



Four Tides
Hospice
Society

OCTOBER 2024

A Message from the President

Hello and happy fall – friends, colleagues, and allies!

Being involved in society as I am, I always have my radar tuned to discussions and tidbits about FTHS that I hear on the street and to the informal discussions around the community. Do you do that too? I'm talking about those conversations that occur when the people talking don't know about my affiliation with Four Tides. Our programs and services are spoken of so highly! Our volunteers so valued! I love it when I get to acknowledge my connection and thank community members for their positive feedback and support. It is heart-warming and validating. A huge thank you to our volunteers and staff for all the very precious work you do!

We are heading into November, our **Annual General Meeting** month. This year the meeting is scheduled for **Monday, November 25, 6 pm, Cranberry Senior Centre**. I hope you will make it a priority to attend! Not only do we have a lot of news to share, but we will also be screening our promotional video. If you haven't seen the Four Tides Hospice Society video, don't miss this chance.

Here is a short teaser on the Board of Directors' news to share at the Annual General Meeting: we will be updating attendees on the Hospice House project, reviewing our promotional and fundraising activities over the last year, outlining our progress building community alliances and partnerships, and reporting on our progress in making that tricky transition from a hands-on working board to an "oversight – foresight – insight" governance board.

We hope you will join us on November 25. Thank you!

Wishing you all well,



SAVE THE DATE!

ANNUAL GENERAL MEETING

November 25, 2024
6-8 pm
Cranberry Seniors Centre

Find out what has happened in the past year and what is in the works for 2025. Our exciting news may lead you to decide to share your gifts and knowledge. Refreshments served.

Update from our Executive Director

It's that time of year when we invite new volunteers to join us and register for the upcoming Volunteer Visitor training. This training takes place over 8-weeks and is a wonderful opportunity to connect with others and learn about end-of-life and bereavement supports from experienced and caring community members. Here are some thoughts from our volunteers about their experiences supporting people:



"It is a privilege to be involved. It is a rich experience feeling as though I make a difference."

"The experience of being a volunteer is amazing. The relationships are meaningful and I enjoy connecting with people. It is a gift."

Our hospice services are primarily delivered by volunteers.

Please consider volunteering with us to support members of the community who are nearing end-of-life, their caregivers and those who are grieving the loss of a loved one. There are also volunteer opportunities in groups facilitation, administrative support and events support. If you think you

might have some time to give please contact coordinator@fourtideshospice.org or call 604-223-7309.

A humble and heartfelt thank you to our 42 active and engaged volunteers who contributed over 2000 hours ensuring community members received the end-of-life, caregiver and bereavement supports they required.

Leslie Emory, Interim Executive Director
executivedirector@fourtideshospice.org



Volunteer Visitor Training

January 14 - March 4, 2025

Mondays (2x), Tuesday (5x) evenings 6:30-8:30, two Saturdays

Four Tides Hospice Society Volunteer Visitors receive training to support clients who are living with a life-limiting illness, who are grieving, and those who are caregiving. Volunteer Visitors are caring, supportive, and good listeners.

Providing support may include:

- Visiting in 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 and through 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

Memento Mori Events



Telephone of the Wind & Walk of Memories

Sunday, November 3
2:30–5pm
Cranberry Cemetery

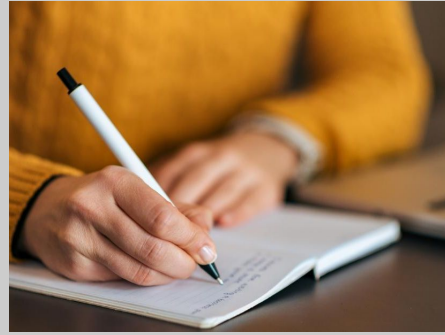
Telephone of the Wind (2:30)

Join us for the installation of a Telephone of the Wind, an unconnected phone that allows users to “call” a deceased loved one.

Walk of Memories (3–5pm)

This interactive and ceremonial walk will feature four thoughtfully designed stations for reflection and remembrance of your loved one.

Free. Refreshments provided.



Advance Care Planning Workshop

Thursday, November 7
Evening
qathet Art Centre

ACP helps you share your wishes with important people in your life so they can help you to get the care you want.

This workshop supports participants to identify and document their future health care wishes.

To register for this 1.5-hour workshop, contact programs@fourtideshospice.org

Seating is limited.

For a full list of Memento Mori Events, visit [qathet Art](https://qathetart.com).

November 19th is National Grief and Bereavement Day

Grief and Bereavement Day is a reminder that loss is a universal journey and that help is available.

Four Tides Hospice offers 1:1 and group grief support.

**National Grief and
Bereavement Day**

Nov 19, 2024



British Columbia
HOSPICE
PALLIATIVE CARE
Association

[Click here to learn more about
how we can help.](#)

Programs this Fall

The Caregiver Support Group continues to meet every second Monday at 10:00am at the United Church.

The Grief Walking Group meets the first and last Tuesday of the month at 10:00am at the lower Seawalk parking lot.

Tla'amin Grief Group meeting weekly on Wednesday evenings.

Celebrate-A-Life Memory Tree will be running for the month of December at the Town Centre Mall.

For more information and to register, contact
programs@fourtideshospice.org or call/text 604.208.7221



Connect With Us!
www.fourtideshospice.org



604-223-7309
info@fourtideshospice.org
PO Box 33 Powell River, BC V8A 4Z5

[Click here to make a donation!](#)





Try email marketing for free today!