

Compassionate Connections



Hospice Calgary Newsletter | Spring 2023

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Sue Landels

Patient Care Volunteer
at Rosedale Hospice

Working with Sue on the patient floor was an honour. She taught many new patient care volunteers about being a true member of the team while showing professionalism and compassion. Sue was the Monday morning patient care volunteer, highly respected by all those who worked with her.



Sue also shared her impressive green thumb with us, and the orchids at Rosedale have continued blooming year after year thanks to her hard work. Although Sue has stepped down from weekly volunteering at Rosedale, she will continue to generously give her time to events. Sue is a part of Rosedale Hospice and Hospice Calgary and always will be.

Beatrice Norrie

Reception Volunteer
at Rosedale Hospice

In retirement, Beatrice searched for where she would like to devote her energy, and was naturally drawn to the field of hospice care. Beatrice started in patient care at Rosedale Hospice and then moved to reception. Having such a kind and genuine person greeting visitors and staff is integral to our mission at Rosedale Hospice. Although her brilliant smile cannot be seen through her mask, it can always be heard.



Beatrice has many hobbies, from "tickling the keys" on the piano, to videography, to being a part of a hiking group that has travelled to Everest Base camp, Swiss Alps, and Machu Picchu. Beatrice has been with us for over 7 years, and it was truly meant to be - she contributes so much to the team at Rosedale.

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Grief in my Backpack

We launched our *Grief in my Backpack* online course and resource for schools at various teachers conventions this February, and the response has been incredible! Hundreds of teachers, school counsellors, administrators and other school staff have told us how excited they are for such a needed resource.

In the last two months, we had staff from more than 34 schools, 13 school boards, and 17 communities in Alberta, Ontario and British Columbia sign up for *Grief in my Backpack*. We also had members of 5 child-serving organizations register.

When asked, "To what extent do you feel your school has the resources, support, protocols and procedures to respond to a death in the school community?" 86% responded "not much", "little" or "somewhat". There are so many demands on our time and so many choices when it comes to professional development. We asked school staff to tell us what motivates them to engage with our *Grief in my Backpack* resource. They told us that they think it's important to be grief-informed (73%), that they want more tools, resources and skills (68%), and that they currently have grief experiences in their class/school (53%).

All the learners who have already completed the 6-module online course said that *Grief in my Backpack* met their expectations and that they would recommend it to others. We hope that more schools and school boards will follow suit.

If you would like more information on *Grief in my Backpack*, go to: hospicecalgary.ca/childrensgriefcentre/gmb/ or contact our Children's Grief Centre Director, Nadine Gariepy-Fisk at: nadine.gariepy-fisk@hospicecalgary.ca



Online
Resource



Children's Grief Centre Magnet created for classrooms

Children's Grief Centre Families: You're Invited

We invite Children's Grief Centre families to join us for our Annual Picnic at Bowness Park, Wednesday June 21st. There will be food, drinks and activities. For more information and to RSVP, please email kari.hoellworth@hospicecalgary.ca for the Eventbrite link. We look forward to celebrating the first day of summer with you!

The Village
PRESENTS:

VILLAGE
FAMILY
BBQ



JUNE 21, 2023 / BOWNESS PARK

Meaningful Match-Making: A Look at the Companion Program

"I almost felt like I would be taking a resource away from someone who needed it." Colleen was open to the idea of using the **Companion Program**. Yet, she felt uncertain about how being matched with a volunteer companion could work for her since she is still relatively independent, despite living with advanced cancer.

Colleen quickly realized that a companion volunteer is much more than someone to only help with tasks or chores. Though she freely admits that she is grateful that she can ask her companion, Katharine, to do a couple of things around her home instead of imposing on friends.

Colleen and Katharine were a great fit from the start. Although there are apparent differences like age, height, and occupation, they have much in common where it matters. For example, they both like being outdoors and want to experience a good belly laugh as much as possible!

When looking for a volunteer opportunity, Katharine wanted to find something meaningful. She found it here. She feels like she can be a supportive presence for Colleen. "Our relationship is unique because I've known about her advanced cancer ever since I've known her, and she is able to talk about it freely with me without worrying about how I might react or who I might share that information with," says Katharine when asked about how she shows up for Colleen.

After her initial doubt about joining the **Companion Program**, Colleen is converted and tells us she is really happy she decided to join.

Launched in 2022, the **Companion Program** is gaining traction because people with advanced illness who enrolled in the program experience the benefits in real-time and stay in it. The real beauty of the program is that our trained volunteers are paired with a client to suit their unique needs and interests. You might even say we're doing meaningful match-making, and we think we're pretty good at it.

Living with
**Advanced
Illness**
Centre

For more information,
go to: hospicecalgary.ca/livingillness/peers/companion



Colleen and her companion volunteer, Katharine.

Dying To Know: Online Seminar

June 20th, 2023 | 6:00 PM - 8:00 PM
Ethical Wills

Creating an ethical will is about finding a way to leave a written or oral legacy about who you are and what you stand for in your life. It provides an opportunity to communicate your wisdom, history, stories and especially, your values, to generations beyond your own.



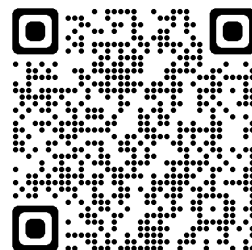
In this presentation, guest presenter Carol Kodish-Butt, will introduce the concept of the ethical will, share her own story about how she learned of it and the role it has played in her family, provide an outline of its structure and suggest ways individuals can form self-supporting groups to accompany each other as they find a way to create their own ethical wills.

Living with
**Advanced
Illness**
Centre



**PILGRIMS
HOSPICE
SOCIETY**

**REGISTER
FOR FREE**



Royal Bank of Kindness

The **RBC Communities Together Fund** was specifically created to help RBC staff and charities work together to drive change and help solve local needs. By combining funding and team volunteering in support of a specific project, RBC staff are making an impact in our local community in a meaningful way.

According to RBC Volunteer Team Lead Dawn Baisley, “Each time we enter the building to volunteer, we can feel the kindness, empathy, compassion and positivity in the air, and it is addicting!”

This feeling has inspired Dawn to not only volunteer with us countless times over the years, but also apply this spring to the **RBC Communities Together Fund** on our behalf. Dawn’s proposal was successful, and RBC gifted Hospice Calgary with funds for a new wheelchair and towards the monthly food costs of Rosedale Hospice.



Rosedale
Hospice



RBC Volunteers, baking for our programs in April

Surrounded by Memories

Pam Webber spent nearly a year in hospice with her partner, Jacquie. She understands the intricacies of hospice life and the importance of the environment to the patient and their visitors. When Jacquie struggled to see the family photos in her room, Pam quickly set to work to fix the problem. Pam created enlarged wall decals of the important photos Jacquie wanted to be surrounded by in her final months.

Seeing the joy this brought to her dying partner, inspired Pam to bring this same joy to others. Pam, along with her friends and business connections, has decided to offer this unique service to all of the hospices in Calgary, including Rosedale.

Patients who want to fill their room with memories can request this service and have their photos enlarged and in their hospice room within a day. Pam understands the importance of time, and this service is quick. She also wants to ease the burden on our staff and has made these decals easy to install and equally easy for family members to take home when the time comes.

Thank you, Pam, for making it possible for our patients to be surrounded by the images that are special and important to them.



An example of a hospice room with Pam's prints displayed for the patient.



TO WATCH FOR:

A summer Fundraising campaign for Rosedale Hospice!

A Gift for the Grieving

Evan J Strong and his colleagues understand the connection between grief and mental health. They witness the impacts of grief every day through work at [Evan J Strong Funeral Services](#). As such, Evan has committed both personal and corporate donations to begin the Evan J Strong Fund for Family Mental Wellness.

This multi-year fund will support the costs of counselling for families with children during times of advanced illness and grief.

Evan and his team believe that every family should have equal access to the mental health support they need regardless of their economic circumstances and they are doing what they can to make this possible.

DID YOU KNOW

Evan J. Strong Funeral Services has been sponsoring our Hike for Hospice Calgary event for over 10 years!



Evan J. Strong



Marie Wong in her element

Farewell Marie

“Marie Wong goes over and above keeping volunteers in the loop and making sure we are kept up to date. She is wonderful.”

After 8 years as our **Manager of Volunteer Services**, Marie retired on May 31. Her time with us was wonderful!

Not only was Marie outstanding in her care and management of Hospice Calgary volunteers, she also “walks the talk” in her personal life by dedicating much of her time to volunteer service.

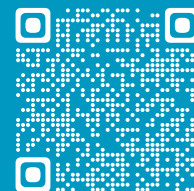
Marie is a gift giver – of time, compassion, advocacy, knowledge, commitment, and warm spirit.

Thank you Marie for the gifts you brought us. We know you will remain a forever friend of Hospice Calgary’s.

MAKE YOUR
DONATION
GO FURTHER.



Give through
#Birdies4Kids and
have your donation
matched up to 50%!



Hike FOR HOSPICE 2023 CALGARY

THANK YOU!



BECAUSE OF YOU,
WE RAISED OVER

\$100,000!



THANK YOU TO OUR 2023 SPONSORS

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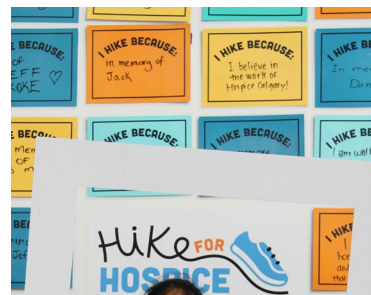
BEYOND THE BEDSIDE SPONSORS

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THANK YOU to our hikers,
volunteers & fundraisers –
Hike for Hospice Calgary 2023
was a great success!

Hike for Hospice Calgary 2023 provided participants with an opportunity to celebrate loved ones living with advanced illness and honour those who have passed away. We walked a 5km route to raise funds for Hospice Calgary.

THANK YOU! 

watch the event
day video!

