



## Winter 2011/2012



In December 2011 a morning honoring the amazing work done by our trained and dedicated volunteers. Thank you for another year of giving!



A beautiful Statue honoring the Memory of Brand Arnold-Smith was donated to the Laurel Place by his devoted wife, Ann Marie Arnold Smith.



The Rivard family kindly made a generous donation to the Surrey Hospice Society in memory of Florece who passed away on December 28, 2010 (Roger Rivard and Jacqueline Hewitt, Executive Director)



One of our Volunteers with the Surrey Fire Department helps us with our Celebrate a Life event at Guildford Mall.

### **Upcoming Events:**

#### **Nature's Amble - A Walking Group**

February 18–March 24

Take a walk with others who are grieving, and reap the benefits of fresh air and exercise.

See page 4 for more details.

#### **Hopeful Hearts - Grief Support for Children**

February 21 - April 10

Catering specifically to those aged 5-12, this program helps bereaved children by providing fun and therapeutic activities. See page 4 for more details.

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### **Message from our President**



Thank you to all the Board Members, Staff and Volunteers for all of their spectacular work in 2011. A special thank you to all of our Sponsors and Donors for their generosity.

Wishing you the best for the New Year,

*Cindy Poppy*

President

## **Message from our Program Director**

**Time** is a gift we often take for granted until faced with a terminal illness or companioning someone to the end of life. Then we are reminded how precious it really is and how each moment will never be captured in the same way again.

This is a generation rushing from place to place, activity to activity, forgetting to be present to all that is at our feet. We will attend to our dreams, later, at retirement or when we have time. What if those moments never come?

We assume based on our new discoveries in science that we will live to a ripe old age. A dear elderly friend of mine died at the age of 94 last year. She was born in Scotland and was a nurse through WW II and many infectious outbreaks. One day years ago she said to me that she felt our generation was the first that she had witnessed to assume a sense of entitlement to a long life. That was not the case when she was young. Sadly, children died all the time, there were no inoculations and penicillin was not yet used. When the war broke out she lost a brother and others close to her through military service at young ages.

Though she was privileged to live a long life, through a range of challenging life circumstances

and many of her own illnesses, I have often reflected on the truth of her words.

We are seeing a rise in individuals dying of cancer into their forties and fifties in our Tertiary Palliative Unit and in the hospice residence and home programs.



Younger families being left behind that we are supporting through the great work of our Clinical Counselors and hospice volunteers.

When I hear the words "mid-life" I wonder if we need to redefine what that means. If someone dies in their

forties or fifties was their "mid-life" missed in their twenties? Often this time refers to facing the truth of one's mortality and re-evaluating the meaning and purpose of life. Our present society tends to hold death at bay and yet it is a mirror that can teach us so much about life.

This came early for me, with the diagnosis of a health challenge at 15 and the loss of a close girl friend to a tragic suicide at 18. The truth that I was not invincible was clear. Unlike others, I have often wondered how long my life will be. These events at an early age sparked deep searching, on a spiritual level for the purpose and meaning of life. In retrospect it has been a blessing indeed. No doubt part of the life journey that led me to this vocation and its rich

dimensions.

Exhausted care givers when told to go home and rest, to do better self care, will often tell you that even though they are tired, the self care is to stay with their dying loved one. When will they be able to touch them, look into their eyes gain, and hear their voice? Their hearts need to drink in every last bit of the experience. I know that was true when my husband died.

The simple things become so important. Why do we take them for granted until it is too late? Time, actually becomes more alive at the end of life journey, each moment painfully precious, valued for its rich texture and for all it can potentially offer.

Let us be reminded of this gift in our own lives, not to be squandered and in the lives of our hospice patients and families to be supported to be embraced as fully as they are able.

Each day, each moment, never be recaptured the same way again.

*Barb Morningstar*  
Program Director



## Message from our Executive Director

Thank you to the staff and volunteers for all your great work in 2011. It has been a year of growth and change, and everyone has worked extremely hard to ensure that Surrey Hospice Society continues to deliver high quality services and programs.

The Celebrate a life event was a great success again this year thanks to our volunteers giving their time very close to the holidays. We were privileged to hear many moving stories of courage, love and pain, and to share special moments with individuals as they placed an angel on the tree in

memory of a loved one. This was one of the most successful years in terms of donations and people liked to the snowflake ornaments they got to take home. We got some great ideas and will be looking at having an opening ceremony in December 2012.

Congratulations to our Community Thrift Store on its 7<sup>th</sup> Birthday and to the staff and volunteers who have worked very hard to make the store a success. 2011 has been a year of record sales and we look forward to even greater success in 2012.

I would also like to thank our

major funders for continuing to support these vital services in the Surrey community. Thanks to:

Fraser Health Authority

Ministry of Public Safety and Solicitor General – Community Gaming Grant

*Jacqueline  
Hewitt*

*Executive Director*



## A Message from a Hospice Client

### "Joy Ordinary"

*By Ms. Rusty Shirley*

My husband and I had just begun to study English in night school. We had plans to move to China for a year and teach English as a second language. A month after school started, my husband became very ill, and 2 weeks later was diagnosed with terminal cancer and was told he had only months to live. He died 2 months later. After his death, while going through his things, I found an essay he wrote for English class but never had the chance to pass it in for grading. It was dated 4 days before his diagnosis. Even though by this time he was too sick to attend class, he tried very hard to finish his assignments. This was just like him to push himself to do the very best at

whatever he did. Finding his essay after his death made me feel as though he were sending me one last message. It makes me feel both a sadness and comfort when I think that this could be what he had

intended. Reading it brought me to tears, and I was so moved by it that I shared it with everyone at the celebration of his life, just as I would like to share it with you now. The topic of the essay was "Everyday experiences that bring joy".

#### **Joy Ordinary**

*by Bill Shirley*

If you are going to start making arguments about everyday occurrences bringing joy then you must start by defining joy. The definition I will run with is: an intense feeling of happiness. For me this feeling would, very probably, only come from an everyday occurrence. I have no personal need to push myself to do spectacular things or go to exotic places. I would rather be at home than in Venice. I would rather be at work than on a beach in Cuba. The point of everyday is to make myself a little better than I was yesterday and to enjoy the process.

My first rule for making everyday joy is to laugh as much as possible. Smile and make other people smile. I find that looking at things in a humorous manner invests those

things with emotion, and emotional attachment helps us remember and learn. Nothing gives me more joy than learning new things.

Seeing the specialness in individuals also brings joy. In the department I run, the general rule of thumb is that there is always something that each person knows better than everybody else. It is the attitude I promote at every weekly departmental meeting. It is what I am looking for in the escalation and resolution of every problem. True teamwork brings joy.

The last and most important rule, is no regrets. No crying over spilled milk. Keep on looking forward, hold your head up and correct as you go. You need to remember your mistakes and the mistakes you see other people making. No dwelling though, remember why the mistake happened and modify behaviour to try to avoid it happening again.

Your character is in how you live through the little everyday things. If you have good character, you will have joy.





## **Hopeful Hearts - grief support for children**

**Hopeful Hearts** is a group designed to provide therapeutic and 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 provides an opportunity for bereaved children to share and understand their grief experiences.

Date: **Tuesday evenings**

**February 21st – April 10th**

Time: **6:30 – 8:00 pm.**

Place: **Surrey**

**Office (13857- 68th Avenue)**

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

**To register and for more  
information please call Noele at  
(604) 543-7006**



## **HEAL**

**HELPING EACH OTHER ACCEPT LOSS**

*A Peer Support Group for Youth*

**Who is invited?** Teens age 13-19 who have experienced the death of a relative or friend.

**Where?** Surrey Hospice society 13857-68th Ave

**When?** Fridays 3:00-4:30pm

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

**To register and for more  
information please call Noele at  
(604) 543-7006**

## **Surrey Hospice Society Programs**

### **Natures' Amble**

A Walking Group

for those who are bereaved



**Saturday Mornings**

**10:00 am - noon**

**February 18 – March 24**

**This walking group is open to those who are grieving the death of a significant person in their life.** *It is a time to be with others who are grieving - sharing experiences and supporting one another, while reaping the benefits of fresh air and exercise. Trained, experienced bereavement volunteers accompany the group as they journey on different trails in life and in grief.*

Participants meet at the Surrey Hospice Resource Centre, 13857 68<sup>th</sup> Avenue in Surrey. Once gathered, participants walk through a local park (approximately 40 minutes), and then return to the office for refreshments and further conversation. There is no charge to participate in **Natures' Amble**, however we do ask that interested individuals

**pre-register by calling  
Rosemary or Noele at:  
(604) 543-7006**

Please consider joining us.



## Message from our Clinical Counselor Rosemary Brown

### THE EXCRUCIATING PAIN OF PARENTAL GRIEF

In the natural progression of life, most of us expect our **parents** to predecease us, although we hope to have our parents live into their old age. If a parent dies earlier than we hoped, that fact adds to our loss. Even though painful however, these experiences are predictable, and for most people, in time transition us in a healthy manner into our futures. Edgar Jackson in Understanding Grief writes: "Grief heals itself – it is a process of mourning which restores life to us."

As well, most married women face widowhood, and a few less men will wear the label of *widower*. Again, we all hope that our **spouses** will live long, healthy lives. When people die before they have reached the age that we wish, the pain of losing them increases. As well, if a spouse dies after many years of marriage, the survivor's grief is also difficult. So the age of the deceased or the longevity of the relationship isn't directly related to the pain of grief. Grief just *is what it is* for each bereaved spouse. However, in the 'laws of the universe', losing a spouse will be the experience for the majority of us and in time, most mourners reconcile this grief.

Loss of **siblings** occurs to many of us depending on our birth order, family size etc. and is also another experience which is natural. The impact of this loss depends on the nature of the death, our expectations re: longevity as well the quality of the relationship, our support systems etc.

Usually this loss is not as devastating or life-changing as the others mentioned. Family Grief.

However, deaths of one's **children** (whatever age) turn the parents' world upside down, never to be the same again. It is frequently said that the grief of bereaved parents is the most intense grief known. When a child dies, parents feel that a part of them has died, that a vital and core part of them has been ripped away. Bereaved parents indeed do feel that the death of their child is the "ultimate deprivation." "Children are not supposed to die...the death of a child signifies the loss of the future, of hopes and dreams." (Arnold and Gemma, A Child Dies: A Portrait of Family Grief.)

"Sociologists and psychologists describe parental grief as complex and multilayered. They agree that the death of a child is an incredibly traumatic event leaving parents with overwhelming emotional needs. They also agree that this grief must be acknowledged and felt in its intensity. These experts repeatedly state that dealing with parental grief involves deep pain and ongoing work as the parents attempt to continue their journey down the lonely road of grief." (Wisconsin Perspectives newsletter, February 1997)

*To be continued next newsletter...*

*Rosemary Brown,*

*Clinical Counselor*



## Message from our Clinical Counselor Noele Bird

### SUPPORTING TEEN GRIEF

#### *Ideas from Dr. Alan Wolfelt*

The developmental period of adolescence is filled with much change and complex emotions. For this reason teenagers are considered to be a special group of mourners.

The primary change for teens is separating from their parents as they establish their own identity. Separating from those closest to us often involves the need to devalue those we love. The need for autonomy along with the need to feel loved and secure creates an ambivalence that can naturally complicate the grief journey for teens. So, when a parent or sibling dies, the teen may feel a sense of regret or unfinished business. Often teenagers don't want to mourn because it makes them feel vulnerable and dependant.

This runs counter to their natural need to separate from authority figures. As teenagers distance themselves from family they turn to their peers for acceptance and attachment. The death of a friend can result in despair and a sense of injustice as well as a new awareness of their own mortality.

Teens outward changing appearance often decreases their self esteem and can lead adults to believe they are more mature than they really feel. Teenagers need love, support and companionship through the grief process and should not be left to cope with their grief alone. The combination of normal adolescent changes and the grief experience may be overwhelming at times.

**Teens must have a safe and accepting environment in which they can mourn.**

Temporary shifts in priorities should be encouraged. School and jobs may need to be put on hold for a while. Minor stresses may create big upsets and teens need help to understand that this is normal.

Teens often do "catch-up" mourning at developmental milestones. Significant events such as graduation, marriage and childbirth may intensify their grief as loved ones aren't there to share and witness these special moments.

**They need permission to feel the many emotions they feel and to talk or not talk about those emotions.**

*Noele Bird*

*Clinical Counselor*





## **Board Member(s)**

The Surrey Hospice Society, in anticipation of its spring Annual General Meeting, is inviting expressions of interest from members of the Surrey community who have a passion for Hospice Care and recognize the vital contribution the Society has made for the last 25 years. We are seeking energetic individuals from varied backgrounds who feel they can contribute their time and abilities as new Board members in support of the Society and its full time Executive Director.

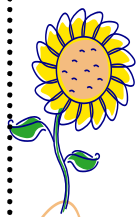
There are a variety of activities new Board members can become involved with which include fund raising, event planning and execution, marketing, financial management and governance.

The current Board of Directors looks forward to inquiries and expressions of interest from prospective candidates.

Please submit correspondence / expressions of interest and inquiries to:

[jacqueline@surreyhospice.com](mailto:jacqueline@surreyhospice.com) by March 1, 2012

### **Donations in Memory Of...**



*Dan Custock  
Leslie Heard  
Ethel Hudson  
Van Hultin*

*Linda Jang  
Dun Keegan  
Sharon Leonhart  
Margaret McMillan  
Rolla Mc Rae*

*Helen Pauls  
Marifyn Pinder  
Dale Price  
Olive Raison  
David Schindel*

*Mable Smith  
Dr. Michael Stibbs  
Colin Taylor  
Chad David Warner*



### **Help us Go Green...**

by receiving your newsletter by email.

Please contact (604) 543-7006 or by email: [admin@surreyhospice.com](mailto: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!**

## Thrift Store News!



*Happy Birthday to us!!* We are 7 years old. It is hard to believe that we have been at this location for 7 years. Our small thrift store has evolved into a busy, community based store. The customer base has grown; we have increased sales and have enjoyed great events with our customers.

The look of the store has changed too. Gone are the bright yellow walls and a soft grey green has replaced it. We have new clothing racks and our shelves have been downsized and bookcases have been put in place. We are proud to say that we look like a boutique store rather than a thrift store. Our customers are thrilled with the changes and enjoy the comfortable atmosphere that has been created in the store.



2011 brought us many wonderful things. Each month we had a special event and each one was very successful. The event that was the most fun was the Night on The Town. The store was all decked out for Christmas and looked very festive. Goodies and punch were served to our customers to enjoy while shopping for jewelry, clothing, shoes and purses and of course fantastic Christmas décor.

Our volunteers enjoyed a special Christmas party with a visit from Santa Claus this year. He came and gave each volunteer a present and enjoyed having his picture taken with each volunteer. Lots of laughs and smiles were had by one and all. The store was closed between Christmas and New Year while the elves painted and reorganizing took place. Thank you to all who came and helped out especially the fire fighters who painted the back room.

So we start the New Year with happy memories of the year past and we look forward to upcoming events, finding treasures daily, enjoying our customers and each other's company.

### **We hope to see you at one of our events:**

Feb. 25 - **Sports Event**—Sports Clothing , Accessories, Hats etc.

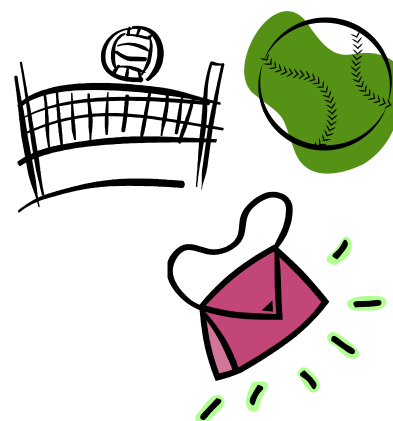
March 31 - **Shoe & Purse Event**—Wonderful assortment for the whole family

April 28 - **Jewellery Event**—Just in time for Mothers' Day

May 26 - **Spring Fling Event**

Thank you for making us "THE BEST LITTLE THRIFT STORE IN SURREY"

*Donna Chubb*  
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

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 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

Charity No. 11920 6605 RR0001

13857—68th Avenue

Surrey, BC V3W 2G9

Phone: 604-543-7006

Fax: 604-543-7006

[www.surreyhospice.com](http://www.surreyhospice.com)



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A division of Arbor Memorial Services Inc.

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](http://www.surreyhospice.com) for more information.

**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 Canada-Helps.org to make it easier to donate. Visit our website at [www.surreyhospice.com](http://www.surreyhospice.com) and click on the Canada-Helps.org icons. CanadaHelps was created to make giving simple. They have not only made the process simple, but fast, secure and convenient.