



## Jan 2019 Newsletter - 2018 in review

*Our hearts go out to everyone dealing  
with end of life or the loss of a loved one.*

*Many thanks to all donors and volunteers  
for your support and compassion!  
Warmest wishes for 2019*



## Thank you to our volunteers

A huge thank you to all client volunteers who visited & generously gave of their time and provided companionship and grief support. Many thanks to all kiosk and event volunteers who helped raise awareness and funds for Hospice throughout the year.



Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

## Thank you to our community and donors

The community came together over the past few years to fund the patient lift for the Hospice room which was installed early 2018 and is now greatly aiding care. With the generous donations, a smart TV and updated kitchen furniture have been added to the room. Next, the existing couch will be replaced with a more comfortable sleeping sofa to allow family and friends to attend to their loved ones during end of life.



Hospice received a \$10,000 gaming grant and an \$8,500 grant from IH in 2018 which allowed us to continue operating and raising the profile of Elk Valley Hospice. The funds were used to increase the number of Educational events in 2018.

## **2018 educational events in review**

### **Dr Wolfelt in Cranbrook Mar, 2018**

Dr. Wolfelt grief workshops were sponsored by McPherson Funeral Service while Elk Valley Hospice covered the registration costs for the Fernie participants.



### **Palliative massage - Mar 24<sup>th</sup>, 2018**

Attendees of the Palliative Massage course learned how to help relieve discomfort and pain for chronically ill patients.

### **Making Memories - April 7<sup>th</sup>, 2018**

This was an activity filled afternoon for ages 5-10 and their families. During the event everyone could make a personal Memory Game reflecting on some of their most favorite memories of the ones they love. The event was organized in partnership with the Fernie Public Library.



### **Grief as initiation - July 23<sup>th</sup>, 2018**

Sarah Kerr led an audience in an exploration of the soul's journey through grief, loss and transformation.

## **Raising awareness 2018**

### **Spa Day - May 6<sup>th</sup>, 2018**

The Fernie Seniors Drop in Centre organized a Spa day “day of decadence” and selected Elk Valley Hospice as their charity of choice. Participants could indulge themselves by signing up for spa treatments such as manicure, pedicures and massages to get pampered.



### **Bake sale - June 2<sup>th</sup>, 2018**

The bake sale was fabulous! The bakers outdid themselves baking tasty treats and the volunteers helping with the sale were very busy interacting with eager supporters.

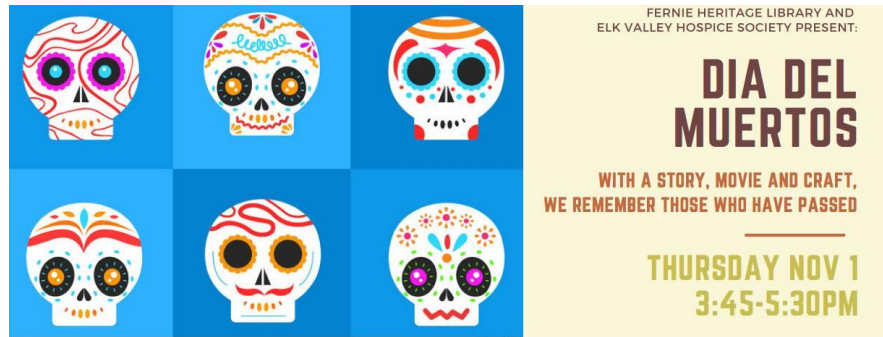
### **100 year Fernie Golf – July 7<sup>th</sup>, 2018**

Elk Valley Hospice is very grateful to have been chosen as the charity of choice during the recent Fernie Golf Club Centennial celebrations. Support for this event was overwhelming, over \$6,000 was raised! Hospice would like to thank everyone who contributed to this success including the Golf Club, donors, the many volunteers and all the generous participants.



## The Day of the Dead Celebration – Nov 1<sup>th</sup>, 2018

The Fernie Public Library partnered with Hospice to facilitate an event for the Day of the Dead.



## Memory Lane installation at the Lantern Festival – Nov 10<sup>th</sup>, 2018

Elk Valley Hospice created a Memory Lane installation for the Arts Stations Festival of Lights and facilitated several workshops to allow participants to build memory lanterns. Hospice volunteers made and handed out over 300 lanterns for the parade, everyone was invited to walk Memory Lane and to add a memory to the Memory Tree.



## Compassionate companionship support

### Guidance and grieving – Dec 5th, 2018

Rev. Andrea Brennan discussed loved ones, and strategies to cope with grief during the holidays.

### Compassion Café- Dec 16th, 2018

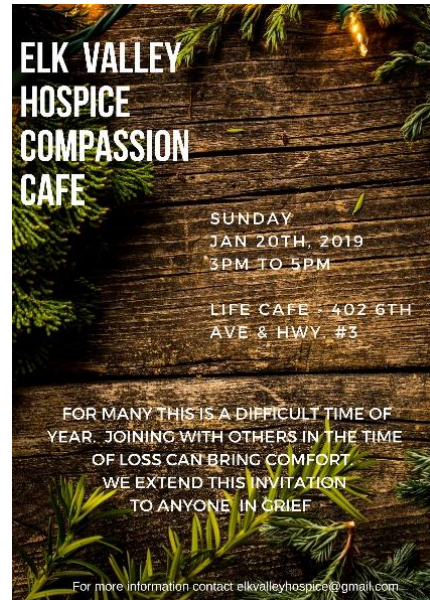
Sharon Switzer hosted Elk Valley Hospice Compassion Café to share an afternoon with others to bring comfort to anyone in grief.

### Join Sharon at Compassion Café in 2019

#### Sunday Jan 20<sup>th</sup>, 2019 from 3PM - 5PM

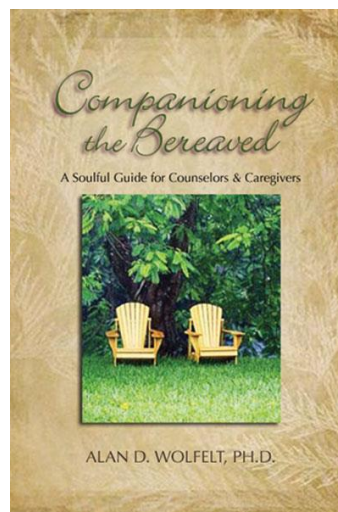
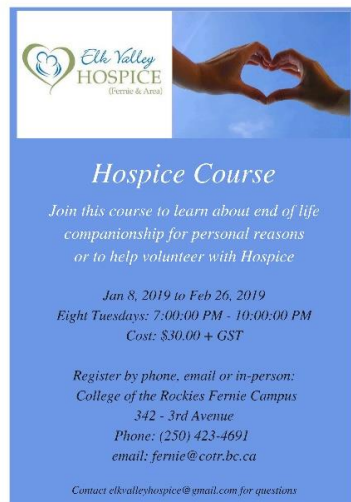
At Life Café located at 402, 6<sup>th</sup> Ave & Hwy #3

A comforting hot beverage and cookies will be provided.



### January 2019 Hospice education opportunities

Many thanks to the Hospice volunteer teachers who are teaching the Hospice course which started Tuesday Jan 8th 2019 at the COR Fernie Campus. Anyone who has completed the Hospice course can join a second certificate course on Bereavement Support scheduled for Feb 28<sup>th</sup> to Mar 3<sup>rd</sup> free of charge. This course is based on Dr. Wolfelt's guides.



The Hospice board will strive to provide other companionship support events and learning opportunities in 2019.

*Elk valley Hospice commits to being an inclusive and accessible organization*