

Newsletter

Fall 2024



TO OUR VOLUNTEERS,
MEMBERS & COMMUNITY

ELK VALLEY & AREA



We hope you like our new name and logo above. Vanessa Croome from Claris Media kindly donated her time to help us with this project. We wanted to ensure it represented our service area which is the Elk Valley, South Country and everywhere in between.

Welcome to our new seasonal newsletter! We hope that you all had a wonderful summer and are looking forward to the cooler months ahead. We have a busy year planned and our hope is that the information we share in these few pages will help you to feel connected to our service and vision that "no one has to die or grieve alone". Thank you for your ongoing support and commitment to hospice.

- Elk Valley & Area Hospice Board
& Coordinator

EVENTS & FUNDRAISING

HOT DOG BBQ SUCCESS

Eldho's Independent Grocer kindly sponsored and hosted a Hot Dog BBQ Fundraiser for us in July. Our wonderful volunteer Sharon Quail organized this fundraiser which raised an incredible \$1,100.30 for hospice.



HIKE FOR HOSPICE 2024

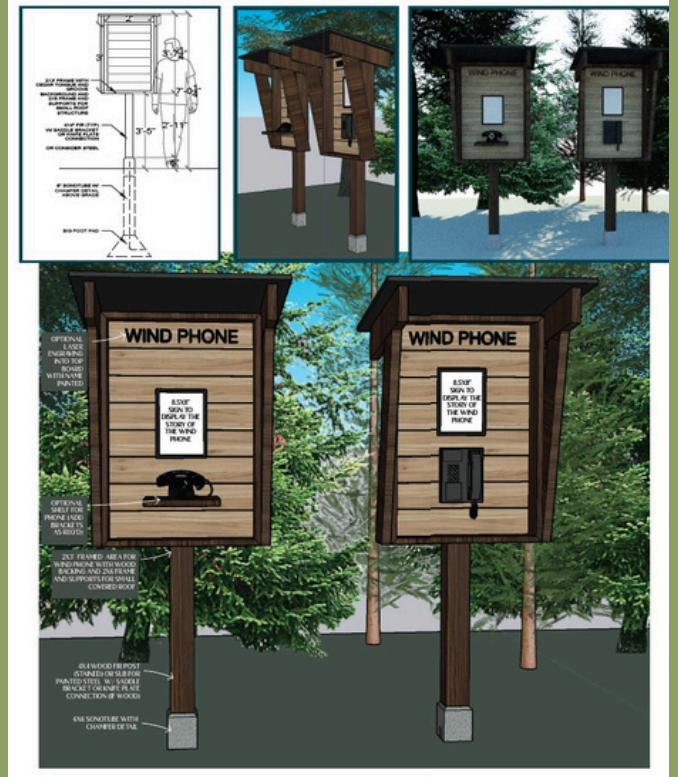
We are still so humbled by the incredible community support we received for the Hike for Hospice in May. Together we raised \$5,985 and we could not have done this without the support of our sponsors, volunteers and incredible community. These fundraising efforts will go towards ensuring the continued provision of our services and programs. To everyone who came and hiked, thank you! We hope to see you again next year!



WIND PHONE PROJECT

We have been working hard on our Wind Phone project and have received approval from the City & Districts to install a wind phone in the following locations:
 Elkford - Boivin Peace Park
 Sparwood - Lions Park
 Fernie - Annex Park

Erika Hornquist at eHQDesign created this wonderful concept design for us. Our vision is that these phones will blend into the natural surrounds and require minimal maintenance. We would like to extend our gratitude to the Columbia Basin Trust - ReDi Grant program for the funding to commence this project.



COMPANIONING THE DYING COURSE



We are excited to once again partner with the College of the Rockies to offer the "Companioning the Dying Course" this fall. This course is for ANYONE who would like to learn more about supporting family and loved ones who are palliative or for anyone who would you like to volunteer as an End of Life Companion for hospice. The compassionate and knowledgeable Daneve McAffer will be facilitating this course for us again.

Dates & Registration:

Friday October 18th 6:30pm – 8:30pm

Saturday October 19th 9:30am – 4:30pm

Sunday October 20th 9:30am – 1pm

Cost: \$35.00 + GST (or free for current volunteers)

Register online via the QR code, in person at

COTR Fernie or by phone 250-423-4691

Have questions? Email Jade at elkvalleyhospice@gmail.com



INTRODUCING VOLUNTEER CHECK INS

The work of a Volunteer Companion can be hard and heavy at times and we want to make sure we provide an opportunity for our volunteers to come together every couple of months and check in with each other.

We invite all of our Volunteer End-of-Life & Bereavement Companions to join us:

Thursday September 19th 2-3:30pm

Elk Valley Hospital Boardroom - Afternoon tea provided

Topic of discussion: Interacting with Health Care Providers

Please RSVP to Jade at elkvalleyhospice@gmail.com - if you cannot make it to this one we hope to hold another one in November

ADVANCE CARE PLANNING

Recently a couple of our volunteers, & staff completed the ACP Facilitator training offered by the BC Centre for Palliative Care. Starting this fall we will be offering information sessions to the community about Advance Care Planning.

More information about this will be shared via email and on our Facebook and Instagram pages.



My Wishes, My Care

Advance Care Planning (ACP) involves thinking and talking about your **future health-care wishes** with the people you trust, and deciding who will speak on your behalf if you cannot speak for yourself.

NEW BED & MATTRESS FOR HOSPICE ROOM

We are excited to announce that the new Stryker hospital bed and air mattress for the hospice room have arrived. This was made possible by large donations from 100 Women Who Care Fernie, Surerus Murphy and the Elk Valley Thrift Shop along with smaller donations from local businesses and the community. The room also received a new name "Whispering Winds" and work continues on a door mural for the room and a new room sign. We will keep you posted on this. We are so thankful to everyone who donated and hope to share a photo of the actual bed & mattress in the near future when it is not being used.



If you have any questions about the information provided or want to volunteer please email Jade at elkvalleyhospice@gmail.com or phone 250 423 4453 ext. 38109