



# The Dove Newsletter

Ridge Meadows Hospice Society

February 2008

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## Thank You to Our Supporters

Thank you to all who support the Society throughout the year. We would like to acknowledge the following for their recent support:

### Maple Ridge Legion, Branch 88, "Poppy Drive".

This donation allowed the Society to complete our commitment to Fraser Health for the purchase of equipment and furnishings within McKenney Creek Hospice.

**Maple Ridge Community Foundation** for a grant for a children's support program and new equipment for the relaxation circle.

**Pitt Meadows Community Foundation** for a grant that will be used to help set-up a bereavement program for children.

**Bank of Nova Scotia— Maple Ridge and Pitt Meadows Branches**, for selling the Rotary calendars and organizing a separate fundraising event for their customers to make a donation to the Hospice Society and then place a Dove on the Special donor wall. The donations that the staff received were then matched by "Team Scotia". This is a program the Bank of Nova Scotia offers to their employees in their fundraising efforts—dollars raised are matched.

**The Auxiliary to Ridge Meadows Hospital** for their ongoing support of the McKenney Creek Comfort Fund.



Above Photo: Michel Proulx, Branch Manager  
Gail Larsen, Senior Personal Banking Officer  
Scotiabank at Meadowtown Mall and  
Laura Cherrille, Director of Services  
for RM Hospice Society.



Above Photo: Joe Mathot, Branch Manager,  
Denise Penner, Service Manager, Scotiabank  
at Selkirk Town Centre and Laura Cherrille  
Director of Services for RM Hospice Society

## MEADOWRIDGE ROTARY CLUB Cash Calendars

We would also like to thank the MeadowRidge Rotary for producing and selling the 2008 "Cash Calendars" in support of the Hospice Society, and thank you to everyone who purchased a calendar. Good Luck on the prize draws!

If you would like to know if you are a winner you can go to the MeadowRidge Rotary website: [www3.telus.net/MeadowRidgeRotary/](http://www3.telus.net/MeadowRidgeRotary/), and click on the photo of the calendar. A list of winners will be posted for each month. Winners will also be posted in the newspaper each month.



## Bereavement Support Groups

### Support Groups for 2008

**Evening** - 8 week bereavement support group for adults who have experienced the death of a loved one;  
Tuesdays, 6:45-9:00 pm beginning late January.

**Daytime** - 8 week bereavement support group for adults;  
Fridays, 1:45~4:00 pm beginning early February.

**Walking group** - meets Tuesdays 10:00am-11:15 am, ongoing, weather permitting.

**A Time To Heal**- ongoing support for those who have experienced the death of a loved one;  
Meet every second Friday, beginning early February.

All groups are offered free of charge, but registration is required.  
To register please call the Society office.

*"There is no greater loan  
than a sympathetic ear"*  
Frank Tyger



## Relaxation Circle

We are pleased to offer the Relaxation Circle to palliative patients and their caregiver. 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 office for more details.



*Deep relaxation  
is the technique  
of quieting the  
mind and body*

## Volunteers Required

We are always looking for new volunteers to help the Society carry out our Mission.

There are a number of ways you could help as a volunteer.

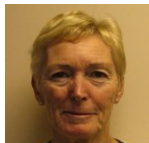
We have our visiting volunteers; this involves a 30 hour training program which prepares you to visit the terminally ill in their homes, the hospital, long term care residences or in McKenney Creek Hospice. Do you have a special passion, such as journaling , scrap-booking,, or sewing? You could offer your talents to record the dying persons thoughts in a journal or on a tape recorder, you could make an album that reflects their life or use your sewing talents to make Memory Bears.

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.

The next training session will begin the first week of March and continue until April 15th. For more information on the training for visiting volunteers or how to become a "Friend of Hospice" please call the Society office.



## Presidents Message



Greetings to all members, volunteers, and staff. Hoping that 2008 is both productive and satisfying in everyway, for all. Thank you, for all the support of our Hospice Society programs over Christmas. Your Board has been working on organizing a strategic planning session to enable us to guide the future of

the Society and manage our growth. Since the McKenney Creek Hospice opened, many aspects of our work has grown and changed. The communities are telling us what services they require. We need to respond in a well thought out, managed manner. We also need a source of sustaining income. We expect the strategic planning session will enable us to meet these goals. General membership should expect a questionnaire, which will go back to the Planning Leader. Active volunteers will have a working session with the leader. The Board will then work with the leader

and the information from both groups towards developing a means to guide us through our program growth and financial sustainability requirements. Please step forward and participate with us in whatever role you fill.

On a final note, the Policies and Procedures that were reviewed and revised at the November 8, 2007 special meeting are available at the Society office for your perusal.

Respectfully submitted,  
Anne MacDonald, President

## Volunteers Corner

### The Danger of the Dance Floor

By Stella Giacomazzi, RMHS Volunteer

My first hospice trainer had a mantra which she drilled into us at every opportunity.

"Stay off the dance floor. Stay off the dance floor. Stay off the dance floor.

She was a perceptive intelligent woman. Turns out that is one of the most vital keys to the whole hospice volunteering experience. But why? We as volunteers are invited to the party so why shouldn't we kick up our heels a little bit?? Let's first look at what's really involved when we decide to hit the literal dance floor.

What are our motivations behind our decision to step into the dance?

\* It may be that we get caught up in the music. We hear a melody that speaks to us and we cannot restrain ourselves. We love the feeling and we want to be part of the music itself. It feels good to be in the middle of the sounds and the people and the movement.

\*Perhaps we can cut quite a figure on the dance floor. People have told us that we do one mean cha-cha or tango or rock-and-roll. There's nothing quite like being able to do something really well and we naturally are drawn toward that activity.

Hitting all the steps on all the right beats and throwing in a little something extra as well contributes to our sense of expertise and well-being and, besides, it's a heck of a lot of fun.

\*And, let's be very honest here, we may like the attention - and there is absolutely nothing wrong with that. It's enjoyable, once in a while, to have many eyes upon you.

We are at a party...there is music...we respond to the tunes...we love to dance and are good at it...and that little bit of attention warms us. Excellent reasons for stepping onto the literal dance floor and exactly the reasons why we do NOT dance in hospice situations.

Why are these reasons, so attuned to the actual dance floor counter-productive as a hospice volunteer?

If we get caught up in the "music" of someone's hospice situation, we, either consciously or unconsciously, insert ourselves into

someone else's very private adventure. We do not know, indeed we cannot know since it is not our experience, what their music is telling them.

If we project ourselves into the middle of whatever it is that we think their experience might be, we interrupt them. We take the music away from them and attempt to somehow hang it on our own existence. Staying off the dance floor allows the hospice client to stay involved in their own music.

\*Being an expert cha-cha-er doesn't translate to any expertise on the hospice dance floor. If we enter a hospice situation thinking that we have some crucial information or vital advice for our clients, we have stepped onto their dance floor. And let's face facts - dying is an individual and very personal experience. We can't be experts because we haven't died before. Our clients are our teachers not vice-versa. They are the ones allowing us to be some part of the experience, but, and we need to be very clear with ourselves here, we don't know much! Staying off the dance floor gives us the chance to learn a great deal and, hopefully, gives our clients the warm, non-judgmental, human presence that will allow them to continue processing their lives.

\*How about that secretly-desired attention that often propels us to the dance floor? Hospice work is almost always about being a non-judgmental, fairly uninvolved listening post for our clients; thus, when we seek attention, it again diverts our clients from the work they need to be doing for themselves. Staying off the dance floor keeps the attention away from us and on the proper target.

When we are invited to a social party, let's join the group. We can dance until the wee hours, become absorbed in the sounds, show-off a bit for fun, and bring our expertise to that hot tango.

When we are invited to a hospice party, let's stay out of the picture as much as possible. Let's allow our clients to use their own experience to plot their journeys. Let's watch their dancing and marvel at their expertise.

Let's not be a party to being a starring part of the party. If we stay on the sidelines, we'll find that the rewards are more than equal to the attention received from our award-winning cha-cha. We learn about soul dancing from the masters.



## Mark Your Calendar

### May 2, 3, & 4

**Annual Home Show** at Planet Ice. Thanks to space donated by Manion & Associates Financial Services Ltd. The Ridge Meadows Hospice Society volunteers and the volunteers from the Vistas Run committee will be sharing a booth all weekend. The Hospice volunteers will be there to bring awareness to the community of the variety of ways people can become involved with the Society, we need all types of volunteers.

Vistas volunteers will be recruiting participants for the Vistas 10k/5k walk/run in support of Ridge Meadows Hospice Society. They will also be looking for volunteers to assist on race day.

### May 25, 2008— 11th Annual Vistas Run.

The Vistas Run is always held on the last Sunday in May and takes place through the beautiful vistas of Kanaka Creek Regional Park.

Vistas Run offers a 10k/ 5k run or a 5k walk. This event is a sanctioned race with "RACE Headquarters" providing official times.

#### Registration:

You can register online at [www.vistasrun.com](http://www.vistasrun.com). This site will link you directly to the registration page at the Running Room. You can also register at the Running Room store at Westgate Mall and several local businesses will have registration forms. You may also pick them up at the Hospice Society office located at 20580 Lougheed Highway., Maple Ridge.

## IN MEMORIAM DONATIONS November 2007 – January 2008

*Margaret Acton*

*Bev Birtch*

*Tom Charters*

*Mary Flatla*

*Mabel Franklin*

*Douglas Grant*

*Sal Hartly*

*Bernard Kenkel*

*Colin McKay*

*Merv Owen*

*Paul Vaillancourt*

*Roy Winston*



## Mission Statement

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

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