

## 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.*

## Children's Horse Whisperer Grief Camp June 6, 2015

Thanks to all our volunteers and staff for making this year's camp such a success!







## Thrifty Boutique 604-846-2226

**Store Hours:** Monday-Saturday 9:30-5:00  
**Donations Drop Off hours:** Monday-Saturday, 9:30-4:30  
**260-45428 Luckakuck Way (BCAA Center)**



Thrifty Boutique customers shop our Customer Appreciation and Mother's Day Sale events.

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

### Ladies Retail Therapy Night

Sept. 17th ~ 6:00 pm — 8:00 pm

Tickets \$5.00 with half going to your purchase that evening.

- ♥ Discount shopping
- ♥ Chocolate fountain
- ♥ Mini massages
- ♥ Door prizes



### 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.

## 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.



Chilliwack  
**Hospice**  
Society

## Thrifty Boutique

**260-45428 LUCKAKUCK WAY / 604-846-2226**

Mon-Sat 9:30am-5pm / Drop off: Mon-Sat 9:30am-4:30pm

We do not: Act as a moving company or remove garbage or unsellable or discard items

Your donations to the Thrifty Boutique go towards Hospice programs and services that are offered Free of Charge to the residents of Chilliwack and Abbotsford.



## Bucket List Festival

Most of us have a list of things we would like to do before we die. Some like the idea of throwing a dart at a map and traveling to wherever it lands. Others believe that before embarking on an adventure it's good to have a plan. However, as we age, health or medical issues can make ticking things off a bucket list a tad more challenging.

That's why the Chilliwack Hospice Society in partnership with the Chilliwack Division of Family Practice is hosting the second annual **Bucket List Festival** on **Saturday, September 26, 2015 10-3 pm.**

A broad range of experts will provide information and address topics dealing with a myriad of issues we may face as we plan for our future. Enjoy an uplifting day full of valuable information, resources and prizes. The day will end with draws for Bucket List prizes to fulfill some *Bucket List* dreams.

### Presentation topics include:

**How to Really "Talk" with Your Doctor** – Dr. Chantal Chris

**Community Health Care Resources: A Panel Presentation** – Laura Clarke (RN, BSN, GNC) Chilliwack Primary Care Senior's Clinic; Lorraine Depow, (RN, BSN) Chilliwack Mental Health Community Geriatric Psychiatry Team; Dr. Ralph Jones, Lead physician, Chilliwack Division of Family Practice; Dr. Neil Hilliard, Hospice Palliative Care Consult Team physician

**Advance Care Planning** - Cari Borenko Hoffmann, Project Coordinator, Advance Care Planning, Fraser Health

**Planning for Your Digital After-Life** – Dr. David Thomson – Professor, University of the Fraser Valley

**When:** Saturday, September 26, 2015 10:00-3:00 pm.

**Where:** Chilliwack Alliance Church – 8700 Young Road

**Cost:** \$25. Includes a light lunch and door prizes

Register online at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) or in person at the Chilliwack Hospice Society office – 45360 Hodgins Avenue, Chilliwack, BC

*You're  
Invited to...*



**Chilliwack Hospice Society's  
Volunteer Garden Party**  
at **Chilliwack Hospice Society's Rotary  
Hospice Centre**  
Wednesday, September 9th, 6-8 PM,  
rain or shine!

Volunteers, please join us for a special  
dessert and a chance to mix and mingle.  
**RSVP by Aug. 28th** if you and a guest are  
attending: [joldie@chilliwackhospice.org](mailto:joldie@chilliwackhospice.org)



star 983 prospera centre The Chilliwack Progress save on foods

**Includes Lunch & Door Prizes**

Tickets are \$25. Register at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) or in person at Chilliwack Hospice Society 45360 Hodgins Ave., or by phone call 604-795-4660





**Andrea Gormley**

Patient Care Coordinator

## Cascade Hospice Residence

Cascade Hospice opened its doors August 18, 2008 and is owned and operated by Baltic Properties in partnership with Fraser Health Authority and the Chilliwack Hospice Society with the goal of providing exceptional end of life care for patients and their loved ones at the end of life.

We address the needs of the patients and the patients' families and support systems. Since opening we have had 850 patients come through, which translates to about 121 per year, and about 10 per month in our 10 bed facility - each month is different, as is each day. Some patients are only here a few hours, others are here for months. Our patients come from all walks of life, are all ages - from being in their 20's and 30's with young children and lots of family and friends, and then we have the other extreme, patients in their 90's with no living relative or friend left. And then there is everyone else in between. Some patients and families are

more prepared and ready than others; they all come with their own unique needs and as a team we do our very best to reach out and help these families and patients dance through this difficult time.

I don't know how we would do what we do so well if it wasn't for our Chilliwack Hospice Society volunteers! I can confidently say that our nurses say the same. The support and comfort that our volunteers provide every day through visiting and just being there is simply invaluable. During our weekly rounds, Jennifer from the Chilliwack Hospice Society is able to provide insight from the book the volunteers write their notes in, often giving us extra insight and helps us to plan how to help the patient further. The patients immensely enjoy the time spent with the volunteers and we staff truly appreciate what the volunteers do. Also recently the Hospice Society purchased a Roho mattress for us, which is a pressure relieving mattress that provides immense comfort to those with wounds or having difficulty managing pain. There are also the musicians, relaxation therapy and Lucy who all provide modes of comfort and healing. It is with great happiness that I am able to share with our patients and families the variety of services that are available after the patient passes away too. Knowing the care continues through the Chilliwack Hospice Society really does make our jobs a little bit lighter. Just as the old adage says it takes a village to raise a child, I also believe it takes a village to provide healing and coping in the face of loss.

Thank you to all the volunteers at Chilliwack Hospice Society, it makes a huge difference to our community as well as our staff at Cascade Hospice. I feel very honoured to have so many wonderful volunteers in our facility every day.

*Andrea Gormley*



## First time volunteer

The horse grief camp showed me just one of the many ways kids cope with loss. It was really interesting to be able to be a part of leading and watching how the kids reacted and enjoyed the horses. It seems to be really effective and the kids loved riding. This being my first time as a hospice volunteer, I didn't really know what to expect, but it was a really great experience and I'm excited to work on more programs with this Hospice Society in the future.

*Dayna Brown  
(Striped shirt)*



**Jesse Dunning**

## Our newest board member

Jesse Dunning was born in Cambridge, England, and grew up in Abbotsford, British Columbia. He graduated as Valedictorian of Trinity Western University with a Political Studies degree in 2009. After graduation, he worked as a correspondence writer in the Office of the Prime Minister in Ottawa, Ontario, before returning to Law School at the University of British Columbia in 2010. Jesse graduated from UBC with a Juris

Doctor in 2013, and has been employed with Baker Newby LLP in Chilliwack, first as an articling student, and currently as an associate, since that time.

After graduation, Jesse completed his articles with Baker Newby and joined the firm as an Associate following his call to the Bar in 2013. Jesse enjoys spending time with his wife and children (preferably outdoors), writing fiction, weightlifting, and rugby.

Jesse currently volunteers with his church as a youth leader and is excited by the prospect of being able to further contribute to his community by supporting the important work being done by the Hospice Society. We are thrilled to have Jesse as a board member.

# Hospice Society Volunteers



**Mari Okazaki**  
Hospice Volunteer

## The suicide bereavement group offers a safe place for people to talk, share, laugh and cry

"When I took my first Basic Hospice Volunteer training with Chilliwack Hospice Society, my intention was to do Reiki for hospice patients as part of the relaxation team as I have been teaching and practicing Reiki since 2006. This is my true passion. By just placing my hands on the people's body with Reiki, it brings such a deep relaxation and peace. If nothing can offer a cure to the body, Reiki can offer the peace to the soul. That's how Reiki works at the palliative care level. But when I discovered about the new bereavement group specific for people who have lost their loved ones by suicide, I felt like I finally found the way to make my mother's death to be a meaningful experience. I have experienced many losses of my family members including my father's death in his young age but especially my beloved mother's death by suicide. This had a huge impact on my life. I went

through ups and downs of grieving process, however, I found that being in a volunteer position for palliative care and bereavement group is the most profound healing to myself. The suicide bereavement group offers a safe place for people to talk, share, laugh, cry, which often suicide survivors lack for this kind of safe place. I am grateful that this group brings a feeling of "home" that there are people out there who can understand the exact feeling of loss of loved ones by suicide, and such an honor to be part of it. As a mother of three young children, I have limited time to share with community, but if I would choose one volunteer position in my busy life, it will always be for Chilliwack Hospice Society."

*Mari Okazaki*



**Bernie Graywolfe**  
Hospice Volunteer

## Being a Hospice Volunteer is not as complicated or difficult as one might think

Men tend to have a different way of socializing and relating than women. When we have been ill for some time or faced with a terminal illness our world shrinks. Our contact with our outside world diminishes. Often we are no longer in contact with our male acquaintances that we had at work, social clubs, our sports mates, or even just the guys we had coffee with. We find ourselves surrounded with caregivers, both loved ones and professionals. The conversation and focus of our contact with others revolves around that of health and end of life preparation. Generally, as men, we are not geared toward expressing ourselves emotionally in this regard, especially with those close to us. And, for the older generation, most are uncomfortable doing so with women.

My role as a Hospice Volunteer is to fill that role as a male contact with a gentleman who finds himself in this situation. For the most part he is happy just to be able to have a normal conversation about the useless stuff we guys love to carry on about. Sports, cars, the state of national affairs (we usually solve most world problems: LOL) and girls (don't tell the wives). To see the difference a visit makes after just an hour of banter is so very rewarding. I think it takes him away from his worries for a spell. If you can sit at a coffee shop or a pub and have a good old malarkey session with the guys you can do this.

Yes, there are times when he will tell you his life's joys, sorrows and regrets, and lets you in on his life's adventures. There can be moments when he shares his fears of dying, leaving his loved one, his concern about whether they will be ok. That's just the time to listen and let him know I heard him. I am not there to provide solutions or advice and that's not what he is looking for. I think we as volunteers are people safe to be able to speak to. We just need to be there.

I have learned more about life and about myself through the fantastic training and ongoing support offered through Chilliwack Hospice Society and meeting and sharing with the amazing people we serve.

*Bernie Graywolfe*

## Knowing Solace



My friend Rikki (Erica Ableson) first introduced me to the Chilliwack Hospice community. I met her and her husband Harry while working as the Agassiz Library's Community Librarian over twenty five years ago. It was shortly after Harry's death that Rikki was diagnosed with an end of life illness and she asked me to be her health advocate.

I learned that a hospice was part of her life's health plan. Death-related things still filled me with trepidation when I first walked up the office steps with my friend. Later, going through the doors of Cascade for a tour, I found that I felt comfort. I felt a warmth from staff and the volunteers in caring environments. I felt at home and understood my friend would be fine and 'be' home.



A few years later, while Rikki lived out her last month on earth at Cascade Hospice Residence, I saw my friend supported and finding peace. I found that I needed to find peace myself. I'd make time to see Lucy the counsellor to help me understand Rikki's 'end times'. Some days I found myself in their cozy library, reading and gracefully accepting a cup of tea from a volunteer. I may have dozed off a couple times on the couch...

Fast forward to the fall of 2013 when my younger sister Leigh-Ann came to live with us in Harrison Hot Springs during her terminal illness. It was my sister's end times for me and my 'learning times'. I needed to learn to live without my sister. Days before Leigh-Ann was to go live at hospice, she died in our home, with a smile on her face. She was at peace, the way she had planned to live out her days. However, I was not at peace - my 51 years old sibling, my best friend, died. Suddenly my whole life shattered with an utter devastation.

Nine days after Leigh-Ann died, I again went to see Lucy and then later participated in an eight week First Step grief support session. I went to another First Step group a few months after - I knew I still needed support in learning how to live without my sister. Their staff, the library... hospice was a life saver to me during my 'learning times'.

This week, it's been 1 and 1/2 years since my sister died, some moments I feel that surprise of the 'early days' of grief. Like Rikki, I continue to be a hospice advocate supporting their endeavours with my thought, time and energy. For myself, I share about hospice in my relationships though it is mostly through writing, my kind of grief support for myself and other siblings.

Now newly retired, I look forward to supporting hospice while the library's cozy room and collection of books are being revamped. Today I continue to find solace, peace.... and often times, a cup of tea.

*Earla Legault*



### Farewell Monika

On August 28, 2015 Monika Coates will leave Chilliwack Hospice Society to work full-time at The YMCA Southside Preschool. We are very sad to see Monika go as she has been a wonderful

administrative assistant and a great asset to the Society. However, we are thrilled that she is able to work in her chosen field of early childhood education.

It is with warmest regards that we wish Monika much success and happiness in her new job. We thank her for spending three years with us as a volunteer and staff member.

### Meet Vi McDonald!

Vi has been volunteering with Chilliwack Hospice Society since 2010. A wonderful community supporter, Vi also volunteers with Meals on Wheels. Vi answers our phones for us every Wednesday morning, and is often multi-tasking by knitting hats for the newborns at Chilliwack General Hospital. To date Vi has knitted 1,733 hats! Thank you Vi!





## Volunteer Training & Upcoming Events

### Now Accepting Applications for Winter 2016 Hospice Volunteer Training!!



The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others. If this sounds like you and you would like to learn more about becoming a Client & Patient volunteer with the Chilliwack Hospice Society, we invite you to fill out an application online at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) and to attend a free hospice volunteer training information session the evening of August 26th or September 29<sup>th</sup>. Both sessions will take place at the Chilliwack Hospice Society Centre - 45360 Hodgins Ave from 6:30-7:30 pm. To pre-register for the information session, please call **604-795-4660** or email [colleen@chilliwackhospice.org](mailto:colleen@chilliwackhospice.org) for more information.

The next training is scheduled to take place **January 12 – February 11, 2016 every Tuesday & Thursday evening from 6-9 pm.**



#### THE 100-YEAR-OLD MAN WHO CLIMBED OUT THE WINDOW AND DISAPPEARED JANUARY 12<sup>TH</sup>

After living a long and colorful life, Allan Karlsson finds himself stuck in a nursing home. On his 100th birthday, he leaps out a window and begins an unexpected journey.  
Runtime: 105 Min.  
Genre: Action/ Adventure | Comedy | Drama | World Cinema

#### ELSA & FRED FEBRUARY 9<sup>TH</sup>

This charming romantic comedy finds Elsa, a Gregarious retiree who's as lively as the New Orleans streets outside her apartment. When straight-laced widower Fred moves into her apartment building, the two fight and flirt like old lovers. Fred just wants to be left alone, but she won't hear of it!  
Runtime: 104 Min.  
Genre: Drama | Romance

#### ST. VINCENT MARCH 8<sup>TH</sup>

Maggie, a struggling woman, moves to Brooklyn with her 12-year-old son, Oliver. Having to work very long hours, she has no choice but to leave Oliver in the care of Vincent, who lives next door. Vincent takes Oliver along his trips to the race track, strip club and a dive bar, and an unlikely friendship is born.  
Runtime: 102 Min.  
Genre: Comedy | Drama

#### THE DARJEELING LIMITED APRIL 12<sup>TH</sup>

A year after their father's funeral, estranged brothers Francis, Peter and Jack reunite for a train trip across India. They have not spoken in over a year, ever since their father passed. Francis is recovering from a motorcycle accident, Peter can't cope with his wife's pregnancy and Jack can't get over his ex-lover.  
Runtime: 91 Min.  
Genre: Comedy | Drama

#### HECTOR AND THE SEARCH FOR HAPPINESS MAY 10<sup>TH</sup>

Disillusioned with the tedium of his existence, psychiatrist Hector confesses to his girlfriend that he feels he is a fraud for dispensing recommendations to patients who never seem to improve or get any happier. He considers breaking out of his lackluster routine.  
Runtime: 120 Min.  
Genre: Comedy | Drama

#### SEYMOUR: AN INTRODUCTION JUNE 14<sup>TH</sup>

Meet Seymour Bernstein: a beloved pianist, teacher and true inspiration who shares eye-opening insights from an amazing life. Ethan Hawke helms this poignant guide to life.  
Runtime: 84 Min.  
Genre: Documentary

The Chilliwack Hospice Society is pleased to present a monthly film series, the second Tuesday of the month, January to June from 1:00 - 3:30pm at Cottonwood 4 Cinemas. This unique film series offers you the opportunity to socialize with other movie-lovers and learn more about the Chilliwack Hospice Society and other community programs and services that might be of benefit to you.

\$6 at the door, or pre-purchase a movie pass for all six films for \$30

### WORLD SUICIDE PREVENTION DAY September 10, 2015

We invite you to a special screening of

#### The Perks of Being a Wallflower

Thursday - September 10

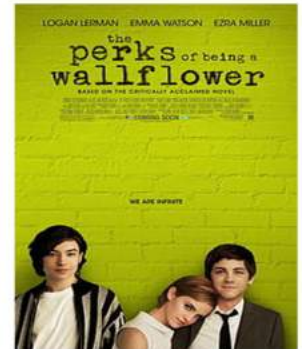
7:00-9:00 pm  
Box office open at 6:30 pm

Cottonwood 4 Cinemas  
45380 Luckakuck Way

Cost: \$5

The theme this year is *Preventing Suicide: Reaching Out and Saving Lives.*

Q & A after the film about suicide prevention, community support and mental health resources.



Sponsored by:



## Upcoming Events

Sep 9	Garden Party
Sep 17	Thrifty Boutique Retail Therapy
Sep 26	Community Education Day
Oct 10	World Hospice Day
Oct 15, 16	Thrifty Boutique Jewelry Extravaganza
Nov 7	November Night Gala
Nov 13	Thrifty Boutique Antique & Collectibles Sale

The 2016 Film Series is brought to you in partnership by:



## Board Of Directors

Darlene Koller  
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Stephanie Heinrich  
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Bonnie Yule

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Susan Greenway

## Donations made in honor & memory of loved ones from April - July 2015

- |                     |                        |
|---------------------|------------------------|
| ♥ Alan Carey        | ♥ Harold Purvis        |
| ♥ Bill Copeland     | ♥ Irene Audrey Newsome |
| ♥ Bill McMynn       | ♥ James T. Allan       |
| ♥ Bob Carl          | ♥ Ken Alendal          |
| ♥ Bob Harms         | ♥ Ken Fetterly         |
| ♥ Bob Snutch        | ♥ Lillian Oliver       |
| ♥ Clare Blake       | ♥ Linda Fallas         |
| ♥ Dale Ekman        | ♥ Mike Yurkiw          |
| ♥ Darlene Ferguson  | ♥ Norm MacLaren        |
| ♥ Dennis Jackson    | ♥ Shirley Spent        |
| ♥ Don Langford      | ♥ Timothy Vanderwalk   |
| ♥ Dr. David Klassen | ♥ Victor Clarke        |

### Donation made in honor of

- ♥ Martha Melissen



### Our Store and Office will be closed on the following dates:

Sep 7 (Labor Day)

Oct 12 (Thanksgiving)

Nov 11 (Remembrance Day)

## Thank You

- ♥ Mel and Martha Melissen for painting the library, the deck and trim, and for the many "fix its" Mel does at our Centre.
- ♥ Earla Legault for donating some of her beautiful photography for our newly renovated library.
- ♥ Jim Parker for installing a chandelier in the library.
- ♥ Sandy Parker for all her decorating efforts at our Centre.
- ♥ Shirley Downie for sewing blinds and pillows for our library and Roy Downie and Geri Mendez for their collaboration on the project.
- ♥ Andrea Gormley for her inspiring speech at the AGM.
- ♥ Rob Lacerte for the truck rental.
- ♥ The Royal Bank employees for their help in painting, yard maintenance, and tidying up our basement.
- ♥ Andy Maarhuis for his help with our Elders in Transition program.
- ♥ Bruce Proudfoot for building our clothing racks.
- ♥ Donna MacFarlane for her administrative work and helping organize material for our community education days.
- ♥ To our wonderful volunteers for providing snacks for our children's group.
- ♥ Bruce from Rainbow Country Irrigation for setting up new programming for our irrigation system.