



# The Dove

Grief has no time line

Newsletter of the Ridge Meadows Hospice Society

April 2012

**VISTAS RUN**  
Benefiting Ridge Meadows Hospice Society [www.vistasrun.com](http://www.vistasrun.com)

**NEW for 2012**  
Mother's Day  
Family Walk

**CELEBRATING**  
15 YEARS!

**SUNDAY MAY 13th, 2012**  
15th Annual  
5K WALK/RUN & 10K RUN

All Proceeds To

**www.vistasrun.com**

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The time is fast approaching for the 15<sup>th</sup> Annual Vistas Run/ Walk. This year's race is on SUNDAY, MAY 13<sup>th</sup>. The race starts at Webster's Corner Elementary School and takes you through the beautiful Kanaka Creek Regional Park. This year in recognition of Mother's Day a new 4 km family-friendly walking route has been added so families can celebrate this special occasion with some family fitness. Strollers and leashed pets are welcome! In celebration of Mother's Day, mothers will be treated to special prizes and some pampering.

Registration forms are available at the Ridge Meadows Hospice office, the thrift store, the Running Room, or you can register on-line at [www.vistasrun.com](http://www.vistasrun.com).

## Welcome to our Coordinator of Bereavement



Hello, my name is Susanne Lamb and I am the new Coordinator of Bereavement Support Services.

I am originally from the UK and came to Canada 3 years ago. I qualified as a professional counsellor in 2009, and was always drawn towards bereavement, grief and loss. I have extensive experience with bereavement through my own personal losses and professional experiences, helping people through their journey of grief.

I was a volunteer with the hospice society for over a year and I also volunteer for the Fraser Health Crisis Line. I continue to enhance my skills and knowledge through continuous research, meetings and workshops.

I have the privilege of being in this position to walk beside people through their grief and provide them with information and tools to have a more positive future, and letting them know they are not alone in their journey of grief.

*Susanne Lamb  
Coordinator of Bereavement*

## Bereavement Support Groups



### Support Group

The 8-week bereavement support group will be offered in the late spring.

### Walking Group

The walking group will be starting on Thursday April 26.

### Children's program

We are hoping to offer a children's bereavement group soon but we need a few more children to participate. If you know of a child who has lost a loved one and would benefit from this program please have their parent/guardian call the office for more information.

### "Time to Heal"

Drop-in group for those who have completed the 8 week program will be starting in May.

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

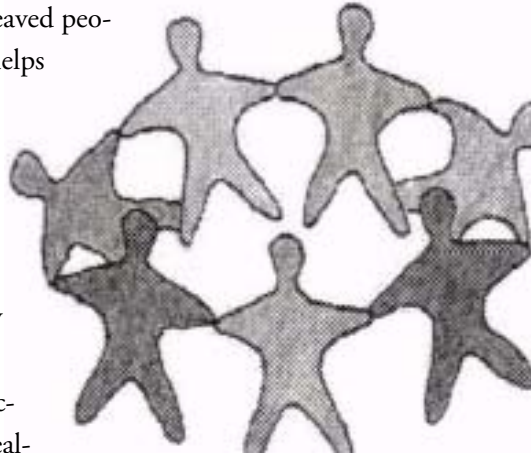
## Relaxation Circle

The Relaxation Circle continues to be such a valuable resource. I have heard lately from bereaved people who have been attending, that Circle helps them to sleep at night. We all know that unless you have a good, restorative sleep, it is really difficult to meet the demands of the day, let alone face the challenging work of grief. Sleep is such a powerful healer for those who are bereaved, as many of you know. The volunteers who work at Relaxation Circle make it a priority to practice their skills and refine themselves as Healing Touch volunteers.

Submitted by, Lindsey Willis, Coordinator of Visiting Volunteers.

## Healing Touch

Congratulations to Denine, Bharati, Sandy, Teresa, Lou-Anne and Lindsey who successfully completed Level 4 through Healing Touch International. They have now acquired the formal designation of Healing Touch Practitioner Apprentice. They continue to bring a growing wealth of knowledge and experience to the clients they serve in our Relaxation Circle, along with Ben, Liz, Janis and Monique. If you would like to know more about our Relaxation Circle, please call the office and ask to speak to Lindsey Willis, Coordinator of Volunteers.



## Visiting Volunteer Program

Our first new group of visiting volunteers for 2012 graduated on April 17.

Congratulations to Cate, Diane, Dominika, Heather, Jessica, Joye, Linda, Pam, Richard and Tara. Welcome!

The next training will start in mid-September.



## Recent Events

### Gift Wrapping

For the second year Ridge Meadows Hospice Society offered gift wrapping at Haney Place Mall from December 17 to 24. All wrapping was by donation,

and was a great success. Thank you to all who helped out at this fundraising event.



### Bottle Drive



On January 8 we held a bottle drive in the parking lot of the thrift store.

On-going collection has been set up at the three local depots, so please remember if you would like to have 100% of your returnables donated to Ridge Meadows Hospice Society, just tell the person collecting your returns and they will be sure that the proceeds go to our account.

### On-Going Bottle Collection for RMHS

#### Haney Bottle Depot

#2-22935 Lougheed Hwy: Please quote acct #489 or "Hospice Society" and please be sure to keep your receipts and remit them to us when you have the chance so that we may collect the funds.

#### Maple Ridge Bottle Depot

#15-20475 Lougheed Hwy: Please quote "Ridge Meadows Hospice Society".

#### Pitt Meadows Bottle Depot

19090 Lougheed Hwy: Please quote "Ridge Meadows Hospice Society".

We thank you for your support!

### Evening of Romance

On February 4th we held our 2nd annual Evening of Romance. Fun was had by all that attended.

Again, a big thank-you to all the volunteers who assisted in making this evening a success.



## Recent Events



**networking  
& COMEDY  
night**

**Tuesday, March 27**  
Networking 6pm - Comedy 7:30pm  
**HANEY PUBLIC HOUSE**

**Presented by the Chamber of Commerce  
& Ridge Meadows Hospice Society**

**Tickets: \$10**

**Includes admission, networking, complimentary  
drink & comedy night. Silent auction & 50/50 too!**  
**Bring lots of business cards!**

 *Ridge Meadows  
Hospice Society*

 *Chamber of Commerce*  
Maple Ridge Pitt Meadows

**Contact Kristina to purchase your tickets**  
**604-463-7722 or email**  
**kristina@ridgemedowshospice.org**  
**www.ridgemedowshospice.org**

Thank you to all who came out to our Comedy Night/Networking event on March 27. This first-time event for us was a partnership with the Chamber of Commerce and was held at the The Haney Public House. There were over 100 tickets sold and

guests showed their generous support by taking part in the 50/50 draw and the Silent Auction. Thank you to all of the guests that came out for a night of networking and laughs!

## Upcoming Events

### You Could Win \$1000 Cash



The price of the ticket is only \$10.00. There will be three winning tickets drawn:

**1st - \$1000**

**2nd - \$500**

**3rd - \$250**

Tickets are available from any of our staff, Board of Directors, the society office, or the thrift store. The draw will take place on May 13 at the Vistas Run. Winners do not need to be present, they will be notified by phone or email.

## RMHS Fundraising & Special Events

April 17, 2012 Volunteer Appreciation Evening

May 4-6, 2012 "Head Shave" at the Home Show at Planet Ice

May 13, 2012 15th Annual Vistas Run/Walk at Kanaka Creek Park

May 26, 2012 2nd Anniversary of Thrift Store

September 15, 2012 4th Annual "Hoe Down for Hospice" at Ridge Meadows Seniors' Society Centre

October 2012 Fall Fashion Show Event

November 2012 "Celebrate A Life" at Haney Place Mall and Valley Fair Mall

December 5, 2012 "A Time to Remember" at St. George's Anglican Church

December 19-24, 2012 Gift Wrapping Booth at Haney Place Mall

February 16, 2013 "Evening of Romance" Dinner/Dance at Ridge Meadows Seniors' Society Centre





## Thrift Store News



Welcome to our newest volunteers: Lorri, Ken P, and Olga.

Look for the new signage for our store on the side of the building facing 224th Street.

We are pleased to announce the thrift store now accepts Visa on purchases over \$5.00.

Donations of goods are now accepted on Sundays from 12-3 p.m.

Follow us on Facebook – go the Ridge Meadows Hospice Thrift then click “Add Friend”. Each day a new word is chosen and put on the Facebook page. If you know the word of the day you will receive an additional 10% off your purchase.



Come out and celebrate the **2nd Anniversary of the Thrift Store on Saturday, May 26**

We will have 50% off storewide sale. There will be hot dogs, popcorn, cake and refreshments.

## Thank You

**Ridge Meadows Quilters Guild** “Quilt raffle” ticket sales. Tickets will be available soon and the winner will be drawn on July 29.

## In Memoriam Donations

December 2011 - March 2012

Peter Arwam, James Bowen, Dilys Brown, Maureen Burrows, Ruth Coleman, Neil Crowell, Alfred Hammer, Colette Page, Doris Tipton, Henry Vanderwood, Lynn Zachow.

## 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](http://www.ridgemeanowshospicesociety.com) and click on the “You Can Help” tab then click on the CanadaHelps.org logo. 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.



### 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](mailto:contactus@ridgemeanowshospicesociety.com)

Web: [www.ridgemeanowshospicesociety.com](http://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

Lindsay Norcross	<i>President</i>
Allen LaRose	<i>Vice-President</i>
Teresa McWilliams	<i>Secretary</i>
Devon Daschko	<i>Treasurer</i>
Adrienne Dale	<i>Director</i>
Helen Gambling	<i>Director</i>
Nathan Logue	<i>Director</i>
Darryl Lucas	<i>Director</i>
Gwen O'Connell	<i>Director</i>
Norma Parker	<i>Director</i>

### Staff

Laura Cherrille	<i>Executive Director</i>
Susanne Lamb	<i>Coordinator of Bereavement</i>
Lindsey Willis	<i>Coordinator of Volunteers</i>
Kristina Murray	<i>Fund-Raising/Special Events Coordinator</i>
Dawn Burnett	<i>Office Assistant</i>
Paige Charron	<i>Thrift Store Coordinator</i>
Valerie Knipe	<i>Assistant Thrift Store Coordinator</i>
Reizza Oxale	<i>Assistant Thrift Store Coordinator</i>