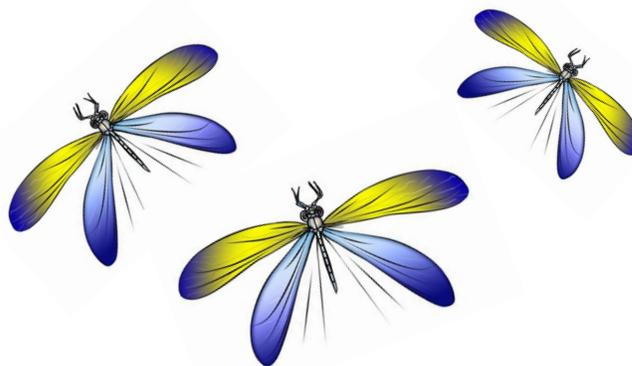


Dragonflies

Always Remember Never Forget



August 2015

Volume 3, Issue 1

FIND US AT

WWW.SHUSWAPHOSPICE.CA

The Shuswap Hospice Society is a volunteer based organization offering the following Programs:

- Compassionate Care
- One on One Bereavement Support
- Care for Care Givers
- Palliative Support Group
- Sudden or Traumatic Death Support
- Various Grief Support Groups
- Volunteer Development/Education
- Library and Video Resource Program
- Monthly Volunteer Support Program
- Volunteer Training Program
- Celebrate A Life Program
- Hike for Hospice (National Hospice Event)
- Fall Hiking Series

The programs and services we provide are complementary

Inside this issue:

A Word from your Chair	2
Stephen Garrett—Embrace Your Death	2
Fall Hikes 2015	2
Volunteer Profile	3
From the Library	3
Volunteer Meeting	3
New Board Members	4

Step Up For Hospice

July—September, 2015 - Anywhere/Anytime



Until September 2015 Shuswap Hospice Society is promoting a community fundraiser event, *Step Up for Hospice*. The Hospice is a non-profit organization that provides our community with compassionate support during the dying and grieving process for individuals and their family and friends.

Registered Walkers wear a pedometer to keep track of daily steps and have friends and family sponsor them. It's an easy and fun way to challenge yourself and others by walking more and taking the stairs instead of the elevator! In partnering with the Shuswap Trail Alliance, you're also encouraged to hike the trails with distance markers to help track your steps.

Alternatively, you may choose to be a Sponsor and pledge funds to a Registered Walker(s). The pledge can be a lump sum or

based on the number of steps a Walker completes for this period of time.

To join the cause and become a Registered Walker, please contact Victoria Olynik at 250-832-7099 or admin@shuswaphospice.ca for pledge forms and waivers.

All pledge money will be collected from Walkers at the **Wrap Up Celebration on September 26th** (details to follow).

Website: <http://www.shuswaphospice.ca/step-up-for-hospice>



Help support the Shuswap Hospice Society by buying "Sunshine," our Hospice Bear, for \$10 each.

Make someone's day special by giving them the gift of "Sunshine"

Available to purchase at:

- Shuswap Hospice office in Salmon Arm ; corner of Alexander St & TCH
- General Hospital gift shop
- Blind Bay Senior Resources Centre
- Sicamous Medical Centre
- Montebello Medical on Alexander St in Salmon Arm



The Shuswap Hospice Society offers an on-line [Directory of Local Community Resources and Services](#). The intent is to provide information and resources that may enhance compassionate care and therapeutic support specifically for:
→ Advanced Care Planning, Care facilities, Counseling and support, Home & Health care, Medical Services, and more

To access the directory, go to www.shuswaphospice.ca/local-services/ and click on the directory button.



A WORD FROM YOUR CHAIR

Hello friends of Hospice.

We are in the lazy hazy crazy days of summer and what wonderful weather we are enjoying. We thank our volunteers who continue to provide emotional support to those facing a life limiting illness and their families as they accompany them in their final journey. Great thanks goes out to those volunteers who provide needed support and assistance in so many other ways to ensure the communities of the Shuswap benefit from the many support services provided by Hospice.

Where to begin? Our last update was in October and there has been a lot of activity since then. We've welcomed Victoria Olynik, our new administrator, and three new board members. We thank those who've retired from the board for their countless hours of support.

There is growing support from the community and health care providers to ensure the progress towards ensuring the "best practice" End of Life (EOL) Care is available for the Shuswap and surrounding communities. The journey began in 2012 with a collaborative team approach between IHA, Physicians and Hospice when the Palliative Care Working Group (PCWG) was formed. The PCWG presented a list of recommendations in 2013 and all were adopted by the Collaborative Services Committee. We continue to move towards the last but not least of the recommendations. The PCWG ultimate goal is the establishment of a well-functioning Palliative Care Unit following the "Campus of Care" model which will deliver excellent care and management for those who are on their EOL journey. We welcome the opportunity to continue to be part of the team which has expanded to include the three Rotary Clubs in the Shuswap, the Hospital foundation who are joining the original members of the PCWG to promote and support the implementation of the best options available to fulfill the desire to have a "Campus of Care" in the

Shuswap.

Fundraising will again be a focus for Hospice. We need funds to operate and desperately need an improved home to work from as we provide valuable support to those in need. We encourage all to *Step Up for Hospice* encourage their friends and families to participate by sponsoring a participant who gathers pledges for each step they take or kilometers based on the meandering trails they've walked since June 2015. The challenge finishes on September 26 in Salmon Arm. The details will follow. Watch for other events in the coming months.

The second annual Teddy Bear Hospital and Health Fair, held at the Piccadilly Mall attracted many bears who were treated for all sorts of ailments. Great fun was had by all. Thanks to all who supported the event by participating and volunteering.

We continue to provide many programs and have expanded our programs to include a Companion Program which will benefit those who have no family or are lonely. We are in the final stages of initiating a Pet Therapy Program. Many who are unable to interact well with people do respond to a pet. Thank you Judy and team for your efforts.

We will chat again soon....With Gratitude, Sue



Sue McCrae, Board Chairperson



Victoria Olynik, Administrator

WATCH FOR...a celebrity sighting in November!

Dates: November 2015 (date to be determined)

Renowned author, teacher, investment banker and social worker, [Stephen Garrett](#) may be visiting our community in November. Like us he has enjoyed successes and also faced loss and difficulty in his lifetime.

JOIN US and learn more about navigating through grief, loss & death. Stephen's heart's passion and life energy is focused on changing the conversation we have about death from one of fear and denial to one of embrace and inspiration.

GO OUTSIDE...Fall Hikes for 2015

Shuswap Trail Alliance partnering together with the Shuswap Hospice Society are please to present a series of fully guided Fall Hikes. Cameras are highly recommended.

Sept 12 - Copper Island (to be confirmed) (Shuswap Lake - Big Arm) - Guide - Lori Schneider Wood, with BC PARKS Rangers

Sept 20 - Joss Mtn Pass (Three Valley Gap area)- Guide - Jan Thingsted

Oct 3 - North Fork Wild (Perry River) - Phase 1, Phase 2, and Beach hike - Guide - Lori Schneider Wood

Oct 24 - Syphon Falls Hike (West Salmon Arm) - DAD AND YOUNGENS HIKE Guide - Jan Thingsted

A great way to get some fresh air, meet new people or connect with old friends and check out some great scenery!



VOLUNTEER PROFILE : Ron and his therapy dog, Shanti



How long have you been a Volunteer?

I took the volunteer Hospice course last October, 2014.

Why did you select the Hospice to volunteer?

I have retired from healthcare as a Registered Diagnostical Medical Sonographer and wish to continue helping people.

For you what are the rewards of volunteering for Hospice?

Being active in the community and helping others is important to me.

Tell us more about the therapy work with Shanti?

Shanti is a three and a half year old female Goldendoodle. She has been a Registered Therapy Dog for one year. She has proven herself to be an effective smile maker and mood lifter. She relates well with the elderly, enjoys interacting with young children and has made numerous visits to rest homes and elementary schools. She loves being touched and spoken to in a soft voice. Shanti is very gentle and enjoys playing hard with other dogs. Shanti wants to relate to those who perhaps are missing a dog in their life and no longer can experience the joy of having a pet.

A word from the Program Co-ordinator:

Two key gifts Ron brings to the work are his extensive medical knowledge and the therapy work he and his dog, Shanti, offer the clientele. We are fortunate to have Ron as a member of our fabulous team of volunteers.

--- Judy



Ron & Shanti, Volunteers

"Reading is to the mind what exercise is to the body."

- Joseph Addison

FROM THE LIBRARY

We are fortunate to have a great library of resources, both books and DVD's, on a variety of topics around Hospice Palliative Care.

Judy's Top 'Best Reads':

1. Being Mortal - Atul Gawande. MD
2. Final Gifts or Final Journeys - Maggie Callanan
3. Dying Well - Ira Byock, MD
4. Companionship the Bereaved - Dr. Alan Wolfelt
5. Radical Forgiveness - Colin C. Tipping
6. The Lost Art of Listening - Michael P. Nichols, PhD



GET INVOLVED.....September Volunteer meeting set for **September 17**

6:00 - 7:30pm

Potluck social—details emailed to all active Volunteers

A BIG

Thank You

for the dedication and contribution of all our volunteers.

You give the precious gift of time to provide support, understanding and respect for our families in their time of need.



LIKE us on Facebook

Did you know? Facebook was founded by Mark Zuckerberg in 2004 (then 20yrs old) and today the social media giant has more than 1.44 billion active followers!





New Hospice Board Members

We're excited to announce 3 new Board members for the Shuswap Hospice Society. Their experience and knowledge will help to achieve our goals and vision.

Board of Directors

President: Sue McCrae
Vice Pres.: Nathan Wahoski
Treasurer: Winston Lee-Hai
Director: Jack Foulkes
Director: Dr. Kim Grieve
Director: Adele Preto
Director: Zoe Olson
Director: Carl Flatman
Director: Joan Chafe



Winston Lee-Hai, Treasurer, is a partner of Drew Lee-Hai & Associates and is experienced in a diverse range of business, industry, and personal situations (with regards to tax planning and compliance, financial planning, accounting, assurance and compliance related services). Winston volunteers many hours to his profession and community.



Zoe Olson, Director, is a Registered Clinical Counsellor in private practice at Eden Clinical Counseling. She also does non-profit work at the Shuswap Family Resource Centre. Zoe completed her Master's in Victoria, BC then in 2013 moved to Salmon Arm with her husband. Along with their new baby, they have fallen in love with the community.

Staff

Administrator: Victoria Olynik
admin@shuswaphospice.ca
Program Coordinator: Judy Evans
judy@shuswaphospice.ca



Carl Flatman, Director, is a long-time resident of Salmon Arm and an active community volunteer. As an Electrical Engineer he has been involved in many progressive projects including sonar research, scanning systems, and sensor development x-ray, microwave and 3D vision.

Read their full biographies on our website: shuswaphospice.ca/



 <p>Shuswap HOSPICE SOCIETY</p>	<p>#209 - 231 Trans Canada Highway PO Box 967, Salmon Arm, BC V1E 4P1</p> <p>Phone: 250-832-7099 Fax: 250-832-7017 E-mail: admin@shuswaphospice.ca</p>	
<p>Compassionate Caring for the Dying and Bereaved</p>		

About Hospice:

Hospice is patient-centered palliative care which aims to make the last months of life as comfortable and peaceful as possible for patients and their caregivers.

Hospice strives to improve quality of life at end of life, not only for patients, but also for their family and friends. The patient, family and volunteer caregivers are considered an integral unit. Hospice is not a place - it's a concept. The focus is on caring, not curing; on life, not death. Quality of life, family wellness, community involvement and personal dignity are all part of the compassionate and progressive vision of Hospice.

At the Shuswap Hospice Society:

- We provide trained volunteers for the visitation of patients with life-limiting illness, either in their home in the hospital or in facilities and in partnership with a team of health professionals.
- We support the rights of all persons to receive consistent physical, emotional and spiritual assistance to maintain individuality and dignity while facing life-limiting illness and bereavement.
- We offer continuing bereavement grief support through one on one or group sessions.
- We are integral members of the end-of-life palliative care team in the Shuswap.
- We are members of the British Columbia and Canadian Hospice Palliative Care Associations (BCHPCA, CPHPCA) and the British Columbia Bereavement Helpline (BCBH).



The support of IHA, donations and memorial gifts from the public enable the Shuswap Hospice Society to continue to provide our core programs to the people of our communities