



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.

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Vice President
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Counsellor
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Coordinator of Volunteers
- Roxci Bevis**
TS Coordinator of Volunteers
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Creating Comfort in the Hospice Residence



The Hospice Residence is near and dear to our heart. A big item on our wish list was to redecorate most of the rooms in the Residence so that it would be more home like and comfortable for the patients and families. The rooms have not been updated for a very long time.

After much consultation we were given the opportunity to 're-do' the lounge/TV room in the Hospice Residence as a starting point. A new coat of paint was put on the walls, and the carpet was cleaned. Then many of our wonderful Volunteers spent several days removing the old furniture, assembling some new pieces, and moving new furniture into the TV/Lounge room. New wall decorations, tables, an electric fireplace and a big screen TV were added as well.



After it was completed, I stopped in the following day to take a look and see if it was being used. There was a gentleman in a wheel chair, keeping warm near the new electric fireplace and he was positioned right in front of the big screen TV with his daughter sitting beside him. He was watching the second to last game of the world series baseball and was very happy to have such a nice space and big screen to watch it on. His daughter said he told her that although he wasn't sure if he would be around long enough to see who would become the President of the United States he was now able to see who would win the World Series!

On the completion of the TV room, we have now been given the opportunity to redo the kitchen area and the quiet room. We look forward to making it a little more like home for all who visit and for those who reside in the Hospice Residence.

With gratitude,
Beth Kish
Executive Director

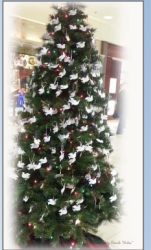


Mark your calendars for our *Coming Events!*

Celebrate-A-Life

December 1st – December 23rd
Semiahmoo Shopping Centre
1701 – 152nd Street, South Surrey

Stop by and visit us at the Semiahmoo Shopping Centre and pay tribute to someone who has passed, who has touched your life in some special way, by writing their name on a memorial dove and placing it on our tree.



'Getting Through the Holidays'

Thursday, December 1st, 2016
Whitecliff Retirement Residence
15501 - 16th Avenue, South Surrey
Surviving the holidays after the death of a loved one can be one of the most painful issues to deal with. This evening will provide support and education on how to get through this difficult time. Please call the office if you would like to attend.

Become a Member or Renew Your Membership Today!

We value your input & support!
Membership runs Jan 1st – Dec 31

For on-line membership, please visit www.whiterockhospice.org or drop by the Supportive Care Centre Office.

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

Why I Volunteer for Hospice *by Lee Cooper*

Many years ago I noticed an ad in the paper and since I had time to spare I thought why not give it a try.... Hospice came into my life and it is probably one of the most unique and continuing learning experiences I will ever have.

The Hospice Society educational course taught me so much. Our group and leaders were wonderful and I know everyone felt nervous and wondered what to expect. There have been many changes over the years but Hospice remains the same with the love and caring that is difficult to explain....

There has never been a time when I have not been greeted with love and kindness and the volunteers and staff are a special group of humans who deserve a huge bouquet The opportunities are endless and the courses given over the years have taught me so much.... What is even more rewarding is the fact that I continue to learn about myself, others, and what is really important.

I have had the privilege to being part of the lives of unique and beautiful people in their last moment spent on this earth. We all have a story and what I continue to see is the love that so often one feels during this sad and revealing time.

My thanks to the Hospice Society.... For your kindness, your love, your support and the many beautiful experiences I have had.... And a special thank you to our meditation group who continue to amaze me. Meditation is one of the many benefits of being part of such a worthwhile organization. Our guide Evan gives us so much and our monthly sessions mean a lot, not only to me but the group. We hate missing even one session. At one session I was having a dizzy spell.... Our group rallied around and even when I suggested they go ahead without me, they insisted on taking care of me... In taking care of me I ended up being a recipient of one of the most beautiful healing sessions ever. It is an experience I will hold dear to my heart. These are the kind of people who are our volunteers and staff. I definitely feel blessed to be part of such a worthwhile organization. THANK YOU!



Lee Cooper (right) and her grandson Jacob at last years Christmas party.

Continued from page 1... Hospice Residence TV Room Before and After Pictures

Providing care and comfort for those at life's end as well as for their friends and families.



Our Vigil Support Team



Our **Vigil Support Team** is truly full of unsung heroes. These volunteers are available 24 hours a day, seven days a week, and are often working people with full-time jobs. Some will even get out of bed in the early hours of the morning to do a 3am - 6am vigil shift, in order to accompany someone who is approaching life's end.

Should family members need support as they say goodbye, the Vigil Team will be called by a staff person from the Hospice Residence or facility. If no family members are able to be present, the Vigil Support group is there to ensure that no one dies alone. A small notebook is kept at the bedside for these volunteers to write comforting notes about their experiences with the patient. This journal is given directly to the family once the vigil has concluded.

We are humbled by the kind comments of those whose lives were touched by the Vigil support Team, including one that we received recently:

"I was both surprised and moved to learn the Hospice Society had kept a journal of my grandfather's last few hours... I am so grateful for someone being with him. It just adds such tremendous value somehow."

Vigil Support

When an individual is approaching death, Vigil Support may be requested by family members or facility staff.

Hospice volunteers will try to provide coverage for up to 24 hours a day for the last 72 hours of life, depending upon the requirements and resources available.

The goal is to provide support so that no one is left to die alone.

Criteria for Vigil Support:

- The person is actively dying and it is estimated that they are within the last 72 hours of life.
- Family members and/or their personal support network has been contacted and support the need for assistance.

Please call 604-531-7484 for more information.

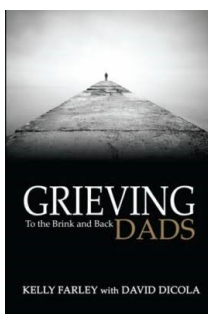
Did You Know....

In July, August & September 2016:

- We welcomed 85 new Clients
- We had 221 open Client files at the end of September
- Our Supportive Care Centre Receptionists answered 1013 phone calls during office hours
- 26 Tea Services (with home baked goodies) were offered and served to patients & their families and friends in the Hospice Residence
- 5 Grief Clients attended weekly Relaxation Group Sessions
- 15 Grief Clients participated in our weekly drop-in Walking Grp.
- 12 Community Members attended a monthly Men's Grief Group off site
- 6 Grief Clients attended our 6-week Adult Grief Group
- 8 Parents attended our Parents of Grieving Children Workshop
- 11 Volunteers completed our 7.5 hour Children & Teens Grief Support Training
- Our Counsellor was requested to facilitate an in-service at Crescent Beach Alexandra House in which there were 20 participants
- Our Counsellor was requested and delivered an in-service to 12 participants at Crescent Gardens in South Surrey

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

Book Reviews *by Marianne Routley, Client Volunteer*



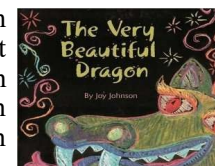
Grieving Dads by Kelly Farley

A rare book which gives a male perspective, **Grieving Dads: To the Brink and Back** was written by a grieving dad. Through his personal knowledge, and interviews with many other grieving fathers who shared their experiences, the author understands male grief, the challenges, and what helps during the grieving journey. This is one of the few books specifically written to help men deal with the grieving process. It is an especially worthwhile book for men who are grieving the loss of a child, for grief counsellors, and for anyone who wishes to gain insight into how men are affected by their grief.

The Very Beautiful Dragon

by Joy Johnson

A Children's book, **The Very Beautiful Dragon** is a well written and colourfully illustrated book about facing fears. It could be particularly helpful to children when read and discussed with understanding adults. It could also be used as an inspiration for children to create their own artwork dragons.



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.*



building a HOME for HOPE

**Invest in a lasting legacy
for the Communities of**



“Can you help the White Rock South Surrey Hospice Society realize its dream? I hope you can!”

As a volunteer driven local charity, the WRSS Hospice Society provides services free of charge that comfort and help families and individuals when they are at their most vulnerable. Hence the decision of my wife Mei and myself to back their Capital Campaign to build a new Supportive Care Centre was an easy one to make. The WRSS Hospice Society’s existing base of operations is long past its sell by date, and the new building currently under construction on 16A Avenue is designed to meet the needs of both the growing and aging population.

On a personal note, when my father suddenly died more than 55 years ago, my mother was naturally devastated and never really recovered. Had appropriate counselling been available, I am convinced her quality of life could have been dramatically improved.

Mei and I have chosen to endow the family room in the new Supportive Care Centre in honour of her late father - a remarkable man who spent his life helping others.

Many thanks, Robin Harper

building a HOME for HOPE

“A community without a Hospice Society is like a community without health care.”

My family had never experienced a sense of community until we relocated to White Rock in 1987. When we were faced with my Dad’s terminal illness, we came to realize what a vital part the White Rock South Surrey Hospice society plays in this community we call home. The WRSS Hospice Society gave me the gift of time with my Dad in a comforting environment where strangers quickly became friends through the compassionate care they provided.

I have passed my passion and commitment for supporting the Hospice Society to my colleagues at Victory Memorial Park. It’s important that the community understand the work the volunteers of the WRSSHS do. Caring for those that are dying and also providing ongoing grief support is not easy. The Hospice Society provides counselling free of charge before and after the death of a loved one. I’m sure, like myself, they do it for the heart-felt reward of helping people.

Please consider giving to “Building a Home for Hope” so that the WRSSHS can continue to offer their services free of charge.

With gratitude, Jayne Pattison



**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



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



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

VOLUNTEERS NEEDED

Cashiers, floor, receiving, and special projects!

Want to work one shift a week at a job you love with people who become your family?

Call or email Roxi at:

604-538-7600

ts.cov@whiterockhospice.org



Don't Miss out on the Upcoming Store Events!

- Dec 1 - Thrifty Thursday
- Dec 2 - 25% off all Christmas items
- Dec 10 - 50% of all Christmas
- Dec 12 - 12 Days of Christmas starts
- Dec 17 - 75% off all Christmas
- Dec 23 - Christmas Open house



Holiday Closures:

- Closed Saturday Dec 24 – Tuesday Dec 27
- Open December 27, 28, 29 & 30
- Closed Dec 31, Jan 1 Open Jan 2



- Follow us on Facebook for daily specials and weekly treasures.
- Find our link to Craigslist on our Facebook page to see our on-line furniture.



We Support the Semiahmoo Rotary Food Bank Card Program - Social Wellness for our Community

Sources, our local Food Bank, provides weekly support services to over 600 people living in White Rock/South Surrey. They rely entirely on community support and receive no government funding. Save On Foods has agreed to sell food cards at an 8% discount year round, without restriction, to the **Semiahmoo Rotary Club!** The gift cards are then sold at face value and 8% is forwarded to our local Food Bank. The **Block Family**, as a tribute to their Dad who was a avid supporter of the Food Bank, has generously offered to match the 8% for a one year period ending June 30th, 2017 thereby making **16%** of each gift card purchased go directly to helping those in our community have a nutritious meal! **If you shop at Save On Foods, stop by the Thrift Store and purchase your gift cards.** You will be helping those in need without any cost to yourself. We are all part of the community at large and helping those in need is one of the most admirable things you can do.



Henry Block

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.

July 1st, 2016 - September 30th, 2016

Robert Beatty

Robin Harrison

Gordon S. Stark

Patricia E. Cambrey

Eamonn Lane

Ingrid von Hehn

Roger Dean

Roy Pearson

Roger Way

Victor Enns

Sue Peterson

Ray Woodward

Chester Hansen

Maggie Rodgers

Special Thanks

We would like to thank the following companies, organizations, and individuals who have generously made donations from July 1st, 2016 - September 30th, 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

- The Block Charitable Foundation
- The Toskan Casale Foundation
- Werner & Helga Hoing Foundation
- Richard von Hehn

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

- James Cambrey

Gifts of \$500 - \$999

- Dianne Clevenger
- Charles King
- Merina Hunt
- White Rock/Surrey ULock Mini Storage

Gifts of \$250 - \$499

- Mary Anne Brueser
- North Surrey Lions Club
- CanadaHelps.org
- Joyce Poley
- Georgene Dunlap
- Heather Sadoway
- Elaine Godwin
- Team Telus Cares
- Groves Enterprises Ltd.
- Jean Walker
- Sandra Knights
- Sze-Yin Yuen
- Elizabeth Murray
- Marie Ann Zelenecas

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 - *update from demolition to present*



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

Fall 2016

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.

