



providing access to resources for clients. Fulcher and the society's volunteers are diligent and humble in their delivery of services and interactions with clients.

"Volunteers have told me it's like having a good neighbour, someone to just be there. It's not about us, it's about how we can support you during this difficult time," said Fulcher. "We can't change the outcome, but we can try to soften the landing."

Society volunteers receive 20-25 hours of training, sign a client confidentiality agreement, and pass a criminal record check. Volunteers are double vaccinated, and maintain COVID safety protocols. Volunteers are among the many community stakeholders that work together with the society, including regular donations of quilts from the Nicola Valley Quilters Guild. Fulcher said small gestures like these go a long way.

"We had an elderly gentleman in a facility, and they had taken his blanket away. Our volunteer brought a quilt and he cried. He couldn't believe someone would do this for him. He loved that quilt and it was really touching. Especially in a world of always taking and not giving."

Those interested in getting involved with the society or receiving support from it, please contact 250-280-1701, or online at merritthospice.org. Resources are available in person at 12-2025 Granite Avenue, Thursday from 9 a.m. - 12 p.m.



Merritt & District Hospice Society

We offer support for both individuals or their family members who may be suffering from serious illness, end of life, experiencing grief, or struggling with loss.

Confidential and free support is available over the phone and in person.

Visit our office at 2025 Granite Avenue for information and to access our vast resource library. Office is open every Thursday from 9am-12pm
Call 250-280-1701 for more information.
Email: merritthospice@shaw.ca • Website: merritthospice.org



ADVANCE CARE PLANNING

is a process of thinking and talking about what is important to you. This helps you and those closest to you to prepare for future health decisions.

THINK:

- What matters most to you?
- Who could make health care decisions if you could not?

TALK:

- Discuss your thoughts with those closest to you and your health-care providers

PLAN:

- Record your wishes
- Share your plan with those closest to you and your health care providers



MERRITT & DISTRICT HOSPICE SOCIETY

For further information visit: www.bc-cpc.ca
or contact Merritt Hospice at 250-280-1701
Email: merritthospice@shaw.ca • Website: merritthospice.org