

FAMILY AND FRIENDS

Caregivers

OF THE NORTHWEST



# Caregiver Corner

## **THE BEAUTY OF ZOOM**

By Sandy Pringle

I think we can all agree that the last year has been a bit crazy to say the least. Our lives have been turned upside down and many of us have lost loved ones during this time of fear and isolation. The usual rituals and supports have been challenging to maintain and we've had to find other ways to grieve and be together during times of loss.

As a Hospice Society and a Caregiver program outreach worker, I have had firsthand experience with families trying to survive in isolation in these trying times. The resilience and bravery I have seen has been touching

and galvanizing. It makes me more determined than ever to bring our amazing programs to our neighboring Communities and Villages. I travel from Kitimat to Houston and from Terrace to Stewart promoting our caregiving support program where we offer education to strengthen your caregiving experience as well as help to maneuver your way through the healthcare system.

One beacon of freedom has been the invention and adaptation of getting together via Zoom. It has changed the game on so many fronts and will continue to have long lasting societal benefits for the foreseeable future.

It has been a life preserver for

so many families and individuals who have been alone. Our BOOK CLUBS, CAREGIVER CORNER, CARING STORIES, and other online learning opportunities are a lifeline bringing folks out of the loneliness of isolation and has been a boon to people struggling with emotional issues.

If you are a family or friend caregiver or you know someone who would benefit from enjoying one of our many online programs, please contact the Caring Team! 778-634-0134

We can offer these programs either online via zoom or by phone to anyone who wants to join in.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



**Terrace Hospice Society**      <http://caregiversofthenorthwest.org>

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