



The Dove Newsletter

Ridge Meadows Hospice Society

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PRESIDENT'S MESSAGE:



Where to start?

The Ridge Meadows Hospice Society has a long and solid history of

service to the public. I am proud to be a part of the Society.

There is still work to be done.

Although I have only been a member of the Hospice Society for two years, I feel comfortable using the "royal" we.

I was in Nursing Administration at Ridge Meadows Hospital (Maple Ridge Hospital in those days), when Edna Tretheway was starting to make the concept a reality. Nursing was a partner assisting the reality of hospice to evolve. Later, I invited hospice volunteers to visit my residents at Haney Intermediate Care. So I feel a part of you – despite my short history.

Hospice care, or the support of the dying and their families and friends, is not new to Maple Ridge and Pitt Meadows. But much work needs to be done so that every person in our

communities understands that whatever the concern – impending death due to irreversible causes or sudden death due to unexpected circumstances - hospice and bereavement support are instantly available.

We have work to do.

Dedicated hospice beds, whether freestanding or incorporated, has always been a dream of the Society members and volunteers. We are about to realize that dream.

New volunteers are actively being recruited and trained to support the current cache of hospice and bereavement volunteers supporting our mission. They will need ongoing nurturing and support of our experienced volunteers to enable them to transition into both the home and hospice environment.

You have work to do.

The Hospice Society has pledged \$360,000 to equip and furnish the new hospice residence. We need energetic people with innovative ideas committed to helping us reach this goal.

We have work to do.

The Society has been providing services to the dying and their families for over 25 years. The organization has grown out of a home, to an office. It has grown out of pure volunteerism to three paid, part-time staff – a volunteer coordinator, bereavement support co-coordinator and an office assistant.

Office space has never been ideal - and for a volunteer organization it may never be – because money needs to go into volunteer development before office services. Your Board is committed to improving the office space, and is actively working on this project.

Know that in the interim, wherever our offices are, or whatever the conditions are – we will do a good job – because our mission is more important than our location.

We have work to do.

Congratulations to all hospice volunteers and friends. Welcome to our new board members.

Pause, reflect, celebrate

Anne MacDonald, President.

MEET OUR NEW BOARD MEMBERS:

We are very pleased to report that the board is now up to full strength with nine board members, and that we have been successful in attracting new, experienced board members with very strong community ties.

2006-2007 Board of Directors:

Anne MacDonald, President
Dr. Michelle Little, Vice President
Diane Daignault, Treasurer
Margaret Kraemer, Secretary
Bob Johnston, Alma Jones, Dorethy Noble, Rhonda Quinton, Neil Smith

Bob Johnston:

I moved to Maple Ridge in 1976 with my wife, Judy, two daughters, Stephanie and Rachel. I worked for a telecommunications company until 1992 and have been a local realtor since.



I have been a volunteer with Vistas Run since its first year.

Board Committees:
Finance and Human Resources



Alma Jones:

I have been a resident of Maple Ridge for many years. Married to Ron with 2 children and two grandchildren (soon to be three). I have been a part of the family business – West Coast Auto Group – in business and accounting procedures.

I was an active member of the Board of Directors of the Maple Ridge Community Foundation for a number of years, and held various executive positions including President.

I am proud to have been a member of the Fundraising Committee for the ACT and to help to

provide this wonderful facility to the district.

I am a strong supporter of the community and am looking forward to assisting in the continuing service the Hospice can supply to the residents of Maple Ridge/Pitt Meadows.

Board Committees:
Education, Fundraising/PR and Building.

Dorethy Noble, R.N. (retired):

I was born, raised and educated in Southern Alberta, culminating in my Diploma as a Registered Nurse from the Galt School of Nursing in Lethbridge, Alberta. This was a three year, hospital-based Diploma programme.



Virtually immediately upon my graduation I applied for, and was accepted, for employment in what was then Maple Ridge Hospital, a 65 bed, full service community hospital. In 1962 the hospital, now known as Ridge Meadows, was less than five years old.

To say I have seen significant changes in the last 44 years is an understatement. Aside from a few brief gaps, my career has been almost totally at Ridge Meadows Hospital.

Due to significant osteoarthritis in my back, I was unable to continue nursing five years ago. However, I was asked to serve on the Hospital Foundation board, and did so for several years. This also led to the campaign to raise funds for the upgraded CT scanner, and subsequently the massive capital campaign for the new Emergency/Ambulatory Care facility. The learning curve has been steep, rewarding, challenging and gut-wrenching.

Palliative care has been near and dear to my heart, and hospice care, although seemingly a distant dream and vision, has now come to fruition at Ridge Meadows.

I humbly salute the visionaries who saw the beginnings and now the culmination. I feel honoured to be asked to serve with you at this time, And hope my contribution will be worthy of your faith in my abilities. Thank you for this opportunity.

Board Committees: Fundraising/PR

Rhonda Quinton, B.A., LLB:



Originally from Calgary Alberta, I have resided in Maple Ridge since 1992.

I obtained my B.A. from the University of Western Ontario and my law degree from the University of Victoria.

I have practised law in Maple Ridge with an emphasis on Wills and Estates for the past 14 years. I am currently working at the law firm of Findlay Gunnell Sandor.

I am married to Gord Kehler and we have two children, Victoria (9) and Alexander (3).

**Board Committees:
Fundraising/PR and Governance**

Bits and Pieces

Memorial Tea – June 22, 2006

By Laura Cherrille, Grief Coordinator.

There were approximately 35 people who attended the afternoon service. Kevin Hegseth, pastor, hosted the service. Mary and Tasha Fedoruk were ushers, assisting those who needed help up to the front of the church.

To start, Home Care did a marvellous job creating the program for those who attended. It was wrapped in a piece of twine. The meaning behind the twine was explained as the everlasting link to our loved ones who have passed away. By running the twine through our fingers, we can allow the memories of our loved ones come alive.

Candles were given to each person as they entered the church. Shelley Briggs and I stood at the front of the church and lit everybody's candles as they brought them to the front of the church and placed them on mirrors. What a beautiful sight – all the lit candles on those mirrors.

Pastor Hegseth ended the service by giving everybody a stone as a keepsake.

The refreshments afterward were incredible. Many different goodies graciously donated by home care staff and hospice. The majority of those who attended stayed for the refreshments All in all, it was a very touching event.

News from our Volunteer Coordinators:

- Due to the overwhelming amount of bereavement referrals this spring, Mary and Laura, our volunteer coordinators, are co-facilitating a bereavement program this summer. This is an eight week grief recovery program running on Monday evenings that will finish July 24th.
- As well, the bereavement walking club has been a success, running every Saturday morning since the end of May.
- It has been great to see the overwhelming support of our volunteers who have come

out to assist the coordinators with this new endeavour.

- Efforts to recruit hospice volunteers are ongoing as we near the opening of the new facility in October. If you or someone you know is interested in volunteering, please contact the hospice office at 604-463-7722.
- The next training program will commence early in September.
- Additionally, both Mary and Laura are brainstorming for advanced training ideas for the volunteers this upcoming fall.

Fundraising

9th Annual Vistas Run – May 28, 2006

Report from Dr. Bob Masse, Chair:



Things went very well again. Despite the cooler weather, there were about 380 participants which I believe is a new record.

As you may know there is ever increasing competition for charitable causes, this year. There were 7 other runs in the lower mainland on the same day as the Vistas Run.

Our community continues to amaze me with the generosity of the business community and the community at large. We'll do it all again next year.

We wish to express our heartfelt appreciation to Dr. Masse and his volunteers for their hard work in organizing another successful event.

Safeway's "We Care Campaign"

Safeway is continuing its fundraising efforts in support of hospice.

They held their 2nd annual golf tournament on June 20, 2006 at Meadows Gardens.

Although the tournament did not attract as many participants as last year, and although it appears increasingly more difficult to solicit prizes, (stiff competition from other events) they had a good turnout and an enjoyable day.



A very special "Thank You" to Candie and Leanne, on the Safeway Charities Committee, and to the many volunteers from both Safeway and hospice.

Scotia Bank

Report from Laura Cherrille, Grief Co-ordinator (and Scotia Bank contact!):

Many thanks to the staff and customers of the Scotia Bank at 22529 Lougheed Highway for dedicating all the proceeds from their customer appreciation day on June 16, 2006 to the hospice society. We also applaud their head office because they are going to match the amount raised. Way to go Scotia Bank!

