



Four Tides Hospice Society

Hello FTHS Community!

I'm pleased to introduce myself to you in this December edition of the newsletter: Malerie Meeker, your president for the 2023 – 2024 year. I have served on the Board of Directors for two years, as fundraising committee chair and as vice-president.

Last year at this time I was leading our Community Engagement Campaign – a series of activities designed to re-engage the community in the development of Hospice House post-covid. I'm looking forward to meeting you if we haven't already.

A little about myself for those who don't know me: I am a long-time resident; I've called qathet my home for over 50 years. I worked for 26 years for Inclusion (formerly the Powell River Association for Community Living), as an Early Childhood Educator and then as Executive Director. Prior to my retirement I was an instructor and then coordinator/instructor in the Disability Studies Diploma Program at Vancouver Island University. Volunteering has been a big part of my life, before and during retirement. Currently in addition to Four Tides Hospice Society, I am the facilitator of the Community Caregivers Support Group (for individuals caring for a loved one with Alzheimer disease or other dementia), I'm a member of the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign – Sunshine Gogos, and on the staff of the quarterly periodical – The Barnacle.

I live in Lund. My most important role these days is as Noni –

grandmother to eight lovely grandchildren and god-grandchildren, between the ages of six and twenty-eight. I'm fortunate to have five of them here in Powell River. Just the best!

The Board of Directors this year includes Maureen Tierney, vice-president, Alice McCallum, treasurer, Niky Burnett, secretary, and directors Doreen Hopkins, Gary Olson, Jodie Hannah Young, and Sophie Call. Returning to the board as director is Kim Barton-Bridges, one of our founding members.

On staff as we start the 2024 year is our Interim Executive Director, Leslie Emory, Client and Volunteer Coordinator, Sarah Joy Herzog, and Program Coordinator, Ciara Knapp. We are all looking forward to the tasks and opportunities the coming year will bring.

As many of you know, we are on the cusp of launching our formal Hospice House capital campaign. We hope to formalize our Memorandum of Agreement with Vancouver Coastal Health (VCH) very early in the new year.

Our "Whimsical Birdhouse Auction" will kick-off our fundraising campaign. There is a ton of work to do: locate property, approve architectural and operational plans, engage the qathet community, raise funds. Whew! In partnership with VCH, our ambitious slogan is "Hospice House 2025!" Can we achieve that? With your help, we just might.

Wishing you and yours all the very best this Holiday Season,

Malerie Meeker, President

president@fourtideshospice.org



Update from our Executive Director

As the season of giving is upon us, I've been reflecting on the tremendous generosity of the many caring individuals, past and present, who make hospice possible in our community. The work we do in community is vital work and it is heart-based work. While it can be difficult it can also be deeply rewarding. No one

knows this better than our dedicated team of volunteers who, day-in and day-out, provide palliative, bereavement and caregiver support to community members. They step up to facilitate groups, organically organize around vigils, bravely take on complex cases and very eloquently offer their wisdom and care to people during times of great need.



Complimenting this work, in the background, is a deeply committed board of directors. Previously under Cathy Fisher's leadership and now under Malerie Meeker's, the board carries the torch energetically, for both the organization and for delivering on the community vision of a hospice in Powell River. We are very fortunate and grateful for such a compassionate circle of caring.

A very Merry Christmas to those who celebrate and wishing everyone a relaxed and restorative time with loved ones over the holiday season.

Leslie Emory, Interim Executive Director
executivedirector@fourtideshospice.org

Honouring Heather Elsie Gail Baldwin November 18, 1947 – December 3, 2023

Heather passed peacefully from this life, at home surrounded by the love of her family. She was born in New Westminster and grew up in Cloverdale. As a graduate of the St. Paul's Hospital nursing program in 1969, she was an outstanding nurse in almost every possible area of nursing. Later, she received her Bachelor's degree in Nursing. She loved being a nurse and was born to do that work but she especially loved palliative care.

When she and Sandy moved to Powell River in 2007, Heather continued to work as a Long-Term Care Case Manager in Community Health but she also contributed volunteer hours to the community through her involvement with the Lions Club. But



most importantly, Heather worked tirelessly as one of the founding directors of the Four Tides Hospice Society in Powell River where she also served as President for a number of years.

Heather was very creative and her beautiful stained-glass pieces grace many homes in qathet. She was also known for her gorgeous gardens and her knowledge and endless energy for gardening and landscaping. A few years ago she took on the challenge of learning to play the flute and for many years she made soaps, shampoos, lotions and salves. She was also an exceptionally capable person. There were few jobs, inside or outside of their home that she could not do.

Left to grieve are Heather's spouse of 34 years, Sandy McCartie, Heather's son, Robert (Barb) Baldwin, Heather's daughter, Cindy (Tim) Stewart, and grandchildren; Joshua, Emory, Noah, Sarah and Jonah, Heather's Auntie Marj (Bill) Dean, brother Larry Bonnett and Heather's niece, Laura, and nephews, Eric and Douglas, many extended family members, and many dear friends.

Her family wishes to express their gratitude to Dr. Burns, Dr. Herbst, Palliative Care Nurses Jill, Jodie and Brenna, and the Home Support Team who helped to ease Heather's final days and demonstrated kindness, respect and compassion.

Heather's Celebration of Life is planned for Saturday, February 3 at 2:00 pm at the clubhouse in Blue Mountain Estates, #234 – 7575 Duncan Street, Powell River. In lieu of flowers, donations to the Four Tides Hospice Society would be gratefully received.

Take care of your dear selves and of one another.

Love,

Sandy McCartie, Founding member of Four Tides Hospice Society

Update from our Programs Coordinator

Our Music Therapy program ran for 4 weeks at Kiwanis Village and 4 weeks at



Kiwanis Manor with facilitation by Jules Adam and help from one of our volunteers. The program was very well received with positive feedback from all participants.

The Caregiver Support Group continues to run on the 1st and 3rd Monday of each month at 1030 at the United Church. The group is open to those who are in an active caregiving role of

someone experiencing a life-limiting illness. Bi-weekly drop-in sessions, guided by a senior volunteer, allows participants to share experiences, frustrations, and successes in their caregiving journey.

The Grief Walking Group continues to meet on the first and last Tuesday of the month at 10am at the lower Seawalk Parking lot. Participants share an outdoor active hour, engage in conversation and socialization, and acquire skill/tools to manage grief.

For more information and to register for any of the above email Ciara at programs@fourtideshospice.org or call/text

604.208.7221



Four Tides
Hospice
Society



Volunteer Visitor Training

January 16th - March 5th
Tuesday evenings 6:30-8:30, two Saturdays

Four Tides Hospice Society Volunteer Visitors are trained on how to support clients living with a life-limiting illness, palliative clients, grieving individuals and caregivers. Volunteer Visitors are caring, supportive and good listeners.

Support may include some or all of the following.

- Visiting in private homes, hospital or care facilities
- Companionship, reading, letter writing, etc.
- Relief of caregivers for short periods of time
- Spiritual, emotional and social support
- Simply being with the dying person and/or their loved ones during the death journey, grief & bereavement

*Contribute
to your community
in a meaningful way,
while learning new
skills and making
friends!*

To apply go to our website below and click "Become Involved"

For more information call 604-223-7309 or email coordinator@fourtideshospice.org

www.fourtideshospice.org 604-223-7309

4675 Ontario Ave, Unit C, Powell River

To apply click here: [How to Become a Volunteer](#)



Connect With Us!

www.fourtideshospice.org



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