



Langley Hospice News

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December 2007



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.



The Gift of Love and Memories

Memories can bring tears of both sorrow and happiness. As the holiday season approaches, some memories can sting like tiny icicles around the heart. Others may bring warmth and a glow of remembered love. But whatever else memories are, they are gifts to us, to be recognised, honoured and cherished. Sometimes gifts are precious, while others are a bit harder to hold.

Sometimes, especially in the early months and even years of grief, all we can remember is the pain of our loved ones death. Pain seems to overshadow everything. These shadows seem to make every day harder and in winter, the shadows seem longer, deeper and darker.

Sometimes memories are full and complete while at other times, only bits and pieces of memory flicker by. We try to catch as much of the image as possible, but sometimes it is lost almost as soon as we acknowledge it. And sometimes it plays and replays across our minds, endlessly tracing again and again the images engraved into our souls.

Holiday time seems to enlarge our memories. We remember what we have lost and cannot seem to find a comfortable place for the memories. Now even those memories seem to bring only pain and sorrow.



This year many of us will be approaching the holidays with trepidation. During a time when family and friends are enjoyed and celebrated,

many of us will be experiencing the first holiday season without a particular loved one at our table. There will be an empty space at the table and in our heart. What do we do? How can we celebrate without them? What should we say?

During these holidays, consider some of the following suggestions which have been shared with me by clients:

- ♥ Talk about the person who has died and discuss with family and friends what you feel about not having that loved one present.
- ♥ Leave the person's place at the table empty. A physical reminder that the person is not there can also serve as a way to honour the person's memory.
- ♥ Light a candle to remember your loved one, perhaps next to a picture of the person.
- ♥ Before you start your holiday meal ask people around the table what their favourite story is about that person.
- ♥ Carry a picture of your loved one in your pocket so that you can look at the picture when you need to.
- ♥ One client told me that she planted a garden of memory in her yard where she could go and speak to her husband when she needed to.

Take time this holiday season to remember the laughter, the joy, the love and the lights of those who are no longer within hugs reach. Memory represents a love we have known and shared and with that gift, we are forever blessed.

May this holiday season bring you and your families the peace and love that you so deserve and may love be what you remember most.

Juanita Fleming
Clinical Counsellor
Langley Hospice

I will Light Candles this Christmas

by Howard Thurman



I will light candles
this Christmas;
Candles of joy
despite all sadness,
Candles of hope
where despair keeps watch,
Candles of courage
for fears ever present,
Candles of peace
for tempest-tossed days,
Candles of grace
to ease heavy burdens,
Candles of love
to inspire all my living,
Candles that will burn
all the year long.



Mark Your Calendars...

Celebrate a Life Due to renovations at Willowbrook Shopping Centre, we are unable to hold our annual Celebrate a Life event at the mall. For this year, we will be hosting a tree at our Society office. If you would like to commemorate a loved one this Christmas, please drop into our office at 20088–40A Avenue from 9:00 a.m. to 4:00 p.m., Monday through Friday from December 3rd to 14th, and you can write in our Memory Book and place a personalized ornament on the Christmas tree in our meeting room, or, if you're unable to get in to see us, please call us at 604-530-1115 and one of our volunteers will be happy to hang an ornament on your behalf.

Relaxation Group A reminder to take care of you! The Hospice Palliative Program is offering a Relaxation Group for palliative and bereaved people, their families and friends, at the Marion Ward Pavilion on the Langley Memorial Hospital grounds, **Wednesday mornings from 10:00–11:30**. If you have any questions, please call **Fernande (604-530-1115)** or e-mail to fernandeouellette@langleyhospice.com.

Support Groups for 2008 Groups are offered free of charge, but pre-registration is required. Groups will run for 10 weeks and will be from 6pm to 8pm. Adult support group dates for the first half next year are as follows:

- ♥ Thursday, January 10, 2008 to Thursday, March 13, 2008
- ♥ Thursday, April 10, 2008 to Thursday June 19, 2008

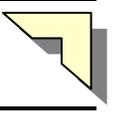
Please call Juanita Fleming at (604) 530-1115 to register, or for more information.

Christmas Volunteer Tea Our annual Christmas Volunteer Tea will be held this year on Thursday, December 13 from 3:00 – 5:00 p.m. here at the Society office meeting room. More information will be forthcoming, but mark your calendars—we hope to see all our wonderful volunteers there!





Volunteer Corner



VOLUNTEER SATISFACTION SURVEY

Here are the results of the Volunteer Satisfaction Survey you completed in September 2007. The following is a summary of the answer receiving the highest percentage of responses for each survey question..

1. I would rate my level of satisfaction as a volunteer as: **74% very satisfied.**
2. I understand the philosophy, mission and objectives of Langley Hospice Society: **71% agree strongly.**
3. I have a solid grasp of Langley Hospice as a whole (history, who's who, services offered); enough to feel comfortable answering questions about LHS in my regular duties and at special events: **53% agree somewhat.**
4. The information and materials I need to do my job are readily available to me: **78% agree strongly.**
5. I have a solid understanding of what my role is and what's expected of me: **80% agree strongly.**
6. I feel supported by my supervisor and other staff members at Langley Hospice: **84% agree strongly.**
7. Suggestions volunteers make are acted upon: **45% agree strongly.**
8. I feel as though I have received adequate training to do my job: **52% agree strongly.**
9. I would like the opportunity for more training and workshops: **37% agree strongly.**
10. I think it would be beneficial for all volunteers (except those who have taken the 30 hours Hospice training) to take a 4-hour condensed workshop in bereavement/dying in order to increase their comfort level and skills when dealing with people at special events, SST, the office, etc: **53% agree strongly.**
11. I believe my work is valued, and that appreciation is conveyed to me adequately: **79% agree strongly.**
12. I feel it would be valuable to participate in a process in which I meet with my supervisor at regular intervals to receive feedback on my performance and provide feedback on how the position is working for me: **33% agree strongly.**
13. In acknowledging my contribution to LHS, I believe it would be most meaningful to be recognized for:
 - a) the years I have been with LHS, regardless of how many or few hours I am able to contribute during those years, appreciating the value of my

steady commitment - our current system: **33% agree strongly.**

- b) the hours I contribute (i.e., every 100 hrs., then 200 hrs. etc), appreciating the value of how much time I commit to LHS - a new system: **42% neutral**

14. For recognition of my work, I would prefer:

- a) pins and name tags: **37% agree strongly.**
- b) certificates: **50% neutral.**
- c) more practical items (gift certificates, flowers, mugs, etc.): **30% agree strongly.**

15. I would prefer our annual Volunteer Recognition event be:

- a) fun and entertaining: **72% agree strongly.**
- b) educational: **41% agree strongly.**



WELCOME - NEW VOLUNTEERS

A heartfelt welcome to the following new volunteers:

♥ Second Story Treasures

Pat Anderson	Donna Baker
Shirley Boutillier	Mei Lam
Shannon Tsui	Julie Wiebe

Second Story Treasures Thrift Store Holiday Season Hours

Our very hardworking Hospice Thrift Store staff and volunteers will be taking a much-needed break during the holiday season. The Thrift Store will be open right up to 2:30 pm on December 22 to help you with your last minute Christmas shopping.

The store will be closed from December 23 through January 1 and will reopen on January 2, 2008.

However, thanks to our team of very dedicated volunteers, the store will take donations on specified days and times. Before taking your donations to the store, please phone 604-530-1115 for the posted schedule.

**October/November 2007
Donations Made**

Derek Allder
Diane Basines
Barry Blake
Janet "Elaine" Brown
Darlene Ann Buell
Donna Carriere
Dennis Cherniwchan
Mary Craig
Jean Enoch
Rosemary Granleese
Dorothea Kearney
Doreen Macaluso
Mrs. Papin
Peter Parton
Jean Penzer
Margaret Peters
Anthony Poppewell
Robert E. Smith
Robert L. Smith
Gerry Sobolik
Phyllis Turcott
Margaret Vallance
Gwen Vanderschaaf
David Wallace
Mona Watts
Ron Will

BOARD OF DIRECTORS

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Wendy Vetsch
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Diane Boyd
Assistant Manager
Michelle Cyprus



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*Holiday
Remembrance Service*

Tuesday, December 4, 2007 at 7:00 p.m.

Henderson's Funeral Home will be holding their annual Holiday Remembrance Service on Tuesday, December 4, at 7:00 p.m.

The service will be held in the chapel at the funeral home, 20786 Fraser Highway, Langley and is open to the public.

We would love to have you join us.

All who come will be offered a Christmas angel to memorialize your loved one who has passed away. Hopefully the service will bring some comfort to you during this coming holiday season.

Please RSVP to
604-530-6488

if you will be able to attend.

Sincerely,

Henderson's Funeral Home Staff

