



PENTICTON & DISTRICT
HOSPICE SOCIETY

NEWSLETTER Summer 2023 Edition



**PAY TRIBUTE TO YOUR DEPARTED PET AT THE
PET MEMORY TREE
THE MEMORY WALK TO THE MEMORY TREE
SEPTEMBER 9 2023**

A MESSAGE FROM VOLUNTEER COORDINATOR LINDA BROOKS

It is wonderful to finally have our volunteer team back in full strength.

We have added 9 new volunteers in 2023 that I would like to introduce and welcome to our team. Wally A, Janet P, Jan M, Mary F, Pam V, Wendy N, Joan Mc, Annie J as well as our new pet therapy team, Lindsay and Blue. In the next month or so we will also be welcoming a new husband and wife team to our music therapy. Lara and Ken play guitar and sing. This is a welcome addition to our existing musicians: Grant (piano) and Simon (harp). All these new volunteers add a boost of energy and our staff have really enjoyed getting to know them.

While welcoming these new people I also want to acknowledge and thank the existing volunteers who have been with us for so many years. COVID put our volunteer program completely on hold. After almost two years of absence, I was concerned people would drop off or find other things to do. This was not the case with our amazing group of people. We only lost a few people due to moving away or health issues. A VERY special thanks goes out to: Ruth S who has been with us since 1997, Mary Ch and Grant S have been with us since 2008, Pam W and Arlene both have been with us since 2005, Mary B since 2004, Jill G since 2001 and Anna W since 2000. The span of time that these people have been with us ranges from 15-26 years..... That is A LOT of Volunteer hours.

Individually our team brings so much to Hospice. Everyone has their own specific gift. Their humor, conversation, listening skills, kindness and caring not only boost our residents and families but directly help the staff.

There are so many extra, behind the scenes, gifts that they offer as well. Sylvia and Wendy N are constantly bringing in their homemade baking for our residents and families. In addition to being part of our massage team, Ken works with community patients helping them at home, he installs all our memorial plaques on the rocks in back gardens and is always taking on odd jobs. Mary Ch augments women and men's clothing into gowns for us so that our residents don't have to wear hospital gowns, as well as, making us door stops and specialized adult bibs. Wendy N and Ruth also sit on our board of directors. Anna brings in lovely magazines so that there is current reading material for everyone. Mary B collects and adds up all the volunteer hours annually. Pam is our team lead for massage and not only does massage in the community in patient homes, but she trains new massage volunteers. Many volunteers drive from Summerland and Ok Falls to offer their time. The Penticton Garden club cares for our back gardens in addition to Ruth and Elizabeth who care for our front door planters. Recently Janet researched and purchased a collection of books that would be available here in-house for individuals with dementia. We have a lovely group of quilters who lovingly create and sew one of a kind homemade quilts that are on each bed. Our Board of Directors are all volunteers who manage our Society and donations to make sure that patients have all the comforts that are needed. Almost all our hospice volunteers step up to help with our annual Celebrate a Life at the mall at Christmas and The Memory Walk to the Memory Tree, our Memorial Butterfly walk in September.

The list really is endless with the services and gift of giving that these people provide us with.



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
www.pentictonhospice.com



PET THERAPY TEAM
LINDSEY & BLUE

National Volunteer Week

APRIL 16-22 2023



Celebrating
People
in Action



Our Volunteers
Brighten Lives



VOLUNTEER APPRECIATION



MARY'S GOWNS



Mary is a volunteer at Hospice House who decided that the residents needed to feel and look better. Mary came up with the idea to take golf shirts for the men and create a gown that makes the resident feel so much better wearing it than just a plain Hospital gown.

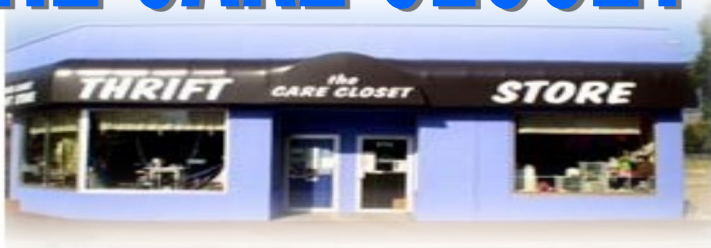
For women she finds housecoats and kimonos and creates lovely gowns that make the residents feel so much better and they work so well for the nurses to work with as well.

One of the Hospice House resident's son was so impressed on how his father looked he gave Mary a sewing machine so she can continue her amazing creations. "Mary's Gowns".

Thank you Mary for all you do!



THE CARE CLOSET THRIFT STORE HISTORY



It started in a basement! From a humble effort by one woman, to an active and vibrant Thrift Store....the story of Penticton's Care Closet. In the 1980's Della Volden saw the need poorer folks had for good used clothing. She opened a store in the basement of her home. Very soon her basement was too small for the amount of good saleable items that had been donated. A move was made to larger quarters on Nanaimo Avenue. In 1990 three organizations associated with Penticton Regional Hospital purchased a building at 574 Main Street. It remains in use today with storage areas created around large sorting tables in the back room, as well as hanging racks for clothing and areas for collectibles and books. The back room is where donated items are received, sorted, checked that they work, valued, cleaned, and priced before being set out for sale. Various areas in the front of the store display items including women's clothing, linens, children's items, a collectibles case, notions and fabrics. Past the cash register is a jewelry case, art work, and an another collectible case, housewares, men's clothing, and finally a wonderful book room! The three partners in owning the business are **The Penticton and District Hospice Society, The Hospital Auxiliary and The South Okanagan Medical Foundation**. Each quarter, the Care Closet donates thousands of dollars to the three partners to be used to enhance and support patient care. Last year \$200,550 was donated. Bravo to all the 45 volunteers and to the two part time paid staff members who manage the store. We think you are terrific. If YOU are interested in volunteering come to store and ask to see manager. From a basement to a thriving thrift store locals and visitors enjoy a visit to the Care Closet, Follow us on Facebook @ Care Closet Thrift Store to see what's happening every week.

Look for the Environmental Helping Hands mural on the side of the building

Come on down and check out The Care Closet Thrift Store!



**574 MAIN STREET
OPEN MONDAY-SATURDAY
10AM-3PM
DONATIONS DROP OFF-BACK DOOR
MONDAY-SATURDAY
10AM-2PM**

HOSPICE PALLIATIVE CARE WEEK



Palliative care
EVERYWHERE

National Hospice Palliative Care Week | May 7 - 13, 2023



Board Chair, Ruth Sawyer accepts the proclamation from the Penticton city council for National Hospice Palliative Care Week May 7-13, 2023.

Councilman James Miller commented "The fact that people can just focus on those last days and moments with family and not have to worry about other things is just an incredible service."



Palliative Care



Care of the body, mind & spirit: Focusing on, social, emotional, cultural, spiritual & intellectual or knowledge aspects of care supported by an interdisciplinary team and training

Holistic Approach

Patient-centred care incorporating respect for patients' values and preferences, provides information in clear and understandable terms, promotes autonomy in decision-making and attends to the need for physical comfort and emotional support.

Quality of Life

Patients referred to DPH have an expectation of dying, therefore care of the families is included in the care i.e. Care of the infected and affected by the team while the patient is alive and into the bereavement period

Patients & families

Life-threatening illness is an illness which could cause a patient to die (cancer, AIDS, old age, MND, terminal diabetes or heart disease) and life-limiting includes conditions which may compromise quality of life (spastic children, metabolic disorders, severe CVA)

Life-threatening & life-limiting illness

Identification, impeccable assessment & treatment of symptoms

Identification: knowledge & recognition of symptoms.; Impeccable Assessment: knowledge based professional evaluation; Treatment: Medication management, specialist referral, holistic intervention by Palliative Trained Team

pal - lee - uh - tiv

PALLIATIVE CARE ?

Author: Ed. Professionals Production @ hospice www.hospice.com

? ? ?

WHY HAVE I BEEN OFFERED THIS?

Palliative Care is a gentle & distinct approach to caring for people with illnesses that can't be cured (like advanced heart, lung, kidney and neurological diseases, and advanced cancer)

#@?!?

It doesn't mean that you have days to live! The earlier you have contact the easier it is for you to access a range of services, equipment & expertise to make life more COMFORTABLE.

I'M NOT READY TO DIE JUST YET!

Palliative Care works ALONGSIDE your specialists to make sure all aspects of your illness are managed to best suit you.

BUT I'M STILL HAVING TREATMENT!

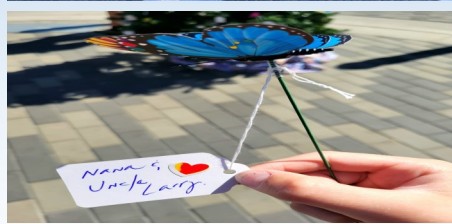
If you have ANY CONCERNS, talk to your DOCTOR and/or PALLIATIVE CARE TEAM.



PENTICTON & DISTRICT
HOSPICE SOCIETY



MEMORY WALK



PENTICTON & DISTRICT
HOSPICE SOCIETY



MEMORY TREE

SATURDAY SEPTEMBER 9, 2023 This year we have three locations to fill out your tag with your departed loved ones name, hang the tag on the butterfly then walk to the **MEMORY TREE** and hang your butterfly in the tree. This year we will also have a **MEMORY TREE for departed pets**.

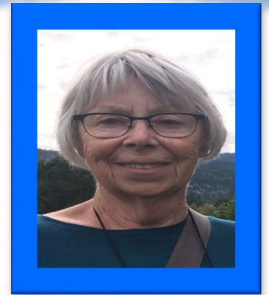
1st location is at PENTICTON ROSE GARDEN @ 69 Riverside Drive, fill out your tag gather your butterfly and WALK along Lakeshore Drive to Main Street. **The 2nd location THE FARMERS MARKET Main Street/Lakeshore Drive** fill out your tag gather your butterfly and walk up through the Farmers Market into the **3rd location at THE DOWNTOWN COMMUNITY MARKET**, right at the corner of Main/Westminster is **THE PENTICTON & DISTRICT HOSPICE SOCIETY MEMORY TREE** and the **PET MEMORY TREE** as well. Here you will place your butterfly in THE MEMORY TREE of your choice or both.



MEMORY WALK MAP

A MESSAGE FROM BOARDCHAIR

RUTH SAWYER



The summer of 2023 has seen a variety of updates and changes within Hospice House.

First off, Linda, our volunteer coordinator has returned to work after some medical leave and we are so happy to have her back in the house. She was missed by Staff and Volunteers.

Our volunteer program is back in full force along with some new volunteers. Our Massage Team is also back in action. This group of dedicated volunteers brings smiles and relief to many of our residents on their rounds.

The Ladies of the Quilting Circle are still supplying us with beautiful quilts, sewn by the club for our resident rooms.

The Penticton Garden Club has supplied volunteers to help keep the gardens beautiful.

Our board administrator Judie is busy working on some exciting events for the Society coming up in the fall. Details to follow.

The Hospice Society applied for and was accepted by the Kinsman for a donation to purchase 12 new comfortable pullout couches for our resident rooms.

Sadly we are losing one of our Board members this summer. Kimberly will be moving from Penticton to be closer to her family. We will miss her smile and dedication to Hospice and wish her well on her new journey.

Regards,
Ruth Sawyer.



WELCOME NEW BOARDMEMBER



BILL LOOMIS



Bill Loomis is a retired lawyer from the US. He moved to Penticton about eight years ago. While in the US, he worked for the Idaho Attorney General's office where he represented (defended) a state agency in lawsuits in addition to doing administrative work for the agency. He has been volunteering at Soupateria for many years and enjoys reading about history and current events. His wife Nancy is a retired psychologist and together they enjoy hiking, biking and snowshoeing. He looks forward to serving on the Hospice board.

Signs you are healing

you have accepted that you've gone through something difficult

you welcome support

you are learning to manage your emotions

you feel safe in your relationships

you feel more in control of yourself

you don't feel ashamed of your trauma

you can set, enforce, and communicate your boundaries

you can recognize and cope with your triggers

when something goes wrong, you don't automatically blame yourself

you feel comfortable expressing your needs, feelings & opinions



SAVE THE DATES 2023!

SATURDAY, SEPTEMBER 9

THURSDAY, NOVEMBER 23

SATURDAY, DEC 2—DEC 8

**MEMORY WALK
TO
MEMORY TREE**



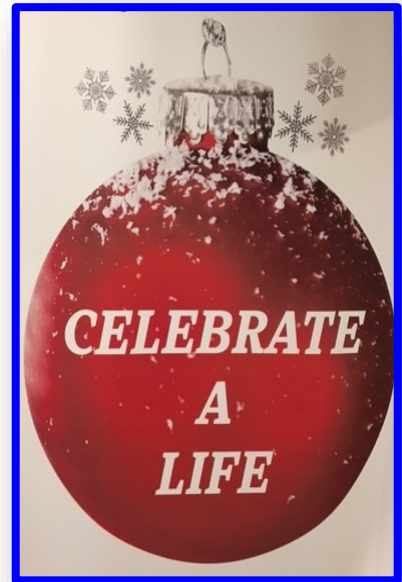
AGM



**CELEBRATE
A
LIFE**



**ANNUAL GENERAL
MEETING
@4pm
Penticton Golf &
Country Club
The WestSide
Room**



**PENTICTON & DISTRICT
HOSPICE SOCIETY**

**Let us help with taking care
of your estate vehicle**

During this challenging time, we are dedicated to providing compassionate care to individuals and families facing critical illness. As you navigate the process of managing an estate, we offer a valuable service that can help you simplify and expedite the handling of an estate vehicle.

Managing an estate involves numerous tasks and responsibilities. By entrusting Donate A Car Canada with processing your vehicle, you can save valuable time and effort. Their experienced team will handle all the logistics and coordination required for a quick and easy donation process at no cost to you or the estate.

We are partnered with Donate a Car Canada as a receiving charity, but the funds raised from your donation could be made to any charity, ensuring that the legacy of the estate is directed towards a cause that matters most to you and your loved ones!

To learn more, or start the donation process, please contact Donate A Car Canada here:

**www.donatecar.ca
1-877-250-4904**



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*

THANK YOU FOR YOUR SUPPORT



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

FAITH REBEKAH LODGE #32



PENTICTON
FARMERS'
MARKET



2023-2024 Experience 50+
Living Magazine

A Community Guide to Better Living for people living in the South Okanagan Similkameen.



Check out Page 25

Moog and Friends Hospice Exceptional End of Life Care

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

*Our vision is to continue to provide
exceptional and compassionate care to
people in our community who are
nearing life's end*



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

THE PENTICTON & DISTRICT HOSPICE SOCIETY COLOR ME PAGE

