



Message from Bev Holman, Director Health Services Maple Ridge/Pitt Meadows, Fraser Health

New Hospice Residence Takes Shape



Each day coming and going from work, I have the pleasure of watching the building on Laity Street move closer and closer

to completion. Seeing the large truck loads of drywall arriving gave a real sense of finality. This new building will be the home of the ten-bed Hospice Residence along with other health care services. For Fraser Health, this overall project and the hospice within it, created to serve the people of Maple Ridge and Pitt Meadows, is a great significant addition to our health services.

Bringing the building project and the Hospice to this point has taken a great deal of time and effort by many people from within our communities, from the Hospice Board and Society, from physicians and from Fraser Health staff working with the developer, the Lark Group.

For the Hospice residence alone, there are eleven Task Groups

working on various aspects of planning the environment including interior décor and furnishings, care provision including volunteers, and the community public relations. As appropriate, these Task Groups have at least one representative from Ridge Meadows Hospice Society as a member or as a lead.

Together we are creating an environment to provide end of life care to persons and their families. But more importantly is the creation of a team who have a common vision about end of life care. One important aspect of the team

“The funds raised will provide the furnishings and equipment for the hospice residence....”

will be the volunteers and especially those with specialized hospice care education.

In closing, I want to make a special note of thanks to members of the Hospice Society for initiating the campaign to raise funds for the hospice residence as well to thank the people of our community who have supported this fund raising project. The funds raised will provide the furnishings and equipment for the hospice residence and the special touches which will create an environment appropriate for

those nearing the end of their lives.

Bev Holman
Director Health Services MR/PM

President’s Message

As we await the opening of our hospice facility, we are heartened by the endorsement and support of our community. With kindred spirit, organizations and individuals proffer funding with enthusiasm and attentiveness. Enquiries regarding offers of help in kind are coming in, and are addressed as soon as they are put forward.



The work of the Education Committee, together with our Visiting and Grief Support Coordinators, is an ongoing task of maintaining an educational structure that is both relevant and current. The use of PowerPoint as an effective teaching tool was introduced in our first volunteers training of this year. And, from Fraser Health, \$30,000 has been made available to us for the enhancement and development of our volunteer programs. The quest for, and education of, new volunteers are part of the

condition of funding. A meeting with Fraser Health and some members of the board is being planned to devise a blueprint that will address volunteer needs that are pertinent, doable and fitting.

Through the thorough efforts of the Human Resource Committee, we now have a Grief Support Coordinator. Her report will apprise us of the learning curve challenging her in her position. Highly recommended, I have no doubt that she is equal to the task.

The Fundraising/PR Committee finished and mailed out presentation packages to organizations and professionals that include a request for funding and the offer of a PowerPoint presentation regarding the hospice facility. Responses are promising and reassuring, and presentations are being scheduled as they are requested. In the meantime, the Founders Cup, through the Maple Ridge Community Foundation, donated \$60,000 for the facility.

Our Finance Committee continues to reassure us that we are on track and that our financial health is sound.

At the time of writing, the nominating committee has delivered packages of information to seven community leaders who were approached and evinced interests in sitting as members of our board of directors.

On behalf of the patients and families we serve, and of the Society, I thank those who gave of themselves in our labour of compassion.

Nita Spittel, President.

Congratulations Nita

Citizen of the Year
Maple Ridge Community
Foundation.



**Volunteer
Appreciation Week:**

Volunteers are the backbone of our Society, and it is fitting that we recognize their commitment to the work they do so well.

Activities will be planned during the week of **April 23-29, 2006**. More information will be forthcoming from the hospice office.

Volunteer Training:

Training for new volunteers took place from January 21 to February 15, 2006 with eight new volunteers completing the training.

Next training sessions:

Sat: April 22, 29, May 13
9:00 am.- 4:00 pm.

Wed: April 26, May 3,
May 10, and May 17
6:30 - 9:30 pm

Mary and Laura, our two volunteer coordinators, are working hard to streamline the content of the training manuals. A PowerPoint presentation has also been incorporated.

Board Liaison to Volunteers:

Dr. Michelle Little continues in her role as board liaison to volunteers, attending the monthly volunteer meetings. If you have

any questions or requests, please feel free to contact her.

IN MEMORIAM

We gratefully acknowledge donations given in memory of:

Pat Barker, Marcel Grimand,
Gordon Polowy, Dixie Polz,
Marge Johnstone,
Jean Sawbridge,
Danny Sharpe

VOLUNTEERS NEEDED!

More volunteers will be needed to ensure optimum service in the new hospice residence when it opens in October 2006.

Volunteers are also needed to assist with:

Home Show, May 5, 6 and 7, 2006

Vistas Run on May 28, 2006
Safeway Golf Tournament on June 20, 2006

Please contact the hospice office if you wish to help.

Fundraising

Fundraising for the new hospice residence and for the Society itself is ongoing.

Bridge Tournament:

The bridge tournament was held on February 16, 2006 at Pitt Meadows



Golf Club. Again it was a successful, enjoyable day with 86 players turning out to support hospice.

Thank you to all participants, hard working volunteers, and Beta Sigma Phi Sorority for generously donating the prizes.

Canada Safeway - 2006 "We Care" Campaign:

Safeway has an excellent reputation for supporting community causes, and we are delighted they have chosen RMHS for their 2006 fundraiser.

A very successful and enjoyable fundraising event was held on Saturday, February 11, 2006 at the Safeway Store in Maple Ridge.

A number of celebs turn out to bag groceries in a show of support for hospice, including Gordie Robson, mayor of Maple Ridge, Debra Eisel, deputy mayor or Pitt Meadows, Ken Stewart and Ernie Daykin, members of Maple Ridge council and Bev Holman, Director of Health Services, Fraser Health.

Other council members who were unable to attend sent their good wishes.

Many thanks to our hospice volunteers (and their families and friends) who turned out to help make this a great day.

Thanks also to Leanne and Candy, members of the Charity Committee at Safeway, to Russell Janus, store manager, and to all other staff on duty for their hard work.

Celebs Helping Out



Bev Holman



Ken Stewart



Gordie Robson



Ernie Daykin/Debra Eisel

Bits 'N Pieces

Meet Laura Cherrille, B.A. Bereavement Coordinator.

In the summer of 1990, I gave birth to my second child. Life was okay; I had a nice home, a job in the banking



sector, a daughter who was almost two years old, and a new son. I was living the so-called typical life of a middle-class woman.

In November of that year, my life came crashing down around me. The unimaginable had happened; my son died of SIDS. After much soul-searching, I decided to try to turn the worst time in my life into something positive.

A woman who had had a similar experience a year previously approached me and asked if I would be interested in co-facilitating a support group for grieving parents. I never realized how committed and passionate I would become in supporting others through their pain and losses.

During that time, I decided to change my career path and incorporate my newfound experiences into a new endeavor. I went back to school, and recently completed a bachelor's degree at Simon Fraser University, with a major in psychology and a minor in counselling.

Yes, the death of my son has changed me. He taught me

about both the joys and the sorrows of life.

Since his death, springtime has held a special place in my heart; the hopes and dreams of new beginnings, of sunshine, warmth, and vivid colours beginning to bloom.

I believe my task as the bereavement support coordinator is to support others to find their springtime, when the time is right for them. Each grief experience is unique, and it affects us all differently. My hope is to help others to realize that out of intense sorrow comes healing, followed by new beginnings.

It has been a very busy eight weeks for me at Hospice. I went to a week-long conference in Victoria, which was an exceedingly invaluable experience for me. I met and networked with many wonderful, caring and compassionate people in this field who were able to assist me in solidifying my position at hospice. Mary, the volunteer coordinator for hospice and I have been collaborating on many projects. We are both very thrilled with the upcoming opening of the 10 bed hospice unit.

My major goal for the next year is to really try to define what bereavement services are needed for this growing community. Many ideas have started to come to mind, such as an informal walking group, a semi-monthly informal drop-in session, and incorporating bereavement groups for both children and youth. I also foresee offering spousal bereavement programs on demand.

Laura.

Mark your Calendars:

Annual General Meeting:

Date: Thursday, June 22/06
Time: 1900 hours
Place: Maple Ridge
Municipal Chambers

Membership registration:1800hrs.
Be sure your membership is current.

Home Show:

Date: May 5, 6 and 7, 2006
Place: Planet Ice
Maple Ridge

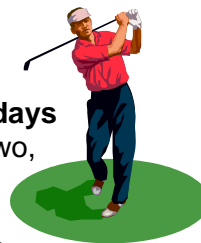
Mr. Tom Manion of the Berkshire Group has graciously donated a booth to the Society and to the organizers of the Vistas Run.

We will coordinate resources to ensure an interesting and informative display.

Safeway Golf Tournament:

The next major **Safeway fundraising event**, with all proceeds going directly to hospice, will be the **golf tournament** to be held on **June 20 at Meadows Garden Golf Course**. Tickets are \$100 and this includes green fee and buffet dinner.

Sponsors for the hole in one are **Poco Cruise Holidays** with a cruise for two, and **Maple Ridge Chrysler** with a 2007 Dodge Caliber.



Don't delay, call **604-460-1553** for details

9th Annual Vistas Run

10km run
5km walk/run
1km kids' run



Spring is very definitely in the air – so it must be time for the Vistas Run!

Get rid of the winter blahs, lace up your shoes, limber up and run for hospice (or walk if you prefer).

Date: Sunday, May 28/06
Time: 9:00 am start.
Place: Webster's Corner School, 256th & Dewdney Trunk
Route: Through beautiful Kanaka Creek Regional Park.

Vistas Run is a staunch supporter of hospice, so let's turn out to make this an even better event than last year.

If you collect over \$50 in total pledges you will be entered to win a prize, including a mountain bike!

Thank you to Dr. Robert Masse, to the sponsors and to the army of volunteers who make this event a success every year.

If you would like to volunteer to help with any of these activities, please call the hospice office.