



The Dove

Grief has no time line

Newsletter of the Ridge Meadows Hospice Society

January 2011

A Time to Remember

The annual A Time to Remember was held on December 1. This is a special evening for those grieving the loss of a loved one to come out and light a candle in memory of that special person. This year's service was attended by over 100 people.

We would like to thank Reverend Cooper for the use of St. George's Anglican Church and for his opening and closing words. Also thank you to the Maple Ridge Coral Society for providing musical numbers, the Westacre Bullfrog musical group, to Garden Hill Funeral Chapel for producing the slide-show, and to the many volunteers and staff who gave of their time to support those grieving the loss of a loved one.



Celebrate a Life

Once again our volunteers were at Haney Place Mall and Valley Fair Mall for our annual Celebrate a Life event. The display was visited by a great number of individuals wishing to honor a loved one who has died by placing an ornament and card on the Christmas trees.



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Message from the Executive Director



I hope everyone had an opportunity to take some time off this past holiday season and spend some quality time with loved ones. I was able to spend time with family and friends. Specifically, with many relatives I have not had the opportunity to see in a couple of years.

I would like to take this opportunity to welcome our newest staff member Kristina Murray as the Fund Raising/Special Events Coordinator. Kristina comes to us with several years experience in organizing special events. Welcome aboard Kristina!

Laura Cherrille
Executive Director

Introducing our Fund Raising/ Special Events Coordinator



Hello, my name is Kristina Murray and I am the Fundraising/Special Events Coordinator for the Ridge Meadows Hospice Society. I joined this amazing team in September 2010 and am thankful for the welcoming support I have received from the staff, the board and all of the amazing volunteers that I have had the pleasure of meeting and working with.

I bring with me an honest passion for coordinating events and raising awareness for the needs of non-profit organizations, especially those as valuable as RMHS. I bring experience from my time on the board of a parent co-operative preschool, serving on the PAC of my children's elementary school and also from a fundraising position with a national health foundation.

In the few months that I have been with RMHS there has been a flurry of activity from various events and fundraising programs and I am looking forward to the busy Spring ahead starting with the "Evening of Romance" to Head Shave at the Home Show, to Vistas Run 2011... and plans for the 3rd Annual Hoe Down for Hospice have already begun! Speaking of Hoe Down, it was certainly an impressive show of team work and dedication to RMHS that really 'wowed' me in my first weeks here!

Again, I am looking forward to an amazing 2011 and would like to thank each and every person that has assisted and participated in the events of the past few months — looking forward to seeing you all again soon!

Kristina Murray
Fund Raising/ Special Events Coordinator

Message from the President



Happy New Year. We had our Annual General Meeting on November 1 and would like to welcome Nathan Logue and Norma Parker as newly elected Board members. The meeting was well attended and a few new by-laws were introduced, not without some challenges, but however, they were passed. As a Governance Board we strive to continue to tweek and upgrade our Policies and Practices.

We had a very busy November/December with a Time to Remember and our Gift Wrap booth at Haney Place Mall; both were extremely successful.

I wish to welcome the New Year with optimism and hope that we will succeed in all we undertake. We have a new group of volunteers taking the next training course starting in February and then on to the Head Shave, Vistas Run, and possibly a Golf Tournament and then Hoe Down for Hospice. I am confident that all these events will be well attended as we continue to get the word out about what we are all about.

Get ready for a fun packed year with lots of events that you can volunteer for and participate in.

Lindsay Norcross
President

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

On-going support for those who have experienced the death of a loved one.

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.



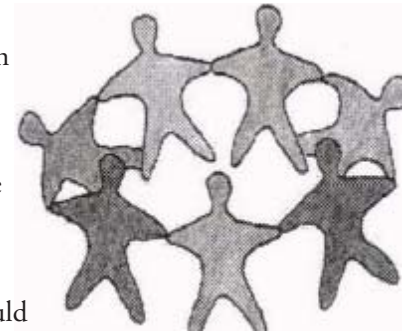
Relaxation Circle

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.



Healing Touch

The Hospice Society is proud to share that we have recently achieved a very important goal. Six of our volunteers, plus our Coordinator of Volunteers, have successfully completed Level 2 in Healing Touch. This Level is of significance, as it allows our volunteers to work supporting people not only in the Hospice, but in the Relaxation Circle as well. This will greatly expand our ability to offer the Relaxation Circle to more and more clients, as we are seeing an increase in the need for this beneficial service.

We would like to commend and honor our volunteers who completed the training. Joining our Healing Touch Volunteers, Janis, Liz and Sandy; are Ben, Bharati, Denine, Lily, LouAnne and Teresa. Your gift of Healing Touch will have such a positive effect on many lives, including your own!

Welcome to Our New Volunteers

Welcome to our new volunteers who completed their training in November: Alwenn, Candice, Doreen, Jeanie, Kaaxia, Katie, Lizette, Pavan, Romana, and Shelley. This group has already completed their “buddy” shifts and are visiting at McKenney Creek Hospice Residence on a regular basis. Thank you for choosing to volunteer with the RM Hospice Society we are confident you will find it very rewarding.

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.



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 Rhonda Russell, Store Coordinator at 604.463.7711.

In Memoriam Donations

August – December 2010

Tim Ainsworth, Art Auger, Sara Bartel, Sherry Cleave, Calvin Gribling, Stan Hazell, Charles Henry, Janet Hill, Edward Neave, Mary Rideout, Gerry Seders, Marlene Wallace

Thank You

Royal Canadian Legion #88 for a recent donations of \$5000 from their Poppy Fund.

Maple Ridge Baptist Church for the continuing use of space for our Relaxation Circle.

Garden Hill Cremation & Funeral Services for their ongoing support.

TELUS 2010 Employee Charitable Giving for recent donation.

Ridge Meadows Hospice Thrift Store News



The thrift store has been offering weekly surprise specials. Come out on Wednesdays and spin the Wacky Wheel to find out your special discount (up to 50% off). The storewide 50% off sales have been a huge success.

Every Wednesday is Wacky Wheel Wednesday, once you have made your purchase (\$5.00 or greater) you spin the wheel and could receive as much as 50% off the total of your purchase.

The raffle that was held in the month of December for a chance to win a framed

photo of Canuck “Hedrik Sedin” was won by one of the store’s regular customers. Congratulations Mr. Prasad.

Watch the newspapers for our next 50% off Storewide Sale sometime in February.



The Thrift Store is always looking for volunteers to help with a variety of jobs and couple of hours a week is all that is required. Read more about this on page xx. Applications are available in the store or on the website, www.ridgemedowshospicesociety.com.



*Ridge Meadows Hospice
Thrift Store*

STOREWIDE COUPON
Clip this coupon and save \$10.00
 (minimum purchase of \$20.00)
 Expires February 28, 2011. -1 coupon per customer
 - coupon must be presented at time of purchase

12011 224 Street (Behind Haney Sewing and Sound)

Recent Events

Hoe Down for Hospice



The 2nd Annual Hoe Down for Hospice was held September 18, 2010.

Musical entertainment was provided by Rick Tippe. The evening was a wonderful success with lots of prizes and silent auction items that were graciously donated by many local businesses. The guests also enjoyed the entertainment by the Golden Spike Girls.

Planning for the 3rd Annual Hoe Down is already underway. Mark your calendars for Saturday, September 17, 2011 at the Ridge Meadows Seniors Centre.



Gift Wrapping

December 18 to the 24 Ridge Meadows Hospice Society hosted a Gift Wrapping booth courtesy of Haney Place Mall. Donations were welcomed for the service and the community was very generous. Thank you for making this first fundraising event a great success.

Thank you to our volunteers, family and friends for their time and thank you to 3M Canada, Eddie's Hang-Up Display and Real Canadian Superstore for donations of gift wrapping supplies.



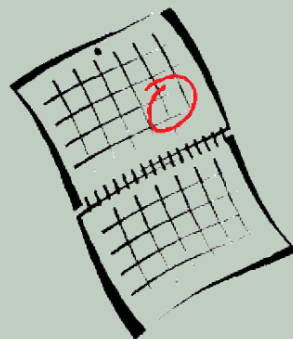
Upcoming Events

Evening of Romance



Ridge Meadows Hospice Society
Evening Of Romance
February 12, 2011
Pasta Dinner
Dancing
Auctions
Golden Eagle
Golf Club
Doors Open
@ 5:30pm
\$25 per person **604-463-7722**

MARK YOUR CALENDARS



"Headshave at the Home Show"

April 29 – May 1, 2011 (Planet Ice)

14th Annual Vistas Run/Walk

May 29, 2011 (Kanaka Creek Regional Park)

Watch for details in the local newspapers and on our website.

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

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>
Barb McIvor	<i>Director</i>
Norma Parker	<i>Director</i>
Rory Speirs	<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>
Rhonda Russell	<i>Thrift Store Coordinator</i>
Judy Wright	<i>Assistant Thrift Store Coordinator</i>
Sarah Cunliffe	<i>Assistant Thrift Store Coordinator</i>

Mission Statement

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