

NEWSLETTER



2009-10 Board Members

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Shuswap Hospice Society Volunteer Training 2010

Information Session:

Friday, March 26
10 am – noon

Course Dates & Times:

Fridays – April 9, 16, 23, 30 and May 7
9 am – 3:30 pm

30 hours of class time at a cost of \$55.
per participant. Class size limited!
Register by calling Judy
at 250.832.7099 or email her at
judy@shuswaphospice.ca

Hike for Hospice Palliative Care Sunday, May 2, 2010



Please mark **Sunday, May 2nd 2010** in
your calendar for

Hike for Hospice Palliative Care

The hike is fully guided by experienced
guides from the Shuswap Trail Alliance
and includes lunch provided by the
Marketplace IGA. Registration fee is
\$15 per hiker; \$25 per family. To
register please call 250.832.7099 or
email admin@shuswaphospice.ca

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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

Threshold Choir

THRESHOLD CHOIR is a new community choir which is in the formation stage. It is a women's choir that sings in small groups for people who are seriously ill or dying, and for their loved ones. The choir offers a rich and wide repertoire of songs, and blends the women's voices to bring comfort and peace.

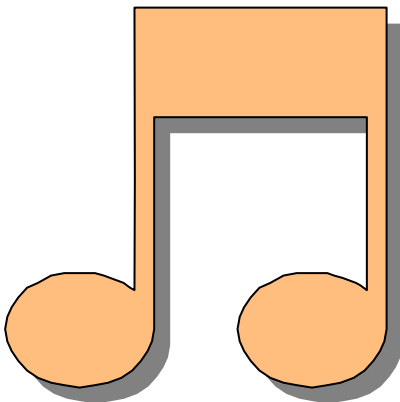
The choir is seeking choir members. Their first task is for the choir to have a large repertoire of songs that will fit a variety of situations. As the choir gets closer to being ready to sing at the bedside, it will make itself known publicly.

If any hospice members or volunteers would like to be in the choir, you are most welcome. The choir can be fairly large; however the number of people at the bedside would be a maximum of four.

Contacts for Threshold Choir:

Catherine Kroetch: ckroetch@telus.net

Martha Scales: 250 832 4119



Memorial Donations

The Shuswap Hospice Society has received donations in memory of:

- ❖ Marie Muir
- ❖ Shirley Scott
- ❖ Patricia Swenson
- ❖ Mother of Sarah Weaver
- ❖ Bill Clark

Rainbow Remembrance

will be held at Ross Street Plaza May 18-20, 2010. Choose a butterfly to pin on the rainbow in remembrance of your loved one.



Symbolism of the Butterfly

"When we have done all the work we were sent on earth to do, we are allowed to shed our bodies which have imprisoned our soul, like a cocoon enclosing the future butterfly.

And when the time is right, we can let go and we will be free of pain, free of fears and worries, free as a very beautiful butterfly returning home to God."

From "A Letter Written to a Child"
by Dr. Elisabeth Kuebler-Ross

Compassionate Care for the Dying and the Bereaved

March Volunteer Meeting: Thursday, March 18

Volunteer meetings are held at 1:30 pm on the 3rd Thursday of each month (except for July and August).

Participate in a national survey on palliative and end-of-life care

For the past few months Senator Sharon Carstairs has begun laying the groundwork to produce a new report on palliative care in Canada. As part of her efforts Senator Carstairs has created a survey to canvas perspectives from the community, including patients, caregivers and health care providers. This survey is intended to gather invaluable insight into the current state of palliative and end-of-life care in Canada. Together with other outreach and research activities, the information and shared experiences collected will assist Senator Carstairs in the preparation of a completely new report on palliative and end-of-life care. To participate in the survey, please click on:

<http://tinyurl.com/pec2009e>

Annual General Meeting: Monday, March 15

Please come to the Annual General Meeting at the SAGA Art Gallery 7 pm Monday, March 15, 2010

Complicated Grief By Capreece Bowers

Grief is one of the universal experiences that binds all human beings together, yet one of the most misunderstood life experiences. There is a common misperception that in order to grieve in a healthy manner, one must experience a prescribed sequence of stages and that one must go through each phase. However, grief is a very individual process and there are many influences on one's mourning process. Even in the best of circumstances, grief can dominate one's psychological and physical life for months or years. Although the majority of people work through their grief without problems, a complicated grief response can result when there is unresolved grief, a delay in the process of mourning and a grief response that persists over time. Each grief response has unique characteristics that influence the bereavement outcome.

Complicated grief is characterized by symptoms that persist for an extended length of time, interfere in normal functioning, or there is an absence of grief and mourning. Factors that contribute to the risk of developing a complicated grief reaction include relational, personality, historical, and social factors. There are many consequences of unresolved grief, which can manifest as acting out behaviours, attachment difficulties, depression, job loss, physical illness, mental health challenges, addictions, and low self esteem. Health care professionals are challenged with recognizing the similarities and differences between normal grief, abnormal grief, and psychiatric diagnoses. As our community education and awareness about the complexity of grief and loss improves, the supports we offer for the bereaved and their families will benefit immensely.

