

Crossroads Hospice Society provides compassionate support and honours the dignity of those affected by the end of life experience



Crossroads

HOSPICE SOCIETY

Dignity • Choice • Compassion

Community Report

SPRING / SUMMER

2011

Putting

life into days

Our commitment to dignity, choice and compassion is achieved through integrity, excellence, sustainability and respect.



Hospice in your community

Mission Statement

Crossroads Hospice Society provides compassionate support and honours the dignity of those affected by the end of life experience.

Crossroads Staff

Business Office

Barb Henham, Executive Director
Rhonda Doig, Executive Assistant
Linda Whitney, Financial Administrator
Anita Cymet, Development and Fundraising Officer
Kelly Parry, Administration and Communication Officer
Shannon Milne, Special Events / Support Volunteer Coordinator

Inlet Centre Hospice/New Westminster

Linda Kozina, Hospice Manager
Janice Hansen-Bouvier, Coordinator of Volunteers Tri-Cities area
Castine Breckwoldt, Bereavement Services Coordinator
Glenda South-Flett, Hospice Administration Clerk
Marisa Ku, Coordinator of Volunteers New Westminster area

Thrift Store

Rose Jonas, Store Coordinator
Sandra Barnett, Assistant Store Coordinator

Board of Directors

Colette Eng, President
Juli Kolby, Vice President
Lara Gerrits, Secretary
Bob Tanaka, Treasurer
Diana Dilworth, Past President
Jonathan Adams, Ken Catton

Jill Cook
Diana Hiebert
Jason Jakubec
Brian McCristall
Rob McCormick
Dawn McDonald
Doug Morneau

Business Office: 604-945-0606

info@crossroadshospice.bc.ca

Did you know...

Hospice is a home

Hospice is a home for the dying. There is limited medical intervention but the patients and family members are completely supported by doctors, nurses, social workers, and hospice staff and volunteers.

Hospice is available

In order to be admitted to Crossroads Inlet Centre Hospice patients must be registered with the Fraser Health hospice palliative care program. Patients must also agree with the goal of hospice care.

Help is at hand

When the time comes, a home care nurse can assist the patient and their loved ones with the choices available to them, including when is the best time to come to hospice.

Hospice is in your community

Crossroads Hospice Society offers our visiting volunteer service in six communities – Tri-Cities, Anmore, Belcarra and New Westminster - as well as at Crossroads Inlet Centre Hospice (Port Moody).

For more information, please call 604-945-0606

Volunteer Profile

All in the Family

Like a modern day Johnny Appleseed, Betsy Bodor has sown the seeds of compassion for Crossroads Hospice Society in both the community and in the gardens of her family. The Price and Schwarz branches of the Bodor family tree also extend their help and support to our society.

"It's all Betsy's fault," jokes daughter Tracy Price, "she put the bug in my ear and the next thing you know I was recruited to the board. Now, as any good daughter would, I've engaged my own daughter in volunteering with Crossroads."

Betsy became involved in the early 1990s as a visiting volunteer and since then has supported Crossroads as a fundraiser, community spokesperson, and even rolling up her sleeves to help with the construction of the Crossroads Hospice Labyrinth Healing Garden.

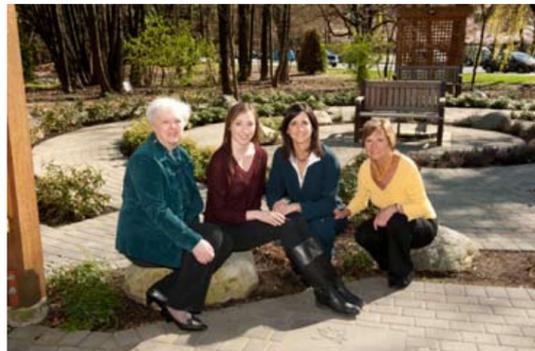
"One day a friend of mine, Agnes McInnes, mentioned the word 'hospice' – I had never heard of it before. When I became a volunteer it filled a void in my life. A few years later I happily quit work and became a trained hospice volunteer visiting people in their homes and at local hospitals. To be allowed in the patient's space and to share this time with their loved ones is such an honour," says Betsy.

It was Betsy's passion that encouraged Tracy to lend her financial and business expertise to Crossroads.

"I came on board when the needs of Crossroads began changing and the grassroots organization needed to become more business-focused. When the dream of an independent hospice began to emerge, I stepped up to become the Chair for the Crossroads Inlet Centre Hospice Capital Fundraising Campaign and was a proud part of the team that made that happen. Since then I have served on the Crossroads Board of Directors and now I am one of the founding directors of the Crossroads Hospice Foundation" says Tracy.

While Tracy was contributing to Crossroads on the business end, Betsy was out recruiting her sister-in-law Lynn Schwarz to help with a new idea for fundraising.

"Betsy asked me many years ago if I would like to help decorate trees for a proposed fundraising gala called Treasures of Christmas. Who knew that from those humble beginnings Treasures would grow to be such a big part of our community? I've been in the background helping to grow this event ever since. When I was chair in 2004 I realized that we were an organization in transition and this was the



Pictured (L-R): Lynn Schwarz, Amanda Price, Tracy Price and Betsy Bodor
Photo credit: Darla Furlani Photography

beginning of a new era," says Lynn.

For Amanda Price, being a daughter, granddaughter and niece of this community-minded family has been a powerful force in her life.

"I remember my Mother and Grandma going to meetings, planning and fundraising to get the hospice in Port Moody built. It's amazing what they have accomplished. I volunteer my time at Treasures of Christmas," says Amanda.

Looking toward the future these four women have high aspirations for Crossroads including offering more programs, raising more awareness and simply loving the work that Crossroads does. Keeping their passion for compassion, all in the family, keeps this family strong.

What's New at Crossroads

On the Move with the Crossroads Hospice Thrift Store

For nearly six years, Crossroads Hospice Thrift Store has been a gathering place for the residents of the Tri-Cities seeking not only bargains but community connections as well. And now we are on the move!

The growing popularity of the thrift store has necessitated the need for a larger retail space. Slated to open in May, the new site will be at 2780 Barnet Highway, Coquitlam – conveniently located just down the highway from our bustling, existing thrift store and one block west of Coquitlam Centre.

Not only does our thrift store provide Crossroads Hospice Society with much needed revenue, it also provides valuable volunteer opportunities, options for the community to recycle gently used goods reducing items in landfills. It also offers the thrill of the hunt for bargain treasures.

The new Crossroads Hospice Thrift Store will feature the same great deals and same great customer service – with twice as much space to browse and shop for treasures. Our brightly lit boutique section will welcome you as you enter the store and four fitting rooms will ensure more

time to spend shopping.

Our product line will remain relatively the same with the addition of small home accessories - quality items, priced right will continue to be the mainstay of our expanded business.

This move would not be possible without the hard work of our dedicated volunteers. The project is led by Barb Henham, Executive Director with valuable input from our thrift store staff, Rose Jonas, Store Coordinator and Assistant Store Coordinator Sandra Barnett, as well as a host of dedicated and enthusiastic thrift store volunteers, our busy Thrift Store Committee; Bill Jenkins, Brian McCristall, Ann Soucie, Jason Jakubec and Brent Ranger have been working diligently to ensure our store expansion is a success. There will be plenty of rewarding volunteer opportunities offered at our store, including social interaction, friendships made and lots of laughter!

"It is so rewarding to work with volunteers. They give and they give and they give. It's just amazing." Barb Henham, Executive Director.

The revenues generated by Crossroads Hospice

Thrift Store helps to support the present and future programs and services provided to those in our community who are affected by end of life. Please support us by donating to and shopping at the 'thrift store with a difference'.

If you are interested in becoming a volunteer or for more information on donating items, please contact the current Crossroads Hospice Thrift Store at 604-949-0459.



Barb Henham (centre), Executive Director of Crossroads Hospice Society, with Rose Jonas (left), Thrift Store Coordinator, and volunteer Ann Soucie in the new thrift store at 2780 Barnet Hwy., which is expected to open next month.
Photo credit: Craig Hodge, Tri-City News



Rituals and Rites of Compassion

Honouring the rituals of families and creating new rites of passage for those facing the challenges of terminal illness is a vital part of life at Crossroads Inlet Centre Hospice.

Thoughtful consideration of the cultural, social and familial customs of patients, families and loved ones are accommodated, when possible. From organizing space for Buddhist chanting to arranging for a final family meal, the symbolism of life is always revered, honoured and respected.

"Dignity, choice and compassion are the sacred truths that inspire Crossroads staff and volunteers to make the final days of life as rich and meaningful as possible. Of course there are limits to what we can do but if we can help we feel we are compelled to do so," says Linda Kozina, Hospice Manager at Crossroads Inlet Centre Hospice.

Final farewells are acknowledged with a simple ceremony that brings together families, friends, staff and volunteers as their loved one leaves the hospice for the funeral home. Families are asked what they would like this moment to look like and are encouraged to share their thoughts.

"In our Great Room there is a Memory Table with a book of life on it. To notify others that a life has ended we write their name in the book, light the lamp on the table, and place a rose on the patient's door. When the family is ready, we cover the body with a ceremonial quilt and we gather to at the table to say goodbyes. The lamp is turned off and the candle is lit as we pause in silent reflection. Family and friends are then invited to stay as long as they choose," explains Janice Hansen-Bouvier, Coordinator of Volunteers, Tri-Cities.

Hospice staff and volunteers also have to deal with the ongoing loss of life. To help them a private candlelight ceremony is conducted, where, behind closed doors they share memories and moments of reflection with their colleagues. This helps to release their own grief and build the strength to continue to help others.

To ensure that compassion continues for our clients and the public we serve, annual events such as Celebrate Life in the Tri-Cities and Honour a Life in New Westminster give a formal opportunity to acknowledge lives lost.

"Informal walking groups also provide a type of ritual for those facing such profound loss. Grief's Journey, a bereavement walking group for residents of both the Tri-Cities and New Westminster, creates a new routine that helps bring together those who are dealing with grief," says Castine Breckwoldt, Bereavement Services Coordinator.

Rituals are not just for remembrance but can also be conducted to make new memories. Regular participants at the full moon walks in the Crossroads Hospice Labyrinth Healing Garden feel the positive effects each time they meet for their mindful walks.

So the next time you light a candle, have a meal with your family, or simply take a walk with a loved one, know that you are partaking in a ritual that helps put more life into your days.



The Memory Table in the Great Room

From the Community



Dee Parry

Advertising Consultant- Tri-City News
Visiting Volunteer- Crossroads Hospice

"Someone once said to me 'Volunteering at Crossroads Hospice must take so much out of you' but you can never imagine how much you get back. Together we talk, we laugh and we cry. But most of all, we listen."



Doug Morneau Chief Rhino Rhino Marketing Inc.

"It has been our distinct pleasure to support Crossroads Hospice Society through its exceptional growth and development over the years. As a non-profit, firmly grounded in the community we both serve, they provide a vital service that affects us all. We at Rhino.ca are proud to be a part of the Crossroads team."



Laion Lee Community Supporter

"I got involved when Dr. John Loh was on the board and he said Crossroads needed help in funding. So, that's when I began shaking the jar every Sunday at our Qi Gong group. Due to the generosity of our members we have donated approximately \$12,000 to Crossroads."



Sandy Breerton-Stiles Crossroads Inlet Centre Hospice Client

"My family will never forget Crossroads Hospice. When my grandfather passed away at the hospice he was treated with such dignity and respect. Our family felt so welcome by the staff and cared for during a time when we really needed it most. Dragonflies will forever remind us of the gentle, loving and compassionate man who was our grandfather."

Thank you

Your donation will support the continued efforts of Crossroads Hospice Society in its mission to provide dignity, choice and compassion to those in our care and in our community.

Mail or fax to:
Crossroads Hospice Society
P.O. Box 1072, Coquitlam, BC V3J 6Z4
Telephone: 604-945-0606
Fax: 604-945-9071

Charitable Registration #894850635 RR0001

www.crossroadshospice.bc.ca



Coquitlam
2662 Austin Avenue
604.931.2601

Port Moody
170 Brew Street
604.949.4251

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Crossroads Hospice
Thrift Store

Donations are gratefully accepted during store hours only
(TUE - SAT 10AM - 4PM / THUR 10AM - 7PM)
Proceeds support Crossroads Hospice Society

604 949 0459

2565 BARNET HWY • COQUITLAM



Hospice in your community

Contact Crossroads

P.O. Box 1072, Ridgeway Avenue
Coquitlam, BC Canada V3J 6Z4

Business Office: 604-945-0606
Crossroads Inlet Centre Hospice: 604-949-2270
Bereavement Services: 604-949-2274
Donations or Planned Giving: 604-945-0606
Crossroads Hospice Thrift Store : 604-949-0459
New Westminster Services: 604-813-8701
Crossroads Labyrinth Healing Garden: 604-945-0606

9TH ANNUAL Hike for Hospice

5KM WALK

Individual Prizes
Team Prizes
Family Prizes
Entertainment
Family Fun
Pet-Friendly

CROSSROADS HOSPICE SOCIETY
CO-HOSTS: Rotary Clubs of Port Moody and Port Coquitlam Centennial

Crossroads Calendar

Full Moon Walks

May 17, June 15, July 15, August 13,
September 12, October 12,
Crossroads Hospice Labyrinth Healing Garden
Pioneer Memorial Park
(Ioco and Heritage Mountain), Port Moody

Experience the power of a full moon walk at the Crossroads Hospice Labyrinth Healing Garden.

Crossroads Hospice Coffeehouse

Fridays, April 29, May 13, May 27

The Gathering Place, 2253 Leigh Square, Port Coquitlam

7:30pm Open Stage, 9pm Feature Performer
Join us for the last few performances of the 2010-11 season. Our Coffeehouse fundraiser runs from September to May and features the stellar talent of local musicians who volunteer their time to support this event.

May Day Rotary Parade

Saturday, May 7, 11am

Join the Crossroads Hospice Society parade walking group and the students from Charles Best Secondary School as they showcase this year's dragonfly-inspired float. Come on out and cheer us on in the one of the longest running community parades in the Lower Mainland.

Celebrate Life - 10th Annual BC Bereavement Day

Sunday, May 15

The Gathering Place, 2253 Leigh Square, Port Coquitlam
6pm to 8pm

Join us in this opportunity to celebrate the lives of our loved ones lost. Co-presented by the Crossroads Hospice Society and First Memorial Funeral Services – Burkeview Chapel. Music will be supplied by Coastal Sound Children's Touring Concert Choir. For more information, call our Bereavement Services Coordinator at **604-949-2274**.

Treasures of Christmas

Saturday, November 26, 6pm

Red Robinson Show Theatre, Coquitlam

www.treasuresofchristmas.ca

Save the date for our extraordinary signature gala evening held in support of Crossroads programs and services. Event tickets - \$125. Please call the Business Office for more information at **604-945-0606**.

Calling All Hikers, Walkers and Ramblers

Lace up your boots and tie up your shoes it is time again for the 9th Annual Hike for Hospice in support of hospice and palliative care in our community.

For the last few months Crossroads staff and volunteers have been planning and preparing for this year's hike on Sunday May 1. Each year families, friends and loved ones from across Canada take part in this national pledge-based fundraising event to help raise awareness of terminal illness and the need for hospice care.

This year Crossroads Vice President Juli Kolby and Board Director Jonathan Adams, are working closely with volunteers to set up hike sites at Port Moody's City Hall and Port Coquitlam's Hyde Creek Recreation Centre.

"Every year I am overwhelmed by the increasing support that Hike for Hospice receives. Individuals, families and local corporations come out to hike either in memory of a loved one or in support of their community hospice services, and always rain or shine. The partnerships we have with local Rotary, Lions and Kinsmen Clubs are integral to the success of our event every year and we are grateful for the relationship that we have with them," says Kolby.

"As Port Coquitlam's site coordinator I have a greater appreciation for how supportive and close knit our community is. Working in collaboration with individual volunteers, local businesses and other community groups shows me how committed

people are to supporting hospice care," says Adams.

The preparation and planning by all involved is well worth the investment as this event consistently delivers a fun family-oriented event which brings the community together. Crossroads Hospice Society would like to thank all our volunteers, hikers, sponsors and other supporters for making it possible.

For more information or to register for Hike for Hospice please visit the Crossroads Hospice Society website at www.crossroadshospice.bc.ca for pledge forms and online fundraising options.

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Community Support

We would like to acknowledge the recent contributions that we have received from the community. These include:

Penny Jar at the Hospice — \$152

Carnoustie Ladies Golf — \$815
Button Sales for Denim Day for Crossroads — \$2,405

Blue Mountain Quilters Guild Quilt Raffle — \$1,100

Lululemon Fundraising Team — \$1,000

GVRD Golf Tournament — \$6,100

Starbucks — \$500

Coquitlam Centre Unwrapped — \$130

Dancing with Our Stars — \$17,907

Reeltime Video — \$700

Forest Lawn Memorial Tree — \$845

Helen Walker (proceeds for sale of scarves) — \$160

Clever Cupcakes (proceeds from cupcake month) — \$74

Cobbs Bread (Port Moody) — \$157

New Westminster Police Golf Tournament (In Memory of Keith Logan) — \$9,740

Hoops for Hope – (held at Panorama Heights Elementary School) — \$1,266

Thanks also to ongoing events in the community;

Crossroads Coffeehouse performances from October through March raised \$3,526. Come and listen to talented musicians. Visit our website for our performance schedule.

Arms Pub Meat Draw, October to March raised \$2,235. Join us every Monday at the Arms Pub in Port Coquitlam for a chance to win.

ArtCare Program raised \$391 through the sale of handcrafted cards.

Community Report SPRING / SUMMER 2011 proudly sponsored by:



www.firstmemorial.ca
604.944.4128

Celebrating life with dedication, excellence and innovation.

FOR MORE INFORMATION OR DETAILS

604-945-0606

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