

# PDHS<sub>Fall</sub>2019

NEWSLETTER



November 2019

## ANNUAL GENERAL MEETING



PENTICTON & DISTRICT  
HOSPICE SOCIETY

### Membership Fees:

Annual: \$15

Lifetime: \$100



You don't have to become  
a member to attend

**Everyone  
Welcome!**



*Please join us at*

**Penticton Seniors' Centre**

**2965 South Main St, Penticton**

**Thursday, November 28**

**7:00 p.m.**

Email [info@pentictonhospice.com](mailto:info@pentictonhospice.com) for more information

[www.pentictonhospice.com](http://www.pentictonhospice.com)

Phone: 250-488-1311

## UPGRADES AT HOSPICE



Thank you to the Sovereign Order of St. John of Jerusalem and to everyone who has donated to the Penticton & District Hospice Society; because of your generosity, we were able to update Hospice with new flooring, beautiful kitchens for residents and their families to use, some brand new lighting and furniture. Our goal is for everyone to experience a warm, home-like atmosphere when they are at Hospice House.



Together with other members of the Sovereign Order of St. John of Jerusalem, Knights Hospitaller, Harry hosted a "Wine and Art" fund raiser at his Time Winery in downtown Penticton with the goal of raising \$80,000 towards new kitchens at Moog & Friends Hospice House. It was an elaborate, festive afternoon; local artists donated beautiful art to auction at this event and Harry himself donated a "wall of wine" from his own collection. Amongst many other ventures that Harry has been involved in, this was a very successful event that will benefit residents and their families at Moog & Friends Hospice House for many years to come.

We remember....

Harry McWatters May 23, 1945 - July 23, 2019



Are you on **Facebook**? Would you like to help raise funds for the Hospice Society? It's easy! Just click the "fundraisers" tab under the **EXPLORE** section on the left side of your Facebook page. Search for **Pentiction and District Hospice Society** and submit the amount you would like to raise. Share with your friends and see how many people support your cause. There are no fees and all money is sent directly to the **Hospice Society**.

### Donate Your Car



Donate a Car Canada accepts vehicle donations for the Pentiction & District Hospice Society. Free towing is provided in most areas across Canada, or you can drop off your vehicle to maximize your donation. When you donate your car, truck, RV, boat, or motorcycle to the Pentiction & District Hospice Society through Donate A Car Canada, it will either be recycled or sold at auction (depending on age and condition).

See our website for more information:

[pentictionhospice.com](http://pentictionhospice.com)

## ELVIS FESTIVAL & HOSPICE SOCIETY



The Pentiction & District Hospice Society was honoured to have been chosen to participate in the Elvis Gospel Event on June 30<sup>th</sup> by the Pacific Northwest Elvis Festival Society. Not only was it a great fund raising event, but it also gave the Hospice Society the opportunity to raise awareness around Hospice House and the palliative program.

Over \$2600 was donated by the audience. The funds will be used by the Hospice Society for improvements at Moog & Friends Hospice House so that residents may live in a home-like atmosphere, and to support our volunteer program which includes home visits; massage, pet and music therapy; and a multitude of other tasks made possible by the very dedicated and specially trained Hospice volunteers.



Representatives of the Pacific Northwest Elvis Festival: Dave Martin, president, and Margaret Ashley, charity chair. Receiving the cheque for the Pentiction Hospice Society are Ruth Sawyer, vice chair & Catey Brenton, administrator

*Tribute artists come from all over North America to showcase their talents and come together with the audience to remember and celebrate the music of Elvis Presley.*



**The Pentiction Elvis Festival Society** is a not-for-profit society, responsible for bringing the Elvis Festival to Pentiction every year.

This event not only celebrates the life and music of Elvis Presley through multiple tribute artists and friends who knew Elvis personally, but it also raises awareness and thousands of dollars every year for non-profit organizations.

Special thanks to the volunteers of this Society for your many hours of work that make this very special event possible and for your support of charitable organizations in the South Okanagan.

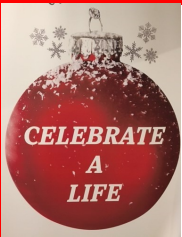


## HOSPICE HOUSE MEMORIAL GARDEN

Our garden is a very special place for family and friends to come and reflect on the memory of a loved one.

Ken, a palliative massage volunteer for the Hospice Society, recently became our plaque installer, for which we are so grateful - thanks Ken! If you would like more information on our memorial plaques, please call 250-490-1107.

These wonderful Garden Club ladies so kindly dedicate their time and effort to beautify the gardens. Thanks Ruth, Kristin, Sue, Lorraine, Marion (& Elizabeth who is missing from the picture).



## CELEBRATE A LIFE

Cherry Lane Shopping Centre  
Dec. 6 - 12, 2019

Honour the memory of a loved one by writing a memorial card  
and changing our Christmas tree lights from red to white.



Announcing the creation of the P & D Hospice Society

## ENDOWMENT FUND

*...for the ongoing benefit of Moog & Friends Hospice House*

*Please give today in honour of a loved one and make their memory part of our eternal flame*



Your contribution will help those who are nearing the end of life receive exceptional care either at home or at Hospice House today and will continue to make a difference in our community for years to come.

*Penticton & District Hospice Society has been in existence since 1982 and was instrumental in the funding, building and opening of Moog & Friends Hospice House in 1998*

## Volunteer Christmas Party

Penticton Seniors' Centre  
2965 South Main  
Thursday, Dec. 12  
Cocktails 5:30 - 6:30 p.m.  
dinner at 7:00 p.m.

### Potluck

Bring your partner and your other favourite dish & join in the fun!

Wine and non-alcoholic punch compliments of the Hospice Society

RSVP to Linda by Tues, Dec. 3rd



## What is palliative care?

If you have a life-threatening condition or a serious illness, palliative care can:

- Help improve your quality of life
- Reduce or relieve your physical and psychological symptoms
- Help you have a more peaceful and dignified death
- Support your family and those you care for while you are dying and afterward

This type of treatment can involve:

- Pain management
- Symptom management, such as nausea, anxiety, depression and difficulty breathing
- Social, psychological, spiritual and emotional support
- Caregiver support

These services can be appropriate for people of all ages. They aim to make you and your loved ones feel as comfortable as possible. This can be done through personalized treatment plans that meet your needs and those of your family.

## Where are palliative care services provided?

Palliative care can be provided in a variety of settings, such as:

- Hospital
- At home
- Long-term care facilities
- Hospice

## Who can provide palliative care?

Palliative care can address suffering experienced in all areas of your life. Because of this, a diverse team can be involved in providing palliative care. The team may include:

- Physicians
- Nurses
- Pharmacists
- Social workers
- Trained volunteers
- Home care workers
- Bereavement support workers
- Informal caregivers, such as family members

### *In Loving Memory*

If you would like to have a page on our website as a tribute to your loved one who was on the palliative program, please email

[info@pentictonhospice.com](mailto:info@pentictonhospice.com)

To see our tribute pages, please go to [www.pentictonhospice.com](http://www.pentictonhospice.com) and click on the *In Loving Memory* tab.

*\*there is no charge for this service*

Special thanks to Ron Arsenault of Click Tributes for his donation of time and expertise to the development of our Memory Pages project !

*The Hospice Society would like to express appreciation and gratitude to the amazing volunteers of the Care Closet for their hard work and dedication!*



Jan Higgins

CARE CLOSET

One of the ways Penticton and District Hospice Society raises funds is through the contributions from The Care Closet Thrift Store. Hospice is a partner in this initiative. As a representative from the Management Committee of the Thrift Store, I sit on the Hospice Board.

Last year, The Care Closet contributed \$60,906.00 toward the work of Hospice. This is thanks to the donations of good used items from the community. There are about fifty volunteers working at the Care Closet. Volunteers work in sorting, placing items in the main part of the store and as cashiers.

If you feel unable to take on a role as a volunteer at Hospice House, perhaps you might be able to make a contribution as a volunteer with The Care Closet. That is how I came to be able to help out the Hospice Society after losing my husband. You feel valued and contributing to the comfort of people experiencing what you did and yet you are a little removed from the hospice experience. Eventually we will need replacement members on the Board of Management. Think about these types of contributions when you are thinking about being involved.

Regardless of where you help out, the work of volunteers is important to the health and well being of our community.



Display ready for Fall changeover day



The sorting and storage area at Care Closet



*Congratulations to the winners of our  
Hospice Palliative Care Week raffle*

***Rachel Kostiuik & Brad Steed***

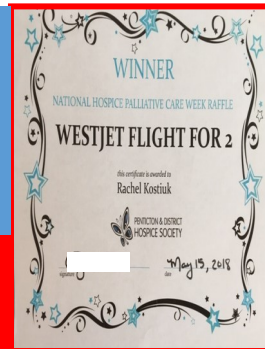
*Thank you to everyone who bought tickets & volunteered and to  
Cherry Lane Shopping Centre for the ticket sale location*

*Special thanks to  
**WESTJET & RONA***

*For your generous prize donations*



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### Fundraising with Return-It Express

#### **NO MORE SORTING YOUR EMPTIES AT THE BOTTLE DEPOT**

Simply bring in your refundable drink containers to J & C Bottle Depot (200 Rosetown Rd, Penticton) in large, clear plastic bags available at most grocery stores. Tag the bag with our account number **2504901107 (also our phone number)** and they will sort and count the containers and credit the refund to the Hospice Society.

You can print off stickers from their machine just inside their front door (to the right) - just remember to bring our account/phone number with you. You can print extra for next time so you can add these labels from home. There is a label attached to this newsletter to get you started.

#### Important information regarding bags

Acceptable bags to use for returns:

- ◇ Glad regular easy-tie recycling bags
- ◇ Superstore no-name quick-tie regular blue recycling bags
- ◇ Safeway regular recycling bags
- ◇ Shoppers Drug Mart clear blue recycling bags

#### **Lola did it again.... and then again!**



Lola has been making bracelets with her company *Beads for Needs* to raise money for the Penticton & District Hospice Society and has made THREE significant donations in memory of her Grandfather, Bruce Schoenne who was in Hospice.



## SOLS

South Okanagan Loss Society

### **New Society in Penticton Addressing Issues of Loss and Grief**

In 2016 four people met to discuss their dream of developing a community-based loss and grief resource centre for the greater Penticton community. This group added a few more members and led to the South Okanagan Loss Society receiving non-profit status in 2017. The Board members hope the Society receives Charity Status in 2020. Chair of the Society Board is Crystal Kruger; Bernadette Otto serves as the part-time Administrator. The Society Board Members are working hard to establish funding to hire staff and provide a range of community services. The Society currently offers an evening Loss and Grief Drop-In group once a week and will expand services to three additional programs for seniors from the Stronger Together Penticton Project administered by OneSky that is funded by New Horizons. Those new programs will be the following: Life Transitions (four workshop sessions), Compassion in Care (two workshop sessions), and a daytime Loss and Grief Drop-In group. Visit our website [www.solspenticton.com/contact-us/](http://www.solspenticton.com/contact-us/) or call 250-488-1320 to learn more about our budding services. Please pass on our information to others in need of our services.

## Volunteer Report

Linda Brooks, volunteer coordinator

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia*



When I read this it made me think of the people I am so fortunate to work with daily. Our volunteers are never looking for recognition or gratitude; I hope each and every one of them know the impact that they have every time they come to Hospice or see their community client at home.

Pam Westwood from our Volunteer Palliative massage team will be our speaker at the Penticton and District Hospice Society AGM. The date and location are listed here in the newsletter and I hope to see many of you there. Pam's dedication to this program has made us not only the first hospice in BC to offer this service in house and in the community, but also one of the few who offer it at all! Pam not only spearheaded this program 13 years ago but has also created our training and does all of it on site so we no longer have to send potential volunteers away to Nelson. Hosting our own training gives us great flexibility to do it whenever needed. In the past it was only offered once a year at the beginning of June, which made it hard to bring new team members on board.

The volunteers at the Care Closet raise a lot of money every year and although they are not under my umbrella I want to be sure they are recognized as being a very big part of our team. Many people aren't aware that the Care Closet has three partners: Hospice Society, Medical Foundation and Hospital Auxiliary. All proceeds from donated clothing, household items and everything else are split between these three community organizations. They do amazing work pricing, cleaning, organizing and everything in between to keep this shop looking amazing and continuously updated. Thank you ladies for all of your hard work and dedication. This is no easy task!!

The Board of Directors for the Penticton and District Hospice Society are all volunteers who give countless hours behind the scenes organizing, providing community education, marketing and fundraising while supporting staff, managing donations and expenditures all to the benefit of hospice residents and their families. This last year has been a very busy and productive year for them. Moog and Friends Hospice House has had limited updates in the last 20 years. This board took on the development and financial task of all our new upgrades. We have two new kitchens, one for staff/dietary use and the other for families, residents and volunteers to be able to bake and cook. Many family members stay at Hospice while supporting their loved one and this now enables them to make something for themselves at a time they are not focused on caring for their needs. All of our furniture, lighting and flooring in the great room and eating area are new. This has given our house not only a newer look but much softer and home-like feel. Thank you to all of the people who donate to hospice house and thanks to our Society Board Members for the wonderful work they continue to do.

Carol Ann Hicks has been a volunteer for over 28 years. She started with the palliative program before Hospice House was built and there were palliative beds on the 4<sup>th</sup> floor of the hospital. She has remained dedicated and passionate about palliative care and end of life for all these years. Carol Ann not only volunteers in house but also puts herself forward for our Annual Memorial Celebration and Celebrate a Life in December. She has been involved in many of our fundraisers and represented us at trade shows and community events. It is because of individuals like Carol Ann that our program is so successful. Thank you Carol Ann for being a pillar on our team.

As we move toward at this important time in our country and our right to vote, I would like to leave you with a quote that I read recently. This obviously came to me for a reason:

*"Volunteering is the ultimate exercise in democracy. You vote in elections once every four years, but when you volunteer, you vote every day about the kind of community you want to live in."*

*Come on out to the Artisans Christmas Show at the Trade and Convention Center on November 2nd & 3rd and make a donation to receive an angel to display on the Christmas tree. Proceeds to the Penticton & District Hospice Society.*

### Penticton & District Hospice Society

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Phone: 250-490-1107

www.pentictonhospice.com