



March 2018 Newsletter

Our last Board meeting prior to the AGM welcomed 2 new people who may be interested in filling board positions vacated by departing members Diane Souccar, Mary Miller, Margaret Hinton & Hugh Tennant. Pat Moore & Barbara Parkinson joined the meeting to see how things work and will likely stand for election at the AGM along with current members, Elizabeth Bailey, Elke Weber, Eleanor Tweddel, and Jennifer O'Donnell, and potentially new member, Ann Cox. Anyone else willing to stand can let us know at the AGM, April 25th at 5pm at the Park Place Lodge. Your participation is actively encouraged to take us to the next step!



The ceiling lift is scheduled for installation March 7, 8 & 9, so we are looking forward to a ribbon cutting ceremony & press release upon completion!

Elk valley Hospice commits to being an inclusive and accessible organization



We have purchased a pair of Virtual Reality goggles and will now look for a second hand Samsung 6 or 7 phone to use with our clients.



A prototype of our Directory of Services is now ready and an outline of the Service Providers to be included has been established. Sandra's injury & resulting limited mobility has delayed the completion of the project, but it is in the works!

Client Intake



Our client at the Rocky Mountain Village has recently passed away & we currently have no current clients. Thanks to all who visited & generously gave of their time.

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AGM



The AGM is set for 5pm, April 25th at the Park Place Lodge. Membership dues will be collected, the annual report will be presented, and a new Board of Directors will be elected.



We are pleased to announce that we are the very grateful recipients of a \$10,000 gaming grant this year, thanks to the efforts of our treasurer, Jennifer O'Donnell & administrator Sandra Boer. This will allow us to continue operating and raising the profile of Elk Valley Hospice for another year. Great work Jennifer & Sandra!

Sandra's Snippets

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Dr Wolfelt in Cranbrook Mar 14-15



McPherson Funeral Service is proud to announce that they are bringing the renowned Dr. Alan Wolfelt back to Cranbrook. The grief workshops will be held at the Heritage Inn Hotel & Convention Centre (803 - Cranbrook Street) from 6:00 pm until 9:00 pm on Wednesday, March 14, 2018 for the public and 8:30 am until 11:30 pm for Thursday, March 15, 2018 for Caregivers. To support this learning opportunity Elk Valley Hospice will cover the \$10 tickets for Hospice volunteers interested in attending the sessions.

Palliative massage - Mar 24th 8AM-4PM at the College of the Rockies

Learn how to help relieve discomfort and pain, no previous knowledge needed. The Palliative massage course has been rescheduled to Saturday March 24th 8AM-4PM at the College of the Rockies.

THE POWER OF TOUCH PALLIATIVE MASSAGE



Palliative Massage helps to relieve pain & discomfort

Saturday March 24, 2018

Certificate Course 8AM - 4PM - \$65

Making Memories & Saying Goodbyes - Sat April 7th 1:30-2:30PM at the Fernie Public Library

An activity filled hour for ages 5-10 and their families. During the event everyone can make a personal Memory Game thinking back of some of their most favourite memories with the ones they love. Participants will be given the book "the rainbow rocket" by author Fiona Tinwei Lam to take home with their special memory game to share with friends and family. The event has been organized in partnership with Elk Valley Hospice and Ooligan books.

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Spa Day - May 6th 1PM-4PM at the Fernie Seniors Drop-in Centre

Indulge yourself May 6th at this years spa day at the Seniors Drop-in Centre. You will be welcomed with a beverage upon your arrival. There will be a door draw and all chocolate goodness you can enjoy. To add to this decadence you can sign up for spa treatments such as manicure, pedicures, massages and get pampered however you like. The door ticket is \$15 and spa sessions are \$10 each. It's a day to feel good, buy a ticket to get indulged and you will be helping charity! Proceeds of the event will be going to Elk Valley Hospice.

Day of Decadence
Pamper for a Purpose
May 6th 1-4PM
at Seniors Drop-in Centre
Entry Ticket \$15
includes beverage, draws and endless chocolate

Spa Treatments \$10 each
manicure
pedicure
massage
acupressure
reiki
and more....

Info and Tickets: Courtney at the Seniors Drop-In Centre
(250) 423-3312 or fernieseniors@gmail.com
Gift Certificates Available



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