

SHS NEWS



SURREY HOSPICE SOCIETY Newsletter

Spring—Summer 2017



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Welcome to our Spring & Summer Newsletter

This winter Vancouver and the Lower Mainland shattered records for snowfall and the coldest snap we've seen in over 30 years. I am happy to say that we have made it through the storm. Unfortunately we at the hospice had to cancel some of our bereavement programs due to an unforeseen winter wonderland. Now that the warmer weather is approaching we are busy organizing our bereavement groups," Nature's Amble and Finding My Way". Please stay tuned for more information and dates.

We are very excited to announce that Kayla Hockfelder, Child & Youth Counsellor will be returning to the hospice in May. Clarissa Matsuda will also be joining us as she fulfills her Counselling Practicum requirements. Please read their introductory articles inside.

Our Spring & Summer Newsletter is filled with good news and information for the coming months. I hope you enjoy it.

Kind regards,

Susan Shephard
Office Administrator
Newsletter Editor
Surrey Hospice Society

Letter from the President of the Board

Dear Surrey Hospice Society Volunteers, Staff and Friends:

I just returned from Nashville, Tennessee in the wee hours of this morning. I am proud to say that I have been invited to audition to play at the Bluebird Cafe (one of Nashville's most famous bars) on my next visit this June. It must have been all the love I felt from the 80 plus people who attended our 'Hospice Hoe Down' at the end of March! I had a lot of fun at the pub night and I truly hope you did too.



Please allow me once again to restate that hospice is a vital force in our society, but the engines that drive it are you! Thank you so much for all of the great work you do.

I'd like to talk a bit about what we are currently working on, and our accomplishment since we last spoke. Our Strategic Plan is a critically important document, and these documents need to be reviewed. Though our overall goals remain the same, I think we can safely say that we have been making some great strides in moving towards them and even more incredible, we are significantly expanding our objectives.

It is essential for you to know that the demand for our collective support both in hospice and palliative services has risen by 20% over the last year, and it is expected to continue growing at the same pace in the future. This means that we need to be on the cutting edge in how we manage our resources to keep us ever present to the essential support and care for our community as we/they collectively face the growing demographic of loss and grief. It is always our top priority to ensure that no one is ever alone as they face death or in their grief. Once again, thank you for doing your part in helping us make that possible!

While a lot of our work is steeped in loss and bereavement, there is great joy in what we do. It is an enormous honour to be included in some of life's most intimate and personal moments. We must never forget that life is just the same: full of joys and sorrows that we, as a community thrive and grow by supporting each other through it.

Thank you for allowing us to work with you!

Best Regards,

Thomas P.J. Crean
President, Surrey Hospice Society

NOTICE OF ANNUAL GENERAL MEETING OF SURREY HOSPICE SOCIETY

(the "Society")

NOTICE IS HEREBY GIVEN that the annual general meeting of the Society will be held at:

Valley View Funeral Home - 14644 72nd Ave., Surrey, British Columbia, in the Arbor Room on May 17, 2017, at 5:30pm for the following purposes:

to transact such ordinary business as is usually conducted at an annual general meeting of the Society;

to consider and, if thought appropriate, pass a special resolution to repeal the existing bylaws of the Society and adopt the bylaws attached hereto as Schedule "A" effective immediately in an effort to modernize the bylaws of the Society to compliment the new *Societies Act*, S.B.C. 2015, c. 18 which came into force on November 28, 2016 and replaced the previous B.C. *Society Act*; and

to transact such further or other business as may properly come before the meeting or any adjournment or adjournments thereof.

DATED at Surrey, British Columbia on this 21st day of April, 2017.

BY ORDER OF THE BOARD OF DIRECTORS

Secretary

***P.S. Please see attachment for Annual General Meeting Schedule.**

Volunteer Profiles



My name is Shelley Wilson and together with my canine girls, Ruby and Charlotte we volunteer at Surrey Memorial on the Tertiary Palliative Care Unit. Ruby (right) and I have been visiting up there for 5 years, Charlotte (left) is Ruby's daughter and joined in as soon as she turned 1 about 18 months ago.

Many years ago my husband spent weeks in the hospital while fighting cancer. Whenever the dogs showed up on the ward, David's eyes would light up. It was the high-

light of his day. I just knew when the time was right, and the dog was right it was something I had to do. So when Miss Ruby came along I contacted Pets and Friends. In no time at all I found myself at their volunteer training night. I never really gave much thought to where I wanted to volunteer, but then hospice came to mind. It seemed like the perfect match.

At N52 Leila, the unit clerk, calls it Ruby Tuesday. Ruby runs in as if it's her second home. Charlotte drags Leila to the cookie cupboard where we start out with tricks and treats. Its giggles all around as everyone enjoys pets and love, staff and dogs alike. Each patient visit is different. Some include tricks, some cuddles on beds, some walks outside. Then there are some who the dogs lay quietly beside the bed as family and friends enjoy their presence. We, the humans chat about all sorts of things.

Tuesday afternoon is a highlight in our week. People ask me how I do it, how I can be around people dying all the time. I tell them I am not. I am around beautiful, living people that just happen to know their end is near. I tell them that I have the most amazing opportunity to learn from them and support them on this journey.

Shelley Wilson

Bedside Singers

Surrey Hospice Society is excited to offer our Volunteers a new modality of care: Bedside Singing.

The Vancouver Threshold Choir will be visiting our Resource Centre to conduct a 5 hr. Introductory Workshop, Saturday June 24th.

Bedside Singing is done a cappella (voices unaccompanied by instruments) and generally in teams of 2-4 singers. The goal is to bring ease and comfort to those at the thresholds of living and dying. A calm and focused presence at the bedside, with gentle voices, simple songs, and sincere kindness, can be soothing and reassuring to clients, family, and caregivers alike.

The repertoire of Bedside Singing includes songs of comfort and general blessing, as well as some familiar songs from popular culture. This range allows singers to offer a choice of either relaxing or upbeat songs during visits to match the kind of support that is needed at any particular time by the client or their family.

Jan Alexander, Program Director of the Vancouver Chapter of The Threshold Choir (www://thresholdchoir.org/) will be leading the training with our Hospice Volunteers. Jan has assured us that no audition or professional training is necessary to become a Bedside Singer but asks that singers are able to stay on key, or open to learning how. Songs are generally sung in a warm lullaby tone. Singers will practice blending their voices together with one another.

The Introductory Workshop will be a great experience for those who are certain they would like to become a Bedside Singer and also for those who need more information and experience before deciding.



Exciting News



Left—Dylan Van Rooyen, Surrey Firefighters, Donna Chubb, Thrift Store Manager, Rebecca Smith, Surrey Hospice, Executive Director.



Left, - Jeff Hector, Chair of the Board—Serving with Distinction Awards, Surrey Cares Foundation, Rebecca Smith, Executive Dir., Surrey Hospice, Donna Chubb, Thrift Store manager, and Dylan Van Rooven, Surrey Firefighters.

On February 28th, 2017 the Community Thrift Store was awarded the “Serving with Distinction Award” from the Surrey Cares Foundation for “Social Innovation”. The store is run by both the Surrey Hospice Society and the Surrey Fire Fighters Charitable Society which has been a part of the Newton community since 2005. All profits from the store go back into the community by providing hospice support and funding for the Firefighter’s charitable programs.

The store is staffed with over 75 volunteers, many of whom have been part of the Thrift store since it opened. The store offers training to various organization within Surrey by providing their clients with opportunities to gain experience and build confidence in the workplace. They also associate with organizations that provide people with disabilities work placement, helping them to develop new skills and overcome social barriers. Many of our volunteers are seniors, students, and others who just want to give back.

The store serves as an affordable alternative for people in our community. A great big thank you and congratulations to the Community Thrift Store Manager, Donna Chubb and all our dedicated volunteers!

Grief, I've learned, is really just love. It's all the love you want to give but cannot.

All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.

Grief is just love with no place to go.

Author Unknown



Help support Surrey Hospice—Make a Donation Today

The Surrey Hospice Society relies on memberships, donations, grants, memorial bequests, fundraising, and community support to continue our programs. A memorial bequest is a wonderful way to show appreciation for the volunteer service that has been provided during the terminal stages and the grieving process after the death of a loved one.

By supporting Surrey Hospice Society you are helping us to carry out our Mission Statement in supporting individuals and their loved ones as they face a life threatening illness, and ongoing grief support programs for children, teens, and adults.

Tax deductible donations to Surrey Hospice Society can help to offset some of your annual tax due to Revenue Canada. Surrey Hospice Society will issue a tax receipt for any donation over \$25.00.

Please consider supporting our hospice work through donation! Visit our website today at www.surreyhospice.com

WELCOME BACK KAYLA HOCHFELDER



I am delighted to announce that I am returning to the Surrey Hospice Society to provide grief and anticipatory grief counselling to the greater Surrey community. I originally joined the Surrey Hospice as a Clinical Counsellor in the spring of 2013. Later in the summer of 2014, I welcomed my daughter to the world and after my maternity leave I returned to the hospice the following year. As we all know, raising young children and accessing support

can be a challenge for most families. Therefore, I needed to step away for this interim period due to these challenges.

My daughter is now beginning to thrive in a new daycare/preschool providing me with the ability to return to my work at Surrey Hospice which is truly a core part of my therapeutic offering to the world. I look forward to providing individual counselling at Surrey Hospice for all ages through all aspects of the dying process. I am also dedicated to seeing the group work at Surrey Hospice continue to flourish, and especially being able to offer the Children's Group throughout the year.

My training includes a Masters in Counselling Psychology from the California Institute of Integral Studies specialising in Expressive Arts Therapy. I am also trained in Guided Imagery from the Academy of Guided Imagery and am a practicing EMDR clinician (*Eye Movement Desensitization and Reprocessing*). I have a background in hospital-based therapy, as well as child and family therapy. Alongside my time at Surrey Hospice, I am currently in private practice in Vancouver.

Kayla Hockfelder, MA, RCC



A WARM WELCOME TO THE SURREY HOSPICE— CLARISSA MATSUDA



Hello

My name is Clarissa Matsuda and I am a candidate of the Masters in Counselling Psychology Program from Yorkville University. I will be at Surrey Hospice from May to December 2017 to fulfill my counselling practicum requirements. We all deal with personal loss from time to time and helping people through the grieving process is an area I am passionate about. All of my experience, both personal and academic, has given me

unique tools to better support individuals dealing with the anticipation and finality of loss. I was drawn to Surrey Hospice because of its supportive atmosphere, the professionalism and work ethic of the staff, and the service it provides its clients and their families. I am excited to build my experience under the guidance of the dedicated staff as we support the individuals and families during vulnerable times.

OPPORTUNITIES TO HELP

Rooted in the Community...

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

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

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

UPCOMING EVENTS

- April 12th, 2017—Public Presentation offered at Chuck Bailey Community Centre
- April 28th, 2017—Public Presentation and Info Booth at Laurel Place Health & Wellness Fair
- May 7th, 2017—"Mother's Day without Mother" Client Support event
- May 17th, 2017—Annual General Meeting of Surrey Hospice Society
- June 11th, 2017—"Father's Day without Father" Client Support event
- June 24th, 2017— Bedside Singers— The Vancouver Threshold Choir Workshop
- September—Volunteer Education Program— Applications now being accepted
- Hop Spice, Special event coming in Sept.— Savour craft beer & Surrey's flavours of the world - *Date To Be Announced*

Have a wonderful spring and a happy, safe summer.



Help Us Help the Community!

Donation Form

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____

Email: _____

Cheque ____ Visa ____ MasterCard ____

Credit Card No. _____

Expiry date: MM/YY ____ / ____ CVC ____

*Visa or Mastercard—You can also call the office to process your credit card information.

Monthly Donors: I hereby authorize Surrey Hospice Society to make automatic monthly withdrawals from my credit card. 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 provided my Credit Card information.

Signature: _____

Date: _____



Mission Statement

Rooted in the community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life limiting illness, and on-going grief support programs for children, teens and adults.

We believe that no one need face a life-limiting illness alone, and no one need be alone with their grief.

We offer “Companions for the Journey”.

Contact Us

For more information about our services and programs please contact us at:

Surrey Hospice Society
#101-13463 78th Ave
Surrey, BC V3W 1A8

Tel: (604) 584-7006

admin@surreyhospice.com

www.surreyhospice.com

The Surrey Hospice Society presents:

Mother's Day without Mother

A time of reflection and a celebration of Mom's life & love



Come craft with us

When: May 7th 2017

Time: 10:00 AM—12:00 PM

Where: Guilford Village—Craft Room

14568 104A Ave. Surrey

Fee: Free

Please RSVP before May 1st.

*In memory of your mother, please bring
6—12 of your Mom's favourite home
baked cookies or other treats.*

To participate in this loving event, please contact Tricia at
Tricia@Surreyhospice.com or call: 604-584-7006.



Surrey Hospice Society Presents: Father's Day without Father



Part 1: Lantern Making Workshop

Craft a lantern in memory of your father.

June 11th from 1—4 PM

Chuck Bailey Recreation Centre

13458 107A Ave. Surrey

Part 2: Lantern Procession

Walk with others through the old forest as you shine your father's light into the night.

June 14th—Time: 7:30 PM

Green Timbers Urban Forest

14255 96th Ave. Surrey

Free of charge ~ There is limited space for this program.

Please reserve your spot by June 1st 2017.

To register contact the Chuck Bailey Recreation Centre

Call 604-598-5898

Registration #: 4533953