

SHS NEWS



SURREY HOSPICE SOCIETY Newsletter

Spring 2020



Well, this isn't going as we had expected... We started 2020 full of excitement and enthusiasm for our programs and events. Our annual agenda included our Community Forum in January, our support programs for the grieving and bereaved, our fundraising events and our AGM. However, at this point, this agenda has been completely re-written.

COVID19 has re-written the whole world's plans for 2020. We must adapt and so we have. At this time, we have closed our resource office to the public, but we remain open for services. Our Counsellors continue to serve our clients, offering support by phone. We have moved our volunteer training online. We continue to offer our mail outreach program and are working on other avenues of ensuring that no one is alone in their grief and bereavement. We continue to work with Fraser Health Authority to ensure that we can support those facing the end of their lives as much as possible.

We have had to close our thrift stores—which provide the funds we need to operate our Society. And we have had to postpone all our fundraising events (our annual Hoedown for Hospice pub night, Our Show & Shine & Sock Hop, Our Halloween Dance) We are being challenged to find new and innovative ways to raise the funds we must have to survive and continue to serve the people of Surrey. We ask that you continue to support us through these new means as we can not survive without your help.

I want you to know that we are working on this and all other challenges facing our Society, because we are **needed** now, more than any other time in our history. We **know** that we are **ALL** linked, that if we are to survive, we must support and care for each other—that NO ONE should ever be alone - Surrey Hospice Society is and will always be here to help. We are your COMPANIONS FOR THE JOURNEY.

Kind regards,

Rebecca Smith
Executive Director
Surrey Hospice Society

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Letter from the President of the Board



Thanks again to all of our volunteers, staff and Board Members, as we carefully try to chart a course forward in this strange new digital universe. Who would ever have thought a time would come, when we needed to say farewell to our loved ones, a mother, a father, through cellphones or Facetime? But perhaps that is better than nothing, if nothing is the only alternative?

As always, Surrey Hospice Society would not be able to do what we do without all of you, but now we need to invite you to consider a slightly different path in serving our great cause, perhaps being innovative together we might achieve even a slightly more directed and hands-on path? We are determined to remain being of great and vital service and support to our community, during and after this pandemic.

Since both our thrift stores are closed during this time, and our fundraising events have had to be cancelled, we need to ask you all to consider asking your friends to consider donating directly to help ensure the continued existence of Surrey Hospice Society. I have just donated \$1,000, myself.

As to how we can all help more specifically, there are many ways that you can contribute to our mission. For those of us who have taken the volunteer training course, there is now a second level training for those who wish to provide grief support and companionship. This course will be offered online over the course of a few weekends. Please contact our staff for more details. While we are not able to hold public events at this time, we are planning to do so next year. Please consider joining one of our event planning committees, or, if you prefer, plan a fundraiser of your own and donating proceeds to the Surrey Hospice Society. We still require help with many office and administrative tasks, as well as hospice support programs and educational outreach and as always, we are recruiting volunteers to work in our thrift stores. Please review this newsletter, visit the website, or call our office if you have time and resources you feel may help our client families.

While regretfully, we had to postpone our volunteer appreciation events for the interim, we look forward all that much more to when we can renew our contact with all of you directly and to celebrate all the contributions you have and continue to make!

We remain committed to, and perhaps to a degree, excited, about how our current challenges may ultimately help us expand our reach into the community, expanding the reach of our counselling and hospice services, digitally on line.

Sincerely,

Tom
Thomas P.J. Crean
President

Best Regards,

Thomas P.J. Crean
President, Surrey Hospice Society



FATHER'S DAY WITHOUT FATHER

~

KITE MAKING WORKSHOP



When: June 20,2020

Time: 10:00 AM—12:00 PM

Where: Online via Facebook

Fee: Free

To participate in this loving event, please contact Raina at
Raina@Surreyhospice.com or call: 604-584-7006.

View this on our Facebook web page

NOTICE OF ANNUAL GENERAL MEETING OF SURREY HOSPICE SOCIETY

(the “Society”)

NOTICE IS HEREBY GIVEN that the annual general meeting of the Society

Has been postponed until such time that the membership is once again allowed to convene together in person. Once such a time is confirmed official notice shall be sent to all members in good standing as per the bylaws of this Society and the regulations set forth in the British Columbia Societies Act. In the interim, we urge all current members to ensure to renew their membership and those who are interested in joining us in our mission, to join us—you’ll be glad you did!

BY ORDER OF THE BOARD OF DIRECTORS



OPPORTUNITIES TO HELP

Rooted in the Community...

As a volunteer based, non-profit organization rooted in the Surrey community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life-ending experience. We provide ongoing grief support programs for children, teens and adults.

To do this we depend on volunteers, donations, sponsorships and grants. We also are supported by our Community Thrift store (which we share with the Surrey Fire Fighters Charitable Society.) All this means that we are truly of, by and for the community of Surrey. Here are your opportunities to get involved:

- Donate funds to the Surrey Hospice Society
- Donate used/unneeded goods to our thrift store
- Attend our events
- Volunteer (in our office, our thrift store, with Hospice support, Board of Directors)

New Staff Introductions



RAINA NISSAN, VOLUNTEER AND PUBLIC OUTREACH COORDINATOR“

The meaning of life is to find your gift. The purpose of life is to give your gift away”.

I have been on a personal, intimate journey with this gift for a good part of my life, and now, with my appointment to volunteer coordinator of the Surrey Hospice Society, I am ready to share it with others in the community. My gift, which I am so very excited to share with the volunteers, is the ability to give, unconditionally, for those who are nearing the end of their lives, as well as their family members and friends. I have done much personal reading and studying combined with accredited course work to hone this gift. As well, I have had practical hands-on experiences at Surrey and White Rock Hospices, time as an assistant Funeral Director, and an end of life doula which have all helped me accumulate knowledge in this area. I am very excited to be able to share this knowledge with the volunteers, and to help Surrey Hospice grow as a caring, passionate facility for those in need at difficult times in their

lives. I facilitate a 33 hour course to people that are interested in volunteering with the society. This training covers a lot of subjects from communication to grief support, spiritual needs and legacy work. I also go out into the community and meet with people that may benefit with some support from said volunteer. I also help to plan different groups through out the year that support the grief community. By doing these things, I am indeed following my life's main purpose, in giving my gift to those who appreciate it, and want to pass this gift to others.

DREA TIRSHMAN—ADMINISTRATIVE ASSISTANT:

Drea Tirshman is a new administrative assistant with Surrey Hospice Society. In this role, Drea looks after office procedures and assisting in clerical duties.

Drea is knowledgeable in current office software, and holds several certifications in office procedures.

She is no stranger to managing and running a business, having spent 25 years as in the Animal Health Industry.

Drea has personal experience in fundraising and media production. She has worked as creator of media for social gatherings.

After a successful career in Animal Health, Drea is now interested more in the charitable non-profit community. Drea now raises her 10yr old son and 7 year old daughter by herself, as she was widowed 4 years ago. She actively participates in team sports with her children. Her children keep her happy and busy in all their endeavors.

Passionate about helping others through struggles and obstacles from her own personal experience, Drea hopes to have a bright future in Surrey Hospice Society.



New Staff Introductions



YOSHIKO NANAOKO—CLINICAL COUNSELLOR:

My name is Yoshiko. I joined the team of Surrey Hospice Society as a clinical counsellor, which I feel extremely fortunate and grateful for, in January 2017. My role is to offer bereavement and anticipatory grief supports for those who come through our door. I have also taken a role of co-facilitating groups. Thanks to Rebecca, our Executive Director and Judi, the former senior clinician, I am also doing practicum for my post-Master's art therapy diploma.

The reason I am passionate about my work in grief stems from my own grief experience and process. My grandmother whom I was close to (human loss) and my dog (pet loss) died within a 2 months period during my Master's degree program. I had unique experiences with these losses as I have been living in Canada over a decade by myself while my entire family is in my home country, Japan. In addition to grieving without family support, I was grieving within the culture and society I don't really relate myself with. These losses I experienced and wrote about for my thesis, have given me greater appreciation of death and grief – how we all grief differently and each loss we experience is unique and impact us differently, and the many ways we each feel are totally okay and valid.

So here I am, I feel so honoured and grateful to be a part of Surrey Hospice Society and offering emotional support to those of you who are in pain after the loss of loved ones.

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SANDI SBOSSONS—SENIOR CLINICAL COUNSELLOR

My name is Sandi Bossons and I have been working with Surrey Hospice Society for 3 months as the Senior Grief Counsellor. I am truly excited about this opportunity to support those who are grieving in this community. I received my Masters Degree in Counselling Psychology from City University in 2002. I am a Registered Clinical Counsellor and have experience working with all age groups, including children and teens. Grief touches us all at some point in our lives and often leaves us feeling lost and alone. I believe that offering support and education for those who are grieving can help them move through the process in a way that is



New Staff Introductions

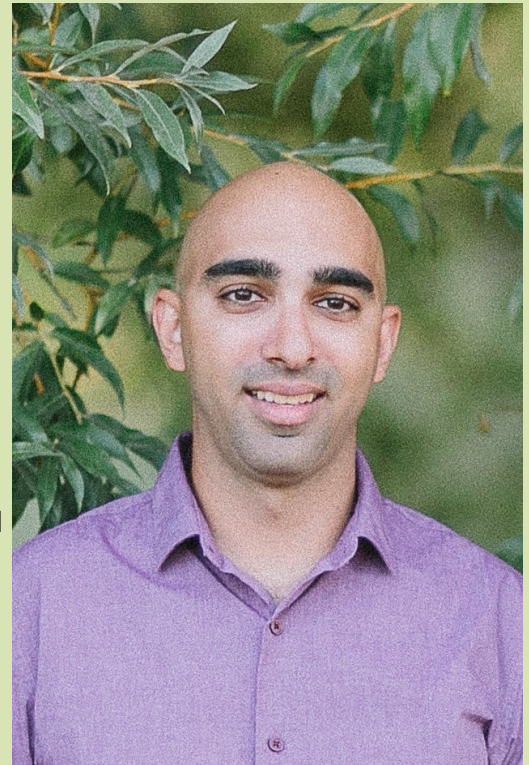
OMAR FARUQI—CLINICAL COUNSELLOR:

My name is Omar Faruqi and I am an RCC. I graduated from Athabasca University with a Masters of Counselling on February 12th 2020. I completed my Bachelor of Arts with a major In Psychology from KPU in 2014. I have been a part of SHS from October 2014 to June 2018 as a volunteer, primarily assisting the clinical counsellors with their grief groups. After this period, I transitioned from my role as a volunteer to a practicum student at SHS. After my practicum, I completed my degree before joining SHS as a clinical counsellor in mid-March of this year.

My time at SHS as a volunteer inspired and shaped my understanding and approach to counselling. I am grateful for the opportunity SHS has given me both as a volunteer and as a student and I look forward to giving back as a clinical counsellor.

In addition, I have also volunteered with the Fraser Health Crisis Line as a Crisis Line volunteer and with Ishtar Transition Housing Society as a CWWA group volunteer. I also have extensive experience working with adults with developmental disabilities as a support worker.

Thank you for giving me the opportunity to be a part of SHS.



UPCOMING EVENTS

- Date to be determined—Annual General Meeting of Surrey Hospice Society
- June 7th, 2017—"Father's Day without Father" Online Support event
 - ⇒ Materials Needed: Plastic bag. Either a grocery store bag or a garbage bag. Wood BBQ skewers or plastic straws. Thread or dental floss. Clear tape.
- June 3rd, 2020—July 13th, 2020 —Online Volunteer Education Program—Applications now being accepted
- November 8th, 2020—Annual Dove Release Memorial - Bear Creek Park

Heart of Hospice: Volunteer Profiles

Being a part of Surrey Hospice Society is much like being a part of a body. Each part is different and yet so important to the function. At the heart of Surrey Hospice are the volunteers; these are special people who give up their personal time to spend it with individuals in acute care. Each volunteer will tell you how they got called to do this work. And each one of them has a story.

For Margaret, it was a natural progression of events. While attending her local church she met a lady who was ill and they became friends. This friendship bloomed into one where the lady called her an adopted daughter; in essence, Margaret became a part of this lady's family. But families, as most can attest, can be complicated, and just because someone is sick doesn't mean that everyone is going to be there for them. Margaret found this was the case in her 'adopted' family. After a family meeting arranged by Margaret, the dynamics were clear and it saddened her to see the disharmony within this family at a time where one of its members was in such critical health. When her friend was placed in palliative care Margaret was the only 'family member' that went there to see her. In fact, it got to a point where she stayed every night with her friend until she did die. During this time she also took the time to visit with other people throughout the hospice. She found that many of them had little or no family that were there for them in the last stage of their life.

After a year went by this memory had moved Margaret so much that she decided to become a volunteer for Surrey Hospice Society, which was closer to home for her. When she first started volunteering the feeling of coming home is what stuck with her. The sense of serenity and calmness is what she remembers about her first times volunteering. Her friends wonder about how she finds the time for hospice 'work' after working her full-time job; people who don't know her well are surprised about the fact she is over 60.

But volunteering is not without its questions. On what she wants to see for Surrey Hospice, she hopes that it is seen as more than just a place where people go to live out their last days. She would like people to know that the care that is given may in fact affect people moving forward with their lives after their loved ones are gone. Margaret states, "Loss, death and grief is a long process and if people are not well supported they end up developing other complications not limited to depression, loneliness and self-harm."

It is important that those who live in the city have the knowledge that Surrey Hospice is a big part of the community. Among other things, it provides counselling services, a loaning library, as well as walking groups and seasonal support groups. Surrey Hospice is available throughout the year; with caring, warm people such as Margaret at the heart of Surrey Hospice, we are able to come together as part of the body of Surrey.

Margaret works for Ministry of Children and Family Development

She has been living in Surrey for 15 years and been married for 37 years. With many children and grandchildren. Margaret has been a volunteer for Surrey Hospice society 6 years

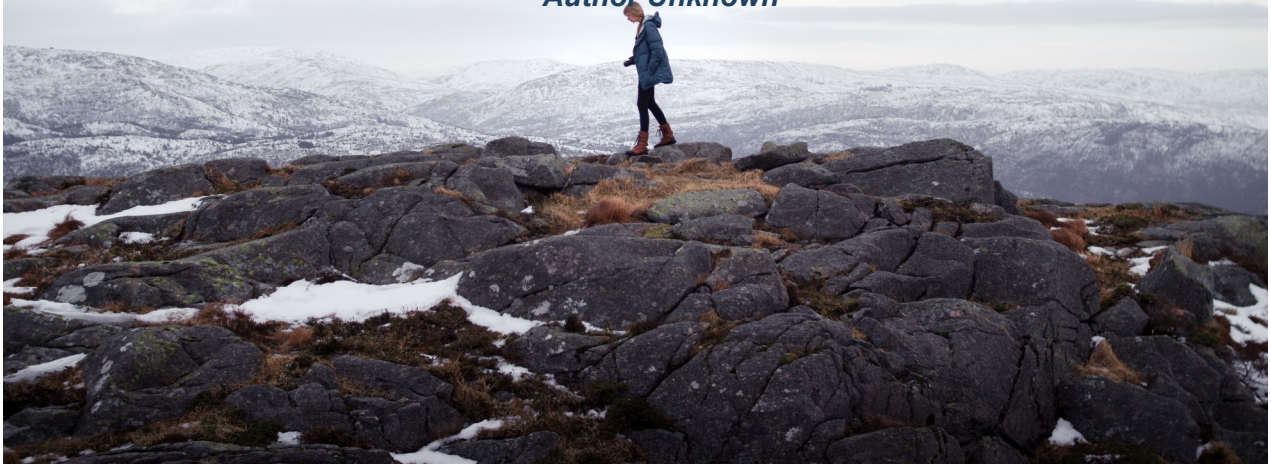


Grief, I've learned, is really just love. It's all the love you want to give but cannot.

All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest.

Grief is just love with no place to go.

Author Unknown



Help support Surrey Hospice—Make a Donation Today

The Surrey Hospice Society relies on memberships, donations, grants, memorial bequests, fundraising, and community support to continue our programs. A memorial bequest is a wonderful way to show appreciation for the volunteer service that has been provided during the terminal stages and the grieving process after the death of a loved one.

By supporting Surrey Hospice Society you are helping us to carry out our Mission Statement in supporting individuals and their loved ones as they face a life threatening illness, and ongoing grief support programs for children, teens, and adults.

Tax deductible donations to Surrey Hospice Society can help to offset some of your annual tax due to Revenue Canada. Surrey Hospice Society will issue a tax receipt for any donation over \$25.00.

Please consider supporting our hospice work through donation! Visit our website today at www.surreyhospice.com

GRIEF AND ANXIETY

Created by Sandi Bossons, MA, RCC on 3/23/20 for Surrey Hospice Society

After the death of a loved one, you may experience anxiety because you are trying to avoid unpleasant thoughts, memories or emotions. Making efforts to avoid feelings can actually have the opposite effect and the feelings will then rise to the surface. It is important to recognize your feelings and give them expression. This is part of the natural grieving process. You may also experience anxiety because now you know bad things can happen. Your assumptions about the world have been shattered. Now you wonder what other bad things will happen. Who else will get sick or be the victim of an accident? Your world becomes insecure and unpredictable.

Some people have a very hard time dealing with even the remote possibility of something bad happening. Even if the odds of an event occurring are very low, the **uncertainty** of whether or not it will happen is enough to cause intense anxiety and distress. Many of you have learned first hand that the worst case, low probability, scenarios **can** happen. It may be futile for anyone to tell you to take comfort in the likelihood that these things won't happen. The task for you becomes learning to live in an unpredictable world that you can't control.

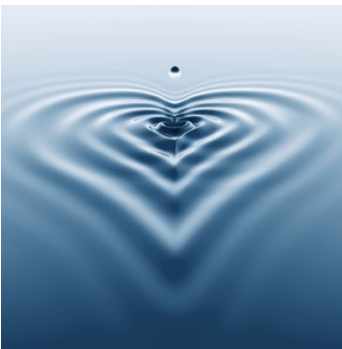
Now we are faced with a situation in which **uncertainty** has become front and center for all of us. The COVID-19 outbreak has created fear and worry on a global level. For those that are grieving the loss of a loved one, their absence can feel more pronounced if they were someone who offered you comfort, reassurance and safety. Your sense of loneliness can become even deeper.

Here are some practices to implement to help counteract anxiety and worry:

Maintain balance in your life – It is important to find activities that give you feelings of pleasure, achievement, and closeness. Stay active and get outside as much as you can. Plan a gardening project or create a physical challenge for yourself. Find creative ways to connect with friends and family by using online resources or reaching out by phone. Reach out to a friend that you haven't spoken to in a while. Create a chat group with some likeminded people and share ideas about reducing anxiety, stress and loneliness.



of each day). This may feel odd at first, but it also means that you can let go of worry the other 23.5 hours of the day until you get to your "worry time".



Practice postponing your worry – Worry is insistent...it can make you feel as though you have to engage with it **right now**. Postponing your worry means deliberately setting aside time each day to let yourself worry (i.e. 30 minutes at the end of each day). This may feel odd at first, but it also means that you can let go of worry the other 23.5 hours of the day until you get to your "worry time".

Speak to yourself with compassion – Worry and anxiety comes from a place of care and concern. Practice responding to your anxious thoughts with kindness and compassion. For example, "I worry because I care." Try not to chastise yourself for having anxiety. Instead offer your anxiety some loving acceptance, then think about what you can let go of.

GRIEF AND ANXIETY



Practice deep breathing and mindfulness – Mindfulness is about letting go of worrying about the future, fretting about the past, and living in the present moment. For example, focusing on the gentle movement of your breath or the sounds you hear around you, can serve as a helpful anchor to come back to the present moment. Try this deep breathing exercise:

Sit or lie down comfortably and close your eyes.

Breathe slowly and steadily in through your nose for a count of 4.

Hold the breath for a count of 2.

Breathe out slowly and steadily for a count of 4.

Imagine there is a balloon in your belly and fill it up on the in-breath. Then push all the air out on your out-breath.

Repeat for a few minutes.

As you feel more comfortable with this, you can imagine you breathe in the colour of calm and breathe out the colour of anxiety and stress. Feel the tension leaving your body.

Find ways to keep your loved one close – Perhaps there is an item of clothing that you can wear that belonged to your loved one, or a blanket that they made that you can wrap yourself in. Plant a tree or a garden in honour of your loved one or make a quilt with items of their clothing. Create a memory book with pictures, poems, cards that you can share with others. Watch a movie that you used to watch with them or read a book that they liked. Just be aware of choosing something that brings you a sense of peace and comfort instead of heightening your anxiety or loneliness.

Helpful Websites

<https://mindfulnessandgrief.com/>

<https://cmha.bc.ca/>

Created by Sandi Bossons, MA, RCC on 3/23/20 for Surrey Hospice Society

References from “Guide to living with worry and anxiety” developed by PsychologyTools and “Anxiety in Grief” from www.whatsyourgrief.com



Seeking folks who wish to join our Policy Governance Board of

Directors:

To express your interest, please complete the [Application for nomination to the Board of Directors](#). Applicants must have an interest in leading and governing rather than being involved in how the Society operates on a day-to-day basis. If you are a visionary with a positive attitude, open to opportunity, a team player, and interested in making our community a better place through thoughtful consideration of and constructive contribution to board discussions, our Nominating Committee wants to hear from you.

Selected applicants will be interviewed and assessed on the basis of past governance experiences, interests in health care, and attributes required by the Board to fulfill its role over the next several years.

We follow a policy governance model designed to empower us to fulfill our obligation of accountability to our community. This allows us to focus on larger issues and to set and maintain a framework of delegation and internal control that ensures compliance with the Society's commitment to service.

Successful nomination and subsequent election would result in a one-year term, with eligibility to stand for re-election for a further six one-year terms.

Applications are invited throughout the year; however, a March submission deadline is generally published to allow for the necessary interview and selection processes to occur prior to the Annual General Meeting which typically occurs in April.

All nominations presented at the Annual General Meeting must come through our Nominating Committee. As there is an open invitation for potential candidates, nominations from the floor at the Annual General Meetings are not permitted.

Your application or questions can be submitted by email, or mail:

Board@surreyhospice.com

Have a wonderful spring and a happy, safe summer.



Help Us Help the Community!

Donation Form

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____

Email: _____

Cheque Visa MasterCard

Credit Card No. _____

Expiry date: MM/YY ____ / ____ CVC ____

*Visa or Mastercard—You can also call the office to process your credit card information.

Monthly Donors: I hereby authorize Surrey Hospice Society to make automatic monthly withdrawals from my credit card. 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 provided my Credit Card information.

Signature: _____

Date: _____



Mission Statement

Rooted in the community and branching out to those in need, we provide social, emotional, and spiritual support for individuals and their loved ones as they face a life limiting illness, and on-going grief support programs for children, teens and adults.

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

We offer “Companions for the Journey”.

Contact Us

For more information about our services and programs please contact us at:

Surrey Hospice Society
#101-13463 78th Ave
Surrey, BC V3W 1A8

Tel: (604) 584-7006

admin@surreyhospice.com

www.surreyhospice.com