



Langley Hospice News

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

October 2010



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.



Children & Teen's Grief Support Camp Chrysalis 2010

At Langley Hospice Society, "counselling" is only one of many ways we support bereaved children & teens. Our child and teen program also includes support groups, camps, peer support training and leadership training for teens.

Although support groups are very effective, children need TIME (and lots of it) with their peers to fully integrate their experience of loss. A four-day retreat gives bereaved campers an opportunity to explore and discuss their experience in an unhurried, sympathetic environment. While support groups are an essential beginning, overnight camps are more effective because the most profound support happens while children are just playing, roasting hot dogs over the fire or brushing their teeth before bed. Not only do they take comfort in their shared experience but they will spontaneously talk about how they cope or don't cope with the changes the death of a loved one brings to their lives. Given time with peers, children are able to not only heal, but to *celebrate* who they are as a result of working through their loss.



At this year's Camp Chrysalis, a total of 18 children and teens attended. Four children (ages 4-7) attended the Junior Camp, and 14 children (ages 9-14) attended the Senior Camp between August 19th and 22nd. A total of 12

adults volunteered their time in capacities as varied as assistant cook, nurse, art facilitator and camp co-ordinator, as well as six camp counsellors for the two camps. I would like to extend a special thank you to Amy, Alex, Arian, Anna, Christian, Charlene, Chelsea, Dominic, Ellen, Rhuina, Sadie, Susan, and Sarah who made this year's Camp Chrysalis the best ever! Also, a special thank you to Jaclyn (the camp cook that spoiled and nurtured everyone and made everything, even pizza dough, from scratch)!

Following is one camper's experience at this year's Camp Chrysalis...

Originally I came to Camp Chrysalis to work as the camp photographer, but I left inspired and with new hope for myself, thanks to the group of thirteen kids who I spent just four days with.

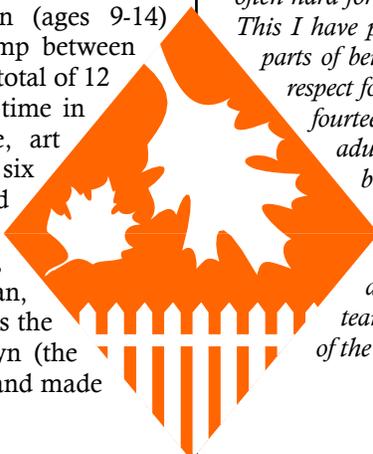
After losing my mom nearly a year ago, I had begun to lose hope that I would ever be able openly trust people again, but something changed when I was a part of Camp Chrysalis. I suppose that is one of the greatest parts about it - we are all a part of something. The campers all arrived with smiles on their faces, and just seemed to emit kindness and compassion, something I hadn't ever seen in people that young. There's something about the Hospice community that seems to all have that unconditional support system that makes it such an inspirational place.



I had previously been a member of a few support groups, and those were fantastic. However, nothing can compare to the life-changing experience I lived during camp. It is a time when bereaved children can be themselves, without worrying about judgment or ridicule. After a loss of someone close to you, it is often hard for kids and teens to fit in with other people their age. This I have personally experienced. One of the most incredible parts of being at camp with these kids was the unconditional respect for each other and lack of age barriers. From nine to fourteen years, every single one of them struck me as an adult in a child's body. They understood each other because of their commonalities, something most people can't relate to.

After the closing ceremonies, the sense of family and trust was unmistakable. There were a lot of tears, but more than that - there was compassion. Each of the campers were supporting each other, giving hugs

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and pats on the back, and for the first time, it seemed like it was okay to be yourself, no matter what that would mean. Be it tears, telling your story or simply talking about your special person, you would be supported through and through. That is something that cannot be replicated in any other place for a child who has experienced a loss.

Although I was simply an 'adopted camper', that didn't lessen what Camp Chrysalis taught me. I know, that after watching the changes in them after a short few days, that the campers felt the same thing I did. No matter how tough times may be, we can make it through them, because we are never alone.

Alexandra Day

Note: All the photographs accompanying this article were taken by Alexandra at this year's Camp Chrysalis.



HAPPENINGS...

Welcome back to **Adrienne Barnett**, who has returned to the Society office after a year's maternity leave. She is stepping back into her role as Special Events and Volunteer Coordinator ~ glad to have you back, Adrienne!

We'd like to wish **Cheryl Tall**, who has been filling in for Adrienne while she was on leave, all the best with her future endeavours. We really enjoyed having you with us, Cheryl!

Open House & Ribbon Cutting

On July 28, 2010, we held our Open House & Ribbon Cutting Ceremony at our new residence at 20660—48 Avenue in Langley. The evening was a big success with more than 100 people attending, including City of Langley Mayor Peter Fassbender and Langley Provincial MLA Mary Polak. There were tours



of the house, a ribbon cutting, and plenty of refreshments, including, of course, cake! Thanks to all of those who came out to help us celebrate our new home!



MARK YOUR CALENDAR...

Fall Support Groups

Langley Hospice is offering two **Adult Grief Support Groups** ~ Wednesday afternoons beginning October 13th here at the Hospice Society office and Thursday evenings starting October 14th at the Langley Library ~ 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 Angelika at 604-530-1115.

Our fall **Children's Program** starts on Thursday, October 14th with a weekly after school support group for kids aged 5—10 years. Parents and/or caregivers will attend with their child, and have a chance to participate with them, so they can follow through at home. Please call Jane at 604-530-1115 for more information or to register.

"REEL" Conversations

Langley Hospice Society now offers two evenings of film and discussion each month. Participants view films that address the topic of death and dying over two evenings and in discussion reflect on how the film adds or counters their experiences with dying and loss. So far we have viewed *My Sister's Keeper* and *Wit*. On Tuesday, Oct. 26th and Tuesday, Nov. 2nd, we will be watching and discussing *Dragonfly* with Kevin Costner. Anyone is welcome to attend but please RSVP to the reception volunteer or to Jane at 604-530-1115 so that we can make sure we have enough popcorn!

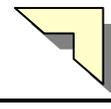
Hope & Help at End of Life Info Sessions

Are you experiencing or thinking about issues related to end of life? You don't need to walk this path alone. Langley Hospice Society and Fraser Health are collaborating to offer information and support sessions around end of life issues and caregiver support. Each session will be held in two parts, with a presentation about an identified topic for the first half hour, followed by a discussion group of how the selected topic may be affecting participants and their loved ones. Attendance is welcome at one or both parts of the evening, and active participation is entirely voluntary. Sessions will be held on select Monday evenings from 6 to 8 pm at the Renaissance Retirement Residence, 6676 - 203 Street, Langley. There is no charge for participation in this program; please call Angelika at 604-530-1115 or Lisa at 604-514-6159 for more information.





Volunteer Corner



Volunteer Opportunities

Office Volunteers

We are looking for volunteers to help out in our office Monday through Friday during the day. No experience necessary. A great way to gain confidence, increase your employability, and support your community. Contact Adrienne at 604-530-1115 for more info or to apply.

Store Volunteers

Second Story Thrift Store is always in need of volunteers to help with sorting, pricing, customer service and setting up displays at the store. Please contact Adrienne at 603-530-1115 for an application.

Newsletter Team

We're looking for volunteers to help with the mailing of our quarterly newsletter. If you're interested in assisting with folding and stuffing the newsletter for mailing, usually for about two hours every three months, please give Wendy at call at 604-530-1115.



Farewell

We bid a very sad farewell to **Daphne Piper**, a longtime volunteer with Langley Hospice, who died on September 7th at the Langley Lodge. She worked with us for 21 years, doing vigils and helping to get our newsletter out. She will be greatly missed by all of us here at the Society office.



Volunteer Hours
March 1 - August 31, 2010

♥	Client Volunteers	2,452 hours
♥	Store Volunteers	8,619 hours
♥	Office, Events, Board Newsletter & Other	1,986 hours

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

Annual Client Volunteer Potluck

The annual potluck dinner with our client volunteers was held on August 19th. The weather cooperated wonderfully and the variety of food was lovely and yummy! Most importantly, we had a great turnout of beautiful souls making it a successful evening with lots of fun and laughter.



Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

♥ Second Story Treasures

Kerry Herman	Amitoj Kooner
Mark Kuo	Morgan Mosselman
Anita Nicholson	Soma Rai
Janet Trufyn	

♥ Office

Deb Beadle	Sarah Jegodtka
Harshi Mann	Shirley Qu
Robin Sharma	

♥ Client

Pat Anderson	Gary Hawkins
Donna Hudspeth	Alice Klassen
George MacKinnon	Claire Salmon
Lorna Wilson	Carol Woloschuk

♥ Special Events

Catherine Murray

♥ Children's Camp

Sadie Crocker	Alexandra Day
Yvonne Dion	Susan Gorris
Sarah Jegodtka	Ellen Krilow
Megan Kroeker	Amy Lin
Arian Mojica	Ruhina Ran
Chelsea Scott	Charlene Veldman

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

Please send your e-mail address to:
info@langleyhospice.com, and help us
to reduce our mailing costs and save a few trees!

**March—August, 2010
Donations Made in Memory of:**

Joy Adams
Phil Brown
Betty Brownlee
Steve Bryant
Elli Burke
Kim Caller
Margaret Carslake
Della Crawford
Muriel Dibb
Alfred Erickson
Judy Ferris
Tim Fournier
Ron Gatz
Ida Gibb

Ann Hallquist
Hule Hamilton
Christina Keizer
George Kennedy
Leonie Lehane
Eric Lynds
Jacqueline Matheson
Archie McDermid
Jack McGillivray
Agatha Moeller
Isabel Morphet
James Munro
Gerda Neuberg
Sergio Pol

Betty Powers
Agatha Radmacker
Elizabeth Reilly
Harold Roberts
Maevae Roebuck
Paul Samec
Violet Saniger
Bobbie Smart
Deanna Tocher
Cecil Turton
Jan Tuytel
Michelle Vandale
Clive Williams
Daryl Woodburn

For years they have provided great
comfort to families like mine.



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HENDERSON'S LANGLEY FUNERAL HOME
20786 FRASER HIGHWAY, LANGLEY, BC V3A 4G6 604.530.6488



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Scott Taylor, Vice President
Bonnie Greenlee, Treasurer
Jane Hamar, Rec. Secretary
Anne Pilgrim, Rec. Secretary
Dorscie Paterson



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Roberta Frankforth, Vice President
Anne Dent Secretary
Debbie Dore, Treasurer
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Sandra Castle

Bereavement Support

Angelika Bendrich

Palliative/Volunteer Support

Fernande Ouellette

Children's Grief Support

Jane Corkish

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Administrative Services

Wendy Vetsch

Second Story Treasures

Manager/Store Operations

Diane Boyd

Asst. Manager/Store Operations

Kathy Sawatzky

Cashier

Cheryl Levy



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Langley Hospice Society**

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