



## Thrift Store One Year Anniversary

May 14th we celebrated the one year anniversary of RM Hospice Thrift Store.

There was a storewide 50% off sale and the Golden Ears Kiwanis members sold hot dogs and beverages. All monies from the hot dog sales were donated to the Hospice Society. A big thank you to the Kiwanis.

The thrift store is now accepting furniture and electronics that are in good condition.

Thank you to the Maple Ridge Antiques Mall, for their substantial donation of housewares and furniture items.

We would like to welcome our new Assistant Store Coordinator Tom Hu and the following new volunteers to the thrift store: Cyndy, Darcy, Denyse, Helen, Rita, Sonja, Wesley, Lindsay, Ruth, Heather and Riley.



*Executive Director Laura Cherrille and Neil McLean of the Kiwanis Club cutting the cake at the first anniversary celebration. (Behind L-R) Barb, Paige, Teresa, Lindsay and Norma.*

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## Message from the President



Greetings from the Board of Directors. As Fall approaches and programs start up we look forward to many days and months of hard but rewarding work. Full of volunteer hours as well as juggling jobs and family in the mix. Being a volunteer in all capacities comes with its own challenges, opportunities and rewards. Without each and every one of you and your individual talents and gifts we could not exist.

Take time to reflect:

1. Somewhere out there is a unique place for you to help others – a unique life role for you to fill that only you can fill.
2. Balance is key. Priorities and balance. Charity begins at home... Keep priorities straight. Balance out family, work and volunteering. If you become overwhelmed, stress will set in and you won't enjoy anything.
3. Have fun! Life has enough drudgery, volunteering shouldn't be one of them. Giving of yourself should be uplifting and joyful. Serve each other with love and respect. Learn, grow and play.

Each and every one of us has been drawn here for a reason and we may not know why. Suffice to say we are an amazing group of people put together to fill a need in the community. Set your sights high; your expectations wide, and your hearts open; all to be filled with many rewards and a year full of wonder and awe.

*Lindsay Norcross*  
President

## Visiting Volunteer Program

In April our latest group of visiting volunteers graduated from their 30 hour training. Please join us in welcoming: Barb, Brenda P, Denyse, Ian, Jennifer, Julia, Julie, Monique, Rosetta and Valerie.

In June Level 3 Healing Touch was offered and 7 of our volunteers completed the training. This level greatly enhanced their skills and they learned new techniques to offer our clients and caregivers. The Healing Touch program is growing at McKenney

Creek Hospice Residence, with many of our residents enjoying the gift of Healing Touch from our volunteers.

This training was made possible thanks to donations from the Royal Canadian Legion 88 Poppy Fund.

Despite a beautiful summer evening, nine of our volunteers came to the Meal Time Companions course. This is a very important and valuable training as it allows volunteers to assist residents at mealtime. Volunteers learned a lot in this session, including how to set up a tray to make it accessible, how someone should be positioned to eat and swallow safely, and the protocol to follow if a resident ever chokes. (stay with the resident and call for help).

The next 30 hour Visiting Volunteer training will be offered starting September 28th. If you are interested in taking this training please call the resource center: 604.463.7722.



## Bereavement Support Programs

The past few months has been a busy time for our bereavement support programs. In addition to the regular 8 week support group a new partnership was formed with Alouette Addiction Services for those suffering from complex grief issues. Also during this time a 10 week support group was offered in partnership with the Family Education Centre called “Grief and Mental Wellness.”

The “Grief and Mental Wellness” program will be offered again in the fall and again in the winter. This joint venture was made possible through a grant from the Ridge Meadows Hospital Foundation.

The 8 week Bereavement Support group will begin at the end of September.

The weekly walking group has been meeting throughout the summer and will continue until the weather no longer permits.



The Time to Heal bi-weekly drop in group finished up for the summer. A new group will begin in the fall.

For more information on any of our bereavement programs please call the resource centre: 604.463.7722.

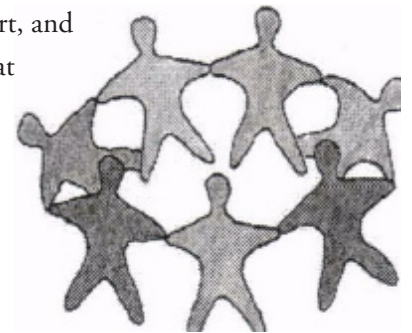
**All groups are offered free of charge, but registration is required.**

## Relaxation Circle

The circle is open to bereaved individuals, as well as 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 centre for more details.



## Volunteers Required

We are always looking for new volunteers to help the Society carry out its Mission. There are a number of ways you could help as a volunteer.

### Visiting 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.

### Thrift Store Volunteers

We need volunteers for sorting donations, steaming and pricing and cashiering.

### Friends of Hospice

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, such as the Vistas Run or the Home Show.

For more information on the training for visiting volunteers or how to become a “Friend of Hospice” or thrift store volunteer please call the Society centre.



## Upcoming Events

### “New to You” Fashion Event Fundraiser

Date: Sunday, October 23, 2011

Time: Lunch 12 p.m.; Fashion Show 1 p.m.

Cost: \$19.50 per person (includes lunch & 1 drink)

Location: Maple Ridge Legion (12101 224 Street)

Tickets: Available at RMH Thrift Store (3-12011 224 Street) or RMHS Resource Office (22326A McIntosh Avenue), 604.463.7722

All guests are invited to a special shopping event 2-4 p.m. at the Thrift Store following the fashion show (have your friends and family join you, too!)

Featuring ‘fashion finds’ of Ridge Meadows Hospice Thrift Store.



### Meat Draws at The Jolly Coachman Pub & Grill

The Jolly Coachman has graciously offered us the opportunity to hold meat draws in the pub every Saturday. The first draw takes place around 4:30pm



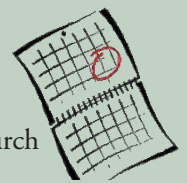
and then another one at 5:30pm. This is a great way to come out and support the Society and enjoy the good menu at the pub. Get a group together and come down for a good time.

Since the meat draw started, to date we have raised \$4527.00!

We are also looking for volunteers who would be interested in helping out with the meat draws. Just a couple hours of your time once a month would be greatly appreciated.

#### MARK YOUR CALENDARS

October 23	Fashion Show – Maple Ridge Legion
November 12-15	Celebrate A Life – Haney Place Mall
November 16 -20	Celebrate A Life – Valley Fair Mall
December 7	Time to Remember – St. George’s Anglican Church
December 17-24	Gift Wrap Booth – Haney Place Mall



### Annual General Meeting

Thank you to those who attended the AGM on September 8. We bid a fond farewell to Agneta Eikelenboom. Thank you so much for the last 4 years that you volunteered many hours as the treasurer. We welcome three new board members:

Helen Gambling, Gwen O’Connell and Darryl Lucas.

We look forward to the new board members’ fresh outlook, enthusiasm and passion for hospice.

## Recent Events

### Headshave at the Homeshow

This year's event took place April 29-May 1 at Planet Ice Maple Ridge in partnership with Manion & Associates and Ridge Meadows Hospital Foundation. All proceeds were raised in support of cancer patient services. Participants collected pledges and had their hair shaved or cut by our volunteer stylists who gave of their time. Thank you. Watch for us at the 2012 Home Show!



*Hair stylists and Manion staff who donated their time.*



*Ridge Meadows Hospice Society Vice-President Allen LaRose and other participants having their heads shaved.*

### 14th Annual Vistas Run/Walk

The 14th Annual Vistas Run took place on Sunday, May 29 at Webster's Corner Elementary School. The 5k Walk/Run and the 10K Run took participants through beautiful Kanaka Creek Park. We were fortunate to have a beautiful sunny day and many participants came out in support of Ridge Meadows Hospice Society. The Kids' 1k Run saw a lot of smiling faces as little runners crossed the finish line. Thank you so much to all of our volunteers and to Maple Ridge Chrysler for their generous support. A huge "thank you" also goes out to all Vistas Run participants as well as this year's All-Stars who collected pledges in support of RMHS – we couldn't do it without you! Be sure to watch for news for next year's event – it will take place on Sunday, May 13 (mark your calendar!) and will include a number of special Mother's Day surprises!



## Recent Events

### Hoe Down for Hospice

The 3rd Annual Hoe Down for Hospice was an amazing success! We owe it to our tireless committee members and volunteers whom we could not have done without! The evening started with an energetic performance by the Golden Spike Can-Can Dancers and was followed by a delicious bbq buffet. Local talent Natasha Zimbaro wowed the crowd with her amazing singing and guests were also treated to a special performance by Grupo Nahualli, a Mexican dance group that featured amazing talent and costumes. A very special thanks goes out to all of our valued guests that came out and supported our efforts! We hope you enjoyed the evening and look forward to seeing you all again next year!



*(top) Welcome to the Hoe Down!  
(middle) Grupo Nahualli  
(right) Golden Spike Can Can  
(far right) Natasha Zimbrano*



## Recent Events

### Mark's Work Warehouse Bar-B-Q



Ridge Meadows Hospice Society was very fortunate to be the recipient of Mark's Work Warehouse Charity BBQ on June 16. This partnership saw us receive 100% of all proceeds from the generosity of Mark's owners and staff and its wonderful customers. A huge "thank you" goes out to all those who supported this event.

### Volunteer Appreciation Evening

Our coordinators, Lindsey, Kristina, Paige and Yvonne put on a wonderful evening at The Buffalo Club to show our appreciation to all the volunteers.

The theme was "Beach Party" and several volunteers came dressed for the occasion.



## Thank You

We would like to thank the following for recent donations:

**Garden Hill Funeral Services** for their recent donation of \$3000.



*Nathan Logue presented the cheque to our Executive Director, Laura Cherrille and the Secretary of the Board of Directors, Teresa McWilliams*



**Royal Canadian Legion 88**

**Provincial Employees Community Services Funds**

**Canamix Processing Systems Ltd**

## In Memoriam Donations

May – August 2011

John Mitchell, Ernest Mayday, Gail Eckert, Heather Oakley, John Mitchell, Mary Struthers, Laurie Wilson, Phyllis Boyle, Ronnice Rees, Rose Evans, Arlene Berg, Myrtle Carter, Marilyn Munn.

## 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](http://www.ridgemeanowshospicesociety.com) and click on the “You Can Help” tab then click on the CanadaHelps.org logo. You will be guided on the steps to 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. The transaction will be processed right then and you will receive a thank you letter and tax receipt in the mail.



### Ridge Meadows Hospice Society Centre Address

22326A McIntosh 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](mailto:contactus@ridgemeanowshospicesociety.com)

Web: [www.ridgemeanowshospicesociety.com](http://www.ridgemeanowshospicesociety.com)

### Thrift Store Address

#3 - 12011 224 Street, Maple Ridge, BC V2X 6B7

Phone: 604.463.7711

### Board of Directors

Lindsay Norcross	<i>President</i>
Allen LaRose	<i>Vice-President</i>
Teresa McWilliams	<i>Secretary</i>
Norma Parker	<i>Treasurer</i>
Adrienne Dale	<i>Director</i>
Helen Gambling	<i>Director</i>
Nathan Logue	<i>Director</i>
Darryl Lucas	<i>Director</i>
Gwen O'Connell	<i>Director</i>

### Staff

Laura Cherrille	<i>Executive Director</i>
Yvonne Dion	<i>Coordinator of Bereavement Support Services</i>
Lindsey Willis	<i>Coordinator of Volunteers</i>
Kristina Murray	<i>Fund-Raising/Special Events Coordinator</i>
Dawn Burnett	<i>Office Assistant</i>
Paige Charron	<i>Thrift Store Coordinator</i>
Tom Hu	<i>Assistant Thrift Store Coordinator</i>
Reizza Oxales	<i>Assistant Thrift Store Coordinator</i>

### Mission Statement

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