



# Langley Hospice News

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December 2009



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.



## A Season of Giving

As the holiday season approaches the thought of giving can be a very big challenge, regardless of how recent or long ago your loss has been.

What can you still give when you feel empty and sad, angry, resentful, overwhelmed and lost in the dark at the thought of the season of love and light? You might not want to have a traditional celebration as it may make the loss of your loved one more obvious, or you may want to keep things the same because it gives you comfort. Talking with family and friends about what would work best might help clarify what is right for you. Give to yourself in gentle loving ways: ask for help and support. Do you need someone to sit in silence with you or listen to you share about your thoughts and feelings at this time? Letting others know how they can support you is a loving gift to them as well.

Here at Langley Hospice, we listen to everyone's journey through grief with each person as our guide; we are here to companion you on your way. You are the expert at knowing what will work best for you on your unique grieving journey. Gift yourself and others with the inner guidance available to you.

The following comes from fellow mourners, a mother and daughter, who have graciously offered their experiences to share with us as an inspiration to all. May it help you find your gift during this season!

Angelika Bendrich  
Bereavement Support  
Coordinator

## Getting Through the Holidays ~ A Personal Story ~

My name is Valerie. I lost my husband John in August, 2008. I have been asked to share some personal experiences on what helped me get through the holidays around Christmas.

It helped me to be alone as little as possible. The times when I wanted to be alone; I went for walks, did hobbies, and decorated, lit a candle and looked at pictures, always remembering the special times.

It helped that I had my children and grandchildren, or friends who would allow me to talk and grieve. I enjoyed having them over for dinner. I received a shadow box, made for me by my daughter, for Christmas. It was and still is a great gift for me (see picture next page).

I honor my loved one. I remember the good times, the little things, the intimate moments, and I share what I can with family and friends. There are tears, but also laughter, especially by sharing funny things that happened, every wonderful moment.

I'd like to share one of those stories about my husband John, who used to lie out on a lawn chair at night, watching the stars. We had a skunk that moved in near our pond, and she used to come up

to the house at night and eat the cat's food. On her way she would pass right by John's chair, usually under it, and he would be talking to her, saying things like "Hi there, pretty". This went on for several weeks. One night as she



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was coming across the field John noticed that she had company. Five little babies, all walking behind her; she brought them all around him and under his chair, so that he could admire her babies. Year after year she would return and year after year the same thing would happen.

This is only one story about John; there are so many memories I could share. John used to tell me, as things were happening, "this is a memory moment". I use those memories. They help me to remember how much he loved me and how much I love and miss him. Remembering and honoring that love hurts, but it also gets me through the difficult times as it helps to be unafraid or unashamed to cry - or to laugh.

Valerie Baynton

### A Truly Priceless Gift

One of my better gift ideas has been to create a Shadow Box for my mom. I had seen them in my line of work before and so at John's funeral I took some of the flowers off the coffin with this project in mind. At first I was going to make it for myself to remember him by, but then I thought Mom needed it more.



Shadow Box

I designed the box with flowers from the funeral, newspaper clippings and an enlarged photo of our favourite picture of John.

It was a really nice gift for Mom. When I gave the shadow box to her it was very emotional; we both cried and hugged. I am so glad that it has given Mom great comfort ever since in helping to remember the good times.

I love my mom very much - she is so important to me.

The cost of the shadow box was only about \$35 -and it is a truly priceless gift.

Lillian Wiebe (Valerie's daughter)



Valerie is a member of our 8-week Adult Support Group, where people learn to understand and share with an open heart. For more information about upcoming groups, please call Angelika at 604-530-1115.

## Happenings...

### Annual Dignity Memorial Golf Tournament

The Langley Hospice Society was delighted to receive \$2,317.50 from the 2009 Dignity Memorial Golf Tournament. Our sincere thanks go out to Dignity Memorial Service Providers, and Henderson's Funeral Home in Langley. The tournament raised a total of \$13,075.00, which was divided among hospice societies in the Lower Mainland.



One Wednesday every month, the **Caring Hands Craft Group** comes to the Society office to make quilts for children who have lost a loved one. We'd like the quilters to know what a difference their generosity of time and labour makes. Every week the children come to support group and wrap themselves in their quilts. For an hour and a half, the quilts help hold a safe space where children can face the hurt of loss and learn how to share their feelings. More than once, I have witnessed children who, feeling a little overwhelmed, wrap themselves up in a quilt made with caring hands, and it is that touch of encouragement and kindness that gives them courage to continue their journey. On behalf of the children we support, a deep and sincere THANK YOU!

**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).



**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. This year, Art Knapps Plantland in Langley has generously donated 200 evergreen seedlings to be given out to donors. The trees can be planted in memory of loved ones. We will be at Willowbrook Mall (in the mall outside La Senza) from Sunday, November 29th through Sunday, December 13th. Please call us at 604-530-1115 for more information.



There are still shifts available for those wishing to volunteer at Celebrate a Life - if you'd like to help, please call Cheryl at 604-530-1115.

**Support Groups for 2010** We will be starting up new adult support groups in January and April in the New Year ~ groups are offered free of charge at the Society office, but pre-registration is required. Please call Angelika at (604) 530-1115 to register, or for more information.

Langley Hospice will be offering support groups for children and teens at the beginning of February, 2010. The groups will be open to children and teens aged 4 to 18 years. We will also be offering day camps for bereaved children and teens starting in March, 2010. For more information, please contact Jane at 604-530-1115.



Congratulations to our Fall 2009 Client Volunteer Training Class ~ we wish you much success in your future volunteering endeavours!

**Volunteer Corner**

**Christmas Volunteer Open House** Our annual Christmas Volunteer Tea will be held this year on Tuesday, December 15 from 3:00 - 6:00 p.m. See the enclosed invitation for more information, and mark your calendars—we hope to see all our wonderful volunteers there! Don't forget to call us at 604-530-1115 to RSVP!

**Volunteer Hours**  
August 1—September 30, 2009

♥ Client Volunteers	1,395 hours
♥ Store Volunteers	3,047 hours
♥ Office, Events, Board Newsletter & Other	508 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**  
Rose Bouchette                      Kathy Creelman  
Diana Shevchenko                      Maria Schut
- ♥ **Office**  
Heather Ferguson                      Maureen Frost
- ♥ **Client Volunteers**  
Julie Chambers

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

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

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!

**September–October, 2009  
Donations Made  
in Memory of:**

*Uwe Boecker  
June Cresswell  
James Ferguson  
Ross Ferguson  
Jean Flaherty  
Alfred Folk  
Tim Fournier  
Elizabeth Hall  
Lucille Hansen  
Edith Kitsul  
Robert LaPointe  
Patricia Miller  
Gerda Neuberg  
Gail Ramsden  
Jacob "Jake" Sorba  
Gladys Eleanor Stewart  
Wallace Stewart  
Heather Taylor  
Katy Trouton  
William Van Benten  
Dave Wallace  
Richard Welch*

**BOARD OF DIRECTORS**

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Scott Taylor, Vice President  
Anne Pilgrim, Secretary  
Linda von Tettenborn, Treasurer  
Bonnie Greenlee  
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Dorscie Paterson



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**STAFF**

**Executive Director**  
Sandra Castle  
**Bereavement Support**  
Angelika Bendrich  
**Children's Bereavement Support**  
Jane Corkish  
**Palliative/Volunteer Support**  
Fernande Ouellette  
**Administrative Services**  
Wendy Vetsch  
**Special Events/Volunteer Services**  
Cheryl Tall  
**Second Story Treasures  
Manager/Store Operations**  
Diane Boyd  
**Assistant Manager**  
Maggie McKay



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*Holiday Remembrance  
Service*

Wednesday, December 2, 2009 ~ 7:00 p.m.

Henderson's Funeral Home will be holding  
their annual Holiday Remembrance Service on  
Wednesday, 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 keepsake 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

