



The Dove

Grief has no time line

Newsletter of the Ridge Meadows Hospice Society

April 2011

National Volunteer Week April 10 – 16

To our volunteers:

We hope you know the magnitude of the impact you are having on the world, by your simple act of service. The time, and mere moments you spend companioning others is carried out beyond the doors of the Hospice, beyond the bereavement walks. Your unconditional presence “lightens” those you support, and in turn has an effect on the next person they meet. Picture yourself as a smooth pebble tossed into a lake, and watch your ripples extend far beyond where you made your splash! We hope you know how much the people you support appreciate you. You may not always hear their thank-yous, see their grateful tears, but they are always there. It often sounds like this... “I don’t remember their name, but, they sure made me feel better/comforted/cared for”. They will carry that feeling for a very long time, if not forever.

We want to recognize our volunteers in all areas, we have a wonderful group of volunteers at

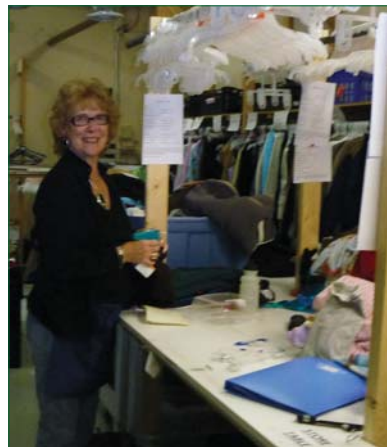
our Thrift Store. The operation of the thrift store depends on volunteers who willingly receive and sort donations, steam clothing, stock shelves and provide valuable customer service. Without you we could not stay in operation. Your hard work and dedication is appreciated. Thank you to our Board of Directors who are

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Message from the Executive Director



The old saying, “April showers brings May flowers” has been sitting in the forefront of my thinking lately, and I bet for many of you. Spring truly is my favourite time of year. Many times I think back (about 20 years ago) when I realized the promise of spring meant so much to me. It was the first spring after my son Garred died. I was in such a deep, dark place, and that winter was similar to this one — a lot of dreary rainy days. It took a lot of effort just to get out of bed. One morning I woke up and the sun was shining. My 2 year-old daughter, Krystina, was anxious to go out for a walk. So, putting on a brave face, we dressed warmly, and set out into the neighbourhood for a walk. Krystina was point-

ing out the pretty flowers blooming on the trees, and the daffodils and tulips opening up showing their beautiful hues. It was in that moment I started to look at life and my situation slightly different. Here, amongst the deepest, darkest days, a 2 year-old was showing me the promise of new life in the blossoms of spring. So, where am I going with this? What I hope for everyone who may be feeling down, whatever their situation is, take a look at the promise of spring. The next sunny day that we are graced with, please take the time for a walk and look around you at the beautiful trees and flowers in bloom. Maybe you too can see the promise of new life in the blossoms of spring.

Laura Cherrille

Executive Director

Welcome



Paige Charron

Our newest staff member is Paige, the new Thrift Store Coordinator. Paige comes to us with several years of non-profit experience. In particular, working with and supporting volunteers. She has also managed a thrift store in New Westminster. All of us at hospice are thrilled to have her on board. Please stop by the store and give Paige a warm welcome.

New Visiting Volunteers

The Board of Directors, Staff and fellow volunteers would like to welcome the newest members to our team of visiting volunteers. These ten individuals completed their 30 hours of volunteer training program.

Please welcome: Julia, Valerie, Denyse, Julie, Barbara, Jennifer, Monique, Rosetta, Ian, and Brenda.

We would also like to welcome the newest volunteers at our thrift store. Reizza, Alyssa, Amanda, Nicole, and welcome back Cathy and Moe.

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all volunteers, they are very active in any fundraising events as well as overseeing the policies and procedures for the Society. To our Friends of Hospice, this group help at fundraising and special events, or offer their talents like playing the piano or working in the garden at McKenney Creek.

We would like to say thank you to all of our Volunteers for National Volunteer Week.

Our volunteers were all invited to attend local events in honour of this week. The Ridge Meadows Hospice Society celebrates our volunteers in the month of June. In the past we have had wonderful dinners, special guests etc. We will announce very soon our plans for this year and look forward to celebrating our valuable volunteers!

In Memoriam Donations

January – April 2011

Moraq Clarke, Mrs. Fletcher, Valerie Guentert, David Herd, Bob McMullen, Janet Neufeld, Marvin Schultz, Shelby Siemens, Carlos Silva, Otto Vogel

All groups are offered free of charge, but registration is required.

Bereavement Support Groups for 2011

Evening and Daytime

Eight week bereavement support group for adults who have experienced the death of a loved one. Day and evening groups are available.

Walking group

Meets weekly weather permitting.

A Time To Heal

Bi-weekly support for those who have experienced the death of a loved one, and have taken the 8 week program.

Children's Program

Six week program for children 6–12 years of age, who are having difficulty with the death of a loved one. Parent/ guardian group runs at the same time in an adjacent room.

Thrift Store Volunteers Required

The Ridge Meadows Hospice Thrift Store requires volunteers who are interested in working in this environment. There are numerous jobs that need to be filled on a daily basis, such as receiving and sorting donations, cashiers, and general maintenance in the building.

The rewards of being a volunteer are numerous such as:

- You will find a greater sense of being a part of both the communities of Maple Ridge and Pitt Meadows.
- Opportunity for personal growth.
- New friends who share common interests.
- Valuable work experience.

If you are interested in joining an amazing team of volunteers at the Ridge Meadows Hospice Society please contact Paige Charron, Store Coordinator at 604.463.7711.

Relaxation Circle

The circle is open to bereaved individuals, as well as palliative patients and their support persons.

The Circle is provided once a week for 90 minutes, which includes relaxation approaches and soothing touch.

The Relaxation Circle provides an opportunity to experience relaxation, receive support, and to learn stress management skills that can be used to assist in coping with a life threatening illness.

If you or someone you know would be interested in this program please contact the Society centre for more details.



Volunteers Required

We are always looking for new volunteers to help the Society carry out its Mission. There are a number of ways you could help as a volunteer.

Visiting volunteer

We have our visiting volunteers; this involves a 30-hour training program which prepares you to visit the terminally ill in their homes, the hospital, long term care residences or in McKenney Creek Hospice.

Friends of Hospice

If being with the terminally ill is not something you are comfortable with, you could help the Society with some of the special annual events that are held in support of our programs, such as the Vistas Run or the Home Show.

For more information on the training for visiting volunteers or how to become a “Friend of Hospice” please call the Society centre.



Upcoming Events

MAPLE RIDGE **founder's cup** CHRYSLER JEEP DODGE

Proudly Presents



The Vistas Run



MAY 29 2011

www.vistasrun.com

Webster's Corner Elementary
256th St and Dewdney

Sunday May 29th, 9 am

Register online www.vistasrun.com

or at



5 km Run/Walk
10 km Run
1 km Kid's Run



*In Support of
Ridge Meadows Hospice Society*



























Upcoming Events

One Year Anniversary of the Opening of the Thrift Store

Join us on Saturday, May 14 to celebrate our 1 year anniversary. The Golden Ears Kiwanis will be selling hotdogs and beverages in the parking lot. Store hours are 10:00 a.m. to 5:00 p.m.

**Shop and save —
Entire store will be 50% off**



3rd Annual Hoe Down for Hospice

Plans are underway and the date is set for Saturday, September 17 and will be held at the Ridge Meadows Senior Centre on 224th Street. Watch for more details in the local papers and on our website.



Recent Events An Evening of Romance



An “Evening of Romance” was held February 12 at Golden Eagle Golf Club. The evening was a great success and it was a sell out! The guests enjoyed a pasta buffet and then an evening of dancing and raffles with fabulous prizes was held.

Congratulations to, Janet Kruavac, the winner of the 50/50 draw. That was a nice surprise for her and her husband as it was their wedding anniversary that day.



Fashion Show and Luncheon

Our first-ever “New To You” Fashion Show Fundraiser was held on Sunday, April 17 at the Maple Ridge Legion. Over 70 guests enjoyed a lovely lunch followed by a fashion show featuring fashions and accessories from the Ridge Meadows Hospice Society Thrift Store. The outfits were modeled by RMHS Board members, staff, volun-

teers and members of our community. Guests then enjoyed a special shopping event at the Thrift Store and bought up most of the outfits featured in the show! We hope to do it again in the Fall!



Head Shave at the Home Show

Manion and Associates Financial Services proudly presented this event at the Ridge Meadows Home Show the last weekend in April. Proceeds supported Ridge Meadows Hospice Society and Ridge Meadows Hospital Foundation. Details in the next edition of The Dove.



Thank You

Team TELUS Cares for recent donations generated by retired employees who submit their volunteer hours. Team TELUS submits a cheque to the charity of the volunteers choice. We were fortunate to be chosen by four of our volunteers as their charity.

Robert Campbell of roca IT & Design for his helping hand whenever we are having technical difficulties! He is usually just a phone call away and will drop in and get our computers back on track in no time at all. Thanks Robert, we do appreciate your time.

Unger Design for our quarterly newsletter. Thank you for a job well done!

Ring S for keeping our website up to date and looking great.

Faternal Order of Eagles, Airie # 2381 Ladies Auxiliary chose RM Hospice Society to be the recipient of a donation and presented a cheque for \$250 to Teresa McWilliams, Secretary for the RM Hospice Society Board of Directors, at a recent dinner.

Founder's Cup Charity Classic for the recent donation of \$38,000. Our Executive Director, Laura Cherrille, was presented with the cheque at the recent Community Foundation's annual dinner at Meadow Gardens Golf Course. This donation and the overall support we receive from the community are what make it possible for us to expand and enrich the services we provide.



Hospice Executive Director, Laura Cherrille (centre), receiving a cheque from the Founder's Cup.

Ridge Meadows Quilters' Guild for their Care Quilts "...because we care." These wonderful ladies worked very hard and created ten beautiful lap sized quilts for our children's bereavement program. Each of the children will be able to take their quilt home with them after the six-week program ends. This was such a generous gift, that will bring good memories to the children for a very long time.



Grant Received

Ridge Meadows Hospice Society and Family Education and Support Centre recently applied for a Mental Wellness grant from the **Ridge Meadows Hospital Foundation** through their Health Investment Grant program to provide a joint support program "Grief and Loss Support Groups for Mental Wellness". We are very pleased to announce that our application for \$8831.65 was approved. The funding will provide two ten-week support groups for clients of the Adult Mental Health Resource Centre programs and others needing support in the areas of grief and loss associated with mental health issues and barriers to mental wellness. Thank you to the Board of Directors of the Ridge Meadows Hospital Foundation and the Doris Adie Palliative Care Endowment Fund for providing this funding.

Ways to Consider Donating

- One-time gift
- Monthly gift – This is an easy, effortless, effective way to support the Ridge Meadows Society.
- Leaving a Legacy – Make a gift through a will or other gift planning instrument.
- CanadaHelps – CanadaHelps is an online fundraising organization that benefits Canadian charities and is now available through our website. All donors need to do is visit our website www.ridgemeanowshospicesociety.com and click on the “You Can Help” tab then click on the CanadaHelps.org logo. You will be guided on the steps to make your donation and then you will receive a tax receipt mailed to you directly from CanadaHelps.



- Visa – Simply call the Resource Centre and say you would like to make a donation on your Visa. The transaction will be processed right then and you will receive a thank you letter and tax receipt in the mail.



Ridge Meadows Hospice Society Centre Address

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Mailing Address

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Phone: 604.463.7722

Fax: 604.463.6358

E-mail: contactus@ridgemeanowshospicesociety.com

Web: www.ridgemeanowshospicesociety.com

Thrift Store Address

#3 - 12011 224 Street, Maple Ridge, BC V2X 6B7

Phone: 604.463.7711

Mission Statement

To provide compassion, support and care to patients and loved ones dealing with end of life experience, grief and mourning.

Board of Directors

Lindsay Norcross	<i>President</i>
Allen LaRose	<i>Vice-President</i>
Agneta Eikelenboom	<i>Treasurer</i>
Teresa McWilliams	<i>Secretary</i>
Adrienne Dale	<i>Director</i>
Nathan Logue	<i>Director</i>
Barb McIvor	<i>Director</i>
Norma Parker	<i>Director</i>

Staff

Laura Cherrille	<i>Executive Director</i>
Yvonne Dion	<i>Coordinator of Bereavement Support Services</i>
Lindsey Willis	<i>Coordinator of Volunteers</i>
Kristina Murray	<i>Fund-Raising/Special Events Coordinator</i>
Dawn Burnett	<i>Office Assistant</i>
Paige Charron	<i>Thrift Store Coordinator</i>
Mel Burak	<i>Assistant Thrift Store Coordinator</i>
Sarah Cunliffe	<i>Assistant Thrift Store Coordinator</i>
Reizza Oxales	<i>Assistant Thrift Store Coordinator</i>