Langley Hospice News

Volume 31 Issue 2 20660 48 Avenue, Langley, B.C. V3A 3L6 October 2022

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.

We hold such gratitude for the caring and compassionate community we're a part of...

As the leaves turn gold and yellow and Fall welcomes us like an old friend, we pause to reflect on how much we have to be thankful for.

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. These have been challenging times for so many, and we're grateful for the ongoing support and engagement we receive that ensures we can continue to meet the needs of our growing community.

This year has been an incredibly busy one for the Langley Hospice Society and Foundation staff and board of directors, and our entire volunteer team.

- We celebrated a full return to in-person support programs and services; and welcomed new and returning volunteers back in our palliative support program, at our **Supportive Program Centre**, and our **Second Story Treasures Thrift Store.**
- We welcomed new staff in many of our program areas with the addition of Jane Franklin, Child and Youth Bereavement Coordinator, and Angela Elemans, to the role of Palliative Support Coordinator.
- We opened the new **Doug and Fran MacDonald Langley Hospice Residence** at the end of May; and began operations in partnership with Fraser Health, with 9 new employees, and the addition of Residence Manager, Jennifer Podskalny, and the vibrant and engaged hospitality services team, including Cecil, Dale, Elly, Michelle, Tara, Rami, Phil and Linda.

- Our Palliative Support team, hosted three sessions of our ten-week (30 hr) Basic Hospice Training Program, for our new staff, and to recruit and orient volunteers for the new hospice residence, where we doubled our volunteer contingent with the addition of a reception volunteer to our visiting volunteer program which sees rotating 3 hour shifts, from 8:30am to 8:30pm, seven days per week.
- Our **Second Story Treasures Thrift Store** continued to thrive with the incredible investment of our volunteers. Our Volunteer Engagement Coordinator, Cameron McKay provided leadership and support, as we welcomed a new staff team, including Manager, Froilan Montalbo and Store Assistants, Kimberly Glover and Rita Tateyama. The store team hosted very successful Spring and Fall Flip Events that saw record daily sales this year.
- We saw a return to our in-person events, including **Langley Charitable Nights** with the Fairhaven Group; a new and re-imagined **Plates and Glasses at the Farm** in July, hosted by Quiring Trucking and Gravel Sales and the team at Well Seasoned, A Gourmet Food Store; **Hearts for Hospice** with the Fraser Valley Potters Guild; and our Annual **Butterfly Release at Krause Berry Farms** in August, and the **Late Summer Edition of the West Fine Art Show,** in September at the Glass House Estate Winery in South Langley.

All the while our team has remained committed to ensuring that our programs and services are accessible and responsive to the needs of the individuals we serve, and our community has continued to show up in meaningful ways. We are reminded regularly, that it is through the generosity of volunteers, donors and supporters like you, that the Langley Hospice Society is 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—and for that we are grateful.

~ Shannon Todd Booth, Executive Director

In this newsletter, we're sharing a few 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 for sharing...

With fall and the change of seasons, comes a time to reflect on all that we are thankful for—in my role as Adult Bereavement Coordinator, I am grateful for the people who access our service. I feel deep reverence for each person for what they are experiencing, how they cope, how they find hope for their future and all the ways they show up for each other through group experiences; sharing their vulnerabilities and through that finding their strength.

~ Linda Sheridan, Adult Bereavement Coordinator

From Our Clients...

- *Thank you so much for this program. It has helped me to really see the deeper emotions that we hold inside. Life goes on and we have to do the work to go ahead with our lives. Many people have commented on your program, and they said you saved their lives. I now know what they mean you have supported many people and thank you for supporting me. ~ Gail*
- *I feel fortunate to have participated in a group this past summer. Being in a group with people who have experienced similar grief and loss issues was both comforting and supportive. I was impressed with the variety of teaching methods utilized in the group sessions and found the weekly handouts to be informative and thought provoking... I will be forever appreciative to the Langley Hospice Society and Linda and will recommend their programs and services to others. ~ Charlene*
- *Langley Hospice was there for me after the loss of my husband; I felt like I was in a fog and was drowning. I met with Linda who sat with me, made me feel safe and listened to me just say what I needed to say out loud. She never told me what to do, she encouraged me to talk, explore my feelings, provided me with reading options and just walked along beside me on my journey. I have also benefited from Zoom group meetings, drop in coffee, potlucks and being a part of the walking group. I found what I needed to help me move forward. I was able to connect with people walking on a similar journey; there is comfort being with people who are on the same path. I am very grateful to the entire team at Langley Hospice.~ Wendy*
- *When I first came to meet with Linda, I had barely left my house for 2 years. I had her contact number on my fridge but was so scared to phone. When I met with her, she told me about the different supports and groups. I always remember when I first went to the walking group, I would wear a hoody and walk alone, not talking to anyone. Eventually my hood came down and I started interacting with people. I went on to join a support group and now volunteer with Langley Hospice Society. I am so grateful for all the support from Linda and all my fellow grievers. Linda has a way of bringing us together building community as we all support each other. ~ Angie*

Thankful for successful transitions...

A big fear for many when we moved into the hospice residence at our new location was how to capture the warmth and spirit of our former building and bring it to the new setting.
Although we were well set up functionally, how could we embrace our families and offer them the home-like atmosphere we strive for? Our hospice was, after all, built by and for our community. It turns out, the answer did not just lie in the cozy towels, the fully stocked kitchen, the well-equipped library or living room, or in our beautiful garden space and spa amenities... it was accomplished by bringing in the right people.
It was identifying caring and compassionate management, staff and volunteers who strive for excellence. They try to anticipate and cater to the ever changing needs of our families and go above and beyond to bring the smallest comforts of home into this important new space. It is by working collaboratively and looking inward to identify what would make the experience the best possible for every person who comes through our doors.
By witnessing, listening, and honoring every soul we encounter, I believe we carry the beautiful heart and spirit from the old into the new. For that, I am grateful.

~Angela Elemans, Palliative Support Coordinator

I am very thankful for the Hospice Residence and how it impacts families. I have had the opportunity to speak with many family members who express their thanks for this beautiful home-like environment, and for everything we do here and the care they receive. I am grateful for our staff and volunteer team and the pride they take in their roles here at the residence.

~ Jennifer Podskalny, Residence Manager
Doug and Fran MacDonald Langley Hospice Residence

Thankful for volunteers...

I am thankful for all of the great volunteers we have that volunteer throughout the Langley Hospice Society from client support within the hospice residence and with our child and youth and adult bereavement programs, to our gardening team, office reception, the sewing group and our caring hands quilters, and the amazing team at our Second Story Treasures Thrift Store. I am also thankful that I work within a community where the people are generous with their gift of time and that many have decided, in light of the many choices they have, to bestow this gift upon us.

~ Cameron McKay, Volunteer Engagement

Save the Date!

Upcoming Events & Activities

On Tuesday, November 15, 2022, we will be holding our second annual **Walk to Remember** – a memorial walk at the **Derek Doubleday Arboretum** in recognition of National Bereavement Day, and to acknowledge community members that have been impacted by death of a loved one. We're inviting the community to come together, and join us during the day to hang a memorial ornament and walk the large path onsite with friends and family at their leisure; AND to join us in the evening at 6:30pm, for a Candlelight Memorial Walk as we walk the path together, in memory of loved ones and in support of our community.

Child & Youth Bereavement Support

Children's Grief Awareness Day is Thursday, November 17, 2022. Join Us for an **Open House** from noon to 3:00pm at our Supportive Program Centre. The Centre will be lit up in blue lights and our team will welcome you to tour their space, learn more about our programs and services, meet the staff and enjoy some snacks throughout the afternoon. **For more information**, call Jane or Nikki at: 604.530.1115 or email: jane@langleyhospice.ca

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Adult Bereavement Support Programs

- **Supportive Steps Walking Group**—this active peer support group meets Wednesday mornings at 9:30am. Please note, the walking group is for individuals accessing support through our one-to-one and group support programs, and an intake is required prior to joining the group.
- **Coping with Grief During the Holidays** As the holiday season quickly approaches, 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 29th, in the morning (10am–12pm) or evening (6:00pm-8:00pm). Participation is free of charge, but registration in advance is requested for planning and space considerations. For more information or to register please call: 604.530.1115 or email: linda@langleyhospice.ca

Gratitude From Our Child and Youth Program Staff...

I am so grateful for the opportunities that arise as part of my work here at LHS. Recently, we were able to take a client to the Vancouver Art Gallery for her 16th birthday. This was a trip that she and her mother had planned but her mother's unexpected death meant that they were never able to fulfill this plan. I am so happy that we were able to make this trip a reality for her, and honoured to be part of this resilient young woman's journey.

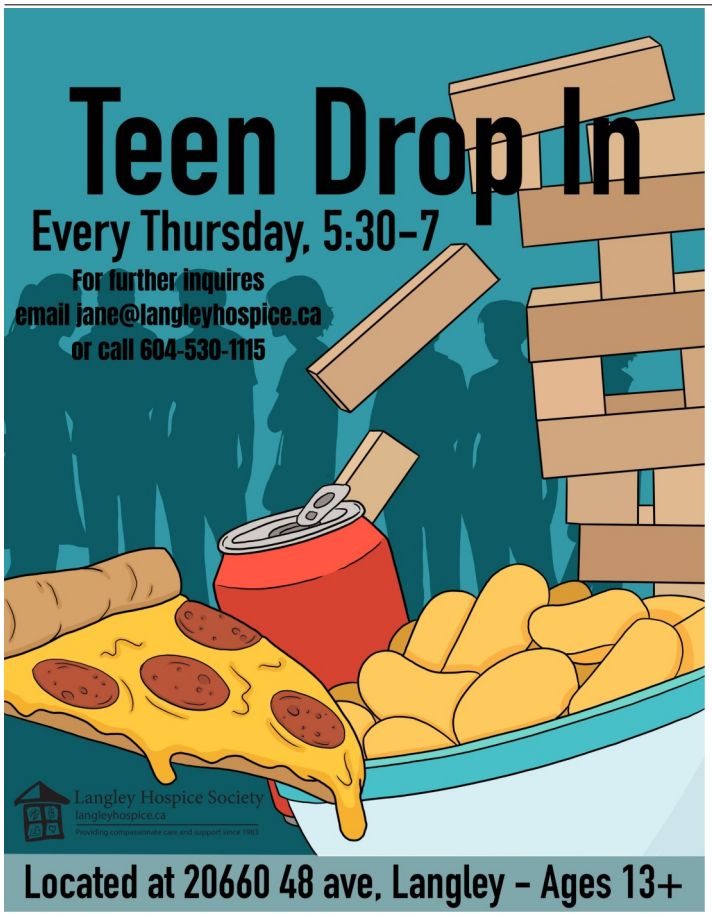
I am grateful to be able to learn from the children and youth who utilize our services. We often ask them what they would say to another child or youth who was experiencing grief and loss, and these are some of their answers:

- "I would tell them to not think about it all the time. It is important to think about what's happened, but not all the time. It's ok to think about other things too."
- "I would tell them that it's ok to be sad but also tel t they won't always be sad all the time."
- "That it's ok to get help 'cause I'm glad that I did"

~ Jane Franklin, Child and Youth Bereavement Coordinator

I am grateful this year, and always, for the clients we have the privilege of working with. It is such a wonderful thing to be allowed to share in this part of their journey with them and every day, I am in awe of the strength and resilience of all our clients. Every smile, laugh or tear shed is a is part of the process of healing and is such a privilege to witness. I have been fortunate enough to accompany many of our children and youth as they experience their unique journeys and I cannot be any more thankful for those who we have connected with, and the opportunity to connect moving forward.

~ Nikki Salindong, Child and Youth Bereavement Support Worker



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

We are hosting an OPEN HOUSE for
Children's Grief Awareness Day
on Thursday, November 17, 2022

Join us for an afternoon at our Langley Hospice Society's Supportive Program Centre .

Enjoy a tour of our Supportive Program Centre; learn more about our programs and services; and check out some of the helpful books, games, and other resources that we have available to help support grieving children and teens in our community

DATE: Thursday, November 17, 2022
TIME: Noon to 3:00PM

WHERE? AT OUR:
Langley Hospice Society Supportive Program Centre
20060—48th Avenue, Langley, BC
Email: info@langleyhospice.ca

FOR MORE INFORMATION:
please call Jane or Nikki at 604.530.1115

children's Grief Awareness Day

#CGAD2022
#PainttheTownBLUE

Join Us as Our Community Comes Together for a...

Walk to Remember

On **Tuesday, November 15th, 2022,** in recognition of National Bereavement Day, we will be holding our Second Annual Memorial Walk at the **Derek Doubleday Arboretum** to acknowledge community members that have been impacted by death of a loved one.

These have been challenging times for so many, and we want you to know that you're not alone.

Grief can be a difficult companion, and this day is an opportunity for the Community to come together and remember those we've lost.

Join us during the day...
and hang a memorial ornament and walk the large path onsite with friends and family at your leisure.

Join us in the evening...
at 6:30pm, for a Candlelight Memorial Walk as we join the path as one, in memory of loved ones and in support of our community.

For more information, or to pick up a memorial ornament in advance, please email:
INFO@LANGLEYHOSPICE.CA

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Langley Division of Family Practice
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Thankful for the comfort of a hot cup of tea...

Langley Hospice Donor and long-time volunteer, Shawn Siak has been an active member of our New Residence Fundraising Committee, as our board and staff worked alongside the community and our funders to build and open the Doug and Fran MacDonald Langley Hospice Residence this past May.

When deciding how she wanted to support the project, the Langley Hospice Tea Cart and Service really resonated for her and her family, and Shawn decided to make a gift in memory of her Mom, Delia Whetham, to support this service ongoing for residents and their families.

Tea has been my comfort drink my whole life. Mom was from England, and she loved her tea, very strong with milk and sugar. I grew up having tiny cups and learned so much sitting and chatting with Mom as she sipped her tea. We had so many wonderful conversations over a cup of tea.

Mom had terminal cancer and passed away April 1997 at home, with my Dad and family caring for her during the last months. It was a special time to be with her, but exhausting, and many times it was having a cup of tea or meal with Dad, as he needed our support as well.

As I have learned more about hospice, I have realized how their services would have been very helpful for us in those last few months. With that kind of support, I could have been with her more as a loving daughter, and not just experiencing the overwhelming responsibility of caregiving.

Later as my dad and husband passed, I realized how much that calming cup of tea anchored me; it gave me the comfort and strength to take that deep breath and move forward in my grief. I still make the strong black tea with milk and sugar and sit and sip to just be at peace some days when it feels like too much. I hope the tea cart service brings comfort to both hospice residents and guests visiting, like it has for me and my family.

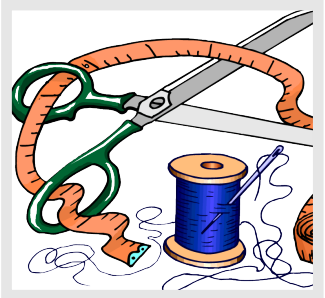
These are photos of three generation of us girls, my mom, Delia, myself, and my daughter Krista from the 1980's, and now myself, my daughter Krista and her daughter Elizabeth. We pass down so much knowledge at our mother's side—With 7 grandchildren and 2 great granddaughters, I hope I can pass on just a fraction of the knowledge and the love my mom did to me and my children, and share many more conversations over a cup of tea.

Shawn's provided a generous donation in support of the Tea Service, and two beautiful works of art, by local Artist, Lorn Curry , which adorn the walls where tea cart is stored in a nook in the Living Room at the Hospice Residence. Her gift ensures that our residents and their families can enjoy a hot cup of tea and other goodies provided by local community partners, and are served up with care by our visiting volunteers at the residence each week.

Gratitude for the West Fine Art Show & Artists

Our 10th Annual **West Fine Art Show (westart.ca)** was a resounding success. The late summer edition of this popular show is hosted annually at Glass House Estate Winery in South Langley. This year, the show saw record numbers of visitors with 18 feature artists from Western Canada who donate their time and talent, and 25% of their art sales. Over the last 10 years, these amazing artists have contributed over $100,000.00 in support of the **Langley Hospice Society**. Our gratitude to this year's artists, to our hosts, the **JRG Group of Companies**, and the team at the **Glass House Estate Winery**,

Caring Hands Quilting Group approached 20th Anniversary...



In 2003, an idea was born to start a sewing & quilting program at Hospice for the children's program. When a child loses a loved one, it was thought they would derive much comfort from a quilt of their own. From that tentative beginning, our dedicated volunteers have made 695 quilts for the program.

Our quilting group meets, the third Wednesday of the Month (except July, August & December) from 9:30am to noon at our Supportive Program Centre on 48th Avenue. Everything is provided & volunteers can sew there, or at home.

The group has plenty of material & batting, but are always on the lookout for 100% cotton material especially in solid colours. If you are interested in joining the sewers & quilters or donating material, please contact Jane or Nikki by phone at: 604.530-1115 or email: info@langleyhospice.ca.

November, 2021 - September, 2022
Donations Made in Memory of:

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Renee' Bedard
Marie-Luise Berryman
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Joan Miki
Rachel Millsip
Jeffrey Wayne Minion
Ronald Roy Minion
Heather Montgomery
Earle Morrison
Cobi Muller
Risten Nesvog
Michael Noble
Murray & Betty Phillips
Joan Pickell
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Sally Ragan
Dan Rennick
Wayne Robert Rourke
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