



Alberni Valley Hospice Society

Ty Watson House

NEWSLETTER
December 2008

IMPRINTS



Board Talks

Our board had a busy start this Fall. Under the guidance and expertise of Facilitator Theresa Kingston we spent a productive and thought-provoking visioning day. Brainstorming together we discussed where we are in the growth of our organization and where we would like to be in the future. This process led us to set strategic priorities and goals to help us achieve our dreams. Our vision is mindful of our commitment to our mandate to provide quality end of life care to

the residents of Port Alberni. This vision for the future includes expansion of our services to citizens of all ages and cultures and expansion of our programs, services, and facilities. We wish to become a model of education on end of life care and become increasingly involved in schools and public education. Throughout our continued growth we will maintain financial sustainability through the generosity of the community, successful fundraising, and lobbying for government support.

The Board takes this opportunity to thank Helma Swinkels and her special "funraisers" whose team spirit and commitment netted us \$27,642 on our ATV sales. *Way to go team!*



Linda Taylor, Board Chair

Executive Corner

Dear Friends of Hospice,

Recently I was invited to participate in a regional teleconference to strategize actions to implement the BC Ministry's Provincial Framework for End of Life Care. This document was released in 2006, four years after the Federal government Committee's on End of life care report. I became very excited about this process until I discovered that this consultation will likely take another three years to develop! It has been nearly a decade of inaction by all levels of government to address this critical need of compassionate end of life care.

The Health Ministry has been too slow in gathering the information it needs to properly plan for the increased demands. The Province has not shown leadership to the health authorities in setting timelines and meaningful plans to accommodate the accelerating requirements. The term "silver tsunami" is frequently used to describe the growing number of seniors who will be requiring greater levels of care. Our government needs to commit to putting in place the funding, flexibility and partnerships necessary to care for our loved ones, friends and neighbours.

Those of us who advocate for this essential area of healthcare continue to hold on to the vision of forming a truly collaborative alliance, working to close the gaps and adequately meet the needs of the dying, their caregivers, and the bereaved in communities across our province. Because of your support and understanding of this challenging issue, we take courage and strength in continuing the journey.

Blessings, Lynn Turner

Executive Director
TWH House Manager

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Insights

My Hand in Your Hand

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The Black "Ty" Gala
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What's On?

Heart to Heart

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

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Port Alberni BC V9Y1Z8
250.723.4478 Office
250.723.4481 Ty Watson House
Email: info@albernihospice.ca
Website: www.albernihospice.ca

Insights: A Poem by Kerrie Stevenson Hospice volunteer

My Hand in your Hand

May I put my hand in your hand
Will you help me along my way

Will you hold my heart with your heart
For I know I cannot stay

Will you speak to me although
I can no longer speak

Will you listen to my prayers
When I begin to break

May I put my hand in your hand
Will you help me on my way

Put your hand in my hand
I will do my best for you

My heart will hold your heart
As you journey your way through

I will speak to you until the end
I will listen to your prayers

I will sit beside you 'til you are
peacefully away

Held in the arms of angels
to greet your better day

May I put *my* hand in *your* hand
Will *you* help *me* along the way

Announcing the Winning Entry of our "NAME THE NEWSLETTER" Contest

It was not easy for our panel of judges to choose from the many creative and thought-provoking submissions to name our newsletter. The winner is "IMPRINTS" submitted by **Helma Swinkels**. Imprints are the impressions people leave indelibly on our lives and memories. Honourable mentions go to 'Heart to Heart', 'Insight', 'Communi-Ty News' and 'What's On @ Ty's House'. Congratulations Helma, on winning the Cedar Wood Bed & Breakfast certificate and many thanks to everyone who participated in this challenge to name the newsletter.

Communi-TY News

Our major fundraiser during the past year was the raffle of an ATV and trailer and a \$500 gift certificate from Safeway. A total of 2000 tickets were printed and 1,921 were sold, raising \$27,642 towards the operating costs of Ty Watson House.

The Dennis Jonsson Motor Products dealership generously displayed the ATV for us and sold more than 250 tickets on our behalf. We had excellent coverage in the media, so people knew where they could buy tickets.

The winning tickets were drawn at the

ATV RAFFLE

Toy Run on September 13th and both winners were residents of Port Alberni. **Lynn Neufeld** was the lucky winner of the ATV and **Shawn Austin** won the \$500 Safeway gift certificate. Shawn immediately donated \$100 back to Hospice and we thank Shawn for this!

We embraced the opportunity to use this fundraiser to raise awareness of our programs and financial needs within the community as no government funding is presently committed for AV Hospice and the Ty Watson House.

We would like to thank all the businesses and individuals who took part in this very successful fundraising event. We especially applaud the 35 extra "fundraisers" who came on board to help us sell the tickets.

Once again the community with a heart recognized the importance of the service we offer in Port Alberni and the need of keeping Ty Watson House viable. The money raised will remain in our community for the benefit of end of life care.

BLACK 'TY' GALA EVENT

November 27th was a magical evening in Port Alberni when approximately 100 individuals enjoyed the 1st Annual Black 'Ty' Gala event. The evening will be remembered for its elegant venue, divine food and great entertainment. The gala grew from a "wouldn't it be fun" idea to a first-class event promising to become an annual event. We would like to acknowledge the organizers, business contributors and the volunteers who donated their skills, services, and time to this

fund-raising event. \$5,000 was raised on our behalf.

Ongoing donations and fundraising events provide the base that enables us to serve the Alberni Valley community with quality respite and end of life care programs.

For information about our programs, contact us at 250-723-4478.



Gala Organizers: **Deb Pearson, Don Ferster, Linda Bowers and Karen Giesbrecht**

Communi-TY News (cont'd)

ORDER OF BUFFALOES DONATION

The Royal Antediluvian Order of Buffaloes whose origins are in England, is a charitable organization dating back to the 1820's. The Order is non-political, nor does it look to religion to inspire participation. It does, however, inspire members to commit to a peaceful and meaningful way of life. In Port Alberni the Order started in 1914 under the name "Beaver Lodge". In 1946 the members of the Lodge bought the Hall on Redford Street and founded the Buffalo Building Society. In those days the Order and the

Society counted numerous members. Their principle aims were friendship, charitable works, social activity, mutual support and care. As members grew older, the number of members declined, leaving five members behind to make the final decision on what to do with the building on Redford Street. In the spirit of the Order, they wanted the revenues of the sale of the building to go to charity. More importantly, they wanted to make sure most of the donations would stay in the Valley. **Al Hudema, Bill Murray,**

and **Bernie Hill** presented the AV Hospice Society with a \$20,000 cheque also



in the name of their fellow members **Lou Houle** and **Ted Verkerk**. This generous gift will fund one bed in Ty Watson House for a full year. We want to thank the Order of the Buffaloes for their donation towards end of life care in the Valley.

What's On?

CELEBRATE-A-LIFE RITUAL

The Alberni Valley Hospice Society has a unique ritual for members of the community to honour the memory of a loved one during the holiday season. This year's "Celebrate a Life" tree, was located in the Echo Centre and decorated with snowflakes to symbolize the uniqueness of each life. By hanging a decorative name tag on the tree, people celebrate the life of a loved one. Donations are gratefully appreciated.



1st ANNUAL



Our recent Bake Sale was an awesome success. Thank you to all the volunteers who baked, canned, cleaned or assisted in other ways to ensure the success of this fund-raising event. Our appreciation is also extended to Port Boat House for providing the space for our sale and to Buy Low and Fairway Markets for their donations of supplies. Our pickled garlic and jellies were a huge hit. There are still a few jars left for sale in the Hospice Office.

TY WATSON HOUSE BED PROGRAM 1ST ANNIVERSARY CELEBRATIONS

Plans are underway for the first anniversary celebrations of the Ty Watson House Bed Program. After close to 15 years of planning, the Bed Program finally came to fruition in January, 2008. With Ike Patterson's assistance we plan to have full-page articles in the local papers which will give some of our past history, some anecdotes of our clients, families and volunteers and most of all, a huge thank you to local businesses, organizations and people that have helped us come as far as we have. A local musical group, the Classical Tub, would like to put on an event for the benefit of AVHS and we hope they will be able to do so sometime in January as well.

So, keep an eye on the local papers! The articles will be in the papers towards the end of January close to our official opening date of January 22nd.

Heart to Heart

Reflections of a Volunteer

When I finished taking my training and had graduated, which happened on a Tuesday night, my phone rang the next day. It was our coordinator, Audrey, asking me if I could sit with a gentleman who was near the end of life. This was to take place on the Friday night. I swallowed a few times and said yes, I guess so...for some reason I was under the impression that my first time would be months down the road, not right away! Anyway, on Friday evening, book in hand and heart in mouth, I went to the hospital and reported for duty. I was taken to the room where the patient was, and right away I saw that he was in a coma, and all I was required to do was sit beside him, just so his family knew there was someone with him in case he passed away in the middle of the night. I pulled up the chair, settled in, trying frantically to remember all that I had been taught. (Isn't it funny how nothing came to mind for me except that supposedly stroking the arm or hand was supposed to give comfort). So I sat there for four hours stroking this man's arm, probably wore a hole in it, and every time his breathing hitched or changed, I would desperately pray that he wasn't going to die!! Thankfully he didn't die before I left, and I found out that he had passed away about four hours after I left (probably the only way he could think of to get away from this crazy lady so he wouldn't have to go through all the stroking again the next night!!) That was the hardest time for me, I was so afraid that I was going to do something wrong. When I look back on it, I have to smile at how silly my thoughts were, but I think the first patient is always the hardest.

Pat Harley, Volunteer for 18 years.

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. A per diem rate applies.

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

Are you interested in volunteering?

We are always looking for volunteers and there are different areas to choose from such as:

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

NEXT VOLUNTEER TRAINING

SAT. JAN. 17 — THURS. MAR. 19, 2009

- Involves 40 hours of training on end of life care.
- Takes place Thursday evenings and four all-day Saturday sessions.
- Cost is \$75.00
- Interview, clear criminal record and references are required.

For information on training and volunteering contact:
Theresa Maxmenko 250.723.4478

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
- Planned Giving

Please consider donating to us:

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

APPRECIATION

We offer our praise and thanks to our volunteers who make a difference in peoples' lives everyday. You provide the listening ears, the caring hearts and the special touches that are so needed to our clients and residents. We truly believe we have the best, most committed volunteers in our community. We hope that you were able to attend our Christmas potluck to be honoured by the board as you so richly deserve. Have a wonderful holiday season.

Linda Taylor, Board Chair



It may be cold outside but the staff at the Alberni Valley Hospice Society / Ty Watson House wish you warm times with family and friends this holiday season.

Lynn, Theresa, Anna, Joslyn, Kerrie

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

Name: _____

Address: _____ City: _____ P.Code: _____ Email: _____

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