



The Dove Newsletter

Ridge Meadows Hospice Society

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October 2007



PRESIDENT'S MESSAGE

I am delighted to announce the appointment of Laura Cherrille as our new Director of Services. Laura will continue the Bereavement Coordinator role but expand her position to promote increased community outreach, as well as assisting the board in other areas.

Laura is well known to our volunteers, staff and in the community. Please join me in welcoming Laura to this new role. We hope Laura enjoys the position and gains much personal satisfaction and professional growth.

One Year Anniversary

The new McKenney Creek Hospice has now been open for one year. Many thank you's, and congratulations to the Ridge Meadows Hospice Society volunteers for your dedication to the patients of the Unit.

Congratulations and "well done" to our staff, Mary, Laura and Dawn for the organization, training and debriefing of all the volunteers. I know you have many things you yet want to achieve; but the first year was special.

To all the volunteers seeing patients in the community, at relaxation circles, walking the dykes with bereavement support, helping with fundraisers and all the other jobs that support the whole, *thank you*.

Your Board is planning a work session to assist us in setting viable long term goals to sustain the organization. You will hear more about this initiative in the near future.

At the Annual General Meeting held June 22, 2007 we experienced some problems due to irregularities in the voting process.

An extra-ordinary general meeting of the Ridge Meadows Hospice Society is planned for Thursday, November 8, 2007 at 1900 hours in the United Church Hall in Pitt Meadows.

A number of weeks ago we sent all membership a list of Board members, and their telephone numbers. Please do call any one of us if you have questions or comments related to Society business.

The past year has been very successful - - A new building, many new volunteers, satisfied families, a committed, goal oriented staff and a \$360,00 promise to Fraser Health well underway to being paid in full.

Thank you all

Sincerely,
Anne MacDonald, President

Director of Services Message

Laura Cherrille

It is truly hard to believe that the one year anniversary of the opening of McKenney Creek Hospice has come and gone. With the long-awaited dream of many individuals for a hospice residence to open in our community now a reality, the timing of the Society board members' decision to incorporate the role of Director of Services with the existing Bereavement Support Coordinator position could not have been better. I am wholeheartedly eager to take on this new challenge. Although I realize that the road ahead may not always be an easy one, I believe that if I remember "to provide compassion, support and care to patients and loved ones in dealing with end of life experience, grief and mourning" will always take precedence, it will make my journey with the Hospice Society that much easier.

News from our coordinators



Mary Towaij, Coordinator of Volunteers

As we celebrate the first anniversary of the opening of McKenney Creek Hospice, our volunteers have a lot for which

they should feel proud.

When we look at the reported volunteer hours from January to September they total 2606 hours. These hours are given in many areas of the society, for example: 272 volunteer hours were spent at the Relaxation Circle and 1604 volunteer hours have been spent with the patients at McKenney Creek.

Then there are all the special events and other endeavors our volunteers help with throughout the year, totaling 1002 hours to date. I want to thank each and every one of you for the time you have given to the Society. Your enthusiasm for the work of the Society is also demonstrated by your eagerness to participate in the extra workshops that have been offered over the past year.

In September the Board of Directors announced that the Society will officially take over the running of the Relaxation Circle from Fraser Health. We would like to find a new location for the Relaxation Circle. If anyone knows of space that is available Wednesday mornings and is able to store the massage tables please contact the office.

In order to facilitate this program we needed more volunteers trained in Healing Touch. A workshop was arranged and 11 of our volunteers have just completed a 15 hour workshop presented by Genny Mulhall from the Naramata Centre, Healing PathWay.

The Fall Training for Visiting Volunteers was completed on Oct. 15th and we have 7 new volunteers. I would like to welcome; Calen, Denise, Joy, Holly, Tim, Lurlene, & Sherri. The next training will take place starting in January 2008.



Laura Cherrille, Coordinator of Bereavement Support Services

Now that the carefree days of summer are over, the fall flurry of bereavement support activities has begun. This has included two separate 8 week bereavement support groups, the continuation of the weekly grief walk, and

an influx of individuals looking for one-on-one bereavement support. If it were not for the continuous support and dedication of our volunteers, we would not be able to offer these much-needed services to individuals from our two communities. I would like to take this opportunity to thank all of you for your hard work and commitment to supporting others through an extremely stressful time in their lives. Additionally, a 6 hour advanced volunteer training program for one-on-one bereavement support took place in early September. There were 7 volunteers who took the training, and many are already providing bereavement support.

As many of us have experienced the death of a loved one, the holiday season can be an especially difficult time of year. As in previous years, we will be hosting 2 informal bereavement support drop-in nights, one in late November and another one in mid December. These 2 special nights will be centered around the topic of "Coping with the Holidays". For more information on any of these events or programs please contact me at the hospice office.

The Holidays

Ah, the holidays. Whatever your religion, faith, or individual beliefs, the very thought of the frantic activity of this season can produce an overwhelming sense of panic. Society has created a huge project out of this time of year and has hung it with endless "shoulds", "musts", "have-tos", and "live-up-to-it" notions. Combine that with food preparation, gift purchasing, wrapping and giving, and the much anticipated and yet oft-dreaded family gatherings and we have a perfect stage for emotions to run amok-everything from joy to major nervous breakdowns.

There is, however, a chance for us to regroup and actually find moments of balance and connection during this hectic time. When we can stop for a moment, touch base with the things that really count in our lives, take a breath, and remember what we are really grateful for, the holidays often take on an even brighter shine.

One of the most fruitful ways to do this is to allow ourselves the opportunity to touch the grief we carry with us. The holidays cry out for memories and stories and yet we often try very hard to keep our grief buried deep and silent. We anticipate that

facing that grief will cause everything else to unravel and we will be in worse straits than before. Actually the opposite of the scenario is true.

Giving ourselves permission to grieve gives us permission to acknowledge our own inner soul, that place that carries the essence of who we truly are. Giving ourselves permission to grieve allows us to honor our past and present relationships. In honoring the love, comfort, and warmth of these relationships, we validate not only the relationships themselves, but, even more importantly, we honor ourselves. After all, can we even think of anything else in the world that is more precious than our connections with others? A physical item? A job?

Wealth? Most of us would feel totally empty if we didn't have close human bonds to go along with the trappings of our lives. The grief we experience with the death of someone we love pays tribute to that person and to the quality of the love that was shared.

Heading into the holidays can be much more joyous if we give ourselves the chance to stop whenever we need and touch base with all the beloved and important people in our lives. When we honestly face the pain of them no longer existing with us in this world, when we can acknowledge how much grief we feel over their loss, when we can touch that honest place where we truly live, then we can begin to see the holidays

with balance and understanding. The pain of the grief allows us access to the joy of remembering those people and the beauty they brought into our lives. All the stresses of this season – the food, the lists, the gifts, the trips and all the “shoulds” – take a back seat to the true reason we want to celebrate at all – to honor the people who have made our own existence worthwhile.

To assist us in having a whole and uplifting holiday season, Ridge Meadows Hospice Society is providing two venues. You are invited to take a moment, visit us in the local malls for “Celebrate A Life” or attend “A Time to Remember”, remember with an open heart people who have died, and regain a balance that feels uplifting and genuine. This year may your holiday season be full of honesty and joy and a sense of gratitude and satisfaction for all that is truly important.

Sincerely,
Stella G., Hospice Volunteer
Ridge Meadows Hospice Society

Celebrate A Life



Date: December 7, 8 & 9

Place: Haney Place Mall

Date: December 14, 15 & 16

Place: Valley Fair Mall

Visitors are invited to celebrate the lives of loved ones they have lost by lighting a bulb on a Christmas tree and writing in the memorial book. Trained volunteers will be on hand to listen to your concerns with compassion or just to be a kind presence.

A Time To Remember



Date: December 5, 2007

Time: 7:00 pm

**St. George's Anglican Church
23500 Dewdney Trunk Road**

A non-denominational evening to remember the loved ones we have lost. Join us for music, readings and light a candle in memory of loved ones. Music performed by the Maple Ridge Choral Society.

A memorial video will run throughout the service. If you have a photo of a loved one you would like included in the video presentation, please call the office to make arrangements.

Join us for light refreshments in the foyer following the service.

July – October 2007

Donations Made in Memory of:

<i>Wilma Black</i>	<i>Dorothy Kearney</i>
<i>Patricia Clark</i>	<i>Eve Peters</i>
<i>Mary Drew</i>	<i>Juliet Wilcott</i>
<i>Donna Fietta</i>	<i>Andy Yusko</i>
<i>Dave Pedersen</i>	

Meadowridge Rotary Cash Calendars

The 2008 Cash Calendars are available at many participating businesses in our community, or you can call the Hospice office to obtain your calendar.

The price is still only \$20.00 and you have a great chance of winning that back or an even greater amount. There is a winner every day of the 2008 calendar year, with bonus prizes on special days.

All proceeds from the sale of the calendars is donated to the Hospice Society.

10th Annual Vistas Run – May 27, 2007

Report from Dr. Bob Masse, Chair:



This year marked the 10th anniversary of the Vistas Run.

This year also celebrates the completion of a commitment that Dr. Masse and his volunteers

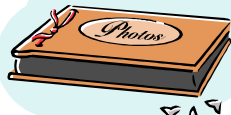
made 3 years ago, to raise \$100,000 to donate to the Hospice Society's capital campaign with Fraser Health and McKenney Creek Hospice. Dr. Masse recently presented the final cheque to Laura Cherrille, Director of Services.

We wish to thank Dr. Masse, his volunteers and all the businesses and participants for their support in our vision of a home like Hospice facility for our community.

Scrapbooking Workshop

On September 22, 2007 a scrapbooking workshop was held at St. Luke's Parish, to raise funds for the Society. 13 new and veteran scrapbookers came out and everyone enjoyed the day and at the same time raised \$500.00. This money will be used toward the ArtCare Program.

We would like to thank Jane Hird-Rutter for her time and energy in organizing this event. Thanks also to Sandra Brindley of "Memory Workshop" and to Michelle at Photo Express.



Safeway's "We Care Campaign"

Safeway's "We Care" Campaign for 2007 has wrapped up and over the past two years the many fundraising events organized by the Safeway committee have raised **\$18,599**.

Thank you to management, staff, volunteers and a really big thanks to Candie and Leanne, on the Safeway Charities Committee.



The Royal Canadian Legion, Branch 88 presented members of the Board with a cheque from their Poppy Drive Campaign to help with our commitment to Fraser Health for the purchase of equipment at McKenney Creek Hospice.



One Year Anniversary

At the recent open house celebrating the one year anniversary, Neil Smith, Vice-President of Ridge



Meadows Hospice Society presented Carolyn Tayler, Director of Hospice Palliative Care/End of Life, with Fraser Health the final payment of the \$360,000. commitment

to McKenney Creek Hospice, This would not have been possible without all the amazing support we received from throughout our communities. **Thank you**

**Anniversary Photograph courtesy of
The Neighbourhood Bugle*

Board of Directors 2007-2008

Anne MacDonald, <i>President</i>	Alma Jones
Neil Smith, <i>Vice President</i>	Moe Heffelfinger
Agneta Eikelenboom, <i>Treasurer</i>	Kathy Hutton
Denise Gunn, <i>Secretary</i>	Rhonda Quinton