



White Rock South Surrey Hospice Society

Quarterly NEWSLETTER



MISSION STATEMENT

The White Rock South Surrey Hospice Society supports individuals, their family, and friends who are facing advanced illness or bereavement and educates the community on dying and grieving.

BOARD OF DIRECTORS

- **Robin Harper**
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- **Jim Hartt**
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- Tara Field**
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- Trevor Josephson**
Counsellor
- Elaine Marshall**
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Director – Administration
- Shannon Toop**
Coordinator of Volunteers

THRIFT STORE STAFF

- Victoria Biggs**
Business Manager
- Astrid Obersat**
Coordinator of Volunteers



Thank You!

Thank you! We're already more than three-quarters to our goal of raising \$2.1 million dollars!

"Care giving is a team effort - lots and lots of help is needed."

These words of wisdom were shared with me by a client that brought her husband into hospice to receive care. She thought she was bringing him in just for his care but soon realized that the care was for her as well. Along with her husband, she received support from our volunteers and the staff everyday of that journey. After he peacefully passed away the care we provided continued. She was able to receive grief support from our staff and volunteers and has been able to continue on with life even though the love of her life, her partner - her best friend, is gone. She also said, *"Hospice is the only game in town when it comes to providing help, real help."* It is never easy, but with support we can continue on with life's journey.

Please help us to reach our goal so that we can continue to offer all of our services to the community free of charge. We feel privileged about caring for every person from the point of diagnosis, through illness, death and bereavement. Your hopes, your priorities, your comfort and your quality of life define our care.

To learn more about the new Hospice Society and Community Supportive Care Centre please visit:
www.buildingahomeforhope.com

With gratitude,
Beth Kish, Executive Director



Big Hearts and Bright Smiles from the Hoings



L-R: Anita Fenn, Peace Arch Rotary;
Werner & Helga Hoing; Beth Kish

Hospice Society by pledging \$250,000 to the naming of our Large Meeting Room in our new Hospice Society & Community Supportive Care Centre. All acts of compassion make a positive difference, and the Hoings are truly making a positive difference for the whole community.



Mark your calendars for our Coming Events!

Hike for Hospice
Sunday, May 7th, 2017
9am - Noon

Blackie Spit Park, Crescent Beach
3136 McBride Ave, South Surrey
Save the date for our 15th Annual Hike for Hospice! Raise funds and awareness to support our free Programs & Services. Get a Team together or walk individually. Fun for the whole family - and you can bring your dog too!



Community Memorial Service

Thursday, May 18th, 2017 - 7pm
Victory Memorial Park
14831 - 28th Avenue, South Surrey
Join us at our non-denominational Community Memorial Service in remembrance of your loved one. If you would like your loved ones name included in the program, please call the office at : 604-531-7484.

Main Office Mailing Address

15510 Russell Avenue
White Rock, BC V4B 2R3
Phone: 604.531.7484
Fax: 604.531.8101

Website & Email

www.whiterockhospice.org
contactus@whiterockhospice.org

Thrift Store

Unit 2A, 15562 - 24th Avenue
South Surrey, BC V4A 2J5
Phone: 604.538.7600
thriftstore@whiterockhospice.org

Finding Purpose After Loss *by Trevor Josephson, MC, RCC*



A Review of the film: 'I'll See You in My Dreams'

The state of bereavement can last for years. After a person has suffered through the early, intense phases of grief, having weathered the debilitating and painful feelings of anger, guilt and sorrow, they may come out of the storm only to find themselves adrift between the emotional polarities of joy and sadness, neither here nor there. In this state of inertia, a person may find him or herself feeling unfulfilled and struggling to find meaning and purpose in life.

'I'll See You In My Dreams', a film written and directed by Brett Haley and starring Blythe Danner, Martin Starr, Sam Elliott and Rhea Perlman, is a thoughtful, unassuming film that explores this post-loss world in a very subtle, yet profound way.



In the film we meet Carol, whose life has been a repetition of the same day, every day for many years since her husband died. It's not a bad life, but it clearly lacks inspiration and fulfillment. She gets up every morning, walks the dog, drinks a cup of coffee, reads the newspaper and depending on the weather or day of the week, she will complete a household chore, watch a movie on TV or run an errand. Once a week she plays cards with her friends in an independent living facility for seniors.

This all changes when her beloved dog dies and an intrepid rat takes advantage of the undefended household and moves in. This intrusion precipitates a chain of events resulting in Carol's life taking some very dramatic turns. Enter: Bill, played by Sam Elliott.

Haley, the film's maker, explained that the idea of the movie came to him from a need to explore the "inevitability of life" and by that he is referring to the existential questions we all face. *"I think I was writing almost from a place of fear,"* said Haley, *"fear of loss, fear of death, fear of failure, fear of not having a connection."* He chose to write the film from 'a place of curiosity and empathy' and from the perspective of an older woman.



"I think a lot of movies about older people are about looking back with regret," explained Haley, *"and I wanted to make a movie about older characters where they're looking forward. They're not done yet, and they have a lot more left to live and they have a lot more left to give. ... I don't think that's been seen too often."*

Fortunately for us, Blythe Danner was selected to play the lead character and her portrayal of Carol is a key element of the film's success. *"There were a lot of parallels to my life in this character,"* said Danner. *"I've had to go through losing my one wonderful husband. I think it's about a human being's capacity to handle loss and I think the longer you live, the more you lose, and that's the price of being a survivor."*

While it is a rat that forces a change in Carol's repetitive routine, it is her courage, curiosity and openness to change that leads her to rediscovering inner strengths and motivations she forgot she possessed. Those

qualities were dormant since the death of her husband, many years earlier.

Emotional inertia may at times be an inevitability of life, especially after the loss of a loved one, but that does not mean it need be a permanent state. Each one of us has innate qualities and strengths that we can use to help ourselves. If there is a moral to the film's story perhaps it is this: *'walk before the rat forces you to run'*. In other words, navigate your way out of the fog of inertia and plot your own course to new destinations of purpose and meaning because **'you're not done yet!'**

Banner of Kindness

Djoke Span, a multi-talented volunteer, hand made a quilt for our Children's Camp called the 'Banner of Kindness'. She also made small, individual 'Badges of Kindness' for every child at the camp to take home as a memento. This is truly an act of ultimate kindness from Djoke. We are so fortunate to have Djoke and every one of our creatively talented Children's Camp Volunteers!



Kindness Abounds at the Camp for Grieving Children

By Trevor Josephson, MC, RCC

At the Friends Helping Friends camp for grieving children on February 17 and 18, young participants ranging in age from 6-11 years old, travelled together on *an inner journey to outer space*, learning how people and events in the world around them effect how they feel inside. By engaging in sharing circles, expressive arts and active play, each child creatively confronted the pain, confusion and fear that the death of a parent has brought to his or her young life.



The theme of emotional transformation was symbolically represented in a workshop by Mad Science. Participants watched as liquids combined to form slimy, gooey solids. Needless to say, it was a big hit.

Children enjoyed a variety of arts & craft projects. They created mood boards by which to communicate how they are feeling at any given time and drew islands that represented the joyful elements of their lives.

All aboard! Imagine a train whistle and the chugging sound of an old steam locomotive. The Train of Thought game filled the room as the passengers were challenged to act out and guess different emotions based on both realistic and fantastical scenarios.

A further exploration of emotions was facilitated in a drumming circle. Children were invited to express emotions like sadness, peacefulness, anger and joy through drums that had been kindly donated to the Hospice Society. The level of excitement increased when authentic African rhythm instruments were introduced to the circle, augmenting the offering of percussive sounds.



Children then embarked on a Memory Walk that took them on a sunny stroll along Crescent Beach. In this beautiful setting, each child was invited to share a special story of their loved one who had died. In one activity, children ritually 'let go' of sad or angry thoughts regarding the death of their loved ones before moving on to find the Key Stone of Memories, Dreams and Stories. You might have seen it yourself, located at the end of Beecher St. On their way back to the camp, the Wishing Throne was a popular stopping place as each child made a special wish for their deceased loved one.

A cadre of mixed emotions was expressed in the final hour of the camp. Children expressed joy in having shared the experience of fun and sadness in the fact that this camp had come to an end. The Banner of Kindness was unfurled for one final group photo and each child was given their own Badge of Kindness to take home as a memento of the past two days of healing and growth.

Camp for Grieving Children - A Volunteers Perspective

by Diana Davidson

WOW! What a privilege it was to participate in the recent children's grief camp at Camp Alexandra in Crescent Beach.

The camp's program consisted of a well-planned blend of light-hearted and more serious activities. These ranged from a balloon-popping game to a beach "memory walk". The children also enjoyed active and quiet games; crafts; a movie; sharing circles and especially an exciting visit from a "mad" scientist!



Two aspects of the camp stood out for me. The first was how quickly the children relaxed and made new friends secure in the knowledge that all of the other campers were also grieving the death of a parent. There was one child who chose to keep to themselves throughout the first day and spent most of the time reading. Everyone was respectful of that decision. Imagine my surprise the next morning when the same child enthusiastically joined in all of the activities, chattering happily with the other children and even inventing a new game with only a small foam ball, a basket and a piece of cardboard. Much hilarity ensued as the child taught the game to successive adult volunteers.

The other very notable aspect of the camp was how kind the children were to each other throughout the camp but particularly during the circle when they each talked about their lost loved one. It was clearly very comforting to the children to see that the other children were all dealing with the enormous stresses caused by the death of a parent and that it was okay to be sad.

What a worthwhile endeavour that deserves all of our support !

Grace In Action - A Deeply Spiritual Experience

by Teresa Hotell, Founding Member

"..How do you hold a sunbeam in your hand.."

Many of the most profoundly beautiful and meaningful experiences of my life have come to me through my work with Hospice. Being a witness to a persons dying is a deeply spiritual experience. I am so grateful for these teachings which are preparing me for my own time of dying. At the same time I have witnessed how one can really live fully from one moment (since it seems that is really all there is) to the next with grace and joy. What I have seen so often is wide open hearts that fully embrace the precious moments of life. My journey is to practice living in this way right now and not let myself get caught up in things that are not important. This is a great challenge for me.

My other wonderful teachers at Hospice have been and still are the incredible people who volunteer and work there. They continue to teach me about openheartedness, commitment, faith, compassion and loving service. I remember clients coming in for counselling commenting on the feeling of great love. I think this love has penetrated the walls of the Hospice Society building. I am fortunate that most of my friends are 'Hospice people'; they are 'forever friends'.

Hospice is grace in action in my life.



Did You Know....

In July, August & September 2016:

- We welcomed 65 new Clients & had 213 open Client files
- Our Supportive Care Centre answered 983 phone calls during office hours
- We offered 26 Tea Services with home baked goodies in the Hospice Residence
- 10 participants attended 'Getting through the Holidays' information session
- 19 Grief Clients participated in our weekly drop-in Walking Grp.
- 9 High School Students completed our 5 session 'Good Grief' Training for teens
- 18 Volunteers completed our 5 session Level 2 Advanced Palliative & Bereavement Support Training
- 9 Children attended our 2-day Grief Camp along with 1 Counsellor, 6 Volunteers and 4 Teen helpers.
- 22 people attended our Film Night & Discussion "I'll See You In My Dreams"
- 6 Volunteers completed their Level 1 & 2 Therapeutic Touch Training

***Please note that this is only a partial list of WRSSHS programs, services and activities.*

building a HOME for HOPE

**"Can you help the White Rock South Surrey Hospice Society realize its dream?
I hope you can."**

We are giving to White Rock South Surrey Hospice Society's 'Building a Home for Hope' because we believe in the work the Hospice Society does; providing peace and comfort to people who are in the final stages of life and to those left behind. The caring and compassion of WRSS Hospice Society staff is felt from the skilled professionals to the dedicated volunteers. We have seen first-hand the hope and support Hospice has brought to our parents, many relatives and friends.

We have chosen to recognize the Founders of the White Rock South Surrey Hospice Society by naming the Board Room in their honour.

Many hands make the big task so much easier. We encourage others to help in any way they can.

Byrne and Jane McNamara



**Invest in a lasting legacy
for the Communities of
White Rock and South Surrey**

Visit our Website to Donate:

www.whiterockhospice.org

604-531-7484

building a HOME for HOPE

You are invited to make a contribution to the 'Building a Home for Hope' Journey Wall leaving a lasting legacy for yourself or in memory of someone you love.



The Journey Wall represents the path that many will take at some time in their lives. A journey of learning, understanding, love and lasting memories.

When you purchase a stone, \$100 for a small stone or \$250 for a large stone, your name or the name of your loved one will be etched into the Journey Wall. The name will become a permanent part of the pathway, providing a lasting legacy and contribution to the building and in support of our community.

In addition, you will receive a charitable tax receipt for your contribution to the building of the WRSS Hospice Society - Home for Hope.



Be Part of the 'Building a Home for Hope' Legacy

Name: _____

Address: _____

City: _____ Province: _____

P Code: _____ Phone: _____ Cell: _____

Email Address: _____

☐ **Small = \$100** (You will receive a charitable receipt for \$100)

Engraved name/message maximum 18 characters including spaces and punctuation.

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☐ **Large = \$250** (You will receive a charitable receipt for \$250)

Engraved name/message maximum 36 characters including spaces and punctuation.

PAYMENT: ☐ Cheque ☐ Visa ☐ Mastercard

**Please make cheques payable to White Rock South Surrey Hospice Society*

Name on Credit Card: _____

Card Number: _____ - _____ - _____ - _____

Expiry Date: _____ - _____ CVC Code: _____ (3-digits on back of card)

Mail or drop off completed form and payment to:

WRSS Hospice Society 15510 Russell Avenue, White Rock, BC V4B 2R3
Registered Charitable # 11929 7513 RR0001

Hope takes Flight

All contributors to the 'Home for Hope' campaign (ending May 2017) will be entered into a draw to win:

"One return trip for two anywhere WestJet flies*".

So take flight... and give to 'Building a Home for Hope'.



**Rules and restrictions apply. Please see www.whiterockhospice.org for more info.*



WRSS Hospice Society Thrift Store - Shop, Support and Save!

Unit 2A - 15562 - 24th Avenue
South Surrey, BC 604-538-7600

VOLUNTEERS NEEDED !

Want to volunteer in a fun environment and make new friends? We are looking for people who can commit to a 3-4 hour shift once a week in the area of their choice: cashiers, floor, receiving or special projects!

Call or email Victoria at:

604-538-7600

victoria@whiterockhospice.org



- Follow us on Facebook for daily specials and weekly treasures. Also, throughout the month of March we are offering a daily tip on how to declutter, reorganize and simplify your life.
- Find our link to Craigslist on our Facebook page to see our on-line furniture.

**Don't Miss out on the Upcoming Store Events!**

March 14 & 15 - All clothes, shoes and purses are **50% off**

March 16 & 17 - All clothes, shoes and purses are **75% off**

March 18 - Toonie Sale!!! All clothes, shoes and purses are only **\$2.00** each

March 24th & 25th - **50% off** all collectibles and art

Stop in the store and check out our monthly 'Silent Auction' or come and explore our 'Toonie Rack at the Back' from Tuesday - Saturday.

**Introducing Astrid Obersat
Thrift Store Coordinator of Volunteers**

Hello, my name is Astrid Obersat. I just wanted to take a minute to introduce myself.

I am originally from Windsor, Ontario. I moved to this beautiful province in 2009. I have three wonderful children: Lydia is my oldest daughter who lives in Windsor, Freya is my middle child and is studying engineering at Kwantlen, and my youngest is my son Rhys who attends Earl Marriott.



After being a stay-at-home mom for years I found myself in the position to start working. After many years in retail I was very lucky to get a job in a Thrift Store working as the Intake Coordinator. It was such a wonderful beginning to my Thrift Store adventures. I have also worked for two years at a consignment store before starting my new job here. The experience of working with volunteers who choose to devote their free time with a charitable organization is the best reward to my job. I have met many, many wonderful people both here and those that I still see throughout White Rock & South Surrey.

I hope to be a great asset to this organization. I am very excited!

In Memoriam

White Rock South Surrey Hospice Society recognizes the loss of the following people and is grateful for the contributions that were made in their memory. October 1st, 2016 - December 31st, 2016



*Joel Barrett
Charles Battison
Mary Bell
Jean Brignall
Brad Dean
June Hanson*

*Dianne Harris
Laurence Holloway
John Johnson
Irma & Ken Lewis
June MacLean*

*Harry Michael
Marcus Nicolay
Henry Robertson
Corey Rudl
Tom Schneider*

*Margit Somos
Gordon S. Stark
Kathleen Storer
Keith Stuart
Bill Williams*

Special Thanks

We would like to thank the following companies, organizations, and individuals who have generously made donations from October 1st, 2016 - December 31st, 2016 to help support people in the community as they face advanced illness or bereavement. Together we can make a difference.

Gifts of \$2,500 or more

- Sandee Butterley*
- Ken Osborne*
- Victory Memorial Park*
- Mei Leng Harper*
- Theodore Rivney*
- Funeral Centre*
- Robin Harper*
- The Richie Foundation*
- Richard von Hehn*

Gifts of \$1,000 - \$2,499

- Keith Becker*
- Terry Harapiak*
- Dorothee Schenk*
- Warren Wager*
- Edward Brignall*
- Doris Holloway*
- Randall Shaw*
- Florence Wall*
- Hélène Cameron*
- Leed Advisors Inc.*
- Ken & Catherine Sully*
- White Rock/Surrey*
- DMCL*
- Diane Osborne*
- Robert Van Rassel*
- ULock Mini Storage*

Gifts of \$500 - \$999

- Maggie Bernet*
- Halton Chemical Inc.*
- Mountainview Wellness*
- Julie Sirois*
- Carol Chase*
- Donna Hanson*
- Centre*
- Victoria Sprinkling*
- Concord Retirement*
- Home Instead Senior*
- Marlene Nash*
- Strive Living Society*
- Residence*
- Care*
- Pacific Arbor Five*
- Yvon Thibeault*
- Marilyn Desmarais*
- Merina Hunt*
- Residences*
- Nixon White*
- Discovery Research*
- Anne Kulla*
- Lois Phillips*
- Jill Wilchek*
- Systems Inc.*
- Eric MacDonald*
- Jenifer Pierotti*
- Neil Yarmoshuk*
- Linda Gronert*
- Bruce McLean*
- Schill Insurance Brokers*
- Youneed Enterprises Ltd.*

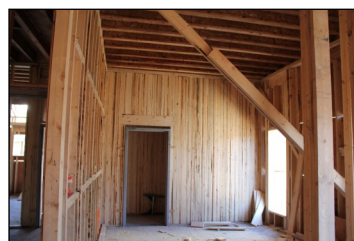
Gifts of \$250 - \$499

- Agnes Baker*
- Elaine Godwin*
- Scott McCuaig*
- Natalie Schneider*
- Marion Barrett*
- Charles Gould*
- Rebecca Meeks*
- Bonita Schoenberger*
- David & Jane Bellringer*
- Margaret Groome*
- Mari Mitchell*
- Star of the Sea Catholic*
- Barry Bird*
- Groves Enterprises Ltd.*
- Catherine Newell*
- Women's League*
- Marilyn Bryson*
- Keith Hanson*
- Patricia Payne*
- The Estate of Charles*
- Chad Clifford*
- L. Doreen Hoath*
- Charlotte Phillips*
- Herbert Battison*
- Brytani Dean*
- Rowland Kelly*
- Helen Rae*
- The Estate of Margaret*
- Dr. S.N. Mohamed Inc.*
- Sharilyn Lindsay*
- Pat Rudl*
- Rodgers*
- Marie Filuk*
- Bob Livesey*
- Stanley Rutledge*
- White Rock Elks 431*
- FortisBC*
- Donna Lucas*

Every donation is important to us. We have been blessed with many donations/gifts of \$1 - \$249 and gratefully acknowledge their generous, giving spirits.

We acknowledge the financial assistance of the Province of British Columbia.

Building a Home for Hope - Supportive Care Centre Update



Roof trusses are on and progress continues! Right side shows evolving Centre and quality workmanship.

WHITE ROCK SOUTH SURREY HOSPICE SOCIETY ...a special kind of caring
15510 Russell Avenue, White Rock, BC V4B 2R3 Ph: 531-7484 Fax: 531-8101 www.whiterockhospice.org

Winter /Early Spring 2017

Name: (Please print) _____

Street Address: _____

City/Prov: _____ Postal Code: _____

Email address: _____ Phone #: _____

Please accept my donation of \$ _____

- ☐ My donation is for the Society to use at their discretion.
☐ My donation is in memory of _____

Please send notification of my memorial gift to (no \$ amount will be included in the acknowledgment):

Name: _____

Address: _____

City/Prov: _____ Postal Code: _____

VISA ☐ **MASTERCARD** ☐ #: _____ / _____ / _____ / _____

Expiry date: _____ - _____ Card Validation Digits: _____

(on back of card)

Name on card: (Please print) _____ Phone #: _____

- ☐ YES, I would like to become a member/renew my membership of WRSS Hospice Society.
 Membership in the Society is \$20.00 (Jan. 1st – Dec. 31st)

Registered Charitable #: 11929 7513 RR0001

Tax receipts will be issued for memberships/donations of \$20.00 or more.