

Compassionate Connections



Hospice Calgary Newsletter | Fall 2023

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Dreams Take Flight

Dreams Take Flight Calgary has been flying well-deserving children in our province to Disneyland since 1993. They have collaborated with our Children's Grief Centre since the early 2000's.

The pandemic halted these trips, but they are now back, and this year, we have 4 families with 6 children headed to the "happiest place on earth".

On November 7, parents will take their kids to the airport for an exciting send-off. Each child will board the airplane with the Dreams Take Flight volunteers and set off for the day of a lifetime.

We are excited that we have fantastic community partners, like Dreams Take Flight. They recognize it's important that kids struggling with life circumstances can focus on just being a kid for their amazing day.



Put on the Kettle

We are happy to share we have been able to re-instate the weekly bread and tea tradition at Rosedale Hospice after a long pandemic hiatus.

Each Thursday afternoon, our kitchen chef, Rebecca, makes a homemade loaf of bread and fills our tea cart with butter, jam, teas and coffee. Erin our Director of Clinical Care, and Kristy, our Spiritual Health Practitioner, visit each patient room to share a casual and often meaningful time of connection around the bread and tea. Tea time can be a highlight for our patients and staff during the week. Recently, one of our patients invited her family to join in this ritual and some beautiful memories were made over cups of tea.



Volunteer Spotlight: **Robin Stratthdee**

Robin Stratthdee was a stay-at-home mom to her two amazing daughters for many years. While home with her girls, she stayed connected with the community through volunteerism.

Robin reflects, "We have all heard the saying, everyone has a story. This is very truthful and powerful because most people want someone to listen, care about them, and recognize their value. Because I have always been drawn to work with people, I have heard many personal stories over the years. I have listened to powerful (tragic and uplifting) stories from kids and teens in crisis, people living with disabilities, seniors, and people at the end of their lives. Sometimes, we need to slow down and listen."

Robin uses this mindset as she volunteers with patients at Rosedale Hospice and with clients in the Companion Program through our Living with Advanced Illness Centre. We are truly thankful for the compassionate outlook and heart-driven passion that have brought her to our volunteer team.

Robin's exceptional volunteer spirit and work with Hospice Calgary was recently recognized by the Alberta Blue Cross. Way to go, Robin!

..."most people want someone to listen, care about them, and recognize their value."

ROBIN STRATHDEE



PROCEEDS TO:



DONATED BY:



ENTER OUR RAFFLE! START YOUR OWN WINE CELLAR

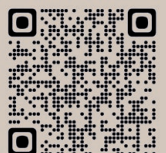
VALUE: \$4,000

FROM OCT 2 - NOV 2, 2023

- Wine Fridge
- 60 Bottles (750ml each) of Wine
- 12 Riedel Wine Stems
- 12 Tickets to Willow Park Wines & Spirits Fall Festival

GET TICKETS:

1 for \$10 | 3 for \$20 | 10 for \$50





The Village

With the start of fall comes our next round of *The Village*!

This group is open to the children, teens, and families of our Children's Grief and Living With Advanced Illness Centres and is a great way to connect with others who have experienced loss and grief.

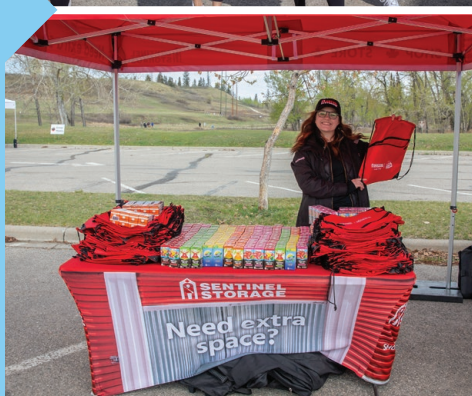
In November, we invite you to join us on *National Children's Grief Awareness Day* as we make paper lanterns in memory of those who have died.

During the holiday season in December, we will get together to have some fun! We will be decorating cookies and making Grinch trees. Because who doesn't love a Grinch tree?

To register, contact Kari Hoellworth at Kari.Hoellworth@hospicecalgary.ca

Sponsor Flashback

Sentinel Storage and the Calgary Stampede; thank you for bringing so much energy to our 2023 Hike! We are so grateful for your commitment to our mission!



Spreading the Word

The Calgary Zone Palliative Care Rounds were held on Sept. 13, 2023, to an audience of palliative care providers (physicians, nurses, educators, allied health, and administration).

Our Living With Advanced Illness Centre (LAIC) team presented to the group with a focus on increasing the awareness of our unique anticipatory grief and companionship services for individuals and families facing illness.

As the prevalence of advanced illness grows and acute service and community palliative services reach capacity, our LAIC services help to address isolation experienced by individuals and families, support quality of life, and build skills in the professional community.

Palliative Care Grant Programs, Counselling, and Promotion

In March 2022, we were awarded a Palliative and End of Life Care Grant from the Government of Alberta. This grant was given to us to expand our existing services for people living with an advanced illness.

With the grant and community support, we have been able to pilot a new Companion Program and grow our counselling and education programs. Recently, grant proceeds also helped us develop a tour video of our Living With Advanced Illness Centre, now available on our website at:

www.hospicecalgary.ca/livingillness.

We know that being diagnosed with advanced illness is stressful, and we want to do what we can to bring information about our services to the people who need them. Now, caregivers and individuals can learn about how we can help right from their very own home.

Living with
**Advanced
Illness**
Centre

Dying To Know: Online Seminars

OCTOBER 17 | 6:00 PM – 7:30 PM

Practical Tools for Mindfulness in Times of Uncertainty

presented by Dr. Nicole Libin, PhD.
Mindfulness Educator, Adjunct Professor & Author

NOVEMBER 21 | 6:00 PM – 7:30 PM

Identifying & Prioritizing Caregiver Support

presented by Dr. Sharon Anderson & Dr. Jasneet Parmar
Dept. of Family Medicine, U of AB

REGISTER
FOR FREE



Living with
**Advanced
Illness**
Centre



Behind-the-scenes on filming day for our Living with Advanced Illness Centre tour video.

Summer Campaign



Rosedale
Hospice

You helped raise over \$11,000 for Rosedale Hospice this summer.

Your generosity ensures that when people choose Rosedale Hospice, they will receive compassionate end-of-life medical and emotional support when they need it most.

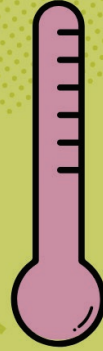
Did you know? Many medical supplies needed to keep our patients comfortable are funded partially by the generosity of our community.

Every day, we hear from people just like you how grateful they are for the care and compassion their loved ones received at our hospice. This happens with intention, and we can't do it without your support.

The summer fundraiser was a huge success. Twenty-six donors opted to have a card of remembrance nestled in the garden at Rosedale Hospice. We are honoured they chose to celebrate their loved ones in this special way.

\$10K FOR ROSEDALE
summer campaign

**GOAL
REACHED!**



Rosedale
Hospice



Donations came with the option to place a card of remembrance in the Rosedale garden.

we've partnered with



SKIPTHEDEPOT

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

- 1 Download the app and book a pickup using <https://app.skipthedepot.com/hospicecalgary>
- 2 Place your bags outside
- 3 Receive a refund or donate to us!



SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our #SkipTheDepot posts on social media!

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Do you have plans on November 2nd?

You'll gather at the Calgary Golf and Country Club for an intimate, elegant evening with tasty food, touching stories, and a curated silent auction (just in time for holiday shopping).

We promise you'll enjoy this memorable dinner featuring the *Broadstreet Trio* during the cocktail hour.

JOIN US FOR

Hospice Calgary's 11th annual

Sage Soirée

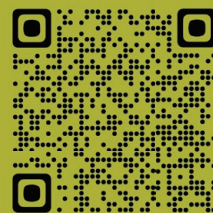
Thursday, November 2nd, 2023
6 o'clock in the evening

If you would like to donate a silent auction item, financial gift, or sponsor the event please reach out to Mackenzie Butler at Mackenzie.Butler@hospicecalgary.ca

Your support will make a big difference for families and children facing advanced illness and grieving the loss of someone close to them.



TICKETS
AVAILABLE
FOR
PURCHASE



hospicecalgary.ca/sagesoiree