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Website: MeadowRidgeRotary.ca

Meetings: Tuesday 12 Noon, Virtual Meeting

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SERVE TO CHANGE LIVES

HAPPY NEW ROTARY YEAR!

Happy Birthday

Jul 30: Brian Bekar
Jul 30" Deborah Hyslop

Happy Anniversary

Jul 27: None

Aug 3: None

Aug 10:

UPCOMING SPEAKERS:

OUR CLUB LAST WEEK'S MEETING:

Patrick Dobbyn presided.

Invocation/Inspirational Thought: Mike Davies



Program: Susanne Lamb:

Bereavement counselling at the Ridge Meadows Hospice Society

About the **Ridge Meadows Hospice Society** (from their Website):



The Ridge Meadows Hospice Society is a registered not-for-profit charitable organization funded through grants, memberships, donations and bequests. It was founded in 1980 when Edna Trehewey, a former public health nurse, realized the need for help for dying patients and their families in Maple Ridge and Pitt Meadows. She knew that constant, long term care of a palliative patient is extremely emotional and physically exhausting for the home caregiver and that help was needed to give caregivers respite. It was also obvious that families needed a support system during the grieving period. The Society has grown from the early days when Edna worked from her home. There is a volunteer board of directors, made up of people from all walks of life. There are eleven paid

staff members and over 120 volunteers involved in board activities, visiting, grief support, general assistance, and the thrift store. With the Fraser Health Authority as a partner, The McKenney Creek Hospice Residence adjacent to the Ridge Meadows Hospital, opened on October 17, 2006.

About our speaker: (in her own words)

"I have lived in Maple Ridge for 10 years, and I have been with the Hospice Society as the Bereavement Coordinator and Counselor coming up to 10 years in January 2022. I am very thankful for the work that I do, and working with a special team of people makes my job possible."



A favourite Helen Keller quote:



Program

Susanne explained the affect that the Covid pandemic has had on their bereavement counselling and the changes that they had to put in place to still provide a service to those in need. She also noted that over the past three or four years there has been an increase in the need for traumatic and complex grief counselling

resulting from deaths caused by overdoses, suicides and car accidents. 99% of the bereavement counselling takes place with the clients coming into their office, but sometimes grief counsellors will go to the homes of the individual depending on their needs. Susanne sometimes goes into schools or other community organizations to give counselling. Prior to the pandemic, every six months she went to the Maple Ridge Treatment Centre. They try to accommodate people's comfort level. They have approximately 40 to 60 volunteers who provide services in bereavement counselling, going into McKinney Creek, and doing various programs. The hospice Society is funded from their own fundraising events, donations from people (primarily those who have benefited from their counselling), and from their Hospice Store on the northwest corner of Dewdney Trunk Road and 224 Street, which is manned by a dedicated group of volunteers.

Happy and Sad Dollars

Walter advised that the setting up of the bank accounts for the new year is in progress, and that 13 members have paid their dues so far.

Libby is happy that **Deborah** is having her last chemo therapy treatment today.

Sharon was very sad that they had to cancel their two week vacation that was planned for Sheridan Lake because of the smoke caused by the forest fires in the area.

Fine Master - Brenda Jenkins assessed everyone a dollar who had not attended the Haney market place in the town square.

Rotary Action for Peace

We learned in last week's meeting that "*Peacebuilder Clubs are a Rotarian movement creating energy and momentum for peaceful conflict resolution around the world, designed to enhance Rotary International's mission of advancing world understanding, goodwill and peace. Rotarian Peacebuilder Clubs commit to engage in dialogues and projects that promote positive peace both in their communities and across the globe*".

Roger has been looking into what is involved for our club to be a Peacebuilder Club. Roger advised that, basically, what it takes is the creation of a committee of at least two members who, at a cost of \$50 each, join the Rotary Action Group for Peace (RAGFP). Our Club's involvement can be at the international or local level. It could be sponsoring a program for education about peace within the community or could be involvement in conflict resolution between two parties in the community. If anyone is interested in forming a committee, then email Roger, who suggests that they meet for coffee to talk about the process and the committee's goals. **Roger, Laurie and Ineke** have expressed an interest in doing so.

Rotary Garage Sale



Ineke reminded us again that our club is participating again in the group garage sale being held on Saturday August 14, 2021 in the parking lot of the Hospice Thrift Store between 11 AM and 2 PM. Those interested in helping or ask to meet at 10 AM on that date to help set up tables and tent.

To date in addition to **Ineke and Peter, Brenda, Roger and Laurie** will help out. All money raised will go back to the Rotary club.

Today's Quote by C. S. Lewis:

**Integrity is
doing the right
thing, even
when no one is
watching.**

(C. S. Lewis)

Submitted by Laurie Anderson