



Fall News Letter

Elk Valley Hospice book donation to Lilac Terrace



Elk Valley Hospice Chair Diane Souccar met with Bambi Bodie, LPN supervisor and Deborah Friesen, the Administrator of Lilac Terrace in Sparwood. The purpose of the visit was to view the new Palliative Care room, which opened last month and to discuss how Elk Valley Hospice can help provide support to clients. Diane Souccar is impressed with how well the room is equipped for end of life care and with the adjacent room where family and friends can stay to be close to their loved ones.

Read the full article in the e-Edition of Fernie Free Press Sept 1, 2016. (E-Editions @ thefreepress.ca/eeditons/)

Carve for a Cause

Elk Valley Hospice is being recognized by the community as a worthy cause. A recent example is the “Carve for a Cause Pumpkin” event which was spearheaded by the Fernie Real Estate Company.

This news was shared in the Fernie Free Press November 3th, 2016. (read the article online E-Editions @ thefreepress.ca/eeditings/)

The Pumpkin Event was a huge success. Thank you Leanne, Mary and Marie for your help as judges.



Stephanie spent many hours carving her pumpkin and was awarded 3rd price the pumpkin was spectacular!



To add to the fun, Stephanie came up with the idea to auction of her pumpkin with half of the proceeds being donated to hospice.

Thank you Stephanie!

Fibre for Good

The Fernie community has shown their support by selecting Elk Valley Hospice as their charity of choice when they signed up for Telus Optik TV services.



Elk Valley Hospice Director Hugh Tennant met with James Letcher and Aubrey Neufeld from Telus at the Hospice Kiosk to receive an \$1,875 donation from the “Fibre for Good” program. James explained that Telus made the donation on behalf of the residents that switched to Optik TV. Each participating resident was asked to select a charity of choice for the Fibre for Good donation. Telus said “This is our way to say thanks, and continue our dedication to support those organizations that make a difference in your community”.

Read the full article in The e-Edition of Fernie Free Press Sept 1, 2016. (E-Editions @ thefreepress.ca/eeditings/)

New Chairs for Hospice Care

The board has allocated the funds received over the summer and has purchased a reclining chair and a commode chair for the palliative care room at the hospital.

These purchases were made in consultation with the family as per the wishes in memory of Claire Wilson and Doug Anderson. This news was shared with the community in The Fernie Free Press on Thursday November 17th ,2016. Read the full article in The e-Edition of Fernie Free Press Sept 1, 2016. (E-Editions @ thefreepress.ca/eeditions/)

One of the donors wrote “The care received was second to none at the Elk Valley Hospital and with the items on the list right now (recliner/commode/overhead lift) will sure help the patients and the staff.” The recliner and commode have been the most recent additions to the Palliative care room.



Hospice Course



Congratulations to the eleven people who recently completed the Hospice Certification Course.

The 8 week long course was facilitated by Carol and Darcy and was very well received. Everyone who attended gained further appreciation for end of life care and Hospice Services.

We are very excited to welcome the new volunteers who have completed the course and have approached us indicating they are willing to help sit with clients.

Volunteer appreciation gathering

The Elk Valley Hospice board invited all volunteers to the Volunteer appreciation gathering as a thank you and to show recognition of the effort and support from the volunteers.

The gathering helped foster the feeling of appreciation and belonging to Hospice. Dedicated volunteers are the heart of Hospice; they generously help sit with clients and support outreach activities in the community.

The Volunteer gathering was very well received and many in attendance noted that they would like to get together again in the near future to continue to mingle and share experiences.



Kiosk and Craft Fairs

Hospice has had great support for the Kiosk from community members. We have received many wonderful handcrafted donated items which have been selling steadily at the kiosk and craft fairs.

The Kiosk volunteers have been doing a fantastic job reaching out and engaging with everyone passing by.

Charlie and Keya shared a section of their tables the recent craft fairs Oct 1 and Nov 25 & 26. Keep an eye out for Keya Whites' table on Thu Dec 8th and Dec 17th, she will display the little Hospice tree again.

Margaret donated this cute tree to help display the beautiful hand painted decorations.

Lantern Festival

During the volunteer appreciation gathering Elizabeth asked for hands to help with decorating lanterns for the lantern Festival. Everyone available came together to decorate the lanterns. Elizabeth, Elke and Stephanie pitched in and provided many colorful paints, great templates and ideas to work with.



The results looked amazing!

It was great to see the Hospice tent full of the wonderful creations, then see them showcased in the parade and strung up in the trees on the festival grounds.

This was truly a team effort resulting in an incredible magical event while raising funds for the Hospice cause.

“Art can be thought provoking, emotionally responsive and create a dialogue within community” Erin Teeple was quoted in the Fernie Free Press article on the Lantern Festival published on Nov 24th. Read this and the earlier article on the lantern festival in the Nov 17th and Nov 24th e-Edition (E-Editions @ thefreepress.ca/eeditons/)

Visual Arts Guild artists explore the Cycle of Life and Care

Margaret and Sandra organized a workshop at the Art Station with the theme “the Cycle of Life and Care”.

The intent of the workshop was to create awareness of end of life care and explore the theme through listening and visualization.

Guest speaker and Elk Valley Hospice educator Carol Holder facilitated the morning with an overview of Hospice care and stages of grieving. The artists and members of the Visual Arts Guild who attended were asked to create a collage by cutting out images from old magazines to trigger visual stimulants while listening to Carol.



The morning flew by and elaborate collages were created.

The talk about Hospice care and the collage activity were very well received and it triggered many good discussions. Over lunch everyone decided to stay and eat in while listening to Margaret read short stories from the book "Final Gifts". After lunch the artists picked up their paint brushes and worked on individual paintings while listening to music. At the end of the day the artists reflected on the morning's activities and they all concurred that the experience was very meaningful.

The combination of doing and listening was very effective to share information on the serious subject of dying and helped provide different perspectives.

The participants commented on the experience:

- The process was expansive, assembling images and listening was a new experience that kept the flow of intense stories and images meaningful. The final assembly and placement of the images brought closure and grounding. A beautiful finale.
- As I was thinking of the day, a picture came to my mind. So I found pictures that tried to represent the feeling of the picture in my mind. Earth and hands supporting and raising up a soul leaving, graduating, ascending.
- Ideas not feelings
- My emotions were very open and everyone was so accepting of how I felt, and was very receptive, I was O.K. with it, trust was a big part of it.
- I did not know where to start ... and then I could not stop.



What's Next?

December is a time of celebration and reflection. Think of reasons why Hospice Care is important in the community. How do you think Hospice can improve their services? How do you want to be involved to help Hospice grow their reach to help more people in the community?

As you can see in this newsletter there has been a recent flurry of activities ranging from outreach, education and community engagement to fundraising and implementing improvements to Hospice care. Do you believe that Elk Valley Hospice is on the right track?

The Elk Valley Hospice Board will be meeting to review all the accomplishments from this year and will look forward to the next year. A decision will be made on how the recent funds that have been raised will be allocated to continue to make improvements to Hospice Care in the Elk Valley.

If you would like to provide your input or have feedback to the board please send an email to elkvalleyhospice@gmail.com.