

# GREATER TRAIL HOSPICE SOCIETY NEWS & NOTES

*Grief is real and it is hard  
We can support you through it*



Starting in  
September:  
**Adult Grief  
Support Group**  
8 weeks  
Registration  
required:  
**250-364-6204**

*You don't have to grieve alone*

**Children's Grief  
Support Group**  
**Ages 6-12**

**Tuesdays 3:15-4:30 PM**  
**Starting October 1**  
**Call Jayme to Register:**  
**250-921-5007**



**All support groups are free**

**HIKE OR BIKE  
LET'S DO IT!**



**OUR BIGGEST  
FUNDRAISER YET!**

**JOIN OUR HIKE OR BIKE FINALE**  
**SEPT. 7 @ 10 AM**  
**AT THE TRAIL MARKET**

**OR**

**SPONSOR ONE OF OUR HIKE AND  
BIKE PARTICIPANTS LISTED ON OUR  
FACEBOOK PAGE**



VOLUME 13, ISSUE 3 AUGUST, 2024

[WWW.TRAILHOSPICE.ORG](http://WWW.TRAILHOSPICE.ORG) 250-364-6204

## The Grateful Remembrance Jar

With summer activities almost over, we look ahead to the coming Fall months. The primary holiday celebration will be Thanksgiving Day followed by Christmas not long after that. A trip to local stores remind us of these as they are already stocking Thanksgiving decorations and winter clothes.



Often Thanksgiving is celebrated with family or close friends. It is a feast shared around a table filled with favorite foods where stories are told and memories are shared. For anyone who has lost a close friend or family member this can be an emotionally difficult time. There is a void, an aching hole in the celebration because the person who meant so much to you is not there to share with you. There is an empty chair. Sorrow sits at the base of your heart and in the pit of your stomach.

Although your loved one is gone, memories are not. Those are your everlasting recollections to cherish. Thanksgiving can be a time to bring those forward – to reminisce around the Thanksgiving table, or to bring to mind when that wave of grief threatens and the sad emotions erupt.

Thanksgiving is about finding gratitude and giving thanks. You may not be thankful for the present moment or the here-and-now, and that is normal and okay. But can you be thankful for in the relationship you had with your loved one? Are you grateful for 40 years of marriage, or the person's sense of humor, or that ever-listening presence they offered you? These personal 'thankfuls' are an opportunity to express gratitude for the past you shared with the person you loved.

### A 'Grateful Remembrance Jar' can be a positive way of re-directing your emotions and memories.

**Step One:** Find a jar or bowl that can hold your thought messages of gratitude. Any jar will do, but you might find one that had special significance for the person you are remembering.

**Step Two:** Cut some slips of paper you can write your 'thankfuls' on and fold them in half. On the outside of a strip write 'Thank You', 'With Gratitude', 'I remember' or other phrases.

**Step Three:** Write what you are grateful for about that person and the relationship you had with them.



**Step Four:** Invite others to add their memories to the Grateful Jar when you share a family or Thanksgiving dinner together.

**Step Five:** When you are having a 'blue' day, or are swamped by the grief wave, read through some of your Grateful messages and remember you are who you are because of this person was a vital part of your life. Remember that no one can take your memories away from you – they are yours to cherish. The physical person may be gone but the memories last forever.



# Meet Our Staff!



**Ayla Thompson**  
Outreach Coordinator

As a third generation Rosslander, the Kootenays are my heart and home. I have spent my life working and moving around the West Kootenay area, exploring all it has to offer.

I graduated from Selkirk and the University of Victoria with my Bachelor of Science in Nursing and have been working in our local emergency departments for the past three years as a Registered Nurse. I love providing patient care and connecting with people.

I was drawn to join hospice as I realized how a palliative care approach to life limiting illness can significantly improve a person's and their family's well-being by providing holistic care. To me this feels like an upstream approach, meaning providing proactive care instead of reactive care. I am excited to support our communities through engagement and education, and work to change the discourse regarding palliative care.

When I am not working with my husband on starting our new farm, you can find us out adventuring in our camper van with our dogs!



**Are you a compassionate, empathetic person? Do you care about our community? Do you want the people around you to live their best quality of life?**

**Have you ever considered becoming a Hospice Volunteer?**

You may be most comfortable as a Friendly Visitor, or supporting someone through their grief, or helping a person navigate their changing health. Or, you might be a caring presence at someone's bedside.

**There is a place for everyone!**

*We provide the training. You provide the care.*

**Nav-CARE (Navigation) Training: Sept. 20-21**

**General Training: October 4-5 & 18-19**

**Grief Support Training: November 1-2 & 15-16**

**To Register Call: 250-364-6204**


**FAKE NEWS**

## Trail Does Not Have a Hospice

This is definitely 'Fake News' and not to be believed. It is true we don't have a specific 10-12 bed dedicated facility for palliative patients, but we do have a very active Community Hospice in the greater Trail area.

What is the difference between the two types of hospice services? A hospice facility would only look after patients at end of life who are admitted to their service. While they often have other support services available, the clients and patients come to them and reside in a medical environment.

As a Community Hospice our staff and volunteers go to wherever you are residing to support your needs. We visit people in their homes when they have life-limiting illness or are closer to the end of their life journey. Our volunteers see people in residential facilities or in hospital as needed. We have groups that meet in community locations for grief support or caregiver support.

### These are the many services we offer:

- Help to develop an Advance Care Plan that details your health care and end of life wishes
- Volunteers who are trained to help people navigate health transitions, including cancer
- Friendly visits for those who are socially isolated
- Anticipatory grief support when you recognize there will soon be a loss in your life
- End-of-life compassionate presence, including respite time for family caregivers
- A support group for caregivers of family members
- An adult grief support group for those who have experienced any major life loss
- A children's grief support group for 6-12 year olds

As a Community Hospice we work with other health care professionals and organizations because we believe teamwork and interdisciplinary care provides you with the best possible outcomes. We utilize a Palliative Approach for those who have any life-limiting illness to offer support early and often. We endeavor to focus on your personal goals of care.

How do you connect with our Hospice? Anyone can self-refer or call to get more information and an assessment of your needs. Your primary care provider can send a referral to our office, or any other health care professional can as well.

Reach out to us if we can support you in any of the ways listed above: **250-364-6204** or check our website for a referral form **trailhospice.org** Our Community Hospice is here to help!

