



# Burnaby Hospice Society

## Newsletter

February 2011

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## Nurturing the Caregiver

When a loved one is dying, family and friends become partners on the end-of-life journey. Those who become caregivers can often struggle to cope with the demands on their time and energy and forget to take the necessary steps to restore and focus on their own personal needs and health.



Given the complex nature of changes that can happen during this time, the need for self-care is important to help maintain one's sense of well-being.

To help facilitate a greater understanding of self-care within this context, the Burnaby Hospice Society invites you to join us at

"Nurturing the Caregiver," an evening workshop with Clarissa Green, a Registered Clinical Counsellor and professor emerita from UBC.

The Nurturing the Caregiver presentation is part of the Burnaby Hospice Society's new community education series on the end-of-life process.

The event is free and will be held on February 15, 2011 at the Confederation Centre (4585 Albert St, Burnaby) from 6:00 - 8:00 pm.

For more information on this event or to register please contact Erin O'Neill at 604-520-5024 or [honeill.bhospice@telus.net](mailto:honeill.bhospice@telus.net).

Please RSVP by February 11, 2011.

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## Memorial Service

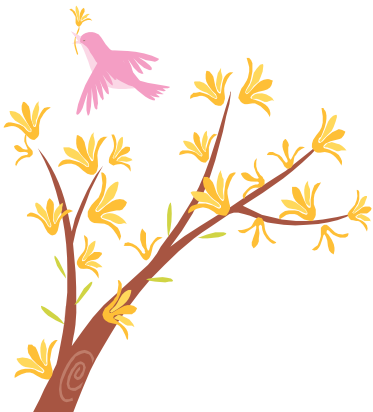
The **Burnaby Hospice Society** warmly invites you to a multi-faith community memorial service to honour your loved one.

**Thursday, March 31, 2011 from 1:00 pm to 2:00 pm**

Deer Lake United Church (5135 Sperling Avenue, Burnaby, BC)

*Refreshments will be served following the service.*

If you would like the name of your loved one included in the service program, please contact the Burnaby Hospice Society. Please RSVP by **Monday, March 28, 2011** ([info.bhospice@telus.net](mailto:info.bhospice@telus.net)) or 604-520-5087).



# Thrift Store Celebrates Five Years



Burnaby Hospice Society Thrift Store will be five years old this year!

From its very humble beginnings, the Store has quickly grown to become known in the community as a source of quality goods at affordable prices, a support to other social agencies and a place where people can come to help and to make friends.

In November 2010, the Thrift Store held its first ever "An Evening of Fashion" show, hosted by Wings Pub and Grill.

Society and Thrift Store volunteers modeled outfits from the Thrift Store and demonstrated that great style can be found for great prices – the second time around! The event was a great success and raised over \$1,400 in support of the Society (see pictures below).

To celebrate the BHS Thrift Store's 5<sup>th</sup> year anniversary we will be holding a special Customer and Volunteer Appreciation Day on Tuesday, March 1, 2011.

Volunteers and customers are cordially invited to join us in the morning for complimentary coffee and baked goodies in the store and special sales will be held throughout the day.

We hope many of you are able to come and take part in the celebration; because without your continuous support, contributions and efforts, the Thrift Store would not be the success it is today!



## Hospice Volunteer Training Dates

The next Burnaby Hospice Society Hospice Certificate Training Program for persons wishing to become hospice palliative volunteers will be offered this spring, between March 3, 2011 and April 7, 2011.

The program is an intensive 30 hour session that covers palliative and grief support as well as related skills.

The session includes guest speakers from the Burnaby Palliative Team as well as a visit to a funeral home.

After volunteers finish their training, they will do buddy shifts with experienced volunteers until they feel comfortable doing visits on their own.

The cost of the training session is \$75 and enrollment is limited.

For more information on the session, please contact Jeri-Lyn Munro or Brock Nicholson at 604-520-5087.

## Welcome To Our New Volunteers!

We would like to extend a warm welcome to the following new volunteers:

### Thrift Store

Dylan Aurmoogum  
Dasi Bona  
Alla Chaiko  
Vincent de Jesus  
Alexandra Julianto  
Hyunseok Hwang  
Changho Kwon

### Thrift Store cont.

Samuel Luan  
Roland McIntosh  
Alanna Pierott  
Sherwin Setiobudi  
Patrick Tjoek  
Sherry Wan

## Mark Your Calendar....

### Tuesday, February 15, 2011 – 6:00 – 8:00 pm

Nurturing the Caregiver – A Workshop with Clarissa Green  
(Confederation Community Centre, 4585 Albert Street, Burnaby)

### Thursday, March 31, 2011 – 1:00 pm – 2:00 pm

Spring Community Memorial Service  
(Deer Lake United Church, 5135 Sperling Avenue, Burnaby)

### Sunday, May 1, 2011

Burnaby Hospice Society's Hike for Hospice  
South Burnaby Lawn Bowls Club (Central Park, Burnaby)

### Friday, June 24, 2011

Burnaby Hospice Society's 1<sup>st</sup> Annual Golf Classic  
(Burnaby Mountain Golf Club, Burnaby)

### Thank You!

Our heartfelt thanks to all our dedicated volunteers for your ongoing commitment and support.

We couldn't do it without you!

**Burnaby Hospice Society**

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Burnaby, BC V5E 1E4

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**Fax:** 604-520-5089  
**E-mail** info.bhospice@telus.net



**Would you like to get your newsletter by email?**

Please send your email address to info.bhospice@telus.net and help us to reduce our mailing costs and save a few trees!

**MISSION STATEMENT**

To provide compassionate care to individuals and families during the dying and grieving process and to educate the community about death and dying.

**BOARD OF DIRECTORS**

**Executive**

President – Janet Ritchey  
Vice President – Bonnie Stableford  
Treasurer – Randy Lutic-Hotta  
Secretary – Eleanor Joughin  
Past President – Thea Juett

**Members at Large**

Sharon Hamer  
Shashank Hedao  
Allan Joyce  
Helen Mackie  
Marilyn Rushton

**SOCIETY STAFF**

Diana Li  
Executive Director

**SOCIETY STAFF CONT.**

Erin O'Neill  
Bereavement Program Coordinator  
  
Jeri-Lyn Munro  
Palliative Care Program Coordinator  
  
Brock Nicholson  
Asst Palliative Care Program Coordinator  
  
Mellanie Wakeland  
Office Coordinator

**THRIFT STORE STAFF**

Chris Cameron  
Thrift Store Coordinator  
  
David Swistak  
Thrift Store Assistant/Custodian

**Yes, I want to support the Burnaby Hospice Society!**

Please accept my donation of:

\$50       \$250       \$100       \$50       \$25       Other \$ \_\_\_\_\_

in support of Burnaby Hospice Society's work of providing compassionate care to those in our community who are struggling with a life-threatening illness or bereavement.

Please send my receipt to:

Name: (Please print) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Annual membership in the Society is \$15.00 (August 1 – July 31). Help the Society have a stronger voice in the community. Membership **does not** require a volunteer commitment.

Yes, I would like to become a member of the Burnaby Hospice Society       No, I do not wish to be a member

My donation and/or membership cheque is enclosed

I would like to learn more about:       Monthly Giving       Planned Giving

**Thank you for your support!**