

Surrey Hospice Society

Summer 2013 Newsletter

Companions for the Journey



Surrey Hospice Society



Photo by Erin Mogul

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Dove Release Memorial Update

Saturday, May 11, 2013 the Surrey Hospice Society gathered with many members of our community and shared a wonderful memorial event. Ray MacDonald, Spiritual Care Coordinator spoke and provided music, inspirational stories were shared by Barbara Morningstar, Program Coordinator, and Councillor Mary Martin, and the event was hosted by Global TV's Yvonne Schalle. Approximately 20 doves were released in the names of loved ones who have been lost. Here are just a couple moments captured.



Message From Our Executive Director



I am thrilled to be the new Executive Director of the Surrey Hospice Society. Coming from Calgary, as Executive Director of the Foothills Country Hospice, I come with a lot of experience and a lot of respect and compassion for the work that is done here everyday.

In the not for profit world sometimes the work that is ahead of us can be daunting especially in the midst of change. With open hearts and an appreciation for the care that is provided to our clients we know that we can forge on. It's people that make the difference in any worthy endeavor and any successful transition, and we are fortunate to have dedicated and often inspiring staff here at Surrey Hospice Society.

Change is something that for some can be very challenging and for others very inspiring but for those of us that work at Hospice we know that all changes are based on the foundation of best possible patient and family care.

I am looking forward to my first Surrey Hospice Gala on October 19th, 2013 – One Enchanted Evening! This promises to be a beautiful evening that is supported by our generous sponsors and volunteers. The gala committee are already working hard and have some really exciting plans for this special evening.

Everyone plays a role in raising funds for the services we provide whether they realize it or not. Some of us raise funds directly through grant applications, managing events and volunteering our time. Families often show their appreciation by donating to the Surrey Hospice Society because of the wonderful direct contact and care they received from the staff.

For the immediate future I look forward to getting to know all of the wonderful volunteers and supporters of the Surrey Hospice Society.

Please know that I welcome your concerns, conversation and inspiration and thank you for allowing me to take on this new role as Executive Director. It is an honor and a privilege!

With gratitude, **Beth Kish**—Executive Director



Message From our President

I am very proud to write my first contribution to our Hospice Newsletter. At our May 23rd AGM, we elected a slate of nominees to serve on our board for the upcoming year.

The combined background of the elected board members will certainly ensure a prosperous year. I will have the privilege of serving alongside Surrey City Councilor Mary Martin, Kam Grewal will serve the society as Secretary, our Treasurer for the upcoming year is Bob Duffield from Canadian Western Bank, Denise Seder has always played a huge role as the Chair of our Development Committee, and we will also have the benefit of two Past Presidents Brian Clarke, and Sid Brickman to offer perspective as we move ahead.

I would encourage you to visit surreyhospice.com to read the full bio's for each of these fine individuals. We are also delighted to welcome Beth Kish to the Society as our new Executive Director. Beth is a strong and accomplished leader and has a demonstrated skillset for hospice management. At the forefront of the boards focus in coming months will be our annual gala.

This year's gala will be held on October 19th and tickets can be purchased by calling the office at 604-584-7006. If you haven't seen our new premises yet, you are encouraged to come by #1, 15243 91 Avenue for a visit.

Message From Our Program Director

Life and death truly are not separate; they are the very weave and tapestry of this profound journey we are on. It is only our North American, death defying culture that often tries to push the subject of death away resulting in the deeper dimensions of life not being embraced. Sad really since all aspects of life have so much to teach us.

Self-care is a key element to doing this work. For me getting out in nature and flying a glider (yes, a plane with no engine!) in my spare time is my solace and balance yet the theme of life and death are still at play all the time. Discipline and focus intermingle with absolute trust and surrender to the medium of the sky.

We are blessed to live in one of the most spectacular regions in the world. The majestic mountains on one side and the fluid expanse of ocean on the other; nature herself is such a mirror for all of life's cycles and challenges. It can be both breathtaking and unforgiving at the same time.

I have this "thing" about mountains; their rugged, majestic presence perhaps reminds me of something much more powerful at play. One feels dwarfed and in awe of their grandeur. When flying around the mountains and playing with the clouds (my favourite), one is at the mercy of the elements. The power of the wind brings both challenges and experiences that are hard to describe. One minute you can be bounced around by intense turbulent, unstable air only to discover that it is often the very thing that leads you to that "sweet spot" of the greatest thermal or lift, sending you to greater and greater heights. When all of it comes together in the sky it truly is the closest thing to being an eagle one can imagine. Soaring silently on the wind currents, mountains peaks and river valley stretching for miles and miles below; it is transcendent, beyond words. More than once the experiences have brought tears to my eyes. Fears are faced when having no engine as a "back up" and knowing that in the end you only have one chance to land adds to both the excitement and trepidation, especially on a "no lift" day. Unlike a car when it is rough up there you can't just pull over and park! Things must be faced head on.

The camaraderie and adventurous spirits of my crazy gliding pilot buddies reminds me to stay open to the absolute gift of life itself. Their encouragement invaluable when facing new and often challenging experiences but once mastered, so rewarding!

Like the work we do in hospice one is facing oneself in an honest and authentic way; raw and real at every turn. For our palliative patients fears can surface but with the love and support of those they hold most dear they often get through the tougher patches with greater ease than those facing such turning points alone. Relationships often become richer in unexpected ways. Time and the beauty of every drop of life not forgotten but rather embraced and respected more fully than before. Each moment unique never to be captured in the same way again.

Our hospice volunteers and clinical counselling staff provide invaluable compassionate companionship during this time. And there is a transcendent quality to the work. Being privileged to be there at or near the time of death is profoundly sacred. Witnessing the courage, love and dedication in those facing death and their loved ones, can be inspiring to say the least. And walking with those in deep grief as they heal, rebuild and find new ways to face life on their own; heart felt and transformative for all. Flying in a different way; cradled in all the elements of life in its most honest form.

I end again with one of my favourite quotes from Elisabeth Kubler Ross:

***"Should you shield the canyons from the windstorms,
You would never see the beauty of their carvings."***

How true.

Barbara Morningstar
Program Director



Hello Thrift Store Shoppers!!

Summer is coming to a close and thoughts of children going back to school are in the air. The thrift store carries back backs, pencils, pens, etc. for your Back to school shopping at great prices.

Fall will be here and you may be wondering what to do with your spare time. Why not volunteer at the Thrift Store. We are looking for volunteers to help sort clothes, price hard goods and look after customers. If you like to be around fun, laughter and a pleasant atmosphere, and knowing that the time you spend here is helping two great charities do their work in our community, this is the place for you.

Log on to www.surreyhospice.com and follow the thrift store links to the volunteer application form. We look forward to sharing the day with you.

Upcoming Events:

Shoe and Purse Event: September 28 – Come see our wonderful selection of purses and shoes for fall.

Coat and Boot – October 26 – Warm up with a coat and a pair of winter boots. We will have lots to choose from for the whole family.

Christmas is coming to the store – November 11 – The store may be closed but the Christmas elves will be working hard in decorating and bringing the Christmas spirit to the store.

Night on the Town – November 22- 6 pm – 9 pm. – This event kicks off the holiday season. Come join us for appetizers, punch and wonderful clothing, shoes, purses, and jewelry for your holiday parties.

We invite you to come and shop in the store and get to know the volunteers. Coffee and Tea are always on. We love visitors who want to know what goes on here. To my volunteers, words do not express the thanks for your hard work and commitment to the store.

Thanks for sharing your days with me. ~ *Donna*, Manager

The Newest Member of our Clinical Team

The Surrey Hospice Society is proud to welcome Kayla Hochfelder, as our latest Clinical Counsellor!

Kayla Hochfelder joined the Clinical Counsellor team at Surrey Hospice Society in June 2013. A Registered Clinical Counsellor, Kayla received her Masters in Counselling Psychology from the California Institute of Integral Studies, specialising in Expressive Arts Therapy. She is also trained in Guided Imagery from the Academy of Guided Imagery and is a practicing EMDR clinician. Kayla has a background in hospital-based therapy, having trained and worked at the California Pacific Medical Center in San Francisco. The focus of her work was in hospice care and in pediatrics, providing stress and pain management techniques to patients as well as child and family therapy. At Surrey Hospice Society Kayla provides bereavement counselling for individuals, children, families, and facilitates ongoing groups. She is also involved in working with families in Palliative care.

As an expressive arts therapist, I weave the arts into a person-centred approach to therapy, following the client's lead. Creativity provides the passage way to possibility thinking and change. Opening into the creative process of change is an incredible, inspiring, energetic truth of life. I facilitate this unique individual process with clients through the visual arts, movement, music, drama based techniques, as well as guided imagery, ritual building and dream-work. Together, we explore what is present and create a solid and dynamic working relationship.

Alongside my therapeutic background, I have training in eco-psychology, midwifery, and cross-cultural awareness, understanding our deep innate connection to the planet, and the integral importance of communication, rituals, and group dynamics.

I feel honored to be doing this work, to be invited into lives and witness immeasurable depth of spirit and growth of capacities. Being a part of Surrey Hospice Society and providing a place to rest, discover, and grow, is a gift I am grateful to offer.



Krazy Kwilters

On August 17, 2013 at Laurel Place we had a wonderful ceremony to thank the group of women known as the Krazy Kwilters. They created and donated a beautiful butterfly quilt to the 20 bed hospice residence. They also created a hanging space to display different quilts throughout the year in the entrance way of the facility. Ray, our Spiritual Care Coordinator, sang a song and did a blessing. Patients, staff and family members were touched by the gathering. Thank you to the creative women whose dedicated work will touch many lives! Your gifts of love are most appreciated.



SURREY HOSPICE SOCIETY

offers:

Parents' Grief Support Group
for those who are grieving the
death of a grown child

Tuesday afternoons 1:30 -3:30 p.m.

September 17-October 15, 2013

This group is intended to provide support for parents who are grieving the death of their son or daughter in the last year or so.

A counsellor will provide a safe environment for participants to explore the work of mourning and to share their individual grief experiences.

The group will take place at the Resource Centre, #1-15243 91 Ave.

There is no charge to participate, however,
pre-registration is required
through Rosemary at 604-584-7006

Surrey Hospice Society
offers

"Nature's Amble"

A Walking Group for those
who are bereaved

This 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.

The group will run for 6 weeks on Wednesdays from 2-4 pm from September 11th until October 16th, 2013. Participants meet at **Green Timbers Park** (parking lot off 100 Ave. between 144th and 148th Streets.) After a 30-40 minute walk, participants may enjoy refreshments and conversation in the park or at a nearby coffee shop.

For more information please call

Kayla, Rosemary or Pardeep at:
604-584-7006



**OCT.19
2013
FUNDRAISING
GALA EVENT**

Join us for a magical evening filled with wonderful entertainment in this Enchanted Evening inspired event!

Eaglequest Coyote Creek Golf & Country Club
7778 152nd Street, Surrey, B.C.
Champagne Reception: 5:30-7:00
Dinner: 7:00

Tickets \$95.00/person or \$690 for a table of 8
Formal/cocktail attire. All net proceeds go to the
Surrey Hospice Society.

Tickets available by contacting 604-584-7006 or
via email at admin@surreyhospice.com



Surrey Hospice Society

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A Message From Our Clinical Counsellor

Supporting Children Through Grief

Children are aware of events that unfold in their lives simply by noticing the absence of a caregiver or the response of a caregiver. They are sensitive to changes in their routines and the chaos that usually surrounds the death of a loved one. There has been much debate of whether including a child in the grief process would be helpful and how we can begin to include children. Research studies show not only do children also grieve but they also benefit from being included in the rituals that surrounds death.

We know from our experience that children also heal in a safe loving environment fostered through the support of loved ones, peers who have endured losses and bereavement counsellors as they begin make sense of the world again after a loss. We also know that in comparison to adults who are grieving, children who grieve struggle more to express themselves due to a lack of vocabulary, cognitive ability or life experience. Thus, we created children's area that is warm, welcoming and encourages the expression of emotion. Children are encouraged to choose and participate in a variety of activities that include art, sand tray, grief games, puppets, music, and reading stories about death and dying as well as many other activities. These activities allow a child to access and express big emotions after a loss. We have seen children who are quiet and withdrawn become alive with expression through sand tray where they may play out a scene they witnessed at the time of a death, or we may see a child draw an angry emotion, or another child may choose to play a game and talk about small pieces connected to the loss of a loved one. We encourage the expression of emotions in a safe welcoming space and we help parents foster this experience at home by providing information and resources on child grief.

As a community we can learn to support our children and youth through grief by:

1. Creating an awareness of death and dying as a natural process.
2. Encouraging children to be involved in the process of death and dying.
3. Allowing children and youth to naturally grieve the loss of loved ones
4. Connecting children to grief support through community counselling programs

For more information about our children's grief program, please contact Kayla or Pardeep at (604) 584-7006.



Pardeep Chatha

Clinical Counsellor

Donations In Memory Of...

Doris W. McMillan

Melvin Preston

Al Selly

Adeline Walters

Marvin Pflug

Leanne Dana Morrison

Peter Clark

Naomi Gemmell

Joyce Ladd

John McCann

Volunteering

The Surrey Hospice Society is currently looking for Volunteers for our office. If you are interested please submit your resume to admin@surreyhospice.com or via fax at 604-584-7009.



Surrey Hospice Society

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

#1, 15243 —91st Avenue

Surrey, BC V3R 8P8

Phone: 604-584-7006

Fax: 604-584-7009

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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.

Help us
go
Green

By receiving your newsletter by email.

Please contact (604) 584-7006 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!