



Langley Hospice News

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January 2011



Langley Hospice Society, a community-based, non-profit organization, provides compassionate support to help people live with dignity and hope while coping with grief and the end of life.



Happy New Year!

With the start of 2011, our Staff and Board of Directors here at Langley Hospice would like to share our gratitude for the successes of 2010, and wish you peace, joy, hope and health in this New Year.

Children's Programs at Langley Hospice

The Children's Bereavement Support Program at Langley Hospice looks forward to another busy year supporting children and their caregivers through the grief process. Our Program Coordinator, Jane Corkish, not only runs several support groups and day camps - as well as Camp Chrysalis - every year, supporting children and teens directly, but she is also involved with educating those who work with children in schools, at home, and at other hospice societies. Here's a look at a couple of the programs that Jane has been running this winter:

Grief Games

On Friday, November 19, 2010, Children's (and some Adult) Bereavement Group Facilitators from five different Hospice Societies on the lower mainland came together to share ideas about supporting grieving children and to learn new "Grief Games". We often hear the coined phrase: "Play is the work of



grieving children." What does that mean exactly? What role does play (and game-playing) serve in a grieving child's journey through loss?

Workshop participants shared amazement and stories about how "Grief Games" seemed to create feelings of trust and cohesion in



children's groups. Grief Games (even the ones with counter-intuitive names like "Man Hunt" and "Wink Murder") seem to help grieving children build the trusting relationships they need for deeper discussion of their experience of loss. Those empathetic questions we might ask an adult such as "How do you feel?" don't seem to be as effective an icebreaker with grieving children as the phrase "You wanna play a card game?".

Participants were generous in sharing their ideas for grief games and their reflections about why they work. The workshop proved to be an "awesome opportunity to pool together all (our resources) and network with the other hospices." Everyone agreed "it was awesome" and "I want more". As a result this one-day workshop has grown into a bimonthly support/networking/continuing education opportunity for anyone supporting grieving children or anyone who thinks a little *grief play* might be "transferable to any age".

There will be future sessions of *Grief Games* coming up - these workshops are open to anyone who would like to support another in grief. Please contact Jane at 604-530-1115.

Jane Corkish, Coordinator
Children & Teen Bereavement Support

Hospice Expressive Arts Loss Support Training

When children are touched by death for the first time—or anytime, they come in contact with the mystery of life, with a sea of swirling emotions, and in search for



those who can help them navigate their changing world—internally and externally. Today, more than ever, our children are faced with new challenges and losses that will shape who they become and how they will view the world. The Hospice Expressive Arts Loss Support (HEALS) Program was developed in 1990 by Penelope Simpson and Anne Black to help support children in grief and provide them with healthy tools for self-expression as they experience the inevitable losses and changes of life. The HEALS Training is most useful to anyone supporting grieving children who would like to learn how to use their own experience as an 'empathic map' and would like to learn specific techniques to encourage children to explore and share their experiences.

In February 2011, Jane Corkish, Coordinator of Children/Teen Programs at Langley Hospice, will be facilitating a HEALS Workshop. During this two-day experiential workshop participants will learn about the HEALS Program and will have the opportunity learn more about the benefits of using expressive arts activities to help children and adolescents heal from grief and loss.

The training is experiential and asks that participants come prepared to discuss and work through a personal loss by participating in hands-on expressive arts learning activities. It is designed so that we, as adults who may be working or hope to volunteer with



children and teen grief support programs, have a stronger sense of the activities that can benefit grieving children/

teens and gain a better understanding of how it 'feels' by participating in these activities ourselves.

One thing you might find is the loss you plan to work on is not the one you ultimately do and that's fine. You will not be put in a position of having to 'let it all hang out' if you are uncomfortable with that. You only need to share at the level you are comfortable with. Our experience with such training is to expect the unexpected! The loss you might choose to work on could be one around which you have some 'unfinished business' but it doesn't have to be. It could be a loss by death of a friend/partner/family member/unborn child, sudden or anticipated. Or it could be the loss of a relationship (through divorce or Alzheimer's e.g.); or the death of a pet.

The training can accommodate 12 participants. As soon as we have 8 participants confirmed we will set a date for two consecutive Fridays in February, 2011. Jane interviews each participant by phone to ensure that this is the right workshop for you and will answer any questions you might have. Contact Jane at 604-530-1115.

Colleen Rush, Chilliwack Hospice Society

HAPPENINGS...



On November 20th, Angelika Bendrich, our Adult Bereavement Program Coordinator, arranged a Labyrinth session for support group participants with Bill Godden, local labyrinth enthusiast. Author and lecturer Dr. Lauren Artress describes the labyrinth

as "truly a tool for our times. It can help us find our way through the bewildering multiplicity, to the unity of



source. The labyrinth is an evocative experience. The labyrinth provides the sacred space where inner and outer worlds can commune, where the thinking mind and imaginative heart can flow together. It can provide a space to listen to our inner voice of wisdom and come to grips with our role in humankind’s next evolutionary step. Troubled communities can come to the labyrinth to discover and synchronize their vision. It gives us a glimpse of other realms and other ways of knowing.”

Another expressive art activity enjoyed by support group participants was a Sand Mandala Painting workshop, also on the 20th of November. Participants worked together in groups to create mandalas from coloured sand, an active meditative art form.



Colouring or creating a Mandala (Sanskrit for circle) is a peaceful pastime used to heal the mind and the body.



Winter/Spring Support Groups Langley Hospice will be offering **Adult Grief Support Groups** to provide support to those grieving the death of someone significant in their lives. These groups provide a safe and supportive environment where participants can explore ways to better understand the grief journey. There is no charge for participation in the groups. One of the groups, an “Understanding Your Grief” group, will be held at the Langley City Library starting Saturday, March 26, and continuing on Thursday evenings from April 2nd to May 26th, from 6:00—8:30 pm. Other groups will be announced shortly; for information on dates and times, or to register, please call Angelika at 604-530-1115.

Our **Children’s Program** support groups will also be starting shortly; please call Jane at 604-530-1115 for more information or to register.



“REEL” Conversations Langley Hospice Society will be offering evenings of film and discussion coming up again in April. Participants will view a film that addresses the topic of death and dying over two evenings, and in discussion reflect on how the film adds or counters their experiences with dying and loss. For film details, dates and times, please call Jane at 604-530-1115.

Hope & Help at End of Life Info Sessions Are you experiencing or thinking about issues related to end of life? You don’t need to walk this path alone. Langley Hospice Society and Fraser Health are collaborating to offer information and support sessions around end of life issues and caregiver support. Each session will be held in two parts, with a presentation about an identified topic for the first half hour, followed by a discussion group of how the selected topic may be affecting participants and their loved ones. Attendance is welcome at one or both parts of the evening, and active participation is entirely voluntary. There is no charge for participation in this program; please call Angelika at 604-530-1115 or Lisa at 604-514-6159 for upcoming schedule information.



Connect With Us

We encourage our readers to submit articles and to provide us with their feedback. If you no longer want to receive our newsletter, please notify us. Thank you!

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Hospice Foundation of America's
18th ANNUAL *Living With Grief*[®] Teleconference



Living With Grief[®]: Spirituality and End-of-Life Care

Moderated by

*Frank Sesno, Professor of Media and Public Affairs at
The George Washington University and Special Correspondent with CNN*

HOSTED BY DIGNITY MEMORIAL & FIRST MEMORIAL FUNERAL HOMES

Wednesday, April 13th 2011

10:00 a.m. – 3:00 p.m.

Cascade Community Church
35190 Delair Road, Abbotsford

RSVP by Friday, April 1st 2011

by email: hendersonschilliwack@sci-us.com Telephone: (604)792.1344

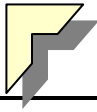
Please provide the name of your organization, the names of those attending,
telephone number & email of your organization

Attendance is free and lunch is provided at no cost.

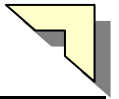
Grief Companion Books are available to all attendees at a cost of \$20.00 each. Please pre-order books when you RSVP.

Bring **payment, in the form of cheque** on date of the Teleconference. Make cheques payable to Henderson's Funeral Home.

Spirituality and End-of-Life Care Teleconference will discuss spirituality and differentiate it from religion, describe ways that spiritual issues and spiritual coping may emerge throughout an illness, assess the ways that spirituality can complicate and facilitate end-of-life care and grief, discuss and evaluate approaches to meaning-making at the end of life including dignity enhancement approaches, and how to demonstrate sensitivities to the particular concerns of major faith systems towards end-of-life care.



Volunteer Corner



Nature's Fare Markets
Live Well. Live Organic

Langley Hospice Society has recently joined Nature's Fare Markets' 3% Club as a way of fundraising for our programs. Here's how it works: when you shop at Nature's Fare Markets, save your receipts and submit them to our office (20660 - 48 Avenue) or to a staff member. We will then submit all these receipts to the Nature's Fare Markets Head Office and they send us a cheque for 3% of our total purchases. The money that we receive will go towards our educational and support programs designed to help people live with dignity and hope while coping with grief and the end of life. You can check out their store at #120, 19880 Langley Bypass (778-278-1300). Please spread the word to your friends and family as well, as this program is not limited to Langley Hospice Society staff and volunteers! Thanks for your participation!

Heartfelt thanks to all of our dedicated volunteers for their continued commitment and support. We couldn't do it without you!

Volunteer Opportunities

Store Volunteers

Second Story Thrift Store is always in need of volunteers to help with sorting, pricing, customer service and setting up displays at the store. Please contact Denise at 603-530-1115 for an application.

Spring Basic Training

The Langley Hospice Certificate Training Program for those wishing to become client volunteers will be running again this winter, starting in February. This program covers issues on life and death as well as grief and loss and related skills. The fee for participation is \$125. For more information or to register please call Fernande at 604-530-1115.



Welcome - New Volunteers

A heartfelt welcome to the following new volunteers;; we're glad to have you with us!

♥ Second Story Treasures

Poonam Chhina	Nicole Douglas
Irene Ediger	Rachel Lee

♥ Office

Paula Ling	Laura Walker
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♥ Client

Morgan Adams	Kamal Binpal
Gert Klunder	Mike LaFrance
Wendy Lannon	Danielle Lewis
Yolanda Neufeld	

Thank You from Fernande Ouellette

The death of one's mother can be quite painful no matter what her age is. My mother took her final journey in December of 2010, and I would like to take this opportunity to thank everyone for their support during this time. It is amazing how comforting a card, a "How are you?", an e-mail, a phone call can be. Thanks a whole bunch.

In Peaceful & Grateful Spirit
Fernande

Volunteer Hours

September 1 - December 31, 2010

♥ Client Volunteers	2,958 hours
♥ Store Volunteers	5,453 hours
♥ Office, Events, Board Newsletter & Other	1,162 hours

Thanks to all of you for your generous commitment to Langley Hospice!

**September—December, 2010
Donations Made in Memory of:**

*Ida Babey
Margaret Bainbridge
Uwe Boecker
Dave Bower
Della Crawford
Esther Davis
Greta De Coste
Robert Durrant
Alfred Erickson
Elaine Farkas
Phyllis Greenly*

*Jean Head
Lucy Johns
Ann Katona
George Kennedy
Corry Langelaan
Trevor Lapierre
Lynn Lascelle
John Maffin
David Mann
Walter Masuk
Jim Munro*

*Patricia Munro
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Anthony Scott
Les Seymour
Jake Sorba
Dave Wallace
Richard Welch
Lenora Whitelaw
Rudy Wiens*

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Angelika Bendrich

Palliative/Volunteer Support

Fernande Ouellette

Children's Grief Support

Jane Corkish

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Denise Station

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Wendy Vetsch

**Second Story Treasures
Manager/Store Operations**

Diane Boyd

Asst. Manager/Store Operations

Kathy Sawatzky

Cashier

Deborah Campbell



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Langley Hospice Society

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www.langleyhospice.com

For years they have provided great comfort to families like mine.



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