AUXILIARY NEWS

Delta Hospital Auxiliary December 2016

"Supporting healthcare in Delta since 1969"

President's Message

December 5 – as I write it's snowing. Trees and rooftops a soft white. Not quite three weeks until Christmas and houses are decorated inside and out for the festive season, gift lists are consulted and shopped for and children are exhorted to be good or Santa might not bring presents! Friends get together.

It is busy as usual at Delta Hospital, which is also decorated for the season; Robyn Leake and her team have placed swags and garlands everywhere and a magnificent tree in the Café to bring in the holiday spirit. Outside, colourful lights sparkle on trees and gardens thanks to the kindness of volunteers from Rotary.

Heartfelt thanks to all our wonderful, dedicated and amazing volunteers who give so much of yourselves and expect so very little in return. Your contribution means the world to the patients, staff, residents, their families and the community.

We wish you all a happy and safe holiday season and a peaceful and healthy New Year. Our prayers go out to all who are suffering ill health or loss of loved ones.

My best to all,
Robbi

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around". Leo Buscaglia

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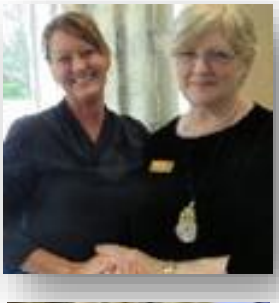
Message from Mayor Lois E. Jackson:

"On behalf of Delta Council I want to thank the hundreds of volunteers that make up the Delta Hospital Auxiliary Society. These volunteers invest countless hours towards supporting valuable Delta Hospital services, patients and their families – all with friendly smiles, kindness and empathy. Delta is forever grateful to each and every member of the Delta Hospital Auxiliary for your steadfast dedication and selflessness towards enhancing community health services … you represent the backbone of Delta and what makes us such a tightknit community! Help support the community and your hospital – be sure to visit the Ladner Village Thrift Shop and the Dogwood Gift Shop at Delta Hospital for a unique collection of clothing, jewelry, collectibles and seasonal items. And don`t forget to stop by the Courtyard Café – a great spot for a healthy and delicious lunch."

Lois E. Jackson, Mayor of Delta



The Volunteer Appreciation Christmas Luncheon – Dec. 5 at the Coast Tsawwassen Inn. A lovely venue, great food, a chance to meet and greet good friends, volunteers and our colleagues and partners in Fraser Health, Delta Hospital Foundation and the community made for a very enjoyable event.

Photos courtesy of Nean Lund.

From the Units …

GIFT SHOP UNIT: Something Sweet at the Gift Shop - Several days ago, a mother came into the gift shop with her young daughter. While the mother was looking around the shop, the child was entranced by the Christmas tree. She looked at it carefully and then asked her mother if they might purchase the ballerina with pretty white feather, as an ornament for their tree. The mother said yes, but you must then find one for your brother. An owl was carefully chosen. The little girl then asked her mother if she could choose one for her friend and then, yes, and what about one for each of your grandmothers. What a sweet moment that was that day in the shop. It has been a busy time in the shop for the wonderful volunteers who do so much to make it so popular with local residents. We often are told by shoppers that this is the favourite place to come now. It is ours as well. We wish everyone a happy holiday. Jane Wheeler, Coordinator.

LIFELINE UNIT: Seasons greetings to all our auxiliary volunteers, I hope you all have a wonderful Christmas and a healthy and prosperous new year. A special thanks to all of our Lifeline volunteers who go over and above to make us the best monitoring service in Delta. Thanks to all of you. Chris Johnston, Coordinator.

OFFICE UNIT: The Auxiliary office volunteers provide clerical support to Executive, Council and all Auxiliary units. As well, the hard working and cheerful volunteers provide information and process memberships and donations. The Office is open Monday to Friday from 10 am to 2 pm. Phone: 604-946-1121 ext. 783212. Allison Jordon Knox, Coordinator.

THRIFT SHOP UNIT: What would you do if you won $1000 dollars? On Nov 26, we had the pleasure of meeting Lindsey Vukicevic an employee of Kin Village who won the BC Lotto "Daily Grand Winner to spend $1000". Her winning submission for the contest was; if she won a thousand dollars, she would buy from a local charity and give to the Seniors home where she works. She chose the Auxiliary to purchase Christmas decorations for the Christmas party at Kin Village. Lindsey said by buying from a local charity and giving to the Seniors home, it doubled the value of the good that her winning could bring. Kim Cady, Coordinator

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COURTYARD CAFE Menu, December, 2016
Hours: Monday to Friday 8-5, Saturday & Sunday 10-4

MONDAY - Moroccan Chicken Stew, served over rice. Comes with a roll. $6.25. Great comfort food.
TUESDAY - Taco Salad in December? Yes, because you request it! $6.25. Reserve to avoid disappointment!
WEDNESDAY - Wicked Wednesday! Small Wicked Thai soup $ 3.85, large $4.75. Also, a turkey, cranberry and cheese grilled panini. Comes with a salad for $6.25
THURSDAY - Entrée sized Festive Salad. Mixed greens topped with dried cranberries, walnuts, peppers, turkey and feta. $6.25
FRIDAY - Jumbo Hot Dog $2.85. Creamy Mac n Cheese with Salad. $6.25

Always available are a selection of freshly baked muffins and cookies, sandwiches made daily, and two soups. Check our display unit for savoury wraps, samosas, sausage rolls and more! If you have food allergies or specific requests, please stop by in the morning, and we will try to accommodate your needs. We welcome your suggestions! Café: 604-946-1121 ext. 784155.

COUNCIL POSITIONS: Have you ever wanted to be part of the decision-making process for our Auxiliary? Here's your chance! Several Council positions will be coming vacant next April. Positions are for two year terms with an option to serve an additional two years. In 2017 we will be looking for people with the necessary experience to fill the following positions. For more info contact Elaine or Chris through the Auxiliary office.

LIFELINE COORDINATOR – Oversees the paid office staff and Installation Volunteers. Liaises with Auxiliary Council at monthly meetings. Business background and volunteer management preferred.

COMMUNICATIONS COORDINATOR – Experience and background in PR, advertising, special events etc. Must have computer, writing and social media skills.

GIFT SHOP COORDINATOR – Experience in retail sales/management, volunteer management.

VICE PRESIDENT – Must have management, committee and volunteer management experience.

"Light in the Darkness**" -** From Marilyn Chan, our Spiritual Health Practitioner

It's 5:00 p.m. and as I gaze out of my office window, I'm disheartened to realize it's already pitch black outside. Winter is fast approaching and the precious daylight hours are dwindling as we count down to the longest night of the year on December 21st. In the midst of the darkness, however, I am grateful for a sign of hope: someone has covered the tree outside my office in colorful Christmas lights! These festive decorations remind me afresh of the power of even the smallest ray of light to dispel and push back the darkness.

In my work at the Delta Hospital, I meet with patients who are struggling to find light in the darkness of the challenges they are facing: a new diagnosis, an uncertain future, the loss of a loved one, declining health…the list goes on and on. And the experience of darkness can be quite pervasive when you're stuck in a hospital bed. It is precisely during these dark times that we have the unique opportunity to reflect upon the sources of strength we rely upon to light our way. Some people find comfort and courage from religious or spiritual beliefs. Others lean upon important relationships with friends and family. Still others value specific practices like taking a walk in nature, reading an uplifting book or listening to music which touches the heart. However we name it…wherever we find it…these experiences and expressions of hope can be transformative, helping to dispel the darkness and illuminate our path forward.

Finding light in the darkness can be particularly challenging during the upcoming holiday season. For many, the frantic busy-ness and colourful chaos of holiday preparations are completely at odds with the feelings of loss, loneliness, stress or illness they may be experiencing. Self-care is particularly important during these difficult times. Included below are some questions and quotes to encourage personal reflection upon the core values and beliefs which bring strength and a sense of purpose. As you attend to these core values, may you experience the joy of light dispelling darkness, peace overcoming chaos, and hope defeating despair.

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."
Martin Luther King Jr.

"Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in."
Leonard Cohen

"I know and I speak from experience, that even in the midst of darkness, it is possible to create light and share warmth with one another; that even on the edge of the abyss, it is possible to dream exalted dreams of compassion; that it is possible to be free and strengthen the ideals of freedom, even within prison walls; that even in exile, friendship becomes an anchor." Elie Wiesel (Holocaust survivor)