

Spring 2022

# IMPRINTS

## *Our Services*

*Advance Care  
Planning*

*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 Companioning**

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

## **Holistic Health Services**

*for palliative clients and caregivers*

## **Library Resources**

*free to the public, at 2579 10th 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 providing face masks and hand sanitization stations for all visitors.

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)**

# Advance Care Planning

Advance care planning is making a plan for your future health care. Even if you're doing well now, it's a good idea to prepare for a time when you might not be able to care for yourself. It's also a good idea to plan for the end of your life.

It can be hard to think and talk about these issues. But planning for the future can help you to:

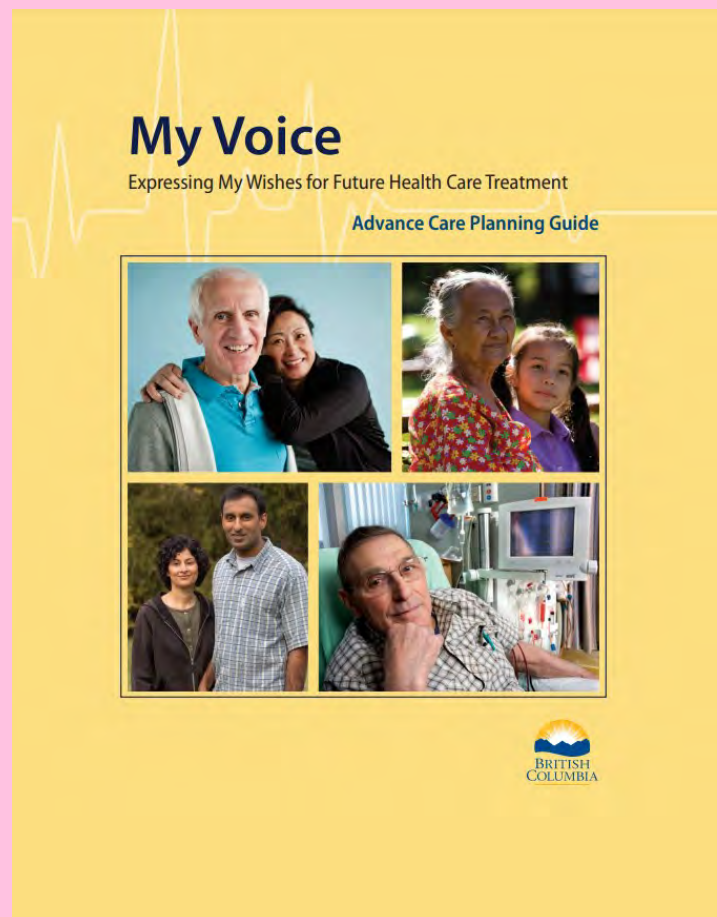
- Learn your options for care.
- Save your loved ones the stress of making hard decisions for you.
- Make sure your wishes are respected when the time comes.

An advance care plan has two main functions.

It tells your family, your substitute decision-maker, and your doctor what kinds of treatment you do or don't want to receive as you near the end of your life and if you can no longer make these decisions for yourself. Depending on where you live, this part of an advance care plan may be called an advance directive or a personal directive. But many people also refer to it generally as a "living will."

An advance care plan may also let you name a person to make treatment decisions for you if a time comes when you can't make these decisions for yourself. This person is called a substitute decision-maker, or a health care representative, agent, or proxy.

As long as you can still make your own decisions, your advance care plan won't be used. You can say "yes" or "no" to treatment at any time.



**To create your Advance Care Plan, collect a copy of the government's *My Voice: Expressing My Wishes for Future Health Care Treatment* booklet at our community office (2579 10<sup>th</sup> Avenue), or visit [advancecareplanning.ca](http://advancecareplanning.ca)**



# Hospice Happenings



Bill Cove dropped off a generous donation groceries!



There's always something delicious being baked up in the Ty Watson House kitchen!



We were able to have a few small celebrations at Ty Watson House!







Spring is bringing  
new blooms to  
the gardens at  
Ty Watson House.





# Volunteer Spotlight

***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.***

I had the wonderful pleasure of sitting down for a nice chat with our next spotlight volunteer Miriam March.

“What’s important to me and fills my heart, is knowing that our Residents and their loved ones are being cared for and supported”

Miriam started volunteering many years ago with The Association for Rehabilitation and Brain Injuries (ARBI), when Miriam and her family were living in Calgary, Alberta. A close and dear friend of Miriam’s had a son that suffered a brain injury due to an accident involving a vehicle. It was at this time that Miriam felt the need to help and support her friend and their family.

After leaving Calgary Miriam moved to Qualicum and then in August of 2021 made the move to Port Alberni, it was through friends and family that Miriam was approached to join AVHS Ty Watson House as a hospice volunteer. Miriam has always loved helping others in need and felt this would be a great way to support her community and meet some new people and create lasting friendships.

Along with volunteering at Ty Watson House, Miriam has been a member of the choir for the last 7 to 8 years, and she continues to meet with the group every Monday evening. Every Wednesday when you enter the Ty Watson House you will hear Miriam singing or humming a tune. Everyone that has had the opportunity to work with Miriam have shared with me the joy, warmth and kindness that she brings to the house every shift. Miriam’s focus when she enters the house is on our Residents and their loved ones.

When I asked Miriam what she has learned about herself while volunteering with AVHS she paused for a moment looked right into my eyes and stated “I’m a fighter and no one will ever



stop me from doing what is right". At that moment I could feel Miriam's strength and positive energy and I felt myself sitting up straight with my chin up. That is the same affect that Miriam has on her co-workers. Miriam shared that her biggest surprise about volunteering was the amount of compassion and strong team work that she witnessed between our employees and volunteers. Miriam shared with me her feelings when she arrived the first day. "To be honest, when I arrived all I felt was warmth and love. There are a lot of compassionate people here at Ty Watson House".

I asked Miriam if you could encourage someone else to volunteer with hospice what would you say? Miriam said "It makes you feel great and most important, you are needed". Volunteering is very important to Miriam, so I asked Miriam what motivates her to stay involved, Miriam pointed to her chest and said "it fills my heart, I like being with others". Thank you Miriam for taking the time to share a beautiful piece of yourself.

-Crystal LeBlanc

Hospice Services Coordinator



**Would you like to get involved at Hospice?**

We are looking for volunteers at Ty Watson House to assist with comfort and hospitality to residents.

Training is provided.

Contact Crystal, our Hospice Services Coordinator, at 250-723-4478 or [crystal@albernihospice.ca](mailto:crystal@albernihospice.ca)



## 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

### Flexible

You set the amount  
& payment method

### Manageable

Easy to fit into your budget

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.**

