Langley Hospice News

Volume 24 Issue 1 20660 48 Avenue, Langley, B.C. V3A 3L6 March 2017

Langley Hospice Society, a community-based, non-profit organization, provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.

Since 1983, the **Langley Hospice Society** has been committed to providing quality palliative and bereavement care and support to our growing community. With diverse but limited funding sources, we fundraise annually to be able to continue to offer this type of quality programming and to ensure these offerings remain free of charge for those who need them.

Our Supportive Program Centre, located in Langley City, provides much needed anticipatory, early and ongoing grief support programs and services for children, teens, adults and families through innovative, client-centred services, specialized volunteer training and support, education and advocacy, day and summer camp programs and more.

There is much work ahead for the Langley Hospice Society. Our need for financial and volunteer support from the community continues to grow to ensure that we can keep providing quality bereavement support through our Supportive Program Centre, while at the same time, providing all the necessary furnishings and more to make our new residence a home for patients and their families, in their time of need.

This edition of our newsletter will provide more information about the support and programs we provide. Volunteers are an integral part of the services we offer, none of which is possible without the financial support we receive through donations, monthly giving, grants, our Second Story Treasures Thrift Store, United Way, and other funding.

Adult Bereavement Support The Langley Hospice Society offers emotional, practical and social support for individuals, their caregivers, families and friends during end of life and throughout bereavement. The Adult Bereavement Support Program includes one-to-one support, loss support groups, Supportive Steps—a walking group for bereaved adults, and special memorial events throughout the year.

Volunteer Profile: Brenda Singbeil has been volunteering with Langley Hospice for eight years. She started her volunteer role at the Hospice Residence where she still volunteers. She also regularly facilitates our adult Grief Support Groups. In this role, Brenda has worked with 24 support groups bringing care, support and hope to many people over the years as they grieved the loss of someone special to them.

Brenda is much more than a volunteer—she has been my guide as I transition into the role of Adult Bereavement Coordinator. I am truly inspired by Brenda and her knowledge, compassion, wisdom and dedication to the work we do. It would be impossible for us to provide the level of service we do without the support of all the volunteers who give their time and skills to Langley Hospice. On behalf of all those who have sought our support over the years, I would like to thank Brenda. From the bottom of my heart, I am truly appreciative for all that Brenda has brought to our organization, and for being my guide.

Linda Sheridan
Adult Bereavement Coordinator

Child and Youth Bereavement Support

The Child and Youth Bereavement Support program operates year-round for children and teens who are grieving a loss of a significant person in their life. Our guiding principles for working with the children and youth we serve are that:

- Every child is entitled to grieve in a supportive, informed and understanding environment.
- Open communication about death and grief helps children and youth heal from loss.
- Children and teens process their grief through creative, recreational and play-based activities.

The Child and Youth program has two full-time staff to meet the needs of our growing community. We would like to take this opportunity to introduce our new Child and Youth Bereavement Support Worker, Ria Brand. Ria is a welcome addition to Langley Hospice Society, as we continue to expand grief support at our Supportive Programs Centre and community outreach.

A generous grant from **Coast Capital Savings** has enabled Langley Hospice to expand the support and outreach we provide for youth including one-to-one and peer/group bereavement supports, a pre-teen girls' camp in February, and a teen camp in May.

Volunteer Profile: Our Superhero Volunteers: Konnor Mitterer and Chiara Casellato! Camp Chrysalis is an annual summer camp for children, who have had a loss, to come together for connection and support. This camp is a special experience made possible by amazing volunteers who lead and care for the children for four days and three nights. The Child and Youth program would like to highlight a couple of our exceptional volunteers!

Konnor was still a high school student when he started volunteering in 2013 for Camp Chrysalis. As a cabin leader for four summer camps, Konnor has become a fabulous mentor and positive male role model for the children and teens who participate in our program. Although he is a full-time Psychiatric Nursing student, Konnor continues to contribute his time and energy in other events throughout the year, including high school presentations, day camps, Celebration of Life.

Chiara, a Biology student, started volunteering for the Child and Youth program in 2015. In addition to volunteering for two Camp Chrysalis experiences, Chiara contributed her energy to day camps, Celebration of Life and other Langley Hospice events. Recently, in February 2017, Chiara was also an integral part of making our first Pre-teen Girls' camp a huge success!

It has been a wonderful experience to work with Konnor and Chiara and see how they always go the extra mile to provide fun, care and support for the children and youth. The Child and Youth Program cannot run our programs without the help of volunteers like Konnor and Chiara, and we are incredibly grateful to all the volunteers who work with us!

Wendy Sashikata
Child/Youth Bereavement Coordinator

Palliative Program The Palliative Program provides active compassionate care to improve quality of life for individuals living with a life-threatening illness where cure is no longer felt to be possible. Support is also available for their families and friends.

We receive referrals from various sources in the community for visiting patients in their homes - either for respite for the caregiver or companionship for the patient. Local hospital and care facilities can also call upon us to have their patients/residents visited and assessed. We also serve the palliative population and their families by providing vigils for the last 72 hours of a person's life in hospital, hospice residence and care facilities. As well, the program's volunteers provide support to the hospice residence patients and their families from 9am to 9pm, 7 days a week. Volunteers are involved in all aspects of the program doing what they do best: supporting, caring and just being present. The program would not be what it is if it weren't for this amazing group of people!

Volunteer Profile: Paul Helliwell-Hargreaves

It all started in early 2013 when I was looking for a person that could play a variety of music in a hospice residence setting. Paul came highly recommended by another program volunteer. In June of that year, Paul started playing once a week on Tuesdays for about 1.5 hours and within a year he asked if he could come twice a week, he loved it so much! Paul plays guitar and sings, his repertoire is quite varied and if a song is requested that he does not know he will go home and learn it so that he can play it the next time he's there. Paul's music and his personality are very much appreciated by families and patients alike. We are very lucky to have Paul creating a warm and pleasant atmosphere for everyone at the residence.

Fernande Ouellette
Palliative Program Coordinator

Second Story Treasures Thrift Store

Incorporated in 1998 with a mandate to raise funds to support the **Langley Hospice Society's** palliative care and bereavement support programs, **Second Story Treasures** continues to be a thriving presence within the community. Located in Walnut Grove, the store is a strong and reliable source of revenue for the Langley Hospice Society.

Thanks to loyal support from donors, customers, and the more than 80 volunteers who give over 15,000 volunteer hours annually, *Second Story Treasures* is responsible for more than 25% of the *Langley Hospice Society's* annual revenue.

Volunteer Profile: Shirley Read
Since May of 2001, Shirley has been volunteering her time and efforts to Second Story Treasures. She regularly volunteers three days a week for 6 hours a day, spending hours researching the clothing to keep us current in the fashion world and making sure our pricing is fair. Her commitment to and pride in Langley Hospice and Second Story Treasures is reflected in the contributions she and the other volunteers who handle the clothing donations at the store make, resulting in 33% of the store's total revenue. She always encourages new volunteers and is genuinely concerned for all. She makes the jobs of all of us at the store, staff and volunteers alike, so much easier.

Deborah Campbell, Store Manager

Monthly Giving: Donor Support Helps Fund Society Programs

Anne Dent is a mother and grandmother, a retired nurse and Langley Hospice Society and Foundation board member, and former support client. She first reached out to the Langley Hospice Society after the death of her husband, Ron, in 1996. Ron had been diagnosed with a late stage brain tumour, and after a short battle, at 49 years of age, Anne found herself on her own with three teenage children - Mardi, Rhonda and Adam, then only 19, 17 and 14 years of age.

As a nurse, Anne had heard about the Hospice Society but wasn't sure what it was all about. She reached out to find support for her teenage children as they all adjusted to life without their father. Having lost both her parents early, she had little to no family support and wanted to ensure that the kids had options beyond what she could provide. Once she had connected the kids with Hospice, only then did it occur to her that she might need support as well. She chose to join a loss support group, offered by the Langley Hospice Society, and benefited from the important peer support it offered during this difficult time.

Anne shared how initially after the death of her husband, there was lots of support from friends and family. "Then you're so busy doing what you have to do, that you don't have time to feel anything. When you finally lift your head up, everyone has kind of disappeared back into their own life, and they don't know how to act, or what to do or say, because for them the loss is just an incident - for you, it's life changing." The support that Langley Hospice Society provided helped Anne maneuver this new normal for herself and her family, and she decided she wanted to give back.

In 1998, although still working full time as a nurse, Anne began volunteering with our then newly-opened Second Story Treasures Thrift Store in Walnut Grove and in 2001, she joined the Langley Hospice Foundation board at the invitation of the late Roberta Frankforth, a friend and longtime Hospice board member.

Anne remarried, her kids grew and moved out, and she retired from nursing, all the while helping from behind the scenes as a Langley Hospice Society and Foundation Board member. She participated in the Hospice Basic Training, and assisted with the annual Celebrate a Life Campaign, as well as with other events and activities during the year.

In 2012, after the loss of her second husband, Clarence, Anne again accessed support through the Langley Hospice Society, participating in a 10-week long, volunteer-led loss support group, finding comfort and support amongst others who had experienced the death of a loved one.

As she became able, Anne decided she wanted to make a financial contribution to the Langley Hospice Society, another way to give back to the organization that had helped her and her family. When she looked at the many ways she could provide support, she decided she wanted to join their community of monthly givers. On a limited retirement income, she finds this has been the perfect way for her to provide financial support – when asked why, she says…"an ongoing, monthly gift made sense for me, it's painless". Her monthly gift is withdrawn automatically in a smaller, more manageable amount that allows her to give significantly more over time.

Asked what she wants the community to know about the Langley Hospice Society, Anne says she wants people to know that the Hospice Society needs their help to ensure that people who are dying can access the care and support they need, and that the children, teens, adults and families in our community who have experienced the death of a significant person in their lives, can access bereavement support to help them maneuver their new normal without their loved one by their side.

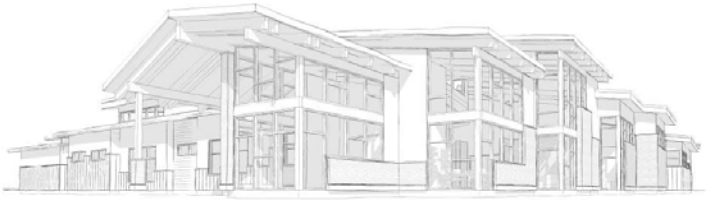
Shannon Todd Booth,
Communications/Fund Development Manager

New 15-Bed, Free-Standing Hospice Residence Becoming a Reality for Langley!

L to R: David Weir, Jack Froese, Mary Polak, Rich Coleman, Sue Westhaver, Michael Marchbank & Bob Carpenter

We are very excited to share great news! On Friday, March 10th, local MLAs, Rich Coleman and Mary Polak were joined by Michael Marchbank, President and CEO of Fraser Health, David Weir, BC Centre for Palliative Care, Mayor Jack Froese, Township of Langley, Robert Carpenter, LHS Board Vice President and Sue Westhaver, Caregiver and LHS Volunteer for a very special gathering. The event was to announce that the B.C. Government will provide a five million dollar grant toward the capital costs of our new hospice residence. The grant includes three million through the Investment in Housing Innovation Initiative and two million from Fraser Health. This announcement positions us well to now proceed with the building permit process with the goal of breaking ground this summer or early fall.

Our sincerest gratitude goes to everyone who has helped us to achieve this great milestone. Many thanks to the BC Government, Fraser Health, the BC Centre for Palliative Care, the Township of Langley, our donors, volunteers and supporters. We still have much work to do and dollars to raise as we make our new hospice residence homelike for everyone who comes through our doors.



The overall concept for the new hospice residence is based on the premise of the journey of life, being between earth and sky, and the importance of the connection with nature, all the while within a home-like environment, yet always seeing the light of the sun and sky.

Each patient space or combination of spaces is like a smaller "home" unit facing both natural environment and natural light. The roof design is proposed to be based on the idea of a series of leaves that grow on the tree then fall to the ground and are layered upon each other with the light coming through between them.

I wished there were a place for gracious dying,
A high place with a distant view.
Where we could gather for a celebration of life
and death and friendship, old and new.
I'd like a place where there would be good music,
Good food and wine - and laughter, games and fun
-
And quiet talk with friends and good discussion
Of what will happen when this life is done.
~ Helen Ansley ~

Planning for the Future

Important Information & Conversations about Medical & Financial Decision Making

10am-3pm
Saturday, April 8th, 2017
at the Langley Seniors Resource Centre
20605–51 B Avenue, Langley, BC

This is a FREE Workshop and it is open to the public, but advance registration is requested. To register, please RSVP to info@langleyhospice.com or call 604.530.1115.

Morning Session

Advance Care Planning - Starting the Conversation — 10am –12pm

Presenter: Cari Hoffman, Project Coordinator, Advance Care Planning, Fraser Health

Think, Learn, Choose, Talk & Record. Planning ahead before a health crisis is something all of us should do. Yet less than 50% of Canadians have had conversations with their family and friends and even less have spoken with their doctor. Many people don't know how to begin while others are unaware of the importance. Learn together with your family and friends as we discuss the concept of Advance Care Planning, Substitute Decision Making for healthcare decisions, and provide insight and resources to start and continue the Advance Care Planning process. **(www.advancecareplanning.ca)**

MedWatch Program - **Langley Division of Family Practice & Township of Langley Firefighters**

LUNCH of Sandwiches, Coffee & Tea — Provided by Donation

Afternoon Session(s)

Financial Health & Decision Making — 1pm — 2pm

Presenter: Tanya Lyn Werk, EPC, Financial Advisor, Investors Group Financial Services Inc.

Power of Attorney: What you WANT to know — What you NEED to know...

A Panel of Professionals...Your Turn to Ask — 2pm — 3pm

- Cari Hoffman, BA BSW RSW, Advance Care Planning Specialist
- Tanya Lyn Werk, EPC, Financial Advisor, Investors Group Financial Services Inc.
- Diane Cere, CPA CMA, DMCere Tax & Accounting Services, CPA
- Joanna M. Haban, Associate Counsel & Aman Oberoi, Associate Counsel, Taylor Law Group
- Elyssa L. Lockhart, Partner, McQuarrie Hunter LLP, Estate Planning & Administration, Wealth Preservation

Workshop presented and co-hosted by the:
Langley Hospice Society, Langley Seniors Resource Society, Langley Care Foundation, Langley Division of Family Practice & Stepping Stone Community Services Society

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

JOIN US on Saturday, April 22nd, 2017

Plates & Glasses

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

in support of the Langley Hospice Society

Join Us on Saturday, April 22nd, 2017 at 6:30pm
at the **Fort Langley Community Hall** for a fabulous evening
of fine food & libation pairings, 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

Pairings

from BC based wineries, distilleries, and craft breweries

A Ride Home

by **Driving Force** within City & Township of Langley boundaries

Only 125 Tickets Available

$160 each | Two for $300 | Table of 8 for $1200

Entertainment by Classical Guitarist:

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

Well Seasoned ~ A Gourmet Food Store | CO-OP OTTER | 1Fish 2Fish FRESH SEAFOOD MARKET | DRIVING FORCE Vehicle Rentals | Sales | Leasing | Langley Advance | Bonetti Meats

Fine Dining | Libation Pairings | Musical Entertainment | Silent Auction | and More...

Save the Date!

Friday, March 24 Second Story Treasures Thrift Store Spring Flip

Monday, April 3, 6:30—8:30 Langley Hospice Volunteer Orientation Open to all current volunteers, and others interested in volunteering with the Langley Hospice Society; some of the topics covered will include who we are, what we do, and areas our volunteers help out in, and will help people get a stronger understanding of the bereavement support we provide. Please RSVP for any of these sessions at 604.530.1115 or by email to Denise at volunteer@langleyhospice.com.

Saturday, April 8, 10:00—3:00, Langley Seniors Resource Centre Planning for the Future/Advanced Care Planning Workshop—hosted by a number of Langley-based, non-profit organizations. RSVP's are requested. For more information or to register, please contact us by phone: 604.530.1115 or email: info@langleyhospice.com

Saturday, April 22, 6:30pm, Fort Langley Community Hall Plates & Glasses—Three Chefs, Five Courses & Pairings and a Ride Home—Fundraiser

Saturday, July 1 3:00pm Cheer on the **Vancouver Whitecaps** at McLeod Park in Langley, and support Langley Hospice!

Saturday, July 8, 12:30—3:00 Butterfly Release at Krause Berry Farms, Langley

Thursday, August 17—Sunday, August 21 Camp Chrysalis Children's Grief Camp; we are looking for enthusiastic volunteers to help on the clean-up crew on Monday, August 22 ~ please contact Denise if you're interested in lending a hand!

Thursday, August 24, 5:00pm Annual Langley Hospice Society Garden Party, LHS Supportive Programs Centre

Friday, August 25 Second Story Treasures Thrift Store Fall Flip

Volunteer Hours
September 1, 2016—January 31, 2017

♥ Client Volunteers	2,949 hours
♥ Store Volunteers	7,546 hours
♥ Office, Events, Board Newsletter & Other	936 hours

That's a total of 11,431 hours over five months!
Thank you to all of our wonderful volunteers for your generous commitment to Langley Hospice!

Welcome New Volunteers!

A heartfelt welcome to the following new volunteers:

♥ **Client**

Freya Carson
Valeria Ehman
Helen Skender
Kerry Child
Gail McIvor
Laurie Wilson

♥ **Office Team**

Faith Litowsky
Vera Ward

♥ **Caring Hands Quilters**

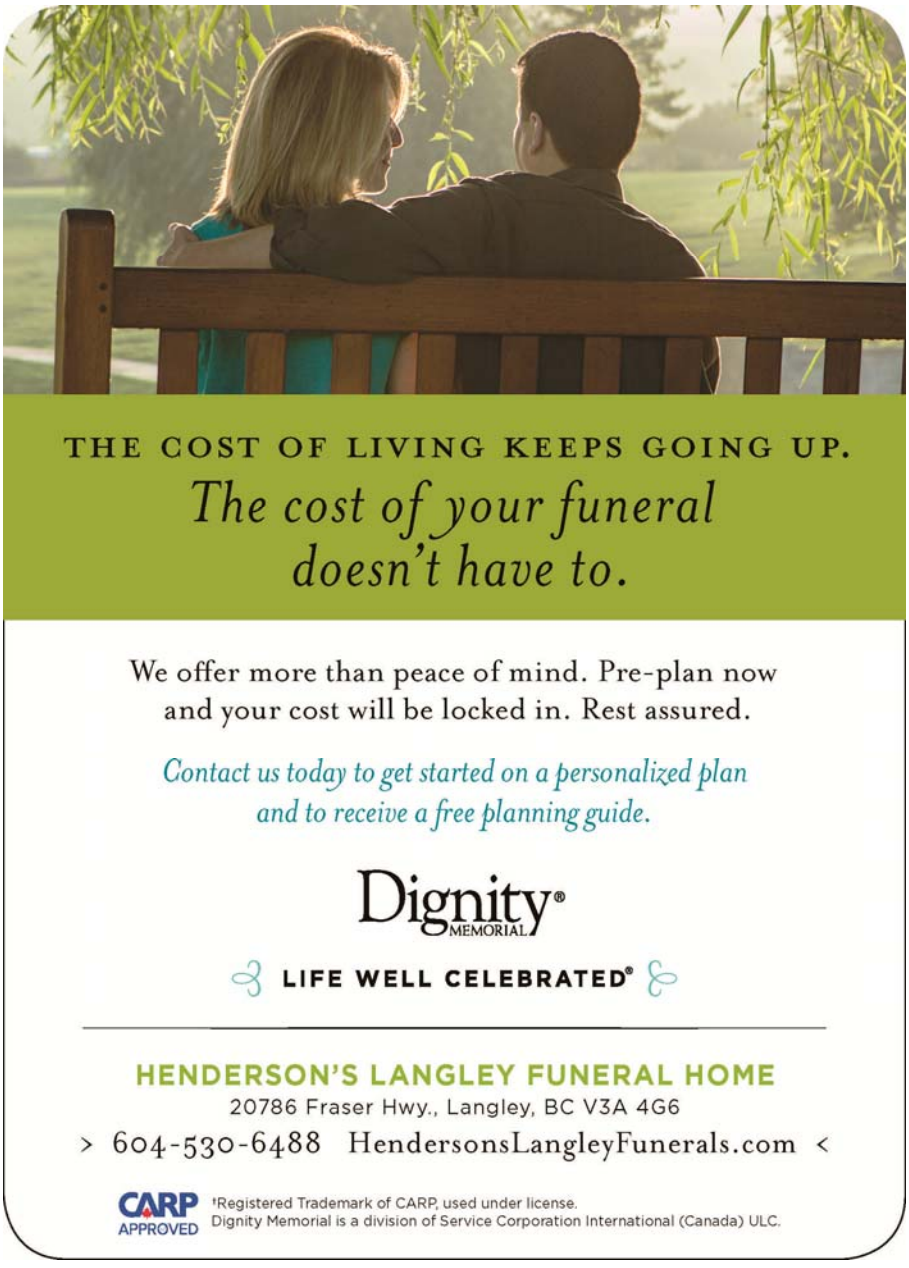
Tammy Boorse
Shelley Gawley
Teresa Jones
Stephani Shumey
Marcy Court
Dee Halicki
Geraldine McManus

♥ **Second Story Treasures**

Jessica Breitkreuz
Amanda Dixon
Janice Dutchak
Iris Hong
Florise Leung
Gayle Corah
Charlene Dixon
Len Fishburn
Alanna Kong
Maggie Poyntz

December, 2016 ~ February, 2017
Donations Made in Memory of:

Agnes Affleck
Derek Allder
Greta Black
Michael Breslaw
Doreen Clements
Kevin Collett
Judy Ferris
Sharon Gilder
Carla Gobin
Richard Barry Gray-Owen
Jean Head
Amy Hughes
Tom & Marjorie Kosiancic
Faye McLeod
Joan Miki
Sharon Morson
Bill Nickerson
Joan Osgood
Marlene Poole
Mary Popil
Stanley Rychel
Fred Schofield
Alexander Scott
Mike Silvestri
Gordon & Peg Spencer
Tibor Toth
Marjorie Tudhope
George van Rijn
Richard Welch



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United Way of the Lower Mainland