

## Chilliwack Hospice Society previews Fall grief support programs

Chilliwack Hospice Society is offering a variety of programs this Fall to provide support to those who are grieving the death of a loved one – human or animal – and caregivers of a dying person.

A new format of group grief support, a **Coffee and Compassion Circle** will offer the experience of compassion in a drop-in model. To be facilitated once monthly on Monday afternoons starting at 1:00pm, the circle will offer grievers the opportunity to connect with others who are grieving the death of a loved one, to improve their understanding of the grief process, to ask unanswered questions in a safe, supportive space, and to learn about the free programs and services offered by Chilliwack Hospice Society.

A grief support group dedicated to **pet loss** will give those who are grieving the death of a beloved pet a safe, non-judgmental space to mourn this meaningful death with others who understand. Discussion topics will include normalizing grief, making room to grieve, self-care, the importance of rituals, and memorializing your pet. The pet loss grief support group will meet once weekly for four consecutive weeks, starting September 11.

For families grieving the death of a grownup or sibling in a child's life, the Child and Youth Program will be facilitating monthly **Family Art Nights** to help children and their grownups process their grief through creative expression. The group will offer participants a safe place to connect with other families who are coping with grief and loss and to share their experiences if they choose. Projects will include memory lanterns, pour painting, and Christmas ornaments.

Movement can be very helpful when coping with stress or grief. A new walking group for caregivers will offer mutual support and camaraderie for those who are caring for a dying person while improving overall well-being by walking along the beautiful Vedder Rotary Trail. **Strength in Strides: Caregiver's Journey** will meet once weekly for eight weeks, beginning September 11.

**First Step Grief Support Group** will meet Saturday mornings this Fall beginning October 19. An eight-week closed program at Chilliwack Hospice Society, First Step offers mutual support and socialization for bereaved adults wanting to share the journey into change and renewal. Grief has no timeline. As such, some group members may choose to begin participating in the weeks following the death of their loved one. Others may find themselves open to the benefits of participating in a grief support group years later and are welcome to do so.

*"Each grief support group Chilliwack Hospice Society facilitates offers participants validation, comfort, and a chance to feel seen as they navigate significant loss in their lives," says Executive Director Sue Knott. "While we cannot fix their pain, we can hold space for them and offer care and compassion for the grief journey."*

Throughout the year, in addition to groups, Chilliwack Hospice Society provides **one-to-one grief support** for children, youth, and adults. Professional staff offer guidance through the tangled processes of grief and loss that accompany dying and death. It does not matter when or how the death occurred, or how a person is connected to the death – anyone can benefit from this support.

If you or someone you know is grieving the death of a loved one right now, call Chilliwack Hospice Society at (604) 795-4660 or visit [www.chilliwackhospice.org](http://www.chilliwackhospice.org) to learn more about the one-to-one support, groups, and workshops that are currently being offered.



*Traumatic Loss Grief Group creating Pour Paintings in July*



# Upcoming Events



**GRIEVING THE DEATH OF A PET**  
GRIEF SUPPORT GROUP

A FOUR-WEEK PROGRAM BEGINS  
**WEDNESDAY SEPTEMBER 11**  
starting at 6:30pm

PLEASE PRE-REGISTER BY CONTACTING:  
**Jennifer Duce, BA, BA-CYC**  
Resource & Support Manager  
jennifer@chilliwackhospice.org  
604.795.4660



**5 STEPS TO AN EFFECTIVE FINANCIAL ESTATE PLAN**

THURSDAY **SEPTEMBER 19**  
1:00-3:00pm

Chilliwack Hospice Society  
712 Vador Road

PLEASE PRE-REGISTER BY CONTACTING:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org  
604.795.4660



**FIRST STEP**  
GRIEF SUPPORT GROUP

AN EIGHT-WEEK PROGRAM BEGINS  
**SATURDAY OCTOBER 19**  
starting at 10:00am

Chilliwack Hospice Society  
712 Vador Road

PLEASE PRE-REGISTER BY CONTACTING:  
**Jennifer Duce, BA, BA-CYC**  
Resource & Support Manager  
jennifer@chilliwackhospice.org  
604.795.4660



**GENTLE CHAIR YOGA**  
Every Ken

TUESDAYS  
**SEPT. 10-OCT. 1**  
9:30-10:15am

PLEASE PRE-REGISTER BY CONTACTING:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org  
604.795.4660



**COFFEE & COMPASSION**  
GRIEF SUPPORT

ONCE MONTHLY  
**MONDAY AFTERNOONS**  
starting at 1:00pm

Chilliwack Hospice Society  
712 Vador Road

PLEASE PRE-REGISTER BY CONTACTING:  
**Jennifer Duce, BA, BA-CYC**  
Resource & Support Manager  
jennifer@chilliwackhospice.org  
604.795.4660



**WALKING**  
ALONGSIDE YOU ON YOUR  
grief journey

Supportive  
Walking Group  
meets Thursdays @ 9:30am



**THE ART OF SELF-CARE**  
Bead-Making

THURSDAY  
**OCTOBER 24**  
from 6:00-7:30pm

Chilliwack Hospice Society  
712 Vador Road

PLEASE PRE-REGISTER BY CONTACTING:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org  
604.795.4660



**Musical CONNECTIONS**  
connecting people through music and joy

EVERY FOURTH  
**TUESDAY**  
of the month

1:00-3:00

Chilliwack Hospice Society  
712 Vador Road

PLEASE PRE-REGISTER BY CONTACTING:  
**Laurie McNaught**  
Community Outreach & Education Manager  
laurie@chilliwackhospice.org  
604.795.4660



## *Chilliwack Hospice Society connects with grieving youth through innovative gaming program*



Chilliwack Hospice Society has extended its grief support program for children and youth to include video gaming to better accommodate clients who are neurodiverse with the support of a community grant from the Chilliwack Foundation.

According to Child and Youth Program Manager Franceska Hills, over the last several years, the number of child and youth clients with a diagnosis of Autism, ADHD, Dyslexia, and other neurodevelopmental disorders have steadily increased at the Society. Hills identified video gaming as an engaging and exciting support model for neurodivergent children. By

offering in-person grief support services through video gaming, children who might otherwise feel self-conscious, apprehensive, and isolated can access support in a familiar, low-barrier way tailored to their interests.

*By embracing and accommodating neurodivergent kids, we alleviate the pressure of them having to perform like their neurotypical peers, masking who they are and how they feel, and denying their needs, Hills explains. That kind of pressure is exhausting and makes the grieving process even harder.*

Through games like Minecraft, children who typically find it uncomfortable and challenging to interact with others, either one-to-one or in a group, can navigate a video game world and feel knowledgeable, successful, and in control.

*Promoting opportunities that provide a sense of security is so essential, particularly when a child or youth is grieving because the feeling of having no control is intensified when someone they love has died, Hills says.*

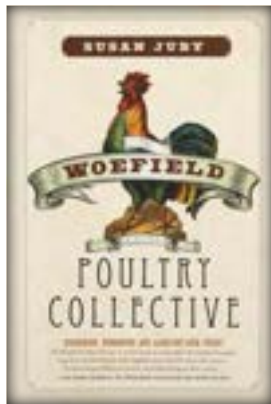
A generous Chilliwack Foundation grant in 2023 enabled the Society to purchase a new television screen, Nintendo Switch, games, and bean bag chairs for the programming space dedicated to its youngest grief support clients. Since then, the innovative extension of the Child and Youth Program of combining grief support and emotional development with video gaming has improved accessibility for neurodivergent and neurotypical clients alike.

Connecting with grieving children and youth often appears differently than grief support for adults. Discussions about death, dying, grief, and loss can occur through playful and creative activities wherein children's and youth's grief experiences are processed and normalized. The addition of video gaming to existing supports such as art, music, and play, has been exceptionally complementary.

At Chilliwack Hospice Society, one of the organization's goals is to provide free, low-barrier grief support services through a variety of programs for children and youth. Individual needs are accommodated through one-to-one support, community outreach, in-school support, group support, family activities, and equine connections. All programs and services are offered free of charge because of the generosity of community donors and their support of Chilliwack Hospice Society fundraising events and the Thrifty Boutique.

To learn more about the Child and Youth Program at Chilliwack Hospice Society or to make a donation, please call (604) 795-4660 or visit [www.chilliwackhospice.org](http://www.chilliwackhospice.org)

## THE WOEFIELD POULTRY COLLECTIVE - A NOVEL BY SUSAN JUBY



Susan Juby teaches at Vancouver Island University (VIU) and UBC. She has received numerous awards for previous publications. We read this book in our prison Book Club and all the participants loved it. Prudence Burns, a New Yorker, has inherited Woefield Farm, 30 acres of scrubland and rundown buildings. The bank is about to foreclose and Prudence, completely inexperienced in working the land, must find a way to salvage this property or lose it. Her neighbours seem unlikely to help her with this endeavour. Seth hasn't left his house since appearing naked at a high school event years ago; Earl, the banjo-playing foreman has been hanging on to a resentment for his brother for decades and is grumpy and cynical. The only hope seems to come from Sara Spratt, a neighbour who is 11, raises chickens and is wiser and more mature than the forementioned neighbours. Sara's wisdom combines her learning through the Jr.

Poultry Fancier's Club (club leaders are even-tempered); her interactions with Bethany, a school friend whose Christian family follow the teachings of the Left Behind; and her phlegmatic personality type. Seth's wisdom is more like, "Don't listen to headphones while trying to shear a sheep." Sara likes Seth "because when I talked he played attention really hard, like he thought I might be interesting or worth listening to. Not many people listen to people who are 11."

Sara is torn in her thoughts about the Rapture. She thinks she would like to be chosen but at the same time finds the ones to be left behind are more interesting than those chosen. She reflects on her newly-found friends. She is 90% sure her dad will be here forever as will everyone at the farm. Earl swears and is moody; Seth swears even more, drinks, has long hair and wears tight pants; and Prudence is single and lives with people who swear and drink.

The book is very funny and I still laugh out loud on the second read but serious topics are covered. Seth and alcoholism is one. And Sara confides in Earl that her dad hit his mom with the tuna casserole and Earl shares about things that had happened in his family. After Earl listens to Sara, she says, "I think Earl is one of my best friends that I know." Sara also experiences stomach problems which are often a symptom of abuse or witnessing abuse.

The Poultry Woefield is certainly funny, and at the same time embraces the notion that, "competence takes a backseat to community, particularly diverse community. People can do and survive many things they could never do apart." In the world we live in today we often find ourselves 'apart' from others. In the Poultry Collective a disparate group of people find comfort and support with each other and learn to value people's diverse talents. As Sara notes, "the secret for getting ahead is getting started. It seems like a lot of adults have trouble getting started. Or maybe they just get started on the wrong things."

### SPOILER ALERT

The novel ends with a large bluegrass gathering which brings together Earl and his brother Merle (the Clement Brothers) to the First Annual Woefield Farm Music Festival. The High Lonesome Boys are getting back together and Prudence is able to save the farm from foreclosure.



### *Welcome Deanna*

In February, Chilliwack Hospice Society was delighted to welcome Deanna Fedorkew as our full-time receptionist. Hers is the first smile you see upon entering the office. Deanna manages our front desk, keeps us organized, and has already become an essential part of the team.

Please give her a warm welcome! So happy to have you here, Deanna!



## *Welcome David*

Chilliwack Hospice Society is pleased to welcome David Hughes as the second Child and Youth Program Manager. A youth counsellor for many years, David brings experience and compassion to his role. He holds a Bachelor of Arts degree with honours in psychology and a Liberal Arts diploma from the University of the Fraser Valley. David specializes in working with neurodiverse and LGBTQIA2S+ people.

David's work will complement and enhance the current programs led by Child and Youth Program Manager Franceska Hills which serve our organization's youngest grief support clients and their families. Expanding our capacity for additional one-to-one support spaces and new grief support groups ensures we will continue to meet the increasing needs of our growing, diverse community.

## ***Meet our Volunteer - Linda Hartley (Leduc)***

Linda, a devoted mother of 4, grandmother of 8, great Grandma of 1 and wife to her fabulous husband Curtis, is an inspiring volunteer with the Chilliwack Hospice Society.

With unwavering dedication, she actively supports individuals and families navigating the profound challenges of grief, palliative care, and life-limiting illnesses.

Linda's journey with the Chilliwack Hospice Society began, after the sudden, traumatic death of her best friend Les, when she sought bereavement support services. Experiencing the depth of her grief and the invaluable support of the Chilliwack Hospice Society, she felt a calling to give back. Linda committed herself to this mission by completing Basic Hospice Training and Vigil Training in 2023, equipping her with the skills to walk alongside those through their grief.

Since joining the organization as a volunteer, Linda has embraced various roles, including volunteering at the Thrifty Boutique, actively participating in the Supportive Walking Group, and volunteering for all the various Chilliwack Hospice Society local community events.

Her passion for empowering others living with life-limiting illnesses shines through in her work as a co-facilitator for a palliative support circle, where she provides one-on-one support to those impacted by serious, life limiting illnesses.

In addition to her impactful work with the Chilliwack Hospice Society, Linda also volunteers at Cascade Hospice, where her compassionate spirit and resilience leave a lasting impression on the lives of those she serves.

Her commitment to helping others navigate their own journeys is a testament to her strength and dedication.

When not volunteering, Linda can be found cutting a rug with her line dancing group, finding solace in the outdoors, spending time with family and friends and living life to the fullest, never ever taking a single moment for granted and mindful to not sweat the small stuff!



11<sup>th</sup> ANNUAL  
*Hometown*  
**HOEDOWN**  
FOR HOSPICE

***Hometown Hoedown raises \$68,000 for Chilliwack Hospice Society***

On Saturday, April 6, Chilliwack Hospice Society supporters donned their hats and boots for a night of fundraising in cowboy style at Evergreen Hall. The evening featured a delicious barbeque buffet by Smoke and Bones BBQ, silent and live auctions, and dancing to many popular songs from local band Cold Chain with special guest Trevor McDonald.

In total, \$68,000 was raised to help fund the grief and palliative care support the Society provides the community free of charge. Event organizers would like to thank all those who attended or supported the 11th Annual Hometown Hoedown for Hospice through sponsorship, donations, and ticket sales for contributing to its success.



*Volunteer Joe Palmer posing in front of the photobooth*



*(Below) Volunteers from the Chilliwack Players Guild*



*Volunteers (from left) Judy Sawyer, Vivian Magnussen, and Adina Kornelson*



We'd also like to thank Atchelitz Threshermens Association Museum for their support again this year in providing décor for the event.

Thank you to all our staff and volunteers. We couldn't do it without our volunteers - you are all amazing! Thank you to Vickie Legere our photographer, Lois Makela who made the fabulous Dessert Dash a reality, and Wenona Guilderson whose decorating talents turned Evergreen Hall into a country Hoedown.



*Band Cold Chain with special guest, Trevor McDonald*



# HEALTH & WELLNESS DAY

*Living Well* JUNE 11, 2024 • 10AM-4PM



Our annual Health & Wellness Day took place June 11th. Workshops we featured this year included: “Introduction to Chair Yoga” with Yoga instructor Emmy Kerr, “Artistic Expressions of Grief” with Rose Ross from Julie Anne’s Art & Custom Framing, “Journeys through Grief & Loss” with author Dr. Maple Melder Crozier, “Living Well During Grief, Loss & Aging” with Lucy Fraser - Director of Programs and speakers Elaina Wugalter and Lee White, and “New Relationships after the Death of a Parent/Spouse” with Bereavement Services Manager Jen Dacre and Child & Youth Program Manager Franny Hills. Our Relaxation Treatment team provided Relaxation treatments throughout the day and harpist Anya McRae provided beautiful relaxing music.



Thank you to all participants and Community Partners. We had educational displays provided by the Chilliwack Learning Society, the Silver Surfers, Chartwell Retirement Residences, Chilliwack Hospice Society information booth, and PADS - Advanced Dog Trainer Lisa Davis provided information on how we can become



involved as volunteers and fostering therapy dogs. Thank you to everyone who made this day possible, including the donations from the following contributors: Cookies Grill, Mighty Moose Ice Cream, Apollo Clinic, Aqua Soul Med Spa, Klassen Farms, and Farmhouse Natural Cheeses.





*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!

## THANK YOU



We're so appreciative of the fundraising efforts by Duke's Country Pub this year!



They've held 50/50 draws and a Wild West Round Up event for us and raised a lot of money for our free grief support and palliative care support programs. Thank you, Duke's!



In May, our Director of Programs, Lucy Fraser, celebrated her 20th anniversary with Chilliwack Hospice Society. Congratulations Lucy! Your commitment to our mission is incredible. What a significant milestone. **Happy Anniversary, Lucy.** Thank you for all you do!

## Quilts



*Palliative Services Manager Candice Quesnel with volunteer Robert Picard*

We are delighted to share a heartwarming story of generosity and community spirit. Robert Picard, a talented quilter and dedicated volunteer with the Chilliwack Hospice Society, graciously crafted and donated this stunning quilt for the volunteer office at Cascade Hospice. This quilt, for our volunteer space, is not just a beautiful piece of art but also a symbol of the compassion and dedication that defines our community. Each stitch and pattern reflect Robert's care and thoughtfulness, adding a personal touch that

makes our volunteer environment even more welcoming and comforting. Robert's donation is a testament to the incredible support we receive from volunteers like him.

The Chilliwack Hospice Society and our Cascade volunteers extend our deepest gratitude to Robert for his kindness and for creating something so special for our team. This quilt will undoubtedly bring warmth and joy to everyone who walks through our doors. Thank you Robert!

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. If you are interested in quilting, check out these websites:

[www.chilliwackquiltersguild.com](http://www.chilliwackquiltersguild.com) and [www.chilliwackpiecemakers.com](http://www.chilliwackpiecemakers.com)



*(from left to right) Joyce Clough (We Care Chairperson/Chilliwack Quilters' Guild), Deanna Fedorkew (receptionist), Trish Van Vliet (We Care Coordinator/Piecemakers Quilters), Candice Quesnel (Palliative Services Manager)*



6<sup>TH</sup> ANNUAL  
*Fashionista*  
 FASHION SHOW



The Fashionista Fashion Show took place on Friday May 10th, and it was spectacular! Our fabulous volunteers worked so hard to put on another amazing event. We had lots of fresh faces on the runway this year and it was so nice to see everyone smiling and proud when they finished. Once again, the volunteers did an amazing job from start to finish. Thank you to our soloist Tillie Waal who got the evening started beautifully. We are incredibly lucky to have such an amazing group of volunteers that help make our events successful.



*Soloist Tillie Waal*



Thanks to everyone in the community who came out to support us. We sold out early with 200 guests taking in the show.

Plans are already underway for our next show in the spring of 2025. Make sure to get your tickets early so you don't miss out!

We hope to see you there!



## *Volunteer Appreciation day at the Thrifty Boutique*



On April 28th, we celebrated our Thrifty Boutique volunteers with a Volunteer Appreciation day. We had lots of fun and enjoyed great food from the Food Trucks.

Our Thrifty Boutique volunteers are such a fantastic, hard-working crew. The effort they put into each day to ensure everything is cleaned, repaired, steamed and ready to go to our wonderful customers is amazing. Each time you walk into the store you can feel the labour of love our store is to all who work and volunteer here.

Thank you so much to all our volunteers - we couldn't do it without you!



## Board of Directors

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*Vice-President*

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Candice Quesnel  
*Palliative Services Manager*

Franny Hills  
*Child & Youth Program Manager*

David Hughes  
*Child & Youth Program Manager*

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*Community Outreach & Education Manager*

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*Thrifty Boutique Manager*

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Susan Greenway  
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Lily Poje  
Wenona Guilderson  
Lois Makela  
Bonnie Yule  
Danika Heinrich  
*Thrifty Boutique Sales Assistants*

THURSDAY  
SEPTEMBER 12  
2024



Scan to sign up!



9:00 AM  
SHOT GUN START

Meadowlands Golf &  
Country Club  
47823 Yale Rd. Chilliwack

## 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)

