



# Langley Hospice News

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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.



## Journeying Through the Holidays

The holiday season is here. And as for many others, celebrating the holidays this year for me will be different. My father died in August. So, how do those of us who have suffered a death of someone special cope with the holidays? Love, fortunately, does not die with death. I hope that you will find some of the suggestions below helpful as you, your family, and your friends journey through the holidays.

### General suggestions:

1. Nature is a great healer. A walk, a hike, a bike-ride, a winter picnic, a stroll through the park, can bring a sense of peace and calm.
2. Serve others and let others serve you.
3. Balance the time you spend alone and the time you spend with others. You may find that your energy level for social and family events is limited. Pick and choose which social events you will attend.
4. Lessen your expectations and decrease your stress. Avoid the "shoulds". There is no right or wrong way to celebrate the holidays. If you wish, have friends shop for you or shop through catalogues or the internet. Buy goodies rather than make them.
5. Talk about your loved one(s) with others during the holidays.
6. If you have spiritual or religious beliefs, draw on them for strength. Find blessings amid the sorrow and pain.
7. How to answer, "Have a great holiday!" Say, "I'll do my best", "I'll try" or "Best wishes to you."
8. Expect periods of sadness and tears.
9. Trust your instincts about what you and/or your family need.
10. Surround yourself with supportive and loving people. Listen to music and read books that bring you a measure of peace.
11. Talk to someone caring about your concerns for the holidays. Anticipation of how the holidays will go is usually worse than the actual holidays.

### For families with young children:

1. Maintain a routine.
2. Spend time together as a family every day. Suggestions include playing board games, cards, bowling, swimming, making cookies, doing crafts, etc.
3. Take a few minutes each morning to nourish your spirit before you tend to the needs of your children. During the day if you are feeling stressed, take a "time out". Be sure to get enough rest.
4. If some family members want a Christmas tree and others don't, put a Christmas tree up in a spare bedroom or the family room.
5. Find a way each day (or most days) to remember and honour the person who died; e.g. lighting a candle, making a special ornament, singing his/her favourite song.
6. Have dinner at a restaurant. Make plans with another family member to have dinner at their place. If dinner is at your home, make it a pot-luck.
7. Go away for the holidays.



(Continued on page 2)

(Continued from page 1)

### For individuals who are spending the holidays alone or who have adult children:

1. Surround yourself with good books and music. Rent or borrow movies. Remember the library is a good source for all three.
2. Remember your loved one by making a memory book, memory box or collage.
3. Serve others ~ make cookies, babysit or volunteer to serve dinner at a local community centre.
4. Take in the wonders of nature.
5. Invite a neighbour or friend over for tea.
6. Go away for the holidays.

### Honor those who are no longer with us by:

1. Setting a plate at the table with his/her picture on it.
2. Asking friends and family members to write about a humorous incident or an act of kindness characteristic of the person who died, fold them up, put them in a stocking, a boot, or a hat, and after dinner, have each family member pull one out and read it out loud.
3. Create new family traditions that keep the memory of the person(s) who died. Suggestions include: toasting your loved one(s); asking each person around the dinner table to identify one quality they most loved or appreciated about the person who died; share special sayings, memories or keepsakes of the person who died.
4. Donate a gift or money to a charity.

Along with mourning the loss of your loved one(s), take time this season to remember the laughter, the joy and the love of those who are no longer within a hug's reach. Embrace precious memories. Honour and celebrate their legacies.

May this holiday season bring you a goodly portion of hope, love and peace.

Judith-Blythe Barnard, M.S.W.  
Bereavement Support Counsellor



Congratulations to our Fall 2008 Volunteer Training Class ~ we wish you much success in your future volunteering endeavours!



## Mark Your Calendars...

**Celebrate a Life** Christmas is a time filled with warm memories of family and friends, near and far, past and present. It is a special time to honor those we love or who have touched our lives in a special way. We invite you to commemorate a loved one this Christmas, by writing their name on a memorial ornament, placing it on our tree, and writing a special message in our Memory Book. We will be at Willowbrook Mall from Sunday, December 7th through Sunday, December 21st. Please call us at 604-530-1115 for more information.

**Support Groups for 2009** We will be starting up new adult support groups in late January ~ groups are offered free of charge at the Society office, but pre-registration is required. Please call Judith by January 20/09 at (604) 530-1115 to register, or for more information.

Langley Hospice will be offering a **Children's Bereavement Support Group** starting Wednesday, February 4, 2009; times to be announced. The group is open to children 4 to 13 years. The group will run for eight sessions and each session will be 1½ hours in length. There is no charge for this group but pre-registration is required.

We will also be offering a **Children's Bereavement Day Camp** on Friday, February 20, 2009 from 10am to 3pm. This camp is free to bereaved children but, once again, pre-registration is required. Please contact Jane at 604-530-1115 before January 15, 2009.

**Cheque Presentation** The Langley Hospice Society was delighted to be selected as the partner charity for this year's **Greater Langley Chamber of Commerce** Celebration of Excellence Awards Evening. The now "infamous" Diamond Dig was great fun and raised \$1,820 due to the generosity of **Excel Jewellers**. Langley Hospice also benefitted from the live auction proceeds in the amount of \$4,250 - thank-you to all the donors! And a very big thank-you to the **Scotia Bank** for their generous matching grant of \$5,000. We appreciate the support of the Greater Langley Chamber of Commerce and the business community it serves. It is through this type of dedicated commitment that we are able to offer our palliative and bereavement programs to the community without charge. Sandra Castle, Executive Director on behalf of the Langley Hospice Society and Foundation Board of Directors.

Photo from left to right: Sandra Castle, Exec. Director, Langley Hospice; Diane Fransen, Scotiabank Willowbrook Park Branch Mgr., Kathy Derksen, President, Langley Hospice, Kevin Staples, Greater Langley Chamber of Commerce President & Scotiabank Highland Village Branch Mgr.



# Happenings...

## Happy 25th Anniversary, Langley Hospice!

Langley Hospice celebrated 25 years of service to the community by hosting a special Customer Appreciation Day at Second Story Treasures Thrift Store located at #5, 20349 - 88th Avenue in Walnut Grove. Coincidentally, the Thrift Store celebrated it's 10 year anniversary last month.

That, combined with the fact that the store contributes 32% of the Society's revenue, it was the perfect opportunity to thank our loyal customers, donors, and volunteers.



The proceeds from the Thrift Store allow the Langley Hospice Society to offer all of our palliative and bereavement support programs at no cost to the community. Over 150 community members showed up to have a piece of our 25th Anniversary cake and a cup of tea or coffee served by a volunteer from a donated silver tea service and good china.

**Website Tribute Wall** Just a reminder that Langley Hospice has a Memorial Wall on our website. It is a place where those we love are remembered, a way to pay tribute and to honour the memory of our loved ones that are no longer physically with us. The wall is made up of pictures, poems, thoughts or messages from people who have experienced the loss through death of someone they love.

If you would like to find out more information about how to add a tribute to the Memorial Wall, please call (604) 530-1115 or visit our website at [www.langleyhospice.com](http://www.langleyhospice.com).



**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](mailto:info@langleyhospice.com), and help us to reduce our mailing costs and save a few trees!

# Volunteer Corner



**Congratulations** to Gerry Jarvis, Thrift Store volunteer, on winning first prize at the Fraser Downs - Delta Arts Council Competition. Way to go, Gerry!

**Christmas Volunteer Open House** Our annual Christmas Volunteer Tea will be held this year on Thursday, December 18 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!

**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**  
Hendrika Keereweer
- ♥ **Office**  
Shelley Young
- ♥ **Client Volunteers**  
Egbert DeHaan

**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 1:00 pm on December 24th to help you with your last minute Christmas shopping.

The store will be closed from December 24 through January 6 and will reopen on January 7, 2008. However, thanks to our team of very dedicated volunteers, the store will take donations on:

- ◆ December 27 from 10 to 3
- ◆ January 2 from 11 to 3
- ◆ January 5 from 9 to 4.

**October/November 2008  
Donations Made in Memory of:**

Margaret Anderson  
Charlene Beaulieu  
Joyce Black  
Jakov Carevic  
Della Crawford  
William Dalglish  
Les Featherstone  
Mary Fomenko  
Tim Fournier  
Stanley Kiyon  
Esther Kuhnke  
Elma Lehner  
Hans Maas  
Amelia "Millie" MacDonald  
Donald Morris  
Peter Neef  
Brian Pettit  
Lawrence Ratzlaff  
Mary Reed  
Fred Schiefke  
John Sheehan  
Robert Edward Smith  
Jacob "Jake" Sorba  
Victoria Thierstein  
Shirley Wandio

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[www.langleyhospice.com](http://www.langleyhospice.com)

*Holiday Remembrance  
Service*

Tuesday, December 2, 2008 ~ 7:00 p.m.

Henderson's Funeral Home will be holding  
their annual Holiday Remembrance Service on  
Tuesday, December 2, 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

