



Inside this issue:	
Honouring Our Grief Through The Holidays	2
‘Celebrate a Life’	2
Message from the Board President	3
Message from the Executive Director	3-4
Volunteer Opportunities	4
Community Thrift Store Update	5

‘AN AFFAIR TO REMEMBER’

Our Annual Fall Fundraiser ‘An Affair to Remember’ was a great success, and an entertaining evening. With over 200 guests in attendance, a great meal, and the best entertainment by ‘Elvis Elite’ we all went away glad we came, and happy to support the work of Hospice.

Jan Ferreira, volunteer at Laurel Place Hospice shared how she was called into the work of hospice, and Joy Dockery shared of the journey of a palliative client, and the transition of a family who lost a loved one, and their journey through grief.

There were so many who made this event possible, and we want to thank our sponsors Envision Financial, The Firefighters Charitable Society, Remco Memorials and FamilySide (Canada). Our thanks to The NOW Newspaper, Vivio’s Flowers of Port Moody, and Guildford Town Centre Scotiabank, Artisan Wine Shop (of the Mark Anthony Group), and Fresh Marketing

We are also grateful to the many companies, financial institutions, and individuals who generously donated gifts and money toward the balloon prizes. The biggest prize was limousine service and dinner at the William Tell valued at over \$1,000.00.

To our committee, staff and volunteers who gave so much of their time and talents, we thank you.

We look forward to our 2009 ‘An Affair to Remember’ and have already started the planning.

Marion Brandner,
 Executive Director

AN OPPORTUNITY TO GIVE

We are quickly approaching the close of 2008, and looking to 2009 with hope and anticipation.

Many of us consider how we might make a difference by contributing to our favorite Charity with a donation for 2008. Some families have decided to forego Christmas gifts and give the amount that would be spent to a Charity. What a great legacy to introduce or continue within a family.

The Surrey Hospice Society would be grateful if you made the ‘Work of Hospice’ your choice for your 2008 donation – before the end of the year in order to receive a tax receipt.

There are a number of ways you can contribute, and we invite you to look at the back page of the newsletter for options that are available.

Thank you from all of us at the Surrey Hospice Society.

Honouring Our Grief Through The Holidays

Grieving is a matter of life more than of death.
- Dr. Jim Miller

For most people, the added experience of grief and mourning over the holidays seems more than they can bear. A time of the year that used to be anticipated with excitement is now approached with dread and fear. Fortunately, the human spirit is very resilient and there are ways to cope and possibly even find renewed meaning throughout the holiday season.

Our grief needs to be paid attention to so that it is not constantly tugging at our sleeve. The most important thing is to listen to your body and soul. Rest when you need to, don't take on too many commitments and allow yourself to have needs. Take some time to think about what would be most helpful to you and your family in getting through a potentially difficult season. Talk with each other.

For some, long held traditions are comforting. Finding a way to include your loved one in the traditions helps with healing. For others, the absence of your loved one in the tradition is too painful just yet. Plan something very different or leave out particular practices for this year. Find times and places to be with others that you are comfortable with. Those can be places where you will find strength.

Above all don't expect to put your grief in the closet for the holidays. Take time out of your day to sit with the painful memories, allow yourself those healing tears, make time to talk with a friend. Start a new tradition or ritual that in some way honours the memory of your loved one. Honour your grief and your loved one by allowing any positive feelings to come to the surface - smile, laugh and enjoy yourself even for a moment or two when those feelings arise. Remember that the difficult feelings that mark our grief will soften over time and that out of the experience of grief will come a time of new purpose and meaning.

Lori Megley-Best
Clinical Counsellor

'CELEBRATE A LIFE'

'Celebrate a Life' is intended to provide individuals and families with a unique way to remember their loved ones at Christmas. By stepping aside from the busy holiday rush for a few moments, people can remember their loved ones by decorating an angel, placing it on the tree and taking home one of our 'feather' angels.

In the process, 'Celebrate a Life' raises awareness about Hospice in the community and helps to raise funds to support the work of the Society.

Please drop by our booth at the Guildford Town Centre.

Monday, December 8th through to Friday, December 19th.

Message from the Board President

2008 Seasons Greetings from Surrey Hospice Society Board President.

The holiday season is upon us and many of us welcome this time to be with family and friends. To have a meal together, to share the joys, the stories and challenges of the past year.

For those of us who have lost loved ones, whether just recently or long ago, this time of the year is when we cannot help but reflect and remember what it was like when our loved ones were amongst us. For some of us, we tell stories and “remember when grandma always made her shortbread cookies”, or grandpa sat in that big chair after dinner...” and so the stories go. We all have them.

Whatever the stories are, they are wonderful to tell and re-tell, year after year at this special time. Through this telling, laughing or shedding tears of love and loss, we pay tribute to all those who died before us and honour the gifts they gave us in their lifetime.

On behalf of the Board of Directors I would like to thank every one of you, staff and all of our volunteers, for all you have contributed in this past year. Whether it be by the bedside of a palliative client, supporting a bereaved client or family, or working at the Thrift Store – your love and care changed many, many lives for the better this past year.

Enjoy a happy, safe holiday season and joyous 2009. Be well.

Judi Huta, President
Surrey Hospice Society Board

Message from the Executive Director

Recently I made a trip to Eugene Oregon to pick up a motorhome my husband and I purchased. We drove down with our son and daughter in law (Mike and Carmyn).

As we drove back in my car following our new purchase, Carmyn and I had over 7 hours to talk. This time together gave us an opportunity to talk about the grief that a mother or parents go through in losing a baby.

Carmyn and Mike found out in their 4th month of pregnancy

that their beloved baby they had longed for, for many years, had a number of medical issues. Carmyn took a leave of absence from her work in order to give her baby all of the loving care she could possibly provide as she carried her baby. Their precious baby Owen, my grandson, was born on March 20th, 2008 and passed away at birth.

Carmyn explained to me that she is still a mother – even though she believes her baby boy is in heaven. Her journey

through these past months since March 20th have been bitter sweet. But the wonderful and amazing part of this story is that she can look back and look forward knowing she has and will grieve well.

What does that mean – to grieve well? In her own words Carmyn shared “It is not ‘coming to terms’ or a ‘process’ because I don’t feel that grief is something to be gotten through or moved past.

Message from the Executive Director - continued from page 3

I think that when you lose someone who is a part of you, your grief also becomes a part of you, and that is why it is so important to learn to grieve well. To me, part of my job as Owen's Mom is honouring him by grieving well. This means embracing and accepting my grief, and allowing myself to fully experience and express my emotions. It means accepting that my grief will always be a part of what makes me who I am. If I choose to grieve well, I can carry my grief with me knowing that it brings not only pain but also depth, understanding, and even beauty to my life, and hopefully one day to the lives of others. Sometimes it is a little hard to even describe in words".

But the most difficult part of grief is being misunderstood. So many people say – well in time you will 'get over it'. Or 'you can have another baby'. Or 'there is always adoption'. We all have been guilty of saying these well meaning phrases. Yet when one goes through the pain of losing a baby, you understand that this is unique, and only those who have gone through this, know what the journey involves.

There is no timetable for grief. There is no set agenda or solution to grief except to embrace it and go through it. Our North American society runs from this. Most don't want to face it, go through it, or talk about it. And yet that is the very best and the

healthiest way of facing one's grief or supporting a friend who is going through the grieving process.

Mike and Carmyn's longing is for 'real' friends to be patient, providing comfort by being a good listener, requiring no expectations, and most of all – just stand alongside and companion their friends.

There will be many tears, but also much joy and comfort through this journey. And of course, a whole new understanding and empathy for those who are going through, have gone through, or anticipate this journey of grief on a road less travelled.

Marion Brandner
Executive Director

Volunteer Opportunities

Development Committee Volunteers

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?

Join us! We need you.

**Meetings are once a month. Extra time may be required with certain events.
Contact Marion Brandner, Executive Director, at 604-543-7006 Extension 102
or e-mail marion@surreyhospice.com**

Community Thrift Store Update

Memorial Moment

We are saddened by the loss of our dear friend, Jean Weisner. Jean volunteered every Tuesday and Thursday at the Thrift Store since January 2005. Jean brought with her a kind word, a warm smile and an open heart. She told wonderful stories of her life on Texada Island, her love for her family and her enjoyment of the store and the other volunteers. All will miss her. She was an inspiration to us all. Thank you Jean for being you.

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

Hello Thrift Store Shoppers

The Winter Season is upon us and the air is crisp and cold. We have been extremely busy at the store and are looking forward to relaxing during the Christmas break. This past September, October, and November saw three very successful events happening at the store. September was our Jewelry Event. We saved just for this event and on the day had over 38 anxious customers waiting outside our door in anticipation of getting that great deal. October brought a Coat, Shoe & Boot Event. Over 200 pairs of shoes, boots and coats were available and everyone had a wonderful time. November brought us a Linen Event. Warm comforters, fleece blankets, cozy sheets, fluffy bath towels and tablecloths to make your room look great. Customers oohed and awed over the wide selection. December 6th brings us an Electrical Event, full of new and near new appliances, games and much more. We are looking forward to a fun and interesting day.

We are pleased to announce the appointment of Pam Tovell as a Team Leader. Pam has been a volunteer for 3 years and has accepted this post with enthusiasm and lots of retail experience. Welcome!!

Donna & Lorraine

DAYS TO LOOK FORWARD TO:

December 6th - Electrical Event

December 20th - 50% off the entire store 'End of Year Sale'

December 25th to January 1st the store will be closed for cleaning and general maintenance.

January 2nd - Lets us start the new year off with a renewed energy and the prospects of another successful year.

JEWELRY EVENT - February 7th

Join us for our first event of the year just in time for your favorite girl or guy.

Today 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 21 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 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.

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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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.

