



**YOUR COMMUNITY NEEDS YOU - BECOME A VOLUNTEER**



**In those days the only words of "comfort" I received were "you are young and you'll get over it".**

22 years ago when I signed up for a Hospice Volunteer Training program through the Surrey Hospice Society, **I had no idea that hospice would have such a profound effect on my life.** My training was excellent as it gave me insights into my own personal life that I had never really dealt with, namely, the loss of both my parents before I was 25.

In those days the only words of "comfort" I received were "you are young and you'll get over it".

In the past I had explored many avenues of volunteering but none could match the experience of these past years. I have had the opportunity to develop relationships and to share in the privilege of being with someone on their final, ultimate journey. Along the way I became the recipient of tremendous insights from my hospice patients, as they shared their lives with me.

One example I particularly remember was being asked to visit a terminally ill mother of six. On my second visit with her I discovered that because her family was already mourning her loss, she felt she couldn't burden them further by sharing her feelings. In fact, although she had six children, in actuality she had none she could talk to. She told me her story and we shared many precious moments together.

There are so many ways to help as a hospice volunteer, from children's grief support group; to walking through a park either sharing feelings or in silence; to gatherings of grief in a group setting; one to one companioning, the list goes on.

I have had the good fortune to be involved in many of these programs during the past 22 years and one in particular has evolved to the point where we now have a 20 bed Hospice Residence, called Laurel Place. At this hospice, families can be together in a loving and peaceful atmosphere with none of the usual "hospital" noises around them. These 20 beds are in private rooms in this brand new facility.

As volunteers we do everything possible to make the patient and family feel comfortable and this includes assisting family members in an honest and compassionate way in coming to terms with the reality that their loved one is dying.

As the population of Surrey continues to grow, there is a growing demand for hospice volunteers. We all have the capacity to give a little more and the rewards of helping others are tenfold and cannot be measured.

I've learned so much from talking to our clients. I've learned about life in days gone by, about life in other countries; I've learned about family dynamics, about many different belief systems and that **everyday we are alive is a day to be treasured.**

Finally, I've learned that the passage between life and death is something very special. Every person or family handles this journey differently but now, through hospice, there are volunteers available to share this journey and lighten the load.

If you are interested in becoming a volunteer with the Surrey Hospice Society please call the office directly to set up an interview time.

(604) 543-7006

*Jan Ferreira, Volunteer  
 Surrey Hospice Society*

"As the population of Surrey continues to grow, there is a growing demand for hospice volunteers. We all have the capacity to give a little more and the rewards of helping others are tenfold and cannot be measured."

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... we will be welcoming our special Guest Speaker, Dr. Daphne Lobb.

## INVITATION TO ANNUAL GENERAL MEETING THURSDAY, APRIL 23rd

Mark your calendars! Society Members and the general public are invited to attend the Surrey Hospice Society's 22nd Annual General Meeting.

The meeting takes place at Kwantlen University College, on Thursday 23rd April from 7 - 9:30 PM. We would encourage everyone to attend.

The Annual General Meeting is important and always informative. This year in addition to the usual end of year business and election of the Board of Directors, we will be

welcoming our special Guest Speaker, Dr. Daphne Lobb.

Dr. Lobb has worked as a palliative care physician for the past 18 years both in acute hospital settings, outpatient clinics and home care. She was the Medical Director of St. Paul's Palliative Care Program from 2002 - 2006. She is a Clinical Instructor in the Department of Family Practice at UBC and has taught physicians and residents for many years. She is a co-founder of the Callanish Society and has been running

retreats and support programs for people living with cancer for 14 years. She has recently started to incorporate the work of Dr. Rachel Remen into the development of workshops and retreats for physicians to stay connected to the heart of their work.

For more information or to RSVP, please call 604-543-7006 by Friday, April 17th

Please remember that your membership must be current in order to participate in the election of the Board of Directors.

## WALK OF REMEMBRANCE and DOVE RELEASE MEMORIAL

Enjoy the natural area trails giving you an opportunity to celebrate the memory of your loved ones. At the same time you will be raising much needed funds to help the Society continue to companion individuals and their loved ones as they face life-ending illness, and ongoing grief support. With your continued support, we hope to raise over \$15,000 this year.

Form a team - invite your friends, family and co-workers. Choose a team captain, a team name and together have a ton of fun!

Prior to the walk, doves

will be released during a time of remembrance. This Memorial White Dove Release can bring peace and healing in the grieving process. The release of the dove is a way of symbolically releasing the spirit of a loved one.

We have a limited number of doves and should you wish to release one we are asking for a minimum of \$100 in pledges collected. This will be on a first come first serve basis. Pledge money can be dropped off at our resource centre prior to the event. Please call 604-543-7006.

Should you wish to have the name of your loved one recognized at the

Memorial, please contact the Society.

For pre-registration and pledge forms you can drop by the Resource Centre or call 604-543-7006.

Pledge forms can also be downloaded from our website but please call the office to let us know you will be participating.

Saturday, May 9th  
9 am - 1 pm  
Bear Creek Park,  
Surrey

[www.surreyhospice.com](http://www.surreyhospice.com)



## **'AN AFFAIR TO REMEMBER' DINNER/DANCE FUNDRAISER SATURDAY, NOVEMBER 14th**



Join us for our biggest fundraiser of the year.

Back by popular demand we invite you to attend an

evening of dining and dancing featuring Steve Elliott as Elvis. Steve performs all three eras of Elvis from the 50's Rock 'n Roll years, to the 60's Movie years and to the 1970's Las Vegas Years! To catch a glimpse of this talented artist visit [www.elviselite.com](http://www.elviselite.com). Appearing along with 'Elivs' we welcome the 'Blue Suede Boys'.

Our three-course dinner features a Surf and Turf (New York Steak with Jumbo Prawns). For the vegetarians we know you will enjoy the grilled vegetables and feta cheese baked in phyllo pastry served with pesto cream.

Plan on inviting your friends, enjoy a wonderful evening while helping to support Surrey Hospice Society.

A cash bar will be available - wine, beer, and mixed drinks.

Tickets will be available mid-summer at a cost of \$80 per person. Call now to reserve yours. We accept Visa, MasterCard, cheques, or cash.

## **EXECUTORS & ESTATE SETTLEMENT SEMINAR**

**THURSDAY, APRIL 2, 2009 7:00 - 8:15 PM**

Kwantlen Polytechnic University - Surrey Campus, 12666 - 72nd Avenue (Building D, Room 28)

Presented by Surrey Hospice Society

Sponsored by Kearney Funeral Services and The NOW Newspaper

If you have appointed an Executor of your estate or are named an Executor for someone else's estate, you should attend this FREE Seminar and learn:

How to save time and money while settling an estate.

What is probate

Prepare your estate for easier administration

How to save on funeral costs; cremation, pre-planning

Overview of capital gains... and so much more...

Please RSVP by calling 604-521-4881

## Message from the Board President

How we grow!

Spring ...It is a wonderful time of the year...of renewal, of excitement when seeds get planted and eagerly we wait to see how our gardens look after we nurture and attend to them.

As we reflect on the growth of Surrey Hospice Society since last spring, certainly we can claim that Marion our wonderful Executive Director and her staff, all the volunteers and Board of Directors have been fine gardeners.

Together we have nurtured the seeds planted and are seeing the real fruits of dedication, hard work, commitment, a heartfelt love and passion for the

work of Hospice. Consequently we are seeing an increased awareness and interest in Hospice through the growing support by all of the community – private business, government, service clubs or people wanting to volunteer their services.

With our Hospice Community growing in the past year, we have been able to have the “imagined” become a reality through our expanded Resource Centre which now has room for additional staff to provide more services to the people of Surrey.

The funding, the building, the finishing and furnishing was made possible by the many community people who saw

and supported the need...and to all of you we say “thank you”.

This spring the Surrey Hospice Society again will plant new seeds to ensure we continue to grow, to be sustainable, and meet the needs of our clients and their families.

We look forward to expanding our Hospice community and engaging with them as we create new fundraising strategies and client services in 2009.

*Judi Huta*  
Board President

## Message from the Executive Director

### 2009 FACTS AND OPPORTUNITIES

2009 appears to be a year of opportunity and challenge.

Since the careful growth and expansion through 2008 and awareness created within the community, our task for 2009 will be growth in support, volunteers and sponsorship as well as increase in awareness exceeding what has taken place in the past.

This will need a creative and innovative team to make this happen. As President Obama has said to his fellow Americans “We need to re-invent ourselves”. The work of Hospice doesn't need re-inventing. But getting the message out there – does. How do we tell the story? How do we reach the hearts of Surrey residents to not only understand the work of hospice, but to realize that palliative and grief support is a service that is mandatory – not optional - a fully funded core service. It must remain free of charge so that

all individuals can receive this support – no matter what their income or status.

To provide this service at this level, funding must be expanded – either through Government assistance, and/or through donations and fundraising. This is the challenge for 2009 – with the economic downturn, how will the public and businesses respond?

Our challenge is that Fraser Health says there is no additional money available. In our own region, official palliative care beds have increased by 400% since February of 2005. This does not include palliative patients who wish to remain in their homes.

**The Challenge** – Palliative care demand escalates which will increase the need to expand grief support and volunteer training.

**The Resources** – need to expand – in tough economic times.

**The Opportunity** – continue to move

forward and grow programs and support needed to meet this monumental task.

I know we have heard much about the economic slide and how this affects incomes and spending and giving to charities. Yet charitable work must go on, no matter what the state of the economy.

So we must move forward – in faith, looking for innovative ways and taking care to make wise decisions in providing the **support needed for individuals and families who are walking through possibly the most challenging and painful time of their lives.**

We count it a privilege, respecting all cultures and faiths as well as the great diversity within our City.

You may be reading this Newsletter and feel a ‘tug’ to support the Work of Hospice. I encourage you to respond

*Continued on next page.*

## Message from the Executive Director, continued

today – however you are able. Whether it be monthly giving or a one time gift, or working in the office using your administrative skills, or signing up for the next volunteer training, or joining the Events Committee and bringing your skills to assist in future fundraising events. You can gather pledges and participate in 'A Walk of Remembrance & Dove Release'.

**We need you!**

Thank you for your past and continued support, encouragement and partnership. We can only go forward with help from people like you.

*Marion Brandner*  
Executive Director

## Message from the Program Director

### REFLECTIONS

It is hard to know where to begin with this article. I returned to work in January after taking a leave of absence to be with my husband as he faced the end of his life and the many challenges that cancer brings. Thankfully, he died peacefully on the Palliative Unit at Peace Arch hospital in December, 2008.

I have done this work for many years, been present to many as they face their last days, have had other traumatic and painful losses in my life in the past and thought I understood the experience. However, this was different. A much deeper and intimate bond of love with my spouse along with a series of very challenging pain management issues gave me a whole new and sensitive insight into the heart of this profound life transition and the work we do. Forever changed by the experience.

The challenges a medical system faces to maintain the sacred experience for the dying in amongst the busy tasks and protocol are big. A common complaint of nursing staff is that time needed to be fully present and give space for all that comes forward as vulnerability deepens in the dying process is rare. A vulnerability not only felt by the dying person but

for the committed caregiver, family and friends as they watch the events unfold. Emotions often run high. How good are we truly at honouring the full range of the experience before us? How deep a dialogue and exploration of the many dimensions of this journey are we comfortable engaging in? It takes courage and commitment to enter more fully into the true experience of dying with another. Challenging in its dark and stormy emotions, but stunning in the intimate moments it can reveal as well.

My husband would always comment when someone came in with more of a compassionate presence. A gentle touch of the hand, a warm smile, an extra caring word or conversation, when they were fully present and he could see it in their eyes.

He was more sensitive to movement, words, actions around him as his body changed and the transition heightened. His heart opened to a depth not witnessed before and love was the key to supporting him through the events that could not always be changed but rather endured.

We often separate death, dying and life but it is not that black and white. This very journey truly is also life itself in expression and it teaches us a great deal about ourselves and the art

of living fully (or not) in all its forms. Even more so, if we are open, it teaches us about the rich and enduring nature of love.

Time and again he told me it was my love that helped him through. Time and again in this work I have witnessed the power of love to transform a situation in its quiet simplicity.

Since his death I have been blessed with many dreams and synchronistic experiences that fall into that category of "mystery" that have confirmed for me that a true bond of love never dies, it only changes form. Very personal and breathtaking experiences that have helped in my healing and transition to life without his physical presence, true gifts in the midst of the grief at play. Sincerely blessed to have them in the abundant form they have manifested.

Our goal at the Hospice Society is to never lose sight of the reason we are here. To stand by the philosophy of care that hospice represents. Stand by the awareness that a caring compassionate presence and true listening ear, though rare, can be the greatest gift given to another in a time of great need and vulnerability.

*Continued on next page.*

### Message from the Program Director...continued

When those moments happen, in their truest form, they are powerful beyond measure and are never forgotten.

To all the hospice volunteers and staff

a sincere expression of gratitude is extended to you. Your quiet compassionate presence and unspoken acts of kindness are gifts to us all.

Blessings on this day.

*Barb Morningstar,  
Program Director*

## HELPING CHILDREN GRIEVE

Last fall, our new Children's Room resonated on Tuesday evenings with welcome sounds of balloons popping and children laughing! Seasoned volunteers Wil deKleer and Sherry Hislop co-facilitated a group of five children ages 6-12 in our **Hopeful Hearts** program. In the last number of months, each child had lost to death a loved one, and came to the program to work on their healing. Their parents met separately to talk about their own grief journeys and how to assist their children to mourn.

The grief journey for children looks different from that of adults. As many adults don't know what is beneficial for bereaved children, they often hesitate discussing death with them. However, talking truthfully about death and reactions to it can help children heal. According to their stages of development, children will usually ask questions which necessi-

tate patient answers. Since children lack experience with death, they often lack the vocabulary to express themselves.

**Hopeful Hearts** offers a safe, caring environment for children to process their thoughts and feelings with others who are experiencing similar circumstances. With trained and objective facilitators, children talk about their feelings, how to manage them, what changes have taken place since their special person died and their own coping skills. Since play is a child's natural means of communication, a variety of outlets are used to express feelings during the group which models what they can do at home when difficult feelings arise.

A commemoration ceremony is done together with the parents at the end of **Hopeful Hearts** to emphasize the importance of ritual as a healing experience. The children make mem-

ory boxes and read from poems they have written about their loved one.

Parents say about the program: *"the program helped my child understand the grieving process and that she is not alone", "it was beneficial for her to share with other children who understand what she is dealing with", "my son loved the program. He was reflective after the sessions and was open to discussion", "my son and I have had discussions after each session", "he really enjoyed coming to the sessions and wants to do it again", "it enabled him to become more open and talk to me about it."*

It is a privilege to work with grieving children and help provide them with some tools for healing as they move through their journey.

*Rosemary Brown  
Clinical Counsellor*

## JAVA G...OUR TEEN GRIEF GROUP

Laughter, hanging out, moments of sadness, shooting the breeze, deep conversation, silence, rockin' music, popcorn!

All of the above are part of *Java G*, our teen grief group. *Java G* is an opportunity for teens who have experienced a loss by death to gather together and share their experiences, questions and tears.

Teens who are bereaved often feel isolated from their peer group. Most of us do not experience bereavement until we are into adulthood. Thus

teens who have this experience often feel odd or weird because they don't know others who are going through what they are going through.

*Java G* provides a space for teens to tell their stories, to meet other youth who are going through loss and to find out that they are not alone in their experience. A deep bond is formed very quickly amongst the teens. They have a place where they can talk about death, talk about their loss, express anger and receive permission to grieve. They learn the comfort in

being listened to and accepted and the joy in being there for another.

*Java G* is a place to experience some relief from the pain right in the middle of it. If you know any teens who might benefit from this experience please contact us. We keep a list of teens and offer the group when we have enough young people who are interested.

*Lori Megley-Best  
Clinical Counsellor*

## Community Thrift Store Update

The air is crisp and the sun is shining and we are all looking forward to all that spring brings us. Pretty flowers, spring colors, warm sunshine and clothes that are light and cool. We have been very fortunate with our donations from the community for your spring shopping. We have lots of wonderful fabrics, cool designs and fun items for your home and family.

Spring also brings out the helping hand in each of us. We are always accepting applications for volunteers. Our volunteers enjoy the challenges and excitement that each bag brings when they open it or the friendly spirit that envelops them when helping customers with their purchases. Please pass on to your friends and family that helping out at the thrift store is not only a fulfilling experience but also knowing that you are helping two wonderful charities do what they do for the community.

### An Inspirational Story

As manager of the store I am in contact with many people from different walks of life.. One such person is Theresa. She was living on the street for quite awhile, involved in drug use and alcohol. She starting coming into the store about 2 years ago. I would help her out with clothing, blankets, shoes, and a shoulder to lean on when things were rough. We became acquaintances and she would tell me about her life on the street, her children who she saw once in awhile and the struggles she had to deal with day after day. Then about 8 months ago, she stopped coming in. I was concerned due to the danger that living on the street is.

Just before Christmas Theresa came in and I did not recognize her. She was clean, her smile was bright and she told me she got into detox and is off the street. She is still struggling but she is now choosing to get better. She comes in once in awhile and now pays for her merchandise with pride. Theresa is living on her own and taking some classes to upgrade and is hoping to get a job in the future.

That is one of the perks I have working here at the store. I meet people who need help and a hand up and it makes me realize what I have and not to take it for granted, because life throws us curves that we may not be able to ride out.

*Donna Chubb*  
Manager

Surrey Hospice Society  
Surrey Fire Fighters Charitable Society  
**Community Thrift Store**

*Newton Crossing*  
7138 King George Hwy  
Surrey, BC V3W 5A3

*Store Hours:*  
Monday to Saturday 10 AM to 5 PM  
*Telephone: 604-599-9930*

## MARK YOUR CALENDARS

### STORE EVENTS

APRIL 25th -

SPORTS AND OUTDOOR EVENT

Lots of items for your patio and yard.

For the 'Sport's Buff' - a great selection of your favourite sports team memorabilia - on display April 17th to 25th.

MAY 9th - PAMPER YOURSELF

Purses for all occasions - many styles to choose from - on display from May 1st to May 9th.

JUNE 13th - SHOE EVENT

Step into summer with our great shoe event - on display from June 5th to June 13th.

JULY 11th - PAMPER YOURSELF

A time-honoured way of fighting stress is to indulge in a little pampering. A large selection of 'pampering' items go on display July 3rd to July 11th.

AUGUST 22nd - BABY AND TODDLER EVENT

Come cuddle your children in a wide selection of baby and toddler clothing and accessories - on display from August 14th to August 22nd.

We look forward to seeing you  
at the 'Best Little Thrift Store  
in Surrey'.

**T**oday may be the day that your life will be touched by the news that you or a loved one is facing a life threatening illness. Maybe you are grieving the death of someone close to you.

The Surrey Hospice Society has been supporting our community for 22 years, companioning individuals and families during what is often the most sensitive and sacred life transition they will face.

To continue reaching out to our community, we need your help!

**Yes. I will support the Surrey Hospice Society**

\$500  \$250  \$100  \$50  \$25 \$ \_\_\_\_\_

One Time Gift  Monthly Gift \$ \_\_\_\_\_

**Please make cheques payable to: Surrey Hospice Society**

VISA  MasterCard

Card No. \_\_\_\_\_

Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

Please send me information on making a gift through my will.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

*Monthly donors: I hereby authorize Surrey Hospice Society to make automatic monthly withdrawals from my bank account or VISA card, as indicated. I understand that I may cancel this authorization at any time by notifying Surrey Hospice Society, in writing. I will receive a tax receipt for the total amount of my monthly gift on an annual basis. I have enclosed a "void" cheque or provided my VISA Card information.*

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
Date

**Charity No. 11920 6605 RR0001**

**13857 - 68th Avenue Surrey, BC V3W 2G9**

**Phone: 604-543-7006 Fax: 604-543-7008**



Surrey Hospice Society extends special thanks to our Newsletter Sponsor  
Kearney Funeral Services.

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www. Kearneyfs.com



**Mission Statement**

We are rooted in the community and branching out to those in need, by providing social, emotional, and spiritual support for individuals and their loved ones as they face life-limiting illness, and we provide ongoing grief support programs for children, teens, and adults.

We believe no one should face a life-limiting illness alone, and no one should be alone with their grief.

We offer "Companions for the Journey".

**WAYS TO CONSIDER DONATING**

- One-time Gift
- Monthly Gift - have you considered monthly giving? This is an easy, effortless, effective way to support the Surrey Hospice Society with your monthly gift of \$20 or \$30 or \$40 per month.
- Leaving a Legacy - make a gift through a will or other gift planning instrument. Call us to learn more about the benefits of charitable giving through financial and estate planning.
- CanadaHelps.org - The Surrey Hospice Society has signed up with CanadaHelps.org to make it an easy way to donate. Visit our website at www.surreyhospice.com and click on any of the CanadaHelps.org icons. CanadaHelps was created to make giving simple. They have not only made the process simple, but fast, secure and convenient.

