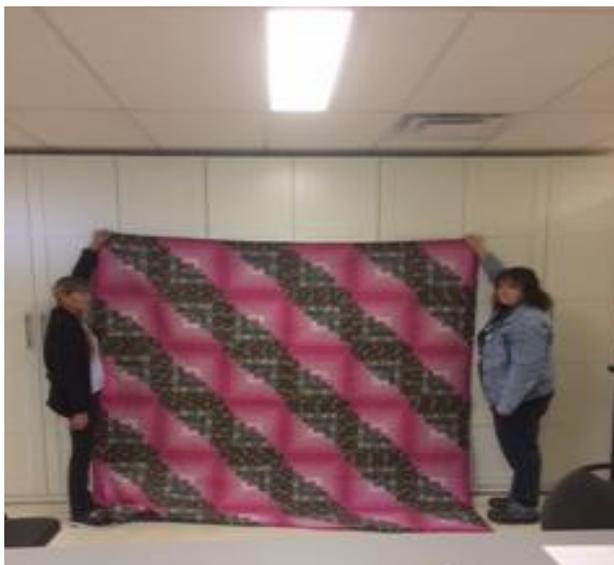


## Quarterly Newsletter

### Mission Statement

To provide quality support and end of life services to our clients and their loved ones, caregivers and the bereaved in Hope and its surrounding areas.



Pictured above (left), Evelyn Travis, kindly made and donated a quilt to the Fraser Canyon Hospice Society. She presented it to Pat Besse (right) Board Chair of Directors in December 2016

The Quilt will be used in the Monarch Hospice Room for families to enjoy.

Fraser Canyon  
Hospice Society

### Board of Directors 2016/17

Pat Besse - Chair  
Kathy Gordin - Vice Chair  
Barbara Sharrers- Secretary  
Judy Miller  
Ray Scott  
Jean Stephens

### Staff

Mary Norman  
Hospice Coordinator

Ken Hurley  
Camp Skylark Director

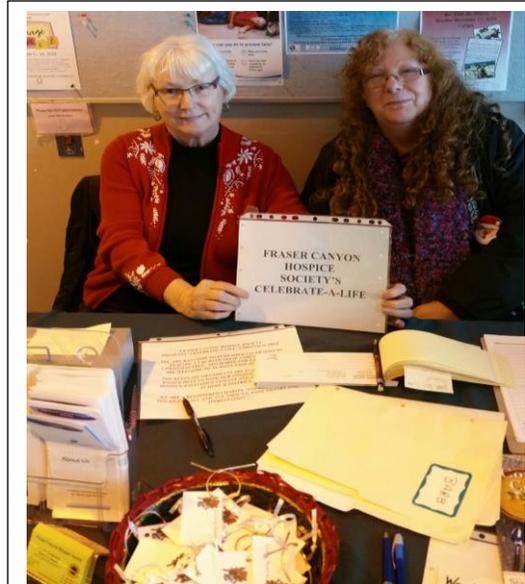
### Mailing Address

1275 -7th Avenue  
Hope, British Columbia  
V0X 1L4

Phone: 604-860-7713  
Fax: 604-860-7709  
info@frasercanyonhospice.org  
www.frasercanyonhospice.org

# Celebrate A Life FCHS 20<sup>th</sup> Anniversary

For the month of December the Celebrate A life – “Tree of Hope” was displayed celebrating its 20<sup>th</sup> Anniversary, to remember loved ones who have died. Volunteers sat at the Hope and District Recreation Centre foyer to provide ‘In memory’ tags to anyone who wanted to write a loved one’s name and place it on the tree.



Thank you for you continued support, Fraser Canyon Hospice Society Celebrate of Life Tree received \$705 in donations.



Pictured Left: Thank you to the Manager from ' Mountain Border Floral and Gifts', Mary Bourke, who has kindly donated a vase of fresh flowers and will continue to provide a fresh bouquet on a regular basis, for families and clients to enjoy located on the Hospice Wing.





*Our dedicated volunteers and Board Members attended our Volunteer Appreciation Luncheon on December 7, 2016. 16 volunteer's attended the venue held at 293 Wallace Street Restaurant in Hope. Fun games where played and a superb luncheon. This gave a chance to come together as a group and enjoy the company of these special people who dedicate their time to our community. Thank you again, Volunteers you are all so awesome!*



The Hospice Society recently purchased two single 'Sleeper beds one has been placed in the Sunflower room, and one in the Monarch Hospice Room, monies collected from donated funds to the Fraser Canyon Hospice Society. Thank you for all your continued support, for allowing us to make these rooms comfortable for families and friends.



## **A volunteer experience since joining the Fraser Canyon Hospice Society**

A year or so ago I decided to sign up for the Basic Hospice Course, which was being given at our local Hospital by Fraser Canyon Hospice Society. My husband had completed the course the prior year and highly recommended it to me.

If I were to be totally honest, I wasn't sure if I had any talents that would be suited to the Volunteer work available on completion of the course...but upon applying, I did notice that there was a need for "walkers" and I felt that at least I could contribute in that capacity. And so my journey began!

The very first meeting was an introduction to other like-minded people, who also were there to understand the different areas where help was needed, and thus began a 30 hour training course; this literally has added a new dimension to my life!

It was established immediately that anyone in the course could talk about any and all concerns; with the knowledge that all information given was completely confidential within the group and thus a very safe place to "share". We soon became like a big "family"..... feeling comfortable with each other.

To be honest, I was sad when the course ended and a little apprehensive as to where I could help! However I should not have worried! Hospice has volunteers who have been giving of themselves and their time for many years and who are so willing to assist and guide the newcomers!

During the past year it has been my privilege to "test the waters" in a variety of different areas-, this has included companioning, sitting at vigils, a Bereavement Support Group, Walking Group, and Fundraising, learning and giving with the help of such an amazing team! I feel so grateful for the chance to "give back" and to be in the company of so many like-minded Hospice members. Carol Chaulk.



The next training is scheduled to commence in May, pre-registration is required (Limited seats) For more information to express an interest as a Hospice Volunteer, please contact Hospice Coordinator Monday to Thursday, Mary Norman, Ph. 604-860-7713 or email.

[marynorman@fraserhealth.ca](mailto:marynorman@fraserhealth.ca)




**Basic  
HOSPICE  
TRAINING  
COURSE**

**MAY 2 - JUNE 1  
TUESDAYS & THURSDAYS  
1PM - 4PM**

Fraser Canyon Hospital  
Hospice Activity Room

Learn how to support family, friends and hospice clients on matters of death and dying, as well as helping them to better understand the grief journey. This comprehensive training course is an enriching experience that leaves one feeling more complete and fulfilled in your personal life in order to give of yourselves to others.

*Certification will be received upon course completion. PRE-REGISTRATION REQUIRED. Cost of Basic Hospice Training \$30.00. (which includes first year membership)*

Please call Mary Norman - Hospice Coordinator at 604.860.7713 for more details.

**[www.frasercanyonhospice.org](http://www.frasercanyonhospice.org)**

: Ad design courtesy of Hope Standard

**Support the Fraser Canyon Hospice Society by Making a Donation**

**Name:**

**Mailing Address (including postal code):**

**Gift in Memory/in Honour of:**

**Name and address of family/next of kin that you would like notified of the donation:**

**Earmark donation for (circle if any apply):**

**Area of greatest need      Patient Comfort    Camp Skylark    Rest Area**

**Cheques made payable to: Fraser Canyon Hospice Society 1275 - 7<sup>th</sup> Avenue, Hope, BC. V0X 1L4**

