

Newsletter

Winter 2024 / 2025



TO OUR VOLUNTEERS,
MEMBERS & COMMUNITY

As we embrace the quiet beauty of winter, we are reminded of the warmth and compassion that comes from our shared commitment to hospice care.

We extend our heartfelt gratitude for your continued support, kindness, and dedication to our vision where "no one has to die or grieve alone".

Thank you for being part of this journey with us. Wishing you and your loved ones a season filled with peace, hope, and joy.

- Elk Valley & Area Hospice Board - Elke, Karyn, Dayna, Jackie & Chelsea & Coordinator - Jade



Our wonderful board, celebrating all that 2024 has brought us.



TREE OF HEARTS

If you are visiting Elk Valley Hospital, we invite you to write a message and place a heart on our Christmas Tree in memory of a loved one, friend, client and/or patient.

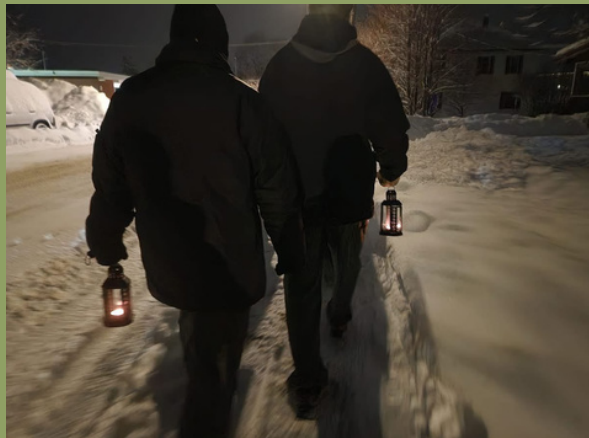
CANDLELIGHT MEMORIAL WALK & CEREMONY

In late November, we had the privilege of hosting a Candlelight Memorial Walk and Ceremony in partnership with Cherished Memories Funeral Services and Elk Valley Hospital. This special evening brought together community members, families, and healthcare professionals to honour and remember our loved ones.

The event began with a few heartfelt words at Elk Valley Hospital from our palliative care lead, Dr Susan Rohn & our Vice President, Karyn Morash. Sherry Sopko, one of the founders of our hospice, lit and carried the lantern as our group walked together to Cherished Memories. The walk, illuminated by candlelight and fresh snow, symbolized that even in the darkness of grief we can still remember and feel the light of those we have lost.

Following the walk, the ceremony at Cherished Memories, led by apprentice Funeral Director Wendy Lynn, offered a comforting space for quiet reflection and a slideshow sharing images of our loved ones.

We extend our deepest gratitude to Cherished Memories Funeral Services and Elk Valley Hospital for their support and collaboration in making this event so meaningful. To everyone who joined us, thank you for bringing your hearts and light to this special gathering.



END OF YEAR GIVING CAMPAIGN - ENDOWMENT FUND

As 2024 draws to a close, we reflect on the incredible generosity and support our community has shown our hospice. This year, we're excited to take a bold step toward securing the future of our hospice by launching our End of Year Giving Campaign to raise funds to establish an Endowment Fund with the Community Foundation of the Kootenay Rockies.

Once established the Elk Valley & Area Hospice Legacy Fund will ensure that hospice services remain accessible for generations to come. An endowment fund is a meaningful way to invest in the future, as it provides ongoing financial stability and allows us to continue offering care and support to those in need, no matter the challenges ahead.

When you give to this campaign, you're not just making a donation—you're planting seeds of hope, comfort, and care that will benefit the families and community members of the Elk Valley & South Country for years to come.

Whether you choose to give a donation or invite others to donate, your contribution and sharing will directly support the creation of this endowment fund.

If you would like to donate to our End of Year Giving Campaign please go to the below link:

[Donate Here](#)



KNITTING CIRCLE

Our first knitting circle was a success & we look forward to coming together monthly to knit and create. Thank you Elin for hosting!

Our next circle will meet on Monday January 6th, 6:30-8:30pm. Everyone is welcome but spaces are limited, please email Jade at elkvalleyhospice@gmail.com to join us.



VOLUNTEERS NEEDED

We have the below fundraisers planned for hospice and we would love your support.

- FERNIE GHOSTRIDERS SECURITY & BEER ROOM - We are looking for 12 volunteers to help run the beer room and security at the Ghost rider game on Friday February 7th, 2025 5-10pm. This is a really fun volunteer night.
- FERNIE GRIZ DAYS BEER GARDEN - We have been asked again to run the Beer Gardens at the upcoming Griz Days Festival on Saturday March 1st. We have not yet created a roster for the day but volunteer shifts will be approximately 3hrs long starting mid-afternoon into the later evening.

If you are interested or would like to know more about these volunteer opportunities please drop Jade an email at elkvalleyhospice@gmail.com. For these two events, volunteers must be minimum 19 years of age.

PROJECTS

WIND PHONE PROJECT UPDATE

We're excited to share some wonderful progress on our Wind Phone Project.

Thanks to the incredible generosity of Steller Vista Credit Union, we've received a \$2,000 grant to support the construction and installation of our three wind phones. This contribution is in addition to grant money already received from the Columbia Basin Trust ReDi Grant Program and brings us one step closer to creating a space for reflection, remembrance, and connection.



We're also thrilled to announce our collaboration with Sparwood Secondary School's DesignHUB run by Stephen Larsen and James Lund's woodshop class, who will be responsible for building the wind phones. Their involvement not only strengthens this project but provides students with a hands-on opportunity to talk about difficult subjects like grief and dying.

We're looking forward to the next steps in bringing this project to life and extend our gratitude to everyone supporting this initiative. Stay tuned for more updates!

HOSPICE ROOM - DOOR MURAL UPDATE

We are excited to share that we have engaged artist Erich Stoffels to paint a mural on the hospice room door at Elk Valley Hospital. Designed to encourage reflection and mindfulness as individuals enter this sacred space, the mural is inspired by nature and the gentle, calming essence of the room's name, Whispering Winds. The design is nearly finalized, and painting will begin in the early new year.

COMPANIONING THE DYING COURSE



This past fall, our hospice once again hosted the Companioning the Dying course, a transformative and deeply meaningful course designed to support caregivers, volunteers and the general community in providing compassionate, presence-based care to those at the end of life.

Our wonderful participants explored essential topics such as active listening, emotional support, the circle of care and understanding the rights of a dying person. We are grateful to everyone who attended and contributed to the success of this course and extend our heartfelt thanks to our wonderful facilitators, Daneve McAffer and Karyn Morash.

This coming April 24-26, 2025, we will once again offer the Companioning the Bereaved course in Sparwood. If you are interested in this course please email Jade for more information at elkvalleyhospice@gmail.com

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 January 23rd, 2025 1:30-3pm

Elk Valley Hospital Boardroom - Afternoon tea provided

Loose topic of discussion: Review New Policy and Procedures

Please RSVP to Jade at elkvalleyhospice@gmail.com

IF YOU HAVE ANY QUESTIONS ABOUT THE INFORMATION PROVIDED OR WOULD LIKE TO LEARN MORE ABOUT VOLUNTEERING FOR HOSPICE PLEASE EMAIL JADE AT ELKVALLEYHOSPICE@GMAIL.COM OR PHONE 250 423 4453 EXT. 38109