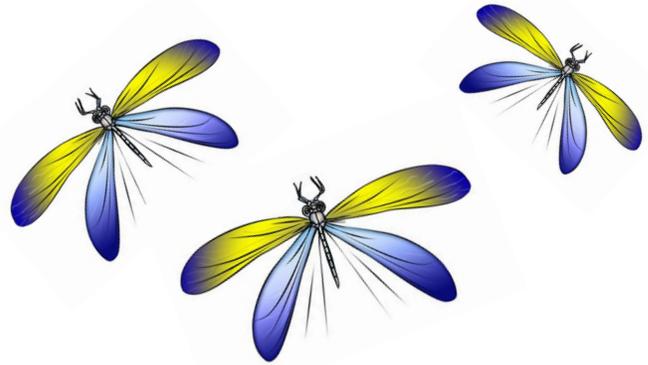


Dragonflies

Always Remember Never Forget



October 2014

Volume 2, Issue 4

FIND US AT
WWW.SHUSWAPHOSPICE.CA

CELEBRATE A LIFE

December 1-20, 2014 - Piccadilly Mall

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



Held annually in December, this year's event is scheduled for December 1-20, 2014 at the Piccadilly Mall in Salmon Arm.

Celebrate a Life is a time to honour and give symbolic expression to your feelings and thoughts about your loved one who is no longer here.

Participating in **Celebrate a Life** may help you feel less alone at this time of year. By illuminating a light

on the **Celebrate a Life** tree, you honour the life of your loved one as well as honouring yourself.

You remember the love and the experiences you shared.

The light that you have turned on will only burn for a short time; it is a symbol of the love you always carry in your heart.

Please join us.



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www.shuswaphospice.ca/local-services/

In September, The Shuswap Hospice Society launched, in partnership with IHA (Shuswap Area), an on-line [Directory of Local Community Resources and Services](http://www.shuswaphospice.ca/local-services/). The intent is to provide information and resources that may enhance compassionate care and therapeutic support specifically for:

- People who are dying
- Caregivers
- Post death arrangements and tasks
- Bereavement and grief

The directory has eight major categories plus a library of additional website links.

- Advanced Care Planning
- Care Facilities and Hospice Houses
- Counseling and Support Services
- Government Services
- Home & Community Health - LOCAL - IH, SA
- Integrative Therapies
- Medical Services - LOCAL - Shuswap Area
- Other Resources



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

Dragonflies



Hello everyone,

We all know that a Last Will and Testament is needed to ensure that our worldly possessions are distributed according to our wishes and that we need to appoint an Executor to carry out the Will.

But, who is going to ensure our health care wishes/decisions are carried out in the event that we, in our final journey toward death, should not be able to make our own decisions?

This is what an **Advance Care Directives** document is: a living will of sorts i.e. a document created when we are of sound mind in which we state our health care wishes and preferences and in which we appoint a substitute decision maker for when we are no longer able to decide for ourselves. This document gives direction to our health care provider, our Doctor(s) with whom we will also, hopefully, have had a frank discussion about such things as DNR (Do Not Resuscitate), intubation/ventilation, tube feeding and other treatments which may be deemed futile depending on the situation and/or imminence of death.

A WORD FROM YOUR CHAIR

Ordinarily when we face a situation that requires health care we rely on our Doctor to advise us about what can or should be done, the pros/cons of the proposed treatment and so informed, we decide to accept or decline the treatment.

It is a fact that we are born, live and will die. We all hope to live a long fruitful, fulfilling life. When our time comes we hope to depart this world peacefully and surrounded by the love of the significant people in our lives. We all wish to die with dignity & not in physical or emotional distress.

To achieve this we need to give End of Life (EOL) issues some thought, choose a substitute health care decision maker, communicate our wishes and preferences that will be honored if at all possible and within the law. If we wish to die at home we need to know who the EOL care team is (MD, Pharmacist, Community Care Nurse, Palliative Care Coordinator, Social Worker, Hospice Worker/Volunteer, Spiritual Leader and Circle of Friends and Family) who together can make it possible.

If that is not possible we need to know the alternatives i.e. Hospital Palliative Care Unit, Hospice House, etc.

We need to be aware of what services are available (we could start by checking out the Inventory of EOL Services at www.shuswaphospice.ca)

I do not wish to be morose but it is far better to have given some thought and planning to how we would like to see our end of our life unfold and hopefully when we are not facing death imminently.

Sooner or later we will be at that bridge and if we feel prepared for what is coming and have a plan, it will go a long way in decreasing the physical and emotional distress that we and our loved ones will experience.

If our wishes are unknown, they cannot be honoured.

Let's start the conversation, and take this first step in making "Our Voice" heard.

Respectfully as always, Adele Preto



Adele Preto, Board Chair

"A capacity and taste for reading gives access to whatever has already been discovered by others."

- Abraham Lincoln



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 Recommends:

WHEN THE DYING SPEAK

How to listen to and learn from those facing death

It is written by Ron Wootlen-Green

FROM THE LIBRARY

In this collection of poignant and hope-filled stories, author Ron Wootlen-Green seeks to decipher the metaphorical language of the dying and stresses the importance of listening to and learning from those at the end of their earthly journeys.

Drawing on his experience as caregiver for his dying wife and as a hospice chaplain, Wootlen-Green gives us a glimpse of the spiritual reality known only by those nearing death and reveals the hope of eternal life.

Society Memberships for 2015

Becoming a member of the Shuswap Hospice Society gives you a voice toward ensuring that the Society's programs and services continue to meet the needs of our growing community.

The Shuswap Hospice Society is registered under the Society Act in the province of British Columbia. It is governed by an all-volunteer Board of Directors elected by the members of the Society at the Annual General Meeting, held in March of each year.

Every member strengthens the Society's role in the community. Even when you don't have the time to be personally involved, your membership dues support the Society's volunteers who work at providing our services to the community. Members are kept informed about the Society's activities via newsletters and are encouraged to attend the Annual General Meeting.

Please go to the membership page of our website www.shuswaphospice.ca/membership/ to download and complete the Membership Form. You can also stop by the Society Offices.

Annual Memberships are only \$10.00



Heartfelt
Thank You !

To all of our dedicated volunteers for your continued commitment and support. We couldn't do it without you !

VOLUNTEER PROFILE : John Maxwell



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How long have you been a Volunteer?

I took the training in 2007 and so have been involved for 7 yrs.

Why did you select the Hospice to volunteer?

I didn't, Hospice chose me! Judy and Patrick Riley were talking on the 'Big R' about an upcoming Hospice training session and Hospices purpose.

That was it!!

What has being a volunteer meant to you? ?

All my life I have been the 'soul keeper' in our family. I have annually asked myself the following question,

"What do I want to be when I grow up?"

Hospice is my answer.

Any special moments in your time as a volunteer that you would like to share?

Each and every client that I have had the privilege to be with has provided me with at least one epiphany, without question - be their journey long or short

A word from the Co-ordinator:

It was a delight to have John Maxwell as a participant in the training sessions of 2007. John brings immense compassion and a very open heart to this work.

Even when on 4 month holidays in Greece or Mexico each year, John is called upon to offer his support to the dying, ill, and bereaved. The service is in his blood.

You are greatly missed when on these long absences John.

John is in Greece at this moment and emailed to ask for 'help' so he could support a young Mom whose 5yr old son died tragically this month. You are a gift John. Thank you for answering your 'call'.



John Maxwell, Volunteer

--- Judy

VOLUNTEER MEETING REPORT

Summary of Hospice Volunteer Meeting September 18,2014

The September potluck meeting was well attended. Thanks to everyone who brought such a great variety of tasty salads, casseroles and desserts.

The meeting continued with a general discussion on a variety of topics including the recent news story about the woman on Bowen Island who wrote a blog about her death. Just for your own information if you want to read her story go to www.deadbynoon.com

We discussed the tentative schedule of upcoming volunteer meetings. There will be no volunteer meetings scheduled for the months when other Hospice workshops and major volunteer activities are planned.

Volunteer meetings are an integral part of the Shuswap Hospice Society's education program. Please mark your calendar for upcoming volunteer meetings:

October: There was no meeting in October as volunteers were encouraged to attend the Advance Care Planning workshop on October 15 at the Comfort Inn.

November: There will be a volunteer meeting on the third Thursday. We are working on having a speaker.

December: There will be no meeting as volunteers will be asked to volunteer their time to sit at the Celebrate a Life memory tree in Piccadilly Mall. Barb Attig will be arranging the schedule.

January and February: Meetings will be planned for the third Thursday.

March: No meeting scheduled as volunteers are encouraged to attend the Hospice AGM to show support for the board and to hear the speakers.

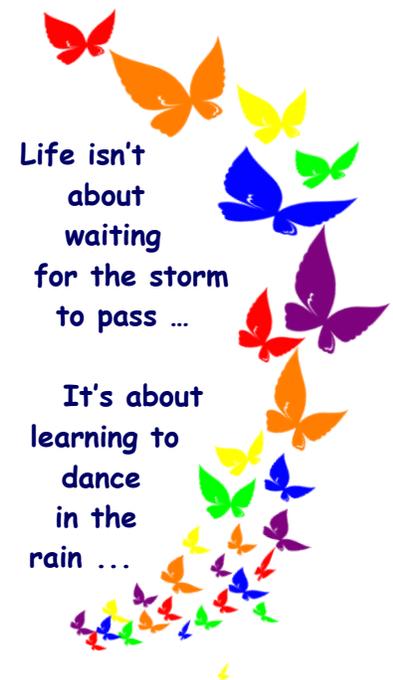
April: No meeting scheduled as the volunteers are asked to attend the Volunteer and Board appreciation evening.

May and June: Meetings will be scheduled for the third Thursday of the months.

At our meetings, we plan to have speakers, book reviews, discussions of cares and concerns for the meetings.

If you have any ideas for the meetings and speakers please contact Judy or Elaine.

Submitted by Elaine September 23,2014



Life isn't about waiting for the storm to pass ...

It's about learning to dance in the rain ...

Volunteer Hours

July 1—September 30, 2014

(LAST QUARTER)

Client Volunteers 415.0 hours

Education, Events
Board, Other 273.0 hours

January 1—September 30, 2014

(YEAR—TO—DATE)

Client Volunteers 1426.0 hours

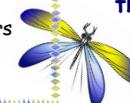
Education, Events
Board, Other 1203.0 hours

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.



Angels making Angels for the celebrate a life event

Left to right Dianne Davis, Barb Attig, Alma Quibell, Barb Wry and center Christine Walters It took us approximately 70 hours to make 149 angels.

Shuswap Hospice Society

Compassionate Care for the Dying and Bereaved



Board of Directors

- President: Dr. Adele Preto
- Vice President: Nathan Wahoski
- Treasurer: Sue McCrae
- Director: Jack Foulkes
- Director: Dr. Kim Grieve
- Director: John Maxwell
- Director: Patricia Kwitkoski
- Director: Correne Busby
- Director: Joan Chafe
- Director: Sarah Lenarduzzi

Staff

- Executive Director: Brenda Walch
brenda@shuswaphospice.ca
- Program Coordinator: Judy Evans
judy@shuswaphospice.ca

FIND US AT

WWW.SHUSWAPHOSPICE.CA

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



Advance Care Planning

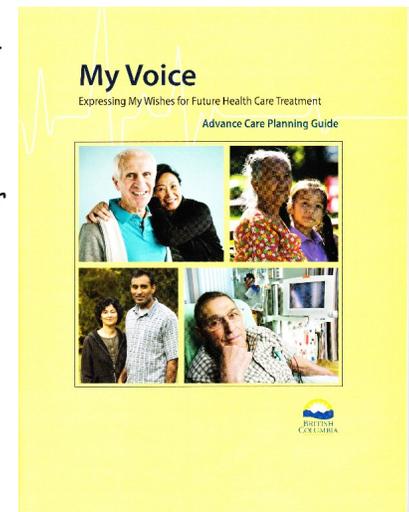
Adults in BC now have new planning options when considering future health care treatment decisions.

Advance Care Planning is the process a capable adult follows to ensure their beliefs, values and wishes for future health care are known, in the event the adult is incapable of making health care decisions when the health care is required.

When a capable adult does advance care planning their close family or trusted friends and health care providers know the adults wishes for health care treatment and can respect them in the event the adult is incapable of deciding for themselves when the care is needed.

Why is advance care planning and having an advance care plan important?

- It gives me control over my own health in case I am badly hurt or develop a serious illness and can't make decisions for myself.
- So that my family, my doctor and my substitute decision maker can use the information in my plan to make health-care treatment choices for me, if I can't make the for myself.
- Health care providers need consent to provide care—from me or a substitute decision maker to develop a plan for my care, which is medically appropriate and respects my wishes and beliefs.



Advance Care Planning Resources	Good source for ...
www.seniorsBC.ca	<i>My Voice</i> guide, tips and brochures to download as well as FAQs etc.
www.healthlink.bc.ca	Easy to understand advice on the benefits of planning and writing a plan
www.advancecareplanning.ca	National ACP information and resources, including videos
www.nidus.ca	Information on Representative Agreements and legal considerations
www.theconversationproject.ca	Good questions and an easy to use workbook to help make decisions

See the Province of British Columbia website: <http://www2.gov.bc.ca>. If you need help finding the advance care planning guide, call HealthLink BC, toll-free at 8-1-1 (dial 7-1-1 for deaf and hearing-impaired [TTY] assistance). Source: Province of British Columbia.