roads and bitter cold can cut us off from our normal activities and the outside world, and for the griever already feeling isolated by their loss, the prospect of even more quiet and seclusion may not seem all that appealing.

So we find small ways to make the best of our forced hibernation, and remember that some day the sun will shine, and Spring will come again...





Chilliwack Hospice Society winter grief support programs & services

Chilliwack Hospice Society is pleased to share its calendar of winter programs for the grieving community to participate in, including many continuing options for individual and group grief support.

First Step Grief Support Group begins January 30 and meets weekly for eight weeks. The group is best suited for those who have experienced the death of a loved one in the past six months or year; offering mutual support and socialization for bereaved people wanting to share the journey into change and renewal. It is well-established that grief has no timeline. As such, some First Step group members may choose to begin participating in the weeks following the death of their loved one. In turn, others may find themselves open to the benefits of participating in a grief support group years later and are welcome to do so.

A Traumatic Loss Support Group will continue to meet once monthly on a drop-in basis. The content of this group's meetings is specifically developed for those who have experienced the death of a loved one due to homicide, suicide, drug poisoning, workplace accident, or sudden illness. The next drop-in session for traumatic loss support will be held February 1.

Chilliwack Hospice Society recognizes that significant loss isn't limited to human connections. Beginning February 14, a supportive space will be created for those grieving the death of a beloved pet. The group will meet once weekly for four weeks and include topics such as normalizing grief, making room to grieve, self-care, the importance of rituals, and memorializing your pet.

In addition to grief support groups, staff and volunteers offer many opportunities for one-to-one support and complementary therapies to assist members of the community through the grieving process. Informal connections with other bereaved individuals and mutual support can be found in Relaxation Program, Supportive Walking Group, and Gentle Chair Yoga sessions. As part of the organization's community outreach and education programs, a matinee series of 'Movies That Move

You' will be shown once monthly, starting with Manchester By The Sea on January 30. Each movie has been selected for its themes of grief and loss and are suitable for adults' viewing and discussion. Advance Care Planning workshops will continue in 2024 with the next two-part session starting March 21. The writing prompts, worksheets, and group discussion help individuals or their parents develop an Advance Care Plan, including indicating one's beliefs, values, and wishes, Temporary Substitute Decision Maker, Representation Agreement, and Advance Directive.

If you or someone you know is grieving the loss of a loved one right now, call Chilliwack Hospice Society at (604) 795-4660 or visit www.chilliwackhospice.org to learn more about the one-to-one support, groups and workshops that are currently being offered. Donations are always gratefully accepted at the Thrifty Boutique and online at www.chilliwackhospice.org/donate. For more information, news, and events, join our email newsletter list or follow @ChilliwackHospice on Facebook and Instagram.



Upcoming Events

MOVIES THAT MOVE YOU

SEE WHAT'S SHOWING AT CHILLIWACKHOSPICE.ORG

All showings begin at 1:00pm
Join us for movies and discussion in the Serenity Garden Room
Chilliwack Hospice Society
7112 Vedder Road

RSVP
604.795.4660
laurie@chilliwackhospice.org

Movie dates: JAN 30, FEB 27, MAR 26, APR 30

ADVANCE CARE PLANNING

March 21 & 28 • 7-9PM

REGISTER NOW | laurie@chilliwackhospice.org
(604) 795-4660

What is Advance Care Planning?

Advance care planning is a process of thinking about your values, beliefs, and wishes for future health and personal care, and sharing them with the people you trust. It can include choosing who would make care decisions for you if you cannot. Advance care planning can help you get the care that's right for you, even if you're unable to speak for yourself.

Having a voice in decisions about your health care treatment is important. There may come a time when, due to illness or injury, you are incapable of expressing your treatment wishes to health care providers. By planning in advance, you can be sure that your family, friends and/or health care providers know your wishes and can ensure these wishes are followed. New incapacity planning legislation came into force in B.C. on September 1, 2011, providing adults with more options for expressing their wishes about future health care decisions. The legislation allows capable adults to put plans into place that outline the health care treatments they consent to, or refuse based on their beliefs, values and wishes.

Chilliwack Hospice Society is offering ongoing Advance Care Planning workshops which will help you to understand how to make your advance care plan and we will supply you with all the forms and information that you need. Our next two-part Advance Care Planning workshop is happening on March 21 and 28, 7pm - 9pm at Chilliwack Hospice Society office, 7112 Vedder Road. To register email Laurie McNaught at: laurie@chilliwackhospice.org or call (604) 795-4660

Gentle Chair Yoga
with **Emmy Kerr**

Tuesdays February 6 – April 30
9:30-10:15am
Chilliwack Hospice Society
7112 Vedder Road, Chilliwack

Free to attend
REGISTRATION REQUIRED
Call Laurie at (604) 795-4660

Downsizing Decluttering

PANEL DISCUSSION

FEBRUARY 29 1-3PM

CHILLIWACK HOSPICE SOCIETY
7112 VEDDER ROAD

REGISTER:
604.795.4660
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.



www.chilliwackhospice.org

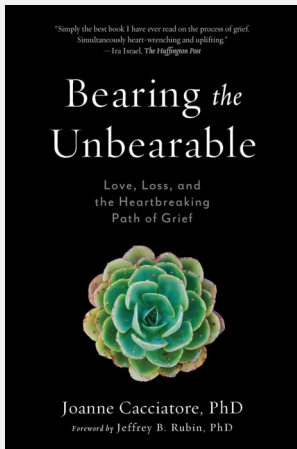


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BEARING THE UNBEARABLE - LOVE, LOSS, AND THE HEARTBREAKING PATH OF GRIEF JOANNE CACCIATORE, PHD



I read this book after a number of people whose children had died told me how helpful it had been to them, although it could be a hard read. Early on in my position at hospice I attended a 2-day conference in Vancouver for parents of babies born still in which Dr. Cacciatore was the keynote speaker. After delivering a baby born still in 1994, she had turned her practice to providing support to bereaved parents. For many parents she was a lifeline, helping them find the courage to move on. Currently, Dr. Cacciatore is a Zen priest, the founder of the international NGO the MISS Foundation, and a professor at Arizona State University, Dr. Jeffrey B. Rubin is a psychotherapist and author of numerous books including *The Art of Flourishing: A New East-West approach to Staying Sane and Finding Love in an Insane World*. In his forward to Cacciatore's book, he notes that the author addresses platitudes and clichés that are meant to bolster the griever. Rubin states that in a society "addicted to the relentless

quest to feel happy and look on the bright side; think positive and count your blessings," grievers are denied the recognition of the "deep, unending pain they are experiencing in their new and unwanted lives."

Cacciatore writes of statements that some think are comforting to the griever such as, "Great things come from great tragedies" or "You are an inspiration". For some these statements may be helpful but for others they are not. One woman wrote to Cacciatore and thanked her for what she had done for her. Instead of telling her how she was an inspiration she told her that babies lives matter; your grief is real; and someone should have helped you.

A concept that resonated for me in Cacciatore's book is that, "grief is a process of contraction and expansion". A contraction of grief occurs when our energy is pulled inward, we tighten emotionally and we withdraw. As the tightness eases (naturally) we begin to open and reconnect with life. Our horizons broaden. The focus in this model is to strengthen our expansion (personal and interpersonal resources) and thus be able to tolerate our emotions when they become intense.

Cacciatore ends her book with the following statement: "The only thing for which life offers even a fleeting guarantee is this moment - right here and right now. This is all we have, all we ever have. It is both absolving and terrifying."



Welcome Candice

Chilliwack Hospice Society is delighted to welcome Candice Quesnel as the new Palliative Services Manager. Candice, a skilled social worker, brings a wealth of knowledge and compassion to her role, holding a Bachelor of Social Work degree and a diploma in Social Services with an Indigenous concentration.

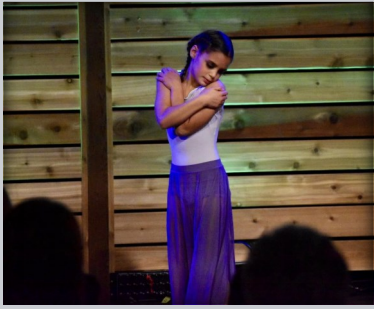
In her important role, Candice will oversee the training, support, and scheduling of our dedicated, skilled palliative care support volunteers at

Cascade Hospice Residence, as well as providing essential support to palliative patients both in hospital and within the community. A key part of her position will also be to facilitate groupwork, with an emphasis on anticipatory grief and caregiver support, enhancing the services already offered by the Hospice Society's grief support programs.

Additionally, Candice is set to reintroduce vigil services, further enriching the care and support provided to individuals and families during the very last stages of life. Her new position marks a significant step in our commitment to delivering compassionate, empathetic, and comprehensive palliative care support services.



Annual Memorial Celebration



Our annual Memorial Celebration Service was held in November. Some very special memories were shared, and new ones were created. Thank you to Vineyard Community Centre for hosting us again this year and our volunteers for providing refreshments for our guests. Also, thank you to Anya McRae and Chloe Ward for their heartfelt performances during the celebration.



Practicum Students

We have the pleasure of hosting two practicum students from UFV from January – April this year. Often our students will come with some personal experience of a loved one's death, but not always; no matter what, students leave here with an expanded understanding and appreciation for the importance of talking about dying, death, and grief.



Kyla (left) and Brooklyn (right) are 3rd and 4th year Bachelor of Social Work students at the University of the Fraser Valley. They will be participating in a range of activities including 1-1 sessions with adults, children and youth, adult grief



support group(s), and possibly some children's group programming. Additionally, they will be facilitating the upcoming Pet Death Grief Support group, and they are currently taking the Basic Hospice Training. Brooklyn and Kyla will attend some educational programming and spend time at the Cascade Hospice Residence. They will be learning about the many different roles and responsibilities of staff at a non-profit organization. We plan to keep them very busy!

Having practicum students helps us too, because it's a great opportunity to review and improve our own practice and skills. We get quite attached to our students and really enjoy having them in our midst – so much so that we often have to take time to reflect and adapt after they have left us. It's so satisfying and exciting to hear back from them as they continue their learning and practicum opportunities, and when they enter their chosen careers. We are proud to be able to offer an amazing learning experience!

Basic Hospice Training

Our Basic Hospice Training wrapped up the last week of January. We offer a 35-



Basic Hospice Training
Winter 2024

hour basic hospice volunteer training two times a year in the fall and winter. This core training is essential for those who wish to work directly with people who are dying and/or bereaved as Client & Patient

Volunteers. The training covers topics such as: the History and Guiding Principles of Hospice Palliative Care; Advance Care Planning; Loss, Grief and Bereavement; Psychosocial and Spiritual Care; Pain Management; Communication and Healthy Boundaries; Family Dynamics; Confidentiality and Ethical Practice.

If you are interested in becoming a Client & Patient volunteer, visit our website for more information: www.chilliwackhospice.org/volunteer



www.chilliwackhospice.org



info@chilliwackhospice.org



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



For helping us change lives in our community

Coping with the Loss of a Pet

 Allow yourself to grieve

 Find supportive friends or groups

 Honour your pet's memory



Chilliwack Hospice Society will be offering a Pet Death Grief Support Group for four weeks beginning February 14. For more information about support for grieving the death of a pet or to participate in the group, please contact Jennifer Dacre, Bereavement Services Manager, at (604) 795-4660

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!

thank you!

We would like to thank Frank from Amax Praetorian for their donation of a microwave and chairs for our reception area.

Thank you to Duke's Pub for their ongoing 50/50 event in support of



Chilliwack Hospice. We really appreciate Duke's Pub choosing Chilliwack Hospice to support in this way.

THANK YOU



Ken Smith and Sue Knott

In December, Executive Director Sue Knott offered a presentation on the many programs and services delivered by Chilliwack Hospice Society.

In appreciation of our work in the community, the Kiwanis Club made a very generous donation. Thank you for your support, Kiwanis Clubs of Sardis and Chilliwack!

As always, a big THANK YOU to all our volunteers. Your help is so important to us. We are so grateful for your hard work and dedication. We couldn't do it without you! We are so thankful for the time and energy you have given us. You make an unforgettable and tangible difference everyday.

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.



www.chilliwackhospice.org



info@chilliwackhospice.org



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



Volunteer opportunities at the Thrifty Boutique



Thrifty Boutique experienced tremendous growth this past year in all aspects of the business, including increased sales, donations, VIP Elite memberships, and recycling. Our dedicated volunteers and staff, along with the thrifting community, made this possible and Chilliwack Hospice Society benefited greatly because of the generous support.

Plans for the 2024 edition of our annual Fashionista Fashion Show will be shared soon. Our monthly clothing sales continue to be extremely popular sales days and our Christmas launch event in October was our biggest yet. We are continuing to offer extended hours every Thrifty Thursday until 7:00pm.



With the surge in sales and donations, however, comes an increased need for volunteers to help manage the flow of items. If you are interested in a fun, flexible volunteering opportunity, please fill out an application at www.chilliwackhospice.org/volunteer or apply in-store. We would love to have you on our team!





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
or ask for an application in-store!

SENIORS 55+ Mondays



20% off

all regular priced items



www.chilliwackhospice.org



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Thrifty Boutique Sales Assistants



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

