



PENTICTON & DISTRICT
HOSPICE SOCIETY

NEWSLETTER Summer 2022 Edition



MEMORY WALK TO MEMORY TREE



SEPTEMBER 10 2022

MARK YOUR CALENDAR

CONTRIBUTE TO THE



PENTICTON & DISTRICT
HOSPICE SOCIETY

BY RETURNING YOUR
EMPTYES 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
FOR
CONTRIBUTING TO
PENTICTON & DISTRICT
HOSPICE SOCIETY**



2022 GOAL

\$300 RAISED

\$1000



MEMORY WALK to MEMORY TREE

SEPTEMBER 10, 2022 9:00AM - 12:00PM



START AT: THE CITY OF PENTICTON ROSE GARDEN, 69 RIVERSIDE DRIVE
WALK ALONG LAKESHORE DRIVE TO MAIN STREET UP THROUGH
THE FARMER'S MARKET INTO THE DOWNTOWN COMMUNITY MARKET
AT MAIN/WESTMINSTER TO
THE PENTICTON & DISTRICT HOSPICE SOCIETY MEMORY TREE

REMEMBER YOUR DEPARTED LOVED ONES BY
WRITING THEIR NAMES ON A TAG AND HANG THE TAG ON A BUTTERFLY
TAKE THE BUTTERFLY FOR A
MEMORY WALK TO THE MEMORY TREE
HERE YOU WILL PLACE THE BUTTERFLY WITH YOUR LOVED ONES NAME IN THE
MEMORY TREE

CAN'T WALK, Drop By

THE MEMORY TREE AT
THE DOWNTOWN COMMUNITY MARKET

AT MAIN STREET/WESTMINSTER AVE

Donations are Not Required but Donations are Welcome



VOLUNTEER APPRECIATION



KEN INSTALLS ALL THE MEMOMRIAL PLAQUES ONTO THE COLUMNS AND BENCHES. HE WAS BUSY IN MAY INSTALLING 9 PLAQUES.

THANK YOU KEN FOR ALL YOU DO!

There is no "I" in Team, but we sure are glad there is "u" in our volunteers!

**JUNE'S
VOLUNTEER
APPRECIATION
COFFEE**



**THANK YOU TO
THE GARDEN CLUB THEY
HAVE BEEN WORKING
HARD ON THE MEMORIAL
GARDENS AND THE
GARDENS ARE LOOKING
FABULOUS**



THANK YOU!
FOR YOUR GENEROUS GIFT
OF YOUR
time and energy
AS A VOLUNTEER

NATIONAL VOLUNTEER WEEK

APRIL 24-30 2022

CELEBRATING HOSPICE VOLUNTEERS



A Message From VOLUNTEER COORDINATOR Linda Brooks



Volunteer Program

The Penticton District Hospice Society serves a very important role in conjunction with Moog and Friends Hospice House, Interior Health and the Society work together closely to make sure that Hospice House has the best that is possible for all of our residents at this time in their lives. Both parties have very different roles in making this facility very special. Interior Health is responsible for the staffing and maintenance of the building while the Society ensures all patient comforts. The benefits of these comforts are vast and varied. The volunteer program is a major component of the Society's responsibility. These wonderful people visit with residents and families here in Hospice House and in their homes within the community. They provide music of various types, upkeep of our gardens, help with fundraisers and events as well as a multitude of tasks and duties that cannot all be outlined here. All monies that are donated to the Penticton and District Hospice Society go towards our residents and Hospice House. Some examples are; new furniture and TV's, renovations for kitchens and outfitting them with all accessories, baking supplies, volunteer training, staff and volunteer appreciation, daily newspapers, as well as Christmas displays and the upkeep of our beautiful gardens. None of this would be possible without the wonderful work of our Hospice Volunteers and our volunteer Board of Directors.

We would like to thank everyone in our community that helps out or offers donations to us. These supports would not be in place without your generosity.

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 Penticton 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.



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. Blagioni, CPA, CA
treasurer@pentictonhospice.com
www.pentictonhospice.com

The Care Closet Thrift Store



Wendy Nicol

The Care Closet is happy to receive silver in the Best of Penticton for the second year in a row. Our customers are very loyal, and one of the many reasons they keep coming in are the beautiful window displays we have. At the spring change over we do a gardening window, full of flowers, animals and pretty things. Our fall changeover window is Asian themed with Buddha, bamboo and silk. We save for a year to complete each window, and our donation always seem to come just when we need them. Our manager, Kola, tries to keep the windows current with festivals so we have done Elvis, cars, cowboys, motorcycles, vintage music and many more.



CARE CLOSET - PENTICTON
574 MAIN STREET
OPEN MONDAY TO SATURDAY
10AM-3PM
DONATIONS-DROP OFF BACK DOOR
MONDAY TO SATURDAY
10AM-2:30PM



MEMORIAL PLAQUE INSTALL



Plaques



Donations of \$1000 to \$9999 are eligible to request a 3" round cast bronze plaque and choice of basalt column placement in the Hospice garden.

These donations are required to be given as one lump sum or a group of donations given at one time.

Warm, dry weather is required for proper installation, so installation is not possible during the winter months.

The Hospice House garden is a soothing outdoor space meant for remembrance, reflection and renewal. It is a peaceful oasis designed to give peace of mind to families and friends during challenging times.



Common physical symptoms of grief



THE "TOP" Collective BOOK

- | | |
|----------------------|---------------------------------|
| 1 Lack of energy | 2 Difficulties sleeping |
| 3 Feeling tired/weak | 4 increase/decrease in appetite |
| 5 Panic/anxiety | 6 Aches and pains |



Stages of the Grief Cycle

"NORMAL" FUNCTIONING

Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

Depression and Detachment

- Overwhelmed
- Bland
- Lack of energy
- Helplessness

RETURN TO MEANINGFUL LIFE

Acceptance

- Exploring options
- A new plan in place

Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened

Adapted from Kübler-Ross, 1969



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!

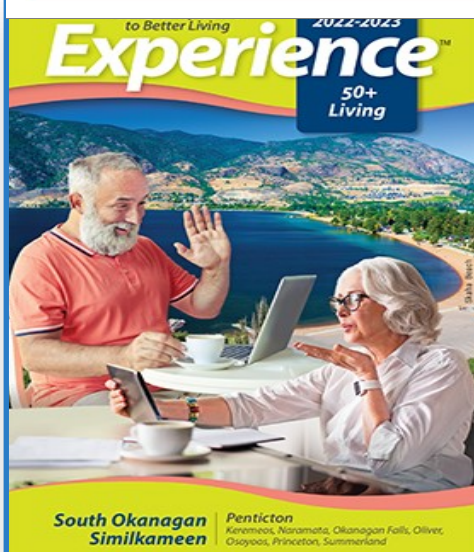


GO TO:

WWW.PENTICTONHOSPICE.COM

AND THEN CLICK ON

[DONATE NOW / DONATE YOUR CAR](#)



EXPERIENCE 50+
LIVING
MAGAZINE
CHECK IT OUT
P&DHS ARTICLE
ON
PAGE 22

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

** there is no charge for this service*

Experience 50+ Living is a high quality, digest-size, easy to read magazine for those 50+ Boomers, Zoomers, Seniors, Elders, their families and caregivers. Experience is a one-stop guide for housing, health and healthcare, consumer and legal information and other professional community contacts, arts and culture, leisure and travel, activity centres, community resources, Municipal, Regional District, First Nations, Provincial and Federal resource and contact information. Experience provides a great cross-section of community businesses and organizations. Experience, Community Guide to Better Living, is the place for information for all aspects of the lives of the 50+ com-

"Grief is **NOT** a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual **necessity**, the price you pay for love. The only cure for grief is to **grieve**" -- Earl Grollman

Facebook.com/LiteACandle

unspokengrief.com



PENTICTON & DISTRICT
HOSPICE SOCIETY

National Palliative Care Week May 2022



Penticton Hospice Society Celebrates National Hospice Palliative Care Week

In recognition of National Hospice and Palliative Care Week, the Penticton & District Hospice Society are so thankful to all of the staff at Moog & Friends Hospice House and all of our South Okanagan Palliative Care Team for the amazing work you do. You are one of a kind and very much appreciated!



Penticton Mayor John Vassilaki proclaimed May 1-7 as National Hospice Palliative Care Week at Tuesday's meeting of Penticton City Council. From left, Frank Regehr, Katie Robibson, Penticton and District Hospice Society chair Ruth Sawyer, James Miller, John Vassilaki, Julius Bloomfield, Judy Sentes and Campbell Watt.



SAVE THE DATE

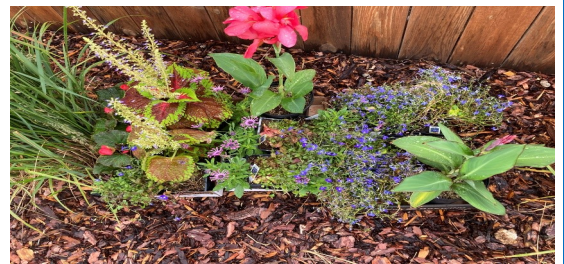


PENTICTON & DISTRICT
HOSPICE SOCIETY

AGM

ANNUAL GENERAL MEETING
THURSDAY NOVEMBER 24, 2022 @ 4PM
PENTICTON GOLF & COUNTRY CLUB

THANK YOU FOR YOUR SUPPORT



PENTICTON GOLF & COUNTRY CLUB



BC Fraternal Order of Eagles

"People Helping People" PENTICTON AERIE 4281



Downtown Community Market

Saturday, May 7 – September 24, 2022

Downtown Penticton Business Improvement Association

GOODBYE TO VALUED BOARD MEMBER KARL CROSBY



Karl Crosby one of our long-term board members has retired from the Penticton and District Hospice Society.

Karl and Helga had made the decision to move to Alberta to be closer to family.

Karl filled many position on our Board of Directors and he will be missed.

We Thank Karl for his years of sound advice, strong values and deep commitment to the work of the Hospice Society and wish them both many years of happiness in their new home.



BECOME A LIFE MEMBER

For a donation of \$100

you can become a

lifetime member of the Hospice Society.

Make your donation at

www.pentictonhospice.com

Or call 250-490-1107

Contact us:

Penticton & District Hospice Society

PO Box 1105, Penticton, BC, V2A 6J9

Phone: 250-490-1107

Email: info@pentictonhospice.com

Visit us on the web at

www.pentictonhospice.com

BECOME A BOARD MEMBER

Interested in serving as a
volunteer Board of Directors?

For more information,
please email and send a cover letter
and a recent resume to Ruth at

boardchair@pentictonhospice.com