



Langley Hospice News

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December 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.



Healing During the Holidays

Signs of the long holiday season have descended upon us through exciting store displays, jingling television and radio commercials, and a rush of decorative party invitations from employers, friends and family. However, for those grieving the death of a loved one, the festive holiday season itself can be a very overwhelming experience. As we at Langley Hospice Society understand these challenges, we would like to encourage the following ideas to assist those who may be struggling with their grief during the holiday season:

- ◆ Recognize that the holidays are not going to be the same and expect to feel some pain. Don't try to make the day EXACTLY as it was when your loved one was alive. For example, if Dad was always the one to carve the turkey, designate someone special to do the task in his honor, perhaps saying a prayer or a tribute beforehand.
- ◆ You may not feel like doing certain traditions – and that's okay. Do not push yourself into doing something just because it has "always been done that way." Set new traditions for your family to follow. For example, if holiday cards are just too difficult for you to accomplish this season, wait until after New Year's to send out a letter, updating everyone on what you are up to.
- ◆ It is okay to want to spend some time alone reflecting on your past with your loved one, but do not spend the holidays in isolation. Talk with family members and friends about your feelings and share stories about your loved one.
- ◆ Accept the help offered to you from others. Do not try to take on additional stress to "push through" the difficult time. If you typically hold a holiday meal at your home, give yourself permission to cut back and allow family members to bring dishes for the meal instead of trying to do it all yourself.
- ◆ If you are not already, keep a journal during this time. It can be a great outlet for venting,

reflecting, or just brainstorming. Some people choose to write letters to their loved ones to include them in the happenings of the season. You can also use the journal to write poetry or draw pictures.

- ◆ Just for yourself, you may want to do something special in honor of your loved one, such as creating a memory book, watching an old home movie, or reading letters written to you from your loved one. You could also purchase yourself a small gift that you think your loved one might have gone out to get for you if they were still here.
- ◆ Hospice societies often offer counseling sessions and memorials this time of year for those grieving. Consider attending one, or another type of gathering that helps you through this time.
- ◆ Taking care of your health is a top priority. Eat healthy meals, exercise to reduce stress and depression symptoms, and get plenty of rest. Studies also show that opening the windows to allow direct sunlight in can reduce depression symptoms as well.

For those who love someone who is grieving this time of year, here are some tips for being supportive:

- ◆ Allow a person to handle the holidays in the best way he or she can. Do not force them into a party if they do not wish to go. Allow them to leave early if they wish. There is no right or wrong way to handle the holidays – give your friend some space to cope in their own way, but be there for them if they need you.
- ◆ Offer to help with baking, cleaning, decorating, etc. which can be overwhelming to a grieving person this time of year.
 - ◆ Consider donating money toward an important cause as a "gift" for the person who has passed away.
 - ◆ Never, ever tell a grieving person to "get over it" or "move on." Everyone moves through grief at their own pace.



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- ◆ However, if you are concerned that a person is overly isolating themselves, or is not coping in a healthful way, offer some help by listening and being there for them when needed.

Overall, it can be hard to mourn a loss during the holidays. You hear the songs, look at the decorations, but all you see is what or who you're missing. Although the abovementioned suggestions can be helpful, there is no "right" or "wrong" when it comes to celebrating the holidays – it's about what works for you.

(Source: The National Hospice and Palliative Care Organization)

Shivani Kaushik, MSW, RSW
Bereavement Support Coordinator

Happenings...

Society Office Christmas Hours The office will be closed from Friday, December 21 at noon through Wednesday, December 26, reopening for Thursday, December 27 and Friday, December 28 from 8:30 am to 4:30 pm. We will also be closed on Monday, December 31 and Tuesday, January 1 for New Year's, but will reopen at 8:30am on Wednesday, January 2.

Second Story Treasures Holiday Schedule The Thrift Store will be closed for the holidays and seasonal maintenance from **Sunday, December 23** through **Wednesday, January 2**, reopening at **10:00 on Thursday, January 3**. We will be open to accept **donations only on Thursday, December 27, Friday, December 28, and Saturday, December 29** from 11am – 3pm.



For **Kay Turner's** birthday, she suggested that rather than buy her gifts, her friends could donate to the Langley Hospice Society. Kay Turner has been volunteering with Second Story Treasures Thrift Store since 2007. Special thanks to Kay and her friends who raised over \$700 for hospice!

Thank you to the **BMO Bank of Montreal Walnut Grove** Team for their generous donation. The staff at the Walnut Grove Branch take great pride in fundraising and they wanted to keep the money raised local. Photograph left to right: Sandra Castle, Executive Director, Langley Hospice Society receiving a cheque for \$1,000.00 from Kirsten Schroedter and Nick Park, BMO Bank of Montreal/Walnut Grove Branch.



In November, 2012 another group of volunteers successfully completed the **Spirituality training course**. The course was facilitated by Charlene Neufeld, Spiritual Care Practitioner from Fraser Health Region.



Stop by our **Celebrate-A-Life** event at the **Willowbrook Mall** in Langley from **December 1 to December 15, 2012** (southeast entrance by Swimwear Etc.), or at **Second Story Treasures Thrift Store** during the month of **December**. Each year more than 450 people remember a loved one by writing their name on a memorial ornament, placing it on one of our trees and writing a special message in the Memory Book. There is even a special tree to honor the memory of our pets.

The **Children's Program** will be offering two **day camps** in December for children involved in the program. The first, on Sunday, December 9th, will be for younger children from 12:30pm – 4:30pm and the second, on Sunday December 16th, will be for older children from 12:30pm - 4:30pm. Children can share holiday memories and decorate an ornament to honour their person who has died and bake holiday treats to share with their families.

Two **children's support groups** will be offered **mid-January**, one for children aged 10 – 12 years and a second group for teens. If you would like more information about these groups, please contact Linda Sheridan, Child & Youth Bereavement Coordinator at 604-530-1115 or by e-mail at lindasheridan@langleyhospice.com.

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

Langley Hospice Certificate Training Program for those wishing to volunteer or are interested in the subject. Runs for ten weeks on Tuesdays, from 6:30-9:30pm, starting on February 12th. This 10-session program covers issues on life and death, as well as grief and loss and related skills. Fee is \$135.00. For more information or to register, please call Fernande at 604-530-1115.



Volunteer Corner



A Christmas Wish For All Our Hospice Volunteers And Friends

Our Christmas wish for you, our friends
Is not a simple one
For we wish you hope and joy and peace
Days filled with warmth and sun

We wish you love and friendship too
Throughout the coming year
Lots of laughter and happiness
To fill your world with cheer

May you count your blessings, one by one
And when totaled by the lot
May you find all you've been given
To be more than what you sought

May your journeys be short, your burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold

We wish this all and so much more
May all your dreams come true
May you have a Merry Christmas friends
And happy New Year, too!



Anonymous
Adapted by Langley Hospice Staff

Volunteer Hours March 1—October 31, 2012

- ♥ Client Volunteers 6,087 hours
- ♥ Store Volunteers 11,080 hours
- ♥ Office, Events, Board
 Newsletter & Other 1,020 hours

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



Celebrate the Season ... Make a Gift to Langley Hospice

Donated by _____

Address _____

City _____

Postal Code _____

Telephone (____) _____

Amount of gift: \$ _____

Type of payment: Cheque Visa

Visa Card No.: _____

Expiry Date: _____

Signature: _____

Please make your cheque payable to:
Langley Hospice Society.

Donations over \$10.00 will receive a tax receipt.

Donations (including Mastercard and Debit) can
also be made online by clicking the "Donate Now"
button at www.langleyhospice.com.

Memorial or Honor Gift:

In Memory of _____

In Honor of _____

Notification of my gift to:

Address _____

An acknowledgement of your gift will be sent to
the family.

***Your generous donation helps
support hospice care
and bereavement support
in our community. Thank you!***



**November, 2012
Donations Made in Memory of:**

Harry Butler
Clara Grant
Amy Hughes
Yam Jim Lee
Greg Long
Tom Mansel
William Matricardi
Neil McKinnon

Judith Miller
Tony Miller
Winnifred Morgan
George & Jenny Neilson
Lorraine Retan
Alexander Scott
Richard Welch

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Langley Hospice Society**

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Langley Hospice Society

20660 - 48 Avenue

Langley, BC V3A 3L6



BRITISH COLUMBIA
The Best Place on Earth



United Way
of the Lower Mainland



By acting now
I can protect my family when
they'll need it most.



Prearranging your funeral and cemetery needs releases your family from unnecessary stress and provides them peace of mind. As a Dignity Memorial® provider, we provide many unique benefits:

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

HENDERSON'S LANGLEY FUNERAL HOME

20786 FRASER HIGHWAY, LANGLEY, BC V3A 4G6 604.530.6488

