Langley Hospice News

Volume 28 Issue 1 20660 48 Avenue, Langley, B.C. V3A 3L6 February 2019

On behalf of the Langley Hospice Society…

Our staff and board would like to thank you for your ongoing support of the innovative, client-centred programs and services that our staff and volunteers provide to meet the needs of our growing community. We are so proud to serve such a caring community, and are grateful for the ongoing investment in the development of, and access to, quality palliative and bereavement care and support.

With 2019 off to a great start, there are some exciting days ahead with the anticipated ground breaking on our **New 15-bed Langley Hospice Residence** this spring, and the continued pursuit of support to meet our goal of raising $1,000,000.00 for the furnishing and outfitting needed—**to make our new house a home for patients and their families.** We hope you will keep any eye out for the impending announcement and consider attending one of our upcoming events in support of the work we do.

Shannon Todd Booth, Interim Acting Executive Director

Inaugural Glass Half Full Event SOLD OUT…

This past November saw the Langley Hospice Society host the ***Glass Half Full***, a new event and collaboration with the *Fraser Valley Potters' Guild* that raised more than $20,000.00 in support of the ***New 15-bed Langley Hospice Residence.*** The event was a resounding success and more than 100 guests received a hand-crafted tumbler to sample a lovely array of BC-based wines and craft beers, and hors d'oeuvres prepared by Harrison Pointe's Head Chef, *Michael McMeekin* and his team, and live music by the talented, *Alex Whitaker.*

Guests had the opportunity to hear from Palliative Physician, *Dr. Aaron Cass,* about the importance of the new residence and the significant impact it will have for patients and their families, as they access care and support near the end of life.

The room also heard from husband/caregiver, *Malcom Sask,* who spoke with about his family's palliative care journey after the loss of his wife, Mei Lin, in October of 2017. He spoke about the continuum of support his children have received from the Langley Hospice Society and their grief support programs.

We'd like to send out special thanks to…

the amazing volunteers, donors and supporters who helped bring this event together; Ciao Bella Photography for capturing the event with amazing photographs; our event partners, the *Fraser Valley Potters Guild*, *Harrison Pointe*, and *KIS Consulting* for their phenomenal contributions; and to our sponsors, the *Aldergrove Credit Union* and *Cascades Casino Resort. T*his is what a caring community looks like—because of their generous support, 100% of every dollar raised through the event will go directly to support the furnishing and outfitting of the new 15-bed Langley Hospice Residence and help us to ***Make our New House—A Home for patients and their families and friends, when they need it most.***

Save the Date!

Child & Youth Bereavement Support Programs

- **Kids Connect,** an exciting new drop in program for children ages 4 to 9 years. The program will provide a safe and fun environment for kids to spend time with other kids who have experienced a loss. We know that grief can sometimes be a very isolating experience for children, and our hope is that every child can come and feel connected. At Kids Connect, they will be able to engage in free play, do arts and crafts, play group games and enjoy snack and story time! **Registration is required.** The program will run the second Wednesday of the month during the school year, beginning March 13th, 2019.
- **Movie, Munchies and Discussion Night**, Friday, March 1st, 5:00pm to 8:00pm. We will be hosting a movie and discussion night for pre-teens aged 10-12 to connect with old friends and meet new friends. We will be watching "We Bought A Zoo" and exploring the themes of grief and loss that we see often in popular media. Pizza dinner and snacks will be served. **Registration is required.**

For more information or to make an intake appointment: Please contact Ria by phone at: 604.530.1115 or by email: youthservices@langleyhospice.com.

Adult Bereavement Support Programs

- **Infant and Child Loss Coffee Group for Bereaved Parents** is held the last Monday of the month (February 25, March 25, etc.) from 9:30am to 11:30am. This coffee morning is for parents grieving the death of a young child, including pregnancy and infant loss through to 5 years old.
- **Coffee Group for Parents who have lost an Adult Child** is held every second Friday of the month (February 15, March 1, etc.) from 10:45am to noon. This coffee morning is for parents grieving the death of an adult child.
- **Supportive Steps Walking Group for Bereaved Adults** This volunteer-led group walks every Wednesday morning from 9:30am to 10:30am from Campbell Valley and Fort Langley locations.

For more information or to make an intake appointment: Please contact Linda by phone at: 604.530.1115 or by email at: adultgriefsupport@langleyhospice.com

Hospice Basic Training Certificate Program—our Spring offering begins on Tuesday, February 26th, 2019. This 10 week training program covers end-of-life topics including death, grief and loss, and related skills. There is a registration fee of $150.00. For more information, please contact Fernande at 604.530.1115.

13 potential volunteers completed the Fall Session of our Hospice Basic Training Certificate Program.

Upcoming Events & Activities

- **Second Story Treasures Annual Spring Flip—Saturday, March 30th, 2019.** Visit our boutique-styled thrift store in Walnut Grove and see how beautifully our staff and volunteers welcome in the SPRING season! Doors open at 10:00am—stop by and check out the #FabFinds and enjoy some delicious BBQ and fun prizes!
- **Plates and Glasses – Saturday, April 6th, 2019.** Join us for this premier dining and libation pairing event at the historic Fort Langley Community Hall in Fort Langley, to raise funds for the Langley Hospice Society. The evening will feature five (5) courses served family style at tables of eight (8) and prepared by Angie Quaale and the team from Well Seasoned—A Gourmet Food Store, with live music by Spanish guitarist, Rossi. Doors open at 6:30pm**.** If you would like more information, or to purchase tickets visit us at: **www.langleyhospice.com/platesandglasses** or contact us by phone us at 604.530.1115.

UPCOMING EVENTS & ACTIVITIES CONT'D…

- **Planning for the Future—Important Information and Conversations about Medical and Financial Decision Making—Saturday, April 13th, 2019 from 9am to 3:30pm,** at the Langley School District Board Offices. This workshop is held annually in recognition of Advance Care Planning Day (April 16th), and focuses on the important information and conversations we need to consider at any age and stage, as we plan for the future. Everyone is welcome, but **registration by RSVP is necessary** so that we can arrange for the appropriate seating and set-up. The room can accommodate 100 attendees.

For more information, or to RSVP,
please contact us by email at: info@langleyhospice.com
or call the Supportive Program Centre
at: 604.530.1115.

9:00am to 3:30pm
Saturday, April 13th, 2019
Langley School District—Boardroom
4875—222nd Street, Langley, BC

PLEASE REGISTER IN ADVANCE AT: INFO@LANGLEYHOSPICE.COM OR CALL 604.530.1115

MORNING SESSION(S)

9am –10am **Telling Your Life Story—How to Craft Your Living Legacy**
Presenter: Dean Broughton, Editor, www.yourlivinglegacy.org

10:15—12:15pm **Advance Care Planning—Starting the Conversation**
Presenter: Cari Hoffman, Project Coordinator,
Advance Care Planning, Fraser Health www.fraserhealth.ca\acp

~ Lunch of Sandwiches, etc., Coffee & Tea—Available by Donation ~

AFTERNOON SESSION(S)

1pm – 2pm **Financial Health & Decision Making: Power of Attorney/Estate Planning**
Presenter: Tanya Lyn Werk, EPC, Investment Specialist, Scotia Bank

2pm – 2:15pm **Financial Health & Decision Making: Tax Implications**
Presenter: Bernice Kristoff-Trowell, CPA, CMA, Manager,
Avisar Chartered Accountants www.avisar.ca

2:20 – 2:35pm **Planning for the Future: Legal Implications**
Presenter: Joanna M. Haban, Associate Counsel,
Taylor Law Group, www.underappeal.com

2:45 – 3:30pm **A Panel of Professionals…Your Turn to Ask**

- Cari Hoffman, BA BSW RSW, Advance Care Planning Specialist
- Tanya Lyn Werk, EPC, Investment Specialist, Scotia Bank
- Bernice Kristoff-Trowell, CPA, CMA, Manager, Avisar Chartered Accountants
- Joanna M. Haban, Associate Counsel, Taylor Law Group

Today's workshop has been co-hosted by the Langley Hospice Society and the Langley School District Foundation

Speak Up
Start the conversation about end-of-life care

It's about conversations.
It's about decisions.
It's how we care for each other.

Start the conversation about end of life care.
Find out more: www.advancecareplanning.ca

JOIN US on April 6th, 2019 for Our 3rd Annual…

Plates & Glasses

3 Chefs, 5 Courses with Pairings and a Ride Home…

in support of the Langley Hospice Society

Join Us on **Saturday, April 6th, 2019 at 6:30pm** at the **Fort Langley Community Hall** for a fabulous evening of fine food & libation pairings, with musical entertainment by Rossi, featuring:

FIVE COURSES
prepared by Angie Quaale and the fine chefs of **Well Seasoned ~ A Gourmet Food Store**, and served family style at your table of 8

www.rossimusic.ca

PAIRINGS
from BC based wineries, distilleries, and craft breweries, provided by **KIS Consulting**

A RIDE HOME by **Driving Force**
within City & Township of Langley boundaries ONLY.

Only 120 Tickets Available
$175 each | Two for $325 | Table of 8 for $1300

To Purchase Tickets:
www.langleyhospice.com/PlatesandGlasses
or contact Langley Hospice Society at 604.530.1115

Well Seasoned | 1 FISH 2 FISH | Langley Advance | CO-OP OTTER | DRIVING FORCE Vehicle Rentals | Sales | Leasing

Langley Hospice Society
langleyhospice.com
Providing compassionate care and support since 1983

Volunteer Orientation

Langley Hospice Society
Will be hosting several volunteer orientations throughout 2019 to provide important information about:
WHO WE ARE;
WHAT WE DO;
AND HOW YOU CAN GET INVOLVED!

Wednesday, March 20, 2019
6:30pm to 8:30pm
Thursday, June 13, 2019
6:30pm to 8:30pm
Monday, October 7, 2019
6:30pm to 8:30pm
Langley Hospice Society
Supportive Program Centre
20660 - 48th Avenue, Langley

For more info, or to register for an orientation, please contact Denise
Phone: 604.530.1115 | Email: volunteer@langleyhospice.com

Second Story Treasures SPRING Cleaning Checklist

ALL ROOMS:

- ◊ Wipe down doors, door trim, knobs, switches, & vents
- ◊ Dust and wipe off scuffs on ceiling & walls
- ◊ Dust ceiling fans, skylights, light fixtures, & change old bulbs
- ◊ Clean windows, blinds & curtains
- ◊ Vacuum/mop/clean floors, corners, trim & baseboards
- ◊ Polish any wood surfaces
- ◊ Dust décor items, furniture & pictures

BEDROOMS:

- ◊ Clean/organize side tables, dresser drawers & closets
- ◊ *Donate quality used clothing & shoes
- ◊ Store off-season clothing
- ◊ Remove & wash sheets, bedding, pillows, mattress pad
- ◊ Flip or rotate mattress

ENTRY WAY/LIVING ROOM(S)

- ◊ Wipe down table top surfaces
- ◊ Clean organizes, shelves, cabinets, drawers & closets
- ◊ Clean/Wash rugs, blankets & throw pillows
- ◊ Vacuum/clean couch, coffee table, & other furniture
- ◊ *Donate good quality used items
- ◊ Dust/Wipe down TV & Electronics
- ◊ Clean out fireplace &/or check pilot light
- ◊ Recycle old magazines & paper products

OUTSIDE/GARAGE/BASEMENT:

- ◊ Clean/Organize shelves, cupboards & drawers
- ◊ Wash & clean out cars, change tires
- ◊ Replace home air filters
- ◊ Clean porch/patio cobwebs, mats & patio furniture
- ◊ Scrub & Decrease grill
- ◊ Power wash siding, deck & driveway

HOME OFFICE:

- ◊ Wipe down desk, bookshelves & other surfaces
- ◊ Clean/Organize cupboards, drawers & closets
- ◊ Throw out/shred old documents
- ◊ *Donate unused books, and décor items
- ◊ Back-up computer, important documents & photos

KITCHEN:

- ◊ Wipe down cabinets, countertops, appliances & tabletops
- ◊ Vacuum refrigerator coils
- ◊ Clean/organize cupboards, drawers & pantry
- ◊ Clean/degrease refrigerator, oven, microwave & stove top
- ◊ Clean/Sanitize sink & garbage disposal
- ◊ Throw out expired food, and any broken kitchen items
- ◊ Run dishwasher on sanitize cycle

LAUNDRY ROOM:

- ◊ Wipe down all surfaces
- ◊ Clean/organize cabinets, shelves & drawers
- ◊ Run washer on sanitize cycle
- ◊ Vacuum dryer lint trap
- ◊ Clean/Iron Clothing & Put away any clean laundry

BATHROOMS:

- ◊ Wipe down countertops and other surfaces
- ◊ Clean/organize cupboards, drawers & medicine cabinet
- ◊ Clean bathtub, shower, showerhead & bath fixtures
- ◊ Clean backsplash, sink, sink fixtures, mirror & fan cover
- ◊ Clean/disinfect toilet, handle & toilet seat
- ◊ Wash or replace shower curtain, bath mats & towels
- ◊ Throw away old medicine, make-up, toiletries & brushes
- ◊ Reseal grout, repair or replaced chipped tile

WE NEED YOUR DONATIONS!!

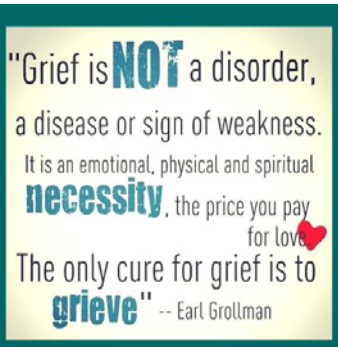
Please consider donating your **gently-used clothing, books, small appliances, home décor items** & **furniture** to our Second Story Treasures Thrift Store in Walnut Grove.

Every donation & purchase helps fund the important palliative & bereavement care & support programs the Langley Hospice Society provides for the children, teens, adults & families they serve.

Langley Hospice Society
langleyhospice.com
Providing compassionate care and support since 1985

Second Story Treasures Thrift Store
#5, 20349—88th Avenue, Langley, BC
Ph: 604.513.9319 | www.langleyhospice.com/thrift-store

MYTH:
Hospice bereavement support services are only available to family members of hospice patients.



FACT:
Langley Hospice Society provides bereavement support services to any member of the community that has suffered a loss through the death of significant person in their lives. These services are free of charge and are supported through charitable donations.

Welcome to Our New Langley Hospice Volunteers

♥ **Client Support Program**
John Sanderson
Beth Grant
Debbie Forbes
Bhree Young

♥ **Children's Program**
Marah Haddad
Sophie Reinhart
Winnie Lui

♥ **Second Story Treasures**
Bonnie McLean
Paul Wowk
Sandra Comrie
Victor Rodriguez

♥ **Office**
Rona Rosic

Volunteer Hours:

October 1, 2018 to December 31, 2018

♥ Client Volunteers	3,378 hours
♥ Store Volunteers	4,649 hours
♥ Board, Office & Event Volunteers	943 hours

...that's a total of 8,970 hours in last three months of last year.

Thank you for your gift of time!

Hospice Volunteering is a privilege…

While serving as a Hospice volunteer at the residence recently, one of the residents passed away. There were many family members in attendance, so I remained available but let those whose loved one had died have their privacy. I saw one of the children in the hallway and asked her to give to the spouse a copy of "Our Care Continues" and a candle. The family chose not to walk out with the deceased as I believe they were unquestionably distressed.

Together with the nurse, I covered the resident with the special quilt and I walked out with the funeral home driver. Later when the family returned to the room to gather personal effects the spouse came and gave me the strongest most heartfelt hug. I know she appreciated the kindness and dignity of our volunteer walking out with the resident. That they did not leave alone. I as a volunteer at the Hospice Residence, have this privilege whenever a resident dies. I am blessed.

Hospice Residence Volunteer

Self Care is a worthy investment….

With the start of a new year, I like to think about my focus for the months ahead. Sometimes I begin the year vowing to save more money, or to read more books. Some of my goals have been to work on my health, and to be more intentional about how I spend my time.

This year, something I hope to prioritize is to consciously make time for self-care. Life tends to be busy, with days blending into weeks, and weeks melding into months. As a busy working mother, I have found that taking care of myself is one of the most important things I can do, yet it is something that is often placed on the back burner; a task to be completed when everything else is done.

In 2019, my focus is to make myself a priority; to set out to nourish and cultivate what feeds my soul. I have always enjoyed art, and have found writing a therapeutic way to express my thoughts and feelings. A great way to combine both is through creative journaling; a tool I use in my work, but also something I love to do on my personal time. Creative journaling is not something that requires a lot of time, skill, or money; it is something that anyone can do.

I look forward to filling pages with my thoughts and feelings; taking a few quiet moments to myself and allowing myself the opportunity to slow down. However your life may look like right now, self-care is always a worthy investment.

Ria Brand, Child and Youth Bereavement Program

October, 2018 to January, 2019
Donations Made in Memory of:

Leo Aarts
Agnes Affleck
Derek Allder
Val Blaker
Archie Boyce
Diane Boyd
Lance Bracken
Lyall & Verna Brown
Kay Cameron
Ken Christensen
Steve Cox
Marvin Dykshoorn
Shelley Enbridge
Sandra Ferguson
Judy Ferris
Tom, Brad & Greg Follett
Matthew Forch
Joyce Gallimore
Peter Genberg
Cecile Gerry
Joyce & Terry Greenfield
Eva Hansen
Beatrice Hargreaves
Peter Hari
Mary Marjorie Harle
Jean Head
Adrian Holmes
Amy Hughes
Allan Ingram
Wally Job
Dorothy Kelba
George Kennedy
Greg Long
Bill MacPherson
Angela Majewski
Romanus Marchina
Ian Martin
William Matricardi
V. N. McMaster
Bernice Minar
Theresa Morry
Boris Olich
Margo Oliver
Murray Phillips
Malcolm Arthur Pont
Doug Porter
Sylvia Doreen Reid
Steve Reynolds
Elsie Rich
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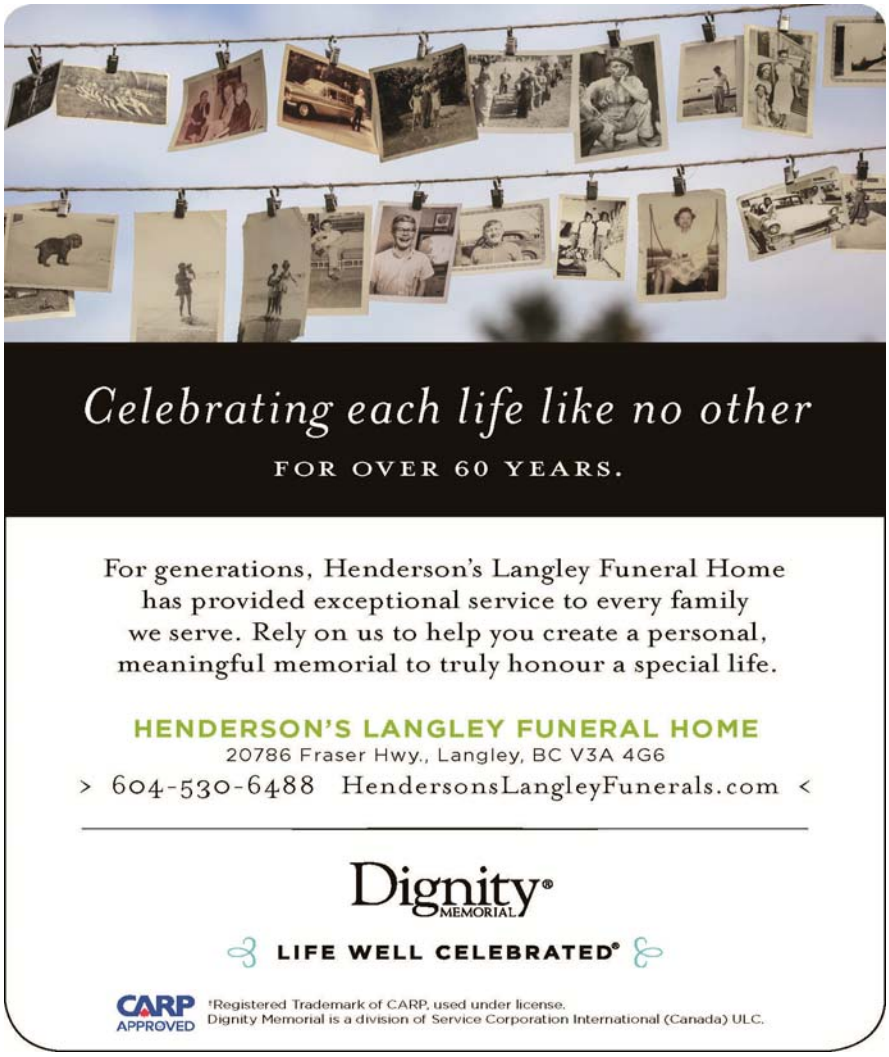
Gordon Rowan
Alexander Scott
Joseph Scully
Anita Jean Seymour
Susan Snow
Walter Solski
Phillip Stead
Mildred Thiessen
Ron Tyson
Orest Verones
Kathleen Walsh



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