Langley Hospice News

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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.

The Langley Hospice Society's Adult Bereavement Program

has just completed our *General Loss Support Group* for grieving adults, and our *Traumatic Loss Support Group* for parents who've lost an adult child.

People enter groups with trepidation, carrying their pain and heartbreak, unsure of what to expect: "*Who are these people*? *How could this possibly help*? *Maybe I should turn my car around*". But they make it through the door—some feel connected right away and know they are in the right place, while others give the group another chance and show up the next week. Slowly over the 10 weeks, they find their way, discovering comfort and belonging through listening and sharing, crying and laughing.

One of the most important things for grieving people is taking place—a social connection with others who understand. Group becomes a safe place where they can share everything from their deepest pain to their slightest joy, and truly be themselves.

This is what the Langley Hospice Society does ... we help provide social connection with others who understand. Whether that's in the wooded trails on a morning walk, or laying on your mat at Friday's Grief Yoga class; or at one of our coffee mornings, comfort is there.

What Our Participants Say…

- *"These people get me AND what I'm going through…"*
- *"I cried all through Yoga but I felt so good after"*—Yoga participant
- *"It helped me to open up and actually talk about my child's death and that was very healing"*—Parent Loss Support Group
- *"Hospice is my special place where I can talk about my daughter, when others don't seem to want to do that anymore"*—Mom's Morning Coffee Group
- *"Langley Hospice saved my life; I don't know that you knew that…"*—Cooking Together
- *"Who knew a bunch of grieving souls like us could share so much laughter."*—General Loss Support Group
- *"The walking group started the journey back to healthy coping with a loss, literally one step at a time. Those two and a half years of walking every week with a group of supportive people gave me purpose and a challenge to keep going. Through all imaginable weather conditions, walking with a group was life altering in a gentle way"*—participant in the Walking Group

Our 3rd Annual Plates and Glasses

was a huge success thanks to the tireless efforts of all of the amazing Langley Hospice Society volunteers, event sponsors, donors and guests at this year's event. Five courses of food and wine pairings, prepared by **Well Seasoned - a Gourmet Food Store** and **KIS Consulting,** and sourced through local businesses: **1 Fish 2 Fish Fresh Seafood Market, Bonetti Meats,** and **Cobs Bread**, was served family-style by a team of Langley Hospice Society volunteers. Guests enjoyed music by guitarist, **Rossi,** and heard from guest speaker, **Lori Morison and her son Hayden,** who shared their family's journey after the loss of Lori's older son, Garret, to an accidental overdose in June of 2012.

Lori Morison, Lily, Hayden, & Steve Davies (left to right)

"The Langley Hospice Society heard me, and others with similar stories to ours… through their traumatic loss support group, I finally found a place that I could talk about ALL OF IT…the stigma because of how he died; the conflict that existed before he died; the anger and remorse and most of all the deep sense of guilt that parents experience when they've lost a child.

Slowly, I found my way, with support from the Langley Hospice Society, from friends and family, and a renewed trust in myself and my journey. I have learned that I can laugh again and I have discovered with time - that I am in a place in my life where I can be of support to other parents who have recently lost a child; someone who is maybe a few paces ahead and can reach back and walk beside others through a most devastating time in their lives.

That's the only way we can do this – TOGETHER…I've learned that connecting with others who have had a similar loss, was important for me and my children.

The Langley Hospice Society works at helping all the pieces of the puzzle fit together to bring support, love and healing. I am truly thankful to the volunteers, staff and to all those who invest in important programs and services like these."

Plates and Glasses is an annual event that raises funds for the development and delivery of grief support programs and services like these. More than $30,000.00 was raised this year to help ensure that we can continue to provide this kind of continuum of support for individuals like Lori and her family—when they need it most.

Langley Hospice Society & Foundation

Notice of Annual General Meeting

Monday, June 17, 2019 at 7:00pm

at the Society office:
20660 – 48 Avenue, Langley

Everyone is welcome to attend. Come and hear about our programs and services!

Call **604-530-1115** for more information.
www.langleyhospice.com

Providing compassionate care & support since 1983

BC Bereavement Day ~ May 26, 2019

Every year on the third Sunday of May, the Province of BC recognizes **Bereavement Day** in recognition of all those mourning the loss of someone significant in their lives.

Since 1983, the **Langley Hospice Society** has been committed to providing quality bereavement support to our growing community, and with diverse but limited funding sources, we fundraise annually to be able to continue to offer client-centred, responsive, grief support programs and services, free of charge for those who need them.

Please consider making a donation and join our special community of supporters who play a key role in the provision of grief support programs and services for the children, teens, adults and families we serve.

Langley Hospice Society
langleyhospice.com
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Did you know that April was... Advance Care Planning Month?

May is Leave a Legacy Month...

...an initiative that encourages individuals to consider their own philanthropic goals through planned giving. There are many ways to leave a lasting legacy:

- Start Now—make a cash donation or a donation of non-registered securities. For example, if you are holding publicly traded securities that have appreciated in value in your non-registered account (i.e. not held in RRSP or RRIF) consider donating them "in-kind" to a charity. You will receive a tax receipt equal to the fair market value of the securities donated, and you will not be taxed on the capital gains accrued on those securities, as you would if you sold the securities during your lifetime.
- Planned Giving—make a future gift through your estate planning. For example, you can leave a cash legacy, direct specific assets (publicly traded shares or land, etc.) or bequeath a share of the residue of your estate.

DID YOU KNOW...

...THAT PLANNING YOUR **LEGACY** IN YOUR WILL; CAN **REDUCE** THE TAXES FOR YOUR LOVED ONES?

For more information about planned giving and how you can support the Langley Hospice Society, contact us at: info@langleyhospice.com or by phone: 604.530.1115.

Save the Date!

Thursday, June 20th, 6:30—8:00pm LANGLEY HOSPICE VOLUNTEER ORIENTATION This evening is open to all current volunteers and others interested in volunteering with the Langley Hospice Society. Please REGISTER for the session by phone: 604.530.1115 or email: volunteer@langleyhospice.com.

Monday, June 17, 7:00pm LANGLEY HOSPICE SOCIETY & FOUNDATION ANNUAL GENERAL MEETING at the Supportive Program Centre, Langley.

Sunday, July 14, noon—3:00pm MAD HATTER RASPBERRY TEA at Driediger Farms, Langley. More info at: www.langleyhospice.com/raspberryteaparty

Saturday, August 10, 12:30—3:00pm ANNUAL BUTTERFLY RELEASE at Krause Berry Farms, Langley. More info at: www.langleyhospice.com/butterflyrelease

Thursday, August 15—Sunday, August 18 Camp CHRYSALIS CHILDREN'S GRIEF CAMP—still looking for Camp Volunteers!

Saturday, September 7, Doors open at 10:00AM—FALL FLIP at the Second Story Treasures Thrift Store, Walnut Grove.

Saturday, September 14, 2ND ANNUAL MAYOR'S GALA with the Township of Langley Firefighters Charitable Association being held at Standard Aero, Langley. **TICKETS ON SALE JUNE 3RD AT:** https://tlfcs.org/mayors-gala-tickets/

September 20—22 WEST FINE ART SHOW at Glass House Estate Winery, Langley. More info at: www.westart.ca

~ Adult Bereavement Programs This Summer ~

Supportive Steps Walking Group—Wednesday mornings, 9:30am – 10:30am at Campbell Valley Park. Meeting at 16th Avenue entrance near 200th Street. **PLEASE NOTE:** On the 3rd Wednesday of every month the group walks in Fort Langley, meeting at 9:30am at Lelem Café at #100, 2385 Billy Brown Rd.

Gentle Yoga—Friday mornings 9:30am – 10:30am - drop in - free sessions.

Cooking Together—Friday May 31st 2019, 5:30pm to 9:00pm. There is a $10 cost to attend these evenings.

Coffee Morning—for adults grieving the loss of a loved one; Thursday mornings, bi-weekly from 10am – Noon beginning May 23rd through the summer.

Coffee Morning—for parents who have lost an adult child; Friday mornings, bi-weekly from 10:45am – Noon starting May 24th through summer.

Coffee Morning—for parents grieving pregnancy, infant and young child loss; last Monday of every month from 9:30am to 11:30am.

Coffee & Dessert Evenings— for parents who have lost an adult child; first Thursday of each month from 6:30 to 8:30pm.

Training...

Our Annual Spring Hospice Basic Training session completed at the end of April, with 16 potential palliative/ bereavement volunteers finishing the 10-week course. A number of our current palliative volunteers also completed the Feeding Training which we offer once or twice a year, and is mandatory for volunteers who want to help with feeding patients at the hospice residence. Our Palliative Program Coordinator, Fernande, also hosted a 4-hour mini basic training for our LHS volunteers working in other areas.

Hospice Basic Training—April 2019

Hospice Feeding Training—April 2019

Mini Hospice Training - May 2019

Welcome New Volunteers!

♥ **OFFICE TEAM**
Whitney Rowell

♥ **SECOND STORY TREASURES THRIFT STORE**

Yvonne Hui	Nicole Brolund
Nancy Jeffries	Gary Palmatary
Nora Burnett-Glen	Charles McBeth
Marie McKie	Tracey Potkins

♥ **SPECIAL EVENTS**

Emmalita Balosbalos	Jessica Grohs

Volunteer Hours: January 1—April 30, 2019

♥ Children's Program	1,303 hours
♥ Adult Bereavement	208 hours
♥ Palliative Program	1,728 hours
♥ Second Story Treasures	7,052 hours
♥ Office Volunteers	467 hours
♥ Special Event Volunteers	722 hours
♥ Board of Directors	388 hours

THAT'S A TOTAL OF 11,868 HOURS OVER FOUR MONTHS!

Thank You...to all of our incredible Langley Hospice volunteers for your generous gifts of time!

February — April, 2019
Donations Made in Memory of:

Archie Boyce
James Bale
Gordon Benz
Val Blaker
Judy Ferris
Maxine Gray
Mary Marjorie Harle
Mary Mae Jamieson
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