



Langley Hospice News

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March 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.

The New Langley Hospice Education & Support Centre ~ From Vision to Reality

As many of you are aware, in the fall of 2008 Langley Hospice was all set to embark on an exciting period of growth to coincide with our 25th Anniversary celebration. Property adjacent to the Brookwood house was purchased and we set forward on preliminary plans for a new building. In addition to our existing programs, our intention was to provide non-medical modalities, i.e. complementary therapies including therapeutic touch, respite care and an education centre in an expanded facility. Alas, the harsh reality of the downturn in the economy caused our board of directors to rethink and make the very prudent decision to put the project on hold. That vision was halted for a period of time, but an opportunity came forward to purchase another residential property for a fraction of the price to build. We acted on that and are proud to announce that after much dialogue with the City of Langley through a rezoning process, the 4th and final reading was passed at City Council and the property has been rezoned. In order for Langley Hospice to operate out of the property, we need to make a few renovations to bring it up to code for business operations. Thus, our prediction is that the move will take place toward the middle of May. We would like to express



our sincere gratitude to Mayor Fassbender and Langley City staff for their assistance in this process.

In many ways, we will be sad to leave our Brookwood house; however, in addition to serving us well for the past ten years, it has also proven to be a good investment for this much-needed expansion.

Our new, 1/2-acre, beautifully landscaped property is located at **20660 – 48th Avenue** in the City of Langley. It has a total of 5,000 square feet which will enable us to expand our programs and services to better meet the needs of palliative and bereaved persons in our community. Stay tuned for a **Garden Party Celebration** once we are settled in our new location!

Sandra Castle
Executive Director



Sandpainting Mandala Workshop

On January 30th, Langley Hospice offered a Sandpainting Mandala workshop for our bereaved members led by Laura Huskell. We had 30 attendees between the ages of 7 and 70 co-creating in this active meditative art form. Colouring or creating a Mandala (Sanskrit for circle) is a peaceful pastime used to heal the mind and the body.

Renowned psychologist and founder of analytical psychology Carl Jung saw the mandala as a

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powerful tool towards personal understanding and growth as it can represent an individual's subconscious. It is commonly used now in nursing homes, elementary schools, cancer wards and mental health facilities across the country.

I was impressed with the ease and feelings of peace and well-being that was generated so quickly in our small group. It was outstanding to be part of a group experience and still be able to express ourselves as unique individuals within a unified structure.

We are grateful to have had Laura Huskell volunteer her time, expertise and materials to guide us through the opportunity of this unique tool for our bereavement program. Thanks to Sam Fame for sharing the following personal story of his experience at this workshop.

Angelika Bendrich
Bereavement Support Program Coordinator



My Experience with the Mandala Workshop Initially, I found it difficult to attend the Mandala component of the workshop. The Tibetan spiritual roots of the Mandala is different from my personal spiritual faith and I found it difficult to link with something so contrary to my faith perspective and practice. The explanation of the Mandala's "roots", "mantras", etc. was not in my comfort zone and I found myself beginning the process with some hesitation and emotional resistance. However, I decided just to stick with the project design at hand, detaching myself from the origins of the Mandala. It was interesting how each person, in their own quiet and personal way, began to fill in the patterns with whatever colour they chose ... eventually seeing how everyone's participation was contributing to the overall design. I continued to be somewhat hesitant as I saw the black sand begin splattered around and outside the Mandala borders. Then I gradually worked with the black and made it fit in with the overall pattern, only to discover that it added to what others were doing with their patterns.



So, even the splattered component would gradually fit to make the pattern complete. In the final analysis, the black could very well represent my splattered life and I tried to gain

some sense of the overall purpose of what was happening. I found some consolation in that the black was just as meaningful as all the other colours and blended toward the completeness of the design. The circles reminded me of the "commonalities of life" in which we all share, and that our lives as human beings are all intertwined—and even the black splattered sand—would help to make the picture complete.

Journeying through the wilderness of grief,
Samuel Fame



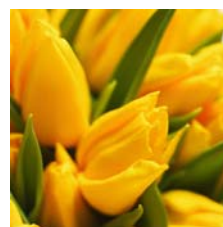
Mark Your Calendars....

Upcoming Children's Camps

Our **Children's Day Camps** are an excellent opportunity for bereaved children to learn how to better support themselves and their peers through the challenging rite of passage that comes with grief. Through games, crafts and commemorating activities children strengthen resiliency skills needed to navigate future losses and life transitions. Spring series: Saturday, April 24th, Friday, April 30th and Saturday, May 1st. Summer series: Wednesday, July 14, 21 and 28.

Camp Chrysalis Grief Camp ~ Thursday, August 19th to Sunday, August 22nd at Camp Elkgrove: This four-day retreat is ideal for children ages 7 to 13 who have participated in a loss support program and would like four days of fun, sharing and celebration of the values and insight that working through a loss gifts us with.

There is no charge for participation in these programs, but pre-registration is required. For information about these and other upcoming children's program activities, please contact Jane at 604-530-1115.

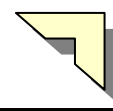


Adult Bereavement Support

Langley Hospice will be offering a **bereavement support group for adults** who have lost a loved one. Sessions will be held on Tuesday evenings from April 13 through June 8. Please contact Angelika at 604-530-1115 to reserve a space, or to see if this group is for you.



Volunteer Corner



Volunteers: From ComPASSION to ACTION!

Canadians have a rich history of volunteering and community involvement. Volunteers are on the frontlines of all of our community services – community care, children’s activities, bereavement support programs – the list is endless. The work of the volunteer is essential work. Over 11.8 million Canadians volunteer their time helping others. They contribute almost two billion volunteer hours per year. It is time for these Canadian volunteers to step into the spotlight as communities across the country celebrate and pay tribute to the millions of Canadian volunteers who donate their time and energy. National Volunteer Week is April 19-25 and will be the biggest celebration of volunteers and volunteerism this country has.

Volunteer Appreciation Dinner Coming Soon!

Langley Hospice recognizes the hard work of our approximately 150 volunteers. We send a heartfelt thank you to our volunteers for all they do – helping out, giving back and having fun. They will be further recognized at an appreciation dinner coming up Wed Apr 28. See enclosed invitation for details.

Christmas Tea

On December 15th, we held a Christmas Tea in appreciation of our dedicated volunteers. We had over 50 people in attendance and enjoyed an afternoon at our new office. We sipped hot apple cider, munched on savories and enjoyed the many sweets. Congratulations to Debbie Schmidt, Wendy Francis and Marlene Thomas for winning the door prizes. Thank you to Lindsay Mark of Heavenly Oasis Esthetics, Cheryl Tall of Mary Kay Cosmetics, and Kim McLaren of Tupperware for donating these fabulous gifts. Each volunteer received a pewter angel ornament as a souvenir of the event. Thank you to everyone who attended and helped make this event a big success. We look forward to seeing you all again at the Volunteer Appreciation Dinner on April 28!

Volunteer Hours November 1—February 28, 2010

♥ Client Volunteers	2,346 hours
♥ Store Volunteers	7,015 hours
♥ Office, Events, Board Newsletter & Other	1,658 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

Rachel Adamson	Judy Bifford
Kyong Sook Choi	Robin DeJonge
Emily Eglsaer	Kerry Herman
Melissa Jongema	Martin Ma
Ayesha Sidhu	Hank Verwoerd
Helen Verwoerd	

♥ Client

Faye Dunphy	Sharon Neilsen
Stephen Smart	

♥ Special Events

Albee Chen	Lorna Wilson
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♥ Children’s Program

Melissa Bergen	Hardeep Kaur Khosa
Amy Lin	Cindy Marais
Amber Menning	Farah Mohammed
Shameeta Nandan	

♥ Office

Suzanna Visscher

Volunteer Training

Twenty of our client volunteers took the **Meal Time Companion Training** to help out at meal time at the Residence. The training was offered by Astrida Fernandes, RN, from Port Coquitlam. It is a useful service that the volunteers provide to the patients and at the same time helps the nurses during a busy time of day.



Elizabeth Fricker & Nancy Walker
practice their feeding techniques



Therapeutic Touch Training: Six more volunteers have finished their T.T. level 1 & 2 training over two weekends this month. This will bring us up to 14 volunteers with the ability to give treatments at the residence. Therapeutic Touch is useful in relieving symptoms, promoting health and easing the dying process.

**November 2009—February 2010
Donations Made in Memory of:**

<i>Joy Adams</i>	<i>Leonie Lehane</i>	<i>Gisela Steinmetz</i>
<i>Derek Alder</i>	<i>Grant Loewen</i>	<i>Gladys Stewart</i>
<i>William Annie</i>	<i>Stan Magnusson</i>	<i>Wallace Stewart</i>
<i>Elsie Brett</i>	<i>John Manahan</i>	<i>Katy Trouton</i>
<i>George Edwards</i>	<i>Patricia Miller</i>	<i>Gerald Unruh</i>
<i>June Eyben</i>	<i>Agatha Radmacker</i>	<i>Howard Veltin</i>
<i>Tim Fournier</i>	<i>Margot Rosenberg</i>	<i>Elsie "Lily" Walz</i>
<i>Eric Greef</i>	<i>Anthony Scott</i>	<i>David Weichel</i>
<i>Stanley Kiyon</i>	<i>Don Scott</i>	<i>Daryl Woodburn</i>
<i>Abner Krafin</i>		



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Henderson's Langley Funeral Home
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Langley
604-530-6488

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Children's Grief Camp

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Kathy Sawatzky



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Langley Hospice Society

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