



Letter from the President of the Board

Dear Surrey Hospice Society Volunteers and Members:

I am deeply honoured to be writing you as you're newly elected President. This is my second time serving on the Board of Surrey Hospice Society and I am glad to be back, but let me tell you, in the ten years or so I was away, things have changed significantly!

It's like the healthcare system is now in twice as much need of our support, particularly from our Clinical Counsellors and all of you volunteers, while the community support seems to have been diffused by a flood of new competitors, each equally, and desperately in need of our community's limited time, talent and treasure. What are we to do?

Well first of all, I need to take a moment, and on bended knee, get down, take my hat off (if I wore one) and express to all of you my heartfelt gratitude (and awe), at the job that all of you have been able to do, keeping us more or less functioning at full capacity, in spite of our steady annual depletion of resources. Truly the job you have all done over the last decade is a modern (and vital) miracle.

But those of us more on the business end of this society now clearly have our work cut out for us - we know that by doubling our space in our thrift store we should be able to double our income from that end. Rebecca has been working on developing new and innovative fundraisers, seeking additional grants and sponsorships. I have been blessed in my outreach to some of our supporters from a different age, all of whom support your new Board in our current focus, that some things are going to have to change! We simply have to get smarter and more efficient, and, we need to get some of our former great supporters back up here in the saddle again. We were so blessed to have Shell Busey join us at the last minute to step in and help us bring in our Anniversary Gala, though only a quarter the size we had hoped for - thanks Shell for helping us! We have now been thinking that perhaps we need a different kind of event, different kinds of fund-raisers, and different kinds of celebrations - do any of you out there like sing-a-longs? The first time I was invited to a Hospice, May's Place when it opened in 1993, they told me I wouldn't be allowed in without a banjo!

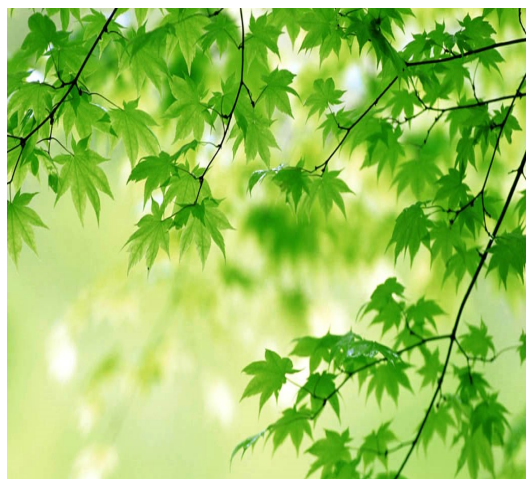
Remaining your humble servant, wishing you the very best for this coming New Year!

Thomas PJ Crean,

President

Surrey Hospice Society

*"When we
give cheer-
fully and
accept
gratefully,
everyone is
blessed."
— Maya
Angelou*



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INTRODUCING JUDI ARTHUR...

“We change the world a little each day with our kindness.”

~ Tom

Giaquinto

Judi Arthur is a registered clinical counsellor who joined the Surrey Hospice Society team as a practicum counsellor in 2016.

Motivated by a desire to deepen her grief literacy and companioning skills, Judi completed the Hospice Volunteer Education Program in 2011. As a Surrey Hospice Society volunteer, she has worked in the Tertiary Palliative Care Unit at Surrey Memorial Hospital, facilitated our grief walking group, Nature's Amble, and supported palliative clientele in the community.

As part of her Master's degree program, Judi completed a capstone project- akin to a thesis- on coping with perinatal loss. The aim of this self-help psychoeducation resource is to validate the loss experience of expectant mothers who lose a baby via miscarriage and stillbirth, but also to offer ways to help these women to cope and work through their grief.

In addition to being a clinical counsellor, Judi is a registered dietitian with an extensive consulting experience in government, healthcare, non-profit, and hospice settings.

In her private practice, Judi explores the fascinating intersection of nutrition and mental wellness as well as perinatal bereavement, life transitions, and mind-body wellness.

Upcoming Events

- March 14th 2017—Hospice Forum Working Group & Advisory Committee Meeting
- March 15th, 2017—Board of Directors Meeting
- March 24th, 2017—Second Annual Pub night—Hoe Down for Hospice!
- April 4th, 2017—Volunteer training Class commences
- April 12th, 2017—Public Presentation offered at Chuck Bailey Community Centre
- April 19th, 2017—Board of Directors Meeting
- April 28th, 2017—Public Presentation and Info Booth at Laurel Place Health & Wellness Fair
- May 7th, 2017—“Mother's Day without Mother” Client Support event
- May 17th, 2017—Annual General Meeting of Surrey Hospice Society

Words from a Supporter & Supported:

Hi, my name is Rhayne. I am a professional recording artist, vocal instructor and mother.

I felt blessed when Tricia from the Surrey Hospice Society asked me to sing for their 2016 annual Dove Release Ceremony held at the Bear Creek Pavilion located in Bear Creek Park (November 6th 2016). I then asked my adult singing students that I teach at Surrey Arts Centre and Fleetwood Community Centre, to join me.

I also participated in this ceremony as well, by releasing a dove in honour of my son Luke Retieff, who passed away from an illness nine years ago. He will always be my hero. He was the most amazing, compassionate and honest person I have ever met, whom I cherish deeply. An old soul. Releasing a dove at the same time the name of your loved one who has passed away is read aloud, for me is symbolic of releasing something sacred into Heaven. This is a powerful way to honour and remember your loved one.

I want to give a special thanks to Tricia and her team from the Surrey Hospice Society for organizing this heartfelt event for those who feel the pain of loss, which allows people from all walks of life and different belief systems to unite. Sometimes when you have lost someone you love, it can leave one feeling isolated. This event brings many people together from the community who are grieving or have experienced grief, fostering a common bond and a sense of comradeship, which brings healing for the soul. Whether you have been grieving one week or twenty years, the Dove Release Ceremony is very healing.

I was so lucky that family from the island, Alberta and Saskatchewan all came to join me, as well as my student choir that day. My aunt from Saskatchewan said to me just before I released the dove, "I will never forget this day for the rest of my life," which I thought embraced the moment perfectly.

I would also like to give a special thanks to my singing students who beautifully performed Amazing Grace, Morning Has Broken, Somewhere Over The Rainbow, as well as a Gregorian chant that I have written. I would like to thank the Surrey Hospice Society for asking my students and I to perform at this sacred ceremony, which provided me the opportunity to honour my son.

Singing is very healing as well as a lot of fun, so join me when new classes start at the Surrey Arts Centre and Fleetwood Community Centre. Just register through the Surrey Leisure Guide or register in person at the centres.

Even if you missed this amazing ceremony, know that you are never alone in your grief, as I believe that our loved ones are with us. Also know that the Surrey Hospice Society provides free grief counselling for all ages, which I think is a great service and is incredibly beneficial for our community.

Yours truly,

Rhayne

*"Morning has
broken like
the first
morning
Blackbird has
spoken like
the first bird
Praise for the
singing
Praise for the
morning
Praise for
them spring-
ing fresh from
the world"*

~ Cat Stevens



Volunteer Profiles



In September 2001, I registered for the hospice education training at Surrey Hospice Society. I became interested in taking the training and volunteering because I had experienced my own loss and thought this would help me understand the complexities of my own grief.

When I started on the Palliative Care Unit at SMH (Surrey Memorial Hospital), I was nervous and excited. Nothing could prepare me for how volunteering for Surrey Hospice Society would ultimately impact my life in such a profound way.

Much of what we do as volunteers is listen – listen to the stories of the patients, the families and friends that visit. The stories I've heard over the years have filled me with joy, sadness and laughter. The stories have taught me to live life without judgements of others and to accept the twists and turns of my own life. The stories have taught me that grief is complex and that's okay. And although it might seem obvious to some, the stories have taught me that life is about living and loving.

It's impossible for me to put into words how precious the visits I had with patients and visitors were but I would like to say how thankful I am for being invited into a sacred space – when a wife is watching her husband die, when children are preparing to say good bye to a parent, when life-long friends are sharing their last laughs, when I'm holding the hand of someone who is afraid to die. The intensity of these moments simply can't be put into words.

After 15 years, I am sad to be leaving Surrey Hospice Society. Volunteering for this society has shaped my life in ways that I couldn't have imagined and I'm so thankful. I want to thank the volunteers that I've had the pleasure of meeting over the years for sharing their own stories and volunteering experiences and I want to thank the Volunteer Coordinators that have supported me over the years. I'm so blessed for having this experience.

Thank you.

Kiren Klair

Opportunities to help.

Rooted in the Community...

As a volunteer based, non-profit organization rooted in the Surrey community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life-ending experience. We provide ongoing grief support programs for children, teens and adults.

To do this, we depend on volunteers, donations, sponsorships and grants. We also are supported by our Community Thrift store (which we share with the Surrey Fire Fighters Charitable Society.) All this means that we are truly of, by and for the Community of Surrey. Here are your opportunities to get involved:

- Donate funds to the Surrey Hospice Society
- Donate gently used/unneeded goods to our thrift store
- Attend our events
- Volunteer (in our office, our thrift store, with Hospice support, Board)

The Surrey Hospice Society Presents:
Hoe Down for Hospice Pub Night!
Putting the FUN in FUNdraisers



Rusty's Neighbourhood Pub

17770 56th Ave., Cloverdale



Day: Friday, March 24th
Time: 5:30 PM
Tickets: \$25.00
50-50 Draw, Toonie Toss, etc.

****All proceeds go to supporting the Surrey Hospice Society****

To purchase tickets call the Surrey Hospice Society at 604-584-7006 or
email: admin@surreyhospice.com

Deadline to purchase tickets – March 21st, 2017

Ticket Includes: Your choice of a hamburger, veggie burger, or chicken burger with fries and a beverage (which includes either a Canadian, Coors Light, or Cariboo sleeve, a glass of house wine, a bar high ball, or any non-alcoholic beverage).

Contact Us

Give us a call for more information about our services and programs

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