

Newsletter

Spring / Summer 2025



TO OUR VOLUNTEERS, MEMBERS & COMMUNITY



Spring is in full swing, and we hope you're all enjoying the sunshine, blooming flowers, and a healthy dose of much-needed Vitamin D!

It's been a busy period here at hospice, and we're excited to share all the meaningful moments, updates, and happenings with you in this edition of our newsletter.

Our hardworking board takes a much needed break over the summer period of July and August but until then we are busy planning future events and community education offerings.

Thank you, as always, for being such an important part of our community.

Warmly -

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



VOLUNTEER APPRECIATION DINNER & AGM 2025



We were delighted to recently host our Volunteer Appreciation Dinner & Annual General Meeting at Bramasole Restaurant. It was a wonderful evening filled with gratitude, good food, and great company as we came together to reflect on the past year and honour the many hands and hearts that make our hospice possible.

The evening gave us the opportunity to thank our incredible volunteers for their compassion, dedication, and the meaningful impact they make in our community every day.

We also took time to celebrate the accomplishments of the past year and share our plans for the upcoming year. As part of this, we were pleased to introduce our incoming board of directors:

- Elke Weber - President
- Karyn Morash - Vice President
- Dayna Lidster - Secretary
- Jackie Padley - Treasurer
- Chelsea Smith - Member
- Donna Biddell - Member

We're excited to have their leadership as we continue to grow and serve our community in the year ahead.

Thank you to everyone who attended and made the evening so special.



HIKE FOR HOSPICE 2025



We are so excited to invite everyone to join us for the 2nd annual Hike for Hospice on Saturday May 31st, 9:30am on the Montane Trail Network.

Join as an individual or get together with your family, friends or work colleagues and join as a team! We also invite everyone to hike in honour, memory or support of a loved one in their life. Placards will be available to decorate on the day. Hikers of all ages and abilities as well as their beloved four-legged friends are encouraged to participate.

Registration is free and there will be draw prizes and goodie bags. Please register yourself or team at the link below:

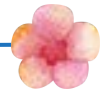
elkvalleyhospice.com/hikeforhospice

We are still in need of volunteers to help with this event so please reach out to Jade if you are available to help on the day or leading up!

Hope you can join us!



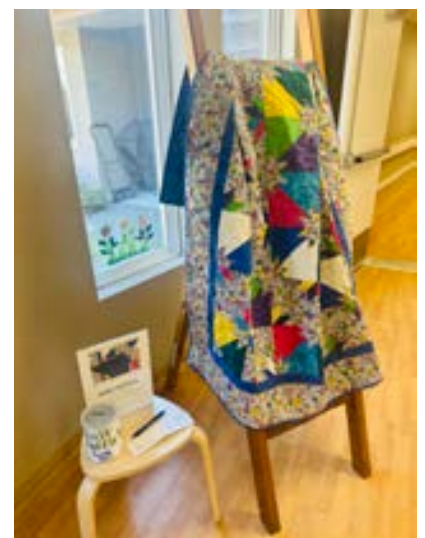
QUILT RAFFLE



We're raffling off a handmade quilt generously donated by former Rocky Mountain Care Village resident, Eileen Dies. This beautiful quilt (68"x55") is now on display in the foyer at Rocky Mountain Care Village if you would like to check it out!

Tickets are just \$2 each or 3 for \$5, and the winner will be drawn at our Hike for Hospice. Let Jade know if you want to buy a ticket or help sell a book of raffle tickets.

We appreciate your support!



EVENTS & FUNDRAISING

GHOSTRIDER SECURITY & BEER ROOM



We had such a fun night providing security and pouring beer at the Ghost Rider game in February. It really felt like we were not even working and we raised \$1,423 towards hospice services! We look forward to doing this again next year - thank you to our wonderful volunteers and to the Ghost Rider Board for offering this to fundraising opportunity to us.

GRIZ DAYS BEER GARDENS



For the 3rd year in a row we were asked by the Griz Days planning committee to help run the Beer Gardens. It was another fun evening serving our wonderful community and we were able to raise \$1,539.40. Thank you to the Griz Day's committee for another wonderful event and to our volunteers who gave up their time to join us.



PROJECTS

KNITTING CIRCLE



We started our monthly knitting circle in December and it continues! Thank you to those who have hosted to date. Our next circle will meet on Tuesday June 3rd, 6:30-8:30pm. Everyone is welcome but spaces are limited, please email [Jade elkvalleyhospice@gmail.com](mailto:Jade.elkvalleyhospice@gmail.com) to join us.



TWIDDLE MUFF PROJECT



Back in December, we received a request from the Elk Valley Hospital. A doctor in acute care asked if we knew anyone who could knit Twiddle Muffs—comforting, sensory items for dementia patients. We put out a call on social media... and wow, did our amazing community ever step up!

So far, 77 Twiddle Muffs have been donated and shared between the hospital & Rocky Mountain Care Village! A special shout-out to IGS Drug Mart for donating supplies and the Girl Guides for decorating a big batch of finished muffs with buttons, ribbons, and other lovely touches.

This has been such a beautiful example of what happens when kindness and creativity come together. Thank you to everyone who picked up their knitting needles your support means so much, and we know these muffs will bring real comfort to those who need it.



WIND PHONE PROJECT UPDATE



We're excited to share some wonderful progress on our Wind Phone Project. Sparwood Secondary School's DesignHUB run by Stephen Larsen and James Lund's woodshop class have been working hard on building the phones and are close to having a couple completed.



Next step will be installation. 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 DOOR MURAL UPDATE



We're delighted to share that the Hospice Door Mural has been completed by local artist Erich Stoffels. Inspired by the Tree of Life, the mural captures the flowing energy of nature, with heart-shaped leaves blowing from the tree—symbolizing love, connection and letting go. The mural also reflects the name of the hospice room, Whispering Winds, adding a meaningful touch to the space. We're currently adding the final details, including signage, to complete the installation. We look forward to sharing this piece of art with the broader community in the near future.



PROJECTS

NEW MARKETING MATERIAL



We're excited to share that we've recently designed and distributed new marketing material to help raise awareness about our hospice services. A big thank you to Lacey Driscoll from Wordhouse Writing Studio for lending her creativity and expertise to this project. Her thoughtful design and messaging have truly helped bring what we do to life!



FINANCIAL SECURITY

ENDOWMENT FUND - THANK YOU



We're thrilled to share some exciting news—thanks to the generosity of our donors, we've officially launched an Endowment Fund through the Community Foundation of the Kootenay Rockies!

FINANCIAL SECURITY

This marks an important step toward building long-term financial stability for our hospice, ensuring we can continue providing compassionate support to the communities of the Elk Valley and South Country well into the future. While the fund is just beginning, our goal is to grow it slowly year by year, and the \$20,308 we have raised to date is a wonderful start.

A heartfelt thank you to the Diana and Francois Poirier Foundation (Calgary) for their generous contribution of \$8,000, the Lohn Foundation (Vancouver) for their \$2,500 gift, Ghost rider Trading for their ongoing support and donation of \$1,000, as well as the many donors who contributed through our End of Year Giving Campaign and other generous gifts throughout the year. Thank you for helping us take this meaningful step forward.

COMPANIONING THE BEREAVED COURSE



Our hospice once again partnered with the College of the Rockies and hosted the Companioning the Bereaved course, a deeply meaningful course designed to provide the information and skills needed to support a loved one on their journey in the wilderness of grief.

We are grateful to everyone who participated and shared during this course and we extend our heartfelt thanks to our wonderful facilitators, Daneve McAffer and Dayna Lidster.

This coming October we are hoping to once again offer the Companioning the Dying course. If you are interested in this course please email Jade elkvalleyhospice@gmail.com to go on the contact list.

ADVANCE CARE PLANNING



In April, we hosted an Advance Care Planning information session to help community members better understand how to make informed decisions about their future health care. The session was well attended and sparked meaningful conversations around this important topic.

We extend our heartfelt thanks to our dedicated volunteer facilitators, Karyn Morash and Cindy Myrlea, for generously sharing their time and knowledge.

We are looking forward to offering these sessions on a regular basis.

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