



Langley Hospice News

Volume 22 Issue 4

20660 - 48 Avenue, Langley, B.C. V3A 3L6

December 2015



Langley Hospice Society, a community-based, non-profit organization, provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.



With the Holiday Season upon us, I would like to take this opportunity to extend a very warm greeting to you and yours. The valuable contributions of time and support you have provided to us this past year are treasured beyond measure, and on behalf of the Langley Hospice Society staff and Board of Directors, I sincerely thank you for being there as we support individuals and families coping with grief and end of life.

It has been a very busy but gratifying year for us. Our outreach into the community and local schools has grown immensely - so much so that we now have two full-time staff in our Children and Youth Program. Second Story Treasures has experienced a tremendous increase in sales, making this its most successful year to date. We've also been fortunate to be able to provide innovative programs and new books for our library thanks to grants we have received during the year. Our adult bereavement program continues to provide excellent support, and the hospice residence continues to maintain its warm, homelike environment. With the increased demands of the community, our fundraising efforts were raised substantially this year in order to meet ever-growing needs. The initiatives and activities we undertook were carefully thought out, which ultimately has enabled us to provide unique programs and services.

One of many things that has stood out for me above and beyond all else in 2015, is *passion*. Each person I have met cares deeply and genuinely for our Society overall. I am honoured and deeply appreciative of the ongoing contributions we receive from our volunteers, donors, supporters, and the greater community. There is no greater reward than having the opportunity to work with such passionate individuals.

Although the holiday season can be filled with action and activity, it is a difficult time for many. All of us have experienced loss and grief at some point in our lives, and the holiday season is often the time that we feel these losses the most. The social gatherings of the season remind us of those who are not with us, but we wish they were. The loss of a loved one is often at the top of our mind during this season. As tradition is a large part of the season, it makes sense that these rituals will bring up memories. The first step in coping with grief during the holidays is to acknowledge that the holiday season is difficult, and then to prepare for it in advance by making specific plans and obtaining the support that you need. Remember, too, that sometimes anticipation of a holiday can be more difficult than the day itself. Take the time to allow yourself to feel your feelings and honour those you miss.

I am very proud of the work of Langley Hospice Society, the growth and achievements we have made, and the ongoing desire to support those coping with grief and end of life. It

is with sincerest gratitude that I thank you for your generous support and, most importantly, for believing in the work we do. I am eager to see what 2016 holds for us all. Please take good care and be kind to yourself. Best wishes during the Holiday Season!

Nancy Panchuk
Executive Director

De-Stressing the Holidays

(Reprinted with permission from Bereavement Publications, Inc.)

For many people the holiday season can mean stress and frustration instead of peace and joy. Family issues, time constraints, finances, and a sense that everything must be "perfect" can lead to feelings of depression and a sense of feeling overwhelmed. In today's society we are so inundated with visual images of the perfect family, the perfect home, the perfect holiday gathering, that it can be difficult to set realistic expectations for ourselves. The holiday "season" begins earlier and earlier every year, the season grows longer and longer every year and our patience grows shorter.

The good news is we CAN simplify the holidays, reduce our stress and create more quality time with family and friends. First, we need to set realistic expectations and not compare ourselves to others. Whatever way you choose to celebrate is right for you. Sometimes we think that we must have things a certain way because that is how we've "always done it". Really, it is OK to change—and to eliminate some things—especially if they are causing stress. For example, there's no need to spend so much money during the holidays. The things that we desire the most: love, friendship, companionship, cannot be bought. Try a gift exchange instead of buying gifts for every member of your family this year. Or decide as a family that you are all going to donate to a charity in lieu of giving gifts.

It is unfortunate but true that the times we are stressed tend to be the times that we don't do what we know will help us. Following are some strategies that can help us cope:

Accept your feelings. Feelings are neither right nor wrong. They are just feelings. We need to laugh and to cry. It is normal to express your feelings and you do not have to be in a good mood just because it is the holiday season.

Reach out to others. If you are feeling down or lonely, call a friend and go out for a cup of coffee. You may want to get involved with your church, sign up for a class or volunteer. Even if you do not have many family members, you do not have to go through the holidays alone.



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Get organized. Develop your holiday plan ahead of time when you are not so busy. Set aside time for all of your activities and schedule them on your calendar. Schedule in all of the preparation time you need as well.

Know thyself. Learn to say no if you need to. We all have limits. People really do understand when you cannot commit to everything.

Take time to breathe. Spending even 10 minutes alone just relaxing and focusing on your breathing can be a huge stress reducer. You can also listen to soothing music to enhance relaxation.

Move it. Schedule time for exercise. Walking is great exercise and the perfect activity to start an exercise program. Stretching before going to sleep at night promotes relaxation and helps you to get a better night's sleep.

Delegate. You do not have to do everything yourself. Enlist other family members to take on tasks.

Healthy eating. We are so tempted throughout this season to consume more than we are used to. Watch the sweets. Try drinking a large glass of water before the next holiday party so you will feel more full and not want to pick.

Seek professional help if needed. If you find you have a permeating sadness that you cannot shake or if you are plagued with feelings of helplessness, anxiety or despair you may need the advice of a professional. Talk to your doctor and he or she can assist you.

Above all, go easy on yourself. It's okay to make mistakes. Try and incorporate one positive idea into each day before you go to bed.

A Christmas Craft for Families

The holidays can be a very difficult time for children, teens and families who have had someone close to them die. Often what can happen is that parents don't want to bring up the name or stories of the person who died for fear of upsetting the children, and children are afraid to bring up the person who died for fear of upsetting the parents. But for children, this is exactly what they need. They need to know that it is okay to talk about the person who died, that tears are okay, and that it is important to remember and share stories of that person.

One activity families can do with their children at Christmas time to remember their loved one and create the space for sharing about them is to create a Christmas Memory Wreath. Children can each create their own wreath or families can create one wreath with each family member contributing to it.

Buy a plain, simple wreath from the store or create one yourself out of artificial branches and leaves. Once you have the basic wreath, then you need to collect pictures and small items that remind you of the person who died. Attach these items to the wreath to create a wreath that is full of things that remind you of your special person.

Once the wreath is created, have each member of the family share what they put on the wreath and why that item or picture reminds them of their person. This can be a wonderful way to share memories and talk openly together about the person who died. Hang the wreath in the house someplace where it can be seen often, as this may help the children to know that it's okay to bring up and share thoughts and stories about the person who died.



Valerie Williams
Child & Youth Bereavement Worker

Angela's Wish...

Angela Christine Buchanan
(December 17, 1948 – November 24, 2012)

"What Nathan and you don't want, I'd like you to give to hospice..." It was her way of saying thank you to the staff and volunteers who provided care and support for her and her family for the final months of her life."



Norm, Angela and Nathan Buchanan

Norm Buchanan was a career RCMP officer, and his latest transfer had brought him to Langley. A chance encounter in a laundromat early upon his arrival to the community had him invited for coffee nearby, and it was here that he met his wife, Angela. They were married in 1971 and initially settled in New Westminster before purchasing property in Langley and building their first of five homes in a community they quickly came to love.

Angela loved the space that Langley offered and, with their numerous moves she had become very interested in the design process. In 1977, she helped draw up the house plans for what would be their fifth and final move to a 2-½ acre parcel in South Langley.

In February of 1981, their son Nathan was born. Angela was a homemaker who loved antiques, painting, and animals most of all. The Buchanan's property in Langley allowed for some unconventional pets in their home, including a baby rooster she named "Poop-Chick", that she kept in a large parrot cage and who would come out to sit on her lap to watch TV. Angela became known for her pet rooster, and a neighbor helped her add a French Banting hen to her menagerie, who she named Florentine. Nathan speaks fondly of his mom watching TV with these two comfortably perched on her lap for hours.

Angela's love for antiques and collectibles, as well as a good deal, often had her checking out stores, auctions and other places, at first just to look and, over the years, as they became more settled, she began some of her early collections. Some of her first acquisitions were a collection of chicken and rooster statues honouring her former pets, which Nathan and Norm still display proudly in their Langley home. Another early addition was a large upright piano that sits in their front room. Norm says fondly that "Angela used to collect on the premise that if one was good...five was better."

Over the years, Angela would add furniture and holiday decorations, and other novelty items to her collections, and Norm and Nathan would create unique and beautiful spaces to store her beloved things in the house, or new outbuildings.

In 2008, Angela hadn't been feeling well and after seeing her doctor, was diagnosed with stage 4 breast cancer. She entered into treatment at the brand new cancer clinic in Abbotsford, followed by surgery and chemotherapy. Treatment was focused on controlling any additional growth, but over the years following, the cancer spread to the bones. Early in 2012, she became house-bound and Norm cared for his wife at home with the help of their son, Nathan.

In September of 2012, after a particularly difficult day or two, they had a home visit and assessment from the Palliative Care team and

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Angela was admitted to the hospital. There she became more stable and although she had been adamant that she wanted to die at home, they discussed the possibility of transferring her in to the hospice residence.

After much discussion, Angela and her family decided to make the move to hospice, and in late summer of 2012, she was admitted into the hospice residence on the grounds of Langley Memorial Hospital. Norm and Nathan speak of this time with much relief as it was immediately clear that the goal was to ensure that she was pain free and as comfortable as possible. They visited regularly and Nathan and his mom would hunker down and watch old seasons of "Highway to Heaven", one of Angela's favorite TV shows. Angela and her family so appreciated the care of the Hospice staff and volunteers, and the comfort and support provided for her and her family during her final months, she decided that she wanted to do something to say thank you. She and her family talked about her collections, and her wish to have some of the items go to assist the Hospice Society and others like herself, who needed their help.

On November 24th, 2012, Angela died in hospice with her husband and son by her side. Norm and Nathan went home to grieve the loss of their beloved wife and mother, and begin their new normal at their home in South Langley.

In 2014, Norm and Nathan got in touch with the Langley Hospice Society's Second Story Treasures Thrift Store in Walnut Grove and spoke of Angela and her desire to help the Langley Hospice Society. Deborah Campbell, the Thrift Store Manager, took his call and gratefully accepted his invitation to come take a look at Angela's collections to see if they could help. The Buchanan's liked the idea that the proceeds from every donated item sold in the store helps to support the important palliative and bereavement support programs that the Langley Hospice Society provide in the community, for the community. Soon afterwards, Deborah and a number of our Second Story Treasure volunteers were regular visitors to Norm and Nathan's home in South Langley, helping to fulfill Angela's wish to give back.

To date, the Buchanan's have generously donated numerous items including furniture, small appliances, and other collectables and have helped the Second Story Treasures fill the store in some of the quieter months. They have helped raise over \$16,000.00 to help provide important palliative and bereavement support programs and services to the individuals we serve.



About Second Story Treasures: Opened in 1998, the Langley Hospice's Second Story Treasures Thrift Store continues to be a thriving presence within the community. Located in Walnut Grove, the store continues to be a strong and reliable source of revenue for the Langley Hospice Society. Thanks to the generous and loyal support from donors and customers, the more than 80 volunteers who have given over 16,000 hours to date in 2015, and the leadership of store manager, Deborah Campbell and her staff, the thrift store is responsible for more than 25 percent of the Langley Hospice Society's annual revenue. Every donation to Second Story Treasures helps to ensure that the important palliative and bereavement support programs and services that Langley Hospice Society provides, continue to be available, free of charge, to the children, teens, adults and families we serve.

Second Story Treasures: How can you help?

- Donate your gently used clothing, furniture, household décor and small appliances ~ think of us as you clean out your closets, replace furniture, or redecorate
- Become a customer at Second Story Treasures ~ every Monday our volunteers re-merchandise the store and Tuesday mornings at 10:00am our loyal customers line up for the weekly reveal.
- Become a store volunteer ~ join our fabulous Second Story Treasures team; volunteers are trained and commit to one four-hour shift per week, Monday to Saturday



Mark Your Calendar...

Society Office Christmas Hours The office will be closed from **Thursday, December 24, reopening on Tuesday, December 29 at 9:00am.** We will also be closed from **Thursday, December 31 at noon, reopening on Monday, January 4 at 8:30am.**

Second Story Treasures Holiday Schedule The Thrift Store will be closed for the holidays and seasonal maintenance from **Wednesday, December 23 through Monday, January 4, reopening at 10:00am on Tuesday, January 5.** We will be open to accept donations only from **11am-3pm on Wednesday, December 23, Tuesday, Wednesday and Thursday, December 29, 30 and 31 and Saturday, January 2,** as well as from **9am-3pm on Monday, January 4.**



Celebrate a Life Our Langley Hospice Society "Celebrate A Life" ornaments have a new look this year! We invite you to stop by the Willowbrook Shopping Centre and hang an ornament in memory of a loved one. Our volunteers will be at their regular location outside of Claire's and Quilts Etc., by the East Entrance to the mall, until **Saturday, December 12th.**

Cooking for One Langley Hospice recently offered the first of a series of Cooking for One classes, hosted by Well Seasoned Gourmet Food Store in Langley, BC and funded by a generous donation from the Living Waters Church in Fort Langley. These classes are being offered for individuals who have lost a partner or spouse and are wanting to learn to cook or perhaps become reacquainted with the kitchen. Chef Sue will teach fun, hands-on classes with a goal to help participants learn to cook healthy meals for themselves, try new recipes, and build connections in an environment with others who have experienced a similar loss. Our first class was held on November 13, 2015 with much success and the 2016 dates are set for **January 27, March 23, and May 18.** Please note: Classes are free of charge, but class size is limited and registration is mandatory. Interested individuals can make an application by contacting Marrienne via email at info@langleyhospice.com or by phone: 604.530.1115.

Basic Training This fall's Basic Training class completed on November 24th, with 16 graduates - several of whom will be joining our ranks as volunteers. Congratulations to you all, and welcome to Langley Hospice! If you are interested in joining the spring session of our ten-week, 30-hour Basic Training course, please contact Fernande at 604-530-1115 for more information.



October—November, 2015 Donations Made in Memory of:

Sarah Margaret Barrand
Doreen Clements
Doug Court
Norma Cuzzetto
Marvin Dykshoorn
Rose Gabert
Jean Head
Elizabeth Hille
Amy Hughes
George Kennedy
Jaye Laskey
Greg Long

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HENDERSON'S LANGLEY FUNERAL HOME
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Langley Hospice Society

20660 - 48 Avenue

Langley, BC V3A 3L6

Phone (604) 530-1115 Fax (604) 530-8851

www.langleyhospice.com

