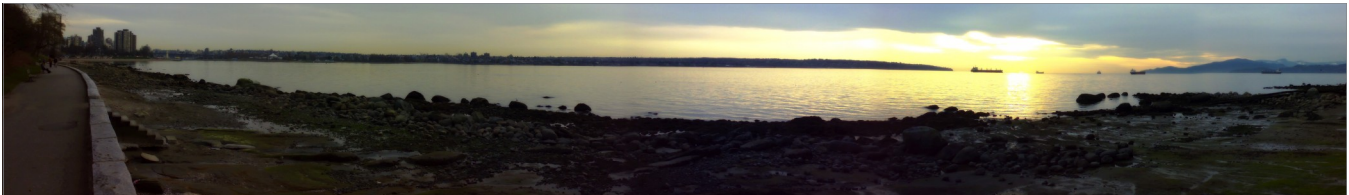




Surrey Hospice Society
"Companions for the Journey"



Summer 2011



You're Invited to our 25th Anniversary Gala

Please join us for our most exciting fundraiser of the year as Surrey Hospice Society celebrates our 25th Anniversary!

An evening of great food and music at Eaglequest's beautiful Coyote Creek Golf Club with our MC Bob Saye from 93.7 JRFM.

The evening will begin at 5:30pm with refreshments and appetizers served to the soulful sounds of "Acoustic Groove". During this time guests will have the chance to mingle and purchase silver anniversary leaves for the opportunity to win beautiful prizes donated by local businesses.

At 7:00pm it's time for a delicious Buffet Dinner, followed by a Live Auction hosted by JRFM's Bob Saye. We will then dance the night away to the sounds of "All About Jack".

Tickets are available now by calling **604.543.7006!** We accept Visa,

MasterCard, cheques or cash. All proceeds go to the Surrey Hospice Society.

Come out and support Surrey Hospice Society and the people of Surrey that rely on us!

For more information please email admin@surreyhospice.com or visit:

www.surreyhospice.com

www.acousticgroove.ca

www.allaboutjack.ca

25th Anniversary

Dinner & Dance

October 1, 2011

An elegant evening with net proceeds going to the Surrey Hospice Society

The Surrey Hospice Society is proud to present an evening of dinner & dancing with All About Jack, Acoustic Groove and MC Bob Saye.

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

Times: Doors: 5:30 Refreshments: 5:30 - 6:30 Dinner: 7:00

Tickets: \$90.00/person
\$650.00/table of 8

Call (604)543-7006 for tickets and info

Surrey Hospice Society

SHS Board of Directors

Cindy Poppy-President
 Tony Sandhu-Vice President
 Marjorie Walters-Treasurer
 Dr. Ed Kostashuck-Secretary
 Denise Seder-Director, Development Committee Chair
 Mary-Jane Wilson-Director
 Jason Gregg-Director
 Justin Schultz-Director
 Councillor Mary Martin-Honorary Director

Thank You

Thank you to all our participants, sponsors and special guests at our Annual Memorial Dove Release and Walk of Remembrance held at Bear Creek Park. Many of you braved the cool, rainy weather to come out and support us! You made our day a huge success.

Congratulations to Linda Van Russum winner of the draw for the Katsumi Sugita Original. We have started to post pictures of the event on our Facebook page. Please join us there at www.facebook.com/SurreyHospice.

Message from our Executive Director

I came across this quote recently, and I thought it was so applicable to the work of hospice. 'You can't do anything about the length of your life, but you can do something about its width and depth'. By Evan Esar.

After 22 Newsletter reports written as Executive Director, this will be my last. On June 30th, I will be leaving Surrey Hospice Society to retire and travel with my husband Steve. We have been planning this transition for quite some time, and I do so with mixed emotions.



It has been an honour and privilege to be in a leadership position within the world of hospice. When I first arrived, I thought I understood palliative care and grief support. It wasn't until I spent many hours in conversation with Barbara Morningstar, our Program Director, and took the Volunteer Training Course - that I had my eyes opened and had a much better understanding of the depth and breadth of this sacred work. It's clear it's not for everyone. It's a calling, and then a choice. Very few choose to go to the depths of life and death with someone (often a stranger) many are not willing or able to go. To walk beside someone and know you are unable to offer a solution to a palliative

diagnosis, or ease the pain and chaos that follows a loss. But one very powerful offering....is to be a companion, to be present, listen intently, as a loving, compassionate neutral presence.

When you get that – you understand more fully what this work is all about.

I experienced it personally when my parents passed away just a few weeks apart. I know what it's like to anticipate a loved ones' death and then experience it. Less than a year later, my grandson Owen Michael was born and died. My father in law passed away recently, and last year my grandson Miles, born in Toronto wasn't expected to live with a rare heart condition. He underwent 3 heart surgeries within his first few months of life, and we headed to Toronto 3 times to support our kids. I am grateful to say he is doing well. He has one more open heart surgery to go when he is 2 or 3 years old. The support I received here at SHS has been amazing. They live what they teach.

When I reflect the growth of the organization in the past 5 ½ years, it is heart warming to see how the community and generous individuals stepped up to the plate in response of our need to expand. Our beautiful Resource & Support Centre was completed to respond to the opening of the new 20 bed Hospice Residence at Laurel Place. Advancing our model by hiring two professional Clinical Grief Counsellors was a new step for us that we felt was necessary with the referrals that were coming to us. Our winning Top Honours in the Community Leader Awards in 2007, and in 2010, the Surrey Board of

Trade's Business Excellence Award were both exciting opportunities to tell the story of Hospice to the City of Surrey.

The gifted and experienced members who have sat on our Board of Directors over this past 5+ years have helped us make many decisions to bring change and growth to the Society. When I first came to hospice, Jas Cheema was President, then Brian Clarke, followed by Judi Huta, and now Cindy Poppy. Each brought leadership, skill and direction to the table, and I have enjoyed working with them all.

My gifted staff have worked so hard to bring professionalism and effective response to the operations and administration of Hospice. Thank you Donna and Terri. On the program side directed by Barbara Morningstar – the heart of the work must stay at its core. Barb, Joy, Rosemary and Noele make sure it does. With their training, their counselling, and their hours of listening to those who need a comforting friend, they are incredible examples to our volunteers, and to our clients.



Message from our Executive Director Continued

Our Community Thrift Store Manager Donna Chubb, and Assistant Manager Lorraine Marlow run the best thrift store in Surrey along with their wonderful volunteers who have so much fun working to bring in the resources our two charities need. I have been privileged to work alongside Terri Hunt of the Surrey Firefighters Charitable Society in the partnership of our store.

And our volunteers – our Directors on the Board, our many office volunteers

(long time volunteers Doug, Moe and Helen), our program volunteers in



palliative care and grief support, you keep the heart of the work alive and well.

Our Sponsors, our donors, and our friends of hospice have made it possible to carry on the service we provide free of charge. We are truly blessed that you share our passion with us. And to think we have been doing this for 25 Years.

Thank you all!

Marion Brandner

Executive Director

Message from our President

Here we go – my first letter to each and every one of you wonderful supporters of the Surrey Hospice Society!

There have been many changes happening around the SHS office -- all positive -- yet it is with sad hearts that we bid farewell to two of the mainstays in our office as they move on to retirement. Marion Brandner, Executive Director, and Donna Burt, Financial Administrator. We cannot thank you enough for your commitment and dedication to the Society over the years and we wish you all the best in your new adventures.

We are pleased to welcome both Jacqueline Hewitt as our new Executive Director and Joe Fernandes, our new Financial Administrator. We are confident that both of them truly have a "Heart for Hospice". They are welcome additions to our team!



Please Ensure that you mark October 01, 2011 on your calendars for our Annual Affair to Remember. We will be celebrating our 25th year anniversary and want everyone to come out and enjoy this very special time with us!

As I look around the Surrey Hospice Society office and Laurel Place residence I can feel the strength and support that our Executive Director, her

staff and the many volunteers provide to our growing population in the City of Surrey. While participating in the Newton Community Festival this year it was heartwarming to have individuals come up and tell us they had received support from us!

Thank you all for your continued support and interest in the Surrey Hospice Society.

Cindy Poppy
President



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 please send a request to the above email or phone 604.543.7006 and ask for Terri. **Thank you!!**



Message from our Program Director

What a blessing it is to work with our many hospice volunteers. Truly, it is like being team Captain to a group of Angels!

How can one fully summarize the gifts they give? So many acts of kindness given in unspoken ways daily; our Society would not exist without their devotion to this very sacred work.

A few weeks ago I hosted some of our support groups for the hospice volunteers that work both on the Tertiary Palliative Unit in Surrey Memorial Hospital and in Laurel Place, the twenty bed hospice residence. As I listened to the volunteer's stories I could see how they have been transformed by the very work they are engaged in, often expressing that they receive far more than they give.

One volunteer recently sat vigil at the bedside of a woman whose family members could not be present in the



final moments of life, some were out of town and unable to return in time. It was so soothing for the family to hear that their loved one did not die alone. This was the first time the volunteer had been with someone as they took their last breath. She felt the absolute privilege of being invited into that moment. In turn she wrote a beautiful card and letter to the family sharing tender reflections of the calm and peaceful passing the Mother experienced. Another cherished gift to the family, it brought tears to my eyes reading her words. No doubt the love, care and compassion this hospice volunteer offered added to the ease of transition that this woman experienced. In the simple silence, rich experience was shared between them.

We have both "friends of hospice"

volunteers and those who take the 33 hour course to work with the palliative patients and their families. Whether it is hospice client work, answering phones in the office reception, helping at the Thrift store, volunteering with fund raising events or volunteering at the Board level, each role is invaluable.

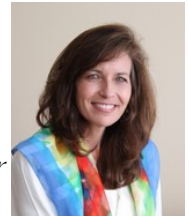
I can't thank you enough for all you do. One of our volunteers brought in a little plaque that is displayed in our reception area. It is by an unknown author and reads:

*"Volunteers are not paid for their work,
Not because they are worthless
But because they are priceless....."*

How true are those words!

With gratitude,
Barbara Morningstar

Program Director



Reflections of a One-to-One Bereavement Volunteer

It was a blustery February day when I first met George, my new one-on-one grief client. George was a soft spoken 84 year-old English gentleman approaching the first anniversary of the death of his beloved wife. They had been married for 63 years. Jessie had died in his arms and he was so very lost without her. His days were barren and meaningless without his best friend and life companion beside him.

Pictures of Jessie were everywhere in the tiny unit—snapshots from family gatherings, cruises, anniversaries—so many wonderful memories captured and framed to reflect back what George so fondly remembered as he faced his future without his wife. "I talk to her picture every day," he said, "I just wish I knew if she hears me."

George made some tea that first afternoon and told me all about his life with Jessie. As Jessie's health declined in their later years he became her caregiver and devoted his days to ensuring she was comfortable and content. It was clear that what George needed now was someone to listen to

his story, someone to witness his life with the woman to whom he was still so dedicated.



Through her death, George had not just lost his life's companion but he'd also lost his job as caregiver, a double whammy for such an active family man. Who would he shop and cook for? Who would he drive to choir practice? Who would he watch the hundreds of hours of homemade video tapes with—a pastime they had both enjoyed. It brought George comfort to reminisce about the way things were and he—like so many of our bereaved clients—needed someone to whom he could connect, who was willing to listen - not just with their ears but also with their heart. The gift of being heard was all that George wanted now as he tried

to find his way through his grief. After that first meeting, George and I spent many, many afternoons together - sometimes sipping tea at his home or going for a bowl of soup at his favourite café, sitting and chatting on a park bench, or walking along the boardwalk at Crescent Beach—talking, laughing and even shedding tears as he spoke of his memories with such love and devotion.

Recently George moved out of the province to live with a family member and I miss our time together. But to everything there is a season and I feel so blessed to have had the privilege of bearing witness to George's story over the months we were together. I know that being a companion on George's journey helped him cope in some small way; helped him find his way to the new normal of the life he faced on his own. And in my heart I have no doubt that Jessie does hear George when he talks to her picture...(names have been changed)

Marianne Lawrenson

Bereavement Volunteer



Honouring the Mystery-After Death Communications

Many grieving people report unexpected contact or communication from their loved one after his or her death without the involvement of external means (e.g. a psychic).

Researcher Bill Guggenheim estimates that 20-40% of mourners experience one or more after-death communications. In his book, Hello from Heaven, Guggenheim cites many accounts of after death communication.

A book entitled Love Lives On by Dr. Louis LaGrand, a grief counsellor for 30 years, also gives testimonies of many clients documenting such profound encounters. As well, the University of Virginia's Department of Perceptual Studies publishes research on this phenomenon.

These experiences can be divided into



"visitations" and "dreams". Visitations usually occur when the mourner is in a relaxed state, concentrating on an activity like reading, or performing routine work. The experience may be in the form of a sign, a message or a felt presence by which the deceased seems to reach out to the bereaved and in doing so provides solace and comfort.

Dreams, of course, occur when a mourner is asleep and upon waking,

they report seeing their loved one in another life and often giving them a message. In the article below, the dream message wasn't at first understood by the dreamer until she shared it with another family member who had had a visitation the night before!

Clients usually report that these experiences provide a welcome reassurance during the painful bereavement period. Not all mourners have *After-Death Communications*. For those who do, we affirm ADCs as insightful milestones along the grief journey. LaGrand states, "It is important to honour such a profound experience, examine the mystery surrounding it and use it in adapting to loss and change."

Rosemary Brown
Clinical Counsellor

A Tap from the After Life

One night, about two months after my mom had passed from lung cancer, I had gone to bed like usual.

During the night I remember having vivid dreams of my mom. She came to me so clearly. Her long dark auburn coloured hair hanging over her shoulders, her piercing hazel eyes staring right through me and her reassuring voice as she said to me "Tell your dad I am sorry for scaring him". I had no idea at the time what she meant but knew that I needed to remember to give my dad that message from her.

In the morning I awoke to find my dad restless and groggy as if he had a sleepless night. I casually mentioned to him, in the way that I did all my dreams about mom, that she wanted me to tell him she was sorry for scaring him.



My dad suddenly looked wide awake and said "What did you say?" As I repeated it again he looked even more surprised as he said "That's wild! Last night at about 3:00am I felt somebody tap me on the shoulder and whisper my name. When I sat up I saw something go up into the ceiling".

Both shocked and at ease, we knew it was mom's way of letting us know she was still around.

Lauren Wadsworth
Surrey Hospice Society Grief Client

Surrey Hospice Society Programs

Finding My Way An Adult Grief Support Group



**Monday evenings from 7:00pm-8:30pm
July 11–August 22 (excluding August 1)**

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.

according to Alan Wolfelt, Ph.D.:

**“When we mourn well, we will go on to live well
and love well.”**

Surrey Hospice 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.

Call **Rosemary** or **Noele** at **604.543.7006**
for more **information** and/or to **register**

Hopeful Hearts Grief Support for Children Tuesday evenings from 6:30pm-8:00pm September 27-November 1



Hopeful Hearts is a group designed to provide therapeutic & fun activities for 5-12 year olds who have experienced the loss of someone significant in their lives through death. This safe and healing environment provide an opportunity for bereaved children to share & understand their grief experiences.

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

HEAL (Helping Each Other Accept Loss) Peer Support Group for Youth Friday afternoons from 3:00pm-4:30pm Starting September 16 Teens aged 13-19



What Do We Do?

Meet other youth and share stories and music. Learn about grief: What is it? How does it feel? What helps? Express ourselves through art projects.

There is no charge to participate

**For information or to register for either of
these programs contact Noele 604.543.7006**

Donations in Memory Of...

Shirley Hart

Steve Posypanka

William (Bill) Shirley

Guenter Rudolph

**In Loving
Memory**

Gord Huish

Reg Scaman

Shawnee Gillett

Thrift Store News

Hello Thrift Store Shoppers;

Shall we all give a big HURRAY!!! The volunteers at the thrift store are very excited. Sales from Jan.-May 2011 have been fantastic. We have surpassed last year's numbers by \$11,159.00, a terrific amount! Here are some other increases we are proud of:

- 3273 pairs of pants have been sold since January 2011
- Our Boutique section has done an increase of \$6161.00
- Shoes and Purses have increased by \$5134.00
- We have recycled 163,470 lbs of clothing and hard goods since January 2011

The last 4 special events we held brought in an extra \$6225.50 to our Community Thrift Store! These numbers are important to the work we do in support of Surrey Hospice Society as well as the Surrey Firefighters Charitable Society. The wonderful donations that come through our door, help us make these numbers possible, which in turn provides more services to the residents of Surrey.

Each event is carefully thought out and items are saved, cleaned, priced and displayed for the customer to look at prior to purchase. These events bring an excitement to the store that is contagious. Customers and volunteers have a wonderful time and the store prospers from all the hard work.

WE INVITE YOU TO JOIN US AT OUR UPCOMING EVENTS AND SEE WHAT ALL THE FUN IS ABOUT!!

- June 25-Summer Dress, Shoe & Purse Sale
- July 30-Cookbook, Cookware and Dish Sale
- August 27-Back to School and Book Sale
- September 24-Shoe and Purse Event
- October 29-Coat and Boot Event
- November 18-Night on The Town (our only evening Event)
- December 17-50% off the entire Store



Lots of items are needed for these events to be successful. If you have any of these items and would like to donate, please bring them to the store. Thank you for shopping at the "Best Little Thrift Store in Surrey"

Donna Shubb
Thrift Store Manager



**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



Surrey Hospice Society · 13857 - 68th Ave · Surrey, BC · V3W 2G9 · (604) 543-7006

www.surreyhospice.com

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.

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 _____



Surrey Hospice Society

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13857 - 68th Avenue
Surrey, BC V3W 2G9
Phone: 604-543-7006
Fax: 604-543-7008
www.surreyhospice.com

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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.
- **Become a Member**— for \$10 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.

