



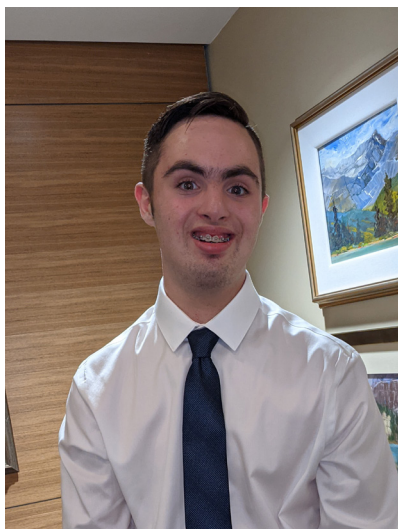
Rosedale Hospice

COMPASSIONATE CONNECTIONS

Hospice Calgary Newsletter | Spring 2022 | hospicecalgary.ca

Celebrating National Volunteer Week

This year's theme says that "**Volunteering is Empathy in Action.**" Reflecting on that and the sheer impact of our large base of dedicated, talented volunteers who give of themselves year-round, Marie Wong, Manager of Volunteer Services says, "I cannot think of a more appropriate theme to describe the volunteers at Hospice Calgary. I am sure if you looked up this definition in the Miriam Webster dictionary, there would be pages and pages of photos of Hospice Calgary volunteers!"



Meet Sam Rosen

Sam has been volunteering at Rosedale since 2016. He has gained the nickname "Shred" due to his efficient paper shredding talents in the admin area. During the pandemic, because of restrictions, Sam even asked his mom to help him so he could continue to volunteer from home.

Sam is an accomplished swimmer. He always has a story or a joke, and ends his shift drawing something for his dad (often James Bond 007 style).

A few years ago, Sam helped his classmate overcome her anxiety about visiting her grandfather at Rosedale.

Sam has a huge smile, a warm heart and is one of the bright lights at Rosedale.

Thank you Shred...Sam for all you do!

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Our hearts are full because of you, hikers!

Some of you were hiking or getting involved for the first time this year. Others have been doing it for almost more years than we can count. One thing is clear - each of you are near and dear to us and have wowed us with your commitment and your efforts to support others in need. **Thank you so much.**

We're thrilled to have completed another wonderful Hike for Hospice Calgary with the involvement and support of our fabulous community.

Are you still collecting donations?
Do you want to make a gift?

There is still time.

All fundraising is welcome until the end of May.
Please visit www.hospicecalgary.ca/hike



Many thanks to all donors and sponsors, we simply can't do any of this without you!

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Meaningful rocks at Rosedale

The following excerpt is provided by Kristy Gauld Dyer, Spiritual Care Coordinator at Rosedale Hospice, local community member Kathy and her grandson Hudson.

Rosedale Hospice has many rituals that have been created over time to honor and remember those who die with us. Our most recent addition to this is a collection of beautiful rocks, kept in the chapel. When a young person comes to Rosedale, they can choose a rock to hold, keep, and remember their loved one with. Watching their eyes light up has motivated us to establish this as one of our ongoing traditions.

Rocks lead us to think about a lovely man named Jim who had been given a plant with a small blue stone in it. Jim's wife Kathy shared, "As soon as Jim saw that, he knew exactly where it belonged." Kathy and her grandson Hudson polished it up and placed it with the collection of other rocks in Rosedale's chapel, which was a profound and peaceful place for Jim.

Jim was so happy to show his grandson the bowl of rocks and to share how colorful and strong they looked, and how soothing they felt and their meaning of spirit.

A few weeks after Jim died, two kids came to Rosedale to say goodbye to their Grandma. They went into the chapel and each picked out a rock. One of them chose Jim's small blue stone. Kathy was delighted to know

that his rock had found its way into the hands of a child's choosing. She felt it, "was a wonderful path for the heart stone and Jim would be so pleased."

Symbols and rituals can be therapeutic for people going through loss. It may be a small thing, but a rock may stir memories, feelings of love and connection, or simply give a person something to hold onto in the midst of their grief. We support that connection in meaningful ways, and this particular way is for little hands grappling with big loss.



Make an even bigger impact



ATB Cares will match your donation
Make your donation go further. Any donation made to Hospice Calgary through their website will be matched up to 20%.

Visit www.atbcares.com to learn more.



Donation Libation with Bitter Sisters Brewing
For the month of June, Bitter Sisters Brewing will donate \$0.25 per pint of Dank Frank New England Pale Ale sold. Beer night, just got a whole lot better!

Visit www.bittersisters.co/donation-libation to learn more.

Helping parents navigate the new and unfamiliar

Parents and caregivers have expressed the need for concise, direct, and accessible information to help them through their grief (and their children's grief). In response, our Children's Grief Centre hosted on-line Lunch and Learn sessions focused on the most common concerns we hear about.

These sessions have been a lifeline for many and recordings are available on our website at www.hospicecalgary.ca/childrensgriefcentre/education/parent-series/

* Parent Lunch and Learn Series *

14 Sessions

360 Registrations

From Sept. 2021-April 2022

Topics Included:

- When Grief Goes to School
- How to Talk to Children about Death & Grief
- Staying Connected to the Person who Died
- When the Holidays Hurt
- Growing Around Grief (Ages 0-12)
- Growing Around Grief (Ages 13-19)
- Grief in Uncertain Times (Bonus Session!)
- Neurodiversity & Grief

100% of recent attendees would recommend the Lunch & Learn sessions to other parents

"Wow! Listening to this session, I've just realized how much grief is impacting my son in ways I had not considered were connected to his grief."

"I have felt alone parenting my girls in their grief with my own grief. Our loss had a lot of judgement and stigma. I was surprised how supported I felt logging in to the Lunch and Learn."

"I appreciate these sessions. I send the recordings to my family so we can be on the same page about recognizing and supporting my kids in their grief."

254 Views of the Recordings

The Parent Lunch & Learn Series allowed us to:

- be accessible to parents unable to access or uninterested in counselling services
- be responsive to parent needs
- address specific questions and topics we know most caregivers are navigating
- be collaborative with other agencies
- provide a resource people can return to or share with others in their life
- share pragmatic, concrete information and resources
- shrink the feelings of isolation by creating a space where grief concerns can be shared, heard and responded to in honouring ways
- be fluid to address current issues that arise in community or culture

Piloting a new Companion Program

We talked to 120 people – professionals, clients, and volunteers – to find out more about the needs of people living with advanced illness in the community (not living in a care facility). Through those conversations, we learned that they can feel increasingly isolated as their disease progresses. For those with late stage chronic disease, about ¾ would prefer to die at home if supports were available. The Canadian Hospice Palliative Care Association shows that 90% of dying Canadians could benefit from palliative care; however, current capacity only reaches 20% of the need in our community.

Advanced illness affects more than the person living with the illness. Caregivers find themselves with an increasingly difficult task as illness progresses.

A lack of available support at home and the ongoing increased care needs are hard on both the person living with the illness and the mental health of caregivers and families. **The pandemic has compounded these issues and made them worse.**

Our mission drives us to continue pursuing improvements and innovation. **After more than a year of development, and much more time spent dreaming and scheming, Hospice Calgary is delighted to share that we will be piloting a new community-based volunteer Companion Program!**

This new program will provide in-home emotional and practical support for people who are living with advanced illness, their family, and caregivers.

Living with Advanced Illness Centre



SPRING CLEANING? DON'T THROW IT... DONATE IT!

Recyclable bottles, containers, clothing, and electronics can be picked up, free of charge, right from your front door with SkipTheDepot.

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

USE PROMO CODE - DONATEHOSPICE

Volunteers will be matched as a companion and will be a listening ear, a lending hand, and a helper in navigating the health system and the resources available with support from our Living with Advanced Illness Centre team.

In the months ahead, we will finalize program details and hire the right staff. We are so excited to start recruiting volunteers and matching them with clients so that they can start having an impact this Fall.

A massive thank you goes out to our volunteers from the program development committee – Heather Lucier, Heather McQuay, and Wendi Kerr, who have tirelessly provided their expertise, time, and caring to help shape this program.

Dying to Know

Our upcoming *Dying to Know Education Sessions* are open to anyone interested in learning to live well while facing uncertainty. These sessions are designed to help you prepare for end of life, provide strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles. All sessions are free of charge and donations are welcome. We hold them on the 3rd Tuesday of each month (6:00 - 7:30 pm) and feature expert speakers and professionals.

Register online at hospicecalgary.ca/education

June 21	Cross Cultural Beliefs, Traditions, and Funeral Customs Kathy S. Cloutier, shares her extensive experience with the human need that crosses all cultures – the need for understanding in the sorrow of death.
Sept 20	What is Hospice and Palliative Care? Most Canadians want to die in their home. Informing ourselves of the available options can go a long way towards making plans. Erin Forsyth will explain hospice and palliative care, along with how to access services.
Oct 18	Advanced Care Planning Topics discussed will help achieve an end-of-life plan so that legacy is defined, wishes are honoured, and loved ones are taken care of. Janine Violini and Jamie Whittaker will discuss tips on personal directive, power of attorney, and the types of wills to consider.

Together, our impact echoes across the community



"I was so grateful to have found Rosedale Hospice. This is not an easy place to be in life. The staff was compassionate, friendly, helpful, and accommodating to the unique spiritual needs that are different with each family. They made everything so easy during the most difficult time in my life! Words cannot begin to express my appreciation for the lovely staff we met here.

After mom passed, they had neat ceremonies that other places probably wouldn't do, they made a hard time feel easier and very special, and they sent a card and provided grief counselling.

Thank you from the bottom of my heart. I will always remember you, you made it easier for us. Blessings to you and all the lives that you touched." - Raelene Lange

We are humbled by the words of Raelene Lange, a local community member who recently shared the impact of her experience at Rosedale Hospice online. Google reviews are powerful - thank you Raelene.



Back for another year, Hospice Calgary is again an official charity partner of Shaw Birdies for Kids presented by AltaLink.

All donations made through Birdies for Kids will support child and teen-based charities in Alberta, with donations matched up to 50%!

Donations can be made until August 31st at www.shawcharityclassic.com/hospice-calgary

New this year, Hospice Calgary is launching a 50/50 Raffle for the month of June!

All proceeds will support children and teens experiencing grief and loss in Southern Alberta and will be matched up to 50% by Birdies for Kids.

Tickets go on sale June 1 at www.rafflebox.ca/raffle/hospicecalgary