

Surrey Hospice Society

"Companions for the Journey"

Spring 2010



FROM OUR BOARD PRESIDENT



2010...what a start to the year !! The Olympics are done, the throngs of people from around the globe have left... Vancouver as we knew it has changed. Even if the change was small, or ever so subtle, we are a changed city.

So it is with our lives . Each spring as we reflect on the winter just passed... we feel inspired and hopeful that brighter, sunnier,

softer days greet us...that we have the energy and ability to take on the world . We look at our world through a different lens

Life at Surrey Hospice Society is no different. As I mentioned in previous messages, 2009 was a year of significant events. As we move into spring 2010, we too see our Society through a different lens... with a new perspective , excitement and hope.

The Olympics inspired us all and we too believe!!

To continue providing Hospice service to the people of Surrey we...staff, volunteers and Boardmust be like Olympians...work to our maximum abilities, do our best individually and as a team to consistently find more opportunities and possibilities to bring awareness and resources to Surrey Hospice Society. We need more business partners, we need more sponsors, we need more volunteers, we need more support

I ask that each and every one of you join me in doing whatever it takes in 2010 to provide Surrey Hospice Society with the resources needed .

I believe we can do it. Do you believe?

Happy Spring

Judi Huta
Board President



MARK YOUR CALENDARS

Cancer and End-of-Life Care Teleconference

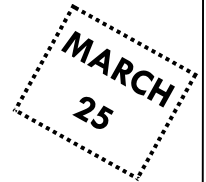
When: Wednesday, March 24th
Time: 10 am
Where: Hastings Park, Vancouver or
Fraser Downs, Cloverdale



For registration and additional information please call:
604-736-0268 or register at www.kearneyfs.com

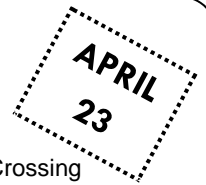
"Navigating the Wilderness of Grief" with Kathryn Nicholson

When: March 25th
Time: 7 pm - 9 pm
Where: Simon Fraser University Surrey
250 - 13450 - 102nd Avenue
Room 5240
(Central City Shopping Centre)
Please RSVP by calling Shaina Azad @ 604-543-7006



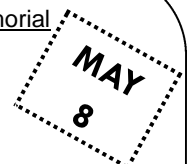
Thrift Store Sale!

When: April 23rd
Time: 6 pm - 9 pm
Where: Community Thrift Store
7138 King George Hwy, Newton Crossing



Walk of Remembrance/ Dove Release Memorial

When: May 8th
Time: 9 am to 1 pm
Where: Bear Creek Park , Surrey



Come and enjoy the park while celebrating the memory of your loved ones. At the same time you will be helping the Surrey Hospice Society raise the much needed funds to support the programs and groups we offer the residents of Surrey.

Get Involved:
Volunteers are needed and appreciated.
Please call Shaina Azad @ 604-543-7006 or email
admin@surreyhospice.com

Executive Director's Report

I have been reminded like never before what a privilege it is to live in Canada, in B.C., and especially in the Lower Mainland (now called Metro Vancouver). With the Olympics going on right now, as I write this message, the scenery is staggering, the excitement is amazing, and the response by the world is outstanding. We are truly blessed to reside in this wonderful place we call home.



So many of us have had the opportunity to have our spirits lifted from our environment or circumstances to root for our favourite athletes, and smile or cheer when they win. And when we hear the background and adversity some have had to overcome (such as numerous

injuries, family tragedies, disappointments, depression, one athlete lived out of her car so that she could afford to compete) we soon grasp that positive outlook and incentive which drove them to be where they are today.

I remember someone very wise saying to me 'disappointments are inevitable, discouragement is a choice'. What a true statement.

As we move forward, and the athletes go home, the media return to their countries, and individuals settle back into the 'norm', we need to continue the positive outlook we have experienced these past two weeks. **This is needed more than ever as we face a challenging year as a charity.** 2008 was a bumper year in raising funds for our Resource Centre and program expansion. 2009 we made it through even though donations and funding were down by over 25%. 2010 is different – our Government funding is in serious jeopardy and again donations are down due to the economy, and other resources we normally depend on are being challenged as well.

We won't be discouraged. The 'Work of Hospice' is amazing, and greatly appreciated by both our palliative patients and their families

and loved ones. Our clinical counselors are booked solid, and we could easily fill another day with appointments for one - on - one counseling, if we had the resources. **We know down the road this will take place, with the help of our clients, supporters, and friends of hospice.**

One way you can make an immediate difference – is to participate in our Spring Fundraiser & Memorial on Saturday, May 8th - 'A Walk of Remembrance and Dove Release'. Form a team, gather pledges, sponsor the walk, make a donation and release a dove – this is an easy way to support the ongoing work of the Surrey Hospice Society.

With the most recent stats released by the Fraser Health Authority, it is vital that we not only continue the sensitive support we offer, but expand our services to accommodate the increasing calls we are receiving.

What difference could \$100.00 make? In private counseling, \$100.00 would purchase one hour of one - on - one counseling for a child, teen or adult. Our counseling is at no charge. **We provide counseling each day of the week by registered clinical**

Help Us Go Green...

by receiving your newsletter by email. Please contact us by phone (604) 543-7006 or by email: admin@surreyhospice.com.

If you are receiving our newsletter and would like to be taken off the mailing list, you may also contact us by phone or email.

Thank you!

Executive Director's Report continued.....

counselors, but must raise funds to do so.

Each program we offer for grief support (Hopeful Hearts for children ages 5-12, Java G – teens from 13-19, Adult grief program - which includes a new program offered to parents who have lost a child, as well as Natures Amble, a Saturday walking group) are all at no charge to the participant. But we fundraise to make these programs possible.

I invite you to consider how you might make a difference to the 'work of hospice' by making a one time donation, or arrange monthly giving. Become a member of the Surrey Hospice Society, participate in events, and be sure to attend our AGM where you will learn more about the important work we do here in Surrey.

Thank you for all you do to make Surrey a beautiful and comforting place to call home.

Sincerely,

Marion Brandner

Executive Director



New Addition to the SHS Team

I joined the Surrey Hospice Society team on December 1, 2009 and it has been an honour to be working here as the new part-time clinical counsellor. I am a Registered Clinical Counsellor as well as an Accredited Music Therapist with a Masters Degree in Music Therapy. I have been using the expressive arts therapies in my private practice with children, youth and adults for over 22 years. At the Surrey Hospice Society I will be working primarily with families, children and teens, and I will be facilitating the grief support groups for children and teens.

The 'Hopeful Hearts' Grief Support Group for children started on February 9th with nine children registered and will run until March 23rd. This program uses the creative arts to assist children in accessing, expressing and healing

their grief. It is a valuable opportunity for bereaved children to share their stories and experience the support of other children who are bereaved. I am currently getting to know the youth and hope to start a teen grief group in the late Spring.

Through generous funding, I have been able to liven up our art/play room with a new gathering drum, puppets, library, painting easel, art materials and a sand tray. The room's new materials and beautifully painted wall mural make it an inviting environment for the children who process their grief best through symbolic play.

As Donna Schuurman, Executive Director of the Dougy Center for Grieving Children & Families in Portland, states, the arts "... give sorrow multiple forms of expression for the grief that

often eludes language".

I feel blessed to be able to do this work and I hope that my skills and background will enhance the wonderful work already being done here at Surrey Hospice Society.

Noele Bird,

Clinical Counsellor



Message From the Program Director

As I write this article Olympic fever is alive and well in our great city of Vancouver. Athletes in the prime of life celebrated for their tenacity, determination and unending focus to attain what might seem at times an unattainable goal. Their deep *commitment, an inspiration* to us all as it reflects triumph and defeat along with the courage to not only face but embrace adversity. The refinement of human beings manifesting before our eyes.

Though at a different stage of life these games and the athletes reflect the same qualities our patients and their loved ones who care also face each day. Success and defeat, celebration and heartache, the love and support of caring family and friends to encourage each other to keep taking the little steps needed each day on what seems at times like an impossible journey to face. The qualities of love, compassion and understanding are key components to ease the traveler's plight.

I had a profoundly beautiful moment and realization, wrapped in a little grief burst, while downtown amidst the excited Olympic fans the other night.

Standing in front of the CTV booth on Robson Street the momentum was starting to build as the Canadian couple was aligning to win a Gold medal in ice dancing. I stood and watched on the outdoor TV screen the grace of the competitors as they performed their elegant routines. The rich weave of their hearts and bodies at play in artful synchronicity as they danced to the inspiring music.

As my own heart was touched deeply by the unspoken beauty in the performances I was instantly transported to the last days and moments of life as my husband was actively dying. Lying on a cot next to him on the last night of his life; determined to hold his hand, feel it wrapped around mine and imprint its memory because I knew I would never have that luxury in the same way again. Outwardly he could no longer speak but as I dozed off and on next to him I could feel the weave of his very essence wrap around mine in stunning beauty. Much like the dancers before me but more profound than words can capture, we were communicating on a much different level, the silence rich and textured.



The following morning he died in my arms, one of the most intimate embraces I have ever known. A rich blessing indeed.

As I continued to watch the skaters, gentle, quiet, uncontrollable tears streamed down my face as my heart was reminded of the gift of our life together. Like the athletes before me there were times of challenge and change, celebration and heartache but in the end our love endured. A triumph far beyond what any gold medal or Olympic game could compare. A love few have the opportunity to know in a lifetime. A

reminder to embrace each moment of life fully for it can change in a heartbeat and a precious moment that could have been captured now lost.

In that moment I realized how deeply I have been changed by this experience. No words can do justice to this new found truth.

Yes, they did win a Gold medal. The crowd cheered and my quiet tears gave way to celebration as I joyfully sang *O Canada* with the happy fans as the flag was flown for our country. Ah, life in all its scope and glory!

Our patients and their loved ones win unspoken gold medals for their courage, love and raw humanity each day.

Let us not forget the very reason we come to do hospice work. Those we support, inspire me each day as they bravely face this life transition. I know it is the same for our staff and volunteers.

If we let the full range of life in, how beautifully our own hearts can be refined and in turn serve others in treasured ways.

Blessings to all of you,



Barbara Morningstar

Program Director

Honoring the Mystery: The Dream that Saved a Life

*A*s a parent, you wake up in the morning thinking about what you should fix your kids for breakfast. Who will be picking them up from school? If they are a teenager, then maybe you worry and stress about the fight you had last night, hoping you did not say anything to hurt them. They are your first thoughts when you wake up in the morning, and your last thoughts as you go to bed.

You spend your life planning and caring for your children. Then one day they are not there, and you wake up with a void in your life, a space of emptiness that can never be filled. Feeling lost, abandoned, disoriented, and not knowing what to do with yourself anymore. "Every day he came home after work and would want to hang out with his mom, 'Let's go for a cruise in the convertible today,' what kind of son would want to hang out with his mom? My son did," said Denice Magee as she shared her personal story of loss with me.

Denice Magee lost her 19 year old son, Devin, last summer. He was out camping near Harrison Lagoon with a few friends and went for a swim, however he never returned from the lagoon. "Devin was a great swimmer, he knew how to swim and had only been in the water a few minutes." His body was found six days later and it was determined that the cause of death was drowning.

After his body was found, a candlelight vigil was organized that same day. Friends and family gathered around the lagoon and went around in a circle, one

by one remembering the handsome young teenager. At the candlelight vigil, Denice noticed her niece's baby looking quite sick. That same night, Denice had a dream in which Devin came to her and said, "Mom! You need to get the baby over to Children's Hospital, any other hospital won't do." She woke up and immediately called her brother-in-law at 830 am. She told him what Devin had said to her in the dream.



Ironically, they had already taken the baby to the hospital, but not Children's. Denice insisted, they get the baby out of that hospital and take her over to Children's. They were able to get an appointment the next morning. The baby was taken to emergency right away, and doctors discovered that she was overdosing on the medication administered to her by the previous hospital. They had been giving her

three times the amount of medication that was actually needed. If she had continued with this medication, the baby would have died. Devin's message ultimately saved the baby.

This is not the first time Devin has spoken with Denice. Before he died, the mother and son bond was unbreakable. Sure they had their ups and downs like all families, but in the end they were each other's best friends. Denice speaks with Devin on a daily basis and he is constantly sending her little messages letting her know he is ok. "I sometimes randomly find flowers at my door step. I walk into his room and can feel his presence. I see him in my dreams. If I need something, I ask Devin and he helps me. He knows I need him and so he stays by my side."

Children are not supposed to die. Ultimately, parents expect to die before their children, after they see them grow up and mature. A child's death interrupts the natural order of life. The death of a child signifies the loss of the future, of hopes and dreams, and new strengths. The wounds are still fresh for Denice. The loss of Devin will forever remain, however this is not the end of their relationship. She urges all other parents who have lost children to speak with them, "don't keep your thoughts and feelings inside, say them out loud so your child can hear you." Grief is a life-long process, but you must hold on to the memories you have and cherish the times you spent together.

Shaina Azad

Administrative Assistant

(Story provided by Denice Magee)

Reflections From a Volunteer

I walked into the dimly lit room not knowing what to expect. Earlier that day I had been asked to sit vigil with a patient who was dying, who did not want to die alone. As I moved closer to the bed, I noticed his eyes were closed and all of his body, with the exception of one hand, was covered with a blanket. So I gently placed my hand over his, told him I was there, and sat with him until the early morning hours.

We were two strangers who had previously never crossed paths. Yet, we were brought together that night in a very powerful way. I felt honoured to be invited into his life at such a sacred time. The few hours I spent with him that evening will stay with me for the rest of my life. It still amazes me how connected I felt to him, simply by being present.

As a hospice volunteer on the Tertiary Palliative Care Unit at Surrey Memorial Hospital, I have had the privilege of sitting with many others during their final stages in life. Simple gestures such as providing a hand massage or offering a cup of tea has opened the door to some amazing conversations. It is an honour to sit with patients, listen to their life stories,

validate their fears, and discover the person behind the illness.

Volunteering on the Tertiary Palliative Care Unit has changed me in many ways as well. It has shown me how precious the time we have on this earth truly is. There have been numerous times where I have walked onto the ward at the beginning of my shift and learned about the death of a patient, with whom I had shared a laugh or watched TV with just a few days earlier. Those are the moments that put things in my own life into perspective. That is when I realize I need to stop worrying about the little things in life and start enjoying life to the fullest with those I love, for tomorrow is not guaranteed. I have learned to seize the moment and start doing things I have always wanted to do "someday," today. For there is a possibility that "someday" may never come.

Along with volunteering at the hospital, I am also currently helping out with the "Hopeful Hearts Program," which is a grief support group for children. Through participating in various activities including arts and crafts, the children are able to share their stories and feelings about loved ones they have

lost. Listening to the kids share their personal stories and memories of their loved ones, and watching them connect with one another in a very special way has been quite moving.

Volunteering with the "Hopeful Hearts Program" and on the Tertiary Palliative Care Unit have been amazing and rewarding experiences. Being present with those who are dying, or with their loved ones, has changed the way I live my own life. Volunteering has shown me the value and importance of being there for others and truly listening and speaking from the heart. Connecting with a patient who needs an ear to listen, with a child who has lost a parent, or with a patient who does not want to die alone are all moments that have changed me and made me into a more kind and compassionate human being.



Manjot Mander

Surrey Hospice Society Volunteer

Donations this Month

Leda Kwichak (Notary Public) \$250

DONATIONS MADE IN MEMORY OF:

Brant Arnold-Smith

Elmer Brummond

Foster Boles

Edward Jolly

Michael Severyn

Bill Parypa

Pete Massara

Volunteer Corner

WEBSITE MAINTENANCE VOLUNTEER

We are looking for a committed volunteer to update and maintain the website at least once every two months.

DEVELOPMENT COMMITTEE VOLUNTEER

The Surrey Hospice Society Development Committee is looking for volunteers.

Are you a good planner?
Do you like to organize events?
Do you enjoy fundraising?

Come Join our Committee!

Office Volunteers

Some of the Things You Will Be Doing as a Volunteer:

- A regular weekly 4-hour shift in the Hospice office. Includes answering the phone, greeting clients, assisting visitors with the library and performing general office duties. Computer skills are an asset.
- Occasional projects around our office.
- Assisting with our educational events.
- General office maintenance.
- Assisting with fundraising events including a fun social event held annually.

Thrift Store News

Spring is coming sooner than any of us expected. We are looking forward to bright colors and lighter clothing and where do you get the best buys, why here at the

"Best Thrift Store in Surrey." The Now newspaper voted us #1 in our category which is quite an accomplishment. We received 3rd place in 2007. We celebrated our 5th Anniversary in January. Balloons and great sales are what the customers enjoyed. Everyone had a good time and we look forward to another 5 years doing what we love to do.

When you are thinking about tackling your spring-cleaning and getting rid of the winter blues, please remember to bring your donations to the thrift store. At the moment we are getting ready for our spring events and we are looking for spring shoes and purses for the event in April, jewelry for the

May event and good linens for the June event. We are searching for someone who will take on the role of our Volunteer coordinator. This position would be working on volunteer recruitment, training, advertising, and helping plan our volunteer appreciation and special dinners.

If you or if you know anyone who is interested, please have them call Donna for further information.

Other volunteer positions at the thrift store include: cashiers, sorters, and customer service and Team Leaders. Our shifts are 9 am - 1 pm or 1 pm - 5 pm.

We look forward to sharing some time with you.

If interested please contact **Donna Chubb, Thrift Store Manager** at: 604-599-9930

Surrey Hospice Society
Surrey Fire Fighters Charitable Society

Community Thrift Store

Newton Crossing 7138 King George Hwy
Store Hours: Monday to Saturday 10 AM to 5 PM
Phone : (604) 599-9930

Upcoming Events:

March 27 - Animal Lovers:
Anything to do with animals

April 23 - Friday evening 6 pm – 9 pm Shoes, Purses, Bake Table, 25 % off the entire store and a Special Door Prize.

May 29 - Jewelry Event

June 26 - Linen Event

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

The Surrey Hospice Society has been supporting our community for 23 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! Please visit www.surreyhospice.com for more information today.

Yes. I will support the Surrey Hospice Society

\$500 \$250 \$100 \$50 \$25 or \$_____

One Time Gift Monthly Gift \$_____

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

VISA MasterCard Cheque Enclosed

Card No. Expiry Date _____

Name on Card 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



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Surrey, BC V3W 2G9
Phone: 604-543-7006
Fax: 604-543-7008
www.surreyhospice.com



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

Kearney - the trusted name in funeral service since 1908; Surrey's only family owned funeral service. We're here to help.

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Surrey, BC V3S 4C8



(604) 574-2603

www.kearneyfs.com



CANADIAN • INDEPENDENT

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-ending illness, and we provide ongoing grief support programs for children, teens, and adults.

We believe no one should face a life-ending 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.

The Surrey Hospice Society has signed up with CanadaHelps.org to take 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.

