



Sunshine Coast Hospice Society
Serving the Coast since 1987

In Touch

Fall/Winter 2010

Welcome to the New Volunteers!



Pictured on the left are our 13 new volunteers who completed the required 30 hours of training on June 15th, 2010. We are happy to say that this brings our total Hospice Volunteer numbers to 47.

We welcome Kathy Bergman, Sharon Crawford, Wendy Haddock, Sharon Halford, Krista Maurer, and Angela Wiens from Pender Harbour, Dana Janssen and Margaret Newby from Halfmoon Bay, Phyllis Keller and Sheryl Latimer from Sechelt, Barb Crombie, Sarojini Naidu and Louise Rolland from Gibsons.

CONGRATULATIONS to all.

*Jean Rice,
Coordinator of the Volunteer Program*

Presidents Perspective

The year 2010 has been an active and exciting year for hospice. Many of the details of items have been reported in Jean's Coordinator Report. Some of the highlights this year have been:

Eleven directors were elected at the AGM in May. The board now has 6 new directors and we have a fresh, new look. There are now more than double the numbers of board members than we had before the AGM. Two of the graduates from the training course have joined the board and are part of the new team. Also the husbands of two of our volunteers are also now on our board. I am very pleased that our volunteers are so well represented on the hospice board of directors.

Our website has undergone a complete do-over and major facelift. We have hired a new webmaster. Laurie McConnell of Bad Dog Design is our new website person. Bad Dog Design, a local firm is under the umbrella of Big Pacific. New board member Phil Green is our focal point person tasked with direct interaction with Laurie on matters regarding the website. The URL for our website is unchanged. Check it out at coasthospice.com. At time of writing we expect that it will be up and running at time of this newsletter's publication.

The annual hot dog sale through the Bank of Montreal was a huge success as was the golf tournament run on our behalf by Prudential Sussex Realty. Between those two one day events more than \$6000 was raised.

The coming months will be interesting and challenging. There are many "irons in the fire" so to speak. The board is looking into the possibility of obtaining office space so that we can have a physical address where clients can drop in. Look and listen for more information on this in the coming weeks.

I want to thank Jean Rice for her tireless work as our Coordinator of Volunteers. I don't know what we would do without Jean's commitment and dedication to hospice. Thank you so much Jean.

Phyllis Keller, our Treasurer deserves special mention as well. Since taking on this challenging role she has shown initiative in many areas. She is the chair person of our Fundraising Committee and she puts in many hours on behalf of hospice in her new position. Phyllis is also a graduate of this year's training program. Thank you Phyllis.

A well deserved thanks to all of the volunteers who continue to represent hospice in our community with professionalism and compassion. You are the main reason for the existence of hospice on the Sunshine Coast. Thank to all of you so very much.

Grant Thompson, President, Sunshine Coast Hospice Society

**Sunshine Coast Hospice Society · PO Box 902, Sechelt, BC V0N 3A0
Coordinator of Volunteers: Jean Rice · Telephone 604-740-1360**

In Touch
*Newsletter for
the Sunshine Coast
Hospice Society*
Fall/Winter 2010



Our Mission

To support a home-like environment for a person facing a life threatening illness.

To provide on going support to the family during the period of grief and bereavement.

To ensure that the individual may die with peace and dignity.

To support, wherever possible, that care is provided in a setting of the individual's choice, be that at home, hospital, or hospice.

Newsletter Contributors

Jean Rice,
Grant Thompson,
Phyllis Keller

Editor: Sherryl Latimer

Board of Directors

President: Grant Thompson
Vice President: Ali Khan
Secretary: Kate Webb
Treasurer: Phyllis Keller

Directors at Large:

Mary Puchalski
Sharon Crawford
Gail Adams-Marynovich
Rolf Stokhuyzen
Phil Green
Kenan Mackenzie
Judy Fitzgerald

Coordinator of Volunteers:

Jean Rice

Volunteer Coordinators

Sechelt: Rosemary Hoare
Gibsons: Kate Webb
Pender Harbour:
Brenda Barr

Rosemary Hoare & Mary Macdonald Honoured



(L-R) Rosemary Hoare, Jean Rice, Mary Macdonald

The June 2010 Hospice potluck picnic was held at Coopers Green. Thanks to all the volunteers and board members who attended to make a most enjoyable evening. We enjoyed a wonderful variety of food and the weather cooperated by providing us with a beautiful evening.

Rosemary Hoare and Mary Macdonald were honoured for their long time commitment to hospice. Both were instrumental in starting Hospice on the Coast in 1987.

Thirteen wonderful new volunteers completed their training in June and those that were able to attend were given their certificates and name tags.

Welcome aboard!!

Hello from the New Treasurer

Just a few tidbits about my background: I was born and raised in Ottawa where I lived until 1994 before moving to Vancouver. I have two grown daughters and six grandchildren who are my pride and joy and who reside in the Ottawa area.

Much of my career has been in financial management including ten years managing an accounts receivable department in a community hospital, managing several business and as a self-employed consultant supporting small to medium sized business with their financial systems.

In 2003 my husband and I retired and moved to the Sunshine Coast where we are delighted to be involved in many community activities. Last fall I discovered the Sunshine Coast Hospice Society and signed up as a volunteer as a result of the enthusiasm of Jean Rice and Rosemary Hoare. In the spring I attended the volunteer program and was hooked. My enthusiasm spread and before I knew it I became a Board member and was subsequently elected as Treasurer.

What a journey the past few months have been, meeting so many inspiring people, getting involved in the many events and becoming a part of this caring organization. I am truly amazed at the generosity of time, money and effort that this community provides and am honored to be included in this vital organization. I am sincerely looking forward to the months ahead and the many activities SCHS has planned.

Thank you all for your support.

*Phyllis Keller
Treasurer*

Sunshine Coast Hospice Society

Check out our new website!
www.coasthospice.com

Volunteer Conference



Mary Quarry, Stephanie Biggs, Carol Green, Phyllis Keller, Dana Janssen, Sherryl Latimer, Barb Crombie, Kate Webb and Jean Rice attended the first Volunteer Conference on August 26th, 2010 hosted by the Chilliwack Hospice Society.

Although it was an early start to catch the 6.20am ferry we all enjoyed the day and congratulate Chilliwack Hospice on a successful event.

Garden Make-Over



Canada World Youth Volunteers

Thanks to Master Gardener, Odessa Bromley, and hospice volunteer, Betty MacPhee (also a Master Gardener), the garden outside our hospice rooms at Shornecliffe underwent an "Extreme Garden Make-Over".

On August 30th the Canada World Youth Volunteers worked along with Odessa, Betty and Jean Rice, the Hospice Coordinator, to transform the garden.

We were grateful to receive a grant from the Sunshine Coast Community Foundation for this purpose, as well as donations from the Howe Sound Pulp and Paper Employees Charitable Fund and the May 2010 Volunteer Training Group.

The Hospice Society would like to thank all of the CWY volunteers for their hard work, Casey's Country Garden, Sunshine Coast Nursery, B & K Soils and Landscape Supply and Quality Farm & Garden Supply for their donations of plants. Without the help of Odessa and Dave Bromley and Betty MacPhee we could not have accomplished so much in one day. Thanks also to Phyllis Keller and Garry Clifford who cleaned up and took away the garden waste.

A Word from Jean

Where did 2010 and go to?

It has been my privilege to work with all of you again. You may not always hear the thanks, appreciation and gratitude for the service our volunteer program provides. I do, sometimes verbally and sometimes by notes in cards. You make a difference to our community. Thank you for all that you do and all that you are.

This spring thirteen new volunteers completed the training course: six from Pender Harbour, two from Halfmoon Bay, two from Sechelt and three from Gibsons. We now have 41 active volunteers. Already I am starting to compile a list of those wishing to take the volunteer training next year.

I thought you might like to know that you provided 2,452 hours of volunteer time, either directly with clients or on other hospice duties from January 2010 to September 30th, 2010.

Details of the volunteer event hosted by Chilliwack Hospice are provided in the newsletter. The event was very successful and Kelowna has offered to host it next year. Instead of a one day event, they are planning a two day event for August 17th and 18th. I will keep you posted on this, as more information becomes available.

Carol Green our Art Care Coordinator continues to work tirelessly to provide us with our hospice cards. Sympathy cards, first anniversary cards, thank you cards, get well cards, birthday cards and Christmas cards. Thank you Carol.

Sherryl Latimer, kindly put this newsletter together and she has also put together the advertising for Tuesdays With Morrie, as well as the poster. Thank you Sherryl.

December 10th is our Christmas dinner, at the Davis Bay Community Hall, Davis Bay. Please mark it on your calendar.

*Jean Rice,
Coordinator of Volunteer Services.*

thank you

Thank you to the
Sunshine Coast Credit Union
for sponsoring the production of
"Tuesdays with Morrie". Their
contribution assisted with our
advertising and promotions costs.

Lights of Life 2010



The Sunshine Coast Hospice Lights of Life has taken place at Christmas time since 1990. When the trees are set up at the malls in Gibsons and Sechelt the lights are all blue. Hospice volunteers are at the table throughout and people come by to write a card in memory of a loved one or a pet and hang it on the tree. When the card is hung on the tree a light is changed from blue to white. Usually people make a donation at this time, however, a donation is not required to place a card on the tree. At the end of the two-week event all of the lights have been changed from blue to white. In our community the event has grown in recognition and people actually look out for the trees in the mall to make their annual donation.

The cards are precious and hold a lot of meaning therefore rather than discard the cards on January 1st, at 2.00pm at Snicket Park, Sechelt we hold the Lighting of the Memories. We let people who visit the Lights of Life table know about the Lighting of the Memories and approximately 40 people usually attend. A bonfire is started on the beach, then a 20-minute non-religious ceremony is held. At the end of the ceremony, while music is played or songs are sung, the cards that have been written in memory of loved ones are placed on the fire. The memories then rise skyward in the smoke. It is a lovely ceremony and enjoyed by all that attend.

This year the Lights of Life Christmas trees will be in the Sunnycrest Mall, Gibsons from November 22 to December 4th, 2010 and in the Trail Bay Mall, Sechelt from December 6th to December 18th, 2010. To sign up please call Trish Thom 604-886-8670.

Dates to Remember

Sat. October 23rd - "Tuesdays with Morrie"

Fri. November 5th - Volunteer Workshop
10am-2pm
At St. Johns United Church, Davis Bay

Tues. November 9th - In-service
2:30pm at St. Johns United Church, Davis Bay

November 22nd -December 4th Lights of Life at Sunnycrest Mall, Gibsons

December 6th - December 18th Lights of Life at Trail Bay Mall, Sechelt

Fri. December 10th - Christmas Dinner
6pm-9pm at Davis Bay Community Hall

January 11th - In-service
2:30pm at St. Johns United Church, Davis Bay

February 8th - In-service
2:30pm at St. Johns United Church, Davis Bay

Next training session:
Spring 2011

Newsletter Deadlines:
January 30th for Winter/Spring edition
(February 15th issue)

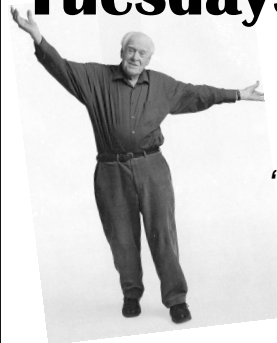
Tuesdays with Morrie

By J. Hatcher & M. Albom

With Antony Holland
& Antonio Gradanti

*"A touching, life-affirming
drama with a generous
dose of humour."*

A No Bells & Whistles Production



Saturday, October 23rd at 7pm

Sechelt Seniors Activity Centre □
5604 Trail Avenue

Tickets \$15 each available at:

Gaia's Fair Trade (Gibsons),

MediChair (Sechelt),

Bluwaters Books (Pender Harbour)

Proceeds to the
Sunshine Coast Hospice Society