



Langley Hospice News

Volume 15 Issue 1

20088 40A Avenue, Langley, B.C. V3A 2Y6

March 2008



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.



Langley Hospice Society Incorporated October 19, 1983



This year, Langley Hospice is observing a quarter-century of providing compassionate support to help people live with dignity and hope while coping with grief and the end of life.

The success of Langley Hospice cannot be attributed simply to the growth in our population. Our staff and volunteers have been hard at work for 25 years, making the community more and more aware of how we can help. However, none of this would have been possible without you, the caring and giving Langley residents. Your support enables us to fulfill our mission to people of all ages and from all walks of life – mothers, fathers, daughters, sons, sisters, brothers – everyone who needs our support.

We would like to invite all of you to be involved with us as we enter a very exciting period of growth. We will be marking our 25th Anniversary with a celebration this autumn and unveiling our future expansion plans. We have purchased property adjacent to our house and will be expanding our facilities. We are in a planning process of determining what will be housed in our expanded complex. In addition to our existing programs, our intention is to expand our services by providing non-medical modalities, i.e. relaxation program for caregivers, complimentary therapies including therapeutic touch, day activity centre, education and resource centre and much, much more depending on the needs of the community.

We invite you to join us in September, 2008 (date to be announced) for the unveiling of our expansion plans and provide input as we move to our next stage of development.

We look forward to meeting your needs and exceeding your expectations for the next 25 years. Thank you for giving us that privilege.

Warm regards
Sandra Castle, Executive Director

Journey Walk/Run for Remembrance

2008 is a significant year for Langley Hospice. We are celebrating 25 years of delivering much-needed programs and services to our community, and we are proud to be hosting our **8th Annual Journey Walk/Run for Remembrance**. Last year, we raised over \$15,000 to support Langley Hospice. Our programs include individual and group support, education, advocacy, volunteer training and a summer camp for grieving children and teens. With the continued support and generosity of our community, volunteers and sponsors these programs and services remain a success!

The **8th Annual Journey Walk/Run for Remembrance** will be held on **June 8th, 2008** at **George Preston Recreation Centre** (20699 – 42nd Avenue). Registration will take place from 7:30 am to 8:30 am and the walk/run will begin at 9 am. Following the event, there will



be refreshments, entertainment, door prizes, a silent auction and the Langley Hospice Spirit Awards, which will be presented to the individuals and teams that raise the most pledges. Pledge forms can be found on our website (www.langleyhospice.com), at **Second Story Treasures** (#5 – 20349 – 88th Avenue) or at **Vancity Community Branch** (Branch 23, Unit 100 – 20055 Willowbrook Drive). We look forward to seeing you all there!



NEW FACES

Welcome to **Adrienne Wong**, who started February 11, 2008 as our new Special Events and Volunteer Coordinator. Adrienne previously worked as an Employment Counsellor for a non-profit organization helping people with disabilities and chronic conditions find work. She has also had experience in a variety of fields from customer service to the Investigations and Human Resources fields of the banking industry to providing behavioural therapy to children with Autism. She has a Diploma in Arts and Science from Langara College and a Certificate in Liberal Arts from SFU. She is in her 4th year of studies for her Bachelors Degree, majoring in Psychology, from SFU and plans to complete her degree on a part-time basis.

We would also like to welcome **Jane Corkish**, our new Children's Camp Coordinator, who started with us on March 11. Jane is a teacher with a degree in Sociology from UBC and a B. Ed. from the University of Calgary. She has over 30 years experience working with children and youth in the recreation, education and non-profit sector. Growing up in a family that lost a child has given her many helpful insights into the challenges that face bereaved children and their families.

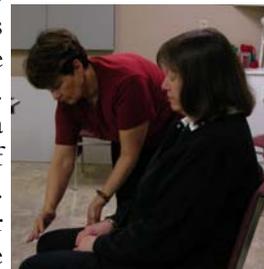
HAPPENINGS...

Langley Hospice Summer Retreat Langley Hospice will be offering a Child and Teen weekend retreat this summer from August 22-24 at the beautiful Camp Elkgrove which borders Aldergrove Lake Park. Although we will be offering traditional camp activities such as games, arts and crafts, the entire camp program is sensitive to diverse cultures and shaped by the core belief that each child needs to be supported to express feeling, grieve and grow in their own way. We will be offering 24 spots to children ages 7-14 as well as a leadership program for youths ages 14-20. There is no charge for participation in this program.

Langley Hospice Summer Programs During July and August, Langley Hospice will be running summer activity days for children 7-12 and training days for our youth leadership group. The activity days will run in small groups where bereaved children and youth can share their experiences with peers while accessing unique opportunities such as nature hikes and picnics in Campbell Valley Park. If your child or someone you know would be interested in learning more about our summer programs, please contact the Langley Hospice Office 604-530-1115 or janecorkish@langleyhospice.com.

Grief Support Groups Langley Hospice is offering a Children's Grief Support Group for children aged 7 to 12 starting April 16, and daytime and evening Adult Grief Support Groups starting April 21 and 24, to provide support to those grieving the death of someone significant in their lives. These groups provide a safe and supportive environment where participants can explore ways to better understand the grief journey. There is no charge for participation in the groups; for more information or to register, please call Wendy at 604-530-1115.

Therapeutic Touch Langley Hospice Society has newly trained Therapeutic Touch (TT) Practitioners, joining an already existing team of eight. This therapy is offered to the patients and their families at the hospice residence as well as in their homes. What is Therapeutic Touch? It is a contemporary interpretation of several ancient healing practices. The practitioner uses his or her hands to open and balance the energy field to facilitate healing. TT



was developed by Dolores Krieger, PhD, RN, and Dora Kunz, a natural healer, in 1972. Consisting of four simple steps, a treatment can be given in about 15 to 20 minutes. Minimal touch is involved. TT can be done sitting or lying down. The benefits of Therapeutic Touch may be relaxation which reduces stress and anxiety, reduction or alleviation of pain, and it can also give a sense of well-being through comforting and nurturing, among other things.



We're Going Green...

We are still trying to reduce the numbers of newsletters we print and mail out. If you would be willing to receive your copy electronically, please send your e-mail address to: info@langleyhospice.com, and help us to reduce our mailing costs and save a few trees!

Volunteer Corner



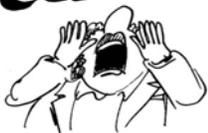
Bingo Palace Thank you so much to all the volunteers that participated in the promotion of Langley Hospice at the Bingo Palace from February 18th to 28th. The funding we receive from BC Gaming is a significant source of revenue for Langley Hospice, so many thanks for the support with this important fundraiser!

Volunteer Appreciation Dinner This year, **National Volunteer Appreciation Week** is from April 27th to May 3rd, 2008. Volunteer Week is a special time to thank all the volunteers who generously offer their time, energy and talents to better the community and the lives of others. Langley Hospice would like to celebrate the magic of our volunteers with a **Volunteer Appreciation Dinner**. This event will be held on **Thursday, May 1st, 2008**, so mark your calendars! Watch for your invitations in the mail for further details.



Calling All Volunteers! We are looking for enthusiastic individuals who would be interested in volunteering at our 8th Annual Journey Walk/Run for Remembrance on Sunday, June 8th. We need people to help with set-up, staff the water stations and other tables, and to cheer on our walkers and runners. If you are interested in helping out, please contact Adrienne Wong, Special Events & Volunteer Coordinator, at 604-530-1115.

Volunteers!



Volunteer Hours	
October 1, 2007—January 31, 2008	
♥ Client Volunteers	1,940 hours
♥ Store Volunteers	5,733 hours
♥ Office, Events, Board Newsletter & Other	860 hours
Thanks to all of you for your generous commitment to Langley Hospice!	

Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

♥ Second Story Treasures	
Sherrill McKay	Linda Putich
Wendy Rigby	Kathy Sawatzky
Gesine Welch	Richard Welch
♥ Office	
Marina Knopp	Ellen Ramsay
♥ Client Volunteers	
Linda Coltura	Judy Cox
Wendy Francis	Jude Weir

5 Year Pins Congratulations to the following recent recipients of five year pins—we really appreciate your dedication to Langley Hospice!

Laurie Atkinson	Mary Chorm
Clare Nickerson	Anna Terrace
Nancy Walker	

Get Well Soon Our best wishes for a speedy recovery go out to Alice Hanlon and Pat Smith, volunteers at the Second Story Treasures Thrift Store.

HAPPENINGS...

Coffee or Tea? In November of 2007, Langley Hospice Society initiated a tea service at the ten-bed hospice residence. Every Friday afternoon, Dianne Smart and Nancy Walker, hospice client volunteers, serve tea, coffee and goodies to the residents, their families and the staff. The lovely silver-plated tea service was donated by volunteer Barbara McInnes, china tea cups were given by the hospice thrift store and a tea cart was custom-made. This service has been a wonderful addition to the amenities offered at the Langley Hospice Residence. One resident commented that the sound of the cups jingling as the cart moved down the hall had a resonance of little bells creating a sense of anticipation for a nice cup of tea as well as great company. This new service has been very well received by all.



**December 2007—February 2008
Donations Made in Memory of:**

Bruce Adolph	Victoria Enders	Les Seymour
Agnes Affleck	Jean Enock	Robert A. Smith
Robert Archibald	Harry Fielding	Mervyn Stewart
Joseph Barriere	Wanda Gamble	Mrs. Stewart
Charlene Beaulieu	Eileen Halicki	Elsie Stuart
Heather Blain	Cora Harker	Mabel Townsend
Lise Bradley-Dupuis	Rose Lotnick	Vince Warner
Molly Bridge	Randy McNeil	Ronald Will
Ethel Chapman	Jean Penzer	Norman Wilson
Ron Coupland	Ceridwyn Post	John Woskosky
Claude Cronhelm	George Ravenek	

A note from Henderson's Langley Funeral Homes, annual newsletter sponsor



Dear Readers:

Dignity Memorial® Funeral Homes, are proud to host **Hospice Foundation of America's 15th Annual Teleconference** on **April 16, 2008**, from to **9:30 am to 4:00 pm**. at the Abbotsford Evangelical Free Church, 33218 Marshall Road, Abbotsford. We would like to take this opportunity to invite you to attend this teleconference to explore and discuss current topics and practices that may pertain to our profession. Furthermore, this teleconference provides an opportunity for a variety of professionals- including doctors, nurses, ethicists, educators, social workers and bereavement counselors- to share and exchange ideas and **obtain continuing education credits**.

This year's HFA's Annual National Bereavement Teleconference topic is on **"Living with Grief: Children and Adolescents"**. The teleconference will focus on the experience of grieving children and adolescents and the ways that hospice professionals, volunteers, teachers, school administrators, grief counselors, funeral directors, parents and the general public can best support these populations as they cope with grief and loss. Frank Sesno, Professor of Media and Public Affairs at The George Washington University and Special Correspondent with CNN, will lead the panel of noted authorities.

A **continental breakfast and luncheon will be provided** for you on site and you may also want to take advantage of grief resources available for you. As there is a **limited number** that can attend, **please RSVP your registration** by fax to 604.853.9952 or email to info@woodlawnfh.ca with the names of those attending, the name of your organization, and a contact person with phone number. For more information, contact Karen Rowan at 604.853.2643.

Best regards,
Randy Terrace
Location Manager
Henderson's Funeral Home Ltd.
20786 Fraser Highway, Langley, BC

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Langley Hospice Society

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