# Langley Hospice News

Volume 24 Issue 3 20660 48 Avenue, Langley, B.C. V3A 3L6 October 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.

As we reflect and remember what we're grateful for, we want to extend our heartfelt thanks and appreciation to our volunteers, donors and supporters for their generosity and support over the past year. Through the tremendous contributions of our community, the Langley Hospice Society has been able to provide care and support to loved ones, their family and friends at every stage of the end-of-life journey, and throughout bereavement.

In this newsletter, we're sharing some stories from folks who have been touched by the programs and services we provide, and have included a few from our volunteers' perspectives as well. These are a few of the things we're grateful for this season…

## Thanksgiving

I lost my wife in Sept of 2015 to cancer. It's hard to believe after going through all of that and how I felt at that time, that I would be able to write about what I give thanks for now. Time does heal. Linda asked me to share some of my thoughts on this Thanksgiving. Here we go...

I am thankful for our incredible son, Kyro. He has grown to be such a smart talented young man. He has used his grief as a motivator and excelled at all he puts his mind to.

I am thankful for all the support I have received on my journey. From friends, neighbours, coworkers, counselors and especially all the great people I have met at Langley Hospice. I'm not sure how I would have navigated those first few months without everyone there helping me find my way. The support programs offered for my son and I were extremely beneficial. Linda will always have a special place in our hearts.

I can't remember who said it to me shortly after my wife passed.....but I distinctly remember their words...."It gets better". In that moment I wanted to lash out at them because I was in so much pain. As the last few years have come and gone, I have thought of those words so often.... Yes, it does get better. The pain and longing hasn't gone away, but it is offset with gratitude and thanks - something I never dreamed possible two years ago.

Happy Thanksgiving to all.

Rick Rozdeba
Bereavement Program Client

## Working Through Grief Together

I am thankful for Langley Hospice and all they have given to myself and my family. I lost my mom and son and Langley Hospice has been there to support, listen, and love.

I'm thankful that Langley Hospice as been a part of my children's lives. My children do not feel different from others when they take part in Langley Hospice Society's programs. They feel accepted, allowed to truly be themselves, express and feel how they feel, and share openly with the other children who have experienced a loss. They have made lifelong friendships. Through losing their brother (friend), Umma, and just recently their other grandma, hospice has been a safe haven (and lots of fun) for them.

I am also thankful for all the support I have received individually and as part of a group. Connecting with others when we are grieving is one of the most important things that helps. 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. And that's how we can do this together. Langley Hospice works at helping all the puzzle pieces fit together to bring support, love and healing. I am truly thankful to the volunteers, staff and to those who donate. I have to say Langley Hospice is the best!!!

Lori Morison
Bereavement Program Client

## Journeying with Hospice

It was last winter, two months after Mike died, that I first walked through the doors of Langley Hospice. I arrived sleep-deprived, anxious and eager to find answers. I wanted to know if I would feel *shattered* and *broken* forever. I desperately wanted to be "normal" again. I was aching and I wanted to be "fixed". Admittedly, these are some pretty big requests.

When I arrived at Hospice, I was new to grief. I was only vaguely aware that I didn't actually die. I was still here and I knew that I had to do something. I wanted to be recognizable to myself again. I essentially came to Hospice with *hope*. I didn't know what I needed, but I knew that I could not heal myself alone. Joining a grief support group and surrounding myself with people who could understand me is what has saved me on many of those long, lonely nights that I was forced to sit with my grief.

From my Langley Hospice grief support group I came away with practical advice, but really what was most valuable were the friendships and connections that were created in our group. Grief

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is messy and it's all sorts of ugly things, but when you can share the heaviness of your grief with others who genuinely understand, it can be less overwhelming. I've learned over the last ten months, there is no one specific thing that will help in grief. Healing involves a lot of different things. For me, connecting to others I've met through grief support group, Hospice Yoga and the Walking Group has made all the difference. Talking with people who intimately understand loss has been the greatest source of comfort. **I'm thankful for those who understand exactly what my heart feels.**

Somewhere, buried under the shattered pieces of my heart, I continue to have *hope* that somehow I will settle my Soul and find the pieces of me that still exist even after his death. As the seasons change, I am looking for change in me too. I know I have to move towards change rather than resist it. I hope that you can do the same.

Staci Mah
Bereavement Program Client

## Gratitude from Grief

One year ago, around this time of year, my wife Heather's long battle with cancer had come to an end. I have never known someone with more determination and tenacity in fighting something. It is incredible the way she carried herself and lived her life while facing such a horrible disease. I can't imagine what she was going through on a daily basis, knowing the inevitable outcome of this disease. I am truly saddened by the death of a good person. It is from this sadness that a feeling of gratitude emerges. I feel honored to have known her and blessed that I had her in my life; her passing serves as a reminder to me that my time on this beautiful earth is limited and that I should seize the opportunity I have to forgive, share, explore, and love. I can think of no greater way to honour her than to live this way. There is not a day that goes by that she is not in our thoughts. Words can not express how much she is missed.

I am thankful to Langley Hospice for all the support provided to me and my daughters at a difficult time in our lives. Langley Hospice Society has been a safe place for us to be heard, understood, and supported.

Stan Holbrook
Bereavement Program Client

## Joyce's Story

In the same way that the tide repeats the promise of its ebb and flow, we, as volunteers, are touched by the lives that are entrusted to us at the Hospice as they too come and go. Some come with a sign on their faces that says "I'm not ready to talk", while others invite us in immediately to help absorb some of their pain, address fear and even share their joy as they prepare for the next step.

When Joyce first came to us, I immediately thought of my mother-in- law who, on her good days, could best be described as prickly. The rules in my head were: 1) approach with caution, 2) assess the danger and watch for flying objects, and 3) proceed as warranted.

It didn't take long to realize that the porcupine quills which Joyce came in with were simply a sign of a well-earned defense mechanism. Beyond the one-word answers, she wore a sign that said "If I trust you then please come to visit". Her room was a collection of carefully coloured pictures that brought her joy and were to be a gift left to those she loved and left behind. Most noticeable was the space that she held dearly in her sweet heart, filled with the immeasurable love that she carried for her granddaughter, Kayla. It was a bond that many might be jealous of.

So it was, as the weeks and months trickled by, I had collected a kaleidoscope of colourful moments as I participated in routine visits to the gazebo, and witnessed those visits with her daughter and granddaughter. Those of us around her became holders of lovely snapshot photos, both real and figurative, of special conversations where our hearts touched. Most of those lovely conversations were about her special girl.

When the day came after nine months for her to leave this world, it was for me a loss and a gain. I would miss the carefully carved relationship that I had built with her and yet not for a second would I want her to experience another day of pain. And though I have grown accustomed to loss, for Jenna it would be something altogether different. How would she possibly get through this time of sadness while still so young? It was a question that many of us wondered.

Three phone calls later (which I had no part in), the plan was complete. While I am certainly not gifted at quilting, it appears that many of our volunteers are. So keeping in mind that pink was her favourite colour, Kayla's gift was complete. With gorgeous pink prints and embossed flowers throughout, the quilt was perfected, and in the centre was a beautiful screen print of Gramma and Granddaughter with arms wrapped tightly around each other, complete with a message to remind Kayla that Gramma would always remain in her heart.

Though it may appear that our focus as volunteers might be solely on our residents, we clearly understand that loss is a risk to all who love and we gladly spread our love around.

Diana Southwick
Hospice Volunteer

## It's the Little Things….

I am sure many of you volunteers have had the opportunity to do a vigil with one of our dear residents at The Langley Hospice Residence. I have not been available to do so until last month. I did the 6-9a.m shift with Liz (not her real name) and it was a very memorable three hours for me. She was peaceful and quiet and looked lovely in her blue nightie. The room was just the way she always liked it, neat and tidy, her favorite chair in the corner and her meditation books on the table. As I sat there holding her hand I was recalling the many conversations we had together, Liz sharing many aspects of her life. She was full of gratitude for all her many blessing, including her time at hospice residence. It was all those "little things" that the doctor, nurses and volunteers had done that she so appreciated. More than once she had said "I never want to be a bother to anyone". She was just as gracious in her death as she had been in her life. It was her wish to not die alone. She did not want her family to have to be there and cause them sadness and grief. So she had been assured that her wishes would be fulfilled. For me it was lovely to spend those three hours with her, knowing that she would have appreciated our presence. For the rest of the day she was in my thoughts and in my heart. I am certain she is at peace. I am happy to have played a small part, but I dare say important one, in the last hours of her journey.

Donna Porter
Hospice Volunteer

# Please Consider Making a Gift to the Langley Hospice Society this Fall...

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 innovative and responsive programming and support. **We need your help** to ensure that these offerings remain free of charge, for those who need them at every stage of the end of life journey and throughout bereavement.

## Your Support Can Help Us Provide...

**$60** **an opportunity for an individual who has experienced the death of a spouse or partner to participate in our Cooking for One Program** and connect with others who have had a similar loss, and learn to cook, and/or reconnect with the kitchen as they maneuver their new normal, without their loved one at their side.

**$100** **snacks and sundries for one week** in the Langley Hospice Residence family room for use by terminally ill patients and their families and friends.

**$200** **curriculum development, training and support for our adult bereavement volunteer program** through their participation in a 5 week training program, and monthly support meetings to enable them to assist in the provision of one-to-one and group loss support programs for the grieving adults we support through our adult bereavement programs.

**$300** **curriculum development, training and support for our palliative support volunteer program** through their participation in a 10-week, 30-hour training program, monthly support meetings, and ongoing training in feeding, spirituality, and therapeutic touch, and more - as they provide support and companionship for terminally patients, in the Langley Hospice Residence, at home, in the community, or care facility.

**Turn the page for more possibilities...**

*"Going into hospice was the best thing that happened to us during that difficult time. Being a care giver isn't an easy job and having the opportunity to leave his medical and physical care to the nurses gave us quality time together those last months of his life. That was truly a blessing and allowed us to bring* our relationship back full circle...

*...because of the care we both received during Bob's stay in hospice... and the support I continued to receive after his death... it was an easy decision for me to take the hospice training and become a volunteer at the hospice residence..."*

Sue Westhaver, Langley Hospice Volunteer, Caregiver , and Former Client

## With Your Support, the Langley Hospice Society is Here to Help...

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

## Please consider making a gift...

**$400** **support & materials for a 5-week (10 hour) art-based journaling and teen grief support and outreach program** facilitated by trained staff and volunteers, for up to 8 grieving teens within their own school environments.

**$500** **an opportunity for a child or teen to experience our annual spring/summer camp programs for grieving children and teens** through participation in either the Camp Chrysalis Summer Camp (ages 6 to 12 years) or our Spring Camp for Grieving Teens (ages 13 to 17 years). Camps are staff-led and volunteer supported, and provide a safe supported environment for children and teens to explore their own grief journey and connect with others who have had similar experiences of loss.

**$1,000** **a 10-week loss support group for grieving parents** who have experienced the traumatic loss of a child and help ensure a safe and supported environment where they can explore their thoughts and emotions around their grief, and connect with others who've had similar experiences of loss.

Every dollar makes a difference in the Langley Hospice Society's ability to respond to the needs of our growing community, and to ensure that these difficult roads don't need to be travelled alone.

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

**YES, I would like to support the work of the Langley Hospice Society with my donation of:**

☐ $60 ☐ $100 ☐ $200 ☐ $300 ☐ $400 ☐ $500 ☐ $1,000 ☐ OTHER: $_____

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Phone: _____

☐ I am enclosing a cheque payable to the Langley Hospice Society I would like to make my donation by credit card: ☐ M/C ☐ Visa

Card Number: _____ Expiry Date: _____

Signature: _____

**Donate securely online at: www.langleyhospice.com/get-involved/donations/**

Please note: A charitable tax receipt will be issued for donations of $25.00 or more. Registered Charity # 11900 5353 RR0001

**Please forward your completed donation form to the Langley Hospice Society**

**20660—48th Avenue, Langley, BC V3A 2Z5 | Phone: 604.530.1115 | Email: info@langleyhospice.com | www.langleyhospice.com**

## Save the Date!

**Bereavement Groups ~ Upcoming Schedule Changes** Please note the following changes to some of our scheduled bereavement offerings:

- The **evening walking group** will move from Mondays to Wednesdays, starting Wednesday, October 25th.
- **Mothers of Adult Children coffee mornings** will be held on the following Thursdays until Christmas: October 26, November 9, 16 and 23, and December 7.
- **Memory Book Evenings** will continue on November 6, and because the first Monday in January is January 1, the January memory book evening will be January 8, then it will bounce back to the first Monday of each month.

**New Volunteer Orientation** This training is 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 grief and bereavement support. **Our next orientation will be held on Thursday, November 23, 6:30 to 8:00pm.** Please RSVP at 604-530-1115 or by email to Denise at volunteer@langleyhospice.com.

**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. 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. 28** to **Saturday, Dec. 10, 2017** at Willowbrook Mall, 19705 Fraser Highway, Langley (in the mall outside Claire's). Please contact Denise at (604) 530-1115 or at volunteer@langleyhospice.com.

**Glow** Introducing Glow, a Christmas Light Garden and Market. Give in to the wonder – a curated and crafted event for the whole family. Wander through four Christmas-themed light gardens and a 210-foot musical light tunnel and be overcome by the warmth and wonder of the season. Located at Milner Village Gardens, 6690—216 Street in Langley, and open **November 21 – December 30**—buy your tickets online today (use code "Langley Hospice" when purchasing tickets and LHS will receive a portion of your ticket price). Our Langley Hospice volunteers will be onsite **December 11 – 16** from 4:00 – 10:00 pm daily.

**Coping with Grief during the Holidays** Getting through the holidays can be very difficult when you have lost a loved one. We invite you to join us for one of two sessions on **Tuesday, Nov. 21**, 10am—noon or 6:30—8:30pm, at our Supportive Programs Centre, to gain support on how to navigate the holiday season while grieving. Please contact Linda at 604-530-1115, or by email at lindasheridan@langelyhospice.com to register or for more information.

**Journey Through the Holidays Memorial Service** Langley Hospice is offering a celebration of life in the memory of your loved one on **Wednesday, December 6** from 6:30pm to 8:30pm at our Supportive Programs Centre at 20660 – 48th Avenue, Langley.

The holiday season can be a challenging time for any of us who have lost a loved one. At Langley Hospice Society, we offer a warm evening of commemoration, candle lighting and friendship. As part of our celebration, we will share a slide show, and you are invited to provide pictures of your loved one, which can be dropped off at our Supportive Programs Centre, or emailed to adultgriefsupport@langleyhospice.com (Subject: Journey through the Holidays). **The photos will be returned to you** and a CD copy of the presentation will be available at no cost. Please note the last date to drop-off/email pictures is **November 28, 2017.**

For more information about this memorial event, or to register, please contact Linda at **604-530-1115**. **Due to limited seating, you must RSVP by November 30, 2017. Please let us know if you would like to bring additional guests as well.**

## Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

♥ **Children's Program**

| | |
|---|---|
| Adrienne Chen | Rajani Dhillon |
| Alysse Franklin | Kaur-Rubina Hoonjan |
| Jasmine Lee | Hollie Overgaard |
| Mira Shoker | Lina Sua |
| Brendan Suto | Laura Tomalty |

♥ **Client**

| | |
|---|---|
| Maria Fernanda Arcila | Sonja Burgess |
| Tricia Carpenter | Taylor Chin |
| Shelley Gollner | Karen Mason |
| Dana Lee | Linda Thomsen |

♥ **Second Story Treasures**

| | |
|---|---|
| Lori Baker | Janice Best |
| Janice Bryce | Noreen Burke |
| Lesley Capes | Robert Curtis |
| Tyler Heppner | Carol Mohanraj |
| Caitlin Sampson | Angie Tatarniuk |

**Volunteer Hours: February 1 – August 31, 2017**

| | |
|---|---|
| ♥ Client Volunteers | 6,008 hours |
| ♥ Store Volunteers | 11,105 hours |
| ♥ Board, Office & Events Volunteers | 2,155 hours |

Wow! That's a total of 19,268 hours over seven months!
Thanks for each and every one of them!

## March - September, 2017
## Donations Made in Memory of:

*Rose Abernethy*
*Edward Beattie*
*Joseph Blackman*
*Lance Bracken*
*Doug Court*
*Joan Danby*
*Nellie de Ruiter*
*Marjorie DeGianni*
*Norman Demers*
*Lucy Egers*
*Barbara Forcier*
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*Isobel Howden*
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*Joyce Marentette*
*Cheryl Mason*
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*Angie McDougal*
*Peggy McGregor*
*Kay Mezei*
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*Dusty Mittlestead*
*Agatha Moeller*
*Nancy Moorhouse*
*Allan Hugh Murray*
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*Gerald Oleksiuk*
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*Art Paul*
*Betty Phillips*
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*Claude Pisarski*
*Michael Rogerson*
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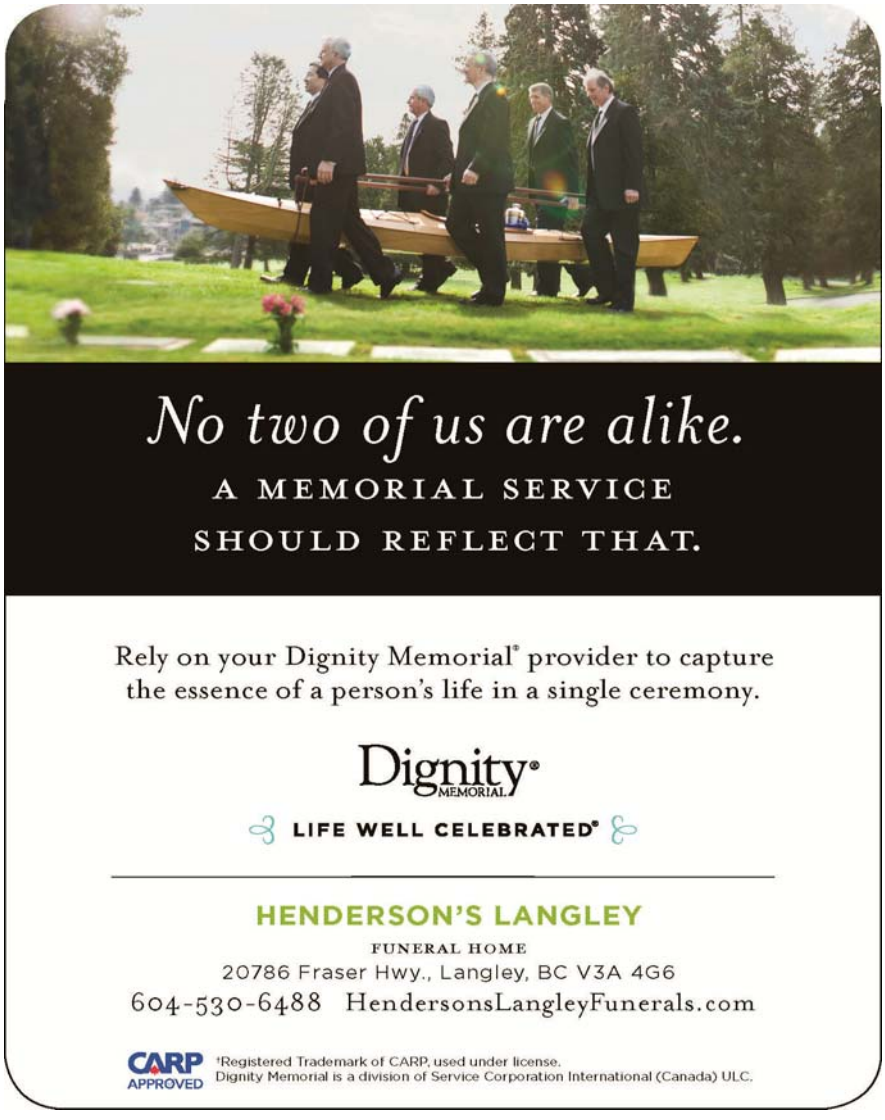
*Fred Schofield*
*Michele Silvestri*
*Flemming Sondergaard*
*Jann Speers*
*Jennifer Stewart*
*Joyce Taks*
*Robert Tatarniuk*
*Marjorie Tudhope*
*Robert David Turner*
*Ted van de Giessen*
*William Walker*
*Christine Warner*
*Richard Welch*
*John West*
*Albert "Crash" Westerholm*
*William Whyte*

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