



Langley Hospice News

Volume 21 Issue 1

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

April 2014



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.



On behalf of the Langley Hospice Society staff and board of directors, and in honor of National Volunteer Week, April 6th to 12th, I would like to recognize the incredible contributions of our Langley Hospice volunteers. Volunteers are the most important resource that we have as a community organization, and are

integral to the compassionate care and support we provide to the community we serve.

To date, our volunteers have given the precious gift of over 25,000 hours of their time and talent in support of the Langley Hospice Society. Volunteers are involved in every aspect of the work we do, from our society and foundation board members, to working in the Second Story Treasures Thrift Store; providing care and support in the Hospice Residence, in the community, and through our Supportive Programs Centre; to working in the office or volunteering for one of our special events. On behalf of the Langley Hospice Society, I would like to thank each and every one of you for your contribution. What you do truly makes a difference to the individuals and families that we serve.

Sandra Castle, Executive Director

Volunteer Stories ... In Their Own Words:

Musical Interludes at the Hospice Residence

My name is Paul Helliwell-Hargreaves and I am 64 years old. I have been volunteering for Langley Hospice Society at Langley Hospice Residence as a musician for a good part of a year. I play an acoustic guitar and sing songs like ballads, folk, western, rock, old time, and gospel.

If you are familiar with the Hospice Residence, I play by the memorial table in front of the nurses' station. The acoustics are so good the sound carries to the end of the corridor. If anyone wants me to play in their room, then I will. I've had no formal training dealing with death in the Hospice but for 12 years I did volunteer at Delta View SCU playing for residents with dementia. My uncle/godfather, a resident, eventually died there.

I was asked to play for an elderly gentleman and his family, and was asked if I knew "The Red River Valley" (a favourite western song of the gentleman's). Quite often when I'm singing I don't really listen to the words, but this time the importance of the words impacted us all: "from this valley they say you are leaving, we will miss your bright eyes and sweet smile". The man's wife began to cry, then her three daughters. The powerful emotion in the room made it very difficult for me to carry on (I wanted to bawl), but I found the strength to carry on to the end. I felt that I didn't belong there witnessing such a private and intimate family moment, but asked if they wanted me to carry on with other numbers and they said yes. I played for another 45 minutes or so then apologized, saying I had to go (my voice was going and fingers had cuts from pressing down on the steel strings). As I was packing up in the lounge every member of the family came to thank me.

I've met a lot interesting people at the Residence - both residents and family members. A sweet elderly lady who I learned was born in the UK in Lancashire (I was also born in the UK, but in Yorkshire; the two counties are side by side). Although differing by approximately 30 years in age, we laughed together about our memories.

There is another lady around my age whose daughter from the States visits her regularly. I went in to play on Christmas Eve (I'd played the week before with some carols and was planning on doing more of the same). As I got into the lounge, the daughter was waiting with a little boy, her son. He wanted to sing with me "if that's OK", he said. He looked very smart, and was polite; not a little boy, but a young man of seven. He sat beside me and for about an hour and a half we sang traditional church songs and popular Christmas carols. He knew them all. Talking to him I became aware how mature he was for his age; he knew why his grandma was in the Hospice residence and wished he could visit more often. His mother told me that they are paying for piano lessons and he wants to go to music school for a degree.

I've come into contact with people I know, usually family members or, in one case, a friend of the family. I was playing one Tuesday when I walked a woman I knew - her mother-in-law was in the Hospice Residence and she was in for quite

(Continued on page 2)

some time before she passed. My wife used to work for her and her sons and we had socialized with them on a number of occasions. I would go into her room and play just one song before I left for the day, "Just a Closer Walk with Thee". I knew she was a Christian and she liked that number. We'd also chat if she was up to it.

I also play in the extended care units at Maple Hill and Cedar Hill, and one Tuesday in Cedar Hill the group I was playing for was missing a really funny man. He'd died and I was quite upset. He had a great sense of humour and seemed full of life. I went into the Hospice and found out our elderly friend had died. I knew when I'd seen her the week prior she was doing very poorly, so it came as no surprise but it was no less saddening. I also learnt that another gentleman had died and that his body was in his room waiting for the Funeral Home to pick him up.

While I was playing they came for him. All the staff and I stood to show our respects. It was a solemn moment as he was wheeled out followed by his family. It was an emotional moment for me and later I talked to a member of staff as to how they deal with death on a regular basis. She said that quite often they burst into tears but that there is also the living to see to. At about this time, there was a TV show called "Life and Death in the ER". A lead doctor was talking about doing everything they knew to revive someone who was undergoing CPR without any sign of life. After switching off support machines he said, "My responsibilities lie with the living". I don't want to get used to death; I think I can handle it and value life even more. After all, every day we are closer to death. I always finish my day by singing "Just a Closer Walk with Thee", which ends with the line "We're daily walking close to thee, let it be Lord", let it be.

Paul Helliwell-Hargreaves
Hospice Residence Volunteer

Why We Volunteer

Three weeks ago a gentlemen came in to Second Story Treasures with donations from his Mom who passed at our Hospice. I started talking to him about his journey with mom. As we talked tears were running and after we finished I said, "I think you need a hug", and he replied, "Oh, yes, please". So today on my shift he reappeared with the end of his mom's belongings and said "Do you remember me, as you were the one who gave me a hug?" I thanked him for the donations and as he was leaving he turned to me and said "Do you think I can have another hug?" and I replied, "Sure you can."

Volunteering at Second Story is a bit different than other thrift stores as most people donating to us have been touched by a loved one, cared for at our Hospice residence.

Thanking you for giving me the opportunity to give back.

Pat Anderson
Thrift Store/Client Volunteer

Volunteer Hours

October 1, 2013 - February 28, 2014

♥ Client Volunteers	4,251 hours
♥ Store Volunteers	7,141 hours
♥ Office, Events, Board Newsletter & Other	1,153 hours

That's a total of 12,545 hours
over the last five months! Thank you to all of our
wonderful volunteers for your
generous commitment to Langley Hospice!

Second Story Treasures Spring Flip



The Thrift Store staff and volunteers hosted their Annual Second Story Treasures Spring Flip event on March 25th. At this popular event, the store says goodbye to all things

'winter', and celebrates spring with a complete change-over of regular and seasonal merchandise. The store's seasonal changeover events are always well attended, and included some fabulous and fun activities including: door prizes, face painting for the kids, cake and goodies, and more!



Farewell...



On February 19th, 2014 the Langley Hospice Staff and Volunteers joined together to host a retirement party for long time Second Story Treasures manager **Diane Boyd**. The night was filled with many memories and thanks. A special thank you goes out to Pat Anderson along with Kay & Dave Turner who collaborated with the store volunteers to make up some amazing skits. We wish Diane all the best in her new retirement adventures and greatly appreciate the impact she has made!

What's New...



Walking Group

Langley Hospice Society is proud to announce our new program, **Supportive Steps**, a walking group for bereaved adults. Participants will be given an opportunity to share time with other bereaved individuals and volunteers while enjoying the outdoors and exercising at the same time. As grief can

often leave us feeling fatigued and withdrawn, this calm-paced walking group is a wonderful opportunity to revitalize our bodies, in addition to sharing stories and feelings with others who have also experienced a significant loss. Grab your walking shoes and join us!

- When: Tuesdays at 11am, beginning April 22, 2014
Rain or shine!
- Where: Langley Hospice Supportive Programs Centre
20660 48 Avenue, Langley
- Pre-registration not required
- For more information, call Shivani at (604) 530-1115



Welcome to Our New Thrift Store Manager

Lori-Ann Mark has recently moved to Langley to manage the Langley Hospice Foundation's Second Story Treasures Thrift Store in Walnut Grove. Her passion for people has enabled her to enjoy years of retail management, office, sales and customer service experiences. Most recently, she managed the Chilliwack Hospice Society's Thrifty Boutique, and her experience there led to an increased interest in Palliative care and support. Lori-Ann finds it fulfilling to be involved with a heartfelt, caring organization, and has appreciated a warm welcome from her co-workers, the Second Story Treasures Volunteers and the community of Langley.



Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

♥ **Client**

- | | |
|----------------|------------------|
| Josie Duminuco | Kiernan Hilan |
| Rebecca Korol | Melodie Richards |
| Debbie Watters | Maureen Wetzel |

#

♥ **Second Story Treasures**

- | | |
|-----------------|-----------------|
| Abraham Brake | Rose Gagne |
| Gloria Harrison | Kimberly Hayes |
| Norm Hedblom | Sue MacEwen |
| Kathy Ralph | June Smith |
| Sheri Smith | Phyllis Winship |

Quilters Wanted...

Our **Caring Hands Quilters Group** provides cozy, beautiful quilts for the Langley Hospice children's programs, and we are in need of help. The group meets once monthly, on the third Wednesday of every month (excluding July, August and December) here at the Langley Hospice Society's Supportive Programs Centre. If you are interesting in assisting, have some experience with sewing or quilting, and access to a sewing machine, please contact Denise at 604-530-1115.



Nature's Fare Markets
Live Well. Live Organic

Did you know that when you shop at **Nature's Fare Markets**, 3% of your purchase price can be

donated to Langley Hospice? It's simple—just save your receipts and submit them to our office or to a staff member. Nature's Fare Markets are an organic and natural foods grocer, striving to provide the "freshest, purest and healthiest options" available. Check out their Langley store at #120, 19880 Langley Bypass (778-278-1300). Please spread the word!

Langley Hospice Society and Langley Lodge Care Society
are partnering to jointly present

A Silver Screen Fall Gala ~ Saturday, October 18th, 2014

We are incredibly excited to announce a collaboration between the Langley Hospice Society and the Langley Lodge Care Society, to host a Fall Gala that will be held at the Cascades Hotel, Casino and Convention Centre in Langley this October. A joint Gala Committee, made up of volunteers from both organizations, has begun meeting in March. If you would like more information, or are interested in getting involved on the committee or on one of the supporting work groups, please contact Shannon via contact information provided.



Email: shannontoddbooth@langleyhospice.com | Phone: 604.530.1115

**December, 2013 ~ March, 2014
Donations Made in Memory of:**

Derek Allder	Lois Korevaar	Aileen Rankin
Mrs. Attrell	Robert LaPointe	Marjorie Sampson
Jean Bergeron	Damien Lawson	Tom Scotcher
Tony Catonio	Bud MacInnes	Alexander Scott
Janice Crowe	Eileen McLeay	Anthony Scott
Muriel Freeborn	Faye McLeod	Trevor Siciliano
Barbara Garside	Lynne McLeod	Barry Smith
Beverly Gold	Joan Miki	John Smit
Maxine Gray	Frank Miklossy	George Weir
David Green	Donald Morris	Richard Welch
Jean Head	Patricia (Tricia) Payne	David White
Elwood Howerton	Betty Phillips	Carol Woloschuk
Amy Hughes	Frances Radatzke	Robert Stanley Wood

BOARDS OF DIRECTORS

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Robert Carpenter, Vice-President
Bonnie Greenlee, Treasurer
Jane Hamar, Secretary
Alma Barranco
Anne Dent
Dorscie Paterson
Anne Pilgrim
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Communications/Funds Development

Shannon Todd Booth

Administrative Services

Wendy Vetsch

Second Story Treasures

Manager/Store Operations

Lori-Ann Mark

Assistant Managers

Deborah Campbell Kathy Sawatzky

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Langley Hospice Society

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Langley Hospice Society

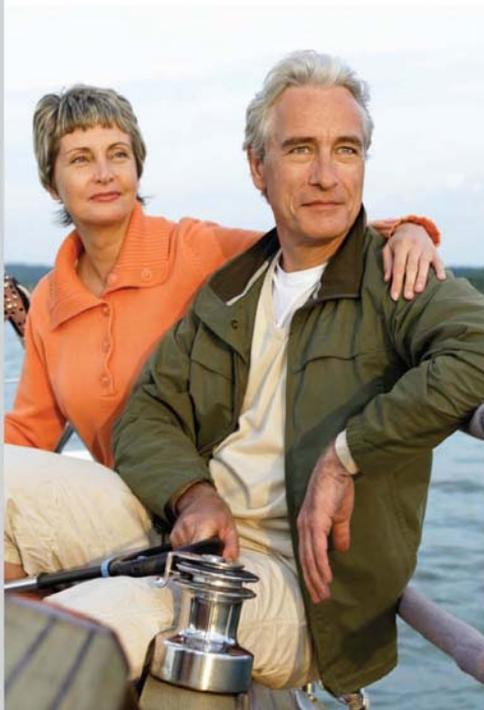
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Langley, BC V3A 3L6

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www.langleyhospice.com

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



For generations, we've served the families of our community. We offer support through the unique benefits that are available as a Dignity Memorial® provider:

- National Transferability
- 24-Hour Compassion Helpline®
- Bereavement Travel Program
- 100% Service Guarantee

To learn more, please call us at 604.530.6488.

HENDERSON'S LANGLEY FUNERAL HOME

20786 FRASER HIGHWAY, LANGLEY, BC V3A 4G6 604.530.6488

