

**October—November 2006
Donations Made in Memory of:**

<i>Robert Barr</i>	<i>Lacona Jorsvik</i>
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<i>Maureen Genn</i>	<i>Rose-Mary Roscoe</i>
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<i>Shirley-Ann Groot</i>	<i>Micheline Smith</i>
<i>Ellen "Kathleen" Hagerty</i>	<i>Florence Swanson</i>
<i>Olive Harrison</i>	<i>Stanley Warden</i>

Henderson's Langley Funeral Homes (annual newsletter sponsor)



*Holiday
Remembrance
Service*

Thursday, December 7 at 7:00 p.m.

Henderson's Funeral Home will be holding their annual Holiday Remembrance Service on Thursday, December 7 at 7:00 p.m.

The service will be held in the chapel at the funeral home, 20786 Fraser Highway, Langley and is open to the public. We would love to have you join us.

All who come will be offered an angel from our Christmas tree to take home and place on your own tree to memorialize your loved one who has passed away. Hopefully the service will bring some comfort to you during this coming holiday season.

Please RSVP to 604-530-6488 or hendersonslangleyfh@alderwoods.com if you will be able to attend.

*Sincerely,
Henderson's Funeral Home Staff*

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Mission Statement

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.



Langley Hospice News

Volume 13 Issue 5

20088 - 40A Avenue, Langley, B.C. V3A 2Y6

December 2006



*Wishing you comfort and peace
in the holiday season and throughout the year.*



Journeying Through the Seasons of Your Heart

A Few Practical Suggestions:

- ♥ Reach out to others for help
- ♥ Help Others
- ♥ Hug Your Memories
- ♥ Make New Ones
- ♥ Listen to the Rain
- ♥ Listen to Each Other
- ♥ Tell those you love
...That you do

Again this year we can remember that the holiday season - or other special "life events" such as birthdays, weddings, anniversaries, Valentines Day, cultural or religious celebrations - can be a time of paradox. The more you may try to keep traditions the same as they have always been, the more obvious the absence of the person who died may be to you and others in your family or circle of friends.

Dr. Alan D. Wolfelt, Ph.D., encourages us to "learn to mourn well, so that we will go on to live well and love well".

Give yourself permission to change (or not to change) holiday or special "life event" traditions.

You might be like many other people who feel that the spirit of their loved one lives on in their hearts. As you journey through your grief, daily life may provide you with many opportunities to bring the memory and presence of the one who has died into holidays and special life events. Perhaps this might be done by passing on his or her name to a newborn child, or by carrying on certain traditions that link you with that person. During the holidays or when other gatherings happen (reunions, weddings, births, funerals, etc.) perhaps you can take a moment to share special sayings or keepsakes of the person who died.



Or perhaps this year, your traditional dinner during the holidays might be held at someone else's home. A few ideas might be to invite guests to your home for a lunch rather than a dinner; take everyone out to a restaurant; or you might even volunteer to serve dinner at a local community gathering for others.

Find ways to balance solitude with social activities. Remember, a joy shared will be multiplied, while a sorrow shared will be diminished.

Although times of solitude take courage and will renew your strength, social times can balance the loneliness of grief. It may also take courage to be with others, especially during the holidays, but the paradox is that "going public" actually helps your mourning process.

Make time each day for peaceful reflections on your loss as a way to honour yourself and the person who died. Light a candle, put on some quiet music, and spend a few moments with a picture of the person remembering the love you gave and received—also remembering that love never dies.

In other words, you can plan to be sad. As you pay attention to your grief, the intensity and duration of the natural responses to your loss will lessen over time. Joy and sorrow are never separate in life. Louise Cardana reminds us that: "Out of love comes suffering; out of suffering comes love. That is the mystery."

One way to help you express your sadness this year might be to attend a Remembrance Ceremony, either at a hospice or another community venue.



Journeying Through the Holidays

An evening of support and information on helping yourself and others through grief, especially during the holidays.

Individuals, families, children & teens are welcome.

Wednesday, December 6th ~ 7-8 pm

20088 - 40A Avenue, Langley, B.C. V3A 2Y6

Registration is required ~ call 604-530-1115

Refreshments will follow

Happenings...

Service Awards

A number of Langley Hospice volunteers received recognition of their years of service this fall, both at the Annual General Meeting in September and at other occasions in the past two months.



Congratulations to **Kathy Derksen** for 15 years of dedicated volunteer service to Langley Hospice! Kathy joined the Langley Hospice Society in 1990 and took the hospice volunteer training in 1991. She was a client visiting volunteer until 1995 and continues to be a board

member up to the present time. Kathy is presently the President of the Society Board and we would like to express our sincere appreciation for her leadership and old-fashioned hard work throughout the years. Thanks very much, Kathy!

Three of our dedicated volunteers reached their ten-year mark this year.

Rick Weik, who has volunteered as a client volunteer, as well as helping out



around the Thrift Store and the Society office, received his ten-year pin, as did **Muriel Ward**, who has been assisting us for ten years on such activities as the newsletter team, bingo, fundraising and at our annual Celebrate-A-Life event.



Roberta Frankforth has served on the Foundation Board since 1996, and through that service has been assisting with fundraising and other community events. Congratulations to you all, and many thanks for your outstanding contributions to Langley Hospice!



A number of our volunteers received their five-year pins this year: **Anne Dent**, also from the Foundation Board (pictured at left), **Margaret Sorenson** (at right), palliative client volunteer, **Ruby**



Moore, client and thrift store volunteer, and **Norma Floyd**, **Jordy Fitzsimmons**, **Shirley Read** and **Alvin Kipling**, all **Second Story Treasures Thrift Store** volunteers (**Jordy**, **Alvin** & **Shirley** at left). Many thanks to all of you for your valued service and continued support!

Farewells and New Faces

We would like to say good-bye and best of luck to **Gerri McGrath**, a longtime staffer at Langley Hospice. Gerri started with us in 2000 as a Bookkeeper, and eventually became Fund Development Coordinator. Gerri is leaving us to take over as Executive Director of Chilliwack Hospice Society. We miss you already, Gerri!

New to Hospice is **Karen Sanders**, our new Volunteer Coordinator. Karen started in October and comes to us from Peace Arch Community Services in White Rock, where she served as Volunteer Coordinator for several years, and before that, in a variety of positions working with volunteers in healthcare and social services. She has also been a volunteer herself, with Delta Police Victim Services, and the Wildlife Rescue Association, to name a few.

Karen's role at Langley Hospice is to actively recruit volunteers (primarily for the Thrift Store), coordinate volunteers for fundraisers and special events, organize volunteer recognition events, and assist the coordinators with the volunteer components of their programs. She has a certificate in Volunteer Management, is a Certified Information and Referral Specialist and has a Unit Clerk diploma. Welcome, Karen!



"Something for the Holidays" Fashion Show

Monday, December 13th
Sunrise Banquet Centre



This year's fashion show was a tremendous success! Darlene Wreggitt from Just Great Clothes is pictured here with some of our wonderful models (from left): Helen

Rupcich, Diane Freeman, Michelle Cyprus, Debbie Dore (front), Margaret Oliver and Donna Pritchard. Also modelling were Dorit Dopson, Kathy Massey, and Kathleen Walsh. Our sincere thanks go out to all of you for your help! Two of our faithful Board members, Dorscie Paterson and Merlyn Jussila, staffed the ticket desk. The fashion show raised over \$3,000.00. Many thanks to all of you who helped out!



Sincere Thanks...

Our heartfelt appreciation goes out to the person who responded to our request in last month's newsletter for a wooden tea cart. Someone brought in a lovely rattan cart—but we're not sure who it was! We'd love to know who we have to thank for this generous gesture—please give Fernande a call at 604-530-1115 to let her know! We'd also like to say thanks to **Margaret Holford** for her kind offering.

A great big thank you to **Chris Van Bugnum** for applying her painting skills to our meeting room—it looks wonderful, Chris—thanks a million!

Thanks to **Bob Carpenter** for his assistance with the facilitation of the Loss Support Group that ran this fall ~ your help is always most appreciated!

Happy holidays to you all!



Thank You from Langley Hospice "Something for the Holidays" Fashion Show

We would like to express our sincere thanks to all of our donors, participants and the community. We are pleased to announce that this event raised over \$3,000 to support individuals and families living with terminal illness, death and grief.

MEDIA SPONSOR

Langley Times

EVENT SUPPORTERS

Birthplace of BC Art Gallery
Gao Importers • Home Interior Collection
Just Great Clothes • Second Story Treasures Thrift Store

SILENT AUCTION DONORS

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Donna Wenman • Mike Whitney, Fraser Valley Wireless

A VERY SPECIAL THANK YOU TO:

Our wonderful models • Foundation Board members
Sunrise Banquet Centre & 5 Star Catering Ltd.
and Bob Jussila (photography)
for all their efforts in making this event a great success.!

**Second Story Treasures Thrift Store
Holiday Season Hours**

Our very hardworking and popular Hospice Thrift Store staff and volunteers will be taking a much-needed break during the holiday season. The Thrift Store will be open right up to December 23 to help you with your last minute Christmas shopping bargains. **The store will be closed from December 24, 2006 through January 1, 2007 and will reopen on January 2, 2007.** However, thanks to our dedicated volunteers, the store will take donations on specified days and times. Before taking your donations to the store, please phone 604-530-1115 for the posted schedule.