



Abbotsford Hospice Society

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Volunteer Information Letter May 2009

Help us celebrate National Hospice Palliative Care week: May 3 – 9! We hope you will take advantage of the many learning and growth opportunities that are coming up. Please read below for more information!

May Volunteer Support Meeting

Spiritual Care for Grieving/Dying clients
May 12th: 10am – 12pm

What is Spirituality?
How do AHS volunteers provide spiritual care?
How do we know when to refer to professional spiritual care providers?

Facilitated by spiritual care volunteer, Arlene Kropp

Volunteer Appreciation BBQ **Tuesday June 9 at 5:30pm**

We hope you can join us for great food, good friends,
and entertainment as we celebrate all you do!

Please RSVP to Maryanne by June 2nd



Volunteer Hours – DUE NOW!

Thank you to those of you who have already handed in your hours. If you have not - please hand in your volunteer hours to Maryanne ASAP, using the attached form. Your hours help us receive grant money. Thank you for taking time to do this.

Congratulations to the Graduates of the Spring Client Support Training!

Welcome to our new volunteers from May Training. Maryanne and Yoko look forward to meeting with each of you in June. We hope you will be able to join us for the BBQ to meet many of the other wonderful Abbotsford Hospice Society volunteers.





Volunteer Opportunities:



Abbotsford Diversity Health Fair:

Please see the attached information about this health fair at the Ag-Rec Building from 10am – 4pm on June 6th. We are looking for volunteers who will be present for two hour shifts at the AHS booth. Please contact Kelly or Maryanne.

Memorial Service:

We need two volunteers from 2:30pm – 6pm on June 17th to prepare refreshments and meet with families who attend the service. Please contact Maryanne for more info.

Spread the Word:

At our last Volunteer Support Meeting, several volunteers offered to bring brochures to their family doctor. It would be great to have more of you participate in this way of spreading the word about AHS. Please let us know if you are willing to do this, and we will give you the appropriate brochures. Thank you!

Compassionate Connections:

It has been a month now since Compassionate Connections has started. I have some wonderful volunteers who are making a difference in our clients' lives already. I am looking for more volunteers. You can choose a once or twice a month commitment. Please contact Yoko for more info.

Opportunities for Learning and Growth:

Most of you have completed the 30 hour client support training with us. However, as you know, we can continue to learn something new every day. We would like to encourage you to constantly seek growth in the work you do as an AHS volunteer. We hope that you will participate in these interesting learning opportunities!

- **Hospice Palliative Care Learning Fair:**

- * When: May 8, 10am – 2:30pm (drop in anytime)
- * Where: ARH Conference Room 1st floor
- * Purpose: To gain an understanding of who makes up the HPC team and learn about the services they provide. All AHS Volunteers are part of the HPC team.
- * Why Attend: Come and learn how you, as a Hospice Volunteer, fit into the larger picture of Hospice Palliative Care.

- **Christine Morrison Hospice Tour:**

For any of you that are interested in visiting CMH, we are happy to arrange a tour. This will help you provide better information to clients interested in Hospice care.

- **Abbotsford Diversity Health Fair:**

- * When: June 6, 10am – 4pm (drop in anytime)
- * Where: Ag-Rec Building
- * Purpose: To access health related information from traditional to non-traditional, presented in various languages. There will be exhibitor booths, health screenings, workshops, demonstrations, and more.

Juanita's Corner...

Volunteers have the Heart – But, do they take care of it

Well, here we are in May and I am not sure how we got here, I am still trying to digest Christmas. Hopefully we will all feel renewed energy and will have time to enjoy the sun as we welcome the good weather in Vancouver. Why is she telling us this you ask?

Well, at a time like this when the days are flying by it always makes me reflect on how well we are taking care of ourselves. As volunteers you are the backbone of the Hospice movement and we could not function without you. I thought I would share this self-care wisdom with you written by Parker Palmer.

Self Care

Self care is never a
Selfish act ----- it is good
Stewardship of the
Only gift I was
Put on this earth to offer others.
Anytime we can listen
To our true self
And give it the care it
Requires,
We do so not only for
Ourselves but
For the many others
Whose
Lives we touch.

So, please take care and be gentle and kind with yourselves while you do this work that is always inspiring but often wounds us without us noticing.

Juanita Fleming MA RCC

Upcoming AHS Groups & Services

Call Kelly for more info.

Please tell your family and friends!

Several groups are continuing.

- **Supporting Children through Music**

(Every other Saturday 1pm – 3pm)

- **Perinatal Loss Support**

- **Compassionate Connections**, a morning for palliative clients that includes: Gentle Conversations

(Every Thursday 9:30am – 10:30am) &

- Caregivers Support Group

(every Thursday 11am – 12pm)

- **New: Daytime Grief Support Group**

(weekly Mondays 10am – 12pm for 10 weeks)

- **New: Living with Cancer Support Group**

(starts May 29th, bi-weekly on Fridays, 10am – 12pm)