



ABBOTSFORD HOSPICE SOCIETY
Volunteer Information Letter
February 2009



Greetings from all of the staff at Abbotsford Hospice Society! We hope you are staying healthy in this cold season. With Valentine's Day coming up, we would like to start with a heartwarming quote: "*Love and kindness are never wasted. They always make a difference. They bless the one who receives them and they bless you, the giver.*" (Barbara De Angelis)

2009 Upcoming Volunteer Support Meetings:

We are pleased to announce the upcoming Volunteer Support Meetings. Please mark your calendars. Our meetings will include the following opportunities:

1. Information / Education / Inspiration
2. Connecting with other Hospice Volunteers by sharing your experiences of volunteering, learning from each other, and being encouraged by each other.

February Volunteer Support Meeting

DATE CHANGE!

February 25th

7pm – 9pm (Wednesday)

Guest Speakers:

Paula Jacobs, facilitator of the Perinatal Loss Support Group,
and two group participants.

Come listen to and learn from their grief journey!

March 17th: 10am – 12pm

Spiritual Care for Grieving/Dying clients – followed by St. Patrick's Day Potluck Lunch!

April 21st: 7pm – 9pm

Honouring the AHS Volunteers past & present

May 12th: 10am – 12pm

National Hospice Palliative Care Week: Learn about the Tertiary Palliative Care Unit

June 2nd: 6pm – 9pm

Volunteer Appreciation BBQ

Volunteers are the Heart of Hospice!

We appreciate every one of you. We would like to provide space in our newsletter to highlight some of our Volunteers. This month we introduce you to Margaret Dygala.



Margaret grew up in the prairies. She worked as a Nurse's Aid at the TB Sanatorium in Manitoba and she worked for different doctors for many years. In the fall of 1984, she relocated to Aldergrove, BC and moved to Abbotsford 11 years ago. In spring of 2008, she took the Client Support Training and joined us at AHS.

Margaret is a gift to AHS. She currently volunteers in the Tertiary Hospice Palliative Care Unit at Abbotsford Regional Hospital, companionship patients who are at the end of life. Margaret finds vigil support for patients who are actively dying at local Care Homes - another area she enjoys. The amount of hours she gladly offers to spend time with clients reflects her dedication and compassion in this field. It is because of volunteers like Margaret that we can continue to touch the hearts of those who are dying and grieving in the community of Abbotsford.

Upcoming AHS Groups:

Please tell your family and friends!

Several groups are continuing this winter. These include:

- Supporting Children through Music (Every other Saturday 1pm – 3pm)
- Support and Share (Meets on Wednesday evenings)
- Perinatal Loss Support

For further information or registration, please contact Kelly.

Congratulations to the graduates of the winter Client Support Training!

We look forward to having you join our team of caring volunteers.



Discover the Treasures of the Nile

We hope you can join us for the 5th Annual "Hearts for Hospice" Benefit

A Night in Cairo

February 14th, 2009

* It's not too late to join the fun! Tickets are \$110 each and are available from Bonnie.

A big thank-you to those of you who have contributed to the 'Gardening Basket' for the silent auction, a gift from the AHS Volunteers! If you have last minute contributions to the basket, it will be wrapped up on Tuesday morning, so feel free to drop them off before then! (No more gloves needed.☺)