



PENTICTON & DISTRICT  
HOSPICE SOCIETY

# 2024 Fall/Winter Newsletter

## CELEBRATE A LIFE

NOVEMBER 30TH-DECEMBER 7TH 2024

CHERRY LANE MALL

30TH ANNUAL





# A MESSAGE FROM BOARDCHAIR



**LISA SCHULZE**

As the year end approaches the Hospice Society Board of Directors wish to extend our gratitude and heartfelt thanks to the individuals who provide loving support to those nearing end of life and to their families. Who are these angels? Dedicated doctors, nurses, support staff and volunteers located in Hospice and out into our communities. Moog & Friends Hospice House is an oasis where individual needs can be met while in professional, caring hands.



Without our Donors' support we would not be able to provide the extra comforts that make this house a home. Recommendations originate from many sources staff, volunteer coordinators to observations by the Board.

26 years have passed since Moog & Friends Hospice House was opened. Our vision remains the guiding light for each decision made.

"To provide exceptional compassionate care and support to people in our community who are nearing end of life, ensuring needs are met through accessibility, education and public awareness".

Warm regards,

*Lisa Schulze*



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**

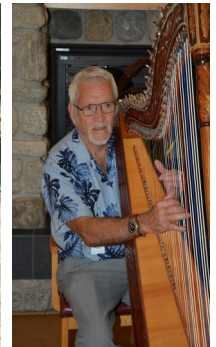
*For more information on the*  
**Penticton & District Hospice Society,**  
**our Volunteer Programs or our Endowment Fund**

*Please contact our Treasurer*  
**Robert A. Biagioni, CPA, CA**  
[treasurer@pentictonhospice.com](mailto:treasurer@pentictonhospice.com)  
[www.pentictonhospice.com](http://www.pentictonhospice.com)





# VOLUNTEER APPRECIATION



## BOARD MEMBER RETIRING FAREWELL JAN HIGGINS BEST VOLUNTEER BUTTERFLY EVER!



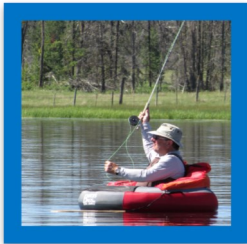
After my husband died in Hospice House in 2015, I saw an advert for Board members for the Care Closet. I wasn't ready to be a Hospice Volunteer at the House, but I did think I could manage to work at the Care Closet as a way to ease my grief.

Long time Board Chair, Patti Skinner helped me learn the ropes as a Cashier and Board Member. I also was Secretary to the Management Committee and was the Alternate to Patti on the Board of the Hospice Society. I enjoyed my work there, but needed hip replacements so resigned from those positions.

In 2019, I joined the Hospice House Board and took Volunteer Training. I have enjoyed 5 years with the Board. It has been fun to work on projects such as "Celebrate a Life" and the "Memory Walk". I feel the board is in very capable and enthusiastic hands.

**THANK YOU, JAN HIGGINS, FOR ALL YOU HAVE DONE FOR  
THE PENTICTON & DISTRICT HOSPICE SOCIETY  
WISHING YOU ALL THE BEST WITH YOUR FUTURE ENDEAVOURS**





# NEW BOARD MEMBER

## WELCOME TORBEN HANSEN

Originally from Denmark, I arrived in Canada almost 50 years ago working for a Danish multinational. Initially I lived in Toronto but shortly after relocated to Vancouver, my Home for almost 40 years, only interrupted by a 5-year posting in Brunei.

I recently moved to Penticton from a retirement "hobby" farm in Alberta after a long career in the commercial print industry as a supplier of equipment and supplies to printers in BC and Alberta.

I hope to make Penticton my home for a long time and look forward to helping out on the board of the Penticton Hospice Society.

For the last number of years while in Vancouver, I volunteered for Dania, an organization with deep roots in the Danish community, offering social housing, assisted living and complex care for about 200 residents, with another 150 unit to be opened in 2025.

Personally, I enjoy fishing and have over the years tried my luck with tying my own flies, which for me, gives the extra enjoyment when the bite is on. The fishing is another good reason for settling here in Penticton with the many lakes in the area, as well as proximity to my remote and no services cabin located at Turnip Lake close to Lytton.



PENTICTON & DISTRICT  
HOSPICE SOCIETY

# AGM

## Annual General Meeting



**THURSDAY**

**28th NOVEMBER 2024**

**@ 4:00pm**

**PENTICTON GOLF & COUNTRY CLUB**

**Lounge Room**

**600 COMOX STREET**

**Speaker**

**Tania Castillo**

**Clinical Practical Co-ordinator**

**EVERYONE WELCOME**

For further information, please call

**250-490-1107**





# CARE CLOSET THRIFT STORE



**574 Main Street, Penticton**  
**OPEN: Monday to Saturday 10am-3pm**  
**DONATIONS ACCEPTED: 10am-2:30pm**



*In a tiny space the store raises over two hundred thousand dollars each year. Funds are divided among the three partners but all proceeds go towards patient comfort at Medical Foundation, Hospital Auxiliary and Moog & Friends Hospice House.*



## NEW BOARD MEMBER

## WELCOME MARION TOWN



Marion Town figures all the stars aligned perfectly when she was accepted onto the Penticton & District Hospice Society Board.

Marion is an environmental and community planner living just north of Naramata. She and her husband Steve bought a small cabin here over 20 years ago and only recently left full time work in Vancouver to make the move to live here full time. While her career includes work in government, consulting and non-profits, Marion was most recently the Director of Environment and Climate at the Vancouver International Airport. She still provides environmental and sustainability consulting services to progressive organizations. Her professional experience with non-profits provides great background in Board work, strategic planning and financial oversight.

Marion grew up, went to university, started her career and met her husband in Ontario. Her large warm family included a close sister who dealt with health challenges for several decades, and Marion wanted to honor what she learned with her remarkable health care team and recent passing, to give back, through the Penticton & District Hospice Society Board. With that personal experience and more time to volunteer in the community she's making home, she's happy to join the team.

## TAKE CARE OF YOURSELF

# WAYS TO CARE FOR YOURSELF WHILE GRIEVING

During the grieving process, it is important to remember that everyone experiences grief differently. One way to help you during this process is to be compassionate towards yourself. Please see these ideas as suggestions only. Do what feels right to you.



### 1 GIVE YOURSELF PERMISSION

Many times we think that grief should be something we get over or move through quickly. Give yourself permission to really feel your loss. Do whatever it is that feels comforting to you, regardless what others may think. If your life is busy, set aside at least a few minutes each day to really feel your loss.

### 2 BE GENTLE WITH YOURSELF

Treat yourself as you would treat a good friend going through the same loss. Be kind to yourself and put any self-criticism and judgments aside. You are doing the best you can.

### 3 AVOID HARSH ENVIRONMENTS

Now is not the time to watch TV news, horror movies or be in loud crowds. Surround yourself with your favorite books and soothing music.

### 4 EAT WELL & MOVE YOUR BODY

Don't numb yourself with junk food. If you don't have much of an appetite, eat healthy foods in small portions. Moving your body will also help you to clear your head and be in the present moment.

### 5 FIND FELLOW GRIEVERS

It may be tempting to isolate yourself from others, but tremendous healing can take place in a group of fellow grievers. Check your local churches, hospitals or even social networks to find a group where you are comfortable.

### 6 WRITE A LETTER

Writing can be a wonderful way to process your thoughts and emotions. Try writing a letter to your present self from your future self several years from now offering consolation and hope for the future. You can also try writing a letter to your loved one and let your emotions flow.

### 7 SPEND TIME IN NATURE

Spending time outside and around animals can be so grounding and can bring you fully into the present moment. Take everything in and open up your senses to the entire experience.

### 8 REVISIT AN OLD HOBBY OR TRY A NEW ONE

Did you play an instrument in the band? Did you always want to learn how to paint? Now may be a great time to indulge yourself a little and encourage your inner creative to come out to play.

kathrynvanauden.com  
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PENTICTON & DISTRICT  
HOSPICE SOCIETY

1-877-250-4904  
info@donatecar.ca

## Donate Your Car to Penticton & District Hospice Society



1. Tell us your vehicle info



2. We pick up your car



3. You get a tax receipt



For more information, visit our website at  
[www.pentictonhospice.com](http://www.pentictonhospice.com)





## PENTICTON & DISTRICT HOSPICE SOCIETY



**WE WERE NOMINATED ANONYMOUSLY FOR THE BEST NON-PROFIT  
WE DIDN'T WIN BUT AFTER READING THIS NOMINATION  
WE FEEL LIKE WE WON THE BEST NON-PROFIT IN PENTICTON**

When you look at the different non-profits around town, there are everything from groups dedicated to pets, to environmental causes, to sporting organizations and of course to medical research and resources. There's a category that not many of us think of until we need it... and that is Hospice care. When you have a loved one that is diagnosed with Cancer, you immediately think of the Canadian Cancer Society which makes sense... But when your loved one is nearing their journey with Cancer or ALS or simply at the end of their long well lived life, then chances are you'll find yourself looking at Hospice options. I found myself in this very predicament when my young, vibrant husband was diagnosed with Glioblastoma, a very aggressive form of Brain Cancer. After caring for him at home for 7 months, it became clear we needed the assistance of Hospice. Moving him into the Andy Moog house was a day wrought with indecision and worry. It didn't take more than 30 minutes to see that we made the right choice. It's easy to say the care we received there was beyond words, however because I'm nominating them, I am forced to try to find some words that fit... Angels. They employ angel nurses, they employ angel volunteers. There is no hurry in this facility, there are no medical sounds, there is only comfort for both patient and family. We were there for exactly 1 month. While, losing my husband was clearly an awful time, it says something to admit that I look back upon our time there fondly with thankfulness.



### *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*

### **Coping With Grief During the Holidays**

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and talk about it.

Create boundaries with your time. If you need to take some time for you, do it.

Find a way to honor them. Start a new tradition that honors their memory.

Set realistic expectations. You will probably be sad or maybe cranky and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal.

Practice self-care. Check-in with yourself on a regular basis and meet those needs.

**BlessingManifesting**

# THANK YOU FOR YOUR SUPPORT



## SUNOKA SAMS RV CLUB



## WHERE DO THE DONATIONS GO...

1. Added a significant legacy to the Endowment fund to ensure the Volunteer Program endures forever.
2. Purchased a Smart TV and sound bar to enable families to reach out to remote family members with their loved one at Hospice
3. New sofa beds in all rooms purchased for the comfort of family members who wish to stay with their loved one.
4. Volunteers continue with providing residents with fresh foods and homemade baked goods that supplement the meals provided by the hospital staff.
5. Plans in process the front entranceway, which hasn't been updated since opening May 1998.
6. The Society is in the process of interviewing landscaping contractors to maintain and upkeep the Hospice gardens.
7. The Society is in the process of adding stained glass to window areas as suggested by recent donor.

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

Or call 250-490-1107

*Our vision is to continue  
to provide exceptional  
and compassionate care  
to people in our commu-  
nity 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](mailto:info@pentictonhospice.com)

Visit us on the web at







# COLOR ME PAGE

