



PENTICTON & DISTRICT  
HOSPICE SOCIETY

# NEWSLETTER

Spring 2022 Edition



*Butterflies Appear When Angels Are Near*



## A TRIBUTE TO VOLUNTEERS

**VOLUNTEERING IS  
EMPATHY IN ACTION**

**NATIONAL VOLUNTEER WEEK  
APRIL 24-30, 2022**

#VolunteersBringHeart





PENTICTON & DISTRICT  
HOSPICE SOCIETY



We Love  
Our Volunteers!

thank  
you  
for all you do!

Our volunteers are a group of people who are compassionate, dedicated and whom all have the upmost integrity. These people provide a vast and varied array of services that benefit patients on the palliative program.



**MASSAGE VOLUNTEERS, MUSIC THERAPY VOLUNTEERS,**

**COMMUNITY VOLUNTEERS, GARDENING VOLUNTEERS, CELEBRATE A LIFE VOLUNTEERS**

**VOLUNTEER BOARD OF DIRECTORS**

Our volunteers who come into hospice house provide companionship, help with meals and feeding, support residents and families through listening and being a friendly face in a very difficult time. Most people think that is the extent of our program. While this is truly the most visible and longest standing part of our volunteer services there is so much more.



## MASSAGE VOLUNTEERS



We are extremely fortunate to have the first and still one of the very few volunteer Palliative Massage teams in BC. We actually have two separate services. One which comes into Hospice House every Friday morning going room to room providing gentle massage to not only our residents but their caregivers who are often exhausted and fragile. Our team also goes into the community visiting patients in their homes.



## Music Therapy Volunteers



Our music therapy is a very valued program at Hospice. Our volunteer musicians include Simon, who plays the harp and Grant who both play the piano. Each of them come into hospice on a different day of the week to play for our residents and families. This service has also branched out into the community to take music with companionship into patient's homes.



## Gardening volunteers

With the help of Elizabeth Landecker, on the Board of Directors, we have been fortunate to land the experience of the Penticton Gardening club, to volunteer their time each spring and fall to trim, prune and clean up our trees and shrubs. This much needed TLC is very appreciated. We are extremely grateful that this group have decided to adopt our gardens as their own.



## Community volunteers

Our Community volunteers hold an extremely unique role which focuses on patient and family needs at home. It can be helping to run errands, transport to appointments, sit with the patient while the caregiver gets a break or even walk their dog. It is gratifying to know that before patients come into hospice or if they choose to remain at home we can support them





## Celebrate a life Volunteers

Setting up our display at Cherry Lane mall, manning the table every day for 7 days, and tearing it down again is all done by volunteers. Some of these people are our regular hospice volunteers and board members and others are individuals who have taken on this task, yearly. Without the volunteers this event wouldn't take place. We have people who come year after year to make sure they hang a tag and light a bulb on our tree for their loved one. It has become an important seasonal ritual for many in our community.

Celebrate a life is a yearly tribute that has been a tradition of the Hospice Society since 1997. This wonderful ceremony allows individuals from all of our community to come together at Christmas and pay tribute to a loved one they have lost.

*In Loving Memory*

If you would like to have a page on our website in memory of your loved one who was in hospice or on the palliative program, please call 250-490-1107 or email [info@pentictonhospice.com](mailto:info@pentictonhospice.com)

*\* there is no charge for this service*

**THE VALUE OF ONE. THE POWER OF MANY.**

VOLUNTEERS BRING CHANGE

VOLUNTEERS BRING CHANGE NATIONAL VOLUNTEER WEEK APRIL 18-25, 2021

**Special Thanks to Cherry Lane Shopping centre for their continued support of our events**



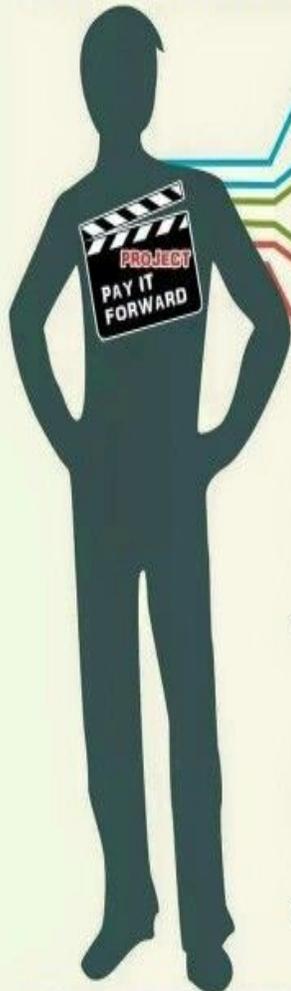


## VOLUNTEER TEAS ARE BACK

Every month Volunteers gather to touch base with each other over tea, coffee and goodies.



## Health Benefits of VOLUNTEERING



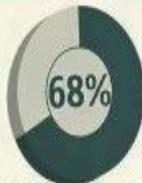
Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers)\*

95% of individuals feel good after volunteering\*

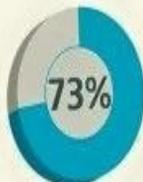
Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer\*



said volunteering makes them feel happier\*\*



said volunteering makes them feel healthier\*\*



said volunteering makes them feel less stress\*\*



said volunteering helps them sleep better\*\*

\*Based on Dr. Allan Luks' research

\*\*Based on Dr. Stephen Post's research in a survey about helping (an average of 100 hours/year)



PENTICTON & DISTRICT HOSPICE SOCIETY

### VOLUNTEER PROGRAMS ENDOWMENT FUND

The Fund supports the compassionate care provided by our volunteers and programs

Consider a legacy gift to our Endowment Fund

For more information on the Penticton & District Hospice Society, our Volunteer Programs or our Endowment Fund

Please contact our Treasurer

Robert A. Biagioni, CPA, CA

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

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





# THE CARE CLOSET

## VOLUNTEERRING



BY WENDY NICOL

## A FAMILY AFFAIR



### Life goes around

When my parents moved to Penticton in 1991, my mother Rose Templeton, was looking for a place to volunteer and found the Care Closet. It was always the family joke that it was her “boutique”. Fast forward 20 some years and her shift was down a couple of people. I had recently retired and said I would go with her until I got a better offer. My dad, Chris Templeton started checking electronics for the Care Closet, as well putting batteries in watches.

We had many Thursday grilled cheese sandwich lunches at my mom and dad’s place before doing our afternoon shift. I would take mom into “work” and dad would pick her up. She finally had to retire, and dad was diagnosed with pancreatic cancer. After my dad passed away, my husband took over the watches and in the past 4 years has cleaned, checked and put batteries into over 800 watches.

My dad spent the last two weeks of his life at hospice. The staff and volunteers were so wonderful to our whole family.... a kindness we have not forgotten. So the circle of life continues... both with the Care Closet and now with hospice both such important parts of our community.



### THE CARE CLOSET THRIFT STORE

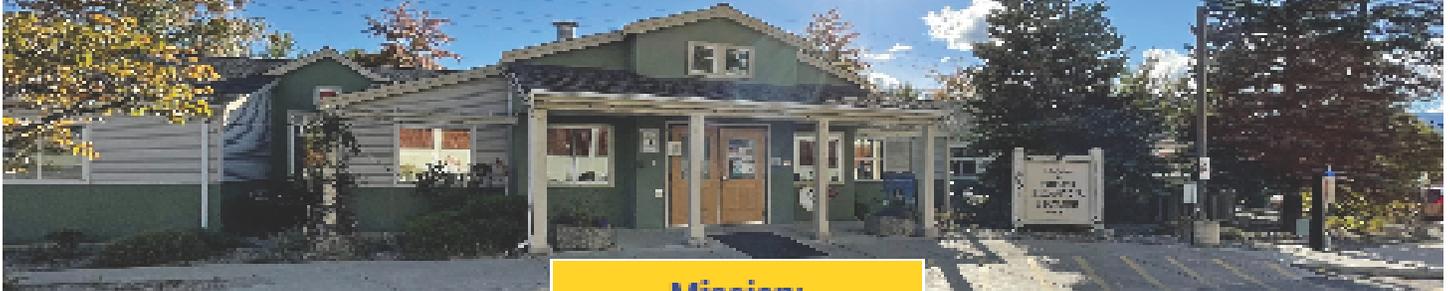
574 Main Street, Penticton

Opens Monday to Saturday 10am-3pm

Donations accepted from 10am-2pm

# Moog and Friends Hospice Exceptional End of Life Care

By Karl Crosby



The Penticton and District Hospice Society is guided by this mission to be the faithful stewards of Moog and Friends Hospice House.

Unlike the busy bustle of a modern hospital, Moog and Friends Hospice House offers patients and their families a unique and comforting "home like" experience.

The Society works in close partnership with The Interior Health Authority and the Penticton Regional Hospital which provides day to day staffing and operations. The Hospice Society provides funds for the very successful and important volunteer program at Hospice, maintenance of the gardens and grounds, interior furnishings and other patient comforts such as televisions, telephones and colorful comforters made and donated to Hospice by a generous community.

Located just south of Penticton Regional Hospital, Moog and Friends Hospice House is a unique "free-standing" building with 12 well-appointed private rooms which look out onto a tranquil garden area. A large welcoming and comfortable living room space with a fireplace greets visitors. A modern kitchen where families can prepare meals or coffee and snacks was recently constructed with a generous donation by the Sovereign Order of St. John.

**Mission:**  
*"To provide exceptional and compassionate care in our community to people who are nearing life's end"*

The Society is administered by a board of directors drawn from the community comprising individuals who have an interest in hospice. The Society's offices are located at 502 Ellis Street, Penticton V2A 4N8. If you wish to serve as a volunteer director of the Society, please call 250-490-1107.

The beating heart of Penticton's hospice is the active volunteer program where approximately 70 volunteers help patients with services including companionship and even music and massage therapy.

Volunteers also participate in a community outreach program which sees people in their homes, helping with a broad range of support including errands and dog walking.

Funding to maintain the volunteer program, provide patient comforts and maintain Hospice House as a warm and inviting home, is provided through donations from individual of having a hospice in the community. A significant portion of the Society's annual funding comes from a share of the profits of the "Care Closet", a successful thrift store operation in Penticton.

Individual donations and donations in remembrance can be made directly to the hospice program at the Society's website at [www.pentictonhospice.com](http://www.pentictonhospice.com) or by calling 250-490-1107.



South Okanagan Similkameen | 1



The above article can be found on page 22 of the Experience 50+ Living, a Community Guide to Better Living



# ADVANCED CARE PLANNING DAY



## APRIL 16 2022



### 5 Steps of Advance Care Planning

Who would speak for you if you couldn't speak for yourself?

Advance Care Planning is a process of reflection and communication.

Advance  
Care Planning  
CANADA



#### THINK

about what is most important to you – your values, wishes and beliefs.



#### LEARN

about your overall health. This may include current conditions you want to better understand.



#### DECIDE

on your Substitute Decision Maker(s), one or more people who are willing and able to speak, for you if you cannot speak for yourself.



#### TALK

about your values, beliefs and wishes with your Substitute Decision Maker(s), family, friends and health care providers.



#### RECORD

your values, wishes and beliefs in your Advance Care Planning Guide, in a letter, poem, video or audio recording.

Advance care planning – it's how we care for each other.  
Learn more: [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

Production of this postcard has been made possible through a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



Estate



Writing a Will  
Purchasing life insurance



Financial



Saving for education or retirement  
Cash and debt management



Health and Personal Care



Advance Care Planning:  
- Expressing your wishes  
- Appointing a Representative



## Thanks incredible staff at Moog and Friends

Dear Editor:

My sister and I would like to thank the incredible staff at Moog and Friends Hospice who supported our mother, Sheila Reid, during her last month of life this winter. We are very appreciative of the way this outstanding staff honoured our mother in allowing her to maintain her dignity as she fought fiercely against pancreatic cancer. The care, respect and attention to detail she was shown by all members of the hospice team was exemplary. It may not seem like much to some but cutting off the crusts of her sandwiches and graciously bringing her pudding for breakfast made a very difficult journey just a bit more manageable for her. We would also like to thank the staff for the care they provided us. From the smiles at the front door each morning to the coffee and knowledge and advice they shared with us, their professionalism and humanity allowed us to witness, aid and ease our mother's passage.

Pamela Butters, Kaleden



Julia Gray, Summerland



PENTICTON & DISTRICT  
HOSPICE SOCIETY

Donate a Car to  
Penticton & District Hospice Society



DONATE | FAQ | CONTACT US



You can turn your vehicle donation into generous dollars to support Penticton & District Hospice Society! Working on our behalf, Donate a Car Canada will accept your vehicle for donation -- running, or not! Old or new!

There is no cost to you, and the process is incredibly easy! Donate a Car Canada will facilitate all aspects of your car donation from the pick up to the final sale, ensuring that your vehicle will be sold for the highest sale outcome possible. They will then forward the net proceeds on to us here at Penticton & District Hospice Society and you will receive a tax deductible receipt within 2 weeks of us receiving your donation!

GO TO: [WWW.PENTICTONHOSPICE.COM](http://WWW.PENTICTONHOSPICE.COM) DONATE NOW /DONATE YOUR CAR Click on DONATE A CAR CANADA LOGO



## CONTRIBUTE TO THE



PENTICTON & DISTRICT  
HOSPICE SOCIETY

BY RETURNING YOUR  
EMPTY TO



ITS SO EASY.....

1. BRING IN YOUR UNSORTED CONTAINERS IN CLEAR PLASTIC BAGS
  2. AT THE KIOSK (PICTURE ON LEFT) ENTER **250-490-1107**
  3. PRINT TAGS (YOU CAN PRINT UP TO 6 TAGS)
  4. STICK ONE TAG PER BAG
- LEAVE YOUR BAGS AT RETURN IT EXPRESS  
ALL PROCEEDS GO TOWARDS



PENTICTON & DISTRICT  
HOSPICE SOCIETY

## THANK YOU TO ALL DONORS

South Wood Regency Retirement , The Residents Recycle Fund

Summerland Legion Ladies Auxiliary #22

Fraternal Order of Eagles 4281

United Way, Southern Interior

### *Become A Life Member*

For a donation of \$100 you can become a  
lifetime member of  
The Penticton & District Hospice Society.

Make your donation today at  
[www.pentictonhospice.com](http://www.pentictonhospice.com)

Or call 250490-1107

Contact us

### **Penticton & District Hospice Society**

**PO Box 1105, Penticton, BC V2A 6J9**

**[donations@pentictonhospice.com](mailto:donations@pentictonhospice.com)**

**Phone: 250-490-1107**

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