



Rosedale Hospice

COMPASSIONATE CONNECTIONS

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Loss in the Time of Corona by Tessa Bryant

In the past year, everything has changed. The pandemic has affected everyone in different ways. One thing is for certain, everyone experienced loss. Whether it was loss of a job, loss of family connection, loss of social interaction. And worst of all, many (like me) lost a loved one. My mom passed away a year and a half ago on June 2nd, 2020. After nine years of fighting, she lost her battle with cancer. To say this past year has been hard would be an understatement. At times, I have felt so alone. Because, I now have the master bedroom, my mom's room. I wake up every morning in the massive king bed, I look to the side where she should be and I wish with all my heart that she was still here. But I have my brother, Sean, who is my other half. We have grown so much closer recently. We lost our Dad in 2009. My Dad died from lung cancer. My brother and I don't have our parents anymore.



Tessa is a local young person who has lost both parents. She's finding her own path forward with the help of her family and the team at our Children's Grief Centre. Tessa bravely shares some of her grief experience through her writing.

I know that this pain won't last forever and there are days where it is more noticeable than others. We have all faced challenges in life and not just in this past Covid year and a half. In our lives there are roadblocks that we must get past. My brother and I have been describing it as a deck of cards. We keep saying that this is the hand we've been dealt and we have to figure it out. But we are not alone, and I am so grateful that I have so much family around me when I don't see light at the end of this tunnel. Whatever it is that you are struggling with every day, please know that you are not alone, no one is alone.

Read the full compilation at www.hospicecalgary.ca/tessasessay

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*Left: Tessa with her mom Terrie
Right: Tessa and Sean with their Mom*

Meet Tessa Bryant, author of the essay

Experience with grief and dying: I was having a hard time after the passing of my mom. My dad died when I was 9. I feel on the outside looking in, seeing other happy families that go about their normal day-to-day lives. People my age usually have their parents, even if they're separated. We don't have that.

Grateful for: My brother Sean even though we're complete opposites. I have over 50 books, he has one. We have many aunts, uncles and cousins. The family network around us has helped us so much.

Passionate about: Reading and writing

Future plans: Becoming a published author, currently working on a novel

Listens to: Taylor Swift

Why Tessa appreciates the Children's Grief Centre: I can have a nice, easy conversation, but they're helping me with my everyday grief. When I leave, I feel I can take a deep breath because I could get whatever I was thinking about off my chest.

Her advice to other young people: I can see the light and feel like I'm finally getting through the tunnel. It's been really hard for me. Grief and memories can come up at any point. You just have to figure out your life around the grief. Missing them and not having them will always be with you.

Favourite advice from her mom: She used to tell me, "It doesn't matter what you do, as long as it makes you happy while doing it."

New Online Resources - Helping Children and Teens Move Forward

Young people often process grief differently than adults. We have launched a new online experience specifically for children and teens to help them through the grief process. We also have created fresh resources and education targeted for parents.

Our Children's Grief Centre recently surveyed teachers, school counsellors, school administrators, family support workers, and educational support staff across the province to hear from them how to better support grieving students.

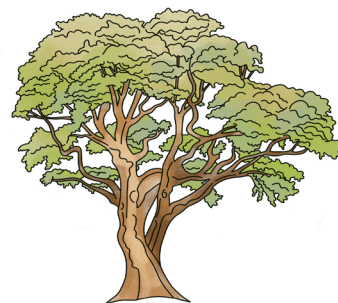
As a result, a new comprehensive resource is in development – Grief in My Backpack – on the Children's Grief Centre website. Nadine Garipey-Fisk, Director of the Children's Grief Centre is leading this project with the aim to increase access to online grief-related resources for children, teens, parents, and schools so they

can access the information they need to help better understand the grief experience.

Many times, the children we support are having to adjust to the sudden death of a loved one from traumatic events, such as a vehicle accident, a homicide, suicide or an illness. Sometimes a picture or a drawing connects when words are hard to find.

Calgary-based illustrator Alison Martin has applied her creativity and talents to help us bring our new Children's Grief Centre online resources to life. These are some of her drawings that aim to help normalize and soften the grief experience, making the topic and the online resources just a little more approachable for children and teens.

Explore the new site at hospicecalgary.ca/childrengriefcentre





Donor Spotlight

There isn't enough space in this piece to convey how truly grateful we are to you. Through your especially generous and unwavering support, you've demonstrated how special Hospice Calgary moments matter. Thank you for all you do for this community.

- Calgary Foundation
- Funds c/o The Calgary Foundation:
 - Carmel and Jane Gatt Legacy Fund
 - Harold and Betty Allsopp Fund
 - Isabel Evelyn Hardwick Calow Fund
 - Rickbeil Family Fund
 - The Berkhold Family Foundation
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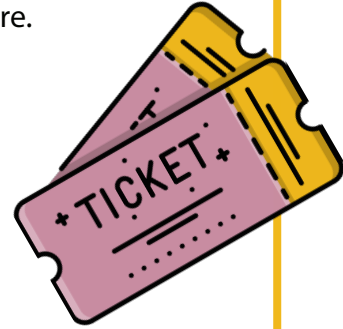
Thank you

YOUR TICKET IS YOUR CHANCE TO WIN!

Help support Hospice Calgary and you could benefit from a major windfall.

The pot is already over \$8,000. Proceeds support Rosedale Hospice, the Children's Grief Centre, and Living with Advanced Illness Centre.

1 for \$10
4 for \$20
20 for \$50
100 for \$100



GET YOUR 50/50 TICKETS TODAY!

Support Hospice Calgary with your Recycling!

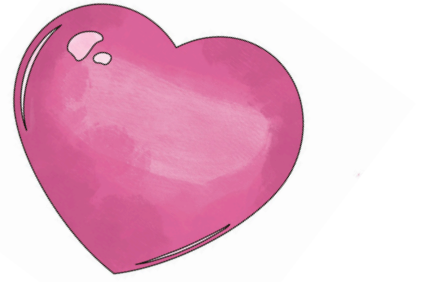
Donating your second-hand clothing, electronics and refundable bottles through **SkipTheDepot** has never been easier!

- 1 Sign up at:
<https://app.skipthedepot.com/register>
- 2 Select *Hospice Calgary* as your charity of choice
- 3 Add our promo code for 100% refund: **DONATEHOSPICE**
- 4 Schedule your pick-up and make an impact!



Staff Farewells

We are saying goodbye to two very special people from our leadership team. This month, Elaine Munce, Director of Living with Advanced Illness Centre, is retiring after nearly 19 years with Hospice Calgary as director, manager, and counsellor. In March, Dr. Kim Finvers, Medical Director of Rosedale Hospice, is also retiring after 10 years at Hospice Calgary and 27 years as a physician.



People who work in hospice, palliative, and bereavement care have hearts full of compassion and gentleness to help people die well, and help their families survive and continue on. Elaine and Kim both share how much they have learned from the clients, patients, families, volunteers, and staff who have walked through Hospice Calgary's doors. They are leaving feeling they truly understand what exceptional care is really all about – and we thank them for playing their part in providing it!



Join the Together for Rosedale Campaign!

Help Rosedale Hospice raise \$10,000 to increase quality of life for our patients.

Meet Diane, Volunteer Extraordinaire



I started volunteering in 2000. It was an incredible learning experience and I always felt I was receiving so much more than I could give. I have always considered it a gift to volunteer for Hospice Calgary."

We've almost stopped counting the years that Diane has given her time and talents to Hospice Calgary. Recently, Diane shared why volunteering is important to her, "I volunteer at Hospice Calgary because it feels good. I have always appreciated the care my mother got at her hospice and wanted to give back. Hospice care is such a gift to end of life care that I want to do my little part to be a support."

Diane is a woman of many talents. She is an artist, a dog whisperer (to two Shelties) and loves to devote cherished time to her granddaughter. Now retired, Diane says, "I got back into my art and I work in pastels. The art and regular yoga practice keep me balanced in what is a bit of mad world at times."

When asked about her volunteer experience with Hospice Calgary, she shares, "I started volunteering in 2000. It was an incredible learning experience and I always felt I was receiving so much more than I could give. I have always considered it a gift to volunteer for Hospice Calgary." Diane has devoted her time to two primary areas of Hospice Calgary, the Children's Grief Centre and Rosedale Hospice.

Marie Wong, Manager of Volunteer Services, describes Diane as, "kind, compassionate and a whole other host of things - bright, articulate, caring, honest and reliable."

Diane, you honour this cause and community with your generosity. We're so grateful to have you as part of the Hospice Calgary family.

"As the primary caregiver and only daughter to my dying parent, compounded with COVID in the last two years; my 'balancing' of growing responsibilities, disruptions to my life, and managing the stress of caring for a woman whose sun is setting, has been fraught with emotional upheaval, the worst ever in my own life journey.

So many pearls of wisdom! For me, slowing down, patience and kindness will go a long way for myself and will also help me support Mom. I took notes and will watch the recording again. Thank you... I look forward to more educational sessions." - Feedback from a Dying to Know Workshop Participant



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

Upcoming Sessions:

Mar
15

Caring for Oneself through Self Compassion

Kristy Gauld Dyer, Hospice Calgary's Spiritual Care Coordinator, will share insights into the practice of self-compassion and ideas and resources for self-care.

Apr
19

Reflections on Caregiving

Heather Lucier, COMPASS facilitator, and Karen Cuthbertson, of Caregivers Alberta, draw from personal caregiving experience and outline strategies for managing the important role of caregiving.

May
17

Dreams and Visitations at the End of Life

Using stories, published research and interviews, Ms. Van Bronkhorst, social worker, researcher, and author, describes the experience and meanings of patient dreams and visitations and how these experiences can provide comfort for the dying and their family members.

Come Together for Rosedale Hospice

Rosedale Hospice is updating its shower facilities for patients and we need your help to make it happen.

Building a safe, walk-in shower for Rosedale patients will increase accessibility for patients who are mobile, providing them with more autonomy. This project is part of a larger plan to update all seven patient rooms at Rosedale, supporting quality of life for those in their final days.

Join us in continuing to make patient care and end-of-life comfort a top priority.

Please give today. Your gift of every amount matters.

hospicecalgary.ca/springcampaign2022



Our team at Rosedale Hospice who make such a difference in the lives of patients, families and co-workers!



17TH ANNUAL HIKE FOR HOSPICE CALGARY MAY 7TH - 16TH, 2022

REGISTRATION OPENS MARCH 1ST

Hike for Hospice Calgary, Hike Your Way

Thank you to all hikers who sent in their photos and videos last year (like the ones shown here). Many people in our community face an uphill battle grieving an advanced illness or the loss of someone close to them.

Join us! Honour your loved ones in the Hike for Hospice Calgary by walking a favourite pathway or visiting some personally meaningful spots. How will you hike your way this year?

By choosing to have a virtual event, we aim to ensure your safety while giving you lots of options to reflect and celebrate the lives of the people you love.

With your support, along with our sponsors, we hope to raise \$100,000 for Hospice Calgary's services.

Brandon lost someone close to him when he was younger and found grief support to be a major part of his healing. When asked about why he chooses to Hike for Hospice Calgary, Brandon says, "We never know the impact we can have on someone or something. Small, simple acts can reverberate outwards and everywhere.

"If we stop living after our loved one dies, then what did they live for?"

