



Langley Hospice News

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February 2006



Langley Hospice Residence....

"...a feeling of peace and tranquility..."



A Tribute to My Friend, Steve Cox

In life we get to choose our friends. We choose them from the time we are small, and they are the ones that we want to spend time with. That's because we like them and we want to play with them. And then, without realizing it, we fill important places in each other's lives.

Together we laugh, joke, play, cry, swear, get in trouble together, tell stories, learn from each other, teach each other, give our opinions, share our dreams, do great things together, go on road trips, share adventures, dance, drink, party, criticize, encourage and support each other, and watch over each other. We depend on our friends and they depend on us. We trust them. We make promises to each other and most of the time, we keep them.

If we are really lucky, we all get to grow up together and share our 'new' lives with each other. We share our careers, loves, marriages, births of our children, our homes, our family lives, our new friends, and we share our successes and failures, our happy times and our sad times. We may spend years not seeing much of each other because we are so involved with our families, but we know that we are always there for each other, and always friends.

Some friendships are short term and some last a lifetime. Steven Cox was a lifetime friend and his friends and family gathered on January 24, 2006 to celebrate his life and share memories. Steve passed away on January 2nd of this year at the age of 44, after a courageous battle with cancer. He was a passionate, giving man with an incredible enthusiasm for learning and I will miss him dearly.

Even at the end of his life, Steve maintained a positive outlook, giving his friends advice and spending his remaining days under the care of staff and volunteers at the Langley Hospice Residence on the hospital grounds. Steve received compassionate care and the respect he deserved, and Steve's family were thankful for the understanding and guidance the Langley Hospice provided for them during the most difficult time of Steve's life.

The value of such care and guidance cannot be underestimated. When I asked Steve's wife, Rhonda, how we could help, she asked that we make a contribution to the Langley Hospice Society so that they would be able to utilize the funds to provide a beautiful environment in which families would be

able to spend their precious remaining time together. Rhonda envisions a beautiful tranquil garden area, full of life, with greenery, colour, pots and benches.

I was very moved by Rhonda's request and recognized the importance of your final memories with loved ones. The sights, sounds, scents and ambiance at the end of our journey here on earth should be beautiful and not institutional. The rooms, the art, the music, the gardens—everything is significant. For Steve and Rhonda, there was an overwhelming feeling of peace and tranquility at the Langley Hospice Residence. It was comforting for Steven to know that his family could spend time with him in a cozy, home atmosphere and also know that he could relax and be in capable hands with people who could reassure and comfort him. Rhonda also expressed how the support programs were compassionate and realistic and that the Langley Hospice team truly cared about Steve and his family. Their guidance was so welcoming and so necessary. Rhonda could go home at night knowing that Steve would be looked after with the respect a terminally ill person deserves. His spiritual needs were discussed with the chaplain, nurses and staff and you just cannot put a price on that. For that, we are all eternally grateful.

The Langley Hospice Society has touched more lives than they know in providing this for Steve. If you have an opportunity to be able to give funds or services, or to volunteer for a worthwhile and deserving cause in the community, the Langley Hospice Society should be on your mind and at the top of your list. We all love life, and we all know it will end someday. I know Steve knew the importance of this for himself and his family; and I have honoured my friend with a donation to the Langley Hospice Society in his memory, because that's what friends do.

There you go—Steve always made a difference in life and he is still contributing to what's important and making us better people for having had him in our lives.

Carla Robin



Steven Cox

Happenings...

All walkers and runners, young and old, are invited to join in the **6th Annual Journey Walk/Run for Remembrance**

For the last six years, Langley Hospice has hosted the Journey Walk/Run for Remembrance as both an opportunity to honor and celebrate the memories of loved ones and as a fundraiser.

The Langley Hospice **6th Annual Journey Walk/Run for Remembrance** will be held on **May 7th, 2006 at the Langley Civic Centre**, 20699 - 42 Avenue. With the heartfelt support of all our generous donors, last year we raised over \$18,000.00 to support Langley Hospice.



By raising pledges, forming teams and coming out the day of the **Journey Walk/Run** you are an integral part of Hospice and our community.

This year we have more attractions for the children: Funland from Cultus Lake and Helping PAWZ will be there with lots of fun and entertainment. We are offering a silent auction promising exciting items such as a mountain bike, handmade quilts, and many more exciting goodies. Door prizes will be drawn and Langley Hospice Spirit Awards will be presented to individuals and teams raising the most pledges. Participants will have the opportunity to wear a memorial armband and/or sign our memory book.

With your continued support we hope to raise over \$22,000.00 this year. The programs and services we provide to our community have been made possible by your generosity and commitment. Check out our webpage at www.langleyhospice.com for pledge forms. Thank you for your support!

Volunteer Hours

November 1, 2005 — January 31, 2006

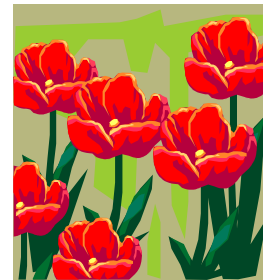
♥ Client Volunteers	938 hours
♥ Store Volunteers	3,870 hours
♥ Office, Events, Board Newsletter & Other	637 hours

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

Spring Preview

March marks an exciting event at **Second Story Treasures**: our first-ever Spring Preview! Taking place on **March 30, 2006 from 6:00 - 9:30 pm**, the Spring Preview will feature a silent auction, live entertainment and light refreshments, in addition to our exciting and entertaining fashion show production. All runway models are not actually models by trade - they are our cherished volunteers and their families. Models will be wearing some of the exceptional quality spring and summer clothing we have received by donation from our thoughtful and valued customers. We have a wide selection of true vintage clothing, colourful vacation clothes, and versatile work wear - and be sure not to miss our Hawaiian wedding finale! With the exception of a few personal items, all the outfits being modeled will be for sale after the show, along with the rest of our expansive collection of new and very gently-used warm-weather clothing and bold shoes, jewellery, handbags and other accessories. With plenty of allotted shopping time, you'll be as stylish as our models are for a fraction of the retail price. This spring, Walnut Grove's "Little Department Store" is the only place you need to go!

All proceeds from this event go to support the Langley Hospice Society's ongoing support programs and operational costs. **Tickets are \$10 each** and available at Second Story Treasures—#5-20349 88th Ave., Langley; however, tickets are limited and we are already over half-sold so hurry! Please **contact either Diane or Michelle at 604-513-9319** for more information or to reserve your tickets.



Volunteer Appreciation Tea

The week of April 23rd—29th is Volunteer Recognition Week —and we at Langley Hospice have a lot to be grateful for! Not only do we have wonderful volunteers putting in thousands of hours every year in service to the community, but this year, thanks to the contributions of all of our donors and volunteers, we were able to pay off the mortgage for the Society house!

So mark your calendars! On **Saturday, April 22nd**, we will be hosting our annual **Volunteer Appreciation Tea** at **Langley Civic Centre**, and afterwards on the same day, we will hold a ceremonial **Mortgage Burning** for the Society office.

Happenings...

Thanks to our Generous Sponsors...

Coast Capital Savings Credit Union awarded Langley Hospice a grant of \$10,000 to furnish a room at our new 10-bed residence. Thank you, Coast Capital! With the help of organizations like yours, we are able to make the Hospice Residence a home.



Thank You **TD Canada Trust** for awarding Langley Hospice a grant of \$4,000 towards our Family Support and Children's Grief Support Programs. Family Support Programs provide a safe and caring atmosphere where participants are listened to and supported as they share their concerns. Family support provides relevant and appropriate caregiver information on materials that will support the whole family, and facilitates insight and discussion on how to keep on living and loving through the end of life journey. Children's Grief Support provides an opportunity for children and teens to meet with others through expressive activities and resources that will facilitate insight and discussion. This group will assist the natural capacity for healing and the healing process before and after the death of someone they love.



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 **Diane** at 604-513-9319.

Event Volunteers

We need volunteers to help with fundraising events on an occasional basis ~ working at bingos, Safeway fundraisers, the Journey Walk/Run, or manning information tables at community events. If you'd like to help, please contact **Wendy** at 604-530-1115.

Farewells & New Faces

We say farewell to **Marvyn Shore**—a longtime volunteer and Board member of Langley Hospice. Marvyn is retiring from the Society Board but will still be around helping out with events here and there. Many thanks, Marvyn, for all your hard work on behalf of Langley Hospice!



We welcome a new staff member to the House—our new Executive Assistant, **Wendy Vetsch**, started January 3rd. Wendy comes to us from the Canadian Mental Health Association branch office in Delta and brings many years experience in both administration and the non-profit sector. She will be helping to keep the office running smoothly and looks forward to meeting all the members and volunteers at Langley Hospice.



A reminder to take care of you! The Hospice Palliative Program is offering a Relaxation Group for palliative and bereaved people, their families and friends, at the Marion Ward Pavilion on the Langley Memorial Hospital grounds, **Wednesday mornings from 10:00—11:30**. If you have any questions, please call **Fernande (604-530-1115)** or email to fernandeouellette@langleyhospice.com.

Sincere Thanks....

Early February was a busy time around the Society office with a major cleanup and flooring renovation in the works—and we'd like to extend our gratitude to **Rick Weik**, ably assisted by his friend, **Rosie**, for hauling away all the extra junk that was cleaned out of all the corners. Rick came to our rescue, even while he was walking with a cane, after having had knee surgery. Many thanks, Rick!

Our gratitude also goes out **Chris Van Bugnum**, who spent several hours painting the back office here at the house—it looks great! Thanks, Chris!

A big thank you to **Rita Raun** and **Eleanor Haddow** of the Langley Quilters' Guild & Around the Block quilting groups, who often help our Caring Hands Comfort Group. We really appreciate your help!

Many thanks to our invaluable **Newsletter Team!** We'd never get the newsletter out without you!

And, of course, a heartfelt thanks to **all of our dedicated volunteers** for their continued commitment and support!

Thanks to **The Brick** for their generous donation of a new TV set for the Society office.

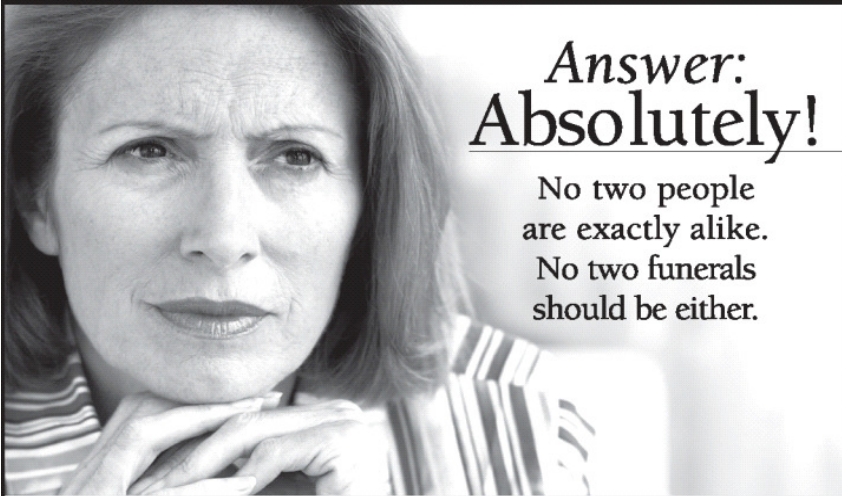
A big thank you goes out to the patrons of **Jimmy Mac's Pub** for their generous donations to the 50/50 draw at the pub's Superbowl Event.

**November 2005—February 2006
Donations Made in Memory of:**

<i>Jeffrey Wayne Baker</i>	<i>Gerry Gleeson</i>	<i>Les Seymour</i>
<i>Jackie Broad</i>	<i>Elizabeth Greve</i>	<i>Derek Spencer</i>
<i>Steve Cox</i>	<i>Arlene Low</i>	<i>Edgar St. Cyr</i>
<i>Catalina de la Cuesta</i>	<i>Evelyn Macrae</i>	<i>Ruth Standen</i>
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<i>Barbara Dyck</i>	<i>Halina Molyneux</i>	<i>Henry Thiessen</i>
<i>Wayne Faraci</i>	<i>Doreen Nesbitt</i>	<i>David Thompson</i>
<i>Vicky Feilding</i>	<i>Roy Newman</i>	<i>Denise Trent</i>
<i>Lynn Fripps</i>	<i>Joan Niblock</i>	<i>Norman Wilson</i>
<i>William Gibson</i>	<i>Sid Reitsma</i>	

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Mission Statement

The mission of the Langley Hospice Society is to support and participate in the development and delivery of Hospice/Palliative Services through trained visiting volunteers, education, public awareness & supportive physical environments for the residents of Langley and Cloverdale communities who are facing life-threatening illnesses

