



Four Tides Hospice Society

MARCH 2025

A Message from the President

Hello! Malerie here, current Four Tides Hospice Society president. It's my pleasure to connect with you via our newsletter and give you a bit of an update on society activities. It's spring...I think...(frost last night!)...and in the spring, we put the FOCUS ON FUNDRAISING! Here are the ways you can support the work of FTHS:

1 . Membership! You are receiving this newsletter because you are on our membership list for one reason or another – current member? Past member – as in haven't yet renewed membership? Or perhaps you are a representative of an organizational partner or ally that supports our work and our, vision. But the critical questions are: **Are you a FTHS member? Have you renewed your 2025 membership? As a partner, have you taken out a personal membership?** Establishing a robust membership not only contributes financially to our mission but also helps to raise awareness and support our applications when applying to granting organizations. Your membership is important to us! Truth be told, we have many, many supporters in the community, but a relatively small membership. Our goal this year is to increase our membership by 15%. As of today, Tuesday, March 18, we are 12 people away from achieving that goal. Please consider being one of those 12 to help us reach this goal.

2. Tim Hortons Smile Cookie Campaign: For the third year in a row, FTHS has been chosen as the recipient of proceeds from the Tim Horton's Smile Cookie Campaign. They like us! Between April 28 and May 4, 100% of proceeds from every Smile Cookie goes to FTHS. To ensure you don't overdose on sugar...consider ordering cookies for your family or workmates. Surprise your favourite business with cookies for staff. Buy dozens and freeze them for your next family celebration. The possibilities are endless. Go for it!

3. Hike for Hospice: Hike for Hospice is our biggest fundraising event each year; funds raised from this event are one of our cornerstones. When FTHS incorporated as a society in 2014, Hike for Hospice proceeds, approximately \$20,000, covered half our operational expenses. We have grown since then; and are grateful that our community now often turns to FTHS for supports and programs for their loved ones at end-of-life and for bereavement help. That means our operational budget is now \$130,000+...with no contractual government funding. That also makes events like Hike for Hospice all that more important. Join us for the in-person launch of this fundraiser at Willingdon Beach, Saturday, May 24 at 11:00 am (community walk and prizes and food). The Hike continues all that week. Put together a work or a family team! Challenge others! Be the person or the team that walks away with our new – and coveted H4H trophies! Yes, FTHS does put the “fun” in fundraising.

And here are brief updates on other board activities:

Board members are currently taking training on board governance--working to establish a strong governance board that contributes (but doesn't dabble in!) the operations of the society. It is challenging and inspirational learning.

As you know, we completed our Memorandum of Understanding with Vancouver Coastal Health for the development of Hospice House late last year. We are now well into the process of acquiring property on which to locate the facility. To that end, Leslie, Gary Olson (director) and I recently met with FTHS advocates to explore ideas and strategies. We will keep you posted as possibilities unfold. Additionally, our new Resource Development Manager has joined the team. Those activities put us well on the Hospice House road, friends!

Thank you all for your continued support. Please feel free to contact me with your feedback. All the best to you and yours,

Malerie Meeker, President
president@fourtideshospice.org

Update from our Executive Director

Greetings and happy approaching

spring to all!

We are pleased to announce that Melanie Munroe has joined our team as Resource Development Manager. Melanie brings extensive experience in planning events, fundraising and community-driven initiatives, and has collaborated with various organizations to raise awareness, funds, and impact. She will be instrumental in advancing our goals for service delivery and the capital campaign for Hospice House. Very exciting!!



Our Friendly Caller pilot project generously funded by First Credit Union is underway. A Friendly Caller is a volunteer who schedules regular phone check-ins with clients. They offer social and emotional support and check on well-being. If a client identifies a need, appropriate referrals are offered, and the Client & Volunteer Coordinator is notified. Some clients may find this service less intrusive than the Volunteer Visitor program in which volunteers come into the client's home. Some clients may wish to be assigned both a Volunteer Visitor and a Friendly Caller.

Four Tides Hospice Society has been successful in securing funding from The Sovereign Order of Saint John of Jerusalem. The funding will be directed to the delivery of vital group services and, in particular, will support us to revive our music therapy programming.

With appreciation and respect,

Leslie Emory, Interim Executive Director
executivedirector@fourtideshospice.org



Become a Member

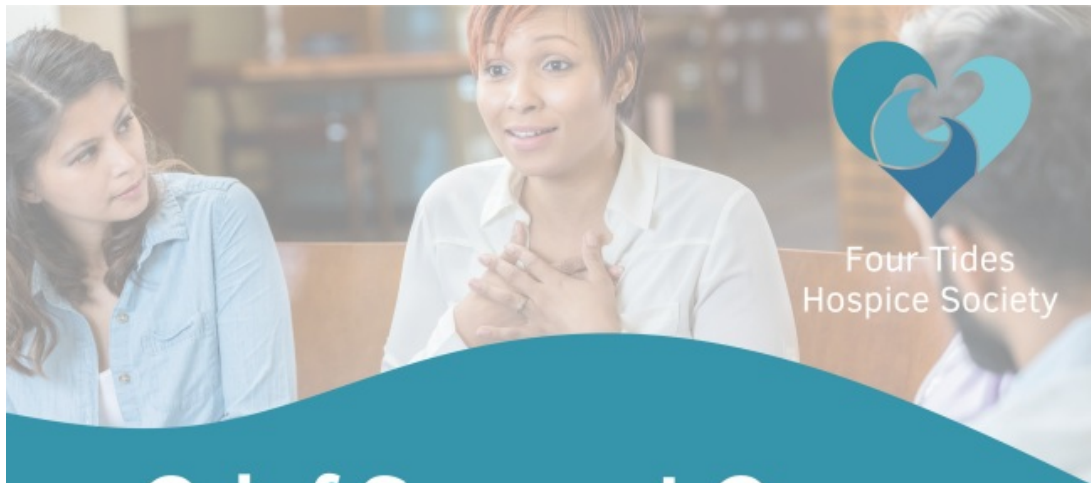
Help to support our vision of providing compassionate end-of-life and bereavement care to the qathet Region.

The annual membership fee is \$15 and the membership campaign ends June 30, 2025.

Click [here](#) to become a member online.

Click [here](#) to become a member by mail.

THANK YOU FOR YOUR SUPPORT!



Grief Support Group

Monday April 14th to Monday June 16th
6:00pm-7:30pm at the hospice office

The Grief Support Group is a nurturing space for adults who are grieving the death of a loved one to come together for support & fellowship. The series offers opportunity for reflection, exploration of the stages of grief and sharing of information and tools to support participants through the grieving process. Facilitated by two experienced hospice volunteers.

**To register contact admin@fourtideshospice.org
or call 604-208-4378**

www.fourtideshospice.org 604-223-7309
4675 Ontario Ave, Unit C, Powell River



Four Tides
Hospice
Society

Advance Care Planning Workshop Apr 16th at 6pm

Advance Care Planning (ACP) workshops support participants to explore, identify and document their future health care wishes. This 1.5 hour workshop is guided by a trained volunteer who will support the completion of an Advance Care Plan.

Please contact admin@fourtideshospice.org
or 604-208-4378 to register as seating is limited



CONGRATULATIONS!

To the nine new volunteers who have completed the
FTHS Volunteer Visitor Training Program.

We're so glad to have you!



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!](#)



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