



Langley Hospice News

Volume 15 Issue 3 20088 40A Avenue, Langley, B.C. V3A 2Y6

October 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 presents...

Children Helping Children Spring and Summer Child & Teen Programs 2008

Teen Discussion Groups (13 to 18 years)

The Langley Hospice Society offered a support group for bereaved teens this spring as Phase I of our Leadership Training Program. Although adult facilitators provided the structure and guidelines for this group, teens were given the opportunity to share their feelings and experiences about grief amongst themselves. They invited the adults back to the group to share their ideas, clarify them, and if necessary, request information. Not only did the teens do an excellent job of supporting each other, they provided facilitators with valuable insights into the challenges of being a bereaved teen. The teens' wisdom, compassion and integrity made it clear that they had much to offer other children.

Teen Leadership Program

(13 to 23 years)

The Leadership Training Team participated in three day-long workshops that covered topics such as First Aid awareness, proactive behavior management, and support group facilitation techniques, as well as half-day debriefings after volunteering as Counsellors at our Summer Day Camps. Special thanks to the Leadership Team who contributed over **three hundred and sixty-five hours** of volunteer time to make a difference in the lives of over two dozen children this summer.



LHS Summer Day Camps

Tuesdays ~ July 8, 22

& August 5, 2008

Thanks to the Leadership Team (Andrea, Claire, Colin, Kirsten, Nicole & Priscilla) we were able to host three summer day camps (two of these in Campbell Valley



Regional Park) where bereaved children were able to play, hike and share their experiences. Special thanks to Anna Terrace and Sue Docherty, volunteers from Langley Hospice.

Camp Chrysalis

August 22-24, 2008



A three-day retreat where adults were seen and not heard and bereaved children got silly, got sad, and got silly again. This camp was planned and

supervised by bereaved teens and immensely enjoyed - "Camp Chrysalis Rules!" - by 19 children aged 6 to 12. Special thanks to a village of sponsors: The Elks Club, Sovereign Order of St. John of Jerusalem, Rotary Club of Langley Central, Nanaimo Hospice Society, Chilliwack Hospice Society, Henderson's Langley Funeral Home, Brookwood Shoppers Drug Mart, Country Feeds and Maple Leaf Foods, all of whom donated funding, volunteers, materials and time to make this camp happen. And a very special thanks to the Caring Hands Quilting Group who made handmade quilts for each of the campers and the counselors.

Check our website for new programs this fall!

Child & Teen Programs for Fall 2008

Fall Leadership

LHS will continue to recruit and train teen volunteers for our youth and children's programs in 2008 & 2009.

Children's Support Group (5-8 years) 8 Sessions starting October 15, 2008



Children's Support Groups

(5 to 13 years)

Five Children attended our children's support group this spring. Special thanks to Lois Burton who co-facilitated this group, to Bob Moreau who allowed us to use his farm for

the last meeting, and to the Caring Hands Quilting Group that made the quilts for the children in this group.

(continued on page 2...)

(continued from page 1)

Children's Support Group (9-12 years) 8 sessions starting October 15, 2008

Teen Support Group (13-18 years) TBA

Day Camps for Bereaved Children (6-14 years) one Saturday per month, November '08 through May '09 (dates TBA)

Coming Soon....

Bereavement Support Training for Teens (20 hours)

This course is designed for teens to develop their communication skills so that they can better companion a teen who has experienced a loss due to death. We hope to offer our first course sometime in January of 2009.

Peer Mentoring

Trained teen volunteers will companion other youths who have experienced a loss due to death. Initially this will take place at the Langley Hospice Society but eventually could expand to the schools if desired. May begin as early as Fall 2008

Workshop for Parents of Grieving Children

Four two-hour sessions facilitated by a bereavement counselor. Parents will explore techniques for discussion of loss with their children and how their own grieving process can be used to support and deepen their connection with their children.



Bereavement Day is November 14th

If you have lost someone you love in your lifetime, you live with sadness and pain to varying degrees. Please take time for yourself this November 14th and remember that:

"Grief shared is grief diminished"

The BC Bereavement Helpline are selling black ribbon pins to wear in remembrance of bereaved people everywhere. These pins are available from Langley Hospice ~ contact us at 604-530-1115 or call the BC Bereavement Helpline (M-F, 9-3) 604-738-9950 or toll free 1-877-779-2223.

*The Bereavement Helpline:
Putting Life, Love & Loss Into Perspective*

HAPPENINGS...

The 1st Annual Dignity Memorial Fraser Valley Golf Tournament was hosted by Dignity Memorial Group of Funeral Homes – Henderson's Funeral Homes in Langley, Abbotsford and Chilliwack and Woodlawn Funeral Homes in Abbotsford, Chilliwack and Mission. It took place on Tuesday, September 16th at Cultus Lake Golf Course. Approximately 80 people participated in the tournament including Langley Hospice's Executive Director,



Sandra Castle, and **Lois Burton**, a hospice volunteer ~ with Sandra taking home the "Women's Longest Drive" award. The tournament was very well-attended, and the weather cooperated nicely, making for a fun-filled day for all participants. Dignity Memorial raised \$13,068 to be divided between Abbotsford, Mission, Chilliwack and Langley Hospices; which means each hospice will receive \$3,267!



NEW FACES

We'd like to welcome **Judith-Blythe Barnard**, who joined our hospice team on September 3rd. Judith received her B.Ed. from the University of Victoria, M.S.W. from Wilfrid Laurier, as well as an advanced degree in Drama. Currently, she is enrolled in taking a course in Satir Family Therapy. She has over 30 years experience working with and for youth, families and the elderly in recreation, government and therapy. Her years as a family counsellor along with her experience taking care of her elderly and ailing parents, grieving her father's recent death and companioning others on their journeys through mourning provide her with the expertise to support others in facing the challenges that loss and grief inevitably bring.

Would You Like to Get Your Newsletter by E-Mail?

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



A Big Thank You to the Volunteers at Camp Chrysalis!

Thanks to all of our adult volunteers who helped out at this summer's children's grief camp: Judi Wilson-Storey (from Nanaimo Hospice), Sue Docherty, Melanie Axford, Anna Terrace, and Lucy Fraser (from Chilliwack Hospice); our wonderful cooks – Lorna Edgecombe, Don Schwandt, Doug Jensen and Nancy Jensen, and last but definitely not least, the “Clean-Up Crew” – Marti Kennedy, Barbara McClean and Dave Barnett. There would be no Camp Chrysalis without all of you!

Volunteer Hours June 1—August 31, 2008

♥ Client Volunteers	1,977 hours
♥ Store Volunteers	4,570 hours
♥ Office, Events, Board Newsletter & Other	633 hours

Thanks to all of you for your generous commitment to Langley Hospice!

Heartfelt thanks to all of our dedicated volunteers for their continued commitment and support. We couldn't do it without you!

Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

♥ Second Story Treasures

Elmer Descalzo	Margaret Johnson
Jennifer Morishita	Min Young Park

Anniversaries Congratulations to the following volunteers, celebrating their anniversaries with us:

♥ 1 Year

Elly Johnson (SST)	Wendan Li (SST)
Marguerite Mason (SST)	

♥ 5 Years

Jane Cassidy (SST)	Joyce King (SST)
Karen Lock (Fdn Board)	Margaret Oliver (SST)

♥ 10 Years

Charlotte Barr (SST)	Kathleen Walsh (SST)
----------------------	----------------------



MARK YOUR CALENDAR...

Celebrate a Life This annual event (with the exception of last year) is taking place once again from **Sunday, December 7th through Sunday, December 21st** at **Willowbrook Mall** in Langley. Celebrate a Life is intended to provide individuals and families in the community with a unique way to remember their loved ones at Christmas. We are looking for volunteers to help at our mall display through this time, especially people who have taken our hospice basic training course ~ please contact Adrienne at **604-530-1115** if you are willing to give a few hours to those who would like to remember their loved ones at this often difficult time.

As the holiday season draws near, our thoughts go out to times past and loved ones who may no longer be with us. We are hosting **Journey Through the Holidays** in hopes that it will assist you during the holiday season. You are invited to join us here at the Society office on **Tuesday, December 2 at 7:00 p.m.** Space is limited—for more information or to register, please call Judith at 604-530-1115.

And for all of our Langley Hospice volunteers, our annual **Volunteer Christmas Tea** will be held on **Thursday, December 18 from 3 to 5pm** at the Society office. We hope to see you all there!

July—September 2008 Donations Made in Memory of:

<i>Margaret Anderson</i>	<i>Bruce Hickey</i>	<i>Gary Nordling</i>
<i>Arthur Barber</i>	<i>Mr. Hyunh</i>	<i>Brian Pettit</i>
<i>Colleen Bouchot</i>	<i>Lois Jurich</i>	<i>Patricia Roberts</i>
<i>Ray Bremner</i>	<i>Stanley Kiyon</i>	<i>Ivan Ruzic</i>
<i>Victor Butler</i>	<i>Shirley Korstrom</i>	<i>Florence Sharpe</i>
<i>Ethel Chapman</i>	<i>Stella Krahn</i>	<i>Pamela Mae Smith</i>
<i>Della Crawford</i>	<i>Dorothy Kraushar</i>	<i>Robert Leslie Smith</i>
<i>Peter Davis</i>	<i>Catherine Lautenslager</i>	<i>Addy Stokes</i>
<i>Thomas Earl Empey</i>	<i>Elma Lehner</i>	<i>Vicky Thierstein</i>
<i>Kila Fietje</i>	<i>Hans Maas</i>	<i>Marvin Zawalski</i>
<i>Tim Fournier</i>	<i>Frances MacDonald</i>	

Henderson's Langley Funeral Home & Dignity Memorial Sponsor Charity Golf Tournament

On Tuesday, September 16, 2008, Henderson's Langley Funeral Home, along with other participating Dignity Memorial funeral providers of the Fraser Valley, hosted the *First Annual Dignity Memorial Fraser Valley Golf Tournament*, at the Cultus Lake Golf Club. The tournament raised over \$13,000 in proceeds, which were split among four Fraser Valley hospice societies: Abbotsford, Chilliwack, Langley and Mission Hospice Societies.



Left to right: Ann Ramsbottom (Chilliwack Hospice), Rick Chappell (Chilliwack Hospice), Deborah Lehmann (Abbotsford Hospice), Randy Terrace (Hendersons Langley), Jayson Gordon (Dignity Memorial), Joe Reid (Scotiabank), Sandra Pughe (Mission Hospice) and Sandra Castle (Langley Hospice)

BOARD OF DIRECTORS

Society Board

Kathy Derksen, President
Linda von Tettenborn, Vice President
Thornton E. Smith, Treasurer
Judy Ferris
Bonnie Greenlee
Jane Hamar
Dorscie Paterson
Anne Pilgrim
Scott Taylor

Foundation Board

Michele Coleman, President
Roberta Frankforth, Vice President
Karen Lock, Secretary
Debbie Dore, Treasurer
Anne Dent
Gary Faichuk
Merlyn Jussila
Dorscie Paterson
Donna Wenman



Executive Director

Sandra Castle

Bereavement Support

Judith-Blythe Barnard

Palliative/Volunteer Support

Fernande Ouellette

Children's Grief Camp

Jane Corkish

Special Events/Volunteer Services

Adrienne Wong

Administrative Services

Wendy Vetsch

Second Story Treasures Manager/Store Operations

Diane Boyd

Assistant Manager

Kim Saagau



Published by the Langley Hospice Society

All material in this newsletter is copyrighted by Langley Hospice; no reproduction permitted without explicit written permission.

Langley Hospice Society

20088—40A Avenue

Langley, BC V3A 2Y6

Phone (604) 530-1115

Fax (604) 530-8851

www.langleyhospice.com

