



Pacific Rim Hospice Society

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Serving Ucluelet & Tofino and the neighbouring First Nations Communities



Hospice AGM

Lf to Rt: Margaret Baumann, Darlene Choquette, Laura Distaso, Anita Tavera, Charmaine Lam, Joanne Trofanenko, Joe Kranabetter and Vera Webb at the Hospice AGM.

Photo by Kim Hoag

Caregivers Group

The healing potential of groups is well documented. The friendly, open, informal and confidential format of our drop-in group allows caregivers to participate as little or as much as personal comfort levels permit.

Come to our next meeting to discover:

- There are others who struggle with similar caregiving concerns
- New ways to problem solve, cope with change, handle challenges
- The chance to help others by listening and sharing
- New ideas from others with shared experiences

Wed. July 7, 10:30

Hospice Office, 240 Neill St. Tofino

Call 250-725-1240 for more information

Rainbows Facilitator Training Sat. Aug. 21

Coastal Family Place, Tofino

To register, please contact:
Margaret Morrison at exec.director@wccrs.ca
or Kim Hoag at kim@pacificrimhospice.ca

Rainbows is peer support group program for school age children who have suffered a significant loss due to death, divorce, or any other painful transition.

2010 BOARD OF DIRECTORS

Vera Webb	Darlene Choquette
Anita Tavera	George Walkem
Marg Vedova	Andrea Hanson
Lavern Frank	Joan Scandrett
Joe Kranabetter	Charmaine Lam
Greg Garley	Joanne Trofanenko

VOLUNTEER OF THE YEAR
Charmaine Lam

By Therese Bouchard



Charmaine Lam is Hospice's "2009 Volunteer of the Year". We met upstairs at the Common Loaf for her interview. I was delighted to learn more about her and to find out how she felt about being chosen as volunteer of the year,

which, she said, very humbly, was a nice surprise. Being shy, she also finds the attention a little scary.

Executive Director, Kim Hoag, says the honour is well deserved. "In the less than two years she has been volunteering, she has made a definite impact on the Hospice Society. As well as having supported 2 clients, she has been a tremendous help in the office. In total she donated more than 200 hours in 2009. Her artistic and computer skills have given Hospice newsletters, publications and manual a professional and fresh look. We are very grateful to have Charmaine's help."

Charmaine grew up in Ontario speaking Cantonese. She still speaks it a little, and understands it perfectly. She moved to Vancouver to go to Emily Carr to study photography and graphic design.

Charmaine has a strong sense of community. While living in the city, she volunteered with two different organizations, supporting people through a food bank and the health authority. Soon after moving to Tofino she heard about the Hospice through the Longbeach Radio Hospice Radioathon, went to the office and started volunteering that very day!

Her quest to live more fully inspired her move to Tofino where she now lives on an island. She likes reading, gardening, riding her bike and hanging out with dogs. She also loves to

draw and dance. "I want to live as I could die any second. That is why I moved here." Wise words for a young woman, and a good reminder for everyone.

You might see Charmaine at one of the places she works or volunteers: Eco-everything, the District Office, the Post Office, selling her pins at the Saturday market, or at the Hospice Office.

***Thank you for helping
with the Hospice
Membership Drive***

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|------------------------|-----------------|
| Yvonne Bond | Marjorie Bowman |
| Darlene Choquette | Laura Distaso |
| Andrea Hanson | Charmaine Lam |
| John & Rose Marie Lane | |
| Margaret Morrison | Phil Smith |
| Mary Rimmington | Vera Webb |
| Brigitte Rudan | Anita Tavera |
| Joanne Trofanenko | Marg Vedova |

***Thank you to Tofino and Ucluelet
Co-ops for hosting the
Hospice membership tables***

**Hospice Potluck Get-Together
Thurs. July 22, 6pm**

**St. Francis Hall,
441 Main St. Tofino**

*see "A word from the
Volunteer Coordinator"
on next page for details*



*In the last 4 years, over 110 people have
received direct support from Hospice*

A word from the Volunteer Coordinator

Dear volunteers and board members, let me start by expressing my respect and gratitude to all, for your willingness, commitment, dedication and for all the work and time generously invested in our association, without which hospice would not exist. I am honoured to be a part of this team.

Some of you might remember responding to a survey this past winter asking for your comments, thoughts, observations and suggestions. The two most common points raised were the wish for more education, and the desire to see more of each other. To respond to those needs, there have since been five different workshops, and one "Care and Share" meeting. As well, since a new board has recently been elected, there will be an opportunity for all of us to meet and get to know each other. Please mark **July 22nd** on your calendar, and come to a **pot-luck** at the **St-Francis of Assisi Church Hall in Tofino (441 Main Street)**, at **6PM**. Our work is at times rather serious, so we are all encouraged to be creative and bring for the group a piece of entertainment, be it a story, a song, a joke, a game, or anything else. It does not have to be big or impressive, it is simply to bring smiles on our faces. Do you know a string trick? Do you still play yoyo? By all means, please come even if you cannot think of anything to do, sharing your presence and food is sufficient. But I do encourage you to stretch your envelope, remember being a child, and turn on your creativity channel. It will be lots of fun!



Looking forward to seeing you there, Thérèse Bouchard

Hospice Grief Support Group

Who? Anyone who has experienced the death of a loved one, and would like support to walk through the pain. A minimum of 5 participants are needed for a group.

What? 7 weekly meetings. No cost. First meeting at Hospice Centre 240 Neill St.

Where? Group will alternate meetings in home communities of majority of participants

How? Please call Kim (725-1240) to put your name on a confidential interest list.

Everyone of us has experienced or will experience a loss due to death. It is not uncommon to wonder if our despair and loneliness is unusual. It's not. Come and participate in a group of people dealing with their own losses and you will find that others are experiencing similar feelings. Being together in a safe setting can be deeply healing.

"The best part was the support of the group and listening to everyone's stories. We could cry or be silent-nobody judged. It was a safe place for all of us to share and be".....Bereaved wife

"I was ready for a group six months after my son died. Others in my group were grieving a loved one lost over ten years ago-it didn't matter: we understood and listened to each other. It was healing to take the hard feelings and make sense of them.....Bereaved father

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 most recent donors*

Arlene McGinnis	Darlene Choquette	Carol Clarke	In memory of Don McGinnis
Pam McIntosh	Janet Hopper-Ansley	Dorothy Arnet	In memory of Audrey Shore
Gitte Sorensen	Robert and Mara Love	Kim Hoag	In memory of Islay McCleod
Janet St. Pierre	Joanne Trofanenko	Maggie Brown	In memory of Michael Brown
Madeleine Mills	Bill and Laurel Irving	Dr. Pam Frazee	In memory of Terry Burnett
Pacific Sands	District of Ucluelet	District of Tofino	In memory of Landon Burt
Jane Krieger	Maureen Callaway	Phyllis McGee	In memory of Toby
Mary Rimmington	Keith and Shirley Martin	Jeff George and Caroline Woodward	
Zoe Rodocanachi	Peter and Julia Robbins	Barry and Barb Campbell	

Hospice Newsletters are now available by E-mail

Please let us know if you would prefer to receive your newsletter by e-mail.

If you already have a 2010 membership, email us at kim@pacificrimhospice.ca.

New members, please check "receive newsletter by e-mail" on the form below.

To contact the Hospice Society

Please call 250-725-1240,
email kim@pacificrimhospicesociety.ca
or come by 240 Neill St. Tofino
across from the hospital.

www.pacificrimhospice.ca

~ All Services are Free ~

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

Help Hospice Help Others!!

\$10 I wish to become a supporting member of Pacific Rim Hospice Society

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

\$50 \$100 \$500 Other amt. _____

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

Name: _____

Address: _____

Telephone: _____ Email: _____

My Donation (over \$10) is in Memory of: _____

I would like to get involved with Hospice

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| <input type="checkbox"/> Receive quarterly newsletters by e-mail | <input type="checkbox"/> Become a Hospice Volunteer |
| <input type="checkbox"/> Receive the quarterly Hospice newsletter by post | <input type="checkbox"/> Join the Board of Directors |
| <input type="checkbox"/> Help in office, fundraising and special events | |