

# September 2017 Newsletter



After a brief summer hiatus, your monthly newsletter is back! And just because your Board wasn't having regular meetings doesn't mean things weren't going on behind the scenes.

Our summer started on a very positive note, when we learned that we had won a contest with Giv'er Shirts, providing us with 50 logo'd t-shirts for our volunteers to wear at functions and events. And do they look great! Thank you so much to Giv'er!!



Our Canada Day photo booth was once again very well received & attended. Our new colour photo printer is working great!

July saw our 2<sup>nd</sup> annual Dancing in the Dirt at the Love it or Leave it Ranch. The enormously popular and talented band "The Chevelles" played to an enthusiastic crowd. Our photo booth was well used & thanks to all our volunteers who helped out. Thanks to your efforts & Jen's generosity, we raised over \$500 from her donation, the photo booth & the 50/50 draw.



Ann's Independent Grocer very generously designated Elk Valley Hospice as their charity of choice for their annual Give Back to Your Neighborhood July 14-27. Over \$1500 was raised. Thank you Ann!



Our photo booth will make one last appearance at the Fall Fair Sunday Sept. 17<sup>th</sup>.



On Sept. 12, as part of our ongoing commitment to education, we ran a session on Advance Care Planning at the Senior's Drop in Centre. 15 people were in attendance to hear Diane Souccar, Gord Leffler, & Dr. Paul Michal speak on the subject. Those in attendance found it very informative and valuable. A question & answer session followed. To see the presentation online, go to our website under the resources tab & learning to view it.



**Client Intake** 



We've had a couple of clients over the summer requesting volunteers to sit with them – one is ongoing at the Rocky Mountain Village. Anyone with time to donate should contact Eleanor to help.

<u>Donations – Support our Supporters!</u>



The month of October has been designated as Hospice's month by the Fernie Cardlock. Thanks to the generosity of owners Gary & Laila Tomlinson, Fernie Cardlock will donate 4 cents from every litre of gas sold as long as a debit card is used to purchase the gas. Please encourage all your friends & family to purchase their gas from Fernie Cardlock next month (& every month, as they choose a different charity every month.)

## **Education**



Columbia Basin Trust is offering a number of courses this Fall to charitable societies and we will be taking advantage of one of them – Sandra Boer & Jennifer O'Donnell will be attending Funding Essentials on our behalf and we look forward to a report sharing their knowledge gained.

As for our next public information session – Board member, Eleanor Tweddell has been diligently setting up a free information session on Palliative Massage at the College of the Rockies on November 4<sup>th</sup>. It is preceded by a paid course on Palliative Massage (open to the public) at the College that day. Everyone is welcome to attend both sessions. Thanks Eleanor!

The Hospice course at the College of the Rockies this Fall saw 12 people register – which is Fantastic! Carol & Darcie are very pleased to see such great attendance. Hopefully, we will have some new volunteers at the end of the session.

## Sandra's Snippets

Further details to the above mentioned

# **CARDLOCK Gas Station is open to the public!**

## Pay with Debit and support local charities

In October, 4¢ per litre for fuel purchased using Debit is donated to





In support of individuals and families during end of life experiences www.elkvalleyhospice.com



Location: 1592-9th Ave, Fernie (Behind Fernie Real Estate across the highway from Tim Hortons)

# THE POWER OF TOUCH PALLIATIVE MASSAGE



#### In Good Hands Palliative Massage Overview Christine Sutherland RMT / www.sutherlandmassageproductions.com

### Sat / Nov 4 / 4:30PM - 6:00PM / C. Sutherland / FREE

Demonstrates massage skills to anybody who would like to learn to be more hands on with their palliative friends and loved ones. Learn about massage techniques that can be applied at home or in a hospital setting for end of life or chronic care. See several techniques demonstrated and hear patient stories to illustrate the benefit of enabling people of all ages and backgrounds to use the power of touch through palliative massage. This session is provided in partnership with Elk Valley Hospice and is open to everyone free of charge.

# Nov 4, 2017

4:30PM - 6PM - FREE overview - no registration required

#### College of the Rockies Fernie Campus

342 - 3rd Avenue, Fernie, BC, Phone: (250) 423-4691