

NEWSLETTER



News.

The Board of Directors have agreed that the Society must become much more of a volunteer driven organization. They have also agreed to put into place a comprehensive plan to ensure the recruitment of a cadre of quality volunteers with proper and relevant training, continuous engagement with appropriate rewards and recognition.

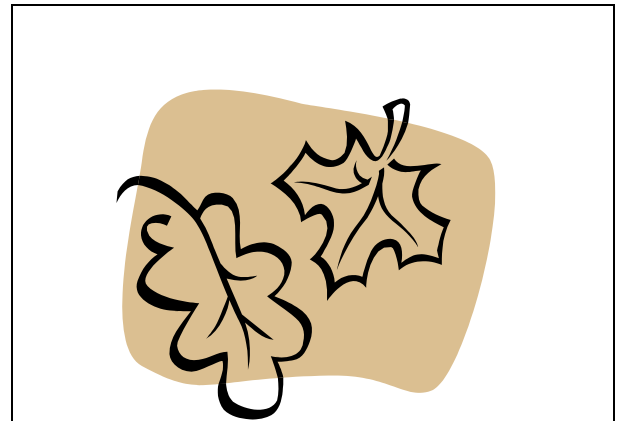
The Board is also pleased to announce the appointment of Judy Evans to lead the organization as of October 1, 2011.

Judy is a long term employee of the Society and is well known and respected in the community.

Dr. Adele Preto	President
Ron Hooper	Vice-President
Dr. Wyn Gittins	Secretary/Treasurer
Claire Scott	Director
Lars Bjornson	Director
Dr. Brian Ayotte	Director
Fred Duck	Director
Dr. Ken Kolkind	Director

Program Coordinator: Judy Evans

Bookkeeper: Heidi deWit



Details on the Fall Hiking Series:

Partnering together, Shuswap Hospice Society, Shuswap Trail Alliance and Active Salmon Arm are pleased to present fully guided Fall Hikes. Join us in the outdoors for some enjoyable friendly hiking.

Hike 2 Reinecker Creek, Oct 15
 Hike 3 Roderick Haig Brown, Oct 22
 Hike 4 Scotch Creek, Oct 29

PLEASE PRE-REGISTER by phoning the Shuswap Hospice Society at 250 832 7099 so that we know who will be hiking with us.

Each hike will cost \$10 per person or \$25 per family. For complete details and to register call the Shuswap Hospice Society at 250 832 7099

Compassionate Care for the Dying and the Bereaved

Box 967 Salmon Arm, BC V1E 4P1 #209, 231 TCHwy NE (250) 832-7099 www.shuswaphospice.ca

Bring appropriate gear for cold and/or wet weather, including a toque, good comfortable walking shoes, food/snacks/lunch, water, day pack and a camera!

Meeting Place and Time: For ALL HIKES meet at 8:30 am at the Salmon Arm SASCU Recreation Centre Parking Lot to check in, pay fee, and car-pool to hike site.

For a great added feature, register for the Active Salmon Arm Step Program before you come at www.activesalmonarm.ca and follow the links to the ASA Step program. For more information on the Shuswap Trail Alliance visit www.shuswaptrailalliance.com

Angel Makers Needed!

Shuswap Hospice Society is looking for people to create angels for the Celebrate a Life tree for December 2011. If you and/or a friend can help the craft team, please call Judy at 250.832.7099

Celebrate a Life

This year's Celebrate a Life will be held in the Piccadilly Mall as follows:

**December 5 - 17, 2011
(except Sunday December 11)**

Shifts are scheduled for 2 hours each starting at 10 am and ending at 4 p.m.

Upcoming Volunteer Meetings

Monthly volunteer meetings are an integral part of the Shuswap Hospice Society's education program.

Please mark your calendar for these volunteer meetings:

- **Thursday, October 20**
- **Thursday, November 17**
- **Thursday, December 15**

*Annual Candlelight Service for Volunteers will be at **noon** on Thursday, December 15*

Regular meetings start at 1:30 pm and are held in the Shuswap Hospice Society office. We provide the coffee, tea and cookies.



Horticultural Therapy enhances Quality of Life

By Ria Van Zeeland

Horticultural Therapy (HT) is a formal practice using plants, horticulture activities, and garden landscapes to promote human well-being.

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Most people have an appreciation for nature. Research has shown that nature plays an important role in the environment of caring and healing. Horticultural therapy fosters health and wellness in a variety of ways to improve physical fitness, stimulate the senses, reduce anxiety, increase self-esteem, and encourage independence.

Horticultural Therapy has been used over the past sixty years in Canada. War veterans of the Second World War were in need of physical and mental rehabilitation. Horticultural activities integrated with occupational therapy were used in rehabilitation programs for these veterans. Since then HT has been taught and practiced throughout the world using gardening to change lives.

Horticultural therapy promotes healing for individuals who are faced with physical, mental, and spiritual barriers or challenges at some point in their lives. The connection with nature will develop opportunities for social interaction, communication, basic life skills, and general improvement for quality of life.

Working together with people, plants and soil in a healthy, loving, and compassionate environment can heal body, mind, and soul. The importance of horticultural therapy is the person-plant relationship. Plants help people cope with life struggles. While interacting with flowers or herbs people feel their spirits lifted through their senses. Horticultural therapy is beneficial for people of all ages; regardless of their physical and/or mental challenges. Growing a plant from a tiny seed exhibits new life, brings hope, and admiration for nature and creation. By working the soil with their hands or with

adapted tools people feel a sense of control of their physical problems.

Horticultural therapy offers a holistic approach to physical, cognitive, social, emotional, and spiritual well-being of everyone. We all have something to give to community and it is in the giving that we receive belonging.

Ria Van Zeeland lives in Salmon Arm and is a member of the Shuswap Hospice Society. She was invited by the Editor to submit this article. Thank you Ria!



Isabella by Kalene Bourque

Isabella was born in Poland during the 1930's. When the Nazis invaded Poland her family was torn apart. Her father, a civil engineer, escaped to England, her older brother to France, both to fight in the resistance against Hitler. Isabella, her younger brother and sister and her mother were captured by the Germans and sent to a concentration camp in Siberia. There her mother and brother died of starvation. Isabella and her sister were rescued by a Catholic Church organization and were taken on a long hard journey to a refugee camp in Africa. After several years in this camp the children were taken to a safer refugee camp in India until the end of the war.

After the war Isabella and her sister were reunited with their father in England and there they learned that their older brother had been murdered by the Nazis in France.

Around 1950 Isabella and her sister immigrated to Canada to start a new life in Ontario. There Isabella met and married a French man and together they had a daughter whom they named Grace.

I first met Isabella on Easter Sunday, 2010. She was at the end of her life, dying of cancer. Later that summer, after Isabella passed away, I became the caretaker of her gardens around her former home, now the property of Grace.

Grace and I soon became friends and she gave me some of her mother's doilies in remembrance of her mother, Isabella.

... In the few brief hours I spent visiting Isabella in the hospital during the last weeks of her life, Isabella reminded me of some of the most important lessons in life:

1. Forgive
2. Appreciate beauty
3. Be grateful for the food, peace and benefits of living in Canada.

Isabella was a wise lady and a fine, loving person. I'll always be happy I had the chance to meet her and have my life enriched by her understanding and compassion for life.

Kalene Bourque is a Shuswap Hospice Society member and active volunteer. She shared this story at the June 16, 2011 regular Volunteer Meeting.

Volunteer Training

The Shuswap Hospice is offering the 30 hour volunteer training course starting Friday October 1 from 9 am to 3:30 p.m. Sessions will take place at the Shuswap Hospice Office and will run for five consecutive Fridays – Oct. 7, 14, 21, 28, and Nov 4. Please contact Judy at 250 832-7099 if you are interested in participating.

Hospice is a volunteer based organization and we are looking to increase the level of participation. Our volunteers are the heart of Hospice and it is through their commitment and dedication that we will raise the profile of Hospice in our community. We give thanks to all of you who are now our team of volunteers and honour you for the service you provide to the terminally ill and the bereaved.

There are several other areas of volunteer involvement that you can consider contributing to;

- Volunteer coordination
- Fundraising
- Office reception
- General office – data entry; phoning
- Volunteer Board Member
- Library updating
- Awareness Events
- Special events
- Angel Making
- Pamphlet Distribution in the community – designated sites
- Poster distribution
- Workshop planning

We look forward to having you join our team.