

In Memory of Liz Wills

SPRING 2023 NEWSLETTER



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Pictured: Sarah Cobb, Amélie Nguyễn, Lý Nguyễn, Salima Remtulla, & Vincent Nguyễn

ANH & CHI'S RESERVATION- BY-DONATION RAISES \$13,780 FOR VANCOUVER HOSPICE

We are delighted to share the heartwarming news that Anh and Chi, a beloved Vietnamese restaurant on Main Street, has raised an outstanding amount of \$13,870 for Vancouver Hospice's compassionate end-of-life care and bereavement services. This was made possible through their innovative program, Reservation-By-Donation, which allows guests to reserve a table by donating to a selected charity.

In the last quarter, Vancouver Hospice was chosen as one of the featured charities by Miguel, the General Manager of Anh and Chi, who was deeply touched by the care his neighbour's partner received during their end-of-life journey with us. We are grateful to Miguel and the entire Anh and Chi team for their thoughtful nomination and for connecting our work with the community. It is heartening to know that every dollar collected through Reservation-By-Donation goes towards the guests' charity of choice, with Anh and Chi bearing all transaction fees, administration, and marketing costs. This demonstrates their commitment to giving back to the community and supporting causes that matter.

We want to express our heartfelt thanks to all the patrons, team members, and owners of Anh and Chi for their incredible generosity and dedication to positively impacting our community. To commemorate this achievement, we were honoured to receive a visit from Anh and Chi owners Amélie Nguyễn, Lý Nguyễn, & Vincent Nguyễn.

Once again, thank you to Anh and Chi and everyone who contributed to this wonderful initiative. Your support enables us to provide compassionate end-of-life care and bereavement services to our patients and families during their most vulnerable moments.



Pictured: Laurinda Lee

GOODNIGHT VANCOUVER: A TRIBUTE TO A LOVED ONE THROUGH ART

Art has the power to express emotions, evoke memories, and inspire others. When an artist creates a piece of art in honour of a loved one who has passed away, it can be a way to process grief and keep the memory of the loved one alive.

One such artist is Laurinda Lee, who donated "Goodnight Vancouver," a beautiful piece of art in honour of her sister-in-law, who passed away in our hospice on March 21, 2023.

Laurinda's sister-in-law had recently undergone radiotherapy and was feeling quite weak. Despite this, one evening, after picking up some coffee, she expressed a desire to go to Spanish Banks to watch the sunset and see the city lights. It was a beautiful evening, and the ladies spent several hours there, watching the sunset and enjoying the view of Vancouver's city lights from a distance.

Sadly, Laurinda's sister-in-law passed away. However, the memory of that evening stayed with Laurinda, inspiring her to create a piece of art that captured the beauty and serenity of Spanish Banks at dusk. The resulting artwork is a stunning depiction of the beach, and Vancouver from a distance, with gentle hues of blue and grey in the sky, and earthy tones depicting the calm evening.

Laurinda's donation of "Goodnight Vancouver" is a touching tribute to her sister-in-law and a testament to the power of art to bring comfort and solace in difficult times. Her artwork serves as a reminder of the beauty of the world around us and the importance of cherishing each moment we have with our loved ones.

For more information about her work, please visit www.laurindaleeart.com



Pictured: "Goodnight Vancouver"

CONNECTING IN HEART AND SERVICE

Abbortsford Hospice Society's Executive Director, Andrea Critchley, and Finance/Admin Director, Brendan Adrian, paid us a special visit. It was a great opportunity for us to connect with our fellow colleagues in the palliative care field and exchange best practices, as well as strengthen our friendships. We are grateful for their collaboration and commitment towards providing compassionate end-of-life care. Thank you for visiting us!



Pictured: Sarah Cobb, Andrea Critchley, Brendan Adrian



Pictured: Sarah Cobb & Mary Matthews

VOLUNTEER APPRECIATION MONTH

As we conclude National Volunteer Month, we want to express our heartfelt gratitude to the dedicated volunteers who enable us to provide hospice care and bereavement services. Our volunteers play a crucial role in bringing comfort, care, and support to individuals and families facing life-limiting illnesses.

We would like to recognize seven special volunteers who have been randomly selected as gift card winners as a token of our appreciation for their kindness.

We are pleased to announce the winners of this year's gift cards: Jane from HOB, Mary from Hospice, Kira from the Bereavement Walking Group, Sue from Healing Touch, Wendy from HOB Too, and Betty a Volunteer Gardener. We extend our warmest congratulations to these deserving volunteers.

To all of our volunteers, we extend our deepest thanks for your selflessness and unwavering commitment to providing compassionate care. Your generosity and kindness impact the lives of many, and your contributions make a significant difference in the world. We are grateful for your service, and we thank you from the bottom of our hearts.

IN MEMORIAM

We dedicate this newsletter in memory of our cherished and longstanding volunteer, Elinor Elizabeth 'Liz' Wills, who passed away peacefully on March 30 at VGH. Liz was a dedicated volunteer who began supporting VHS in 2006, contributing significantly



Pictured: Liz Wills

to the fundraising efforts that resulted in the construction of our Granville hospice location.

Over the years, Liz held numerous positions, including active involvement in all Butterfly Galas, The HOB, and the production of Linda Sloan's cards, as well as creating a HOB Cookbook and a calendar. With the support of her husband Dave, Liz's efforts enabled Linda Sloan's cards to continue being sold at HOB, HOB Too, and our Granville Hospice location. Her loss is felt deeply by her family, friends, and fellow volunteers, and she will be greatly missed.

EQUITY, DIVERSITY AND INCLUSION

We would like to express our gratitude to Vancouver Coastal Health speaker, Parker Hewes, and our Volunteer Coordinator, Andrea Hernandez, for their coordination of the Prism Workshop on March 22nd. The workshop was a valuable resource for our volunteers, providing them with the necessary language and framework to effectively engage with members of the 2SLGTBQIA+ community. As a hospice, we remain steadfast in our commitment to creating a safe and inclusive environment for queer, trans, and Two-Spirit communities.

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COMPASSIONATE CARE AT THE END OF LIFE: A HOSPICE COUNSELLOR'S PERSPECTIVE



Vancouver Hospice's commitment to expanding endof-life care services, including bereavement support, is one of our three strategic pillars. The hospice's counselling team is the most active area of expansion, responding to the increasing needs of the community. The pandemic has had a profound impact, and Director of Clinical Counselling Services, Kayla Hochfelder, shares that the

Pictured: Kayla Hochfelder

limitations imposed allowed the team to quickly adapt and provide support for patients and families dealing with unexpected isolation and grief.

Kayla learned a lot from her patients and their families during this time and used their feedback to provide appropriate support. As a result, VHS has expanded the counselling team from a team of one to a team of six parttime counsellors, and they have welcomed counselling interns to support the increasing demands. The counselling team offers up to six free 1:1 grief and bereavement counselling sessions both in person and virtually. They also facilitate support groups, supported by volunteers and led by a counsellor. In addition, the hospice continues to support volunteer-led bereavement walking groups, adding new locations like Trout Lake and Olympic Village. Their services are accessible to anyone in Vancouver, and prior connection to the hospice is not required to receive support. The hospice's services are comprehensive, and they prioritize the needs of the patient and their family. The counsellors ensure that each family member receives the appropriate support, and this is a source of pride for Kayla. Sitting bedside with a patient at the hospice and processing their deep understanding and questioning of life and death is an incredible and important part of her work. Through this lens of care, Kayla witnesses how the comprehensive support they provide on the hospice floor impacts the experience of bereavement. When people feel cared for and approached holistically towards the end-of-life process, grief is usually able to be processed and moved through with an incredible amount of ease. Support is still always needed, and it is wonderful that VHS can provide that aspect of care.

Thanks to ongoing support from the community, including volunteers, donors, and grants, VHS has been able to expand this incredible service. As demands for counselling continue to grow, we are looking for ways to extend their reach into the community. One of our first steps is securing much-needed office space for our counselling team to be able to offer more in-person support.

Vancouver Hospice's expansion of its counselling team has enabled them to provide comprehensive end-of-life care and bereavement support for patients and their families. Through the support of the community, VHS is committed to expanding its reach and meeting the growing demands for counselling services.

For more info contact our Clinical Counsellor, at 604-737-7305 ext. 216, <u>counselling@vancouverhospice.org</u>

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