



Compassionate Care
since 1982

Alberni Valley Hospice Society

Ty Watson House



IMPRINTS

NEWSLETTER

SPRING ISSUE 2009

Executive Corner

Dear Friends of Hospice:

Every springtime, we celebrate and honour the people and work of hospice palliative care in Canada. In our province the entire month of May is Hospice Month; nationally and locally we have designated the week of May 3rd to the 9th as **Hospice Palliative Care Week**. This year's theme "Hospice Palliative Care: A Human Right" emphasizes that all Canadians should have access to quality end of life care. As our population continues to age, this need will only continue to grow.

Hospice Palliative Care aims to relieve suffering and improve the quality of living and dying. To assist patients and families address physical, psychological, social, spiritual

and practical issues around the illness, dying process and to cope with loss and bereavement. Many patients and their families continue to be without the standard of care that is recognized as necessary to support a quality death.

In a recent study from CARP (Canadian Association of Retired Persons) 26% of Canadians reported they had cared for a family member or close friend with a serious health problem in the last 12 months. Of these, 22% took upwards of one month off work and 41% used personal savings. As a result, eight in 10 reported suffering emotional difficulties, seven out of 10 reported they needed respite, 54% reported financial difficulties and 50% reported weaker physical

health. Each death in Canada affects the immediate well being of an average of five other people, or more than one million each year.

Many levels of governmental studies over the past several years have pointed out the growing need and demand for comprehensive and coordinated end of life services. Communities understand and support this need, federal and provincial governments need to take action on behalf of all Canadians. In the meantime we are continuing to lobby for quality end of life services and we are working hard to ensure that that we give compassionate care to those who need us where we live.

Blessings,
Lynn Turner

IN THIS ISSUE

Executive Corner

Citizen of the Year Nominee
AGM Notice

Communi-TY News

Spring Fashion Show
PA Friendship Centre
Dental Assistants Association
Branch 55 Legion
Hollies Golf Course
Twilight Gala Event

Insights

What's On?

Hike for Hospice
Fundraising Events

Hospice Programs & Services

Citizen of the Year Nomination

We are thrilled to share the news that our own Executive Director, Lynn Turner, was among the Citizen of the Year nominees honoured recently at the Chamber of Commerce AGM. This nomination recognizes her eleven year vision of the desperate need within the community for the type of services and programs that could be offered from the Ty Watson House facility. We are so proud of Lynn's perseverance and hard work. ***Congratulations, Lynn, on this prestigious nomination.***



Alberni Valley Hospice Society
Ty Watson House

ANNUAL GENERAL MEETING

Wednesday, May 20, 2007

7:00 pm at the Echo Field House

AGENDA TO INCLUDE

Board Elections

Financial Statements

Welcoming our 2009 Trained
Volunteers

A chance to socialize
with one another

MISSION STATEMENT

The Alberni Valley Hospice Society is a volunteer organization whose purpose is to provide compassionate, supportive, non-medical care to persons affected by life threatening illness, death and bereavement and to educate the public about end of life, care giving, dying and bereavement.

ALBERNI VALLEY HOSPICE SOCIETY TY WATSON HOUSE

2649 2nd Avenue
Port Alberni BC V9Y1Z8
250.723.4478 Office
250.723.4481 Ty Watson House
Fax: 250-723-4471
Email: info@albernihospice.ca
Website: www.albernihospice.ca

Communi-TY News

BOUTIQUE BELLES AMIES SPRING FLING FASHION SHOW

With the anticipation of Spring just around the corner, on March 10th Boutique Belle Amies staged an elegant and fun evening at the Dolce Vita Restaurant to showcase new spring fashions.

Our heartfelt appreciation to Linda Bowers and her staff for their ongoing support of the programs and services at Ty Watson House to provide quality end of life Care to residents of the Valley.



A WINE AND CHEESE FETE

Was hosted by

BRANCH 55 LEGION HALL

on March 21st as a fundraising event on our behalf.

The "Afternoon Delight" was a social event enjoyed by a great number of Legion members.

We thank John and Simone of **Pacific Techniques** for their generous donation to the Alberni Valley Hospice Society .

CROCHETED LAP BLANKETS DONATED TO TWH RESIDENTS

Lynn Turner was pleased to receive from the **H.H. Port Alberni Friendship Centre ladies**, a welcome donation of crocheted lap blankets for Ty Watson House residents. The H.H. group began meeting to crochet scarves for Christmas presents for elders and youth at the Friendship Centre. The wool is a donation from the Free Store and one of the elders. They are always looking for donations of wool for crocheting and giving the finished gifts to various organizations. On behalf of our residents, we extend our appreciation to the H.H. Group of Ladies.

PORT ALBERNI ASSOCIATION OF DENTAL ASSISTANTS

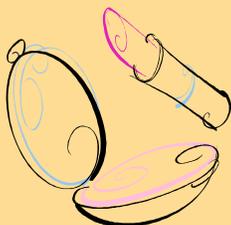
Our thanks go out to the local Association of Dental Assistants for their thoughtful donation of dental products for use by our residents.

THE TWILIGHT GALA EVENT

On April 2nd, **SHOPPER'S DRUG MART**, held a unique fundraiser on our behalf. "Makeovers" were featured based on the three leading females from the novel "Twilight".

The Gala Event appealed to a great number of women who were treated to manicures, paraffin hand dipping, draws, prizes, refreshments; on the whole, an enjoyable evening for everyone.

We extend our appreciation to Shoppers Drug Mart for their fundraising activities on our behalf.



THURSDAY NIGHTS GOLF WITH THE BOYS

HOLLIES FUNDRAISER

Everyone of the male persuasion is welcome on Men's Night at the Hollies Golf Course. You do not have to be good; golf is competitive and a social outing. Each week, a significant portion of the revenues are collected and at year's end, donated to the course's charity, Ty Watson House.

Thanks to Pat and Jackie Little for their continuing support of Ty Watson House.

INSIGHTS

A poem by Stefano Baron

I wrote this poem as a reflection of my experience with dad in his last days on his mortal journey at Ty Watson House, along with his compassionate caregivers, my family, and the Lord.

TY WATSON HOUSE

This is a sacred house
Wherein is laid a beloved spouse
Mother, brother, sister
Loved ones all around
Through Gentle loving care
Our tender hearts were bound

Within this place
Our tears were shed
Beside and on the loved one's bed
The hours pass in to the night
Where he endured with all his might

This is Ty Watson House
Wherein the quiet heart was heard
Peace, be still,
Though knowest it's My Will

The dawn draws nigh
Prayers ascend the sky
Hour after hour loving care is shown
Within his room
Up till noon
From caregivers not unknown

The eyes grow dim
Silence stills the heart
Eternal mercy plays its part
His soul's set free
Peace, be still,
This is a sacred house.

NEW CHILDREN'S BOOKS ADDED TO OUR LIBRARY

Tear Soup: A Recipe for Healing After Loss
by Pat Schwiebert (*for all ages*)

Help Me Say Goodbye: Activities for Helping Kids Cope When A Special Person Dies
by Pat Schwiebert

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss by Michaeline Mundy

When Your Grandparent Dies: A Child's Guide to Good Grief by Victoria Ryan

What's On?

Fundraising Events on Our Behalf



An annual national fundraising event will take place Sunday, May

3rd to raise public awareness for hospice palliative care in the Valley.

HIKE FOR HOSPICE is our major fundraising event of the year and the funds raised help to support the TWH palliative care beds along with other services and programs of the AV Hospice Society. *Note that 100% of all the money raised stays within our community.*

WHY DO WE HIKE

*80% of Canadians say they want quality hospice at the end of life, yet less than 15% have access to it.

*Hospice Palliative Care is currently under funded and under recognized. Programs totally depend on volunteers, donations and fundraising events.

*To maintain the bed program, Ty Watson House, the AV Hospice Society needs to organize fundraising events throughout the year.

*This year's goal is \$10,000.

PROGRAM OF EVENTS

1:00 pm Start of Activities / Pledge forms dropped off / Free draws for adults

1:05 pm Welcoming Remarks — Lynn Turner, Executive Director/Manager TWH

1:10 pm Tai Chi Warm-up — Barb Gates

1:30 pm Entertainment — The Travelers

Hike for Hospice kickoff.

3:00 pm Hike ends

3:10 pm Prize draws *(presence is required at the time of the draws to win)*

HIKE ACTIVITIES FOR KIDS

*Sunflower seed planting

*Face painting

*Tie painting (*Don Ferster, owner of Jim's Clothes Closet will donate to TWH for each person that shows up with a tie at the Hike so meet the challenge — the more ties worn, the more money for TWH.*)

Flowers will be available for those participants who wish to honour the memory of a loved one during the Hike.

So lace up your shoes and come hike with us. Four-footed friends are also welcome.



Our heartfelt appreciation to all our sponsors



FANTASTIC EVENTS / AD ENGRAVERS
PIN CUSHION / HAPPY SOLES
CEDAR WOOD LODGE
COLYN'S NURSERY & GARDEN CENTRE
JIM'S CLOTHES CLOSET
MacDONALDS / STARBUCKS
D'SIGN GUY / BREAKERS MARINE

We would like to bring to your attention two other fundraising events for TWH

PERENNIAL PLANT SALE

A variety of perennials will be sale eg Phlox, Shasta & Spanish Daisies, Corrals, Sedum, etc. sale is located at 3063 Durham Street (250-723-6463) during all of May. Our appreciation to Mrs. Annamarie Gaiga.



NO BULL!! You can WIN MEAT!

Every Tuesday from 4:30 pm and Sunday from 3:00 pm



Hosted by the **KINGSWAY HOTEL**
3203 1st Avenue

Introducing our new House Mum . . .

Hi, I'm Oriana Tierney. I've been involved with Hospice since 1998, first in Abbotsford and then in Sooke. I have been a stay at home mom for the last few years and have been teaching piano. My past job experiences have been in administration, at the Victoria Conservatory of Music, Central Valley Academy of Music, and the Rehabilitation Department of ICBC. I love to cook, and have already basked in the compliments coming my way about wonderful aromas in the kitchen. Thanks for those inspiring comments!



As a consequence of experiences surrounding family and friend's deaths at a young age, I decided to become involved with hospice. It is such a rewarding experience and I look forward to many more years of involvement. When I accepted this position it was an honor for me, to know I would be touching peoples lives in that precious and fragile journey, here at Ty Watson House.

DATE CHANGES TO NOTE

STRAWBERRY TEA: Due to the change from April to May for the Annual General Meeting we have decided to move the Strawberry Tea from June to SEPTEMBER and rename it as the FRIENDSHIP TEA. This event will be held at Ty Watson House and the focus will be on continuing to get to know one another, celebrating what we do and all we have done together... and of course, with a great dessert!

VANCOUVER ISLAND EDUCATION DAY will be held on Saturday October 31, 2009 at Tigh Na Mara Resort, Parksville. This is a day filled with various choices of interesting workshops, great food, and networking with volunteers and hospice palliative care people from around the Island. The cost this year is again \$35.00. Talk to anyone who has been before and you will hear that this a worthwhile event. More information will be forthcoming as the event is finalized. *Mark your calendars now.*

Hospice Programs and Services

One-to-One Volunteer Support — Support for individuals and families at home, Ty Watson House, long-term care facilities and West Coast General Hospital. **Ty Watson House** — This is an in-house five-bed program for people requiring care at end of life. The resident must have a progressive life-threatening illness with life-expectancy of six months or less and require assistance caring for self. For individuals wanting to stay in their own homes as long as possible, including end of life, we offer time-limited respite care so that caregivers can have a periodic break as needed.

Counselling, Telephone Support & Bereavement Follow-up —Grief support for primary caregivers of our clients at regular intervals during the first year of loss. Also open to members of the community not associated with Hospice who are experiencing a loss through death.

Bereavement Walk and Talk — A Saturday morning walk along Kitsuksis Dyke followed by socialization at a local restaurant joined by others experiencing loss.

Finding My Way: Coping with Grief — An eight week session for adults wishing to learn more about their grief journey. Offered when there are sufficient numbers.

Healing Touch and Reiki — Offered exclusively to our palliative clients / caregivers, bereaved clients and those going through cancer therapy.

Caregivers Time-Out Group — Support for caregivers supporting a loved one — with a life-threatening illness or a long-term debilitating illness e.g. Alzheimer’s, Parkinson’s, etc.

Library Services — Our Library is a comprehensive resource of supportive and educational materials. OPEN TO THE PUBLIC.

VOLUNTEERING

VOLUNTEER TRAINING

Twelve trainees completed the training course and eleven are continuing with us (one moved to northern B.C). Some of these newly trained volunteers you will recognize from the kitchen or the Board and others are brand new. We are again blessed with more caring people to add to our family and we will officially be welcoming them at the Annual General Meeting Wednesday, May 20th.

Are you interested in volunteering?

We are always looking for volunteers who could offer their time and services in the following areas:

- Client care in the community or Ty Watson House
- Ty Watson House kitchen
- Garden and house maintenance
- Fundraising

DONATIONS

Would you like to donate ?

We accept donations of cash or cheques and in-kind gifts. To donate online using a credit card go to www.albernihospice.ca and click on the “Donate Now” icon. Tax deductible receipts are issued. For further information including acknowledgements on the Ty Watson Donor Wall please contact us. You may also to participate in:

- Our monthly Sponsorship Program supporting Ty Watson House
- In Memoriam donations to the Hospice Society

Please consider donating to us:

- Canadian Tire money
- Quality Foods receipts and points
- Donations at Fairway Foods
- Island Farm products UPC codes
- Bottle return money to AV Hospice account at the Bottle Depot

APPRECIATION

We would like to share with our volunteers and staff a few of the expressions of appreciation that we recently received:

“... I want to thank all of the amazing people who work in this facility. Your kindness and generosity helped us through the very difficult time of losing my mother. The people of Port Alberni have a hospice to be truly proud of. Thank you again...”

“...Please accept this donation in memory ofwho passed away in your facility [recently]. We are lucky to have such a wonderful place, with special devoted volunteers and staff, for those like ... who deserve to live out their final days with dignity and comfort. Thank you...”

“To all the very wonderful people that came and sat with ... [we] thank you from the bottom of our hearts. It helped more than you will ever know. Your care and understanding will not be forgotten...”

I would like to support Alberni Valley Hospice Society/Ty Watson House with a charitable donations of \$ _____ (receipt issued)

Name: _____

Address: _____ City: _____ Postal Code: _____ Email: _____

Please send this slip with your donation to our address: 2649 2nd Avenue, Port Alberni, BC, V9Y 1Z8