

Summer 2017



IMPRINTS

Our Services

Upcoming Events

Butterfly Effect

Black Ty Gala 2017

Book Review

Hospice Happenings

Fundraising Books

Volunteer Hours

Support Groups

*FREE Advance Care
Planning Workshops*



Quarterly News from Alberni Valley Hospice Society



3088 3rd Avenue
(250) 723-4478
www.albernihospice.ca

Our Services

Ty Watson House

4 bed residential hospice house

Community Palliative Care Support

companioning clients and caregivers

Bereavement Support

individual and group counseling

Spiritual Care

provided by staff and volunteers

Complementary Integrative

Health Services

for palliative clients and caregivers

Library Resources

free to the public, at 3088 3rd Ave

Reflections Program

life story recording

Advance Care Planning

planning for future health care choices

Upcoming Events

2nd Annual Butterfly Effect

Saturday, June 17, 2017

Limited number of butterflies still available.
Call to reserve. Join us on release day for an amazing experience! Everyone Welcome!

FREE Advance Care Planning Workshop

Monday, July 10, 2017

1-3pm, West Coast General Hospital
Call to register (250) 723-4478

Wednesday Meat Draws

Every Wednesday, 5pm-7pm
Westwind Pub

Sunday Meat Draws

Every Sunday, 3pm-5pm
Kingsway Hotel

FREE Advance Care Planning Workshop

Monday, September 11, 2017

1-3pm, West Coast General Hospital
Call to register (250) 723-4478

FREE Advance Care Planning Workshop

Monday, November 6, 2017

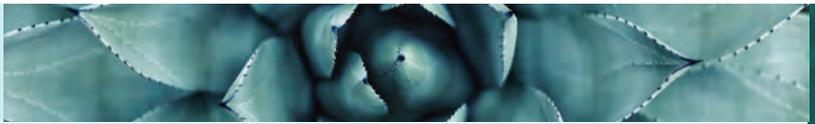
1-3pm, Venue TBA
Call to register (250) 723-4478

Volunteer With Hospice!

Our volunteers contribute in a variety of ways from helping us fundraise, to running programs and directly helping clients in the community.

To become a volunteer, please contact us today!

**For more information:
(250) 723-4478 or www.albernihospice.ca**



Butterfly Effect



On April 30, 2016, we released 400 butterflies, celebrating the transformation from one stage of life to another, and paying symbolic tribute to the loved ones we have lost.

Join us Saturday, June 17, 2017 for our next release!

Once again, Jim's Clothes Closet has sponsored 100 butterflies to be made available at no cost to anyone who would like to participate.

If you would like to release a butterfly but cannot afford to do so, please contact us at the office and we will register you. At release, your butterfly will be available for pickup at the main pickup station.

A limited number of butterflies is still available; any remaining will be available for purchase on release day.

Purchase individual butterflies for \$25/each, or sets of 10 (in individual release boxes) for \$200.

Everyone welcome!

Join us at Canal Beach at 1pm on Saturday, June 17, 2017!

**We'll have live music,
dancing, food, planting
a butterfly garden, kids
activities and more!**



We held our ninth annual Black Ty Gala on May 27, 2017!

The Black Ty Gala is a major fundraiser that benefits Ty Watson House, and allows us to continue to provide quality end of life care in the Port Alberni community.

Businesses and individuals donate items - such as fine art, wine, trips and excursions, gift certificates to various activities and services - and they are auctioned off at the Gala in live and silent auctions.

This year we raised over \$50,000 in profit, with ticket sales, two raffles, 15 live auction lots, and 133 silent auction lots — plus generous donations from sponsors and guests!



**Thank you to our many guests, donors, sponsors, and other supporters!
It was an amazing night!**



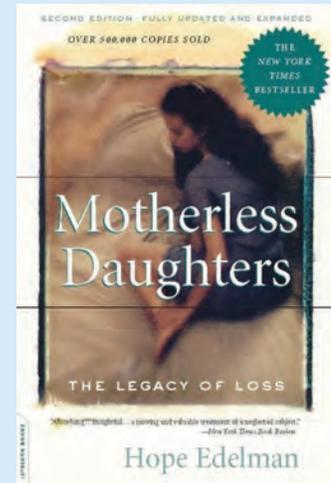
Tom Oldfield, Sharon Hebert, Todd Nicklin, and Terry Neyedli watch as Jaden (11) tries the winning key in the lock!

Tom Oldfield won our diamond ring raffle - and generously donated it back to be auctioned off! Our last lot of the live auction, the winning bid raised an additional \$2,000 for Hospice!

Dear Reader,

The Alberni Valley Hospice Society has a library. Did you know?

There are books available to read and all you have to do is sign them out, (and make sure you return them of course!). It is a great resource for people of all ages, including material on Bereavement and Grieving, Self-care and Caregiver resources, and End of Life Issues. If you know of someone of any age that is affected by loss there may be something they can read from the Hospice library that could help. There are titles for children and youth as well as adults.



A couple months back I was sorting and re-shelving the books of the Hospice Library and I asked the staff if anyone had books to return to the shelves. Theresa had some in her office and she handed me the pile. On top was a book called “Motherless Daughters, The Legacy of Loss”, by Hope Edelman. Theresa said she had not read it yet and that it might be a good one for a book report to submit to the quarterly Imprints newsletter.

I said sure without really looking at what the book was about. Turns out it actually was about exactly what the title said it was. Motherless Daughters. I am one of those myself. There are many of us and it seems to me that all motherless daughters can be said to share a similar loss.

In her book, Hope Edelman talks about how losing her mother to cancer at the age of 17 has affected her. Not only at the time when her mother passed when Hope was young, but throughout her whole life. She holds nothing back as she describes the life events and milestones where she breaks down from the realization that she is motherless and has no guiding hand to turn to during those emotional times.

She courageously describes how it felt for her as she moved through those milestones and how she has changed and grown into the person she has become today. When Hope lost her mother there were no books or manuals written on this type of loss where grief occurs over and over at each new milestone in life, feeling the loss of the mother anew. For those of living with the loss of a mother now, we have the support her book offers.

The book includes years of research and many excerpts and letters Hope has received from many other motherless daughters each telling a unique story that clearly shows that the loss of a mother, as different, unique and individual as it is for each daughter, is somehow identical and universal to all daughters at the same time.

The book also talks about family interactions and how siblings and surviving parents are affected at the time of loss and ultimately how all relationships can be affected from that time forward. The many feelings that arise, some of which are loneliness and frustration, fear, anger, confusion, abandonment and isolation are acknowledged and discussed.

As a motherless daughter myself, I could definitely identify with the candid stories of the hard things the author had to face emotionally as she grew up, learning to understand and compensate for the missing maternal influence in her life. As Hope describes the realizations she’s had on why she is the way she is now and who she has become as an adult, she clearly illustrates how losing her mother has impacted her life and the lives of all those around her.

She states, “I hope this book will help other motherless women understand how their early experience can continue to affect their relationships with family and friends, lovers and co-workers, and most of all, themselves.”

Overall this book is an empowering and emotional read that I would suggest to any daughter. If you have lost your mother it will help you understand and if you still have your mother it will help you appreciate her like never before.

Article by Kerrilyn Briggs

Hospice Happenings



We had a lovely Easter celebration at Ty Watson House in April!



May was once again declared Hospice Month in Port Alberni!



Tatum and Darcie arrived at Ty Watson House with their arms full of donations in memory of our beloved Rosemary Sarkany.



We found a package of California Poppy seeds dated 1937 in a trunk in the attic at Ty Watson House!



Laurie Wiley, owner of "The Pin Cushion", for the donation of embroidery on the new Ty Watson House Kitchen aprons!



Our new dishwasher was installed by Sam Tsai, started volunteering at Ty Watson House & assisting Gail Koehle in the kitchen when he was 13! Sam is a plumbing apprentice with Wendell Farrell who owns Faithful Plumbing & Heating.





The Alberni Auto Group, Chrysler and Island Cleaning Supplies filled the back of an SUV with *everything* on our recent Always Needed List!



Victoria Quilts Nanoose Chapter made us a beautiful cross stitch set for 8 with place mats, napkins, and a runner!



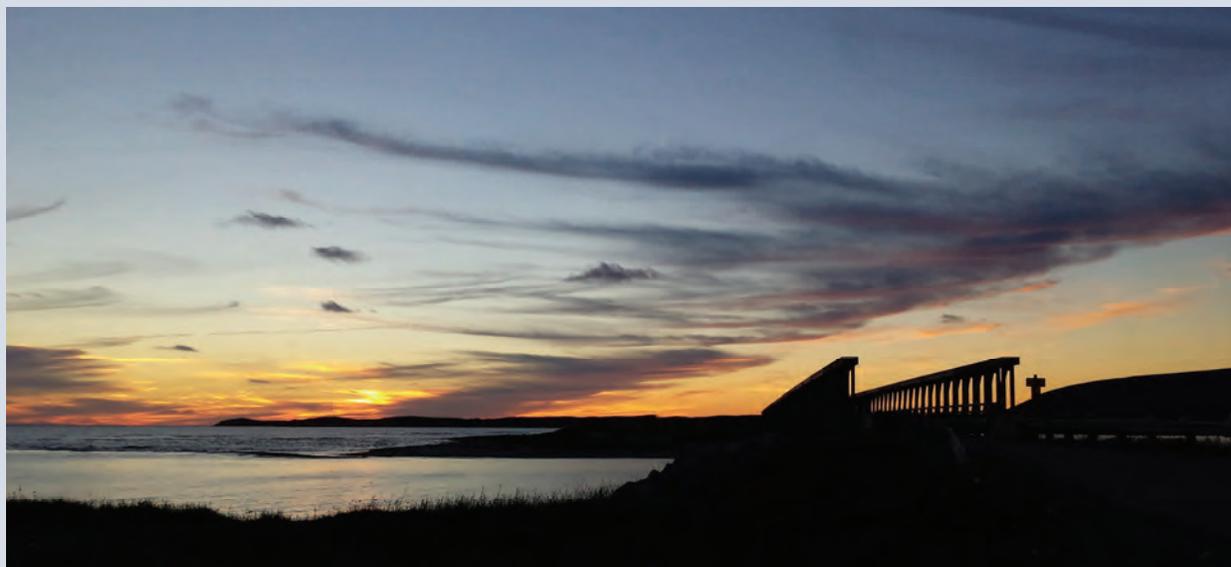
We got this lovely message along with this photo:
 "Hi! My mom is currently a resident at Ty Watson. Yesterday I shared the post about the pantry supplies being low. This morning a very good friend of mine who lives in Saskatchewan transferred me \$75 and I went shopping. Years ago when her and I were young she didn't have a lot of money and my mom would make an extra sandwich for my lunch that I would share with her. It was nice to see mom reaping seeds she sowed 30 plus years ago. Here's a picture."

We've had some lovely poppies blooming again in the garden at Ty Watson House this year, as well as beautiful multi-colored tulips!



Finding My Canada: Reflections from the Road

A book by Sharon Hillman 



Her two month odyssey across Canada with her husband, Dennis, brought Sharon to an understanding of what her Canada is in a way that could not be found otherwise. By tracing historical roots, finding hidden treasures in each province, and engaging in conversations with Canada's diverse people, she came to define her Canada as a place of industry, creative energy, striking beauty, colourful quirkiness and soul-renewing tranquility.

This book is produced as a fundraiser for the Alberni Valley Hospice Society's Reflections Program, through which we record the life-stories of the citizenry of the Alberni Valley.

Books are \$25 each.

Pre-orders for the book can be made:

- **In person at the Alberni Valley Hospice Society Office (3088 3rd Ave)**
- **By mail (enclose cheque and note) to:
Alberni Valley Hospice Society, 3088 3rd Avenue, Port Alberni, BC V9Y 2A5**
- **By phone at 250-723-4478**
- **Through our website www.albernihospice.ca**

Vital Voices: Alberni Valley Loggers

Reflections from Forest Industry workers of the 1940s to 1990s



Through the passionate, personal stories of those folks whose work in the deep woods of the Alberni Valley through the heyday of the Forest Industry that built this modern-day community, the reader will construct a picture of what it was like to walk in their boots.

Stories of courage, loss, triumph and even a little mischief, will take the reader through every job that was done in the woods to bring our giant trees from “stump to dump”. Some stories will give an overview of a work-site, some will focus on a single incident, all will grab the reader’s heart.

Pre-orders end September 30, 2017.

We are hoping to have books available for pickup after November 30.

Books are \$35 each.

Pre-orders for the book can be made:

- **In person at the Alberni Valley Hospice Society Office (3088 3rd Ave)**
- **By mail (enclose cheque and note) to:
Alberni Valley Hospice Society, 3088 3rd Avenue, Port Alberni, BC V9Y 2A5**
- **By phone at 250-723-4478 with a credit card**
- **Through our website www.albernihospice.ca**

Volunteer Hours 2016

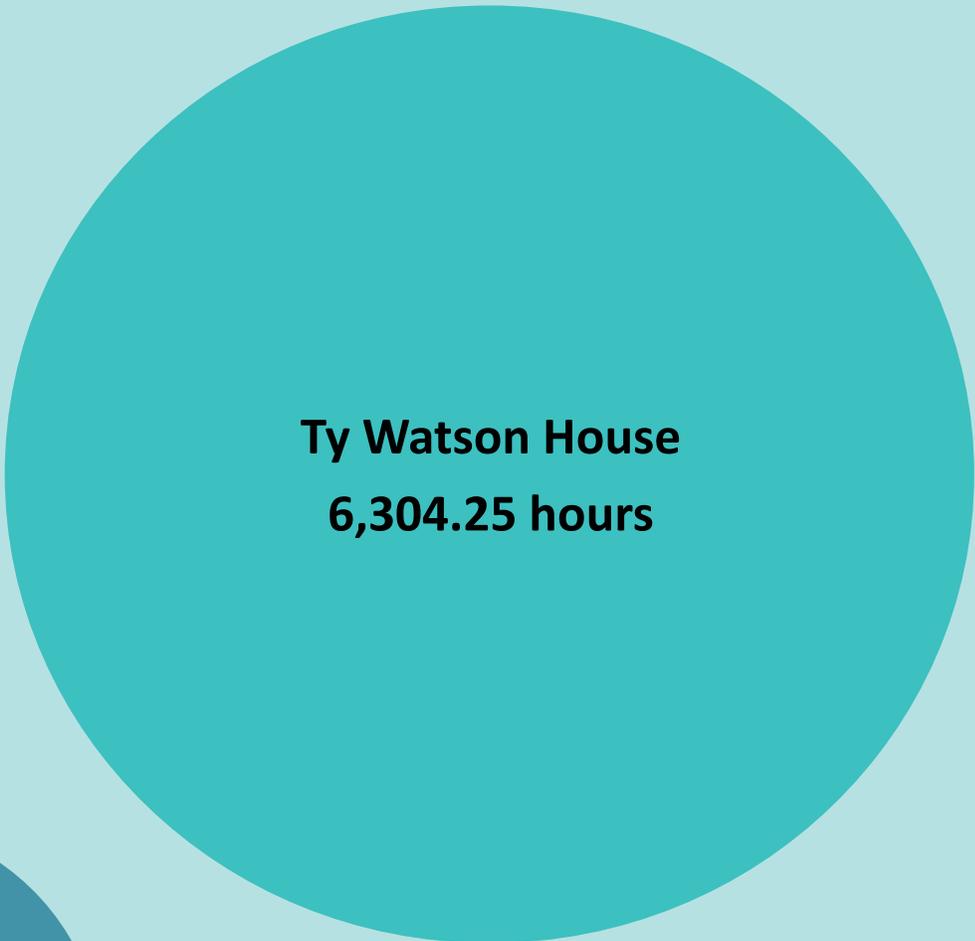
Our volunteers pour thousands of hours into compassionate care for our community each year.

Below are the current reported volunteer hours for 2016.

(Please note that actual volunteer hours provided are usually higher than reported.)

As you can see, most of the hours were spent at Ty Watson House.

See full breakdown below.



- Reflections Projects (1314.50)
- Vital Voices Project (653.5)



- On Call (465)
- Education (415.5)
- Fundraising (307.25)
- Board (199.5)
- Community Palliative Care (118.75)
- CHS/Healing Touch/Reiki (113)
- Planned Giving (109.50)
- Beravement (104.25)
- Care & Share (101.25)
- Office Support (32.5)
- Other (32)
- Advance Care Planning (19)
- Community Outreach (13)

Family Caregiver Support Group

Second and fourth Tuesdays of each month, 1:30 pm

3088 3rd Avenue, Port Alberni BC

An opportunity for caregivers to meet and share emotional support and practical information.

We provide a non-judgmental space to openly discuss challenges and experiences, ask questions, exchange practical information, access resources, vent, share positive stories and get relief from isolation – all in a safe atmosphere.

Companions Through Grief Group

A flexible format and safe, relaxed environment in which individuals may share with others experiencing grief.

Weekly meetings are held at the Alberni Valley Hospice Society office
(3088 3rd Avenue, Port Alberni), Thursdays at 1pm.

You must speak with a counselor prior to attending the group.

Bereavement Walk & Talk Group

The goal of this group is to offer bereavement support in an informal and comfortable way that combines exercise and companionship.

Participants meet for a one-hour walk, followed by a one-hour refreshment visit at a local business.
Locations vary by week. Saturdays, 9-11am

**To register for any of our groups,
or for more information:**

(250) 723-4478

Why monthly donations work

Reliable Income
helps us budget and plan

Cost Effective

these donations don't eat up staff time,
letting us focus on programs

Auto-magic
less work for you

Manageable

Easy to fit into your budget

Flexible

You set the amount
& payment method

You can set up monthly donations online on our website:
albernihospice.ca

I would like to make a donation

Name: _____

Mailing Address: _____

Phone: _____

Cheques Included

Please use credit card:

Name: _____

Credit Card #: _____

Expiry: _____

Amount of Donation: _____

Make a recurring monthly donation

I have included AV Hospice Society/Ty Watson House in my will.

Cut this out and mail (along with cheques if applicable) to:

Alberni Valley Hospice Society
3088 3rd Avenue
Port Alberni, BC V9Y 2A5

Don't know where to start with your Advance Care Plan?



Join us for a **FREE** workshop.

Get all the information you need to understand ACP and complete your own ACP booklet.

ACP booklets also provided free of charge.

Facilitated by Samantha Barrowcliff, Gretchen Carlson, Lyn Collins, and Darren Saare.

Monday, July 10, 2017

1-3pm

West Coast General Hospital - Meeting Room

Monday, September 11, 2017

1-3pm

West Coast General Hospital - Meeting Room

Monday, November 6, 2017

1-3pm

Venue TBA

Seats are limited to 30 people
Call to register - (250) 723-4478