



The Dove Newsletter

Ridge Meadows Hospice Society

July 2008

Thank You to Ronald McDonald House Charities

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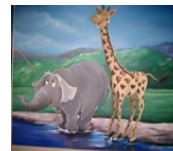
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Our Society recently received a very generous grant from the Ronald McDonald House Charities which enabled us to offer our first Bereavement Support Program for **Children**. We have known for several years that this service was needed in our communities and are very proud of the response we have received since completing the first program. The program was aimed for children ages 6 -12. Referrals for the first program were overwhelming, and we had to defer some referrals with the hope that we can offer another program soon.

In preparation of the program, Stella Giacomazzi, Coordinator of the Children's program and Laura Cherrille, Coordinator of Bereavement Support Services, spent many hours presenting the program to the local elementary schools, Family Education, Community Living and other community groups.

To make the meeting room more child-friendly we had murals and a room divider painted by Kim Block, of Kimi's Kreations. Kim has been commissioned to produce art for other Ronald McDonald House Charities projects and was recommended to us. Once we saw her portfolio we were very excited to see the work she would produce for us. As you can see from the following photos, Kim's artistic talent exceeded our expectations. The children loved this artwork.



While the children's program was running with the help of 3 volunteers, there was also a support group for their parents/caregivers on the same premises, which was facilitated by 2 other volunteers.



On the final day of the program, Wendy Hummel the representative for Ronald McDonald House Charities, arrived with gift bags for the children. We personally thanked Wendy for supporting this program with a small celebration, which included a cake for everyone to enjoy.

11th Annual Vistas Run/Walk

Thank you to the volunteers on the Vistas Committee for organizing another excellent event. This year there were **302** participants and over **\$33,000.00** was raised.

Anytime you organize a fundraising event one of the most important elements is the wonderful people who volunteer their time. Thank you! Without you it would not be possible. We also would like to thank all the sponsors and local businesses who donated money and fabulous door prizes.

Congratulations to Jeff Erlandson, the winner of the mountain bike donated by Cathy Driver, personal trainer.

Bereavement Support Groups for 2008

Evening - 8 week bereavement support group for adults who have experienced the death of a loved one; Tuesdays, beginning late September.

Daytime - 8 week bereavement support group for adults; Fridays, beginning late September.

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; Meets every second Friday.

Children's Program- 6 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.

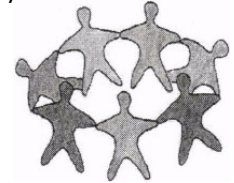
All groups are offered free of charge, but registration is required. To register please call the Society office.

Relaxation Circle

We are pleased to offer the Relaxation Circle to 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 office for more details.



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 Residence. Do you have a special passion, such as journaling, scrap-booking, or sewing? You could offer your talents to record the dying person's 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 late September. For more information on the training for visiting volunteers or how to become a "Friend of Hospice" please call the Society office.



PLEASE REMEMBER TO SAVE **ISLAND FARMS UPC CODES**

Ridge Meadows Hospice Society is participating in the "Daisy Dollar Program", and Island Farms Dairy will give us 3 cents for each bar code submitted. Please cut out the UPC codes from Island Farms products, and drop them off at the office or bring them to the volunteer meetings.

If you have information or suggestions about businesses or schools that use Island Farms products, please phone the Ridge Meadows Hospice Society office 604-463-7722 and we will have our volunteer for this project contact them about supporting this fund-raising effort.



****DAISY DOLLAR PROGRAM****

Thank you for your support!

President's Message

First of all, I would like to congratulate all those who supported the Vistas Run! Whether you gave of your time standing on the course to hand out water and direct runners, or if you canvassed for prizes or were an "All Star" collecting pledges – from the chairman of the committee to the smallest effort – you helped make it a success for the eleventh year-and we thank you.

Second-congratulations go to the office team and volunteers who made the first Children's Bereavement Support program such a success! A lot of pre-study and hard work went into this "first" and groundbreaking program for Ridge Meadows Hospice Society.

Third-congratulations go to your Board. Your Board has just completed a Strategic Planning Session which with continued attention and persistence will lead the Society to a new level of service and commitment to the people of Maple Ridge and Pitt Meadows.

During the Strategic Planning sessions, we took a long look at our strengths, weaknesses, opportunities and challenges. We also reviewed our Vision and Mission.

Subsequently, our Vision was revised. Our new vision is:

"To be recognized by the community as a society that, through our efforts, enables dying persons and their families to experience this part of their life story in comfort, dignity and peace."

The main purpose of revising the vision was to ensure that we could measure the results of our endeavors.

I have always believed if you have the right people, and give them the right tools, they will do a great job. We have a grand set of staff and volunteers and I sincerely hope we are now on the track to give them the tools to do a greater job.

Thank you all, for your continued commitment to our mission.

Happy Summer

Anne MacDonald, President

Volunteers Corner

"Giving Up" As a viable hospice philosophy

I just heard that the husband of a friend has inoperable cancer. He is given about a year to live.

As I heard the news, I felt my brain shut down, by body go limp, and muscles and nerves and organs detach a bit; everything fell down in intensity a notch or two. I realized that my brain and my body had just "given up".

I had no intelligent, insightful response or any heart-soothing advice for my friend. I had no magic elixirs for her husband, no potions to fix the situation. You know that old phrase that's so popular – "If there is anything I can do to help..." – it was in that moment that I realized, finally realized fully and completely, that there was absolutely nothing I could do. And so I gave up.

How can "giving up" be a useful tool for hospice? Well, the conscious acknowledgment that we cannot actually "do" anything to fix the situation is, I believe a good beginning.

We volunteers, most of us being 'helper-mentality' people, often feel very stressed when we can't find a way to change things. And, yet when we finally realize that we have no power to "do" anything at all, we start to see where we can best fit within the hospice situation.

I "gave up" and suddenly I was just there. I could not rush in, be a changer-of-outcomes, a saviour knight, or a spiritual healer. All I could do was be a presence for my friend. All I could do was be. What an interesting realization. My only use was simply as a presence, as another human being with the warmest of thoughts. That's the only comfort I could offer. Strangely enough, it felt like more than enough.

Ah, "GIVING UP" –with its attendant release of demands to fix, to do, to change. For hospice volunteers it is often the optimal response.

Stella Giacomazi, Hospice Society volunteer

Volunteer Appreciation Week

The third week in April is Volunteer Appreciation Week and we Celebrated with our Volunteers by hosting a social get together. Star 5 catered the event, and we also had relaxation demonstrations and mini-spa treatments available.

Our volunteers gave **4,000** hours of their time from April 1, 2007 to March 31, 2008



VOLUNTEERS

*They are the ones who give so much,
To soothe our fears with a tender touch.
They arrive each week with a smile so dear,
And help to wipe away the most awful fear.
Each has a talent they are willing to share,
With families who know how much they care.
We are very lucky, there is no doubt,
For volunteers we can't do without.
To each one we'd like to say...*

Thanks for putting sunshine in each day

Author unknown

The Dove Newsletter

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 donations:

Knights of Columbus

Donated \$5000.00 toward our ongoing programs.

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

Maple Ridge Quilters Guild

Presented the Society with a cheque for \$3000.00. This donation was made possible through the sale of raffle tickets for their 2007 Quilt. And we are honored to announce that the guild has chosen Ridge Meadows Hospice Society as the recipients of the sale of raffle tickets again this year.

Meadow Ridge Rotary Club

On June 24, 2008 the Meadow Ridge Rotary Club presented our president, Anne MacDonald with \$40,000.00, the final installment of the 3 year commitment the Rotary made to donate \$100,000.00 to our Society to help with our commitment to purchase equipment and furnishings for McKenney Creek Hospice.

Fraternal Order of Eagles

Donated \$900.00 for the purchase of a laptop computer for the use of patients at McKenney Creek Hospice Residence.

Fraternal Order of Eagles – Ladies Auxiliary

Generously donated \$800.00 to be used for our ongoing programs.

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www.ridgemeanowshospicesociety.com

IN MEMORIAM DONATIONS February 2008 – June 2008

Polly Baillie

Alice Hewson

Ron Hickman

Al Johnson

Lawrence MacDonald

Shirley McKenzie

Irene Swallow

Roland Veinotte



September 22, 2008

Annual General Meeting: We encourage all members to attend the AGM and vote for your board of directors. If you would like to become a member of the Society and vote at the AGM you have until August 22nd to purchase a membership. Please call the office for more information on membership.

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

Anne MacDonald	President
Neil Smith	Vice President
Agneta Eikelenboom	Treasurer
Denise Gunn	Secretary
Moe Heffelfinger	Alma Jones
Tony Defazio	Lindsay Norcross
Kevin Nosworthy	

Staff

Laura Cherrille, Director of Services and Coordinator of Bereavement Support Services
Mary Towaij, Coordinator of Volunteers
Dawn Burnett, Office Assistant