



Chilliwack Hospice Society News ~ May 2019

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Registered Charity #867303232RR001

Mission Statement:

Chilliwack Hospice Society is a community based volunteer organization which accepts death as a part of life.
We support individuals and families during the dying and grieving process.

Welcome Spring

What a whirlwind the first 4 months of 2019 have been. Thank you to everyone who has reached out with their good wishes and prayers. I am doing great and will be done with my breast cancer treatments soon. I am back at work full time working with the best crew ever...and in April I got married to Norm Knott so I have a new last name. I couldn't be happier!

The Society has been buzzing with preparations for The Hike for Hospice on May 5th, The Thrifty Fashionista Fashion Show on May 13th, The 2nd Annual Play it Forward Golf Tournament on May 30th and Horse Whisperer Camp on June 15th. Wow - we really are crazy! Thank goodness for all the amazing volunteers that help us make things happen.

We have been running Basic Hospice Training, First Step Grief Group and the Children's Grief Group over the last several weeks. It is so wonderful to have this big space to offer more programs and let's face it, that's what it's all about. We continue to offer all our Grief Programs and One-to-One services free to the public.

Our Relaxation Therapy Team is hard at work Monday's and Wednesday's here at the office, as well as at Cascade Hospice and out in the community. They are so dedicated!

Our Thrift Store continues to boom as we work diligently to find them a new larger space to grow.

We are very grateful for all the support we receive from the community, donors, volunteers, board members and staff.

Thank You for supporting Chilliwack Hospice Society. 

Sue Knott



Executive Director



Date: Wednesday June 19th
Time: 5:00pm
Location: Chilliwack Hospice Society

AGM

Annual General Meeting

To be a Member In Good Standing membership is due on or before May 17/19

Printable membership form found on our AGM page on our website

Programs and Services

Traumatic Loss Group

Lucy Fraser, Director of Programs, Joan Noel and Paula Williams, hospice volunteers; and Kaitlin Hayes, 4th year social work practicum student (UFV) facilitated 2 Traumatic Loss Grief Groups which ended in March. As the original group was 27 we split the group and met Monday and Wednesday for 8 weeks. Our numbers reflect the higher incidences of death through drug use including fentanyl. The purpose of these groups is to provide a safe space for people who have had a loved one die in a traumatic way such as suicide, homicide and/or drug use to process such losses. Sessions consist of discussion around how traumatic loss may differ from other types of loss through death; sharing stories; self-care including expressive art activities; and commemorating the life of the one who died.

Please contact Lucy at lucy@chilliwackhospice.org or by phone at 604-795-4660 ext. 105 if you would like more information about this group.

In The Community

We have started to provide grief support to inmates in Kent Institution. Kent is a maximum security penitentiary in Agassiz that currently houses around 250 inmates. The population is separated into 3 groups which makes programming difficult as the populations can't be mixed. Unlike other correctional institutions such as Mission and PAC, Kent has few volunteers. This is in part because of Kent's more remote location in Agassiz and because it is maximum security. It tends to have frequent lockdowns so providing services can be unpredictable. We will be giving a workshop on grief and loss there in May. Kent is underserved as far as counseling goes and it is not unusual for an inmates' family member to die and they are unable to get clearance to attend the funeral.

Currently, we are working with a Community Support Worker at Seabird Island with a view to putting on Training the Trainer training so that Seabird will be able to offer grief groups facilitated by local facilitators.

Practicum Student

We have had the pleasure of hosting Kaitlin Hayes for her 4th year Bachelor of Social Work practicum this January – April. Kaitlin's time here has been spent observing and conducting intake and support meetings with clients, co-facilitating a school-based children's grief group, assisting with the Traumatic Loss Grief Support Group, and so many other activities. It has been our pleasure to have her company and support over these past few months. We are sad to see her go but know that she will have great success in her next adventures. Good luck Kaitlin!



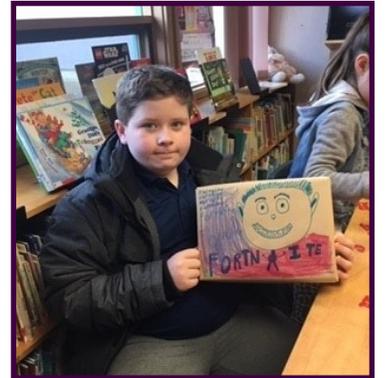
We'll miss you!

Programs and Services

Children's Grief Group at Harrison Elementary



The Children's Grief Group at Harrison Elementary school met for seven weeks. The group was structured around supporting the children in exploring and expressing their feelings around the grief and loss they have experienced. Connections with classmates who shared similar experiences and feelings were made, which fostered a supportive and safe environment for the group. The children shared memories, stories of their loved ones as well as times where they struggled. A lot of fun was also had! Creative and expressive art was a big part of the groups activities, including memory paintings, sparkle bottles and memory boxes.



Welcome to Brandon Wakefield, our Child and Youth Program Manager. Brandon will be providing one-to-one support services as well as facilitating group processes for those children and youth dealing with grief. Brandon has already redesigned our Children's Grief Room to better support play and creative art methods. Looks great, Brandon!



Basic Hospice Training Group Spring 2019

Basic Hospice Training is offered approximately once per year, and introduces participants to the principles of hospice and palliative care in Canada, supporting individuals and families with end of life decisions, recognizing and honouring cultural and spiritual diversity, and complimentary therapies. While many of the participants do go on to become hospice society volunteers, it is not mandatory to become a volunteer after the training is completed. We are happy to have some new volunteers joining the team from the most recent training session. If you are interested in knowing more about the Basic Hospice Training program, please visit the website, and click on "Volunteer" to submit an application.



Chilliwack Hospice Thrifty Boutique

260-45428 Luckakuck Way 604-846-2226

Store Hours: Monday—Saturday 9:30am— 5:00pm

Donation Drop Off Hours: Monday-Saturday 9:00am-4:30pm



Chilliwack Home, Leisure & Outdoor Living Expo

Our Thrifty Boutique was at Heritage Park January 25-27 for this great event. Thank you to EXPOSure Events for donating the booth for another successful year at the show. It is a great way for us to meet people in our community and share what we do!



What a wonderful group of volunteers we have! You are all amazing and we couldn't do it without you!!



Fraser Valley Women's Expo

Our Thrifty Boutique was back at Heritage Park March 1-3 for the Women's Expo. We have so much fun getting ready and setting up this event! Thank you to all our volunteers that helped manning the booth!

Your donations to the Thrifty Boutique go towards Hospice Programs and Services that are offered free of charge to the residents of Chilliwack and Agassiz.



Elders in TRANSITION

WHEN LIFE HAPPENS WE CAN HELP

Often it is overwhelming when it comes time to downsize or move. Even when health concerns are not an issue, moving from a large residence to a smaller space can be fraught with stress. It's hard to part with treasured possessions accumulated over a lifetime. Why not consider donating to your Chilliwack Hospice Society's Thrifty Boutique?



HOW CAN WE HELP?

- » Provide in-home assessment of your items
- » Provide support to families
- » Pack up and take away items: Housewares, Small appliances, China and glassware, Lamps, Small furniture, Clothing/Accessories, Jewelry

YOUR DONATIONS HELP FUND OUR PROGRAMS AND SERVICES THAT ARE PROVIDED FREE TO THE RESIDENTS OF CHILLIWACK AND AGASSIZ
*Service is available bi-monthly on a first call/first serve basis. Please call for more information.



Thrifty Boutique

260-45428 LUCKAKUCK WAY / 604-846-2226

Hours: Mon—Sat 9:30am to 5pm / Drop off: 9am to 4:30pm

We do not act as a moving company, remove garbage, discarded or unsealable items

Want to keep up-to-date on all of our events and sales? Join our email list and like us on Facebook!

Thrifty Boutique Volunteers Needed!

4 hrs a week gives you the opportunity to make new personal connections while helping out our store. If this is of interest to you please call Sandy at

604-846-2226.

Chilliwack Hospice Society would like to thank everyone who made the 8th Annual Hoedown for Hospice a **HUGE** success! **Together we raised \$55,000!**



From Joanne Beck - President - Chilliwack Hospice Society
"I absolutely LOVE this event!!! SO much fun!!
A huge, massive, large, over-the-top, there-aren't-enough-words-kind-of THANK YOU to the volunteers ... I saw a couple of Facebook posts that would indicate a lot more work than sleep took place due to clean up duties ... YOU ARE SO VERY MUCH APPRECIATED FOR ALL YOU DO!!!!!!!!!!!!!!
AWESOME work everyone!! Congrats on the success!"



May 13, 2019 - Fashionista Fashion Show

Join us for our 3rd Annual Thrifty Boutique Fashionista Fashion Show. Tickets are \$20 each and include a glass of champagne and appetizers. The event is at the Chilliwack Cultural Centre - 9201 Corbould St. from 6:30pm to 9pm. Tickets available at the Thrifty Boutique & Chilliwack Cultural Centre.



October 19, 2019—Moonlight Gala

This high profile and glamorous evening offers fine dining, dancing, Silent & Live Auctions and exciting entertainment. Definitely not one to miss!



May 30, 2019 - Play it Forward Golf Tournament Fundraiser

Join us for the 2nd annual "Play it Forward" Golf Tournament Fundraiser taking place at the scenic Chilliwack Golf Club.





Rockin 50's SOCK HOP

Volunteer Appreciation



April 15
2019

Our Volunteer Appreciation 50's Sock Hop night was a rockin good time! Great fun, great music, great food...and especially great people. Thank you to all who helped to make this evening something special. Most of all, a BIG thank you to all our amazing volunteers. You are the backbone of our organization and none of what we do would be possible without your dedication, compassion and enthusiasm.

Thank you



WE THINK YOU'RE KIND OF A BIG DEAL!

Thanks for Volunteering With Us
VOLUNTEER APPRECIATION WEEK

If you are interested in becoming a volunteer, please visit our website for more

National Volunteer Week in Canada was April 7-13 this year. All the staff at Chilliwack Hospice Society would like to thank each volunteer for being part of creating a tremendously positive impact in our community. Thank you!



Meet our Volunteers

Mary

My name is Mary. I find my work at Cascade Hospice and the Chilliwack hospital both satisfying and rewarding. I started working at the hospice society a few years before Cascade Hospice was opened (in 2008) and I am still here. My career in nursing was about to end; I had been volunteering with Medical Missions International in the developing world while I was still working at Chilliwack General. I enjoyed working with staff and patients in the developing countries; one learns so much about humanity by being with different races, seeing where and how they live. I must say we have so much to be thankful for in this country Canada. I find that if I can assist my clients in any way as they begin a new journey in life, it's very gratifying, and who knows, I may need help along the way too someday.

My husband is deceased and I have 5 children, 14 grand-children and 12 great grand-children. My children are busy with their lives but I do not have to tell anyone what a joy they are and how much they enrich my life. In my spare time I enjoy reading, walking, biking and working out at the gym. In the spring and fall, my gardens occupy my time.



Meet our Volunteers

Joe

My name is Joe. I am a Chilliwack Hospice Volunteer. When not volunteering I like to hike, kayak, go to the gym, play my guitars and drums, go to music festivals and spend time with my family.

My wife and I moved to Chilliwack in 1985 where we raised our three children. In the summer of 2008 my seventeen-year-old son Adrian drowned in Hicks Lake. My family and I struggled on our own trying to come to terms with his tragic death for about 3 months. We felt alone. Our thoughts and emotions were all over the place. We were lost. The Chilliwack Hospice Society was there to give us one-to-one personal support as well as enrolling us into their Eight Week Group Grief sessions. My daughter was enrolled into the teen grief group. The peer support of other teens with their own losses was instrumental to her recovery. In the sessions we met others that were walking their own journeys through the loss of a loved one. We realized we were not alone. Though our hearts are still broken Chilliwack Hospice Society taught us to manage our grief. To give back, I have been a Hospice Society volunteer for about three years. I've used my experience with grief combined with the volunteer training course provided by Chilliwack Hospice to assist others. I have helped with one-on-one grief and palliative support as well as co-facilitating eight-week First Step Grief Groups. Each year I am involved with the Hospice Children's Horse Whisperer Camp as a group leader. I also do as much as I can in assisting with fund raising events. The staff and other volunteers at Chilliwack Hospice Society are an amazing group of people. They are so compassionate and inspiring.



Check out more bios monthly on our website!



Jennifer Dacre speaking at Mini Med School

Mini Med School

We were pleased to be able to attend a session of the Mini-Med School focusing on Palliative Care and Advance Care Planning, together with other presenters from the community. There were about 40 people in attendance that evening. The purpose of the event is to raise awareness and provide education regarding the choices for end of life care, planning for wills and estates and more. We hope to offer a similar session again later this year at our office.



Chilliwack Hospice Staff wearing pink in support of National Anti-Bullying Day which began in Canada in 2007. Bullying is a major problem in schools, workplaces, homes, and over the internet. Each year, on Pink T-Shirt Day, people are encouraged to wear something pink to symbolize that we will not tolerate bullying anywhere.



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Thrifty Boutique Assistant Coordinators

Thank you

Thank you to Lynne Wells, Monika Coates, and Sandrine Trichard who have been helping with the Children's Grief Group every week. You are awesome! Thank you also to all of those who have provided snacks for the group - much appreciated by Brandon and the kids.

Thank you to A & W Sardis for the donation of root beer for our Volunteer Appreciation night root beer floats.

The Thrifty Boutique would like to thank: EXPOSure Events for donating the booth for the Home & Leisure Show, Highroad Academy for coming to volunteer for a day, Upstage for helping with the neighbourhood bag drop and Joe Palmer for his help with our storage unit

Thank You for your Support!!



Thank you for the thoughtful and generous donations of beautiful handmade quilts and blankets for Cascade. They provide such comfort and are so appreciated.



Thank you to Dale Seguin for his many hours shoveling snow this winter. We appreciate your hard work so much.



Thanks to Wilma Warner for making our outside planters beautiful for springtime

**Donations made in memory of loved ones from
December 2018 — April 2019**

- ♥ Alan Carey
- ♥ Art Anderson
- ♥ Bernadene Plumridge
- ♥ Bud White
- ♥ Carol Abernethy
- ♥ Ed Kolberg
- ♥ Eileen Knott
- ♥ Florence Wick
- ♥ G.A. Jones
- ♥ Heather Jones
- ♥ Helmer Stromquist
- ♥ Isobel Peters
- ♥ Jack Cooke
- ♥ Jenny Jensen
- ♥ Jim Cumyn
- ♥ Ken Alendal
- ♥ Ken McInroy
- ♥ Lorraine Lock
- ♥ Margaret Ballam
- ♥ Margaret Evans
- ♥ Margaret Sturt-Smith
- ♥ Maria Konopski
- ♥ Marianna Vermilyea
- ♥ Merrill & Margaret Pederson
- ♥ Myrna Fischer-Lewicki
- ♥ Peter Stevenson
- ♥ Ray Williamson
- ♥ Rene Gratton
- ♥ Rita D'Souza
- ♥ Rochelle Raphael