

Surrey Hospice Society

Spring 2013 Newsletter

Companions for the Journey



Surrey Hospice Society

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With Spring, Comes Change...

It is a sign of rebirth and regrowth. The Surrey Hospice Society has had the same location on 68th Avenue for over a decade and now we have finally found a new home for our staff, volunteers and clients!

Effective March 28th, 2013 we will re-open in our new location:

#1—15243 91 Avenue
Surrey, B.C. V3R 8P8
Phone: 604-584-7006
Fax: 604-584-7009

Be sure to come visit our new location on April 10th at our Open House/AGM—Details inside on page 9

Message From Our C.E.O.

It is the end of a chapter at Surrey Hospice Society. After many years at 68th Avenue, we are moving our Resource and Support Centre to new premises located at 1 – 15243 91 Avenue, Surrey, BC. As we make this move, we are reminded of all the people who have walked through the doors over the years, whom we have been able to help

We are very excited about our cozy new premises. The premises are closer to Laurel Place Hospice which will be more convenient for clients to access services whilst taking care of their loved ones.

We are moving in on March 25th with the help of members of the Rotary Club – Surrey Guildford, volunteers from the Surrey Fire Fighters and our Community Thrift store.

We are planning several of our events at this time including the upcoming Open House/AGM on April 10th at 5:30pm. This will be held at the new premises. We hope you can join us and take a tour of the Support and Resource Centre and stay for the AGM at 6:30 pm when we will be welcoming some new board members and saying thank you to those who have completed their term of office.

We are also preparing for the annual Dove Release at Bear Creek Park on Saturday May 11th. This is such a beautiful way of remembering a loved one, and we hope for another sunny day like we had last year! You can reserve a dove to release in memory of your loved one, but you are also very welcome to attend without purchasing a dove and have your loved one's name read out, so please join us.

The success of our Organization depends upon the contribution of Staff, Volunteers and donors! We are very fortunate to have the very best people here at SHS – everyone works extremely hard and is committed to the work we do. I see this demonstrated everyday by dedicated people who are here to make a difference, and they certainly do! We thank each one of you for all that you give.

The Community Thrift Store has recovered from the fire and has reported some increased sales due to the hard work and enthusiasm of staff and volunteers. The volunteers have brought their ideas and experience forward to generate increased sales and it is great to see how much pride they take in contributing to the success of the Store.

Thank you once again to the Staff and Volunteers and to the Surrey Fire Fighters Charitable Society for their hard work at the Community Thrift Store!

Jacqueline Hewitt
C.E.O.



Spring has returned. The Earth is like a child that
knows poems.

~ Rainer

Message From Our Program Director

There is a wonderful parable that talks about a man walking along a beach at low tide concerned about the star fish that have washed ashore who may perish in the hot sun before the ocean water returns with shifting tide. As the man is meticulously picking up individual star fish and throwing them back into the water a young jogger runs by making fun of him, saying “why bother”, there are hundreds of star fish and no way to attend to all.



The man gently responds by saying; “it matters to this starfish”.

This parable was woven in beautifully by the author of the piece into reflections about serving life and how the simplest acts of kindness have a greater impact than we can ever see.

This was recently presented as bases for reflection with our hospice volunteers who work with palliative patients and their families within our team support group meeting. The room came alive with initial dialogue about how the work has touched each of them and in turn stories were shared as to how even the simplest act of giving had had an effect on another in unexpected ways. Many of the volunteers spoke of being profoundly impacted by this realization and though not looking for any form of a “reward” for the work they do were touched by the gratitude expressed by the patients and families for these acts of compassionate care and love. Resulting in this quiet form of service becoming even more fulfilling for them in the most subtle of ways.

Yes, each interaction with another has great impact; whether those in sensitive end of life transitions or in our day to day exchange.

It *does* matter the intent we hold. It *does* make a difference in the world; a moment at a time.

This work reminds us of that truth every day.

Barbara Morningstar
Program Director



Message From One Of Our Clients

FINDING MY WAY

In October of 2010 my husband was diagnosed with cancer and given 3 to 5 weeks to live. During the next 17 months he underwent extensive chemotherapy treatment with amazing care from a very dedicated chemo staff and a wonderful oncologist, a procedure to try to open a bile duct (which was unsuccessful), then again more chemo. During all of this time he was able to remain at home and carry on with life. During the last months we had support from Fraser Health Palliative Care Services.

My husband and best friend died at age 67 on March 1, 2012 at which time I was referred to Surrey Hospice Society for grief support and saw Rosemary, grief support counsellor, for several sessions over the summer as well as taking part in a Drop-In Grief Support group. Last fall, I attended Nature's Amble and then the Finding My Way group.

I really appreciated learning that I and my feelings/emotions were "normal" and that I really was not going crazy. Learning that there were others feeling pretty much the same as me, and hearing their stories and how they were coping reinforced the new found knowledge that the grief journey is similar and very different for each person and "normal". I appreciate the bonding that took place in the group and the support that was freely given by members of the group, staff, and volunteers.

I thought the "drop-in" sessions complimented the "Finding My Way" sessions tremendously. Each group added value to the other in its own way. I felt there was more time in the drop-in sessions to focus on information in the hand-outs and to work together on what that information meant. Being able to focus a bit more slowly and directly on feelings and resources about how one can cope with this life wrenching situation definitely enhanced the "Finding My Way" program.

"Nature's Amble" walking group offered support in other ways. It was soothing and stress releasing due to being outdoors in the fresh air and getting exercise. It allowed unhurried time to get to know others working through their grief journey. It also allowed the opportunity to share ways of coping. Again, the volunteers were supportive and accepting and shared coping strategies with the group.

I appreciate that there was no judgment and unconditional permission to cry in all of these programs.

These programs gave me some strength to begin working through my grief in my way and some tools to help me move on.

I have learned how to start opening up to new things and pathways. Although I still have a **long way to go** to find the new path I must follow and the new me, I can slowly see a glimmer of hope for the future.

The programs helped me to do some networking and I loved the way everyone shared their ideas and offered suggestions for what helped them along the way.

I would strongly recommend utilizing the services of the Surrey Hospice Society.

Fran H.



Message From Our Clinical Counselor—Noele Bird

Supporting Teen Grief: Ideas from Dr. Alan Wolfelt

Dr. Wolfelt is an author, educator, and practicing grief counselor known internationally for his outstanding educational contributions to both adult and childhood grief. He serves as Director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine.

A teen's support systems have a critical influence on their grief process. Teens may or may not find comfort from their peers who may be afraid to approach the subject of death. As well, the surviving parent or siblings may not be able to provide the support that a teen needs because they are overwhelmed by their own grief or because their grieving pace may be quite different.

A caring adult presence is the most important gift you can give a grieving teen. Initiate contact, be there for them, and listen. Teens often have difficulty communicating verbally to adults. When they do open up, it's important that caring adults listen without distraction, judgment, criticism or butting in. It's necessary to establish trust with a teen and important to honor confidentiality unless you are concerned they might harm themselves or others.

The best way to get a teen to talk to you is to spend time with them. Go for a hike, a drive or shopping, play hockey or shoot some baskets together. Do something together and allow conversation to naturally unfold.

Noele Bird
Clinical Counselor



SURREY HOSPICE SOCIETY

offers:

Finding My Way

An Adult Grief Support Group



Tuesdays 7:00 – 8:30

April 16 – May 21

The purpose of this six-week grief group is to provide support to adult participants grieving the death of someone significant in their life. This group provides a safe environment to explore the central needs of mourning as participants share their individual stories. By sharing one's grief experience with others, participants begin to learn how to integrate this loss into their lives.

“when we mourn well, we will go on to live well and love well.” Dr. Alan Wolfelt

Surrey Hospice Society bereavement staff and volunteers facilitate each group. This group is generally geared to individuals whose loss to death occurred at least several months ago. If your loss to death is more recent than this, there are other support services open to you through the Surrey Hospice Society.

There is **no charge** to participate in **Finding My Way**.

**Sessions are held at the Surrey Hospice Society's
Support and Resource Centre
#1 – 15243 91 Ave.**

**Call Rosemary or Noele (604) 543-7006
for more information and/or to register**

Thrift Store News

Community Thrift Store

7138 King George Highway

Surrey, B.C. 604.599.9930

Welcome Spring!!!

The volunteers at the thrift store are looking forward to the many colors that come with spring clothing. After the cold weather we all look forward to embracing the sunshine and wearing bright and fun clothing, strappy shoes and big fun purses. We look forward to sharing these items with you.

Please check out our Senior's Club Card for everyone over 60 you will receive 10% off each time you shop at the store. Inquire at the cash desk to get your card.



Mother's Day Event – May 4-5

Come look for that special gift for your mom.

Gold & silver jewelry will be available for an extra special gift—including a gold & pearl brooch valued at \$1900!

The volunteers and staff look forward to seeing you at our events. Come to the store and look at our monthly calendar posted at the cash desk. It shows all the event days for the month at the store.

Upcoming Events:

March Madness:

March 18 – 23 - Just for kids

Spring Break Specials at the store. Join us for Count the Jelly Beans and win a prize. Kids clothing will be on sale all week. Look for specials throughout the week just for kids. Come join us to celebrate the kids we love.

Household Event: April 13 -14



Bring a new look to your home with décor items, cook books, gardening books, dishes and small appliances.





Please note that effective
Thursday, March 28th, 2013

The Surrey Hospice Society
will be open at:

**#1 - 15243 91 Avenue
Surrey, B.C. V3R 8P8**

Please note our new numbers:

Phone: 604-584-7006

Fax: 604-584-7009

Thank you for your patience!





NOTICE OF ANNUAL GENERAL MEETING AND OPEN HOUSE

Notice is hereby given that the Annual General Meeting for Surrey Hospice Society will be held on April 10th, 2013 at 6:30 pm. The meeting will be located at our new premises located at #1—15243 91 Avenue Surrey, BC.

This meeting is open to society members and the general public. Prior to the meeting we will have an Open House from 5:30 to 6:30. Refreshments will be served.

This year in addition to the usual end of year business and election of the Board of Directors, we are delighted to have Councillors Mary Martin—City of Surrey come and say a few words and Dr Charlie Chen, Palliative Care Physician will be our guest speaker.

For more information please check out our website
www.surreyhospice.com

RSVP by April 1st, 2013 admin@surreyhospice.com or call
604-543-7006

Donations In Memory Of...

Carol Ann Strini

John Daniel Custock

John Cloutier

Annie Simpson

Pat Lalley

David Terry

Cathy Nickerson

Adriana Eenkhoorn

Doris McMillan

Melba Kaminsky

Kevin Smyth

Surinder Samra

Marie Bilinski

Laura Mah

Kenneth Cozicar

Help us
go
Green

By receiving y our newsletter by email.

Please contact (604) 543-7006 or by email: admin@surreyhospice.com

If you are receiving our newsletter and would like to be taken off the mailing list, you may also contact us by phone or email. Thank you!

Light A Candle

I will light a candle for you
To shatter all the darkness
And bless the times we knew
Like a beacon in the night
The flame will burn bright
And guide us on our way
Oh today I light a candle for you

The seasons come and go
And I'm weary from the change
I keep moving on
You know it's not the same
And when I'm walking all alone
Do you hear me call your name?
Do you hear me sing the songs
We used to sing?

You filled my life with wonder
You touched me with surprise
Always saw that something
Special deep within your eyes
And through the good times and the bad
We carried on with pride
I hold onto the love
And life we knew

Paul Alexander



Dove Release Memorial Saturday, May 11th, 2013

Enjoy the park while celebrating the memory of your loved ones. Our Annual Dove Release Memorial will take place Saturday May 11, 2013 from 9 am to 12 pm at Bear Creek Park (Rain or Shine)

For a donation of \$100 you can release a dove during a special time of remembrance for loved ones who have passed away. To have the name of your loved one recognized at the dove release, and to reserve a dove please call 604-543-7006 or email admin@surreyhospice.com.

You are also welcome to have your loved one's name read out without purchase of a dove. Please join us for this beautiful memorial.



Help Us to HELP OTHERS

Mission Statement

We are rooted in the community and branching out to those in need, by providing social, emotional and spiritual support for individuals and their loved ones as they face life-ending illness, and we provide ongoing grief support programs for children, teens and adults.

We believe no one should face a life-ending illness alone, and no one should be alone with their grief.

We offer "Companions for the Journey".

Yes. I will support the Surrey Hospice Society

☐ \$500 ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$25 or ☐ \$ _____

☐ One Time Gift ☐ Monthly Gift \$ _____

Please make cheques payable to: **Surrey Hospice Society**

☐ VISA ☐ MasterCard ☐ Cheque Enclosed

Card No.

Expiry Date

Name on Card

Signature

☐ Please send me information on making a gift through my will.

Name

Address

City Province Postal Code

Monthly donors: I hereby authorize Surrey Hospice Society to make automatic monthly withdrawals from my bank account or VISA card, as indicated. I understand that I may cancel authorization at any time by notifying Surrey Hospice Society in writing. I will receive a tax receipt for the total amount of my monthly gift on an annual basis. I have enclosed a "void" cheque or provided my VISA Card information.

Signature

Date

Charity No. 11920 6605 RR0001

13857—68th Avenue

Surrey, BC V3W 2G9

Phone: 604-543-7006

Fax: 604-543-7006

www.surreyhospice.com

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Today may be the day that your life will be touched by the news that you or a loved one is facing a life-ending illness. Maybe you are grieving the death of someone close to you.

The Surrey Hospice Society has been supporting our community for 25 years, companioning individuals and families during what is often the most sensitive and sacred life transition they will face.

To continue reaching out to our community, we need your help! Please visit www.surreyhospice.com for more information today.

WAYS TO CONSIDER DONATING

• One-time gift

• **Monthly Gift**—have you considered monthly giving? This is an easy, effortless, effective way to support the Surrey Hospice Society with your monthly gift of \$20 or \$30 or \$40 per month.

• **Become a Member** — for \$25 you can become a member of the Surrey Hospice Society. Please contact the office to register or if you would like more details

• **Leaving a Legacy**—make a gift through a will or other gift planning instrument. Call us to learn more about the benefits of charitable giving through financial and estate planning.

The Surrey Hospice Society has signed up with CanadaHelps.org to make it easier to donate. Visit our website at www.surreyhospice.com and click on the CanadaHelps.org icons. CanadaHelps was created to make giving simple. They have not only made the process simple, but fast, secure and convenient.