



# Burnaby Hospice Society

## Newsletter

May 2011

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## Thank you for Hiking for Hospice!

On Sunday, May 2<sup>nd</sup> members of our community came together at the South Burnaby Lawn Bowls Club in Central Park to celebrate the memories of our loved ones and support the critical work of the Burnaby Hospice Society (BHS) at the 2011 Hike for Hospice Palliative Care.

The event was well supported by the Burnaby community and participants included Peter Julian, MP for Burnaby – New Westminster, who expressed his heartfelt appreciation of the work done by the Society.

Funds are still coming in, but preliminary results

indicate the 2011 Hike for Hospice has raised over \$12,000, exceeding its goal of \$10,000.

"We are thrilled with this year's result," said Diana Li, Executive Director of BHS. "These past few years have been very challenging for charities, so to surpass our fundraising goal under these difficult times is tremendous".

She says that the funds are much needed by the Burnaby Hospice Society, which serves over 800 families every year. "The need for hospice palliative care in our community is growing, and as a not-for-

profit, we rely greatly on donations from the public to support our mission of providing compassionate care to individuals and families during the dying and grieving process."

The Burnaby Hospice Society offers its sincere thanks to the many participants, volunteers, partners and contributors who made the 2011 Hike for Hospice Burnaby such a success.

We hope that you will all join us again next year at the 2012 Hike for Hospice Burnaby!

See page 2 for pictures from this year's event.



### Congratulations to...

#### Raffle Prize Winners:

Kim Makiseff  
(Handmade cards by Makiko Morelli)

Bea Provost  
(Handmade quilt – donated by Common Threads Burnaby Quilters)

Melissa Hamer  
(Original painting by Barbara Lussier)

### Gold Partners

# Vancity

# Burnabynow

Working for Our Community

### Silver Partner



**ALLEGRA**  
DESIGN • MARKETING • PRINT  
BURNABY • SURREY • LANGLEY

### Bronze Partners



**The Mulberry**  
Retirement Residence

### Community Supporters

**Burnaby Lougheed Lions Club**  
**Aki Miyagi**  
**Common Threads Burnaby Quilters**

**Metro Vancouver Firefighters Band**  
**Barbara Lussier**  
**Makiko Morelli**

## Inspired Journeys in Music

On April 28, 2011, the Burnaby Hospice Society presented the third of our ongoing Public Education Workshop Series with great success.

Entitled “Inspired Journeys in Music”, the workshop was held at The Mulberry Retirement Residence and coincided with the beginning of National Hospice Week.

The event was facilitated by two very talented and

experienced music therapists, Valerie Weeks and Susan Summers, who led the audience in an exploration of our lifelong relationship with music.

Stories of their own experiences were weaved with music and song to help illustrate the principles of music therapy, particularly how it is used in end-of-life care to support clients and their families.

Audience members were invited to sing along, participate in playing musical instruments, and share their own musical experiences during the interactive workshop.

Overall, the event was an enlightening, uplifting, and inspiring experience for everyone involved – members of the community, Mulberry residents, volunteers, and staff. Many thanks to all those that helped out!

## 2011 Hike for Hospice cont.



## For all that you do...thank you!

In 1986, the Burnaby Hospice Society was inspired by a dream that no one in Burnaby needs to go through the end-of-life journey alone.

Since then, thousands of volunteers have helped to turn that dream into a reality.

In celebration of National Volunteer Week (April 10 – 16), the Society held a Volunteer Appreciation Open House on April 16.

The event gave us a special opportunity to formally thank all of our volunteers and recognize their essential role within our organization.

The event also gave us a chance to celebrate and have fun as volunteers were invited to enjoy an evening of pampering and relaxation.

Even the unseasonal snow that evening could not dampen spirits as

volunteers relaxed with mini-massages or enjoyed sessions of healing touch and therapeutic touch.

As an organization, the Burnaby Hospice Society would not be who we are, without the help of our tireless and selfless volunteers.

For your efforts...warmth, kindness, openness and generosity all year-round...thank you.

### Volunteer Appreciation BBQ

**Date:** Thursday, July 14

**Time:** 5:00 pm onward

**Place:** Central Park

Picnic Area #2

If possible, please bring your own chair

**Please RSVP by July 4**

604-520-5087 or  
info@burnabyhospice.org

*We hope you can join us!*

## Welcome To Our New Volunteers!

### Thrift Store

Robert Brown-John  
Faye Catungal  
Bella DeJesus  
Alanna Fang  
Joshua Gomapas  
Joyce Hu  
Zoe Jie  
Chris Jimenez  
Leandra Joel  
Bernadette Joynes  
Seul Lee  
Wesley Li

### Thrift Store cont.

Vincent Liang  
Selina Ling  
Samuel Luan  
Anna MacDougall  
Pauline Oluoch  
Bryan Shetty  
Naomi Tonegawa  
Cathy Zhang  
Katherine Zhong

### Congratulations to the following who have recently completed the hospice palliative volunteer training program:

Sharon Hamer  
Franca Hsin  
Mubbin Jamal  
Jason Kuo  
Lorraine Lau  
Linda Lee  
Yasi Li  
Rose Lim  
Charlene Luo  
Maura MacDonald  
Manjit Sidhu  
Jan Watts

## CBC Series "A Good Death"

"A Good Death," a CBC online series produced by journalism students from The University of Western Ontario, launched online on May 16 with "Derek Miller's last blog," an article that explores the use of social media when it comes to palliative care.

The 13-part series investigates various aspects of hospice palliative care in Canada and how Canadians cope with death.

"The topic is one that is under-reported and while we live in a culture that

avoids talk of death, I felt a project where we could come at it from a number of directions, would work. I wasn't disappointed," stated CBC Online Executive Producer Mary Sheppard.

The articles will be posted daily on [www.cbc.ca/health](http://www.cbc.ca/health).

### Grief Support Group

Grief Support Group – 8 wks  
June 8 – July 27, 2011  
Burnaby Home Health  
4946 Canada Way, Burnaby

Please call us at 604-520-5087 for more information

**Burnaby Hospice Society**

6855 Kingsway  
Burnaby, BC V5E 1E4

**Phone** 604-520-5087  
**Fax** 604-520-5089  
**Email** info@burnabyhospice.org



# New to the BHS Lending Library

The following new books have been recently added to the BHS lending library:

**Healing Your Grieving Heart: 100 Practical Ideas**  
by Alan Wolfelt

With sensitivity and insight, this book offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.

Acknowledging that death is a painful, ongoing part of life, it explains how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies.

These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that living their lives can begin again.

**The Art of Grief: The Use of Expressive Arts in a Grief Support Group**  
edited by J. Earl Rogers

Art and other expressive therapies are increasingly used in grief counseling, not only among children and adolescents, but throughout the developmental spectrum.

These forms of nonverbal communication are often

more natural ways to express thoughts and feelings that are difficult to discuss, particularly when it comes to issues surrounding grief and loss.

Packed with pictures and instructional detail, this book includes an eight session curriculum for use with grief support groups as well as alternative modalities of grief art therapy.

The BHS lending library is open 9:00 - 4:00 Monday to Friday at the BHS office and can be accessed free of charge by everyone in our community.

**Would you like to get your newsletter by email?**  
Please send your email address to info@burnabyhospice.org and help us to reduce our mailing costs and save a few trees!

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## 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!**