

Meetings: Tuesday 12 Noon

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APRIL IS ENVIRONMENTAL MONTH

Happy Birthday

Happy Anniversary

May 5: Raj Talasi & Evelyn Koh

UPCOMING SPEAKERS:

Apr 30: Abigail Wynberg
My African Adventure

May 07:

May 14:

LAST WEEK'S MEETING

President **Brenda Jenkins** presided.

Guests:

- Sayed Athari**
- Linda Coate & Linda Martin** - Panorama Seniors Centre
- Gaye Conn & Nicola Vrijmoet** - North Fraser Therapeutic Riding Association
- Lindsey Willis** - executive director Ridge Meadows Hospice (Guest Speaker)

Linda Coate & Linda Martin - Panorama Seniors Centre



"Seniors helping juniors" presented a cheque of \$6,575 to Ineke for the Starfish Pack Program

North Fraser Therapeutic Riding Association:
cheque presentation for \$4500



Gaye Conn talked about the value to the community, impact of the horses on riders, and a new program oriented towards seniors.

She introduced Nicola who is now a volunteer and parent of a former program participant.

Nicola related a story about a day that demonstrated how much



of a positive impact the program had for her daughter. One day when her daughter, who is diagnosed select mute, was having a bad day and it took several people and a lot of effort to get her daughter out of the car and over to the horse. Once she saw the horse and got on, she could see her daughter visibly relax. After the session, and back in the car, her daughter said, "best day ever."

Ridge Meadows Hospice Society: presentation by Lindsey Willis



Lindsey Willis is the ED for the Ridge Meadows Hospice Society, and a senior member of the BC Hospice Palliative Care Association and Federation of Fraser Region Hospice Societies.

Lindsey has worked in end-of-life and palliative care for over fifteen years in our community. She has a contagious passion for raising community awareness and sharing about the life, and death changing impact of this meaningful work.

Lindsey talked about the role of the Hospice Society: the goal of a hospice volunteer is to listen and absorb energy

She noted that it isn't just family members that grieve a loss of someone important. When we work along side each other in the community, the connection we have is strong. Anyone can phone the Hospice Society at any time just to chat.

Lindsey said that their strategic planning was tonight (Tuesday night) and she would appreciate feedback on the Hospice Society, its role in the community, and what else they should be doing.

Lindsey then provided some explanation on how the Hospice Society works with other organizations for end-of-life care. All services are accessed through Fraser Health, but the Hospice Society can assist folks with navigating that process and answering the questions:

“How do I access...”, “Where do I access...”, and then years after that for anyone dealing with grief and loss.

Palliative Care is a segment of medicine that assists with pain and comfort. It is not necessarily only at end-of-life. It is offered by the Fraser Health through a Consult Team and anyone can apply. Palliative Care is not restricted to a particular location: it can be offered at home or in the Hospice. The Hospice Society can connect people directly with the Fraser Health Palliative Care Team.

The Hospice Society provides services to the community. Everything is free and accessible. Lindsey stressed that point that everything is free and accessible but not realizing that is a barrier to reaching out.

The Fraser Health Hospice, McKenney Creek, is for end-of-life care. The Hospice Society volunteers support people and their families/loved ones at the Hospice. They find that they spend more time supporting family and loved ones through this process as often, the patient is at peace with their journey by the time they are in Hospice Care.

Lindsey thanked everyone at Rotary for their past and future support, and asked that we share information about the Hospice Society with those who might not know it is available.

A question was asked about the role of volunteers during the pandemic restrictions. She said it was extremely difficult because the volunteers couldn't go into the Hospice to provide support. Many volunteers moved on to other things and they have taken a while to rebuild volunteers and relationships with partner organizations and are just now feeling like they are back and operating as they should.

Submitted by Alex Pope