



## Abbotsford Hospice Society

33134 Marshall Road, Abbotsford BC V2S 1K5

Phone: 604.852.2456

Email: [info@abbotsfordhospice.org](mailto:info@abbotsfordhospice.org)

Web: [www.abbotsfordhospice.org](http://www.abbotsfordhospice.org)

## Volunteer Information Letter March 2009

Spring is coming! I hear the robins chirping and see the crocuses adding their colour to our world. There are also new things taking place at Abbotsford Hospice Society. We hope you will set aside a few minutes (or more) to read this longer than usual Volunteer Information Letter to find out all the details. As always, feel free to contact us - Debbie, Kelly, Bonnie, Juanita, Yoko or Maryanne - if you have any comments or questions.

### Revised Dates for Volunteer Support Meetings:

#### **February Volunteer Support Meeting**

*Rescheduled to ...*

**March 11<sup>th</sup>**

**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!

Due to the need to postpone the February meeting because of unexpected snow, we have made changes in the upcoming meeting dates & agenda. Please update your calendars:

#### **April 21<sup>st</sup>: 10am – 12pm**

Honouring the AHS Volunteers past & present

Followed by potluck lunch!

#### **May 12<sup>th</sup>: 10am – 12pm**

Spiritual Care for Grieving/Dying clients

Facilitated by the spiritual care associate, Arlene Kropp

#### **June 9<sup>th</sup>: 5pm – 8pm**

Volunteer Appreciation BBQ

## **New AHS Services beginning April, 2009 & request for volunteer involvement!**

### **Abbotsford Memorial Services**

We will be holding a Memorial Service for families of patients who have died while receiving service from the Hospice Palliative Care program in Abbotsford. This service will be limited to about 30 people and will take place in the Dignity Room at AHS on the last Wednesday of every other month from 4pm – 5pm. These services will be a collaboration of AHS and other members of the HPC team.

We are not only pleased to provide this opportunity to families as a way to remember their loved ones, but also pleased to be able to host the service at AHS where bereavement support continues.

The first Memorial Service will be held on Wednesday, April 1<sup>st</sup>, and **we are looking for volunteers who are able to commit to the following responsibilities. Please contact Maryanne:**

|                 |   |
|-----------------|---|
| 2:00pm – 2:30pm | Go & buy refreshments                                   |
| 2:30pm – 3:30pm | Room and refreshments set up                            |
| 3:30pm – 4:00pm | Greet and welcome the families                          |
| 4:00pm – 5:00pm |   |
| 5:00pm – 5:30pm | Mingle and be available to families during refreshments |
| 5:30pm – 6:00pm | Clean up  |

#### **Memorial Service Dates in 2009:**

**April 1**  
**May 27**  
**July 29**  
**September 30**  
**November 25**

### **Compassionate Connections**

We are pleased to announce to you that a new palliative service will be launched in April called Compassionate Connections. It is a day where Abbotsford palliative clients who are facing end of life issues can come and connect with others who are experiencing similar challenges and receive complimentary therapies followed by a lunch. Compassionate Connections will take place every Thursday starting April 2<sup>nd</sup>. A support group for caregivers will also be offered that morning.

|                   |  |
|-------------------|--|
| 9:30am – 10:30am  | ‘Gentle Conversations’ Support Group, facilitated by the clinical counsellor |
| 11:00am – 12:00pm | Caregivers Support Group   |
| 10:30am – 12:00pm | Complimentary Therapies  |
| 12:00pm – 1:30pm  | Lunch  |

Some of the therapies that we will be providing are:

- Pet Therapy
- Massage Therapy
- Reflexology
- Healing Touch

**\*\* We are looking for volunteers who would like to participate in making Compassionate Connections possible.** We will be rotating the volunteers so that the maximum shifts you will do in a month will be two. **Please contact Yoko if you are interested.** The responsibilities of Compassionate Connections volunteers will be as follows:

|                   |   |
|-------------------|---|
| 11:00am – 12:00pm | Lunch preparation & visit with palliative clients while they wait for complimentary therapies |
| 12:00pm – 1:30pm  | Eat lunch together  |
| 1:00pm – 2:00pm   | Clean Up  |

## **Upcoming AHS Groups:**

Please tell your family and friends!

**Several groups are continuing.** These include:

- Supporting Children through Music (Every other Saturday 1pm – 3pm)
- Support and Share (Meets on Wednesday evenings)
- Perinatal Loss Support
- *New*: Gentle Conversations (every Thursday 9:30am – 10:30am)
- *New*: Caregivers Support Group (every Thursday 11am – 12pm)

For further information or registration, please contact Kelly.

## Welcome to Practicum Students at AHS!

1. Alisa Jenkinson – Third Year Social Work student from UFV
2. Sandy Grewal – Career Prep Student, Rick Hansen Secondary

## **Client Support Training – Spring 2009**

Wednesday, April 15th – First session

Saturday, May 2nd – Final Session and Graduation

Class Schedule:

Wednesdays 6:00 pm to 9:00 pm

Saturdays 9:00 am to 4:00 pm

*Please help us spread the word!*

*Contact Kelly for registration.*

## **Palliative Workshop Opportunity**

~ **Diversity and End-of-Life Care**” ~ hosted by Dignity Memorial® Funeral Homes

What: Hospice Foundation of America’s 16<sup>th</sup> Annual Teleconference

Date: Wednesday, April 29<sup>th</sup>, 2009

Time: 10am – 3pm

Where: Salvation Army Cascade Community Church – 35190 Delair Rd

This year’s HFA’s Annual National Bereavement Teleconference will focus on “**Diversity and End-of-Life Care.**” The program will focus on ways of understanding diversity and how cultural histories, traditions and beliefs can affect end of life care. Registration info and reminder will be sent later.

# Juanita's Corner...

## How to be gentle and caring “Guests” in our clients lives

*“Empathy means entering into the private perceptual world of the other and becoming thoroughly at home in it. It means temporarily living in their life and moving about it delicately without judgements. It includes communicating your sensings of their world as you look with fresh and un-frightened eyes. It means frequently checking with them as to the accuracy of your sensings and being guided by the responses you receive. To be with another in this way means that you have to lay aside the views and values that you hold of yourself in order to enter the world of another without prejudice.”* Carl Rogers

The clients and patients we work with invite us into their lives as guests to accompany them on their journey. When we are invited into a person's life, we are constantly faced with situations where we need to immerse ourselves in their feelings so that we can better understand what their journey is and how we can support them and their families. On several occasions, I have been asked to help people “learn” how to better understand their client's journey and how not to think about their own stuff. It is my belief that we are made up of our experiences and values and we should not become someone else when we are with our clients. What we need to keep in mind is that we cannot enforce our values or experiences on others as they are our experiences, and we need to be respectful that our clients and their families have a right to have their own experiences no matter how different they may be to ours. It is my hope that we will all strive to communicate our sensings (Carl Rogers) in such a way that it is not a conscious effort, but rather something that we are able to achieve naturally on a daily basis whether it is with our clients or with our family and friends.

The quote from Carl Rogers suggests that we apply the principle of checking in with people when we speak with them in our own lives as well. What this means to me is communication around the world would be much better if we based it on facts and not assumptions made by our experiences.

Feel free to email me with your thoughts around this article and to make any suggestions as to what you would like to see appear next. My email is [Juanita@abbotsfordhsopice.org](mailto:Juanita@abbotsfordhsopice.org)

## **The 5<sup>th</sup> Annual “Hearts for Hospice” Gala**

**\*\*Thank you to those of you who contributed to the “Gardening Basket” for the silent auction – a gift from the AHS Volunteers! It was auctioned for \$110! Bravo!**

The Abbotsford Hospice Society wishes to thank the following sponsors and donors for helping us make the 5th annual “Hearts for Hospice” gala benefit “A Night in Cairo” successful in raising more than \$40,000! In these tough economic times it is heart warming to have the continued support of our treasured donors and sponsors.

**We encourage you to support those who support us.....**

### **Emerald Heart Level - \$15,000.00 - \$25,000.00**

- ◇ Abbotsford News
- ◇ Star FM 98.3
- ◇ Country 107.1

**Sapphire Heart Level: \$5,000.00 - \$9,999.00**

- ◇ Hub Insurance Brokers
- ◇ Sheffield Group

**Opal Level: \$2,500.00 - \$4,999.00**

- ◇ KPMG
- ◇ MNP- Meyers Norris Penny LLP
- ◇ Ramada Plaza & Conference Centre

**Blue Topaz Level: \$1000.00 – \$2499.00**

- ◇ DignityMemorial (Henderson and Woodlawn Funeral Homes)
- ◇ Dr. Lewis J Bartlett Inc.
- ◇ International Union of Operating Engineers Local 115
- ◇ Paul Esposito Sr.
- ◇ Prospera Credit Union/Insurance
- ◇ RAYMOND JAMES                      Cindy Boury
- ◇ Rapid Copy

**Garnet Level: \$500 - \$999**

- ◇ Aldergrove Credit Union
- ◇ Chatters
- ◇ Fraser Valley MRI
- ◇ Gifford Electric
- ◇ Investors Group
- ◇ Lafarge Aggregates & Concrete
- ◇ SEVENOAKS Shopping Centre
- ◇ Unitex Sales Ltd.

**Silent Auction Donors:**

- ◇ Blue Eyed Charters
- ◇ IUOE Local 115 – Benefits and Pension Plans
- ◇ Dr. Frank Ahman Inc
- ◇ Salt Spring Vineyards – Dev McIntyre & Joanne Bishop
- ◇ Morningstar Golf Course
- ◇ MSA Computers – Aird Flavelle
- ◇ Fraser River Safari
- ◇ Manning Elliot Chartered Accountants
- ◇ Fraser Valley SportFishing – Russ Janus
- ◇ BluStone Restaurant
- ◇ Ledgeview Golf & Country Club
- ◇ Bente Hansen
- ◇ Craig Carmichael
- ◇ Wolfgang & Debbie Lehmann
- ◇ AHS Volunteers

(Silent Auction continued)

- ◇ Angela Bradley RMT
- ◇ Holly McKeen, Greendale Pottery
- ◇ Bobbi Spark
- ◇ Bonnie Pierce
- ◇ Boston Pizza – North Vancouver
- ◇ Business in Vancouver magazine
- ◇ Cannor Nursery
- ◇ Canterbury Coffee
- ◇ Champagne and Lace
- ◇ Chilliwack River Rafting
- ◇ ChocolaTas
- ◇ Christina Maddalozzo
- ◇ Christine Dahlen
- ◇ Coral MacBeth
- ◇ Deb + Gary Bysouth - Bodycare Details
- ◇ Diane's Lingerie
- ◇ Dr. Peter Fry
- ◇ Ecofusion Apparel
- ◇ Emotional Rescue
- ◇ Fraser Glen Golf Course
- ◇ Gourmet Gallery
- ◇ Great West Fitness
- ◇ Home Depot
- ◇ Hudson Madison
- ◇ Huntington Duty Free
- ◇ Jeremy Dane
- ◇ Joe Fortes
- ◇ Just about Pets
- ◇ Kelly Railton
- ◇ KMS Tools
- ◇ Krause Farms
- ◇ Kristal Barrett
- ◇ LaFarge Aggregates and Concrete
- ◇ Lee's Fine Jewellery
- ◇ Lordco
- ◇ Mac & Mango
- ◇ Marilyn Saito
- ◇ Marlys Welsh
- ◇ Matt Germain DC
- ◇ md cosmetic & laser
- ◇ Clancy's Meats
- ◇ Park Royal Shopping Centre
- ◇ Past "Hearts" Committee Members
- ◇ Paula Morrison
- ◇ Pebblecreek Custom Design Furniture

(Silent Auction continued)

- ◇ Perfect Tan
- ◇ Pete's Bird Art
- ◇ Platinum Image
- ◇ Presto Cucina
- ◇ Roses & Rutabagas
- ◇ Sears Abbotsford
- ◇ Semiahmoo Resort
- ◇ Simply Perfect Flowers
- ◇ Spot of Africa - Langley
- ◇ Stuart Rogers
- ◇ Susan Gladiuk
- ◇ The Bay Abbotsford
- ◇ Time Master Jewellers
- ◇ ULUWATU IMPORTS
- ◇ Wild Orange Spa
- ◇ Zammys

**MC's "Inner Circle"**

- ◇ Paul Esposito Sr.
- ◇ Gordon Holloway
- ◇ Canadian Western Bank
- ◇ Dignity Memorial –  
Woodlawn/Henderson's Funeral Home

**Egyptian Bazaar:**

- ◇ Abby Flowers Plus
- ◇ Abc Country Restaurant
- ◇ Ann Maries Café
- ◇ Antonio's Restaurant
- ◇ Bavaria Restaurant
- ◇ Beans & Leaves
- ◇ Best Western Regency Inn & Conference  
Centre
- ◇ Bodysaltz
- ◇ Boston Pizza
- ◇ Brady's Gourmet Meats
- ◇ Charisma Gallery
- ◇ Composition Floral Design & Home Décor
- ◇ Debbie Lehmann
- ◇ Duke of Dublin Olde Irish Pub
- ◇ Esposito Group
- ◇ Fusion Hair Design & Esthetics
- ◇ Gelato Gelato
- ◇ Great Clips
- ◇ Greek Island Restaurants
- ◇ Helen's Nails

(Egyptian Bazaar continued)

- ◇ Little Farm House In the City
- ◇ Ocean Park Pizza & Steak House
- ◇ Ooh la la - Home of Luxurious Living
- ◇ Paliotti's Ristorante Italiano
- ◇ Panago
- ◇ Platinum Image
- ◇ Plum
- ◇ Presto Cucina
- ◇ Q's Steak House
- ◇ Red Robin
- ◇ Rendezvous
- ◇ restaurant 62
- ◇ RFT Reaction Fly & Tackle
- ◇ Ronald Allan Clothiers
- ◇ Rosebay Florist
- ◇ Sammy J Peppers
- ◇ Silver City – Mission
- ◇ Starbucks - West Oaks
- ◇ Tacos Mexico Sabroso
- ◇ Tapenade Bistro
- ◇ The Keg
- ◇ The Mad Butcher
- ◇ The Old Spaghetti Factory
- ◇ Uluwatu imports
- ◇ Visions 1Hour Optical
- ◇ White Spot

Special Thanks to staff and volunteers of the  
Abbotsford Hospice Society  
Gala Committee past and present members.

Get your tickets now for the February 6th,  
2010  
Hearts for Hospice Gala

Tickets are \$110 each  
Contact Bonnie to get your name on the pre-  
booking list.