



# Pacific Rim Hospice Society

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## Dementia Education Workshop

April 20 10am-2pm  
Tin Wis Best Western, Tofino

Muu chin ink Board Room  
*cost by donation, lunch provided*

### "I'M STILL HERE"

*a research based drama on living with de-  
mentia presented by Target Theatre*

### UNDERSTANDING DEMENTIA, CREATIVE APPROACHES AND CREATIVE SOLUTIONS

*with Jane Hope  
from the Alzheimer's Society of BC*

Please call 725-1240 for more information

*Thank you to the Coastal Community Credit  
Union, Tin Wis Best Western, Zoe's at North  
Beach, Tofino Motel and Cable Cove Inn*

## May is Hospice month



Caring for loved ones at the end of their life is one of the most difficult things a family or informal caregiver has to face. Many face this journey alone because they are unaware of the resources that are available to assist them, both during their loved one's illness and during their bereavement period.

Hospice volunteers are here to help support individuals and families in all of our communities facing end-of-life and debilitating illness issues. Pacific Rim Hospice Society is celebrating Hospice Palliative Care month in May with membership tables at the **Tofino Co-op May 7th and 8th, 1-6pm** and **Ucluelet Co-op May 14th and 15th, 1-6pm**

For only \$10, a 2010 Hospice membership gives you quarterly newsletters, voting privileges at the AGM and the satisfaction of making a difference in our communities.

Hospice is looking for volunteers to help at the hospice membership tables in Tofino and Ucluelet. Please call 725-1240, if you can help for two hours.

## HOSPICE AGM

**May 4, 6:30pm**  
**St. Aidan on the Hill Church**  
**441 Main St. Ucluelet**

Election of Directors, announcement of  
Volunteer of the Year, dessert served

Everyone welcome. For more informa-  
tion 250-725-1240 or  
kim@pacificrimhospice.ca

This newsletter was made possible by  
the generosity of the  
Province of British Columbia

# VOLUNTEER NEWS

## Volunteers Contributed over 2050 Hours in 2009

*Thank you , volunteers, for your contribution to Hospice. Our communities are truly blessed to have skilled and generous volunteers like you. You embody the qualities of compassion, kindness, respect, trustworthiness, joy, enthusiasm, courage and gentleness. Pacific Rim Hospice's greatest asset is volunteer talent and time. Volunteers like you are the heart of Hospice.*

~Kim Hoag and Therese Bouchard

## Thérèse Bouchard Coordinator of Volunteers



It is with pleasure and enthusiasm that I officially start this position. I have been involved with the Hospice Society for over 10 years as a volunteer with clients and coordinating volunteers off and on. Having been involved in the practice of healing arts for over 20 years, this new title of "Coordinator of Volunteers" seems like a natural continuation. (The position is part-time, and a good complement to my massage and hypno-therapy work.)

With gratitude, Thérèse Bouchard

## VOLUNTEER PROFILE: CATHY WHITE

*By Thérèse Bouchard*

I met with Cathy in her beautiful and colourful home. She generously shared about herself and her 17-year involvement with hospice.



Cathy came to Tofino 32 years ago to teach Art at the High School. She is a mother of 4; 3 of her children still live at home. Cathy is an accomplished potter and painter and a healer, with certification in Reiki, Therapeutic Touch and Healing Touch . She is also very active physically, enjoying yoga, aqua fit and bicycling.

Cathy has been involved with Hospice since the very beginning. She was attracted to hospice work for many reasons including a positive experience accompanying a dying friend, a desire to help people and the community and to show her children, that death is not a frightening occurrence. " She has experienced the death of her mother, and the death of her husband's parents as well. Because of this, she felt the need to be more prepared and skilful."

When asked what hospice work gives to her, she had lots to say. "It teaches you to take better care of yourself, to live more fully and to do those things you want to do. It reminds you to let people you care about know that you love them." Cathy added that volunteering with Hospice has helped her appreciate life and demystify death.

Cathy has, over the years, accompanied 6

clients, in their journeys. She feels it is important to like the person you are working with and has herself felt unconditional love for them. She visited with one client for 5 years and eventually became friends.

As an experienced volunteer, Cathy's advice for new volunteers is, "Take care of yourself, get support, and don't isolate yourself or be afraid to ask for help."

Thank you, Cathy, for sharing your time and your wisdom.

## PALLIATIVE CARE EDUCATION SERIES

### **APRIL 12 -*The Arts of Comfort: Beyond Drugs***

8:30-12:00, Tofino General Hospital  
Multipurpose Room, free

### **JUNE 7 -*Changing Places: Experiences of Caring for Family or Colleagues***

8:30-12:00, Tofino General Hospi  
Multipurpose Room, free

Please call 250-725-1240 for more information

## **BCHPCA Conference**

British Columbia Hospice Palliative Care Association

**May 14-15 Sheraton, Surrey**  
register online at [www.hospice.org](http://www.hospice.org)

This is a fabulous conference that is highly worthwhile for board and client-based volunteers.

## **To Contact the Hospice Society**

Please call **725-1240**  
email [kim@pacificrimhospicesociety.ca](mailto:kim@pacificrimhospicesociety.ca)  
or come by **240 Neill St, Tofino**,  
across from the hospital.

Visit our website  
[www.pacificrimhospice.ca](http://www.pacificrimhospice.ca)

**P.O. Box 7, Tofino BC V0R 2Z0**

**~ All Services are Free ~**

*Thank you to the Ucluelet &  
Tofino Co-op for till coin box  
donations for Hospice*

----- Tear off and mail to: Pacific Rim Hospice, Box 7, Tofino, BC V0R 2Z0 -----

## ***Help Hospice Help Others!!***

\$10 I wish to become a member of Pacific Rim Hospice Society (*Charitable Receipt issued*)

**I would like to make a charitable donation** (*Charitable Receipt will be issued*)

\$50       \$100       \$500       Other \_\_\_\_\_

I wish my donation to remain anonymous       Please send me information on "Planned Giving"

Name: \_\_\_\_\_

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

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

My Donation is in Memory of: \_\_\_\_\_ Please Notify: \_\_\_\_\_

(Address) \_\_\_\_\_ of my remembrance.

***Become a Partner In Care ♥ Make a difference in the lives of others!***

**Thank You for YOUR extraordinary care and compassion!**

For 16 years the Pacific Rim Hospice “caring community” has been strengthened by your generous support

*We gratefully acknowledge our 2009 donors*

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Derek Drake	Gary and Kathy Shaw	In memory of Edna Winter	
Chocolate Tofino	Wickaninnish Inn	In memory of John Allan	
Shelter Restaurant	Creative Salmon	In memory of Helen Webb	
Tofino Photography		In memory of Toby	