



Thrift Store Dream Finally Becomes a Reality

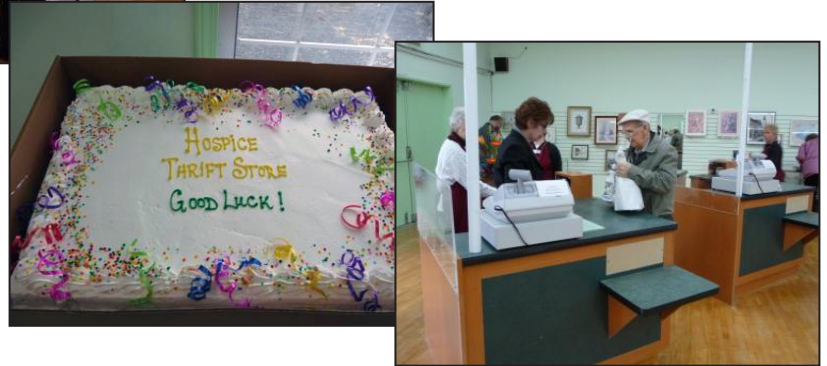


(far left) Rhonda Russell, Thrift Store Coordinator and Laura Cherrille, Executive Director of RM Hospice Society cut the cake. Thank you to the Kiwanis of Golden Ears for the beautiful cake. (left) Flowers from the staff at Garden Hill Funeral Services.

It is truly amazing what can happen when a community comes together and answers the call for help. Proof of this is the newly renovated thrift store the Ridge Meadows Hospice Society has opened. Our non-profit society took over what was previously the Salvation Army Thrift Store on 224th and Dewdney Trunk Road on March 1st and put out a plea for volunteers, local businesses and local service clubs to help us renovate the store. We can not thank everyone enough!!

The following service groups and companies donated time, labor and supplies to assist in this venture:

- Cloverdale Paint
- Knights of Columbus - St. Luke's
- Kiwanis Club of Golden Ears
- Meadow Ridge Rotary
- Haney Rotary
- Ray Raven Electrical
- Fraser Valley Building Supplies
- Single Source Rental
- School District 42



Also a big thank you to all the volunteers who came and helped prepare the store. We apologize but there are far too many to name each of you, but you know who you are and your time and effort are greatly appreciated.

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(left to right) Moe Heffelfinger, President RM Hospice Society, Rhonda Russell, thrift store coordinator, Laura Cherrille, Executive Director, RM Hospice Society.

Message from the Executive Director



I would like to take this opportunity to welcome both Rhonda Russell and Paulette Camozzi as our new staff members for the thrift store. Rhonda (store coordinator) comes to us with several years of experience in the retail management sector. Paulette (assistant store coordinator) volunteered with the society in various areas, such as: visiting volunteer, bereavement, fund-raising and special events. Welcome aboard ladies!

The opening of the thrift store has been a vision of the society for a long time. This vision did not come without challenges. One of the challenges for us was finding a suitable location to open a store. The old saying “patience is a virtue” had to be re-

spected. Over 2 years of research was put in by staff and volunteers in preparation to get this venture off of the ground. Then the fun began with the renovations.

Several volunteers and staff answered our plea for help and rolled up their sleeves in order to get the job done! And what a job it was; scrubbing, cleaning, painting, electrical, plumbing...the list is endless. Amazingly, in less than one month the renovations were complete, and the store was ready for opening day. This dream has now become a reality, and we could not have achieved this goal without all the community support that we received. Thanks to each and every one of you!

Sincerely,

Laura Cherrille

RIDGE MEADOWS HOSPICE SOCIETY is pleased to announce the opening of our new THRIFT STORE

Our thrift store is located in the former Salvation Army Thrift Store on the corner of Dewdney Trunk Road and 224th Street #3 – 12011 – 224th Street, Maple Ridge (behind Haney Sewing and Sound)

The store is open Tuesday to Saturday
10:00 am to 4:30pm.

Store hours will be extended and will include Sundays. Watch for the announcement.

THE FOLLOWING ITEMS WILL NOT BE ACCEPTED

Large furniture, upholstered items, beds or bed frames, mattresses, pillows, stuffed animals, children's car seats, TV's, electronics, encyclopedias, broken or damaged items.

Please note that donations will be accepted from 11:00 a.m. to 3:00 p.m. Tuesday to Saturday only. We strongly appeal to the public to follow these drop off times.

For further information you can contact the thrift store at 604.463.7711

GRAND OPENING CELEBRATIONS – SATURDAY, MAY 15th

Come out for hot dogs, cake and coffee. Hourly store specials.

Bereavement Support Groups for 2010

Evening and Daytime

Eight week bereavement support group for adults who have experienced the death of a loved one. Day and evening groups are available.

Walking group

Meets weekly Tuesday mornings.

A Time To Heal

On-going support for those who have experienced the death of a loved one.

Children's Program

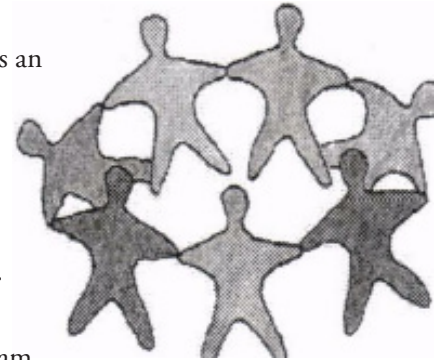
Six week program for children 6–12 years of age, who are having difficulty with the death of a loved one. Parent/ guardian group runs at the same time in an adjacent room.

Relaxation Circle

The circle is open to bereaved individuals, as well as palliative patients and their support persons. The Circle is provided once a week for 90 minutes, which includes relaxation approaches and soothing touch.

The Relaxation Circle provides an opportunity to experience relaxation, receive support, and to learn stress management skills that can be used to assist in coping with a life threatening illness.

If you or someone you know would be interested in this program please contact the Society centre for more details.



All groups are offered free of charge, but registration is required.

Volunteers Required

We are always looking for new volunteers to help the Society carry out its Mission. There are a number of ways you could help as a volunteer.

Visiting volunteer

We have our visiting volunteers; this involves a 30-hour training program which prepares you to visit the terminally ill in their homes, the hospital, long term care residences or in McKenney Creek Hospice.

Friends of Hospice

If being with the terminally ill is not something you are comfortable with, you could help the Society with some of the special annual events that are held in support of our programs, such as the Vistas Run or the Home Show.

For more information on the training for visiting volunteers or how to become a “Friend of Hospice” please call the Society centre.

Thrift Store Volunteers Required

The Ridge Meadows Hospice Thrift Store requires volunteers who are interested in working in this environment. There are numerous jobs that need to be filled on a daily basis, such as receiving and sorting donations, cashiers, and general maintenance in the building.

The rewards of being a volunteer are numerous such as:

- You will find a greater sense of being a part of both the communities of Maple Ridge and Pitt Meadows.
- Opportunity for personal growth.
- New friends who share common interests.
- Valuable work experience.

If you are interested in joining an amazing team of volunteers at the Ridge Meadows Hospice Society please contact Rhonda Russell, Store Coordinator at 604.463.7711.

Upcoming Events

13th Annual Vistas Run

Sponsored by Maple Ridge Jeep Dodge Chrysler

The Vistas is the largest fund-raising event for the Society. For the past 4 years donations to this event have exceeded \$32,000 yearly. The Vistas Run/Walk is a 10K or 5K officially timed run for the serious runners, but we also offer a 5K walk which takes you through the beautiful Kanaka Creek Regional Park, and a 1K fun run for the kids.

You can register on-line at the Running Room or in person at the Maple Ridge store at Westgate Shopping Mall.

Corporate Sponsors:

Recent Events

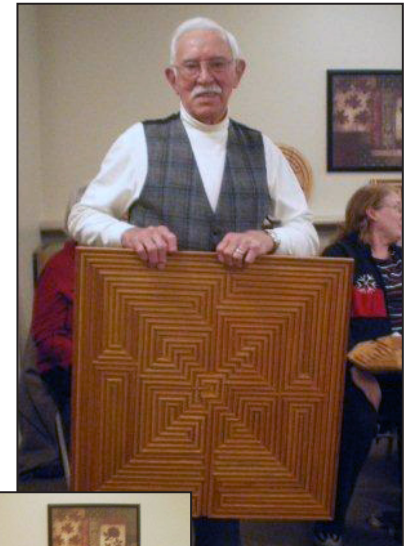
Labyrinth Workshop

At a recent hospice volunteers' meeting Mr. Bill Godden and his wife Anne presented an evening workshop on labyrinths. At the end of the evening each volunteer was presented with a lap size labyrinth that Mr. Godden had created to take home with them.

What is a Labyrinth you might ask?

Labyrinths can be thought of as symbolic forms of pilgrimage; people can walk the path, ascending toward salvation or enlightenment. Many people could not afford to travel to holy sites and lands, so labyrinths and prayer substituted for such travel. Later, the religious significance of labyrinths faded, and they served primarily for entertainment, though recently their spiritual aspect has seen a resurgence.

Many newly made labyrinths exist today, in churches and parks. Labyrinths are used by modern mystics to help achieve a contemplative state. Walking among the turnings, one loses track of direction and of the outside world, and thus quiets the mind. The Labyrinth Society provides a locator for modern labyrinths all over the world.



Mr. Bob Shantz accepts a donation on behalf of the Ridge Meadows Hospice Society, from Brett Paskar of Meadow Ridge Rotary. (centre back) President, Marco Terweil

Welcome, New Volunteers!

Ridge Meadows Hospice Society would like to wish a warm welcome to our new volunteers who recently completed their 30 hours of training and are already busy visiting the residents and their families at McKenney Creek Hospice Residence, and helping in various other duties.

WELCOME AND CONGRATULATIONS:

Denine, Sue B, Lou-Anne, Wesley, Ben, Sybil, Marci, Sylvie, Lorraine, Susanne, Roni, Ross, Natasha, Eva.

Ways to Consider Donating

- One-time gift
- Monthly gift – This is an easy, effortless, effective way to support the Ridge Meadows Society.
- Leaving a Legacy – Make a gift through a will or other gift planning instrument.
- CanadaHelps – CanadaHelps is an online fundraising organization that benefits Canadian charities and is now available through our website. All donors need to do is visit our website www.ridgemeanowshospicesociety.com and click on the “You Can Help” tab then click on the CanadaHelps.org logo. You will be guided on the steps to make your donation and then you will receive a tax receipt mailed to you directly from CanadaHelps.
- Visa – Simply call the Resource Centre and say you would like to make a donation on your Visa. The transaction will be processed right then and you will receive a thank you letter and tax receipt in the mail.



In Memoriam Donations

December 2009 – March 2010

Carole Auvinen, Esther DeAmicis, Carol Dunn, Roy Hutchinson, George Jorgenson, Martha MacDonald, Mildred Mills, John Pedersen, Frank Spindor, Wendy Wilson

Thank You

Thank you to our volunteers who answered the call for donations needed at the local food bank during the Christmas season. Congratulations, you collected over 120 lbs of food and \$150 cash.

Thank you to the **Ridge Meadows Quilters Guild** for their generous donation to assist us to carry on our mission.

Thank you to the **Fraternal Order of Eagles – Ladies Auxillary** for their generous donation.



Keep up to date with our events on Facebook or check out our Calendar of Events on our website: www.ridgemeanowshospicesociety.com

Ridge Meadows Hospice Society Centre Address

22326A McIntosh Avenue, Maple Ridge

Mailing Address

PO Box 11, Maple Ridge, BC V2X 7E9

Phone: 604.463.7722

Fax: 604.463.6358

E-mail: contactus@ridgemeanowshospicesociety.com

Web: www.ridgemeanowshospicesociety.com

Thrift Store Address

#3 - 12011 224 Street, Maple Ridge, BC V2X 6B7

Phone: 604.463.7711

Mission Statement

To provide compassion, support and care to patients and loved ones dealing with end of life experience, grief and mourning.

Board of Directors

Maureen Heffelfinger *President*

Lindsay Norcross *Vice-President*

Agneta Eikelenboom *Treasurer*

Teresa McWilliams *Secretary*

Joan Ilavsky *Allen LaRose*

Barb McIvor *Rory Speirs*

Staff

Laura Cherrille *Executive Director*

Yvonne Dion *Coordinator of Bereavement Support Services*

Lindsey Willis *Coordinator of Volunteers*

Dawn Burnett *Office Assistant*

Rhonda Russell *Thrift Store Coordinator*

Paulette Camozzi *Assistant Thrift Store Coordinator*