Langley Hospice News

Volume 27 Issue 3 20660 48 Avenue, Langley, B.C. V3A 3L6 October 2018

There is no greater feeling than a thankful heart…

As the leaves turn gold and yellow and the air becomes brisk, we pause to reflect on how much we have to be thankful for. With thankful hearts, the Langley Hospice Society would like to extend our gratitude and appreciation for your support over the past year.

It is through the generosity of volunteers, donors and supporters like you, that we are able to provide important palliative care and grief support programs and services for loved ones, their families and friends at every stage of the end -of-life journey, and throughout bereavement.

The Langley Hospice Society is proud to be part of a caring community that continues to invest in the importance of access to quality palliative and bereavement care and support for those in need.

In this newsletter, we're sharing messages of gratitude from staff, volunteers, clients and the community who have been touched by the programs and services we provide. These are a just a few of the things we're grateful for this season…

Thankful Staff…

With fall and the change of seasons, comes a time to reflect on all that we are grateful for—in my work, first and foremost I am grateful to all the bereaved people I have had the honour of working with. I have watched them connect, share and support each other and appreciate their willingness to support those who are new to our program.

I am also truly thankful for the beautiful house we work in. The space brings a sense of comfort and peace to those who enter. This really helps people feel at ease during a difficult time in their lives.

Loss and grief can open a deep sense of compassion and care for others. It can lead one on a search for meaning and purpose and many of those who seek our service become volunteers with the Langley Hospice Society. For them I am truly grateful; they are the back bone of our organization and it is they who have taught me much about loss and grief and the power of compassion and caring for each other.

Linda Sheridan, Adult Bereavement Coordinator

Gratitude - a Volunteer's Perspective…

Up the curved driveway.
Soft tree branches bend in welcome.
Along the family style porch.
Through a beautiful door. Pounding heart is quieted, with the warm welcome inside.
Here, children, youth and adults share the grief they carry. In the sharing the burden is eased.
Books to read, feelings to explore. Tears flow freely, no apology needed. Strength for the journey.
Support groups. Cooking classes. Yoga. Quilts, lovingly made for young ones to cozy with. Walking groups. Gardening. Summer camp for youth. Training classes for volunteers (and life!) Finding a place.
The staff…impeccable character, strength, honor, vision, compassion and gentleness.
This is the supportive program centre ~

The residence…for final days. A garden of beauty.
Peace and calm welcome all who come. A family room, a quiet room. Places to gather with loved ones and fellow sojourners. A table ahead. Flowers of beauty for eyes.
A candle lit in remembrance of a journey here ended.
A name displayed, to remember and honor.
A book to share thoughts and feelings, encouragement for those following.
Rooms of peace. People together. Sharing this precious time of life. Treasuring and measuring.
The gift of touch if desired. A listening ear. Compassion and care for all, by all as life, continues to unfold.
A quilt of beauty. Dignity, draping the departed.
Circles of life and color for family to remember their loved ones, as they say goodbye.
Love. Tears. Struggle. Loneliness. Laughter.
Contemplation. Singing. Prayers, fill this place.
This is a glimpse of Langley Hospice.
I am a hospice volunteer. So grateful.

Wendy Hodges, Langley Hospice Volunteer

Thanksgiving began as a way to celebrate a good harvest and as the years went by— to remind us of the abundance in all aspects of life…

Working in this field has certainly allowed me to look at life in a different way – giving me the opportunity to look at it directly which in turn allows me to live it in a fuller way, appreciating more and more the small things – a bee on a flower, a walk in crisp air, trees that stand tall and strong, helping me replenish my energy just by leaning against it.

I've just touched on thanks on a personal level but I must mention the palliative volunteers that I am privileged to oversee. I am truly grateful for them wanting to see our clients at home, doing vigils at bedside in the wee hours of the night and of course, visiting at the residence. All of that is quite special in itself; however, what counts and what I would like to thank them especially for is their presence, their willingness to learn, their creativity, their gentleness in sensitive moments, their caring, and their soft touch all around. Most importantly, for taking the risk to have their hearts touched in a deep way with a potential of changing their lives forever.

This list could go on and on, but my final words are: thank you from the bottom of my heart. I cannot end without mentioning the medical staff - for many years now I have worked alongside palliative care staff both in the community and at the hospice residence - I cannot say enough about their dedication and caring, not easy work for the most part but always there to provide a caring hand with a loving heart. You touch me deeply.

Fernande Ouellette
Palliative Support Volunteer Coordinator

Children's Program Thankful for 10 Year Camp Volunteer…

Langley Hospice Society's Camp Chrysalis is a summer camp held each August, for grieving children. This year, we celebrated a milestone for one of our cherished volunteers, Dominic Fricker.

For a decade now, Dominic has been an integral part of Camp Chrysalis, supporting the camp as one of the cooks who produce the best camp food!! He is a volunteer that always goes above and beyond his duties, often interacting with the campers, and making huge contributions in the set up and clean up of camp. In addition, Dominic is ALWAYS the best dressed at camp!

A big thank you to Dominic for your dedication and generosity in supporting 10 summers of Camp Chrysalis!

Wendy Sashikata
Child and Youth Bereavement Coordinator

Teen Bereavement Program Thankful for Funding…

Through a generous grant from Coast Capital Savings, the Langley Hospice Society's Youth Bereavement Program has been able to host two weekend-long teen grief support camps this year!

Camps provide these grieving teens with important opportunities to make new friends, try new activities, and have a safe place to talk about their person who died. Our teens describe camp as "…a great time to hang out and make new friends; to talk about the loss with other people who have had a similar experience and to take a break from stress and trouble." For teens, being able to connect with others their own age who understand what it's like to be grieving can be a really powerful and positive experience.

In June, we spent a sunny weekend at Camp Kawkawa in Hope. A group of teens were able to connect with others while trying some exciting activities such as archery, riflery, human foosball, archery tag, and tubing! During campfire time, teens were able to honor and remember their person who died, knowing that it was okay to cry, laugh, or to share stories.

During the Thanksgiving long-weekend in October, the Langley Hospice Teen program spent the weekend at Sasamat Outdoor Centre in Belcarra, where they were able to unplug and connect with nature. The teens spent an afternoon canoeing and kayaking on Lake Sasamat and challenging themselves on the high-ropes course and vertical playground. Much time was spent connecting with each other while playing cards, doing puzzles, or playing board games. In keeping with the Thanksgiving theme, the teens talked about what they were thankful for and the positive ways in which they have grown and changed since the death of their person. For perhaps the first time in a while, the teens were able to acknowledge the pain the loss has caused, yet talk about the hope they have for the future.

Many teens feel isolated in their grief; they may think or feel that they are the only ones in their school or social circle who are trying to cope with the death of someone who was an important part of their life. Being able to host camps for teens promotes resiliency, and building resiliency helps increases the teens' ability to cope with adverse situations in a positive and healthy way. Having an opportunity to address their feelings, worries, and regrets about the loss during their adolescence will help these teens to face the challenges of adult life more successfully.

According to a youth who attends Langley Hospice, "…you should do more teen camps because it shows youth that you guys really care about helping us and how we are doing - it's a very good experience and more people should know about it."

Ria Brand, Youth Bereavement Support Worker

Save the Date!

Child & Youth Bereavement Support

Children's Grief Awareness Day is Thursday, November 15th, 2018. Join Us for an **Open House** from 3:30 to 6:30pm at our Supportive Program Centre in Langley in recognition of Children's Grief Awareness Day. The Program Centre will be lit up in blue lights and staff and volunteers will welcome community members to tour their space, and participate in crafts and other activities, meet the staff and enjoy some snacks throughout the afternoon and evening. **For more information**, call Wendy or Ria at: 604.530.1115 or email: childandyouth@langleyhospice.com.

Adult Bereavement Support Programs

- **Infant and Child Loss Coffee Group for Bereaved Parents** is held the last Monday of the month (Oct. 29th and Nov. 26th) 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.
- **Coping with Grief During the Holidays** This annual workshop is offered for those who are grieving to access information and support on how to navigate the often difficult holiday season. We invite you to join us for one of two options on Tuesday, November 27th, 2018 in the morning (10am–12pm) or evening (6:30pm-8:30pm). Participation is free of charge, but registration in advance is requested for planning and space considerations.
- **Journey Through the Holidays** is offering a celebration of life in the memory of your loved one on Thursday, December 6 from 6:30pm to 8:30pm at our Supportive Programs Centre at 20660 – 48th Avenue, Langley. Amidst the flurry of the holidays, those who are grieving can often feel a little out-of-synch with the season. Sometimes we need to pause for a moment, and quietly be. Journey Through the Holidays is a quiet gathering that provides an opportunity to remember loved ones, enjoy gentle music and connect with others. Refreshments will be served. **Please Note:** Attendees are invited to provide photos of their loved ones, if they would like them to be included in a slide show that will be shared during the event. Please send photos by Nov. 29th, to: adultgriefsupport@langleyhospice.com.

For More information or to Register or RSVP:
Please contact Linda by phone at 604.530.1115
or email at: adultgriefsupport@langleyhospice.com

Upcoming Events & Activities

- **Glass Half Full –** a NEW EVENT in collaboration with the Fraser Valley Potters' Guild in support of our New 15-Bed Langley Hospice Residence Project that is being held on Saturday, November 24th, 2018 in the Hangar at Harrison Pointe. Guests will receive a hand-crafted tumbler to sample a lovely array of wines, craft beers, and local distilled products, accompanied by hors d'oeuvres prepared by Harrison Pointe's Head Chef, Michael McMeekin and his team. Other activities include: live music by the talented Alex Whitaker; a silent auction; artisan market; and more. For more information or to purchase tickets visit us at: **www.langleyhospice.com/glass-half-full** or contact us by phone us at 604.530.1115

- **Santa Photos by Donation at the Bloom Market** on Saturday, November 24th, 2018 & Sunday, November 25th, 2018 from 11:00am to 4pm at the Fort Langley Community Hall. This is A NEW EVENT in Celebration of Giving Tuesday, and hosted by the #LangleyGives Committee in partnership with the Fort Langley BIA and Bloom Market, and a number of local charities and community groups. Stop by and get your photo with Santa, by donation. For more information, visit: **www.facebook.com/langleygives**
- **Celebrate a Life—**this annual event provides people with the opportunity to remember a loved one by hanging an ornament in their name on a tree and/or writing in the memorial book. **Please Note:** We are looking for volunteers who are willing to "lend an ear" and help by taking a shift or two. Shifts available: Mondays – Saturdays: 9:15am-1:15pm, 1:15pm-5:15pm, and 5:15pm-9:15pm; and Sundays: 9:45am-2:15pm and 2:15pm-6:15pm. This event runs from Tuesday, Nov. 27 to Sunday, Dec. 9, 2018 at Willowbrook Mall. Please contact Denise by phone at (604) 530-1115 or email at volunteer@langleyhospice.com

GLASS HALF FULL! SATURDAY NOV. 24th

A FUNDRAISER ~ SATURDAY, NOVEMBER 24TH, 2018

A NEW EVENT in collaboration with the **Fraser Valley Potters' Guild** in support of our **New 15-Bed Langley Hospice Residence Project.** Guests will receive a hand-crafted tumbler to sample a lovely array of wines, craft beers, and local distilled products, accompanied by hors d'oeuvres prepared by Harrison Pointe's Head Chef and his team and live music by Alex Whitaker.

DATE: Saturday, November 24th, 2018

TIME: 6:30PM to 9:30pm

HOSTED BY: HARRISON POINTE - IN THE "HANGAR"
21616—52nd Avenue, Langley, BC

TICKETS: $ 75.00 EA (ONLY 100 TICKETS AVAILABLE)

Langley Hospice Society
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Providing compassionate care and support since 1983

PURCHASE YOUR TICKETS AT:
langleyhospice.com/glass-half-full

Fraser Valley Potters Guild

Harrison Pointe

LANGLEY HOSPICE SOCIETY is Hosting an Open House for Children's Grief Awareness Day

HOPE

children's Grief Awareness Day

Date: November 15th 2018
Time: 3:30pm to 6:00pm
Location: Langley Hospice Society
Supportive Program Centre
20660—48th Avenue, Langley, BC

Our Child and Youth Bereavement Staff and Volunteers invite you to join us for a fun and informative Open House and learn more about the Langley Hospice Society programs and services available to support grieving children and youth in our community.

ACTIVITIES:

- Take a tour our program centre, including our Narnia room and the Horizon Children's Memorial Garden;
- craft activities for all ages for **All Souls Day**;
- light snacks will be provided;
- meet our staff & volunteers to find out more about the support and services available for grieving children and teens in our community;
- Check out some helpful books, games, and other resources, etc., and some of our children's work.

WHAT CAN YOU DO?

- Talk to your school or business, and get them involved—Turn on a **BLUE LIGHT** for the day in their school or place of business.
- On November 15th, wear **BLUE** — in honour of the children and teens who are grieving in our community.
- Let people know that the **Langley Hospice Society** can help.
- Email us at **info@langleyhospice.com** for more information, or call us at 604.530.1115.

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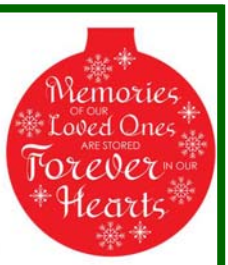
#CGAD2018
#LangleyCares

Langley Hospice Society Holiday Offerings....

"Remembrance like a candle, burns brightest at Christmas time." ~Charles Dickens



Celebrate a Life is an annual event hosted by the **Langley Hospice Society** each December, and provides an opportunity to honour those we love and who have touched our lives in some way.

Christmas is a time filled with warm memories of family and friends, near and far, past and present. Please visit our display at the Willowbrook Shopping Centre, November 27th, 2018 to December 9th, 2018, where we invite you to remember a loved one by writing their name on a memorial ornament and placing it on our tree.

The holiday season can be a challenging time for those who have lost a loved one. This holiday season, the Langley Hospice Society is offering the following, through our Supportive Program Centre located at 20660—48th Avenue, Langley, BC. For more information or to register, call 604.530.1115

- Coping with Grief during the Holidays Workshop — November 27th, 2018 morning workshop from 10am to noon, OR evening workshop from 6:30 to 8:30pm. Join us for one of two sessions for those who are grieving, to help navigate the holiday season.
- Journey Through the Holidays Memorial Service — December 6th, 2018 from 6:30pm to 8:30pm. Join us this evening for a warm commemoration, candle lighting, musical entertainment, and friendship.

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20660—48th Avenue, Langley, BC, V3Z 3L6 | Phone: 604.530.1115 | Email: info@langleyhospice.com

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

"Grief is **NOT** a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual **necessity**, the price you pay for love. The only cure for grief is to **grieve**" -- Earl Grollman

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.

Thankful for the gift of time...

Fall is generally a time for reflection for me, I think it is a throwback to the excitement around back to school, new school supplies, backpacks, and the like... In my role as the Volunteer Coordinator, I am blessed to be able to work with volunteers from ALL the different areas throughout the Hospice Society.

Volunteers are at the heart of all we do; they help sort donations and create displays at our Second Story Treasures Thrift Store in Walnut Grove; they're the kind face at our Hospice Residence or the listening ear at our Children's Bereavement Camp; they help host fundraising events and distribute posters; answer the phones at the Supportive Program Centre; they facilitate support groups, and lead walking groups—and so much more.

There are no words to truly express the impact that our volunteers have—they give so selflessly of themselves and their time. It is because of people like this that I enjoy what I do – for this I am thankful.

Denise Station, Volunteer Coordinator

Welcome to Our New Langley Hospice Volunteers

A heartfelt welcome to the following new volunteers:

♥ **Board**
Susan Regan

♥ **Client**
Sunshine O'Donoghue
Maureen King
Jane Whitehouse
Tom Wildeboer
Nimrit Sidhu
Donny Cayanan

♥ **Children's Program**
Jane Desbarats
Shaylene MacDonald-Dyer
Brock McNeill
Trinda McNeill
Peter Woekel
Olivia Krawczynski
Francis Camilo
Emma Leach
Abby Wong

♥ **Second Story Treasures**
Jadyn Anderson
Sharon Galbraith
Marypat Johnston
Woojoo Bang
Astrid Cameron
Connie Goy
Shelagh Themmen
Roberta Whiffin
Amy Zhou
Catherine Richardson

♥ **Office**
Carol Oleksiuk
Mario Nundal
Eileen Hill

♥ **Special Events**
Karen Broverman
Louise Johnston

Volunteer Hours: April 1—September 30, 2018

♥ Client Volunteers	3,654 hours
♥ Store Volunteers	11,089 hours
♥ Board, Office & Event Volunteers	2,655 hours

...that's a total of 17,398 hours in just the first half of our new fiscal year!

Thank you for your gift of time!

Saying Thank You & Good-Bye...

At the end of September, we said good-bye and thank you to Langley Hospice Volunteer and Yoga instructor, Adrienne Thompson, as she returns to her hometown back East.

A volunteer, fundraiser, donor, photographer and friend, Adrienne Thompson has been providing grief yoga classes free of charge for bereaved adults on Friday mornings at the Supportive Program Centre; raised much-needed funds for our teen bereavement program and facilitated teen yoga classes; and taken photos for numerous special events...all with a big smile and her kind and caring approach that immediately puts folks at ease. She will be truly missed...we wish her well on her journey.

Pictured left to right: *Lindsay McIntyre, Bonnie McLean, LHS Staff—Linda Sheridan, and Adrienne Thompson.*

True to form, she has left us in good hands, as Lindsay McIntyre, who has been substituting for Adrienne when needed, is now stepping into this important role at our Supportive Program Centre. Thanks to a generous donation from local realtor, Bonnie McLean, we have been able to purchase the equipment needed, and Lindsay will continue providing Grief Yoga - A Gentle Hatha Yoga class for bereaved adults on Friday mornings, at our Supportive Program Centre in Langley.

Gratitude for the West Fine Art Show Artists & the Show Hosts—Glass House Estate Winery...

Our 6th Annual **West Fine Art Show (westart.ca)** was a resounding success. The show has settled into its new home at the Glass House Estate Winery in South Langley and saw record numbers of visitors this year. With 18 feature artists from Western Canada who donate their time and talent, and 25% of their art sales - this year's show has already raised more than $17,000.00 in support of the Langley Hospice Society. Our gratitude to this year's artists, to our hosts, the **de Jong family** and **Glass House Estate Winery**, and to our VIP reception sponsors, **Avisar, CPA**.

May - September, 2018
Donations Made in Memory of:

Leo Aarts
Fred Badiuk
Kenneth Ballingall
Kimberley Workman Begg
Lance Bracken
Lyall & Verna Brown
Kay Cameron
Val Castle
Ken Christensen
Ronald Davitt
Sandra Ferguson
Judy Ferris
Terry Greenfield
Evangeline Hansen
Beatrice Hargreaves
Adrian Holmes
Barry Jocelyn
Gerald Jones
Lynda Jongs
Patrick Keogh
Iris Kuehn
Alastair Maclean
David Manson
Joyce Marentette
Ian Martin
Melba Massey
Sharron McIntyre
Anna McMaster
Jakob & Elsie Meyerhoff
Joan Miki
Donald Nundal
Margaret Oliver
Victor Osers
Betty Phillips
Murray Phillips
Joan Pickell
Claude Pisarski
Tom Reibin
Alfred Reid
Muriel Ritchie
Jack Roberts
Gordon Rowan
Jill Rowe
Evelyn Saunders
Henk Smidstra
Susan Snow
Jeanette Snyder
Jann Speers
Kanshi (Ken) Suzuki
Ron Tyson
Irene Uyeda
John Waddington
Kathleen Walsh
Adolf Walter
Richard Welch
Bill Young

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