

Currently we are applying to the British Columbia Hospice Palliative Care Association and to the Squamish Community Foundation for funds for a pilot project to deliver and assess program needs for bereaved families. Currently there is no organized coordination of bereavement support in this community. This is compounded by the fact that there is no social worker in the hospital or community who might normally be delivering information and support to such families.

We are also currently applying for a SCF Lead grant for a Public Awareness campaign that will hopefully encourage greater use of our volunteers and resources and support more people in our community.

We anticipate many grant proposals in our future.

Current Funding

Our 'start-up' funds came from the Squamish Health Care Foundation. These funds enabled us to produce the manuals, run the workshops and create the pamphlets etc. The Hospital Foundation continues to support us by partnering with us in grant applications. Without their support there would be no Hospice Program. We extend our gratitude to Dr. Kindree and the Board of the Foundation for their support at a time when their own fund raising needs require huge effort and creativity.



Fund Raising

We are talking about a number of ways to raise funds, amongst them this effort initiated by Shirley McAllister. Shirley raised \$200 for us by selling some beautiful CD's by the male voice choir Chor Leone and donating the profits to us.

We hope to make this a fund raising feature and a number of places have agreed to sell these CD's for us. Stay tuned for more information.

Board & Volunteer meetings

Board and volunteer meetings are held on the 2nd Monday of each month. This means we have to be very efficient and finish our board meetings in an hour so that we can then welcome the volunteers. The volunteer meetings are an opportunity to get together, get to know each other and share experiences. The meetings are closed and open to only volunteers and liaisons so often it is indeed the only place perhaps for a volunteer to share confidential concerns or indeed talk about the good things, that come out of their volunteering. We usually try and have an 'educational' component. To date we have had Florence Tetrault talk to us about Reflexology and ways in which we can help with simple techniques to alleviate some physical discomforts. Wendy Sellers talked to us about the Squamish Bereavement Support Group and we visited the Squamish Funeral Chapel & George Mackenzie gave us a tour and talked of his experiences.

Meeting with Cindy Welsh, Program Director Acute and Chronic health North Shore Coast, Garibaldi & Marion Biln, Manager Home and Community Health Sea-to-Sky, Vancouver Coastal Health Authority. Pam, Gloria and Hazel met with Cindy and Marion to discover and discuss what plans/directions the Vancouver Coastal Health Authority had for service in this community and corridor. IT was a great opportunity to outline the needs of Palliative Care Patients and Bereaved families as we see it and we were able to discuss our grant applications and proposals. We hope to work together with VCH and bring more resources to this community.

Palliative Care Steering Committee.

Within the Vancouver Coastal Health Authority there is a Regional Palliative Care Steering Committee which reports directly to, and makes recommendations to, the administration of the Health Authority. The Steering Committee functions under several principles, one of which is, "Any person who needs and wants hospice palliative end-of-life care will have timely access to quality hospice palliative end-of-life care". We are fortunate to have Gloria be a member of The Community Reference Committee, a group of 13 people chosen from the total health authority whose purpose is to facili-

tate bringing the "community voice" to the priorities for palliative care and to influence the decisions and recommendations of the Regional Palliative Care Steering Committee.

Our physician Liaison

Dr. Judith Fothergill is a local family practice physician with a special interest in Palliative Care and is the Vice-chair of our Board. Judith has been meeting with other physicians on the North Shore who share this interest and who are together trying to improve the quality of care in Palliative Care. Judith is a great resource for both patients, volunteers and Board Members

Courage to Grieve

Bereavement Support Groups for those Experiencing Loss through Death. A six-week bereavement support group has been offered in Squamish throughout February and March of this year. This facilitated group has been lead by volunteers trained in grief counseling and group facilitation. Meetings are two hours long with the first hour providing group support and the second hour offering information on the grieving process. Topics covered have included factors influencing grief, managing grief in the holidays, grief and loneliness and behaviors and emotions to expect in the grieving process. It has been found that individuals who

participate in support groups generally develop greater sense of wellbeing more quickly than those who do not. They feel more confident of their ability to handle future stresses and are more likely to make positive adjustments in their lives.

With the completion of the six-week support group an ongoing facilitated drop in group will be available every second and fourth Monday of the month. Everyone is welcome and the group will follow the same format of sharing and education.

Groups are held in the Annex of the Squamish United Church at Victoria Street and 4th Avenue on Mondays from 7-9 pm.

Please call Wendy at 604-892-1552 or couragetogrieve@shaw.ca

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