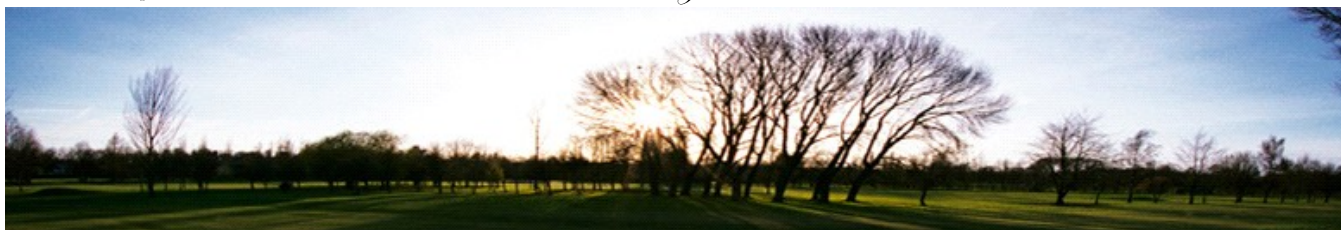


Surrey Hospice Society

"Companions for the Journey"

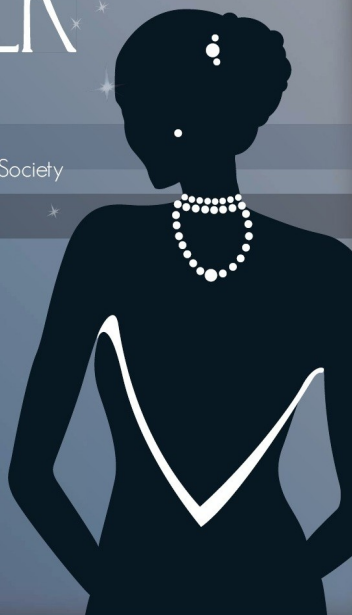
Fall 2010



AN AFFAIR TO REMEMBER

November 13, 2010

An elegant evening with proceeds going to the Surrey Hospice Society
Champagne Reception 6-7pm
Dinner buffet served at 7pm



The Surrey Hospice Society is proud to present an evening of dinner & dancing with ABBA AGAIN and MC Bob Saye from 93.7 JR FM.

Location: Eaglequest Coyote Creek Golf & Country Club
7778 152nd Street, Surrey, B.C.

Tickets: \$95.00/person
Call (604)543-7006 for tickets and info

A Big Thank You To Our 2010 Sponsors

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The Leader 80

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An Affair to Remember

Please join us for our biggest fundraiser of the year. An evening of dining and dancing at the beautiful Eaglequest Coyote Creek Golf & Country Club with MC Bob Saye from 93.7 JR FM and featuring ABBA AGAIN.

This Canadian tribute to ABBA has beautifully blended harmonized vocals, exciting eye-catching choreography, glittering costumes with platform shoes. and a touch of humour! Relive the music of the 70's while enjoying a fabulous buffet dinner. We have 600 Balloon prizes to purchase (200 winners!) and a live auction.

Tickets are available now by calling 604.543.7006. We accept Visa, Mastercard, cheques or Cash.

Summer 2010 at SHS - President's Report

Hello to each and every one of you.

Hoping you enjoyed the lovely summer we had. It went by far too quickly it seems. The older we get the seasons, and then years fly by way faster, do they not?

"For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad."

-- Edwin Way Teale

I love this quote as it captures the essence of this wonderful time of year—Autumn.

It is a time for us all to settle back into our old routines after the freedom of

summer, or create new ones in response to life changes we are experiencing – returning to regular work days, school or adjusting our lives after the loss of a loved one.

Autumn is kind of a nesting season... shorter and darker days when we want to spend more time indoors with family, friends and colleagues exchanging ideas, sharing stories of our summer excursions and overall being grateful for what we have. It is also a time of reaping the benefits of all we have done in the seasons before.

Surrey Hospice Society staff and volunteers have been extremely busy over the spring and summer "Sowing the seeds" for a very exciting autumn,

filled with fun and innovative activities. All the hard work by this wonderful team of passionate and dedicated people will result in our ability to continue providing quality support services to the families who are facing end of life of a loved one

Without all of you, none of this would be possible.

On behalf of the Board of Directors I extend our heartfelt gratitude for your passion, your dedication and commitment.

Judi Huta

President, Board of Directors
Surrey Hospice Society



Journeys of Grieving

In the last newsletter, I wrote about how each mourner travels their own individual journey, although they share similar experiences with others who are also grieving.



Many of us experienced some form of travel this summer season via different modes of transportation. Some travelled by aircraft, bus or train, covering hundreds or thousands of kilometres quite effortlessly and passively. Others drove, necessitating decisions about the routes, attention to the roads (including detours and delays due to construction, fires, crashes), fuelling up etc., often reaching the destination weary and sometimes later than they expected.

Still others took a more physical mode – necessitating a lot of information-gathering then hiking or backpacking through rugged terrain, often up and down hills, at the mercies of the weather, insects, falls etc., setting up camp, cooking in the open and covering less territory with more effort. Our grief journeys are more like the latter two forms of travel.

Of course, not everyone's journey of grieving is expected. Some people know that they will be taking the "grief journey" within a certain time frame. Others, as they go about their "normal life, are thrust onto the road with no notice. In some of the grief groups, participants start discussing "which is easier", a conversation which leads to a stalemate because it's like comparing apples and oranges – they are too different to compare, each has its blessings and its hardships.

However, there is no choice whether or not one takes the journey (except in rare cases of pathological grief, where

some individuals refuse to face the loss and become like "petrified organisms", frozen in time.)

The grief journey is tougher than many of us can understand – the reason why expert Dr. A. Wolfe calls the journey "***grief work***" and Dr. A. Worden talks about the "***tasks of mourning***." A grieving person does not reach the destination (of healing or recovery) by passively sitting, snoozing, eating, reading, listening to music or watching movies and waiting to arrive (although there is merit in all those relaxing activities.) Most of the "***work***" necessary for healing is difficult and requires significant effort.

In the next newsletter, we will explore what the work of this journey entails and the "***rest stops***" which are necessary along the way.

Rosemary Brown,

Clinical Counsellor

Executive Director's Message

Fall is my favourite time of the year. I'm one of those people who don't mind summer coming to an end.



It's no longer uncomfortably hot, the air is cooler and fresh, the leaves change to my favourite colours (amber, rust, brown, orange, yellow, red and maroon), and I enjoy the structure that seems to return in the Fall.

We at the Surrey Hospice Society are anticipating a very busy and exciting Fall with all of our programs starting up again, volunteer training, and we are hosting 2 great fundraisers – Doodle Art Reception on Sept. 23rd, and An Affair to Remember just 7 weeks later on Saturday, November 13th.

All summer, many volunteers have been working tirelessly in planning and preparing for these events so that funds can be raised to continue our services. More than ever before, the request for one on one grief counselling has increased. Our group

programs are almost fully booked, and the demand for our services just keeps growing and growing.

We as a Society are determined to make these resources available to all who need them. This past summer has seen a dramatic rise in younger palliative patients who are facing the reality of leaving young families. These families need to know they are not alone, and there are caring professionals and volunteers who will support them. This is provided 'free of charge'.

We know this must continue, and it must expand. We have the space and the capability, we have the expertise, we have the volunteers, **and now we need the funds** to continue.

Recently, I had a milestone birthday. I can't believe how this has heightened my sense of 'what impact do I want to make on this world'. What difference do I want to make to my fellow man? Leaving a legacy is important for all of us. What legacy do you want to leave? Living each day should be considered a privilege, and when those days are gone, our impact doesn't need to end. Our lives can continue to make a difference when

we leave a legacy such as financial support to Surrey Hospice Society so that those who need a companion for their journey, will have one!

Expected or sudden, death touches all of us -- children, teens, moms and dads, brothers sisters and grandparents. The journey is easier when there is help along the way.

And on a personal note, our baby grandson Miles made it through his



open heart surgery, and his recovery has been amazing. At Sick Kids Hospital in Toronto – they call him their little miracle baby.

Thank you for all your kind thoughts and prayers!

Marion Brandner

Thank You



Thank you to the staff at American Eagle Outfitters who collected jeans from their customers and donated them to our Thrift Store.

Stop in and check out the selection!

Help Us Go Green...

by receiving your newsletter by email. Please contact us by phone (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!

Our Volunteers Share Their Experiences

I would like to share my experience as a hospice volunteer.

I have been volunteering with the Surrey Hospice Society for the last two years. I can't think of a more life changing experience. The volunteering I do for Surrey Hospice Society is at Laurel Place, which is a 20 bed Hospice.

For me I find that the trip up in the elevator to the second storey, is my time to slow down from the world speed, which feels like 150 miles per hour! I like to slow it down to about 10 miles per hour.

I know that the moment I step off the elevator the next three hours are going to be filled with great emotion, a sacred heartfelt journey for those people on the floor.

It is a great privilege to be with patients through their last days. When all the masks of life have been stripped away (money, homes, cars). You are left with a person, an energy and a story. Where sometimes the most powerful visit is sitting by them, holding their hand in silence and honouring the journey.

Jay Fisher

Hospice Volunteer



*H*ello everyone, my name is Gagan Dhingra, I'm 22 years old, and I am a volunteer at Laurel Place Hospice residence.

At the hospice, I comfort the patients/family members/and friends to the best of my ability and I also do some art work with them if they are interested.

Every Monday when I volunteer, I always have a cart with me that I take around to the patient's rooms and sometimes I have it in the bistro area with me as well. The cart is called the "Art Cart" and there are many different things that you can do/make. For example; you can make birthday cards, magnets, photo frames, bracelets, necklaces, etc.

There have been quite a few memorable moments that I have had while doing some art with the patients, touching moments for the both of us. One I recall was when a patient made a bracelet for her son for his birthday. The patient and her son use to make bracelets together before she was ill and it was their everyday activity. It really made her feel better at the end of it because it brought back memories. It made the time with her very special. I think the art cart is a really good idea because you can custom make your own art and it keeps the mind away from things.

I really enjoy volunteering at Laurel Place because I am helping people in many different ways and I feel good at the end of the day knowing that I did something good for someone.

In 2006, my sister passed away with cancer. At that time, I didn't understand what she was going through and therefore I wasn't

able to provide the help she needed. It was a really difficult time for me because she was my only sibling and I had to adapt to many changes. But knowing that she is watching over me and by praying every day, this motivation keeps me going and I know that I have to be strong for my mom as well.

The volunteer course helped me to understand what was happening at that time and answered all my questions. It also taught me to cherish each moment in life and to spend as much time as you can with your loved ones. I am glad that I took the course because I can help others who are experiencing a loss and provide information that they may need (like for example; going to one of the support groups).

I would like to say thank you to the staff at the Hospice Resource Centre and at Laurel Place and to other volunteers for always being welcoming, supportive, and appreciative towards me. I have come a long way because of all your support and thank you for giving me this opportunity to become a volunteer, I really appreciate it.

Gagan Dhingra



Hospice Volunteer

Message from the Program Director

In the aftermath of loss it is not unusual to feel "out of synch" with the rest of the world. The heart has been impacted deeply and often things that took priority before no longer hold the same rank in the scheme of what is to take precedence each day. We are reminded of the gift of life, the value of those we love and how sacred each moment truly is. Never to be recaptured in the same way again.

In the summer of 2009, just months after my husband's death the previous December, I was wondering how one integrates such a loss? We had come to a rare place of loving and my heart had been changed in a way that was hard to describe to others. I couldn't go back to my old way of doing things; how does one continue living when the heart is this heavy? Find the courage to stay open to life? To keep one's heart open to loving despite the intense pain of grief at play? There were days I questioned if I could go on.

In quiet contemplation I wondered how I could continue in life and stay open the way a child does. Be willing to look at life with new eyes? We all know that can be harder as we get older and our routines become more set.

The thought of flying came drifting across my mind. I had always been curious about flying a sail plane/glider. It is a plane (cock pit and all) with no engine that is towed up by a motorized plane to a safe altitude and then released (rope tow let go). The plane then slows and is picked up by the wind currents and the pilot now must keep every sense awake to blend with the forces of nature at play to stay up in the sky. Crazy perhaps but the closest thing to being an eagle one can experience!

I booked an intro. flight and my friends and I headed out to the airfield in Hope (appropriate title) one weekend. As I was standing on the air field waiting my turn one of the pilot's came up and introduced himself. He then shared passionately his reflections of the experience. He said; *"Life is a three dimensional experience, most people live life in a two dimensional way, but life is a three dimensional experience. If you take up flying your whole perspective on life will change. When you see a tree, and the leaves are turned in the opposite direction, you won't just see a tree and leaves, you will see the wind and how it interacts with the tree and the leaves. And you won't just see the wind you will begin to see systems and how they interact with nature and in turn impact the environment and nature around you. If you take up flying, your whole perspective on life will change"*.

I stood there a bit stunned and deeply moved by his words. They were poetic and speaking so directly to my heart and question about moving forward in life from an earlier contemplation. I knew if I took up flying it would help my heart to heal and integrate this challenging loss in my life.

I signed up for a one week flying camp this past June and have since been commuting to the airfield on the weekends to continue with lessons. No doubt I will do my first solo flight in the future.

His words were true. As with loss and life itself, there have been turbulent days in the sky which have stirred many fears as the plane has been bounced around by the forceful (yet invisible) air currents at play but somehow I have been able to find a new confidence and strength to tackle the challenges at hand.

Then, there are days, like last weekend when the "lift" was so strong in flight that the glider was pushed higher and higher, above the mountain tops, revealing new vistas I had never seen before. The rays of the sun were reflecting on the blue/green lake and mountains below. We were skirting the clouds, dancing on the wind currents, reaching an altitude of just under 7,000 ft.; it was so magical. My heart reminded of the gift of life and the gift of my husband's love wrapped in the beauty of the moment at hand. His presence felt with me and strong; truly beyond words. Tears came to my eyes more than once.

Be gentle with those in transition from deep loss. The head will try to define what must take place but it really is a "heart" journey. Support the bereaved to listen to the promptings life brings to move forward. It will be different for each individual. The greatest gift you can give is your love and to allow them space to find a new footing in their own unique and natural way. Then the life of the one who has left this earthly plane will be given a chance to be honoured and integrated in a new way.

A day at a time, breath at a time, gentle baby steps each day...as a new rhythm unfolds.

Thank you to our staff and volunteers for all you do. You create a safe haven to share and explore at such a vulnerable time. A rare and special gift indeed.



Barbara Morningstar

Program Director

Fall Programs at Surrey Hospice Society

Surrey Hospice Society Grief Support for Youth

'HEAL'

Helping Each-Other Accept Loss

Who is Invited?

Teens aged 13-19 who have experienced the death of a relative or friend.

Where and When?

Surrey Hospice Society Resource Center

Fridays from 3:30pm to 5:00pm

Retreat Day October 22, 2010 10:00am to 4:00pm

What Do We Do?

Meet other youth with similar stories
Learn about grief: What is it? How does it feel? What helps?
Express ourselves through the creative arts
Listen to and make music
Learn how to cope with the holidays and special occasions
Share stories and memories
Eat, drink and hang out

For more information please contact Noele at

Surrey Hospice Society Grief Support for Children

Hopeful Hearts

Hopeful Hearts is a group designed to provide therapeutic and fun activities for bereaved 5-12 year olds who have experienced the loss of someone significant in their lives through death.

This safe healing environment provides weekly opportunities for bereaved children to share their stories and grief experiences with other children.



Date: Tuesday evenings from Sept. 21—Oct. 26

Time: 6:30pm to 8:00pm

Place: Surrey Hospice Society Resource Center

A parent/guardian group runs simultaneously. Clinical Counsellors and trained volunteers provide educational information about children and grief as well as time and support to parents or guardians as they share stories and grief experiences.

To register and for more information please call
Noele at 604.543.7006

Do You Doodle? Thank You

Thank you to our Sponsors, Doodlers, Volunteers, Committee Members, Staff and Guests who made our premier "Do You Doodle?" event a great success!!!

Sponsors: Envision Financial, The Surrey North Delta Leader, Eaglequest Coyote Creek Golf Club, Taylor Office Systems, All Tymes Florists, The Family of Roy Foster and the family and friends of Brian Doxey.

Donations this Quarter

Thank you to **Long and McQuade** for the donation of a Guitar Strap, picks and a Guitar Case for our Youth Group!



DONATIONS MADE IN MEMORY OF:

John Hanna

Jack Allen Rowe

Donald Keegan

Rajivan Nair

George Murakami

Alma Hansen

Leslie Nilsson

Volunteer Corner

How quickly the years pass. And so it is, after 8 years of dedication, compassion, humour, and wisdom we must bid adieu to our dear friend and office volunteer Maureen Nystrom (affectionately known as 'Moe'). Moe is leaving to devote more time to mentoring young moms and spending time enjoying her retirement.

We will miss you, Moe, but know that you will continue to bless others as we have been blessed.



A big thank you to our office volunteer, Helen Boyle! Helen stepped in to fill the shoes of our Administrative Assistant when she went away on leave as well as being the champion for the Do You Doodle? Event.



Way to go Helen! Thank you for helping to make Do You Doodle a success. We could not have done it without your tireless efforts. You Saved the day!!

Thrift Store News

Summer has ended and the thrift store would like to thank the community for their generous donations. Over the summer we had two events that customers enjoyed. July was our Cookware Event with everything for soup to nuts. Cookbooks to tempt the taste buds and pots and pans to cook your favourite recipe. August was our Everything but the Kitchen Sink Event. and as it sounds we had everything you could imagine. Both events were fun and customers were very happy with the purchases they made.

October 23, 2010

Shoes and Purses Event!

Every Girls dream at one event



November 12, 2010

Christmas has arrived!

HO HO HO

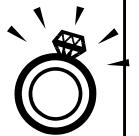


Something for everyone!

November 27, 2010

A Night on the Town!

An evening of gorgeous gowns, sparkling shoes and jewelry to tempt you



We are looking for a few good volunteers. We offer our volunteers on going training, a fun environment, the opportunity to support our two charities and opportunities for advancement. Please drop by the store for an application form.

The volunteers and staff would like to thank everyone for their continued support and generous donations.

See you at the Thrift Store!

Donna Chubb
Thrift Store Manager

December 18, 2010

End of Year Sale!



Dec. 22—Jan.2, 2011

Closed for holidays and repairs!!

January 3, 2011

Welcome back for another fun filled year of great selections and bargains for your family!!

**Surrey Hospice Society
Surrey Fire Fighters Charitable Society
Community Thrift Store**
Newton Crossing 7138 King George Hwy
Store Hours: Monday to Saturday 10 AM to 5 PM
Phone : (604) 599-9930

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 24 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.

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 this 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

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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".

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.
- 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 take it an easy way to donate.

Visit our website at www.surreyhospice.com and click on any of the CanadaHelps.org icons.

CanadaHelps was created to make giving simple. They have not only made the process simple, but fast, secure and convenient.

