



Sage Centre &
Rosedale Hospice
Hospice Calgary



Children's
Grief Centre

Compassionate Connections

Children's Grief Centre | Living with Advanced Illness Centre | Rosedale Hospice

Hospice Calgary Newsletter • Autumn 2021 • hospicecalgary.ca

New Name, Same Services!

Our Community Hospice Services will soon become the **Living with Advanced Illness Centre!**

We asked and you told us...

The Hospice Calgary department that provides counselling, education, and group programs for those impacted by advanced illness is currently named Community Hospice Services. You told us this name is confusing and doesn't accurately describe the services offered.

We are excited to share that we heard your feedback and will be changing the name to the **Living with Advanced Illness Centre!** These services will continue to be a part of Hospice Calgary, along with the Children's Grief Centre and Rosedale Hospice.

What does this mean for the community?

Often when people hear the word "hospice", they think of a residential hospice only. With our new name, the **Living with Advanced Illness Centre**, people will know that they can call us for support much earlier in their illness; not just at end of life. The Centre's mission will be to continue to provide a family-centred, integrated, community-based approach to improved quality of life for those impacted by advanced illness. The **Living with Advanced Illness Centre** offers:

- Care and support beyond the bedside
- A place for difficult conversations about advanced illness
- Tools to help with grief
- Commitment towards building compassionate communities

We hope that this new name shares our goal to help people live well during illness and encourage them to play an active role in their care, connect with others, and get support for their emotional, physical, and spiritual needs, as well as gain practical knowledge to help with their journey.

Living with Advanced Illness Centre

Board of Directors

Michael Waite Q.C., Chair
Partner, Carbert Waite LLP

Debra Corroll, Vice Chair
President, DLC Consulting

Angela Butler, Treasurer
VP, TMO Process & Data, Suncor Energy Inc.

Gordon Dibb, Secretary
Retired Co-founder, Calfrac Well Services

Usman Ali
Vice President, Parkland Fuels

Sheri Allen
Senior VP of Human Resources, Atlalink

Bill Brunton
Principal, BBrunton Consulting

Ryan Hall
Independent Marketing & Communications

David Loo
Vice President, Finance, Hopewell Development

Roxanne McKendry
President & Owner, Lexicon Health & Safety Solutions

Krista Pell
VP of Human Resources, Cenovus Energy

Sheila Risbud
Director, Government Affairs, Teck Resources Ltd.

Mylène Tiessen
Partner, Peacock, Linder, Halt & Mack LLP



403-263-4525 (Children's Grief &
Living with Advanced Illness)
403-284-5195 (Rosedale Hospice)



info@hospicecalgary.ca
hospicecalgary.com
childrensgriefcentre.ca

Fiona McColl
Executive Director
fiona.mccoll@hospicecalgary.ca



The Children's Grief Centre Doors are Open!

Like schools, community support agencies, and most businesses, we have had a mix of online-only services, hybrid online & restricted in-person services during the past 18 months.

We're happy to share that our doors have been open for the last few weeks to all our families. We will continue to offer a hybrid model of counselling and supports at our Children's Grief Centre, in schools and the community, and online to best support our clients, remove barriers to service, and maintain public health requirements.

Our Village monthly drop-in group resumes this fall and we plan to run our Kids Club groups (children in grades 1-6) and Common Ground groups (teens in grades 7-12) in the new year. You can find the latest information on our groups on the website: childrensgriefcentre.ca.

If you have never been to our centre and you are curious or if you are talking to a family about reaching out to us, take a look at our virtual Children's Grief Centre Tour on [YouTube.com/HospiceCalgary](https://www.youtube.com/HospiceCalgary).

A new resource coming soon: *Grief In My Backpack*

We are excited to share with you that we are in the process of developing a new and more extensive school resource which will replace our *Good Grief: Supporting the Grieving Student* publication.

In March 2021, we sought input from teachers, school counsellors, school administrators, family support workers, and educational support staff as to what they needed and wished for, to better support grieving students. These surveys were sent to school personnel in different school districts in Alberta. Respondents of these surveys indicated that a school-specific grief resource would be helpful when responding to the needs of students who are grieving.

This new resource will include information about grief and how it shows up; how to support grieving students; creating compassionate classrooms; and some suggestions for protocols and processes to respond to news of illness or death in the school. It will feature stories through images, writing, videos, etc. *Grief in my Backpack* will be an online resource. We will also have a printed quick reference guide available.

You can be a part of our Grief in my Backpack resource.

Email us at consult@childrensgriefcentre.ca with questions, requests for more info, or stories you like to share about supporting students who are grieving.



Community events that give back

At Hospice Calgary, we're fortunate to have generous, hard-working community members who host fun events benefiting our work.

Cat 'n Fiddle Annual Golf Tournament



Stephen Gillette, his team at the The Cat 'n Fiddle Pub and all the golf teams who took part in the annual Cat 'n Fiddle Charity Golf Tournament should be so proud of their fundraising this year. They raised a record breaking **\$62,000** in support of Hospice Calgary! They truly embody

the community spirit that our patients and clients experience when they access our services.

To date, the Cat 'n Fiddle Annual Golf Tournament has raised over \$400,000 for our patients and clients. Thank you for your many years of generous support!

Shaw Birdies for Kids

For the 7th year in a row, Hospice Calgary participated in the annual Shaw Birdies for Kids presented by Altalink. All donations made through Shaw Birdies for Kids are matched up to 50% and 100% of donations go to support the children, teens, and parents of our Children's Grief Centre. This year we were able to raise **\$32,000** through this program. Thank you to Birdies for Kids for making this possible!

A volunteer dynamic duo with over 17 years of experience

It's been over 17 years since married dynamic duo, Dave and Debbie Kyle, have been volunteering with Hospice Calgary and they really are the complete package!

After retiring, Dave and Debbie transitioned into volunteering for Hospice Calgary at Rosedale Hospice on reception and at events like golf tournaments and the annual Hike for Hospice Calgary.



Along with donating their time, Dave and Debbie are also Hospice Calgary donors. When asked what their motivation is, they reply that they, *"like helping people and supporting a worthwhile organization like Hospice Calgary."*

With 30 years together, and much of that time dedicated to helping others, their willingness to give back to the community has set an incredible example within their own family as their children and grandchildren follow in their footsteps.

Being able to help others in a time of need, especially as a couple, has been the highlight of Dave and Debbie's lives and they encourage those who can help, to volunteer today.

To learn more about current volunteering opportunities with Hospice Calgary, please visit hospicecalgary.ca/volunteer or email volunteer@hospicecalgary.ca.

Education at Hospice Calgary

Our online education sessions are open to anyone interested in a variety of topics that help us to live well while facing uncertainty. This Fall we are introducing a new education series on grief, our **Parent Lunch & Learn Series**, and will be continuing to offer our monthly **Dying to Know** education program. All sessions are free of charge and held online via Zoom. Register online for either program at hospicecalgary.ca/education.

Dying to Know

The aim of these interactive workshops for those impacted by advanced illness is to expand the reach of our professional education and build capacity, strengthen confidence, and support compassionate communities. In the past year, we exceeded our expectations in educating caregivers, volunteers, and professionals. Offering education online means people can register from anywhere in the world! In addition to the Dying to Know series, we also provide custom educational sessions to professionals and community members on topics related to hospice, palliative care, and end of life concerns.

Upcoming Sessions:

Oct
19

Advanced Care Planning

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

Nov
16

Funeral Planning

For the second part of the Crows in a Row program, we'll discuss aspects of funeral planning and obituaries.

Jan
18

Being with Uncertainty & Finding Wholeness

Dr. Allan Donsky, Psychiatrist & Professor, will help us understand how we can be with uncertainty and yet... choose compassion.

Feb
15

As the Last Chapter Approaches

Hospice Calgary's Dr. Kim Finvers and Lisa Lysak RN will provide information on what to expect in the last months to days of life and how we can help.

Parent Lunch & Learn Series

Join us for our latest online education series on grief.

We are committed to providing the right support, in the right way, at the right time. For some families the right support may be individual or family counselling during a life-threatening illness or after a death; for others it may be attending a structured support group. We have also heard from many parents that they would appreciate brief, concrete, direct and accessible information as they navigate new situations with their grief and their children's grief. Our new Lunch & Learn Series is designed to meet these needs.

Upcoming Sessions:

Oct
13

We Grieve Differently...Even in Families

We all grieve in our own unique way and have different needs as we experience the death of someone close to us.

Oct
27

How To Talk with Children About Advanced Illness

When someone in the family has a life-threatening illness, the whole family is impacted.

Nov
10

When Grief is Complicated

Grief is how we respond when we experience loss. Grief is complicated.

Nov
24

Staying Connected to the Person Who Died

When someone dies, it's natural to worry about losing the memories you have of when they were alive.

To register for our seminars, for current information on our education opportunities, and to access additional resources, visit our website at hospicecalgary.ca/education, or contact our team at info@hospicecalgary.ca.

You can truly impact care at Hospice Calgary



Become a monthly donor

Are you looking for a unique and impactful way to support Hospice Calgary? This fall, join an exclusive group of dedicated supporters by signing up as a monthly donor. As an added incentive, your first year's contributions will be matched by Hospice Calgary board member Gord Dibb and his wife, Sheryl, up to \$10,000. Existing monthly donors who increase their gifts will also have their annual donations matched!

Here are a few ways your gift today and every month could impact care:

- **\$20** provides a day of meals for patients at end-of-life
- **\$60** allows counsellors to purchase art and play therapy supplies used in sessions with children
- **\$120** provides a counselling session to a grieving person or family

Learn more or sign up to be a monthly donor on our website: hospicecalgary.ca/monthlygiving/.

Put your recyclables to work!

Hospice Calgary has partnered with *Skip the Depot* for a new fundraising opportunity to turn your empty recyclables into donations!

What is Skip the Depot? It is a door-to-door bottle collection service that makes refundable recycling and fundraising easier than cracking open a cold one. Better yet, it's free to use! Just follow these simple steps:

1. Head to app.skipthedepot.com/hospicecalgary to download the *Skip the Depot* app and schedule your pick-up
2. Place your recyclables in bags outside
3. Choose to direct your refund to Hospice Calgary! Use promo code **DONATEHOSPICE** and 100% of your refund will go to us
4. Spread the word by sharing our *Skip the Depot* posts when you see them on social media!



Celebrating the *Together for Rosedale Hospice* Campaign

The *Together for Rosedale* campaign wrapped up at the end of August. A huge thank you to the many generous donors who supported the campaign with donations for Rosedale Hospice.

Together you raised almost \$10,000! We're grateful for your support towards continuing the vital care provided at Rosedale Hospice.



¶Addressee
¶Organization Name
¶Address 1
¶Address 2
¶City ¶Prov ¶Postal Code

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*

New Name, Same Services!

Our Community Hospice Services
will soon become the *Living with
Advanced Illness Centre!*

New Education this Fall: Parent Lunch & Learn Series

Join us for our latest free online
education series on grief.

The Children's Grief Centre doors are open!

We will continue to offer a hybrid
online & in-person services to best
support our clients & remove
barriers to service.

Join us for our first-ever

November 4th *Sage Soirée* ReIMAGINED

We miss you & our in-person events but we cannot
wait for you to see the virtual experience we've put together!

Your \$100 virtual ticket includes:

- Access to the private virtual event via Zoom
- Delivered wine & appetizer event box with a surprise gift

Public prize raffle & online auction open in October: hospicecalgary.ca/reimagined