

Meetings: Tuesday 12 Noon

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NOVEMBER IS ROTARY FOUNDATION MONTH

Happy Birthday

Happy Anniversary

UPCOMING SPEAKERS:

Nov 28: Kalie Whittaker What Rotary Means to Me	Dec 05: Peter Lattey - Rotary Water Project and Safari to Kenya (July 2024)	Dec 12: Meadow Ridge Rotary AGM
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LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

Guests were previous members of our Rotary Club:

- Gordon and Mary Robson** (previous Rotary members)
- Kevin and Debbie Nosworthy** (Kevin, previous member)

Program: Child & Youth Program of the Ridge Meadows Hospice Society - Kendra Schmunk



About Kendra

Kendra is the **Coordinator of the Child & Youth Program at the Ridge Meadows Hospice Society**. She recently graduated her social work degree (BSW) in June 2023, and throughout her education journey experienced working with intimate partner violence survivors, children who have witnessed abuse, individuals in recovery, children and families in the child welfare system, and working as a youth mentor. She came on staff at the Ridge Meadows Hospice Society in August of this year to begin the child and youth program, and has helped develop the program alongside other staff members.

She considers herself incredibly privileged to take on this role and work with such incredible children, youth and their families. When she is not working, Kendra loves playing music, doing creative activities, being with loved ones and being outside.



Ridge Meadows Hospice Society

Grief has no timeline

The **Ridge Meadows Hospice Society** (Hospice Society) is a registered nonprofit charitable organization, established in 1979 serving both Maple Ridge and Pitt Meadows communities in providing compassion, support and care to individuals and their loved ones experiencing death, dying, grief and loss. It is the primary provider for grief and loss support in the community. It is not part of the Ridge Meadows Hospital, or the Hospital Foundation, or the Fraser Health Authority. This is still a very common misconception.

The **Child & Youth Program of the Hospice Society** provide support, compassion, education and expressive arts to children and youth experiencing grief and loss. The program's goals are to:

- provide a safe, supportive and educational environment for children and youth experiencing grief and loss
- use expressive arts such as storytelling, crafts and play to encourage children and youth to process their grief
- deliver education, peer support and care to caregivers of grieving children and youth
- bring education and awareness on grief, anticipatory grief, and loss to the community



The Program offers one-to-one support for any child ages 2 - 18, consisting typically of eight sessions exploring themes such as coping skills, feelings, memories, self-care support systems and more.

Also, beginning in mid January 2024, it will have a preschool and caregivers support group, with plans to develop helpful resources and support for caregivers to help understand children's grief and how to best support them. Also in the new year, they plan to continue to build their connection with the local school district to provide education and support to the school system.

The Child & Youth Program has the following guiding principles:

- **IF SOMEONE IS OLD ENOUGH TO LOVE, THEY ARE OLD ENOUGH TO GRIEVE**
- grief is a normal and expected response to loss, and there is no right or wrong way to grieve.
- Children, like adults, have the right to grieve in a safe and supportive environment

All programs are free of charge. As a registered non profit, Ridge Meadows Hospice Society is funded by grants, donations, bequests and fundraising. There are many ways to support the great work that they do, including volunteering and attending their fundraisers. Referrals to the program are not necessary. Anyone can call 604-463-7722 and request services, or email kendra@ridgemedowshospice.org

[In a recent newspaper article about this new program, **Lindsey Willis** (the executive director of the Ridge Meadows Hospice Society) was quoted as saying:

"The death of a parent or sibling can be of the most disruptive and potentially adverse childhood experiences. One in five children will experience the death of someone close to them by age of 18. Children can often be the forgotten mourners whose grief can present itself differently than grown-ups. When unaddressed, childhood grief can contribute to a variety of behavioural, cognitive, and emotional challenges. We need to ensure we are recognizing and addressing the various and diverse experiences of children. It is incredibly important to provide children and their families with information and education on death and grief as well as normalize their experiences and encourage them to share their feelings."]

Cheque Presentation:

Mike Davies on the half of our club presented to **Mary Robson (the Executive Director of the Friends in Need Food Bank)** a cheque to the food bank in the sum of **\$8,000**.

Mary noted that in this last month alone there were 120 new registrations for persons accessing the food bank.



[In addition to **Rotarian Mary Robson**, the following Rotarians are involved with the local Friends in Need Food Bank as directors: **Lynda Lawrence** (chairperson), **Debbie McRae** (secretary), **Ineke Boekhorst** (co-secretary), **Ahmed Yousef** and **Laurie Anderson**.]

Note: The CP Holiday Train is a key food bank fundraiser and stops at Port Haney Station in Maple Ridge on Monday, Dec. 16 at 7:50 p.m., then moves down the tracks to Pitt Meadows for 8:55 p.m.

Happy and Sad Dollars included:

Kevin Nosworthy (President of the Maple Ridge Community Foundation) was happy that our club is supporting the Foundation by purchasing tickets and donating to the cause, and especially for our great dance troupe entering the dance competition.



Ineke Boekhorst was happy to see that our Meadow Ridge Rotary Club Dance Troupe had made it to the News, as seen (absent a couple of arms) in the above-noted picture.

Mary Robson stated that she and Gordon had recently spent a month in Hawaii where they were able to help the Rotary Club of Lahaina serve meals to the displaced people who have lost their homes and loved ones in the disastrous Lahaina fire on August 8, 2023. Mary and Gordon are now members of the Lahaina Rotary Club that they have previously visited on many occasions during their prior visits to Maui.

Libby Nelson thanked Kendra Schmunk for the presentation about the child and youth grief support program, recently started by the Ridge Meadows Hospice Society.

Libby knows how important the work of the Hospice Society is to those whose loved one has passed away. When Libby's daughter died, and the young grandchildren were grieving, this level of service would have been so helpful.

Club Business

Dave Rempel reminded the club that it will soon be time to start planning this year's **Wine Fest**, which is usually held in April or May. Planning meetings are held in January, February and March.

This month's **Pub Hub** will be held on Nov. 30, starting at 5:30 PM, at the Maple Ridge Legion.

Presidents Quote for the Day



Submitted by **Laurie Anderson**

CLUB CALENDAR:

Nov 23 - **Dancing in the Ridge - competition**

Nov 30 - **Pubhub** starting at 5:30 PM, at the Maple Ridge Legion

Dec 2 - **Pre-PETS** - Silver Reef Casino Resort

Dec 13 - **Senior's luncheon** (vege prep – Monday or Tuesday TBA)

Dec 16 - **Xmas party at Callison's**

Jan 27, 2024 - **Grants Management Seminar**
Rotary Fieldhouse, South Surrey

Mar 2, 2024 - **Grants Management Seminar**
Silver Reef Casino Resort

Apr 13, 2024 - **District Assembly** - Kwantlen Polytechnic
Langley Campus - new location!