

# Compassionate Connections

Sage Centre & Rosedale Hospice Newsletter

Hospice Calgary • Spring/Summer 2019 • [hospicecalgary.ca](http://hospicecalgary.ca)

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Executive Director, Hospice Calgary  
[karen.mccullagh@hospicecalgary.ca](mailto:karen.mccullagh@hospicecalgary.ca)

## Hospice Calgary welcomes our new Executive Director

### A special message from our Executive Director, Karen McCullagh

Throughout my career in the not for profit sector, I have been blessed to work among the most remarkable human beings, dedicated to the service of others. It did not take long to realize that Hospice Calgary is no exception. Each person brings their own talents, energy, and perspective to the table, ensuring we offer a safe and supportive space for the patients and clients we serve. The board, staff, and volunteers demonstrate daily, their commitment to our mission: to help families and individuals achieve support, hope, and well-being through compassionate end-of-life and bereavement care.

I am honoured to have the opportunity to lead our organization as we continue to grow our core services and four centres of excellence:

- **Rosedale Hospice** – the home of our unparalleled patient and family-centred end-of-life care;
- **Community Hospice Services** – counselling and group support for people living with an advanced illness;
- **Child & Family Grief Services** – counselling and group support for children, teens and their families; and
- **Education Services** – seminars, customized training sessions, accredited workshops, consultation, and resources designed to help build the capacity of the community.



In this issue of Compassionate Connections, we are excited to announce the official launch of our **Children's Grief Centre this June!** You will also learn about the fundraising opportunities you can get involved with, such as the **Annual Hike for Hospice Calgary**, and our **Compassion Circle Campaign**. We highlighted some of the incredible people who have stepped forward to support the important work we do for our patients, clients and community.

We rely on the generosity of individuals, the government, and corporate donors to keep our doors open and our services accessible. However, we can't do it alone. I invite everyone to join us as we continue to grow alongside the needs of our community. Today, we need you! Tomorrow, you or someone you love may need us.

Thank you for your support of Hospice Calgary and I look forward to meeting you, one day soon.

### Hospice Calgary

403-263-4525 | [info@hospicecalgary.ca](mailto:info@hospicecalgary.ca) | [hospicecalgary.ca](http://hospicecalgary.ca)

Charitable Registration #118963669RR0001

# Annual Hike set for May 5<sup>th</sup>

Come walk with us!

Registration for the 14th Annual Hike for Hospice Calgary is OPEN! Join more than 100 nation-wide hikes on **Sunday, May 5** as we kick off National Palliative Care Week in Canada.

Our local **Hike for Hospice Calgary** is a fun, family, and fur-friendly 5KM walk at **Sikome Lake, Fish Creek Provincial Park**. Arrive at **9AM** to enjoy the festivities:

- Hang out with the **Calgary Stampede & Outriders**
- Enjoy **hot beverages** and snacks
- Capture this memorable day at the **Photobooth**
- Bring the kids to get their face-painted and play games in the **Kids Zone**
- Visit our **Children's Grief Centre** booth

Hike ceremonies start at **10AM**, and the Hike starts at **10:30AM**.

Join us after the walk for a **wrap-up celebration** with special announcements, prizes and sweet treats.

Funds raised go towards Hospice Calgary's services for people facing advanced illness or life after the death of someone close to them.

Register online:  
[hospicecalgary.ca/hike](http://hospicecalgary.ca/hike)

Join the conversation online by helping raise awareness and money.

   @hospicecalgary  
#Hike4Hospice

Thank you to all our 2019 Hike Sponsors

 Global News  770 CHQR

 EVAN J. STRONG

 GRAHAM  ENMAX 

 SENTINEL STORAGE  Calgary's Child  
The Airo Family

ATCO WESTERN ENERGY SERVICES CORP. GRANT THORNTON MARSHALL DRUGS LAN SOLUTIONS SOBEYS

## LOOK WHO'S LACING UP AT THE HIKE



Members of the McFarlane family at the 2018 Hike for Hospice Calgary

### 2019 CLIENT HIKE AMBASSADOR: CRAIG MCFARLANE AND FAMILY

On Craig's first day of kindergarten he didn't get to race home to tell his mom how it had gone; he had to race to the hospital. His mom, Pat, had been admitted a few days prior, as would often be the case through her next 5 years with terminal cancer.

When Craig was 10 his mother died at Rosedale Hospice. That day stands out vividly in his memory as he remembers the 20+ family members gathering to say goodbye, while the Rosedale Hospice care team made accommodations for them to grieve together.

Over the next few years he and two of his four siblings participated in Hospice Calgary grief groups. Craig recalls having a lot of fun, becoming more connected with his feelings of grief and the feeling of relief when he met other kids who understood him.

Today Craig is 28 and sometimes finds himself sitting on the cliff that Rosedale Hospice rests on, feeling an extra strong connection with his mom.

Since the beginning of Hike for Hospice Calgary, the McFarlane family has come every year as a team. They take the opportunity to honour Pat, raise money and awareness for our services, and offer comfort to one another, as well as those around them.

**We are so pleased to be welcoming Craig McFarlane and his family to our hike again.**



### TEAM SENTINEL STORAGE

"Sentinel Storage is honoured to participate in Hike for Hospice Calgary for the second year in a row! Last year, our Sentinel Storage team came out to support the Hike and raised over \$1,000. We made custom t-shirts for the event and had such a wonderful time. This year we are growing our support and hope to continue growing it in the years to come. We are now a proud sponsor of the Hike, and hope to have an even bigger team this year.

Hospice care is very important to us and our employees, which is why we became connected to Hospice Calgary. We value the work Hospice Calgary does and are proud to do our part in helping ensure Hospice Calgary is there for the families in our community." -- **Team Sentinel Storage**

### THE CALGARY STAMPEDERS & OUTRIDERS

"The Calgary Stampede are proud to continue our longstanding partnership with Hike for Hospice Calgary. Our relationship with Hospice Calgary began in 2007 when **Rob Cote** became our player representative, and he continues to offer tremendous support for this initiative following his retirement from football.

Last year's Hike was championed by **Andrew Buckley**, who is now also a Stampede alumni, and we are excited to have **Ryan Sceviour** as our newest player representative. I look forward to attending this year's event and joining the hundreds of fellow participants in attendance for a very important cause." -- **John Hufnagel**, President & General Manager of the Calgary Stampede





## A ROOM FOR HEALING HEARTS

This winter we received a generous gift from Paramount Resources Ltd. for our Children's Grief Centre leading to the naming of one of our counselling rooms in their honour.

When asked how they'd like to be recognized on the room plaque, they responded with, "This is a room that some of your kids will use; can we let them name it?" So we turned to the kids that come through our Sage Centre doors and asked, "While you're here, do you think you could offer some ideas on what to name this room?"

The suggestion box in our reception quickly filled up, as did our hearts when we read them. We are pleased to announce the selected name is the **Healing Hearts Room**.

Thank you to the kids for the meaningful contributions and to Paramount Resources Ltd. for the donation and inspired idea.



# Meet Randy O'Dell

## Generous donation launches Children's Grief Centre 2020 Campaign

Randy O'Dell came from humble beginnings in the small town of Hampton, NB. Randy was the youngest of 5 children. Randy's father earned his living with hard work, a creative mind and able hands. He gained insight from his resourceful Dad, and being the youngest, was able to accompany him on some of his jobs. Unfortunately, when Randy was just 12 years old, his Dad passed away suddenly from a heart attack.

Randy was devastated and didn't know how he would carry on to help his widowed Mom, as well as follow his dreams of having his own business. Fortunately, his brother-in-law acknowledged his ambitions and helped him open his first business, a road-side canteen on the side of the highway the following summer. He sold chocolate bars, chips, soda pop and ice cream from his little lean-to, and was so proud to be earning his own money.

The highway was set for widening the following summer, so Randy's canteen was purchased by the Province to make way for the expansion. As a teen, he purchased a chainsaw from his Uncle to earn money working in the woods cutting timber. He paid it off over time from the earnings he made during evenings and weekends. Throughout high school, he worked evening shifts at the Saint John Dry Dock. There was no question that Randy had a strong work ethic and was a budding entrepreneur.

After High School, Randy decided to get an education in the Trades and did his Apprenticeship to become an Electrician. Randy moved to Calgary in 1978, shortly after graduating from Trade School in Saint John, NB



Randy O'Dell

His passion for business continued on, and after a few short years, Randy was able to open the doors to his own Electrical contracting business. O'Dell Electric Ltd opened its doors in July 1984. The company grew and prospered under his guidance and he added partners who he mentored to continue on after he died in November 2017. Randy was successful and wanted to leave a lasting legacy to the city that nurtured his ambitions.

In his memory, a donation was made from his Estate to the Children's Grief Centre of Hospice Calgary to acknowledge his desire to help others and ensure that other youth would receive the nurturing, counselling and compassion that he lacked at the time of his father's passing.

In recognition of this generous donation, we have named one of our play therapy counselling rooms, the Randy O'Dell Kids Room.

## YOU CAN MAKE A DIFFERENCE TODAY: JOIN THE COMPASSION CIRCLE!

Welcome to the Compassion Circle: the monthly donor program of Hospice Calgary.

For a small donation each month, you can support the clients and patients we see. Your gift will support our grief counselling and group programs, as well as our 24-hour end-of-life care for our patients and their families.

By joining the Compassion Circle you are helping to make a difference year round.

Your support, along with the generosity of each of our Compassion Circle members, will make things a little bit easier for our patients and clients, during the toughest of times.

To sign-up for monthly giving and to choose the amount you would like to contribute please go to [hospicecalgary.ca/donate](https://hospicecalgary.ca/donate) or call 403-263-4525.

# Education through Hospice Calgary

## Dying to Know: Advanced Illness Education

Coming in this Spring is our new monthly education program: *Dying to Know*. The program is open to anyone interested in the variety of topics that we will be covering related to death and dying. The following upcoming sessions are **free of charge** and feature expert speakers.

**APRIL  
16**

### ADVANCED CARE PLANNING

In this first of two sessions with Janine Voilini and Jamie Whittaker, we will discuss tips to complete the paperwork we need before death occurs.

**MAY  
21**

### SPIRITUALITY AND RITUAL AT END-OF-LIFE

Darrin Parkin, Hospice Calgary's Spiritual Care Coordinator, and Blair Collins, personal coach and Marriage Commissioner, will explore the history of spirituality as it impacts palliative care.

**JUNE  
11**

### FUNERAL PLANNING

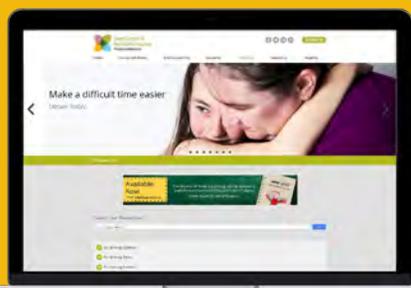
Janine Voilini and Jamie Whittaker return for their second session, we'll discuss aspects of funeral planning and obituaries.

**SPACE IS LIMITED**

**TO REGISTER FOR THESE  
FREE SESSIONS ONLINE  
AND LEARN MORE:**

[hospicecalgary.ca/education](http://hospicecalgary.ca/education)

All *Dying to Know* sessions are at Sage Centre (1245 70 Avenue SE) with free parking available in front of the building and across the street at Trail Appliances.



## HAVE YOU SEEN THE RESOURCES ON OUR NEW WEBSITE?

We develop information, tools and resources for grieving children, teens, and their families, as well as for those living with advanced illness and their family members.

Our resources are also designed to support volunteers, professionals and community advocates in their day-to-day work.

Visit our website [hospicecalgary.ca/resources](http://hospicecalgary.ca/resources) to explore these helpful tools.

## EMPOWERING THE COMMUNITY

For over 30 years, Hospice Calgary has offered palliative and hospice care, support during advanced illness, and grief counselling to patients and clients in Calgary & Area. Using our experiences and expertise, our educators offer learning opportunities designed to strengthen, engage, and equip our community. Almost 2000 people a year benefit from our education services.

### CUSTOMIZED SESSIONS & CONSULTATIONS

Our specialized team offers consultation on Palliative Care and Grief. Expert-led accredited workshops for educators, counsellors, social workers, psychologists, health and mental health professionals and others who work with children and teens are available through Hospice Calgary.

Designed to meet your group's specific learning needs, we create customized sessions that are delivered at a time and location that works for you.



### GOOD GRIEF BOOK RESOURCE AVAILABLE

A resource guide for educators on supporting bereaved students.

To order copies of this publication, contact us: [info@hospicecalgary.ca](mailto:info@hospicecalgary.ca).

Cost per booklet is \$10.00



## CHILD & FAMILY GRIEF ACCREDITED WORKSHOPS

Expert-led accredited workshops for educators, counsellors, social workers, psychologists, health and mental health professionals, and others who work with children and teens are available through Hospice Calgary.

Register for upcoming accredited workshops online: [hospicecalgary.ca/education](http://hospicecalgary.ca/education)

## Coming in June 2019...



### No Child Will Grieve Alone

**The Vision:** The Children's Grief Centre will be nationally recognized as a leading provider of compassionate support and education.

### Why a Children's Grief Centre?

We provide the right help at the right time.

When left untreated, adverse childhood experiences can lead to mental health issues later in life. The Children's Grief Centre will provide support when needed, where needed, for as long as needed.

People will know who to call.

We hear too often "we didn't know your services included grief counselling" or "we didn't think to call a hospice for grief support". The Children's Grief Centre brand will help people find us easily when tragedy strikes.

There is a growing demand for our services.

Last year almost 2200 children, teens and parents accessed our services – nearly doubling our clients since 2011! Research suggests there are 12,000 kids in Calgary grieving the death of a parent. That doesn't include those grieving a sibling, friend, or other family member. Let's make sure they all get the help they need.



### Hospice Calgary has been serving grieving kids since 1991

1991

Begin offering grief services for kids

2015

Inception & strategic planning to respond to growing need

2018-19

Community Involvement

June 2019

**Launch!**

We are here

2021

Vision reached and growing!

### Will you help:

 **Ming**, who saw her friend die on the school bus

 **Zach**, who holds his sister's hand as she faces advanced cancer

 **Dalia**, who found her husband after suicide, minutes before the children came home

 **Gary**, who was hiking with his dad when the accident occurred

**Help us reach our Campaign Goal:  
\$3 Million Dollars by March 2020**

[childrensgriefcentre.ca](http://childrensgriefcentre.ca)