

NEWSLETTER



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Thank you to the Hyde Family!

Sadly, we must bid adieu to the Hyde Family's wonderful annual donation to the Shuswap Hospice Society, proceeds from the annual **Scottie Hyde Memorial Golf Tournament**. From 2002 to 2008 this totaled over \$64,000. The Hydies have decided it is time to support a Sicamous charity. We are grateful for the many years of donations from this golf tournament. We would also like to thank all of the sponsors, donors, players and volunteers who supported the 2009 event.

Thank you to the Shuswap Trail Alliance, Salmon Arm Recreation & Pharmasave!

Thank you to Phil McIntyre-Paul, Lori Schneider Wood, Anne Dixon, Donna Flatman, **Pharmasave** -- our sponsor, and the cast of 99 hikers who hiked the **Fall Hiking Series!**



Celebrate a Life

The 21st annual **Celebrate a Life** is scheduled for December 7 – 19, 2009 in the Piccadilly Mall, Salmon Arm. Celebrate memories of shared times; the sight of lights shining brightly in their honour; the life of someone special. Take home a very special angel.

Thank you to the "Angel Makers" **Christine Walters, Joanna Jens, Ranndie Jens, Alma Quibell, Pascale Sinclair, Rosina Herle, Tania Kuehn and Carol Shields!**

Inside this issue:

- **Community Christmas Concert**
- **2010 Hike for Hospice**
- **Memorial Donations**
- **Big turnout for Stephen Jenkinson workshops**
- **January Volunteer Meeting date**
- **AGM date: March 15, 2010**
- **2010 Membership form**
- **Grief and the Holiday Season**
- **Helping Friends Grieve**

Compassionate Care for the Dying and the Bereaved

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

Community Band Christmas Concert

Saturday, December 12th. 7:30 pm
1st United Church, Salmon Arm:
Shuswap Hospice Society will once again be serving the refreshments.

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 purpose of the Hike is not only to raise much needed funds for hospice palliative care but also to raise awareness of hospice palliative care. Last year Hike for Hospice Palliative Care raised over **one million dollars** nationally! We want to see the numbers continue to increase which will also raise awareness around hospice palliative care nationally.



Memorial Donations

The Shuswap Hospice Society has received donations in memory of:

- ❖ Ernie Krick
- ❖ Anna
- ❖ Sofia Jamieson
- ❖ Anneliese Van Raamsdonk
- ❖ Shirley Scott

Big turnout for Stephen Jenkinson workshops

More than 100 participants attended the Stephen Jenkinson workshops in October. His two days of workshops were thought provoking and challenged everyday norms. He was so well received many in the audience signed up for his newsletter and plan to attend more of his workshops.



The photo above shows Judy Evans thanking Stephen for a stimulating two days.

Rainbow Remembrance

will be held at Ross Street Plaza May 18-20, 2010. Watch for more details!

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Grief and the Holiday Season

By Capreece Bowers

The one universal experience that connects all of us together is grief. There isn't a more appropriate and normal response than grief, however, it is often the most misunderstood of all human experiences. The only way out of grief is through it, and the worst kind of grief is your own.

Grief is a journey that requires hard work, patience, courage, and more energy than one could ever imagine. The psychological, emotional, spiritual, and physical consequences of grief challenge every thought and action we make.

The holiday season can heighten our feelings of grief, as we see happy people enjoying the season. When we are grieving, sometimes our pain results in the mindset of simply surviving the holiday season. It is important to take care of yourself during the holiday season, and that might include creating a new ritual or changing a tradition. You also need to make sure you get adequate rest, give yourself permission to cry and experience the pain of missing someone you love, and be very kind and patient with yourself.

January Volunteer Meeting: Thurs, Jan 21

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

Helping Friends Grieve

An excerpt from the book *Healing A Friend's Grieving Heart* by Alan D. Wolfelt, Ph.D.

Editor's note: The following list comes from one of the books in Dr. Wolfelt's popular "100 Ideas" Series.

- Understand the difference between grief and mourning*
- Understand the six needs of mourning**
- Attend the funeral
- Listen without judging – understand why listening can be difficult
- Don't fall back on clichés
- Don't use religious clichés either
- Expect your friend to have a multitude of feelings
- Allow your friend to cry
- Reach out and touch
- Speak of the person who died
- Don't expect your friend to mourn in a certain way or in a certain time
- Be mindful of anniversaries
- Take your friend to the movies
- Accompany your friend to the cemetery
- Help your friend take care of himself/herself

These are only some of the 100 ideas.

* "Grief is what you think and feel on the inside when someone you love dies. Mourning is the expression of those thoughts and feelings – letting them out somehow. You mourn when you talk to other people about your grief."

**Need 1. Acknowledging the reality of the death

Need 2. Embracing the pain of the loss

Need 3. Remembering the person who died

Need 4. Developing a new self-identity

Need 5. Searching for Meaning

Need 6. Receiving ongoing support from others

www.centerforloss.com/centrepiece

Annual General Meeting:

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

2010 Memberships are now available

Membership in Shuswap Hospice Society allows you or your organization to:

- ✓ Participate in electing your Board Members;
- ✓ Assist in developing policies and position statements;
- ✓ Attend the Annual General Meeting;
- ✓ Vote at the Annual General Meeting;
- ✓ Add your voice to the Vision and beliefs of Shuswap Hospice Society;
- ✓ Receive our quarterly newsletter;
- ✓ Receive notification of upcoming events

Your membership helps Shuswap Hospice Society:

- ✓ Support the ongoing development of Hospice Palliative Care in the Shuswap;
- ✓ Make more people aware of our programs and services;
- ✓ Solicit special grants from other organizations and corporations by letting them know we are a viable, volunteer organization.

Thank You!

Shuswap Hospice Society

Clip and send:



Please return this form with your \$10 Membership fee to Shuswap Hospice Society, at the address below. Thanks!

Name _____

Address _____

City/Town _____

Province: _____

Postal Code _____

Telephone: _____

E-mail: *** _____

*** Your email will only be used to email information to you.

Membership:	\$ 10.00
Donation:	\$ _____
TOTAL	\$ _____

**Mail to: Shuswap Hospice Society
Box 967
Salmon Arm, BC V1E 4P1**

(a tax receipt will be issued for donations over \$10)



Those who have the strength and the love to sit with a dying person in the silence that goes beyond words will know that this moment is neither frightening nor painful, but a peaceful cessation of the functioning of the body.

Watching a peaceful death of a human being reminds us of a falling star; one of the million lights in the vast sky that flares up for a brief moment only to disappear into the endless night forever.

- Elisabeth Kuebler-Ross