



# Penticton & District Hospice Society



Spring 2011

## Chair Report

The board has been busy completing the nursing station renovation at Hospice House. There are still a couple of things to complete or change. We are also arranging to have the French Doors from the great room out to the rear patio replaced.

The consultants the board hired to see about resource centre have submitted their first report which was very detailed. We will be hearing more from them soon. Their contract continues until end of June. They have been active in community interviewing key people regarding this proposal.

We have had many requests from staff and volunteers to go to conferences, massage therapy courses and as well as seminars etc. The board will be working on a way for that process to run more smoothly. The board wants to support these people and appreciate them taking the time to attend these programs.

Finally, I wish to give the board's best wishes to Tanis who resigned as of April 4<sup>th</sup>. We appreciate the attention she has given to the Palliative Care Program over the years and wish her good luck in the future.

Again we thank all those who work, volunteer and support the palliative care program and hospice house.

**Bill Everden**

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## Coordinator of Palliative Care Services

Spring is a time of new beginnings. The Spring equinox signals the end of a long winter and the first day of spring as the days get warmer and

longer. This spring is a time of endings and new beginnings for me. I am finishing a twenty year career with Interior Health and five years as the Coordinator of the Penticton and District Palliative Care Program. It is with mixed emotions that I leave; my time with Interior Health has been brilliant. I started as a young staff nurse floating to all of the wards in the hospital taking any shift I could get. After a few fun years of getting to know many of the employees at PRH, I landed a job in the Oncology clinic. I was there for almost fifteen years working my way up to the position of Patient Care Coordinator. I loved that job and still check in with that great team on a weekly basis (mainly to make sure they are watering my plants) I came to the Palliative Program almost exactly five years ago. All of the work I have done over the years has been wonderful but the Palliative Program has been truly fulfilling. Providing dignity preserving care to dying is one of the best gifts we can give. It has been a privilege to work with an amazingly gifted team of palliative care experts. For the dying and their families, we endeavour to make an extraordinary time in their lives as comfortable and peaceful as possible. We focus on quality of life versus quantity.

During my time at Hospice, I have worked together with the Hospice Society on a number of exciting projects; the completion of the gardens and fountains, the creation of an awesome web site ([www.pentictonhospice.ca](http://www.pentictonhospice.ca)), three palliative care conferences, and the renovation of the nursing station, just to name a few. Penticton is blessed to have such a dedicated group of people volunteering hours of their time to keep Hospice House looking beautiful and generally supporting the Palliative Care Program in many aspects. We are also fortunate to have so many enthusiastic and devoted Hospice Volunteers; they provide

a multitude of valuable services to the population we serve. Two of my favourite volunteers who never fail to cheer me up are Angelo “the noble” and Ananda “the scamp” our pet therapy dogs, they bring comfort and joy to our patients and their families and all of the staff. Lastly I have to thank the people who have made my time here so enjoyable; my co-workers. The hardest part of leaving this job is saying goodbye to all of them. Working with dying patients is emotional work but these people do it with grace and empathy. Thanks for all you have taught me over the years. Three people I need to single out are the those who have worked side by side with me every day. Diane Edgar, our administrative assistant, Dawn Hill our in house social worker and Debbie Bennison our multi-purpose worker. These three have been there for me during the many high times and the emotionally draining times They have heard me laugh and seen me cry. To you three “Thanks for being there for me, you are much more than co-workers you are endearing friends.

As you navigate through your busy lives, take time to enjoy and share the little things in life that bring you enjoyment, and above all remember to laugh often.

Sincerely,

**Tanis Coletti**

### **Moog & Friends Coordinator of Volunteers**

Spring is a time for renewal and growth and I for one, am feeling very optimistic for the future of our volunteer program at Moog & Friends this year. Our program has continued to grow in the area of palliative massage since last summer.

In October, we were able to have an instructor, Christine Sutherland, come from Nelson and give our volunteers a mini-workshop on palliative massage. Since then, we have formed a palliative massage group made up of volunteers who have been mentoring under the leadership of our volunteer, Pam Westwood, who has taken the full course. This group of volunteers

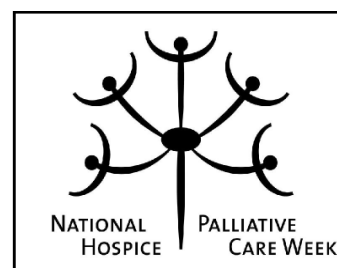
has been coming in every week since then, to teach our families how to give palliative massage to their loved ones. They have also been “on call” for the staff to call in as needed. We have had wonderful feedback from our residents and our nurses have noticed that the massage is a wonderful source of relaxation for those who are anxious.

This year, the Penticton & District Hospice Society is sending four more volunteers to take the full training. We are so grateful to the Hospice Society for this opportunity to expand this volunteer service for residents of Moog & Friends.

I was also able to take part in Penticton’s Senior’s Symposium. This year I invited a few volunteers to join me. It was really interesting to meet the public, show them some video footage of hospice and also demonstrate palliative massage to the public. I was also able to sign up some new volunteers for the next training program this spring.

We are enjoying a strong start in 2011 as we explore new volunteer opportunities for the year. Stay tuned!

**Sylvia Pawlitzki**



**May 1 - 7th., 2011**

National Hospice Palliative Care Week is a one-week campaign that focuses on raising awareness about hospice palliative care. It is also a time to celebrate, recognize, and share the achievements of hospice palliative care throughout the nation. The theme for 2011 is **“Communities Share The Care.”**

**Elected Board of Directors**  
**2010 - 2011**

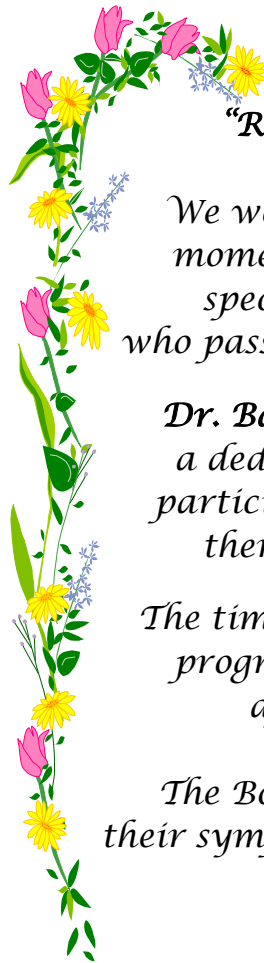
Bill Everden - Chair  
David Head - Vice chair  
Doug Stratton - Finance  
Secretary - Ruth Sawyer  
Laurie Sylvester  
Joyce Tymm  
Ruth Sawyer  
Patti Skinner  
Ron Arsenault

**A warm welcome to 3 new  
board members:**

Harold Schellenberg  
Nick Bevanda  
Mike Stuchbery

**Appointed Board Members**

Dr. Elizabeth Landecker  
Dawn Hill



*“Remembering”*

*We would like to take a moment to mention a special individual who passed away recently .*

*Dr. Barbara Moss was a dedicated volunteer participating in the pet therapy program.*

*The time she devoted to the program was greatly appreciated.*

*The Board members extend their sympathy to her family.*



**Meet The Board**



**Harold Schellenberg** - I grew up in Winnipeg and moved to New Westminster, BC at the age of 17. My wife, Donna and I, married and moved to Penticton in 1958. In 1987, I retired and since then, we have traveled extensively. We realize that this is the greatest place on earth and are always happy to come home.

We raised our four sons here and they also love the Okanagan.

Both Donna and I have been involved with community projects - having served on the hospital board for 7 years and Donna is still involved with her singing. She is a member of the Tune-agers and works hard for the symphony, which we both enjoy.

Living on the Penticton Golf Course, you can guess what my hobby is.



Don't forget to check out our web site @  
[www.pentictonhospice.com](http://www.pentictonhospice.com) for the latest updates and valuable information. The newsletter is also available on line.



### *The Legend of the Tear Jar*

-Dawn Hill, MSW, RSW Palliative Care Social Worker

I love cultural metaphors and stories. Other cultures give us wisdom and unique perspectives about life and death. Dr. Pleasant Gill White is the founder of the Sibling Connection, a resource for bereaved siblings and does clinical counseling in St. Louis, Missouri. During her life, she has lived in England, Germany, Greece, Morocco, Jamaica, and Puerto Rico and draws from these cultural experiences in her counseling. Following the deaths of my parents, my brother and my niece, I found myself revisiting her comforting story about “*The Legend of the Tear Jar*”.

This legend says that in the dry climate of ancient Greece, water was prized above all. So that giving up water from one’s own body, when crying tears for the dead, was considered a sacrifice. The ancient Greeks caught their precious tears in tiny pitchers or “tear jars” measuring about two to four inches in height. Most are made of ceramic and the body of the bottle is shaped in the form of a tear drop. The vessel usually has a tall narrow neck and a small decorative cap to preserve **the tears by preventing evaporation**. **The tears became “holy water” and could be used to** sprinkle on doorways to keep out evil, or to cool the brow of a sick child.

The tear jars were kept unpainted until the owner had experienced the death of a parent, sibling, child, or spouse. After that, the grieving person decorated the tear jar with intricate designs, and examples of these can still be seen throughout modern Greece.

The writer, Washington Irving, valued the expression of deep emotion through tears. He said, “There is a sacredness in tears. They are not a mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief, of deep contrition and unspeakable love.

This ancient custom of “catching tears” in tear jars symbolizes the transformation that takes place in people who have grieved deeply. They are not threatened by the grief of people in pain. They have been in the depths of pain themselves, and returned. Like the tear jar, they can now be with others who grieve and catch their tears.



### **Bouquets**

A huge thank you to all the board members that volunteer their time making the Celebrate A Life campaign possible and all the volunteers at our booth that make it such a success. We couldn't do it without you!!

Also kudos to the hard working, caring staff & volunteers at Moog & Friends Hospice House.

### **The Care Closet**

Patti Skinner (Chair of the Directors of the Care Closet) reports the Care Closet continues to do a great business. The Spring Changeover was held March 28th, 2011. Drop by to see their new selection of spring/summer items. The Silent Auctions, held periodically, continue to attract many loyal customers. They are very thankful for all who donate items, and the customers that purchase them. Just a friendly reminder, when you are doing your Spring cleaning, please remember the Care Closet, at **574 Main Street**. If you wish to become a Volunteer, please drop in, and speak to the managers, Alison and Kola.

They would gladly welcome you to their Team.

The Care Closet supports our 3 partners - Penticton and District Hospice Society, The SOS Medical Foundation, and the Auxiliary to PRH. In January, they donated \$9,500 to each of the partners. Thanks to all of our supporters, and they look forward to having you drop by and see them.

### **HOW THE PENTICTON & DISTRICT HOSPICE SOCIETY USES YOUR DONATED FUNDS**

The Hospice Palliative Care Program is dedicated to the care of the terminally ill patient, their family and support network. The purpose of the program is to alleviate suffering and to improve the quality of living for persons for whom curative treatment is no longer desired or appropriate. The Hospice Palliative Care Program makes every effort to assist clients in a homelike environment.

The society uses your donations to provide support and comfort to those who are terminally ill and on the palliative care program as well as their families. We support the hospice volunteer program as well as offering continuing education to the volunteers and staff at Moog & Friends Hospice House. Additionally, we provide financial assistance for upgrades and improvements as they are needed to Moog and Friends Hospice House and the property it is located on. Our goal is to provide timely resources & services to those experiencing bereavement and other end of life issues and/or concerns.

## **Grief Support & Education Groups in 2011**

Once again there are a variety of Grief Support and Education Groups being offered during 2011 through the Penticton & District Hospice Program. Having options is a good thing because learning styles differ! Some people enjoy small discussion groups, while others prefer more passive experiences like the Grief Education Video Series where they can sit back, watch, reflect, and choose to talk (or not) during discussions. Because grief impacts us physically, emotionally, and spiritually, our groups strive to nurture the mind, body, emotions, and spirit.

The **8 week Grief Support & Education Discussion Group** is now underway. This group runs during our **Winter Session**, February through April and always fills up quickly. This year the book, *Understanding Your Grief* by Dr. Alan Wolfelt is being read by the group members as a basis of some interesting and lively discussions along with a variety of other group learning experiences. We have also been using the book's accompanying Journal for reflective writing about the grief process. Of all our group offerings, this one is probably the most "cerebral", while integrating emotions and spiritual dimensions of grief work.

*On April 8<sup>th</sup>, the **Spring Session** of the **Bereavement Walking & Education Group** begins. This group is an open, drop-in group (no need to pre-register) that meets at 9:45 a.m. on Fridays at the Japanese Garden behind the Penticton Art Gallery. Being in nature brings healing for the physical, emotional and spiritual aspects of grief work. In this group, we walk for about an hour along the lake shore walkway and return to the Art Gallery Tea Room for coffee, conversation, and the opportunity to get education material about the grief process and borrow selected books from the Hospice Resource Library which are made available. The Spring Session runs through June 10. The **Fall Session** of the **Bereavement Walking & Education Group** runs from September 9 through October 28 this year with the same format. I am very grateful to the Hospice Volunteers who assist me with the Spring & Fall Sessions of this Bereavement Walking & Education group.*

*The popular **Grief Education Video Series** will be offered this year from November 4 through December 9<sup>th</sup> at the Penticton Art Gallery on Friday mornings. This group is open to the public and is drop-in. Video topics include "Men & Grief"; "Helping Children Grieve"; "Teens & Grief"; "Help for the Grief Process"; "Stories of How to Survive Grief"; "Expectations & Grief".*

*I want to express my appreciation to the Hospice Board for providing funding for the rental of the room at the Penticton Art Gallery where these groups are held, as well as the funding for the videos, DVD's, and educational materials used. My thanks also goes out to the participants of these groups and for the privilege of being a part of their grief journey.*

*—Dawn Hill, Palliative Care Social Worker*

# *Donations Received "In Memory Of"*



ABBEY, JANET  
BAVIN, BETTY  
BERRY, EDNA  
BIGLOW, MAUREEN  
BLONDAHL, GARY  
BRUMMELHUIS, DINY  
BRYCE, MARGARET  
BUCHKOWSKY, MIKE  
CANDUSSO, GIUSEPPE & MARIA  
CHERRY, FRANK  
CHEYNE, ELIZABETH (BETTY)  
CLARK, LLOYD  
DAMIAN, MAGDELENA  
DOBB, DORIS  
DOUCETTE, ARCHIE  
EADIE-STOLEN, ALISON  
EVERETT, DIANNE  
EVOY, MICKEY  
EYTCHESON, ROY  
GILLENDER, ROY & BARB  
HANDFORD, MURRAY  
HANSEN, CURTIS RICHARD  
HARDING, YVONNE  
HARDWICK, LINDA  
HARRISON, EARL  
HELFRICH, FRANK  
HENTZELT, HANS  
HERBRIK, NANCY  
HOWIS, JUNE  
IRISH, LOIS  
JONES, CHRISTINE  
KAM, JOYCE  
KAUFRINDER, GERHARDT  
KAY, MARY (LYNN)  
KELLERMAN, GLADYS  
KERR, DON  
KOSCHZECK, FRED  
KOSKI, FRED

KURODA, BARBARA  
LAURSEN, ALICE  
LINDSAY, LEEANN  
LITTLE, ELLA  
LITTLE, ERNIE  
MACDONALD ATWOOD (AT)  
MARSTON, FRED  
MCMILLAN, BARBARA & DUNCAN  
MOORE, ALLEN RICHARD  
MOTCHMAN, SHEILA  
MOWERS, BRIAN  
MUNRO, DON  
MURRAY, MARIE  
MYERS, RANDY  
NESDOLY, DIANA  
PICKARD, SHANNON  
RADFORD, BRIAN  
ROBERTSON, JOHN  
ROBINSON, STANLEY  
ROUNDS, LORNA & PHIL  
SCHINZ, ROSE  
SCHWERDT, VICTOR  
SKAGGS, BARRY  
SMITH, DONALD  
SMITH, OLIVE  
SORBA, VICTORIA  
STEWART, FRANCES JEANETTE  
STEWART, LARRY  
STRUMMER, BENNO  
SWADDEN, HENRY  
TRIMBLE, EDWARD  
WARD, HELEN  
WATSON, SAMUEL  
WELLS, SHIRLEY  
WILKIE, BILL, DANNY & LAURA  
WILKINS, GEORGE (GEOFF)  
WILSON, DON  
WYLIE, CECIL

***HOSPICE GRATEFULLY ACKNOWLEDGES ALL DONATIONS***

# It's not too late to renew your membership!

Make sure your membership is up to date! The fee for the year is \$10.00 or \$100.00 for a lifetime membership. The \$10.00 fee is annual and payable at the AGM. (November to November) New members are always welcome. You may use the form below. Please make cheques payable to the Penticton & District Hospice Society. Donations can be made on line @ [www.pentictonhospice.com](http://www.pentictonhospice.com).

Penticton & District Hospice Society  
P. O. Box 1105  
Penticton, BC V2A 6J9 Phone (250) 492-9071 (ext 2828)

Name \_\_\_\_\_ Membership Fee Enclosed \_\_\_\_\_

Address \_\_\_\_\_ Voluntary Donation Enclosed \_\_\_\_\_

Please let us know if we may call upon you to serve in any of the following areas:

Volunteer Program \_\_\_\_\_ Board of Directors \_\_\_\_\_ Celebrate A Life Booth (Xmas only) \_\_\_\_\_

## Meet the Staff at Moog & Friends Hospice House



Brenda Tracy Greg Diane Sylvia



Dodi Bernadeen Arnie Pat Susan Sherry



Tanis Tania Dawn Debbie Cathlene