



Sunshine Coast Hospice Society
Serving the Coast since 1987

In Touch

Winter/Spring 2011

New office at Kirkland Centre



Coast Hospice @ Kirkland Centre is open. We have been busy cleaning, painting, finding furnishings for the new office space. The space will accommodate a small office for staff, a quiet room for grieving clients to speak with trained volunteers, training space for the spring training sessions, which will also be used for the grief support groups and board meetings. Office hours have not yet been determined but will be announced by mid-March. We look forward to showing you all around either during the next In-service March 8th or during our official public opening March 31st.

Coast Hospice @ Kirkland Centre is located at 4602 Simpkins Road, Davis Bay. Turn right after the Davis Bay Community Hall and drive to the end of Simpkins Road. The office telephone Number is 604-740-0475.

Please note: all in-services from now on will be held at Coast Hospice @Kirkland Centre.

Presidents Perspective

With the New Year have come some new changes for Hospice. The first evident change is that I'm the new President of the Sunshine Coast Hospice Society. I want to thank Grant Thompson for his years of dedication and service to Hospice. I have and will continue to look to Grant for guidance.

I am realtor with Prudential Sussex Realty and joining the board of the Sunshine Coast Hospice Society as a director was suggested to me by friends and colleagues. As the suggestions all came in a short space of time I took this as a sign that this is something I should consider.

I joined the board in May 2010 and assumed the role of Vice President and was inspired to start the marketing committee. I've been reading and learning as much as I can about Hospice and looking forward to participating in the upcoming volunteer training course. I feel this will give me a deeper understanding of what Hospice is all about.

We are pleased to announce the signing of the lease agreement with the District of Sechelt for the top floor of Kirkland Centre as of February 1st. The Sunshine Coast Hospice Society has, at long last, a home. Kirkland Centre is located on Simpkins Road in Davis Bay. This is a great opportunity, which was negotiated and presented to the board by the Office Space Committee, which was comprised of Grant Thompson (Chair), Jean Rice and Judy Fitzgerald.

It was with regret that the Board accepted Jean's decision not to renew her contract. All of us are very grateful for everything Jean has done for Hospice over the past 10 years. I want to thank the recruiting committee which consisted of Kate Webb (Chair), Jean Rice, Grant Thompson, and myself who were responsible for providing the board with the best person to take over the position of Coordinator of Volunteer Services, which you can read more about in Jean's section.

Thanks to Phil Green who's been working together with Laurie McConnell of Bad Dog Design on the website we're finding the number of online donations continues to grow.

Looking ahead, we are working on raising the profile and awareness of Hospice in the community through marketing. We've also just started a Sustainable Funding Committee which will be focused on consistently raising funds. We currently have three people on this committee and are welcoming volunteers who might be interested to join.

Thank you to all of the volunteers, I'm truly inspired by the by the level of service and dedication you give people in their difficult times.

Ali Khan, 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 · Office 604-740-0475**

In Touch

Newsletter for
the Sunshine Coast
Hospice Society

Winter/Spring 2011



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, Ali Khan
Grant Thompson,
Phyllis Keller

Editor: Sherryl Latimer

Board of Directors

President: Ali Khan
Past President: Grant
Thompson

Secretary: Sharon Crawford
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



*New president,
Ali Khan (right)
with Past
President and
long time hospice
volunteer, Grant
Thompson*

A Word from Jean

Although I feel sad this will be my last note in the newsletter as your Coordinator, I do have some new challenges and goals to look forward to.

I am training for a 98km bike ride in July, in Penticton and all being well, I will be taking a trip to New Zealand and Australia later this year.

I believe our organization has the best volunteers; your work can sometimes be challenging but at the same time rewarding. I have known some of you for many years and some for not that long and I hold all of you in the highest regard. I will remain as a volunteer therefore; I am pleased I will meet you at meetings and events.

This year Rosemary Hoare will have been active with hospice for 24 years, Eric Zasburg will have been a volunteer for 20 years, and Kate Webb a volunteer for 19 years.

Congratulations and thank you for the years of dedication.

I am handing the reins over to a very competent individual, Sherryl Latimer. She is looking forward to taking on the Coordinator position and working more closely with all of you. I know you will give her the support you have given me and vice versa. Barb Crombie will take over as the Coordinator for the Gibsons volunteers as of March 31st, as Kate retires from her position.

We will be offering once again hospice grief support groups starting in April, one in Pender Harbour and two at Coast Hospice at Kirkland Centre.

Most of you know the wood structure that covers the patio outside of the hospice rooms needs repair and the roof replaced. Rosemary Jones our volunteer and a Rotarian has worked very hard this past few months to obtain materials, labour and funds for this project. When completed it will enable the patients of the hospice rooms and their families to stay dry in inclement weather and stay cool when it is warm and sunny. Thank you Rosemary.

Thank you, Sherryl for once again putting this newsletter together.

*Jean Rice,
Coordinator of Volunteer Services.*

Office address: 4602 Simpkins Road (Davis Bay)
Telephone: 604-740-0475

Volunteer Profile: Grant Thompson shares his passion of volunteering

Prior to becoming a hospice volunteer I worked in a number of places in B.C. as a weather services specialist with Environment Canada. The last 5 years of my career were spent working as a senior specialist instructor at our training branch which was located in Cornwall, Ontario. I taught students how to do the work that I had been doing for more than 25 years. While still working, I spent a total of 10 years volunteering as a Big Brother in Ontario and BC. That was one of the most rewarding experiences that I have been privileged to be a part of.

My first experiences working with palliative care clients was in Cornwall Ontario in the late 1990s. Hospice visiting in Ontario was facilitated through the Victorian Order of Nurses. I took a 35 hour training program prior to becoming a volunteer visitor. In a class of 31, I was the only male.

When we moved to the Sunshine Coast in August of 1998 I found myself looking for something to do in the volunteer field and discovered that in early 1999 a hospice training program was going to take place and that hospice was looking for new volunteers. I signed on, took the training and became a visiting volunteer. It was work that I truly enjoyed, especially working one on one with clients. In 1999 and 2000 I managed the Lights of Life program.

In late 2001 or early 2002, Sunshine Coast Hospice Society took the volunteer program under its umbrella. Shortly after that happened I was invited to join their board of directors. In 2004 as a director and then Vice President of the board I was involved with the committee that was tasked with planning for the renovations that were needed to create the palliative care rooms that we now have in Shorncliffe. A couple of years later I became board chair and president. In the 5 years since that time I have seen hospice change and grow and become an increasingly major force in our community. The growth continues and hospice is expanding in new directions as we try to keep up with the ever increasing demand for hospice services.

At the beginning of this year I turned the presidency over to one of our new directors, Ali Khan. I felt that it was time for new blood so to speak and Ali seemed eager to take on the challenges of board chair. I continue on the board as past president.

In November of 2010 I was elected to the board of the BCHPCA (British Columbia Hospice Palliative Care Association). For me this brings a whole new set of challenges and opportunities.

Hospice work in the various capacities that I have had the honour of being a part of has been very rewarding for me. It is a far cry from weather forecasting but it brings a considerable measure of satisfaction. I enjoy giving something back to the community and I look forward to being a part of hospice for many years to come.

This column will feature a volunteer within our organization. If you have any suggestions of who you would like featured, please email me: Sherryl Latimer sher.lat@telus.net



"Phyllis our treasurer and her partner Garry got engaged at Christmas time. They will be getting married in May 2011 in Ottawa. Congratulations we wish you all the very best."

Treasurer's Report

How the time has flown since our last newsletter. The past few months just seem to have slipped by with so much happening at SCHS. As Treasurer much of my time has been involved with securing funding as we move ahead with our goals for continuing to provide support and grief counseling to the Coast.

Our Lights of Life event was again very successful thanks to our hard working volunteers and we exceeded previous year's donations. This is a wonderful event when we have the privilege of meeting new people and renewing acquaintances with our friends and families who support our hospice.

Jean and I had the privilege of attending a Sustainability workshop in Vancouver and others on the board have attended workshops on marketing strategies and effective use of the internet. All these activities are focused on acquiring sustainable funding for hospice as we move ahead fulfilling our Business Plan.

On a personal note I am delighted to announce our up-coming marriage in May. What a way to start the new year!

Many thanks once more to our faithful supporters and sponsors and dedicated Board and volunteers. Our continued success is directly attributed to your help and support.

*Phyllis Keller
Treasurer*

Sunshine Coast Hospice Society

Lights of Life 2010



Over 100 people attended the lighting ceremony for the Lights of Life on January 1st, 2011 at Snickett Park in Sechelt. This is a record attendance, thanks to the sunny skies which appeared that day.

Thank you to everyone who made the Lights of Life 2010 a great success

The Lights of Life is one amazing labour of love. A huge thank you goes to Tish Thom for organizing the event for 8 years. She is ready to retire this position and has passed her duties on to Laurie Brownrigg for 2011.

Tish has meticulously looked after every little detail from beginning to end including her record keeping.

Here are some interesting stats about this amazing endeavour:

- Total hours to set up, run and take down (Gibsons): 146.5
- Total hours to set up, run and take down (Sechelt): 174.5
- Total number of people who visited the tree in Gibsons: 205
- Total number of donations: \$3839.16
- Total number of people who visited the trees in Sechelt: 283
- Total number of donations: \$4333.53
- **Grand total raised: \$8172.68**

Tish would like to thank Maureen Sleep for making reminder calls to all the volunteers prior to their shift. She alone puts in 20 plus hours on more than 96 phone calls.

A special thanks to Eric Zasberg, Ton Donkersloot, and Tish's husband Jimmy Thom. They have never failed to show up and take down the Sechelt trees for as long as she can remember. Also thanks to Terry & Kate Webb and Libby Ramage, Jean Rice and Phil Green for helping out as well.

**Total number of volunteer hours
for 2010: 4506**

Dates to Remember

Tuesday, March 8th In-service
2:30 pm Coast Hospice @Kirkland Centre
Come meet the new coordinators;
Sherryl & Barb

Thursday, March 31, 2011
Membership renewal deadline
& Public Open House 4pm-6pm

Tuesday, April 12th In-service
2:30pm "It's All About You"
Volunteer Appreciation Day
Experience & learn more about reflexology, reiki,
hand massage and meditation.
Enjoy great food too!

NEW! Grief support sessions starting in April
8 Tuesdays (evenings) or 8 Thursdays (afternoons)
at Coast Hospice @Kirkland Centre
8 Wednesdays (afternoons) in Pender Harbour

Next training session:
8 Tuesdays starting April 5th to May 24th
The course is full with 12 well suited trainees

Next Newsletter Deadline:
May 30th for June 15th issue
(Summer 2011)

A Note from the Gals at the Ruby Slipper Fund...

"The Ruby Slipper Fund is turning 1!
We are celebrating a very successful first
year for the RSF. Our fundraisers were
well supported by family, friends and the
community!! We would like to take the
opportunity to say thank you to everyone
who played a part in our success!"

Next event: Shoe, Bag & Bling Auction!!
Thursday, March 3rd at The Blue Heron!!

Newsflash: this event is SOLD OUT.

The Grief Support Group
Facilitator training workshop which
took place December 14th, 2010
and January 25th, 2011 was made
possible with funding from
the Ruby Slipper Fund.