

Rosedale Hospice

COMPASSIONATE CONNECTIONS

Hospice Calgary Newsletter | Fall 2022

Light the Path in Honour of Children's Grief Awareness Day November 17th 2022

Every November, communities around the world pause to honour children's grief.

It is estimated that 4% of young people will be bereaved of a parent or primary caregiver before the age of 19. In Calgary alone, this represents over 12,000 young people! This does not account for the many more who grieve the deaths of siblings, friends, and other significant people in their lives. The Children's Grief Centre's annual *Light the Path* event has become a meaningful gathering for children and their families.



Recognizing that we all grieve differently, our Children's Grief Centre invites family members to quietly remember their person and engage with other families as they add their candlelit paper lanterns to the path. Last year's event had impromptu races, flashlight tag, and fun on the jungle gym. *Light the Path* participants gather to enjoy treats, hot chocolate, and heartfelt laughs around a cozy fire.

On **November 17th**, we look forward to lighting the path in unison with other landmarks like the Olympic Plaza and CN Tower (both will be lit blue) to recognize this special day.

Look for more information about our annual *Light the Path* event on our website www.childrensgriefcentre.ca.

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Sage Soiree

For ten years, Hospice Calgary's closest supporters have gathered at the Calgary Golf and Country Club to celebrate our extraordinary clients, patients, volunteers, family members, and staff. In the spirit of Sage Soiree's tenth anniversary, we are incredibly excited to gather in person once again for this year's diamond-themed event.

The evening will include live music, amazing speakers, a silent auction, and a three-course meal.

If you would like to contribute a silent auction item to the 2022 Sage Soiree, please contact Erin Thirlwell Goddard at erin.thirlwellgoddard@hospicecalgary.ca.

To donate or purchase your tickets, please visit:

www.hospicecalgary.ca/events/sage-soiree.

Dying To Know - Online Education Sessions

Register today at hospicecalgary.ca/events

October 18, 2022

6:00 - 7:30 pm

Advanced Care Planning

In this first of two sessions with Janine Violini and Jamie Whittaker, we will discuss tips to complete the paperwork we need before death occurs. This includes Personal Directive, Power of Attorney and the types of Wills one might consider

November 15, 2022

6:00 - 7:30 pm

Funeral Planning

Janine Violini and Jamie Whittaker return for the second part of their [Crows in a Row](#) program. In this session we'll discuss aspects of funeral planning and obituaries. The objective of these conversations is to alleviate stress by helping obtain a sense of empowerment, peace of mind, and completion.



Celebrating the *Living With Cancer Program*

It is with a heavy heart we share that our *Living with Cancer Program* came to an end in September. The program started as “Day Program” in 1993 and was the first of its kind in Western Canada. Today we look back with pride and celebrate almost 30 years of the program!

In its full glory, the program hosted around 30 people every Wednesday for 50 weeks of the year. Our living room was filled with people coming together to talk about the hard stuff but also breaking bread, laughing, singing, and sharing. It was a program like none other - award winning, and with a rich history, and vibrant memories. The decision to end the program was not easy and nor was it quick. To make a long story short, the program’s enrollment suffered significantly since the start of the pandemic. This is due to a number of variables.

In the spirit of change, we look forward to the blossoming of some new programming offered through our Living with Advanced Illness Centre. We are very excited to start a *Companion Program* which will match volunteers with clients and provide practical and emotional support to clients and families out in the community. We will also be offering spiritual health support and increased counselling services. As we have learned over the 30+ of serving our community, we never know what lies ahead. In the meantime we look forward to serving in new and different ways.



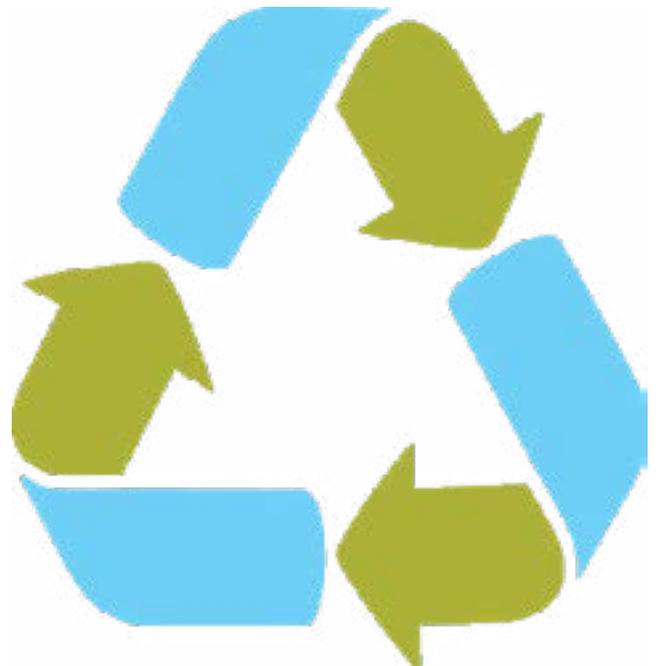
Skip The Depot

It’s that time of year again... Fall clean-up.
Don’t throw it away, donate it!

Recyclable bottles, cans, containers, clothing, and electronics can all be picked up, free of charge, right from your front door with Skip the Depot.

Use promo code DONATEHOSPICE to donate 100% of your refund to Hospice Calgary.

Go to www.skipthedepot.com for more details.



Holidays at our Hospice

During the month of December, our chapel at Rosedale Hospice offers a quiet space to remember those who have died in our care. A Christmas tree sits at the center with white lights, paper stars to be hung on the tree lay in a bowl underneath, and tea lights to be lit throughout the room. Heart stones can be held as a reminder of a weight or a love that is carried. A book can be written in with thoughts, hopes, intentions, or prayers.

One of our nurses shared her thoughts on our traditions:

"I love the moments at work where I get to pass by the chapel and see the beautiful tree and white lights. I was once told that Christmas lights are a way of guiding workers home to their safe place after a long, cold winter's day - those lights in the chapel absolutely feel that way.

The activities laid out through the holiday months are a great way to reflect on the year. We remember the patients and families and the ways we can help ease the difficulties of death and dying.

Monthly Donor Campaign

Your monthly donations make an impact every day at Hospice Calgary! Here is your chance to double your gift with our *Monthly Donor Matching Campaign*.

Sign up today to become a monthly donor, or increase your existing monthly donation, and your entire 12 months' worth of contributions will be matched up to \$10,000.

This generous match is made possible by Hospice Calgary former board member, Gordon Dibb and his wife Sheryl.

Don't miss this incredible opportunity to double your impact!

To have just a few minutes to look back and reflect is a very special opportunity."

An added joy last year was when one of our nurses and her youth group surprised our patients by decorating the backyard trees with white lights.

This year, we hope to light up the trees surrounding the hospice as a gift to our patients in the winter months. To discuss supporting this holiday light initiative, please contact Melissa Watamanuk at melissa.watamanuk@hospicecalgary.ca.



[Sign up](#) today!

The Meaning of Music at Rosedale

Rosedale Hospice is blessed to have talented musicians who volunteer to come in and play for our patients and their families.

Meet Cam

Cam is a singer and guitar player. One of the first times he played at Rosedale, a patient came to listen and asked if he knew “Stairway to Heaven”. Cam did and he played it for her and she was so pleased and sang along. Her family spoke often about how much this meant to their mother.

On another occasion, Cam was asked to play in a patient’s room and if he knew any old time country tunes. He played Johnny Cash and some other classics quietly in the room while the patient slept and later reported it was one of their best sleeps in a long time.

Meet Kerry

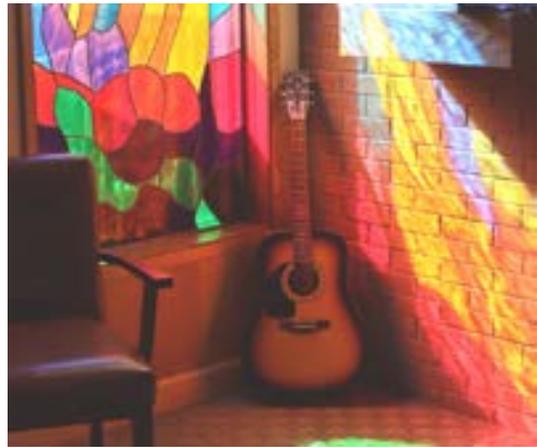
Kerry is a therapeutic harpist. She often walks through the hospice playing songs. She comes with a set list but is more than willing to play requests. She has a gift for knowing what song someone wants to hear.

Kerry’s undeniable commitment to our patients can be heard in her performances.

Meet Carolyn, Beatrice, and Bennet

All three are fantastic pianists who regularly come to Rosedale to “tickle the ivories”. Their beautiful melodies waft through the hospice hallways and into patients’ rooms.

Musicians bring the gift of music, love, and life to the hospice and we are forever grateful to have them.



Kid’s Club and Common Ground Return!

We are thrilled to offer in-person groups once again! This year, we are re-launching *Kids Club* for parents and children as well as *Common Ground* for teens.



After a death, grieving children and teens often share a sense of isolation from friends and other important relationships. We know there is incredible value and benefit in coming together with others who have similar experiences, others who get it, helping people feel less alone. As our community and world continue to find a new normal, it feels more important than ever to offer this in-person connection again.

Check out our website at www.childrensgriefcentre.ca for registration information.



We promise to journey with you, through end-of-life and grief, for as long as you need us.

In this issue of **COMPASSIONATE CONNECTIONS**

Celebrating the *Living with Cancer Program*

Celebrating the end of an era and the transition to in-home support.

The Meaning of Music at Rosedale Hospice

Volunteers showcasing their talents for the betterment of Rosedale patients.

Children's Grief Awareness Day November 17

Light the Path in honour of Children's Grief Awareness Day.



Start Your Wine Cellar Raffle

Valued at \$4000

You could win:

- A new wine fridge
- 96 bottles of wine chosen by trusted experts
- 12 tickets for two of Willow Park Wine & Spirits Fall Festival events

Sept 29 - Nov 10
\$20 Ticket
1 in 1000 chances to win

Buy your ticket today

<https://www.rafflebox.ca/raffle/startyourwinecellar>

