



The Dove

Grief has no time line

Newsletter of the Ridge Meadows Hospice Society

April 2013

VISTAS RUN

Benefiting Ridge Meadows Hospice Society

www.vistasrun.com



SUNDAY MAY 12th, 2013
16th Annual
5K WALK/RUN & 10K
RUN

THE NEWS

MAPLE RIDGE
CHRYSLER JEEP DODGE



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RIDGE MEADOWS
HOSPICE SOCIETY

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gms
RESTAURANT



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The time is fast approaching for the 16th Annual Vistas Run/ Walk. This year's race is on Sunday, May 12th. The race starts at Webster's Corner Elementary School and takes you through the beautiful Kanaka Creek Regional Park. In recognition of Mother's Day there is a 4 km family-friendly walking route so families can celebrate this special occasion with some family fitness. Strollers and leashed pets are welcome!

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.

New Visiting Volunteers

Training for new visiting volunteers began on March 7 with 10 enrolled.

Graduation will be celebrated at our volunteer appreciation evening on April 23. We are pleased to welcome Colleen, Cathy, Michael, Pam, Kerry, Pat, Nancy, Ravi and Mary.

Bereavement Support Groups

- Eight-week, **Bereavement Support Group**. This group is facilitated by two of our volunteers.
- **Time to Heal** bi-weekly bereavement group will be starting again soon.
- The **Walking Group** will resume when the weather warms.

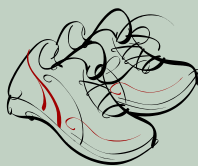


All groups are offered free of charge, but registration is required. For more information please call: 604.463.7722.



RMHS Fundraising & Special Events

- April 20 Earth Day at Memorial Peace Park
- April 23 Volunteer Appreciation at RM Seniors Centre
- May 2 Inspirational Evening at T's
- May 4 My Girlfriend's Closest Clothing Fundraiser
- May 12 16th Annual Vistas Run/ Walk at Kanaka Creek Regional Park
- May 12 Annual Raffle draw at Vistas Run
- May 19 National Bereavement Day
- May 25 3rd Anniversary of Hospice Thrift Store - celebration at the store
- June 2-3 Hospice Palliative Care Association Conference, Richmond, BC



Upcoming Events

Earth Day – April 20

Paige and volunteers will have a booth set-up in Memorial Peace Park with some items from the thrift store, showing that donating used items is good for the earth.



Reuse the past, Recycle the present, SAVE the future! GO GREEN!

Volunteer Appreciation Week

Volunteer Appreciation Week is April 21-27. We will be celebrating our wonderful volunteers on April 23. The evening will start with dinner catered by Star Five Country Kitchen, then we will have time to visit and have some fun and chances to win great prizes.

In Memoriam Donations

January – March 2013

Laurie Barnes, Siggi Bittel, Doreen Colmer, Wendy Donaldson, Gerry Gulliford, George Kihn, Gunter Senff, Nora Walton, Peter Wansink, Darlene Wicklund and Elenor Wing



Inspirational Evening for Women

Ladies, you are invited to an inspirational evening at T's (tea shop) on 224th Street. The first evening is Thursday, May 2 from 7:00 to 9:00 p.m. This evening will be by donation and the proceeds are going to be donated to the Ridge Meadows Hospice Society. We hope you will support this event and enjoy the wonderful selection of teas.

My Girlfriend's Closet Clothing Company Fundraiser

Join My Girlfriend's Closet Clothing Company for some shopping that will benefit RMHS! Saturday, May 4, 1:30-3:30 p.m. at Wesbrooke Village located at 12000 190A St., Pitt Meadows. 20% of sales will be donated to RMHS. My Girlfriend's Closet Clothing Company offers a variety of clothing ranging from casual to office attire, including jackets, jeans, t-shirts, vests, dresses, blouses, skirts, tank tops, dress pants and shorts (depending on the season). Sizes range from 1-13 and prices start at \$19.95. No RSVP required and no entry fee. Hope to see you there!

Upcoming Events

Do YOU have the Golden Ticket?

Tickets are on SALE now for the annual Ridge Meadows Hospice Society's

Raffle!

Tickets \$10 each
1st Prize \$1,000
2nd Prize \$500
3rd Prize \$250
 Draw May 12, 2013
 at the Vistas Run
 (winners do not need to be present)

Win
Big!



RIDGE MEADOWS
HOSPICE SOCIETY

THE NEWS

All proceeds benefit palliative
& bereavement programs.

Chances are 1 in 1,999 (total tickets for sale) to win a grand prize.
 BC Gaming Event License #50345

Know your limit, play within it.

Problem Gambling Help Line 1-888-795-6111
www.bcreponsiblegambling.ca

Raffle

Do YOU have the Golden Ticket?

The draw is on Mother's Day (May 12), what better gift than to purchase a ticket to put in mom's card.

Tickets are also available at the thrift store. Also, on Saturday, April 13 volunteers will be at Save-on-Foods (Westgate) selling Hospice raffle tickets. Stop by to say hello and get your raffle ticket(s) while getting your groceries... tell your friends!

3rd Anniversary of store opening

Saturday, May 25 we will celebrate the 3rd anniversary of the opening of the thrift store. Come and join us for hot dogs and a drink (by donation) and enjoy a piece of cake.

Volunteers Needed

We need a lot of help the day of the Vistas Run. We need volunteers to take day-of registrations, help sell raffle tickets, help with Mother's Day prize entries and most importantly we need volunteers along the race route to guide and cheer on the runners and

walkers. We also require four volunteers to assist at the water stations. If you can help in any way please call Dawn at the office. Thank you.

Recent Events

Relocation of our office

On February 1 we moved to our new office, the move went very smoothly thanks to the volunteer help we had from Sybil, Kevin, Bruce, Helen, Chris, and Laura. This move will allow us more office space at a reduced cost.

Our new address is **#102 - 22320 119 Avenue, Maple Ridge.**

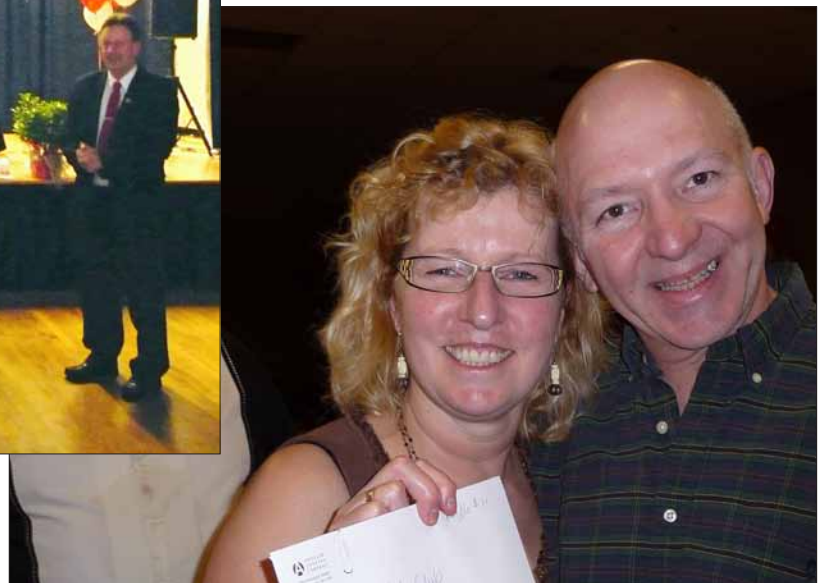
The new office is one block south of where we are now and is next door to "The News" building.



Recent Events

Evening of Romance

February 16 we held our 3rd annual Evening of Romance. Fun was had by all that attended. A BIG thank you to all the volunteers who assisted in making this evening a success and we hope that you will be able to come along next year, to make that an equally great night.



*(top) Some guests at the Evening of Romance.
(above) Pitt Meadows city council members drawing prize tickets (Mayor Deb Walters and councillors Doug Bing, Gwen O'Connell and David Murray) with Allen LaRose, our emcee for the evening.
(right) Silent auction winners Julie and Gary.*

Cruise for Your Cause

I chose to take part in the Cruise for Your Cause as when I read Travis Bowering's story in the *Maple Ridge & Pitt Meadows Times* on how he had lost his dad and how he has stepped up to not only remember him but to make a difference in how that is done and help other charities to benefit, it struck a chord with me.

I lost my dad unexpectedly when I was 23, losing my dad left an empty place in my heart and still hurts today nearly 20 years later, I look at his photo every day and talk to him, I miss his voice and wisdom and understood how Travis felt. By taking part in the Cruise for your Cause I too can remember and honour my dad and make a difference at the same time.

I chose the Ridge Meadows Hospice Society as I feel they give support and compassion to people in a time when they are at a very low part of their life, they offer so much and ask for nothing in return, it

reminds me of the old saying that 'you don't miss it until it's gone' let's hope the Ridge Meadows Hospice Society will always be there to support and help those who need them at their low time.

If any generous residents would like to sponsor my cruise please make donations to Ridge Meadows Hospice Society.

Donations can be made by cheque, cash or visit their website and click on the CanadaHelps icon to donate online: www.ridgemeanowshospicesociety.com

Thank you in advance for your kindness.

Simon Lamb

Cruise for Your Cause

Date: Saturday, April 27, 2013

Location: Lower Mainland, BC

Route: TBA

More info: www.cruiseforyourcause.org/event



Me and BB on a sunny day

Thank You

We would like to thank the following for their recent donations:

Orbis Investments (Canada) Ltd., Team TEL-US Cares, and Scotiabank

(right) Lindsay Norcross presented Mark Vosper with a cheque for 1000. This cheque is given by the Scotia Employee Volunteer Program in recognition of the volunteer hours Lindsay has given to her community. Thank you Lindsay for choosing RM Hospice Society to be the recipient.



Thrift Store News

Recognizing Volunteers who went above and beyond

On February 5, Keith Gibson was working in the back of the store when he heard a commotion outside the donation drop-off door. When Keith went outside he found a mother who was hysterical and three children. One child was not breathing, Keith began mouth-to-mouth resuscitation and chest compressions until the ambulance arrived. Meanwhile two other volunteers, Helen Donnelly and Anne McNamara saw that the other two children were upset so they brought them into the store to play with toys and read books, distracting them from the chaos.

The young boy is doing fine.

The three volunteers were recognized with certificates presented to them by Mark Vosper, Executive Director. A volunteer's daughter, Natalia, made them a beautiful cake. Unfortunately, Anne was not available the day of presentation.

Farewell to Kishwor

Kishwor has been an assistant coordinator at the store for almost a year, but on March 8 we bid a sad farewell to him as he is moving on. Many volunteers and staff dropped into the store on March 8 to say good-bye and wish him all the best. He promises to visit often.

Welcome new Thrift Store volunteers

Look for these smiling folks the next time you are in the Thrift Store: Alex, Wendy, Andrea, Gabby, Jesse, Jim, Shirley, Nick, Sasha and Larry.



(top) Executive Director Mark Vosper presents a certificate to volunteers Keith and Helen.

(above) Cake made by a volunteer's daughter.

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. 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

#102 - 22320 119 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

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

Staff

Mark Vosper	<i>Executive Director</i>
Susanne Lamb	<i>Coordinator of Bereavement Support Services</i>
Lindsey Willis	<i>Coordinator of Palliative Support Services</i>
Kristina Murray	<i>Fund-Raising/Special Events Coordinator</i>
Dawn Burnett	<i>Office Assistant</i>
Paige Charron	<i>Thrift Store Coordinator</i>
Lara Amin	<i>Assistant Thrift Store Coordinator</i>
Corinne Lyford	<i>Assistant Thrift Store Coordinator</i>
Cheryl West	<i>Assistant Thrift Store Coordinator</i>

We acknowledge the financial support of the Province of British Columbia.

