

Winter 2022



# IMPRINTS

*Our Services*

*Light Up  
Hospice*

*Hospice  
Happenings*

*Volunteer  
Spotlight*

*Telephone  
Companionship*



**Quarterly News from Alberni Valley Hospice Society**



2579 10th Avenue  
(250) 723-4478  
[www.albernihospice.ca](http://www.albernihospice.ca)

# Our Services

## **Ty Watson House**

*4 bed residential hospice house*

## **Community Palliative Care Support**

*companioning clients and caregivers*

## **Bereavement Support**

*individual and group counseling*

## **Telephone Companionship**

*for palliative clients, caregivers,  
and those who are grieving*

## **Holistic Health Services**

*for palliative clients and caregivers*

## **Library Resources**

*free to the public, at 3088 3rd Ave*

## **Reflections Program**

*life story recording*

## **Advance Care Planning**

*planning for future health care choices*

*Please note that some services may not be  
available, or may be virtual-only during this time.*



### **Safety Precautions:**

Our **Community Office** (2579 10th Ave) is open to the public, Monday-Friday 9am-4pm.

We have safety precautions in place, including requiring all visitors to wear face masks and use hand sanitization stations.

Donations and correspondence can also be put through our mail slot.

**Ty Watson House** has remained open, with up to 4 residents receiving care. Please contact us for up-to-date information on resident visitor policies during these changing times.

Donations are gratefully received at the door. Visitors are required to wear masks.

## **Volunteer With Hospice!**

Our volunteers contribute in a variety of ways from helping us fundraise, to running programs and directly helping clients in the community.

**To become a volunteer, please contact us today!**

**For more information:  
(250) 723-4478 or [www.albernihospice.ca](http://www.albernihospice.ca)**

# Light Up Hospice

Our 2021 Light Up Hospice event invited all members of our community to enjoy our spectacular holiday display at our AVHS Community Office at 2579 10th Avenue.

Community members were able to honor the memory of a loved one by sponsoring an item in the display.

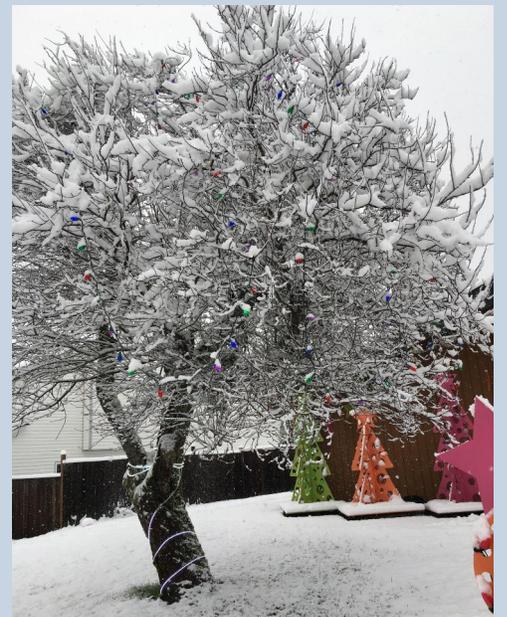
We also had twelve event sponsors who made the event possible.

Thank you to our sponsors and to everyone who supported this important fundraiser.

**Together we raised over \$29,000 for Hospice!**

Funds raised by this event support the important palliative care services we provide at Ty Watson House and the grief & bereavement services we offer.

We would also like to take this opportunity to thank all of the volunteers who came together to help us assemble (and disassemble!) the elaborate display, despite the cold, wet weather.



## 2021 Title Sponsors

The Coulson Group  
The San Group  
Canadian Tire Port Alberni

## 2021 Major Sponsors

Larry Spencer  
Bowerman Construction  
Jim's Clothes Closet

## 2021 Supporting Sponsors

Maureen Mackenzie Personal  
Real Estate Corporation  
Port Boat House  
Finishing Touches  
AV Financial  
Chapel of Memories  
Valley Vision Optometry



**COULSON**  
— GROUP —



# Hospice Happenings



In December, Marvin Gerbrandt dropped off an amazing donation of pork products for Ty Watson House!



We received an anonymous donation of groceries and hygiene products for our residents!



Terry Neyedli stopped by our community office with a generous donation!



Thank you to Brian and Laverne Voysey and Jeannette Rist for their generous donation of groceries and supplies to Ty Watson House!





We had a window display as part of the Trees of Hope event! Sponsored by the Coulson Group of Companies and RBC in downtown Port Alberni, the event invited nonprofits to compete by decorating a window display at the Coulson Ice Blast building to deliver the nonprofit's message and demonstrate creativity while still embracing the joy of the helping our community.



Thank you so much to Alberni District Co-op for their generous donation of \$2,500 to Ty Watson House!



Coombs Country Candy donated ice cream for our Ty Watson House residents!

Dave Ralla of Dave Ralla: Port Alberni Real Estate stopped by Ty Watson House, and on behalf of his past and present clients, donated \$1,000 in Quality Foods gift cards to be used for groceries for our residents!



# Volunteer Spotlight

*Each month we will be posting a Volunteer Spotlight to our website's blog, which consists of a volunteer interview to gain further insight into the lives of our volunteers and the impact volunteering has had on them, and the impact they've had on us.*

AVHS is happy to announce Katja Strube as our first 2022 Volunteer Spotlight for January.

Katja joined our hospice team in September 2021 and began volunteering at Ty Watson House, and as of this past November began facilitating our weekly Walk & Talk Bereavement Group. Katja will be adding to her services experience by joining our Telephone Companionship Group over the next few months, where she will continue to provide support and assistance to the community.

“Amazing people, amazing organization.”

When Katja isn't busy with family, work, and volunteering, she enjoys winding down in her free time with a walk alongside her sweet but as Katja would say “stubborn” pooch Benny or taking her ATV out for some fun and connecting with nature while gardening.

Katja shared her first impression of volunteering with AVHS, “I immediately felt so welcomed and inspired by everyone I've met so far, amazing people, amazing organization.”

For so many of us our reason for choosing to volunteer with hospice may have come from a personal experience with grief and loss as it did for Katja and her family in 1998 with her father's cancer diagnoses. Katja said of her experience “We as a family felt pretty helpless.” At that time there was no palliative care home available only hospital care and her father was denied, Katja went on to share “We cared for him as a family. No one was there to guide us or help take over Dad's care so that we could have a break.” In 2014 it was while Katja was reading the newspaper that she came across an ad to become a Hospice Volunteer at her local hospice. Katja applied and started supporting the residents and their families. In February 2021 Katja moved to Port Alberni and was thrilled that there was a hospice in our community. We asked Katja about her first impression of AVHS and Ty Watson House, her reply was “Going to Ty Watson House and getting to meet all the amazing people who work hard day after day, it shows that all people working and volunteering for AVHS really care.” Some would say hospice is a place where people go to die, and families grieve, but Katja described it differently saying, “It's also a warm place where people can also laugh and feel comfortable expressing their loving memories and gratitude.”



For Katja and so many volunteers, hospice volunteering helped them as a family to cope with their grief and loss. She also shared these thoughts with us: “I learned so much from volunteering with hospice that I felt strong and capable enough to help my mom.” With Katja’s volunteering experience, she did not feel the helplessness or fear this time when sitting by her mother’s bedside when she passed in 2019.

Volunteering with hospice helped Katja and her family. The biggest surprise for Katja is that hospice work is also fun and very fulfilling.

Katja says “There are so many memories and stories I have where I was laughing with people as they shared their stories of a loved one who had passed.” With a lot of personal stories can come laughter and a warm feeling that is very rewarding and fulfilling. We asked Katja if there was anything more, she would like to add. Katja said “I’m looking forward to working with great people in an incredible environment, I thank you all for having me.” We thank YOU Katja for taking time out to share your experiences. We are delighted to have you join the team!

“I think no one should be left alone when they are terminally ill, including the families trying to deal with the changed circumstances. Making a difference in a person’s life is my motivation.”  
Katja Strube



## Why monthly donations work

*Reliable Income*  
helps us budget and plan

*Cost Effective*

these donations don't eat up staff time,  
letting us focus on programs

*Auto-magic*  
less work for you

*Manageable*

Easy to fit into your budget

*Flexible*

You set the amount  
& payment method

You can set up monthly donations online on our website:  
[albernihospice.ca](http://albernihospice.ca)

### I would like to make a donation

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Cheques Included

Please use credit card:

Name: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiry: \_\_\_\_\_

Amount of Donation: \_\_\_\_\_

Make a recurring monthly donation

I have included AV Hospice Society/Ty Watson House in my will.

**Cut this out and mail (along with cheques if applicable) to:**

Alberni Valley Hospice Society  
2579 10th Avenue  
Port Alberni, BC V9Y 2P5



# Telephone Companionship

**Hospice is proud to offer support by phone!**

Our trained Telephone Companionship volunteers are available to assist you in coping with living with a life-limiting illness or caring for someone who has a life-limiting illness. These trained volunteers are also available to assist those who are struggling with the loss of a loved one.

**Please call (250) 723-4478  
or email [info@albernihospice.ca](mailto:info@albernihospice.ca)  
for more information.**

