



Chilliwack Hospice Society News: January 2018

7112 Vedder Road
info@chilliwackhospice.org

604-795-4660
www.chilliwackhospice.org

Registered Charity # 867303232RR0001

Mission Statement:

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

Happy New Year!

With the New Year upon us, it is my great pleasure to extend our heartfelt best wishes to all of you and to say thank you for all your efforts over the past year. 2017 was a year full of change for Chilliwack Hospice Society. Our move in July was exciting and tough all at the same time. We left the beautiful home that we loved so much and moved into a much larger commercial space. Staff and Volunteers worked tirelessly into the evenings and weekends painting and decorating the new building to give it a homey feel. We have already created some wonderful memories in our new location and now our efforts have moved to working on our upcoming **Hoedown for Hospice** on **March 10th**. We are bringing back the mechanical bull this year as well as some other surprises.

We have expanded our programs and we are taking full advantage of all the extra space we have. Our relaxation team have dedicated rooms to provide treatment.

Our **Gala** will be held on **September 22nd** this year and our theme is Celebrating Bollywood. It will be a beautiful bright and colorful extravaganza! It will be held at the Sports Landing Centre (AG Rec Centre on Spadina) again this year. Mark your calendars so you won't miss out!

Of course, none of this would be possible without the ongoing support of our outstanding volunteers. Your compassion and dedication are what makes Chilliwack Hospice Society the warm, loving and vital place that it is.

On behalf of all the Staff and Board of Directors of Chilliwack Hospice Society, we wish you all a Happy New Year and look forward to a fantastic 2018.

Sincerely,

Sue Attrill

Sue Attrill
Executive Director

7TH ANNUAL

HOMETOWN

HOEDOWN

FOR HOSPICE

YEEHAW!

MARCH 10, 2018

6pm - 1am

Evergreen Hall - 9291 Corbould St.

Ticket Price - \$50

Live Entertainment featuring Horsepower and Concrete Jungle

BBQ Buffet ~ Live Auction ~ Silent Auction

The Bull is Back!

Call 604.795.4660 or visit www.chilliwackhospice.org



Holiday Spirit

Chilliwack Hospice Society's Christmas Open House was held on December 6th. It was the first time hosting this event at our new location and the turnout was fantastic! There were Christmas goodies and holiday cheer and plenty of smiles and fun. Special thanks to Desmond and Ron for entertaining us with Christmas music throughout the evening.



Celebrate a Life



Chilliwack Hospice Society, once again, had trees set up at Minter Country Garden and Thrifty Boutique from December 1st to 23rd, allowing people to write messages of love on a vellum butterfly and hang it on the tree.

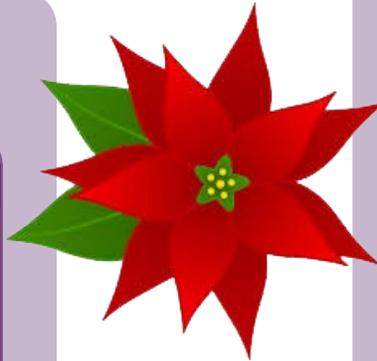
Hospice volunteers contributed over 260 hours of time at Minter Country Garden helping out with this uplifting event. Thank you!

Quilt Donations

Our heartfelt thanks, once again, to the Chilliwack PieceMakers Quilting Guild and the Chilliwack Quilters Guild for their recent donations of quilts for the residents and families of Cascade Hospice Residence. These quilts will cover the beds in the rooms at the hospice, providing a loving touch of home for the residents. Families are invited to keep the quilts when their loved one dies, as a keepsake of the time spent in the hospice residence.



Annual Memorial Celebration



Chilliwack Hospice Society held its annual Memorial Celebration on November 29th at Vineyard Community Centre. This wonderful evening is a chance for people to sit in the company of others and think about and honor the memories of their loved ones.

The evening was made truly special by the Chilliwack Secondary School Jazz Choir, who sang 3 beautiful songs, and guest panelists Cathy Preibisch, Franceska Hills and Joe Palmer, who touched many hearts with stories and reflections of the loved ones they had lost.

Thank you to everyone who attended and to all the volunteers who helped make this a memorable evening.

Chilliwack Harmony Chorus

Our sincere gratitude and thanks to the Chilliwack Harmony Chorus for entertaining the residents, families and staff of Cascade Hospice Residence with some heartwarming Christmas carols.





Chilliwack Hospice Thrifty Boutique

260-45428 Luckakuck Way

604-846-2226

Store Hours:

Monday - Saturday, 9:30 - 5:00

Donation Drop Off Hours:

Monday -Saturday, 9:00 - 4:30

The Thrifty Boutique continues to offer great merchandise and great deals for the community. Our Black Friday sale, "Fill a bag for \$10" and Silent Auction on special Disney figurines were just a sampling of events that were held over the past couple of months.

We also held our **Annual Kids Christmas Shopping Day** event on December 18th. Children were able to come in and select gifts for members of their families (including dogs, cats and gerbils!). Hospice and Thrift Store volunteers were on hand to help with the wrapping.

Upcoming events for the Thrifty Boutique include:

Home and Garden Show - January 26th - 28th

Anniversary Sale - Feb 7th

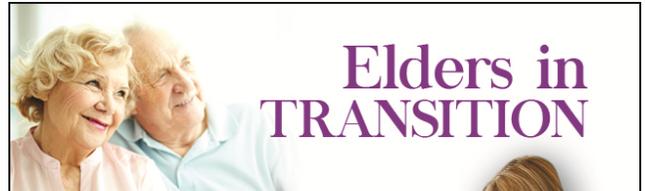
Fraser Valley Women's Expo - March 2nd - 4th

Second Annual Fashion Show - May 14th

Call or drop by the store for more information



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



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

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

Want to be Part of the Fun? Thrifty Boutique Volunteers Needed!

Four hours a week gives you the opportunity to make connections, and help at our store.

For more info please call Sandy at

604-846-2226.

Children's Grief Support Group



Chilliwack Hospice Society was able to run a second Children's Grief Support Group in 2017. This group ran from October through to December and had 15 participants. The children shared memories and stories of the loved ones they had lost and created several art projects to help with expressing their grief. Thank you to all of the volunteers who helped with the program, as well as those who provided snacks and supplies.



Teen Grief Peer Support Training

The Teen Grief Peer Support Training is a 20 hour course for students in grades 11 and 12 who are interested in learning more about grief and loss and how to support their friends and families when faced with sickness and death. The students who participate are typically those who have indicated an interest in health sciences, counselling or the medical fields. This year's group ran in October & November and was a great success. The students were enthusiastic, insightful and a pleasure to work with. We wish them all luck in their studies. Hopefully, we will welcome some of you as Hospice Volunteers in the near future!



Grief Support Groups

Chilliwack Hospice Society continues to provide bereavement programs for those who feel the need for support. Our eight week First Step Grief Support Group ran for the third time in 2017 from October through December, with 20 participants meeting weekly to share their stories and connect with others who are grieving. The next group starts in March. Contact Jennifer Dacre for more information. Our Second Step Grief Support group continues to meet twice a month. This social based group, run by volunteers, Lee White and Yvonne Campbell, gathers for lunch once a month at a local restaurant, and once a month here at the Centre for a meeting. We are also currently running a Traumatic Loss Support Group for those whose lives have been impacted by a sudden death, such as homicide, suicide or accident. And our Relaxation Team continues to provide treatments at the Centre, at Cascade and in the community.



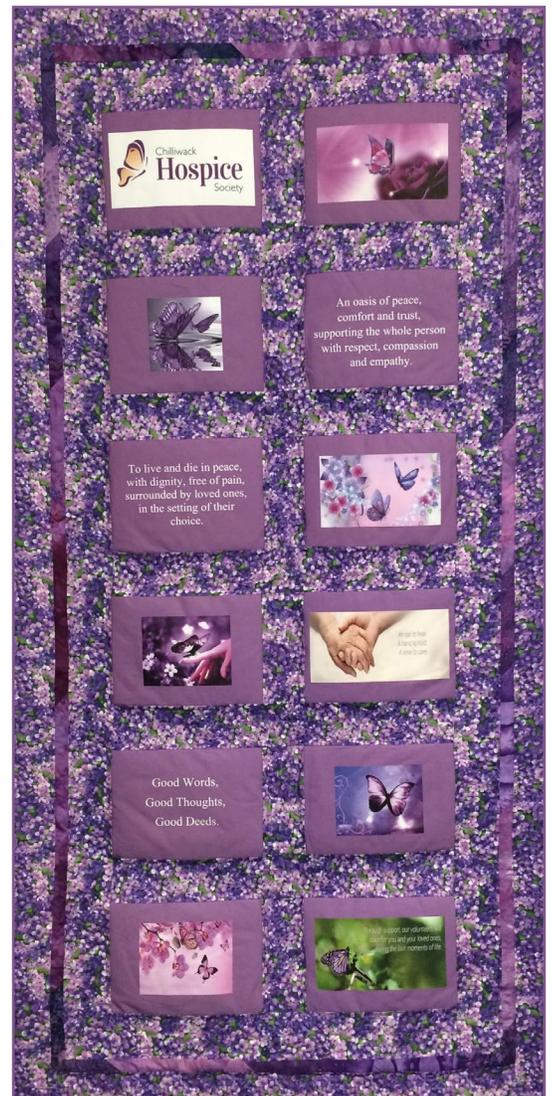
Anyone who is interested in any of our programs can call the office, 604-795-4660, for more information.



Hospice staff and volunteers enjoyed a great evening at our Fall Volunteer Appreciation evening at TapIns golf course.



Hospice volunteers, Ardis and Hans, at the Chilliwack Connect Event on October 28th. Thank you to all of our volunteers who sat at our booth and provided information about Hospice to the community.



Thank you to Robert, one of our volunteers, for creating this beautiful wall hanging that we proudly display at the Centre.

Upcoming Events




Exploring Grief Dreams

Presented by Joshua Black, MA (with special guest Jade Karling Black, MA)

The topic of dreams after loss (grief dreams) has been surprisingly overlooked in academic literature, which has hindered the support for the bereaved of all ages. Many of the bereaved have reported that they keep their dream experiences hidden from others due to the judgments people have pertaining to such dreams. When the bereaved do gain the courage to share them or ask questions on the topic, it is common for those who support them to not know how to respond. What do we make of these dreams and how does it apply to one's grief?

Morning Presentation
For the General Public

Saturday, January 27th, 2018
9am - 11am
Chilliwack Cultural Centre
9201 Corbould St.

Exploring the 10 Things
I Learned from
Researching Grief Dreams

Cost \$10

Afternoon Workshop
For People Who Work
with the Bereaved

Saturday, January 27th, 2018
1pm - 4:30pm
Chilliwack Cultural Centre
9201 Corbould St.

Learning How to Work
With Grief Dreams

Cost \$20



Joshua Black is one of the leading academic researchers in the field of dreams of the deceased. He has focused all of his graduate work on investigating this neglected topic (MA and PhD). He continues to publish scientific research in the field as he finishes his PhD at Brock University (Ontario, Canada). To raise awareness about the topic he started griefdreams.ca, the Grief Dreams Facebook Group, and the Grief Dreams Podcast. Additionally, he frequently gives presentations and workshops on the topic.

Tickets can be purchased at the Central Box Office
In person: 9201 Corbould Street, Chilliwack, BC
By phone: 604-391-7469
Online: www.chilliwackculturalcentre.ca





The Chilliwack Hospice Film Series!

At Cottonwood 4 Cinemas ~ 48350 Luckakuck Way
Enjoy **THURSDAY** afternoon at the movies with
Chilliwack Hospice Society

JANUARY 11	THE INTERN	
FEBRUARY 15	THE FAULT IN OUR STARS	
MARCH 15	SNOW CAKE	Purchase tickets at Cottonwood 4 Cinemas on the day of the show for just \$6.
APRIL 12	THE BOYS ARE BACK	Partial Proceeds to Chilliwack Hospice Society
MAY 10	A LITTLE BIT OF HEAVEN	
JUNE 14	DAD	



All movies start at **3:00PM**
Please call **604-795-4660** for more information
or visit www.chilliwackhospice.org

Exploring Grief Dreams with Joshua Black ~ January 27th at the Chilliwack Cultural Centre

Chilliwack Hospice Film Series ~ January through June at the Cottonwood 4 Cinemas

7th Annual Hometown Hoedown for Hospice ~ March 10th at Evergreen Hall



HOMETOWN HOEDOWN For Hospice

VOLUNTEERS WANTED

Chilliwack Hospice Society's seventh annual Hometown Hoedown is happening on **March 10th**. We are looking for volunteers to help with all aspects of the event including silent auction items, set up, tear down and, of course, at the big event itself.

If you are interested in being part of a fun and exciting event, please email Sue Attrill at sue@chilliwackhospice.org.

YEEHAW!

Board Of Directors

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Joanne Beck
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Gerry Enns
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Sandy Parker
*Thrifty Boutique Manager/
Events Coordinator*

Stephanie Heinrich
*Thrifty Boutique Coordinator/
Volunteer Events Administrator*

Ian Kunitski
Program Facilitator

Dallas Shirley
Childrens Programs

Bonnie Yule
Susan Greenway
Arlene Wright
Nancy Hilliard
*Thrifty Boutique
Assistant Coordinators*

Donations made in honour and memory of loved ones from October 2017 - December 2017

- Alan Carey
- Alain Epp
- Alicia Greentree
- Alicia Shum
- Audrey Olson
- Aundrea Holmes
- Bob Blakeway
- Bruce Magnus
- Dave Lee
- Dennis Jackson
- Doreene Kerr
- Elved Edwards
- G.A. (Jonesie) Jones
- Gordie Oakes
- Helmut Berndt
- James Clark
- Jean Jensen
- Jenna Gaetz
- John Mair
- Josie Jackson
- Kevin Patrick Halligan
- Lea-Ann Russell
- Margaret Behm
- Mary Sales
- Maureen Shyba
- Owen Nelmes
- Ralph Kulper
- Ray Sullivan
- Rita D'Souza
- Robert Blakeway
- Roy Campbell
- Sam Shum
- Sarah Isobel Peters
- Sid Perzow
- Sylvia Schmidt
- Wally Guenther

Thank You

- The staff of Soprema Inc. for volunteering their services to Chilliwack Hospice Society as part of their annual 'Give Back' day
- All volunteers who helped fill the many shifts needed for our Celebrate a Life event
- Everyone who donated snacks for our Children's Grief Support Group
- Tissa K. and Kathryn M. for their help with the kale & leaf pots for our Children's Grief Support Group
- Gina from Payless Shoes for collecting and donating shoeboxes for our Children's Grief Support Group
- Everyone who donated snacks for our Annual Memorial Celebration
- Sandrine T. for the donation of poinsettias for CHS and Cascade Hospice Residence



Thank you to Promontory Lake Estates for their kind donation. Pictured from left to right are Sharon Pettigrew, Sue Attrill (Executive Director, CHS), Don Smith and Art Christianson



A heartfelt thank you to Ewart and Eva Lock for their generous donation to the Chilliwack Hospice Society



Advance Care Planning - Think About It. Talk About It. Plan It.
Find out more at www.advancareplanning.ca