



# Langley Hospice News

Volume 19 Issue 1

20660 48 Avenue, Langley, B.C. V3A 2Y6

March 2012



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.



## Bouquets of Thanks to Our Amazing Volunteers!

Over the past year, Langley Hospice was fortunate to recruit, train and mentor 60 new volunteers and we are thrilled to report that our team now totals 167 active volunteers! When we add up all our volunteer activities—the Boards of directors, the hospice thrift store, office/administration, special events, quilting group, visiting palliative and/or bereavement clients and the children’s program—the number of hours for the year total **27,752**. This is equivalent to over **14** people working full time! If we look at the ten years from 2001 through 2010, the number of hours donated to Langley Hospice totals **226,537**: **43,550** bereavement/palliative client hours, **39,660** office/organizational hours, and **143,327** hours put in by the thrift store volunteers. That’s equal to **11.6** people working full-time days for **10** years!

To get a glimpse into how our volunteers contribute to Langley Hospice and what they get out of their volunteer work, we have included articles from four of our volunteers who work in various aspects of Hospice. A big, heartfelt thank you to all the volunteers that contributed!

At a time of increasing health care needs and decreasing health care dollars, our dedicated volunteer force is more important than ever. Thanks to each and every one of you for a productive and successful fiscal year.

Sandra Castle  
Executive Director

## The Perfect Fit

After the passing of my husband Pat, I began seeking supportive services through Langley Hospice Society. After a few sessions, a volunteer opportunity at the Second Story Thrift Store was recommended to me as a way to assist me during my grieving and to help me out of my “solitary confinement”. I heard of the wonderful people and vision that the store entailed and the important sense of contribution volunteering provides. Although I was hesitant at first, as this would be my first experience as a volunteer, I conjured up the courage to fill out an application.

Soon after the interview process, I found myself working and laughing amongst the warm-hearted individuals at Second Story Treasures. The brilliant cohesion and genuine care demonstrated amid the volunteers and staff provided me with the normality I was seeking and helped me build my confidence on a daily basis. Initially given the task of repairing and cleaning jewellery, I received a quick “promotion” to pricing and displaying. Not only am I given the ability to exhibit my talent and confidence, but I am also incredibly supported by my fellow volunteers and the staff. To be honest, I never thought I would have an opportunity to be a volunteer, but just like shopping for rings, I was lucky enough to find one that was a perfect fit.

Roberta Higgs  
Second Story Treasures Thrift Store Volunteer

## The Circle of Life

Not too long ago I had a wonderful experience that reminded me of how important nature is to me and many others. I was on my regular walk in the middle of the city, enjoying the songs and flights of finches and swallows in the unusually peaceful confines of a nature trail by the Langley airport. It’s a surprising oasis, being as it lies between two busy roads, the Fraser Hwy. and 56<sup>th</sup> Avenue; but it offers me a chance to get some exercise and thinking time. As I sauntered along the trail, I glanced up to my right to a small rise above the track and saw two beautiful deer standing there watching me; both young – one doe

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and one buck. I continued to walk slowly along the trail until they were within 25 to 30 feet of me; then I stood perfectly still. For at least 30 seconds, I felt them consider me; communing with me through large luminous eyes. I was awestruck.

When they turned and walked calmly away, I knew somehow they had accepted me. I had been given a gift; one that filled me with an emotion not unlike euphoria. It was a moment of spiritual epiphany – a reconnection with my God. That feeling of certainty that I am a part of the circle of life fills me with immense gratitude to this day. I know I am connected to each and every living thing and that each of our lives, no matter how large or small, has meaning.

As a hospice volunteer, I listen to the stories of dying patients and frequently hear expressions of delight in nature of various kinds, whether pets, flowers, birds or wildlife. The fond memories they recall are often centered on family camping trips, beachcombing, picnics and outings. Somehow nature has a way of bringing out the best in humanity and giving us a true sense of our unique place in the world. We feel freer when we are outside on a summer morning, or playing with our pets, or sitting quietly in our gardens. It is natural for us to seek renewal in the great outdoors and we here in Canada are more fortunate than most, with an abundance of nature at our doorstep.

For the ill and dying, it is essential for us to bring some part of the natural universe to the bedside. Whether it is just potted flowers, or visiting pets, access to nature is an extremely valuable addition to all hospice facilities and palliative care wards. Patients who can view gardens, trees and birds from their windows frequently have less pain and anxiety and are more open to reflection. When my time comes, I know I will need communion with nature to assist me with the contemplation of my own life and death.

Wendy Francis  
Palliative/Hospice Residence Volunteer

### **So Why Am I Here?**

Recently, when another volunteer discovered that I live a 30-minute drive away from the Langley Hospice store, she commented to me that “there must be something closer to your home that you could volunteer at instead of the Hospice”.

#### **So, why am I here?**

Three years ago, my sister-in-law’s Mom, Isabel, was diagnosed with terminal cancer. After several weeks of home care in my brother and sister-in-law’s home, Isabel was moved to the hospice care facility in Chilliwack. When I went to visit her, I was so impressed, the facility was beautiful! It looked like Barb and Gerri had put their own personal decorating touch on each room. The great room with its kitchen/dining and sitting area was amazing! How could a person feel so

comfortable in a place where so many had come to spend their last days on earth. The care givers were unbelievable. I don’t know how they do it, day after day. Patient after patient. And, now, when I hear Pat (from our linen area) comment on a happening from her shift at the Langley Hospice Residence, I have only admiration for her.

Isabel’s beautiful room at the Chilliwack Hospice was spectacular with French doors out to its’ own patio area – an opportunity to let the sunshine in on Isabel’s last days. Every patient had their own room with a sofa bed and chairs for any family or friend that chose to stay the night. It was April 11, 2009 when we said our final goodbyes to dear Isabel.

A year and a day later, on April 12, 2010 Isabel’s daughter Christine (my beautiful sister-in-law) entered the same facility. Now, Christine was suffering from the same cancer that had killed her mother. A feeling of serene peace comes over one when they come to the Chilliwack Hospice – it has a tranquil, and calm feeling where only the warmest of heart can be caregivers for they know the last days must be the most comfortable for both patients and family. So there, in the wonderful care of the hospice, our Christine, at only 51 years of age, said her good byes to all of us.

#### **So why am I here?**

Well, I know the Hospice care facility was the one in Chilliwack, and the one we support is here in Langley. No matter where the location, the service which our community Hospice provides to families, at such a vulnerable time, is priceless. And, I feel the need to give back! Why?? So other families can continue to experience the wonderful hospice care that both Isabel and Christine were given.

#### **So why am I here?**

Oh, that is easy! I am here in memory of our beautiful Christine and her last days on earth! Until we meet again Christine, I do this in your memory.

With my love forever,  
Judy Bifford  
Second Story Treasures Thrift Store Volunteer



### **Helping One Another**

While doing my volunteer work at the hospice residence, I recently spent the better part of my shift visiting with a very discontented patient, whose health seemed to be getting worse day by day. This particular evening was a very lonely one for him – no visitors – and when he asked me to stay and talk, I naturally complied.

Our conversation started about his family and as he talked, he began to act worried and distressed. I encouraged him to talk it out and very rapidly the conversation progressed into an

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## Happenings...



Congratulations to **Dorscie Paterson**, one of Langley Hospice's longest-serving volunteers, on being recognized by the Rotary Club of Central Langley on International Woman's Day on Wednesday, March 7. She was honoured for her service to Langley Hospice and for her many and varied endeavours in the community.

Welcome to **Linda Sheridan**, our new **Child & Youth Program Coordinator**. Linda is originally from England and is the mother of two grown children. Linda lives in South Surrey and has worked in The Surrey/White Rock community for 16 years as a children's counsellor with Atira Women's Resource Society's Family Project. Linda's role was to deliver one-to-one and group support to children and their families. While at Atira, Linda developed and implemented a parenting support program that focused on the emotional complexities of parenting through difficult family situations. Linda is looking forward to applying her knowledge and skills of working with families to her new position with Langley Hospice.

### Volunteer Appreciation Brunch Coming Soon!

Langley Hospice recognizes the hard work of our 167 volunteers. We send a heartfelt thank you to all of our volunteers for all they do – helping out, giving back and having fun! They will be further recognized at an appreciation brunch coming up **Saturday, April 28**. See enclosed invitation for details.

### 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 commemoration activities, children strengthen resiliency skills needed to navigate future losses and life transitions. Dates for upcoming day camps will be announced in April, 2012.

**Camp Chrysalis Grief Camp** ~ Thursday, August 16th to Sunday, August 19th 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.

Pre-registration for this camp is required. For information about these and other upcoming children's program activities, please contact Linda at 604-530-1115.

## Adult Bereavement Support

Langley Hospice will be offering **bereavement support groups for adults** who have lost a loved one. New groups will be starting in April, with morning and evening sessions available. Please contact Shivani at 604-530-1115 to see if one of these groups is for you.



## Welcome - New Volunteers

A heartfelt welcome to the following new volunteers:

- ♥ **Client**

Stephen Garrett	Lois Mcleay
Bob Meighen	Debbie Morley
Donna Porter	Nadine Syens
Jessica Wang	
- ♥ **Office**

Marlies Short	Barbara O'Neil
Barbara Trainer	
- ♥ **Quilting Group**

Dawn LaTurco	
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- ♥ **Second Story Treasures**

Neil Badke	Nancy Bean
Penelope Bowers	Denise Brown
Lynne-Marie Freihette	Cherry Huang
Hind Mohamad	William Ray
Margaret Schwan	
- ♥ **Society Board**

Salman Azam	
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**Volunteer Hours**  
**November 1, 2011 - February 29, 2012**

♥ <b>Client Volunteers</b>	<b>2,124 hours</b>
♥ <b>Store Volunteers</b>	<b>6,126 hours</b>
♥ <b>Office, Events, Board Newsletter &amp; Other</b>	<b>859 hours</b>

**Thanks to all of you for your generous  
commitment to Langley Hospice!**

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intimate sort of emotional confession regarding his grown son. He had disowned this son over thirty-five years ago, and explained to me the circumstances leading up to their conflict. He knew he was going to die soon, and he wanted to see his son one last time, tell him how sorry he was and how much he loved him. He told me, several times, that it was his dying wish to do this.

At first, I felt a reluctance to get involved in the “Family Dance”, but I was very emotionally moved by his suffering. I have had many confidential conversations with patients in the past and I’ve never discussed the contents of these conversations with anyone. This time, I felt a compelling need to tell someone; someone who perhaps, could help. I knew I could not fix this problem, but I felt an overwhelming need to.

I decided to inform the nurse on duty and I told her the entire story. She was extremely sympathetic and said I had done the right thing by telling her. She said she and the staff would work on a possible plan of action.

I don’t know the end result of this story, as the patient died about five days later. Did he get closure? Was I any help to him? I do not know the answers to these questions. I do know that I felt honoured to have shared this emotional evening with a person who was reaching out. I hope that I conveyed to him my sympathies and caring.

Thinking back on that evening, I realized that I never mentally affixed any blame on either the father or son. I am often guilty of mentally making judgments, but this time I did not. Hopefully, this trend of thinking will continue. It also made me take a long look at my own life and the decisions and judgments I have made in the past and how they possibly did or could affect the future.

So, if I did help this patient, he also helped me, and isn’t that what it’s all about – helping one another?

Terry Anderson  
Hospice Residence Volunteer



**December 2011—February 2012  
Donations Made in Memory of:**

<i>Agnes Affleck</i>	<i>Alfred Folk</i>	<i>Margaret O'Reilly</i>
<i>Derek Allder</i>	<i>Maxine Gray</i>	<i>Shirley Penfold</i>
<i>Aaron Anderson</i>	<i>Patrick Higgs</i>	<i>Walter Pidgeon</i>
<i>Ida Babey</i>	<i>Jack Jacques</i>	<i>Patricia Potts</i>
<i>Puran Singh Bains</i>	<i>Wilfred Jenkins</i>	<i>Anthony Scott</i>
<i>Joshua Bates</i>	<i>Vreneli Kahn</i>	<i>Les Seymour</i>
<i>Reinhold Blank</i>	<i>Gail Keay</i>	<i>Gordon Simpson</i>
<i>Ron Bolin</i>	<i>George Kennedy</i>	<i>Robert Edward Smith</i>
<i>Colleen Bouchot</i>	<i>Michael Klyn</i>	<i>Robert Leslie Smith</i>
<i>Sylvia Bovair</i>	<i>Barry Lees</i>	<i>Jacob Staubli</i>
<i>Kim Caller</i>	<i>Elma Lehner</i>	<i>Wallace Stewart</i>
<i>Lucy Coates</i>	<i>John Lukas</i>	<i>Helen Thompson</i>
<i>Dagmar</i>	<i>John Maffin</i>	<i>Allan Tottenham</i>
<i>Pieter de Boer</i>	<i>David Mann</i>	<i>Katy Trouton</i>
<i>Kenneth Drummond</i>	<i>Walter Masuk</i>	<i>Dave Wallace</i>
<i>Robert Durrant</i>	<i>Doug McConachie</i>	<i>Linda Wallbank</i>
<i>James Ferguson</i>	<i>Fran Miller</i>	<i>George Weir</i>
<i>Judy Ferris</i>	<i>Heather Mohr</i>	<i>Daryl Woodburn</i>

**BOARD OF DIRECTORS**

**Society Board**

Kathy Derksen, President  
Scott Taylor, Vice President  
Bonnie Greenlee, Treasurer  
Anne Pilgrim Secretary  
Salman Azam  
Lawrence Eta  
Jane Hamar  
Dorscie Paterson

**Foundation Board**

Roberta Frankforth, President  
Anne Dent, Vice-President  
Merlyn Jussila, Treasurer  
Dorscie Paterson



**Executive Director**

Sandra Castle

**Palliative Program**

Fernande Ouellette

**Bereavement Support**

Shivani Kaushik

**Children’s Bereavement Support**

Linda Sheridan

**Special Events/Volunteer Services**

Denise Station

**Administrative Services**

Wendy Vetsch

**Second Story Treasures**

**Manager/Store Operations**

Diane Boyd

**Assistant Managers**

Deborah Campbell

Kathy Sawatzky



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Langley Hospice Society**

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**Langley Hospice Society**

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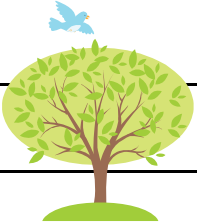




[www.langleyhospice.com](http://www.langleyhospice.com)







**Langley Hospice Society  
Calendar of Events  
April – December, 2012**

<b>Friday, April 6 &amp; Saturday, April 7</b>	Second Story Treasures Thrift Store Closed for Good Friday/Easter Saturday 
<b>Saturday, April 28 ~ 11:00am – 1:30pm</b> 	Langley Hospice Volunteer Appreciation Brunch
<b>Thursday, May 3</b>	Hospice Palliative Foundation of America Teleconference “Ethics and End-of-Life” – hosted by Dignity Memorial
<b>Thursday, May 10</b>	Mother’s Day Potluck Supper
<b>Saturday, May 19 &amp; Tuesday, May 22</b>	Second Story Treasures Thrift Store Closed for Victoria Day Holiday
<b>Thursday, June 14</b>	Father’s Day Potluck Supper
<b>Friday, July 20</b> 	Second Story Treasures Thrift Store Customer Appreciation Event 
<b>Thursday, August 16 to Sunday, August 19</b>	Camp Chrysalis Children’s Bereavement Camp
<b>Monday, August 20</b>	Camp Chrysalis Cleanup Crew <b>Volunteers Needed for Duty at Camp</b>
<b>Thursday, August 23</b>	Client Volunteer Potluck Supper
<b>Saturday, September 1 &amp; Monday, September 3</b>	Second Story Treasures Thrift Store Closed for Labour Day Weekend Holiday
<b>Tuesday, September 18</b>	Fall Basic Training Sessions Begin (Tuesday nights for 10 weeks)
<b>Thursday, September 27</b> 	Second Story Treasures Thrift Store Closed for Fall/Winter Changeover 
<b>Friday, September 28</b>	Fall/Winter Changeover Event at Second Story Treasures Thrift Store
<b>Tuesday, October 9</b>	Second Story Treasures Thrift Store Closed for Thanksgiving Day Holiday
<b>Thursday, November 22 (tentative)</b>	Coping with the Holidays
<b>Saturday, December 1 - Saturday, December 15</b>	Celebrate a Life at Willowbrook Shopping Centre, Langley 
<b>Thursday, December 13 (tentative)</b> 	Christmas Langley Hospice Volunteer Tea
<b>Monday, December 24/12 – Thursday, January 3/13</b>	Second Story Treasures Thrift Store Closed for Christmas Holidays ~ Open to Receive Donations Only on December 27 and 28, 2012



Hospice Foundation of America's  
18<sup>th</sup> ANNUAL *Living With Grief*<sup>®</sup> Teleconference

## *Living With Grief*<sup>®</sup>: End-of-Life Ethics

Moderated by

Lynn Sherr, former ABC News' 20/20 Correspondent

**Hosted by Woodlawn and Henderson's Dignity Memorial  
& First Memorial Funeral Homes**

Thursday, May 3rd 2012

9:30 a.m. - 2:30 p.m.

The Salvation Army Cascade Community Church

35190 Delair Road, Abbotsford

**RSVP by Friday, April 20th 2012**

By Email: [hendersonschilliwick@Dignitymemorial.com](mailto:hendersonschilliwick@Dignitymemorial.com) Telephone: (604)792.1344

Please provide the name of your organization, the names of those attending,

Attendance is free &  
lunch is provided at no cost.  
Grief Companion Books are  
available to all attendees at a  
cost of \$20.00 each.

Please pre-order when you RSVP.  
Bring payment, in the form of cheque on  
date of the Teleconference.  
Make cheques payable to  
Henderson's Funeral Home.

*HFA's 2012 Living With Grief<sup>®</sup> program, End-of-Life Ethics, will examine, using a case study approach, the ethical issues and dilemmas that emerge at the end-of-life, the principles of ethical decision-making and the effects of these decisions on staff and families.*

*Panel includes:*

Timothy R. Arsenault, MA, Karen Bullock, PhD, LCSW

Eileen R. Chichin, PhD, RN, Kenneth J. Doka, PhD, MDiv

Bruce Jennings, MA, Hank Willner, MD

Review Committee : Dale G. Larson, PhD Ruth Kershner, EdD, RN,  
CHES and Pam Kushner, MA, MD, FAAFP



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