

TRANSITIONS

THE NEWSLETTER OF

VICTORIA  HOSPICE

SPRING 2016

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Coming soon to your mailbox – a special story from Palliative Response Coordinator, Angela Bruce, about the in-house care you make possible.

Youth Groups Raise over \$15,000

You are never too young to make a big impact for end-of-life care!

You have something in common with the students of Glenlyon Norfolk School and the Saanich Braves Hockey team. Though many people think of hospice care as something for older adults, these amazing kids recently became Victoria Hospice supporters in wonderfully fun ways. From Glenlyon's organizing money collections, bake sales, and posing challenges to other grades to the Braves' coordinating a huge team head shave, these youth were able to raise over \$15,000 for Victoria Hospice. Thank you to all our donors leading by example to this next generation of supporters. •



“It meant a lot for the family to know he was pain free and at peace during his final days.”



Hike on your Site

Participate from the comfort of your own home!

Sunday, May 1, 2016 marks the 5th annual Victoria Hospice **Hike for Hospice** at Fisherman's Wharf Park.

New this year, we invite you to participate in Hike for Hospice from the comfort of your own home! All across Canada people are walking in support of hospice care in their communities. For some, however, it may be a struggle to get to the designated site or to walk the full route. *Don't let this stop you!* Walk around your residence, stroll in the park near your house, or meander through your local mall. Just be active that day and get others to sponsor you for walking.

Encourage your friends to join you too. Remember a good walk is made better by good company! 100% of funds raised through your “Hike on your Site” will go to Victoria Hospice. Registration now open! For more details go to **VictoriaHospice.org**. •

Update from Executive Director and Board President

2015 marked the 35th anniversary of Victoria Hospice. As we look back and celebrate 35 years of quality end-of-life care, we acknowledge the significant changes that are shaping our operating environment, now and for years to come. Victoria Hospice is growing to meet the needs of our community and to ensure that we maintain our ability to provide the best physical and emotional support that we can for our patients and their loved ones. In this spirit, this year we have enhanced our programs to include new approaches and collaborative efforts. Two of these initiatives are outlined in this issue of *Transitions*. These include a new virtual counselling Complicated Grief Program and the expansion of our flagship Palliative Care Medical Intensive (PCMI) course to reach locations in northern and central BC.

We are sincerely grateful to everyone in our community who contributes to Victoria Hospice. Today, almost half of our operating funds come from philanthropic sources. The increased programs and services developed over the past year would not have been possible without the generosity of Victoria Hospice supporters.

Thank you for your continued support. ●

Mischelle vanThiel
Executive Director

Rob Gareau
Victoria Hospice Society
Board President

“A year of changes and challenges has passed since my husband gave up his life to cancer. Hospice was with us then and continues to be a support and comfort to us and many others during very difficult times.”



Hospice Care Reaching Further

Victoria Hospice to share palliative care knowledge and counselling therapy across BC

Through your support of Victoria Hospice, you make it possible for patients and families to receive quality end-of-life care. And now, because of you, Victoria Hospice is helping more people than ever before, including many who live well outside the Greater Victoria area.

Virtual Counselling

Location will no longer be a barrier to counselling. Victoria Hospice is proud to announce the implementation of Telehealth appointments, a virtual counselling service that allows people to stay in the community where they live and yet allows people to stay in highly specialized treatment.

Those who have used these services know how skilled our Victoria Hospice counsellors can be in helping individuals target and address issues, especially for conditions like Complicated Grief, where the individual faces a prolonged and persistent grief. With your continued support, we hope to be able to provide this virtual counselling to more people throughout BC and even across Canada.

Educating Caregivers Throughout BC

In addition to providing direct care, Victoria Hospice has long been a leader in providing education and training to physicians, nurses, pharmacists, social workers and counsellors looking to improve their skills on the basic and advanced aspects of palliative care. Victoria Hospice strives to share all knowledge, through our Palliative Care Medical Intensive course, so that these approaches become standard practice in the care of people with life-limiting illnesses.

Until now, the reach for this specialized training has been limited to Victoria and Vancouver. However, with increased financial support, from donors like you, we are now able to offer courses in various locations around the province, including the Interior and Northern regions, in both a video conference and in-lecture style format. ●

“There are not words to express the depth of gratitude I continue to feel for the expert and gentle care my mother received in the final hours of her life.”



Margaret Brooke's Legacy

A war hero and an inspiration

Margaret Brooke was a remarkable woman who lived an extraordinary and inspiring life. Margaret joined the Royal Canadian Navy (RCN) in 1942. On October 14 of that year, while serving at HMCS Avalon in St. John's Newfoundland, Margaret was returning from leave when her ferry the "Caribou", was torpedoed in the middle of the night while sailing the Cabot Strait. She spent a harrowing night in the water clinging to the keel of an upturned lifeboat while desperately trying to save the life of her friend Agnes Wilkie. For her determined and selfless efforts, she was

awarded the Member of the Most Excellent Order of the British Empire (MBE) in 1943; the highest honour a woman could receive in that time period. Margaret retired from the Navy in 1962, earned a Ph.D., and went on to spend nearly 30 years enjoying a successful career as a palaeontologist.

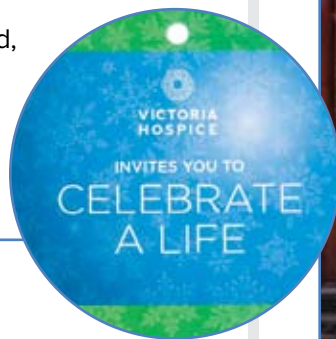
While stationed in Esquimalt, Margaret decided she belonged on the West Coast and vowed to make Victoria her home. So, upon her retirement, she moved west to fulfil her long-cherished dream. On her 100th birthday, Margaret received a phone call from the Minister of National Defence whereupon she was informed that one of six new Arctic Patrol Ships was to be named the HMCS Margaret Brooke in recognition of her heroism during the sinking of the "Caribou." This was the first time a Canadian Naval vessel was named after a woman and only the second time one had been named after a person. As she had always been proud of her years of service in the Navy, receiving this recognition was especially rewarding. Along with her many accomplishments, Margaret was also extremely generous and community minded. She supported Victoria Hospice for 25 years and made a lasting impression by leaving a planned gift through a Charitable Reminder Trust – a continuing tribute to her incredible life. Margaret will be greatly missed by all who knew her and by the many lives she inspired. She was a real Canadian war hero and will continue to be a hero for the many patients and families her gift will help in years to come. Thank you, Margaret. ●

May is **National Leave A Legacy Month**. We invite you to contact us to learn more about how you can make a future gift to Victoria Hospice. To learn more please call 250-519-1743 or email us at legacy@victoriahospice.org.

Past Events

Events, this past winter, have raised \$190,000 for Hospice care in our community! Thank you to everyone that donated, helped, and participated. **You have truly made a difference.**

- 100 Women Who Care
- Bucket List Festival
- Celebrate a Life ●
- Charelli's Chili Day
- Saanich Braves' Head Shave
- heART for Hospice ●
- Ian's Walk for End-of-Life Care ●
- Live to Dream
- Paint and Prosecco
- Royals Hockey Night Fundraiser
- Glenlyon Norfolk School ●
- Santa Al's Silent Auction
- The Sovereign Order of St. John Art Drive and Sale ●



Tributes

When people receive care from Victoria Hospice, it has been largely funded through the generosity of our community. The people below have been remembered with "In Memory" gifts of over \$100 (between September 1, 2015 to February 29, 2016). The gifts in their name will ensure care for other patients and families in need. ●

Gary Aikin
Herbert R. Akehurst
Tom Algard
Brian Andrew
Beth Arnold
Anne Baird
Joanne Barker
Doug Barnett
Joseph D. Bartram
Patricia Bell
Ann V. Blattmann
Judith A. Blenkiron
Ethel M. Bley
Jorg Boehm
William S. Bowie
Jim Boyle
Helen Braithwaite
Marlene Brennan
Leonora Britneff
James Brookes
Larry Brookes
Alfred J. Broome
Arthur R. Bryant
John M. Buck
Bob Buckingham
Dot Buckley
David Burr
Ena Buttus
Margaret Campbell
Katherine Canfield
William Carley
Dudley D. Carter
Donald Cawley
Michael L. Chupick
James Cline
Harold Combs
Gwen Comrie
Arthur Traviss Corry
Carol Cranton
Sheena Creamer
Patrick Crofton
Helen Currie
Barry Daniel
Leia d'Anlier
Marcello Dardengo
Maria De Melo
Donna de Wolfe
Maxim Debrn
Lynda Delaurier
Ruth Doyle
Frank Dundonald Oliver
Ruth Ewert
Richard L. Fatt
John C. Fawcett
Kristanne Fearn
Eileen Fedoruk
Ken Felker
Florence Ferguson
Dennis Ferrill
Frank Fiederer
Ellie Fitterer
Eddie Flack
Marion Fontaine
Rod Forbes
Dick Foreman
Rosemary Fotheringham
Kevin Franklin
Joyce Fraser
June Frazer
Charles Gahr
Al Gillies
Valerie Graham
Ed Graham
Gloria Graham
Jean Gubby
Shirley J. Guthrie
Lawrence Haddon
Lynette Hain
Richard Hainsworth

Susan J. Hall-Patch
Fred Harris
Anita Harwood
Margaret Hasted
Gary Hayes
Garry Haynes
Ruth C. Henderson
Dan Henigman
John Herbert
Bill Heschuk
Mildred Hirschmann
Jane Ho
Maureen Hockin
Wayne Hodgson
Joyce Hope
Barbara Hubbard
Flora H. Hurdle
Penny Innes
Joan Ippen
Kerry Jack
Trevor Johnston
Keiran Jones
Peggy Kelly
David King
Cecil Kirk
David Kline
Glenn Kolot
Jocelyn Laurence
Peter Leahy
Raymond L'ecuyer
Betty Jean Lee
Mickey Lee
Bill Lester
Shirley E. Litwin
Jessie Lloyd
Jim Lodge
William Lord
Harry Loucas
Dirk Maasland
Bruce MacGillivroy
David Makinson
Pieter Marsman
Margaret Martay
Mavis Mayne
John McBride
Noreen McCooey
Cecelia McCreadie
Elizabeth Dae
McGillivray
Renata McGilly
Arnold & Judy Mclean
David McMillan
Paula McTeer
Connie Minette
Jeannie Mogg
Marjorie B. Moreside
John H. Morrison
John Moynan
Donna Munroe
Roshan Nathoo
Bruce Neil
Lorraine Noel
Christopher Nordell
Rod Olafson
Sandra O'Leary
Frank Oliver
Irene Owen
David Parry
Robert M. Paterson
Iris Paterson
Jean & George Patrick
Bill Pattison
Marko Pavlicic
Ted Pearson
Albert Ernest Peeling
Harold U. Penner
Keith Pittam
Rose Maria Plasterer
John Plumridge

Gerald Pollock
Molly Ponsford
Agnes Porter
Evelyn Prael
Roy F. Purdie
Alan Purdy
Robert D. Randall
Wally Ratz
Jim Reece
Candy Reed
Ashleigh Roundhill
Glen Roy
Anna Rubinsky
Roy Ruddell
Sarah Russell
Grahame Ruxton
Ebi Safavi
Lorne Salter
Darshan Sangara
Diana Sarkany
Valerie Screamton
David Simpson
Norman D. Slade
Kenneth B. Smith
Raymond S. Smith
Dawn M. Smith
Eugene Socher
Marilyn Sparks
Jean Sproule
Roberta J. Stacey
Dorene Steele
Joanne Steiret
Jack Stevens
Diane Stevenson
Linda Stewart
May Stewart
Lena A. Stoel
John Stovin
Clem Swertz
Marion M. Tarbuck
Jean Taylor
Roy Taylor
Donna Thompson
Hazel F. Thurber
Heather Thurston
Allen Towne
Charles Trueit
William J. Van Buskirk
Linda Vance
Marc Verrier
Maria Videbaek
Edmond Vlaszaty
Denise Voss
Norman Wacker
Dave Walker
Brian Wallace
Jack Ward
Joan Warnock
Kathleen West
Joy Westaway
Irene Wiens
Gwen Wigley
Robert Wilkinson
Sheila Williams
Corrina Wong
Yau Wong
Gerry Youell
Ruth Zenger
Romano Zullich

In Honour
Liz & Steve Adilman
Al & Cheetal Carley
Mel Cooper
Gloria Greeniaus
Elizabeth McAuley
Ray Protti

Our Volunteers

Supporting Victoria Hospice with your time

Volunteers play an essential role in the success of our programs and services. The efforts of volunteers allow Victoria Hospice to provide enhanced services to hundreds of patients and families on the hospice unit and in the community. Opportunities exist to join our team in both clinical and non-clinical roles. To find out when the next volunteer orientation session is being held, call our Volunteer Services at 250-370-8727. ●



“Thank you for all your care and compassion, kindness and support.”

Victoria Hospice Vision

Quality end-of-life care for all

Victoria Hospice Mission

To enhance the quality of life for those facing advancing illness, death and bereavement through skilled and compassionate care, education, research and advocacy

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After you have enjoyed our newsletter, please pass it on. We would love to share your story and hear your ideas. Also, let us know if you would like to receive your copy via email, and save paper! Contact Tamara Dean, Donor Relations Officer, at 250-519-1744 or tamara.dean@victoriahospice.org. Thank you. ●

VICTORIA  **HOSPICE**

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VictoriaHospice.org

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