



Rotary Hospice House



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Welcome to the Rotary Hospice House

At the Prince George Hospice Palliative Care Society's Rotary Hospice House, our mission is to provide a place of comfort, care, and peace during this time. We are honoured to walk alongside you and your loved ones, offering support in a warm and welcoming environment.

Here, we believe that small comforts make a big difference. We want this to feel like home.

Meals and Kitchen: If there is a favorite meal that would bring you or your loved one joy, please let us know—we will try and prepare it for you. Families are also welcome to use the kitchen to cook for themselves if that is important to you.

Help yourself to coffee, toast, or a little treat whenever you need a break. And if you'd like to join us for a meal, please let one of our care aides know. A \$5 donation is appreciated but not required—we simply want to make sure everyone is nourished and cared for.

Fitness Room Self-care is important, and we encourage you to take moments for yourself. Visit our fitness room to move your body and release tension. The keys are at the Nursing Station.

Garden and Labyrinth: Step outside and experience the labyrinth, a peaceful space for reflection, meditation, or simply a quiet walk to find a moment of serenity.

In the spring and summer when flowers are blooming, we invite you to cut flowers and use the vases provided in the cabinet outside. We also have plenty of large vases available if you bring in your own flowers (note: lilies, lilac and hyacinths are not permitted due to strong scents).

Emotional Care: For those needing emotional support, our grief support worker, Nikki, is here to listen and help navigate feelings of grief and loss. Sometimes,

sharing your thoughts with someone who understands can bring comfort and clarity during difficult times. Please let us know if you would like to connect with Nikki for support.

Spiritual Care: Lets us know if there are specific beliefs that you can share with us so that we can ensure they are accommodated and respected. If you need anyone to come in for religious or spiritual support lets us know and we can help arrange.

Family Room: If you are visiting from out of town and need to stay close by, our family room is available to offer a place of rest. We want to ensure that no one feels far from their loved one during this important time. A small donation is appreciated but not mandatory.

Playroom: Families with children are welcome to use our playroom, a safe and welcoming space where little ones can feel comfortable and at ease.

Spa Room: For those guests (patients) seeking relaxation, we offer a spa-like tub room where you can unwind with a soothing bubble bath. If this would bring you comfort, let our staff know, and we will be happy to prepare a warm, relaxing bath for you. We also have a large shower for those that just want to feel the water cascade.

You are not alone here. Our team is here to support you in any way we can. Whether it's sharing a quiet moment, offering a listening ear, or helping you bring a bit of home into this space, we are honored to be part of your journey.

If there's anything we can do to make this time more comfortable for you, please don't hesitate to ask. This is a place of care, compassion, and connection, and we are here for you.

Creating Comfort in the Moments That Matter

At the Prince George Hospice Palliative Care Society, we understand that every person's journey is unique. This is a place of care, of presence, and of love—a place where we honor what is important to you and your loved ones.

As you spend time here, we invite you to share what brings comfort. Are there songs that hold special memories, lyrics that bring peace? Is there a favorite meal that fills the air with warmth, or a movie that carries laughter and nostalgia? Small moments can bring deep meaning, and we are here to support you in making this space feel more like home.

Comfort comes in many forms. Some find peace in the gentle notes of music, others in the aroma of a favorite tea. For some, grounding themselves in nature—a breath of fresh air, a walk in the garden—offers a sense of serenity. For others, it may be the familiar touch of a cherished blanket or the presence of loved ones sharing stories and memories.

What would make this time more meaningful for you and your family? We encourage you to share your thoughts, your wishes, and the little things that make a difference. Whether it's soft lighting, a quiet space for reflection, or the sound of a favorite song, our team is here to help bring those comforts into this space.

Hospice is not just about the end of life; it is about the richness of life itself. It is about love, connection, and ensuring that the moments we have are filled with warmth, care, and dignity.

If there is anything we can do to make this experience more peaceful for you or your loved one, please let us know. You are not alone—we are here to walk this path with you.

Things we can do right now:

Project the Northern Lights on the ceiling

Play your favorite music/ songs

Find your favorite movie

Bring in favorite art, pictures or plants – feel free to hang things on the walls

Bring in a pet or therapy dog.

Play calming sounds

Bring the holidays here to hospice. Have family in Hospice to share dinner

Bring in the familiar traditional decorations together.

Bring in a volunteer to read or play cards.

The Importance of Choosing a Substitute Decision Maker, Power of Attorney, and Executor

Planning for the future can feel overwhelming but taking steps to ensure your wishes are honored brings peace of mind to both you and your loved ones. Life is unpredictable, and having trusted individuals in place to make decisions on your behalf can help avoid confusion, stress, and legal complications when difficult moments arise.

There are three key roles to consider:

Substitute Decision Maker (SDM)

A Substitute Decision Maker is someone you designate to make personal and healthcare decisions if you become unable to do so yourself. This person ensures your values, beliefs, and healthcare preferences are respected. Your SDM might be called upon to make decisions about medical treatment, care settings, or end-of-life

preferences. Choosing someone who understands your wishes and is willing to advocate on your behalf is crucial.

Power of Attorney (POA)

A Power of Attorney is a legal document that allows you to appoint someone to manage your financial and legal affairs if you are unable to do so. There are two common types:

- General Power of Attorney – This is typically used for a specific time or purpose, such as when you are traveling or temporarily unable to manage your affairs. It becomes void if you become mentally incapacitated.
- Enduring Power of Attorney (EPOA) – This remains in effect if you become mentally incapable, ensuring that your finances, property, and bills are taken care of by someone you trust.

Without an EPOA in place, your loved ones may have to go through a lengthy and costly legal process to manage your affairs.

Executor of Your Will

An Executor is the person responsible for carrying out the wishes outlined in your will after you pass away. Their responsibilities include handling your estate, paying debts, distributing assets, and ensuring that everything is managed according to your instructions. Choosing a trusted executor helps ensure that your legacy is protected and that your loved ones are supported during a difficult time.

Why These Choices Matter

Selecting a Substitute Decision Maker, Power of Attorney, and Executor ensures that your affairs are managed by people you trust in times of need. Without these decisions in place, your family may face legal challenges, delays, and emotional distress in trying to determine what is best for you.

Having open and honest conversations with your loved ones about these choices before a crisis occurs can help provide clarity, reduce anxiety, and ensure that your values and wishes are upheld. Consider speaking with a lawyer or advisor to make sure your documents are properly prepared and legally binding.

Taking these steps is a gift to yourself and to those who care about you. It brings comfort in knowing that, no matter what happens, your wishes will be honored and your loved ones will be supported.

Information available for when you are ready

Memory Booklet: A small booklet that gives prompts to learn more about your loved one. A perfect opportunity to have children and grandchildren interact with your loved one.

What Happens Next: a booklet that explains what is happening physically and emotionally as someone is dying and closer to death. Ask the RN and they would be happy to go through this booklet with you.

Good to Go (mini): This booklet guides your through all the end-of-life decisions that need to be made. Wills, funeral arrangements. Funeral Services etc.

The Rec Room at Prince George Hospice Palliative Care Society

Located in the converted garage outside of Hospice House, The Rec Room is a welcoming, informal space designed to nurture creativity, reflection, and healing. Grief is a deeply personal journey, and sometimes, words alone are not enough. Through hands-on activities and shared experiences, the Rec Room offers a supportive environment where individuals can process emotions, find comfort, and reconnect with themselves and others.

We offer a variety of therapeutic activities tailored to different interests and needs, including:

- **Journaling:** Express your thoughts and emotions through guided writing exercises. Journaling can be a powerful tool for self-reflection and healing.
- **Art Hive:** A community-centered, open-ended creative space where people can explore various forms of artistic expression—painting, drawing, collage, and more. No experience necessary—just a willingness to explore and create.
- **Woodworking & Hands-On Crafting:** Engage in the meditative process of working with your hands, whether through simple woodworking projects, sculpting, or other tactile activities. The act of building something can be both grounding and empowering.
- **Seasonal & Special Workshops:** From candle-making to vision boards, we host unique sessions throughout the year to foster connection and self-discovery.
- **Mindful Activities & Relaxation Practices:** Gentle, calming exercises that support emotional well-being, including guided meditation, gratitude practices, and reflective storytelling.

At the Rec Room, there is no pressure—only a safe space to be, to create, and to heal at your own pace. Whether you come to explore a new skill, to be with others who understand, or simply to take a quiet moment for yourself, you are welcome here.

Comprehensive Care Team

- **Nursing Staff:** A dedicated team of Registered Nurses (RN) and Licensed Practical Nurses (LPN) is available 24/7, providing continuous clinical support.

- **Personal Care Worker:** Complementing the nursing staff, a personal care worker is present 24 hours a day, addressing the diverse needs of individuals in the program.
- **Grief Support** An integral part of the care team, the grief worker provides essential support to individuals and their families, addressing the emotional challenges associated with end-of-life care.
- **Volunteers:** Emphasizing the community aspect, volunteers play a vital role in enhancing the overall support system for individuals and their families.
- **Family Physician Involvement:** Recognizing the importance of primary care, the Home Hospice program integrates the individual's family physician into the care team. This ensures a seamless continuum of care, with the family physician offering valuable insights into the individual's medical history, preferences, and personalized care needs.